

2000 IOWA GIRLS' STATE TRACK CHAMPIONSHIPS

Class 1A Results

By Track-on-a-Mac on May 22, 2000 at 11:25 pm

1A TEAM SCORING

1	Council Bluffs St. Albert	34
2	Aplington-Parkersburg	29
3	Fort Dodge St. Edmond	27.50
4	Okoboji	25
5	LeMars Gehlen Catholic	19
5	Pocahontas Area	19
7	HLV	16
8	Denver	14
9	Columbus	12
9	Gilbert	12
9	Manson-NW Webster	12
9	North Linn	12
9	Stanton	12
9	Wall Lake View-Auburn	12
15	Alburnett	11
15	Central Lyon	11
15	Nashua-Plainfield	11
18	East Buchanan	10
18	Hinton	10
18	Ogden	10
21	West Hancock	9
22	Cedar Falls NU High	8
22	English Valleys	8
22	Harmony	8
22	Janesville	8
22	Martensdale-St. Marys	8
22	Wapsie Valley	8
28	Guttenberg	7
28	Northeast	7
28	Starmont	7
28	West Branch	7
32	AHST	6
32	BCLUW	6
32	Dike-New Hartford	6
32	Iowa City Regina	6
32	Lake Mills	6

32	Moravia/Moulton-Udell	6
38	Eldora-New Providence	5
38	Iowa Valley	5
38	Schaller-Crestland	5
41	Bedford	4
41	Des Moines Christian	4
41	Jesup	4
41	River Valley	4
41	South O'Brien	4
41	West Marshall	4
47	CAL-Dows	3
47	Grundy Center	3
47	Nishna Valley	3
47	Woodbury Central	3
51	Galva-Holstein	2
51	Nora Springs-Rock Falls	2
51	Tri-Center	2
54	Lynnville-Sully	1.50
55	Audubon	1
55	Coon Rapids-Bayard	1
55	Laurens-Marathon	1
55	Madrid	1
55	Postville	1
55	Preston/East Central	1
55	Underwood	1

1A 100-METER DASH FINAL

1	Julie Drzycimski, Fort Dodge St. Edmond	SR	12.88
2	Jenny Goodall, Lake Mills	SR	13.02
3	Wendy Christy, Harmony	SR	13.05
4	Pam Betz, CAL-Dows	SR	13.09
5	Angie Behrend, Guttenberg	SR	13.19
6	Codie Lebo, Madrid	FR	13.28
7	Brandi Olson, Iowa Valley	SO	13.32
8	Meredith Austin, Central Lyon	SR	13.39

Heat 1

1	Julie Drzycimski, Fort Dodge St. Edmond	SR	12.49	Q
2	Wendy Christy, Harmony	SR	12.95	Q
3	Meredith Austin, Central Lyon	SR	13.06	Q
4	Amanda Thompson, Aquinas-Marquette	SO	13.11	
5	Courtney Pilch, New London	FR	13.39	
6	Maggie Hauswald, Sioux Center	SO	13.56	
7	Leslie Dykstra, Twin Cedars	SR	13.64	
8	Amanda Pape, West Harrison	FR	13.84	

Heat 2

1	Angie Behrend, Guttenberg	SR	12.90	Q
2	Brandi Olson, Iowa Valley	SO	12.96	Q
3	Codie Lebo, Madrid	FR	13.01	Q
4	Elisha Damon, Missouri Valley	FR	13.11	
5	Kim Loterbour, Pocahontas Area	SO	13.19	
6	Becky Miller, Iowa City Regina	SR	13.22	
7	Tricia Sharp, BCLUW	SO	13.56	
8	Danielle Nielson, Westwood	SO	13.69	

Heat 3

1	Jenny Goodall, Lake Mills	SR	12.75	Q
2	Pam Betz, CAL-Dows	SR	12.80	Q
3	Nikki Wederquist, Fremont-Mills	FR	13.18	
4	Megan Covey, Schaller-Crestland	SO	13.31	
5	Deb Rienfeld, South O'Brien	SO	13.32	
6	April Taylor, Hartley-Melvin-Sanborn	SO	13.40	
7	Lisa Moeller, Tripoli	SR	13.58	
8	Katie Larson, IKM	SR	13.64	

1A 200-METER DASH FINAL

1	Julie Drzycimski, Fort Dodge St. Edmond	SR	25.92	
2	Leah Hetzler, Moravia/Moulton-Udell	SR	26.09	
3	Robin Sullivan, HLV	JR	26.47	
4	Brandi Olson, Iowa Valley	SO	26.60	
5	Jill Sinnwell, Nashua-Plainfield	SR	26.70	
6	Angie Behrend, Guttenberg	SR	26.74	
7	Wendy Christy, Harmony	SR	26.77	
8	Jenny Goodall, Lake Mills	SR	27.34	

Heat 1

1	Julie Drzycimski, Fort Dodge St. Edmond	SR	25.81	Q
2	Jill Sinnwell, Nashua-Plainfield	SR	26.76	Q
3	Wendy Christy, Harmony	SR	26.91	Q
4	Stephanie Fisk, Okoboji	SR	27.37	
5	Sammi Smith, Columbus	JR	27.40	
6	Amanda Thompson, Aquinas-Marquette	SO	27.44	
7	Nikki Wederquist, Fremont-Mills	FR	27.69	
8	Amy Clark, Panorama	JR	27.78	

Heat 2

1	Robin Sullivan, HLV	JR	26.49	Q
2	Brandi Olson, Iowa Valley	SO	26.63	Q
3	Jenny Goodall, Lake Mills	SR	26.88	Q
4	Elisha Damon, Missouri Valley	FR	27.02	
5	Kayla Lundt, River Valley	JR	27.12	
6	Kristin Rasmussen, Corwith-Wesley-LuVerne	SR	27.44	
7	Tricia Sharp, BCLUW	SO	27.46	
8	Amy Koester, Gladbrook-Reinbeck	FR	27.52	

Heat 3

1	Leah Hetzler, Moravia/Moulton-Udell	SR	26.54	Q
2	Angie Behrend, Guttenberg	SR	26.77	Q
3	Erin Sheeley, Postville	FR	26.94	
4	Kara Robinson, North Linn	SO	26.99	
5	Allison Hejlik, West Hancock	JR	27.30	
6	Cassie Jacobsen, AHST	JR	27.68	
7	Kim Eskildsen, Northeast	FR	27.82	
8	Shanna Vetter, Hartley-Melvin-Sanborn	JR	27.86	

1A 400-METER DASH FINAL

1	Dana Wilkerson, English Valleys	SO	0:59.11
2	Krystle Cordes, Dike-New Hartford	SO	0:59.56
3	Jenny Carbone, Des Moines Christian	JR	1:00.11
4	Meghann Reifenrath, Central Lyon	SO	1:00.51
5	Kara Robinson, North Linn	SO	1:00.60
6	Erin Sheeley, Postville	FR	1:00.96
7	Sarah Glynn, Nishna Valley	SR	1:01.11
8	Stephanie Roepke, East Buchanan	SR	1:04.27

Heat 1

1	Krystle Cordes, Dike-New Hartford	SO	0:59.68 Q
2	Jenny Carbone, Des Moines Christian	JR	0:59.82 Q
3	Katie Lee, Woodward-Granger	FR	1:01.51
4	Ashley Henning, Calamus-Wheatland	SR	1:01.68
5	Sarah Blasberg, Tripoli	FR	1:02.06
6	Jana Van Arendonk, Pella Christian	SO	1:03.05
7	Kim Medick, North Polk	SP	1:03.26
8	Heather Beeler, Interstate 35	SO	1:04.58

Heat 2

1	Kara Robinson, North Linn	SO	0:59.81 Q
2	Meghann Reifenrath, Central Lyon	SO	0:59.83 Q
3	Jenn Shimak, Turkey Valley	SR	1:01.26
4	Laura Sawatzke, Council Bluffs St. Albert	FR	1:01.58
5	Kerianne Hansen, Corwith-Wesley-LuVerne	JR	1:02.02
6	Missy Rork, Fort Dodge St. Edmond	JR	1:03.02
7	Jolena McCloud, East Greene	JR	1:03.14
8	Kelsey Maffin, Van Meter	FR	1:03.56

Heat 3

1	Dana Wilkerson, English Valleys	SO	0:59.51 Q
2	Erin Sheeley, Postville	FR	0:59.78 Q
3	Stephanie Roepke, East Buchanan	SR	1:00.31 Q
4	Sarah Glynn, Nishna Valley	SR	1:00.56 Q
5	Tiffany Perkins, West Branch	JR	1:00.92
6	Kimberly Petersen, Fredericksburg	JR	1:02.39
7	Ashlea Payne, Alta	SO	1:03.21
8	Sarah Castle, River Valley	SR	1:03.30

1A 800-METER RUN FINAL

1	Kristin Hansen, Okoboji	SO	2:15.20
2	Mikyla Harderson, Hinton	JR	2:18.51
3	Dia Dohlman, Eldora-New Providence	SR	2:18.95
4	Crystal Kadlec, Alburnett	SR	2:20.42
5	Kris Hand, Nora Springs-Rock Falls	SR	2:20.80
6	Rachel Adams, Underwood	FR	2:20.81
7	Lacey Jackson, Nishna Valley	SO	2:21.69
8	Jamie Salmon, Sumner	SR	2:24.27
9	Emery Burton, Northeast Hamilton	JR	2:25.30

10	Katie Mayer, St. Ansgar	SR	2:25.46
11	Jodi Stevens, Walnut Ridge Baptist	SO	2:25.53
12	Brianna Wilkerson, Danville	JR	2:25.57
13	Katie Busch, Council Bluffs St. Albert	SR	2:26.03
14	Jessica Sitzmann, LeMars Gehlen Catholic	SO	2:28.20
15	Stephanie Howe, Northeast	FR	2:29.14
16	Jessie Sackett, North Linn	JR	2:29.23
17	Stephanie Stall, North Polk	FR	2:29.31
18	Emily Fuerstenau, West Bend-Mallard	JR	2:29.96
19	Janelle Doddema, Cedar Falls NU High	JR	2:30.72
20	Nicole Lahann, Calamus-Wheatland	SR	2:31.31
21	Kenzie Schweers, Ar-We-Va	JR	2:31.48
22	Alicia Cox, Wapsie Valley	SR	2:31.85
23	Shannon LaBuff, Nodaway Valley	SR	2:32.60
24	Krystle Cordes, Dike-New Hartford	SO	2:39.14

1A 1500-METER RUN FINAL

1	Kristin Hansen, Okoboji	SO	4:45.55	J
2	Teresa Booth, Stanton	FR	4:53.11	
3	Amy Marshall, Harmony	SR	4:53.75	
4	Rachel O'Connor, Northeast	SO	4:57.36	
5	Chelsey Matthias, Wapsie Valley	SO	4:57.48	
6	Jennifer Kunkel, Woodbury Central	SO	4:57.54	
7	Karen Johnson, West Branch	JR	5:00.76	
8	Beth Fischer, Wall Lake View-Auburn	SR	5:05.54	
9	Katie Lantz, Rockwell City-Lytton	FR	5:05.65	
10	Ann McMillen, Bedford	JR	5:06.64	
11	Ashley Adams, AHST	FR	5:10.62	
12	Stephanie Barker, Bondurant-Farrar	FR	5:11.54	
13	Emily Klein, South Hamilton	SO	5:12.98	
14	Amanda Weldon, English Valleys	SO	5:13.13	
15	Heather Kite, Jesup	JR	5:13.21	
16	Meredith McKean, Armstrong-Ringsted	FR	5:13.56	
17	Brooke Ferguson, Laurens-Marathon	JR	5:15.21	
18	Teresa McGuire, Algona Garrigan	SO	5:15.35	
19	Katie Tigges, Coon Rapids-Bayard	JR	5:16.35	
20	Amanda Maas, North Linn	FR	5:17.69	
21	Shannon Von Muenster, Durant-Bennett	JR	5:17.78	
22	Carmen Moss, Laurens-Marathon	FR	5:23.63	
23	Rachel Parks, Paton-Churdan	SR	5:26.50	
24	Amber Hesse, Calamus-Wheatland	FR	5:35.38	

1A 3000-METER RUN FINAL

1	Kristin Hansen, Okoboji	SO	10:09.14	J
2	Teresa Booth, Stanton	FR	10:34.00	
3	Heather Kite, Jesup	JR	10:42.27	
4	Rachel O'Connor, Northeast	SO	10:42.88	
5	Jennifer Kunkel, Woodbury Central	SO	10:43.57	
6	Karen Johnson, West Branch	JR	10:51.31	

7	Emily Klein, South Hamilton	SO	10:51.43
8	Amy Marshall, Harmony	SR	10:59.51
9	Ann McMillen, Bedford	JR	11:03.79
10	Ari-Anne Kleckner, St. Ansgar	SR	11:04.28
11	Jennifer Hedrick, North Linn	SR	11:09.07
12	Tiffany Dallenbach, Laurens-Marathon	SO	11:10.41
13	Ashley Adams, AHST	FR	11:11.17
14	Meredith McKean, Armstrong-Ringsted	FR	11:15.00
15	Tracy Hartwig, Rockwell City-Lytton	FR	11:18.66
16	Alyssa Jones, Ogden	FR	11:21.84
17	Randi Burns, Starmont	SO	11:22.56
18	Lacey Leinbaugh, Galva-Holstein	SR	11:25.64
19	Jenny Cronbaugh, Belle Plaine	FR	11:30.51
20	Brooke Ferguson, Laurens-Marathon	JR	11:35.14
21	Racquel Flora, Bondurant-Farrar	SR	11:41.87
22	Andi Edwards, Manson-NW Webster	JR	11:46.01
23	Jennifer Muhl, Calamus-Wheatland	FR	12:07.67
24	Lara Bowman, Preston/East Central	SO	12:20.16

1A 100-METER HURDLES FINAL

1	Jacque Moyer, Janesville	SR	15.00
2	Jill Sinnwell, Nashua-Plainfield	SR	15.16
3	Raegan Schultz, Manson-NW Webster	SR	15.44
4	Nikki Gruber, Pocahontas Area	SO	15.58
5	Lindsay Schultz, Manson-NW Webster	SR	15.86
6	Staci VanderBerg, Okoboji	FR	15.96
7	Amber Russell, Dunkerton	JR	16.15
8	Jana Bahrke, Sioux Center	JR	16.21

Heat 1

1	Raegan Schultz, Manson-NW Webster	SR	15.20 Q
2	Amber Russell, Dunkerton	JR	16.03 Q
3	Staci VanderBerg, Okoboji	FR	16.05 Q
4	Jana Bahrke, Sioux Center	JR	16.20 Q
5	Hillary Boeke, Hubbard-Radcliffe	SR	16.22
6	Nicole Baker, Pekin	SR	16.39
7	Blaire McCuen, Corning	SR	16.42
8	Sarah Trumm, Alburnett	JR	16.62

Heat 2

1	Jill Sinnwell, Nashua-Plainfield	SR	14.97 Q
2	Jacque Moyer, Janesville	SR	15.34 Q
3	Leslie Dykstra, Twin Cedars	SR	16.36
4	Tara Burke, Iowa City Regina	SR	16.45
5	Ashley Todd, River Valley	SR	16.67
6	Abby Long, Montezuma	SR	16.77
7	Sara Anhalt, Jesup	SR	16.93
8	Amanda Otto, Durant-Bennett	FR	18.41

Heat 3

1	Lindsay Schultz, Manson-NW Webster	SR	14.94 Q
2	Nikki Gruber, Pocahontas Area	SO	15.55 Q
3	Laura Nanninga, Tri-Center	FR	16.21

4	Marcia Zitelman, Starmont	SO	16.41
5	Karen Swanson, Ogden	SR	16.56
6	Liz Rasmussen, Calamus-Wheatland	SO	16.86
7	Emily Taylor, Marcus-Meriden-Cleghorn	SO	17.17
8	Jenny Harris, Southern Cal	FR	18.22

1A 400-METER HURDLES FINAL

1	Jill Schwiebert, Aplington-Parkersburg	JR	1:04.08
2	Tiffany Perkins, West Branch	JR	1:05.20
3	Jessica Klett, Starmont	SO	1:05.60
4	Sarah Glynn, Nishna Valley	SR	1:05.92
5	Lindsay Schultz, Manson-NW Webster	SR	1:06.80
6	Brittany Ewoldt, Eldora-New Providence	JR	1:07.37
7	Stevie Hudrlik, Andrew	SR	1:09.01
8	Ashlea Payne, Alta	SO	1:11.65

Heat 1

1	Tiffany Perkins, West Branch	JR	1:05.34 Q
2	Jessica Klett, Starmont	SO	1:06.41 Q
3	Ashlea Payne, Alta	SO	1:08.57 Q
4	Kate Sievers, Preston/East Central	FR	1:09.05
5	Ashlee Dickinson, Interstate 35	SO	1:09.13
6	Sara Revell, Des Moines Christian	SO	1:09.26
7	Cari Kinzenbaw, HLV	SO	1:09.48
8	Santana Hegland, Fredericksburg	SO	1:10.31

Heat 2

1	Lindsay Schultz, Manson-NW Webster	SR	1:05.99 Q
2	Stevie Hudrlik, Andrew	SR	1:07.65 Q
3	Anna Hellenga, West Hancock	SR	1:09.16
4	Anna Sands, Columbus	SR	1:09.32
5	Jenni Cacek, Lakeland	FR	1:10.26
6	Holly McGonegle, Eagle Grove	SO	1:10.49
7	Betsy Behrens, Laurens-Marathon	FR	1:12.52
	Sherry Matthias, Nashua-Plainfield	JR	D1:07.86

Heat 3

1	Jill Schwiebert, Aplington-Parkersburg	JR	1:05.52 Q
2	Sarah Glynn, Nishna Valley	SR	1:05.61 Q
3	Brittany Ewoldt, Eldora-New Providence	JR	1:07.21 Q
4	Jill Andersen, Audubon	JR	1:09.06
5	Sarah Schutz, Durant-Bennett	FR	1:09.55
6	Meggan Farrell, Ar-We-Va	SR	1:09.73
7	Eve Johnson, Council Bluffs St. Albert	FR	1:10.66
8	Ethanie Wallinga, Hartley-Melvin-Sanborn	SR	1:10.92

1A HIGH JUMP FINAL

1	Jen Alexander, Martensdale-St. Marys	SR	5'04" (1.63m)
2	Brandy Ficek, Council Bluffs St. Albert	SR	5'03" (1.60m)

3	Jessie VanderKooi, Hinton	FR	5'03" (1.60m)
4	Sara Langel, LeMars Gehlen Catholic	JR	5'02" (1.57m)
5	Kristan Shanks, Fort Dodge St. Edmond	SO	5'02" (1.57m)
5	Angie VanderLeest, Lynnville-Sully	JR	5'02" (1.57m)
7	Laura Weltha, South Hamilton	JR	5'02" (1.57m)
7	Lisa Kriener, St. Ansgar	JR	5'02" (1.57m)
9	Amber Wood, Alburnett	JR	5'00" (1.52m)
10	Brie Penaluna, Cedar Falls NU High	SO	5'00" (1.52m)
10	Linsey Boehm, Treynor	SR	5'00" (1.52m)
12	Megan Bradley, Fort Dodge St. Edmond	FR	5'00" (1.52m)
12	Ashlee Dickinson, Interstate 35	SO	5'00" (1.52m)
14	Katie Peterson, Lake Mills	SO	4'10" (1.47m)
14	Kali Erlandson, Albert City-Truesdale	FR	4'10" (1.47m)
14	Katie Espenmiller, Logan-Magnolia	SR	4'10" (1.47m)
14	Susan Adrian, Pekin	SR	4'10" (1.47m)
14	Erica Slack, Tripoli	JR	4'10" (1.47m)
14	Angee Dunlop, Woodbine	SR	4'10" (1.47m)
20	Annie Olson, Clarion-Goldfield	JR	4'10" (1.47m)
20	Sara Arens, Turkey Valley	JR	4'10" (1.47m)
	Laura Rowen, Eldora-New Providence	FR	NH
	Anne Crane, Ar-We-Va	JR	NH

1A LONG JUMP FINAL

1	Brie Penaluna, Cedar Falls NU High	SO	17'08.5" (5.40m)
2	Robin Sullivan, HLV	JR	17'05.75" (5.33m)
3	Ashley Nally, Bedford	SO	17'03.75" (5.28m)
4	Lindsay Schultz, Manson-NW Webster	SR	17'02.25" (5.24m)
5	Brandi Olson, Iowa Valley	SO	16'09.75" (5.12m)
6	Jill Sinnwell, Nashua-Plainfield	SR	16'09.75" (5.12m)
7	Meredith Austin, Central Lyon	SR	16'04.5" (4.99m)
8	Michelle Blessington, Southern Cal	SR	16'03.75" (4.97m)
9	Jessica Sornson, Treynor	SR	15'10.25" (4.83m)
10	Sarah Glynn, Nishna Valley	SR	15'09.5" (4.81m)
11	Lora Walke, Guttenberg	SO	15'09.25" (4.81m)
12	Lana Messinger, AHST	SO	15'08" (4.78m)
13	Rachel Danner, Glidden-Ralston	FR	15'07.25" (4.76m)
14	Jessica Hinkel, Woodbine	JR	15'05.25" (4.71m)
15	Jessica Gionet, Van Meter	SO	15'05" (4.70m)
16	Dana Wilkerson, English Valleys	SO	15'04.75" (4.69m)
17	Rachel Faulstich, Lakeland	FR	15'02.25" (4.63m)
18	Alison Nicholas, Council Bluffs St. Albert	SR	14'11.75" (4.57m)
19	Shanna Vetter, Hartley-Melvin-Sanborn	JR	14'10.25" (4.53m)
20	Heidi Brody, Denver	JR	14'09.5" (4.51m)
21	Darci Vohs, Galva-Holstein	SO	14'06.5" (4.43m)
22	Ashley Westphal, Jesup	FR	14'04.25" (4.38m)
23	Sammi Smith, Columbus	JR	13'06.75" (4.13m)
	Pam Betz, CAL-Dows	SR	ND

1A SHOT PUT FINAL

1	Katie Hoback, Columbus	JR	41'00.5" (12.51m)
2	Ann Gramkow, AHST	JR	39'08" (12.09m)
3	Angie Behrend, Guttenberg	SR	38'02.25" (11.64m)
4	Lori Trumblee, Starmont	SO	38'02" (11.63m)
5	Alyse Hohensee, Pocahontas Area	SR	37'10.75" (11.55m)
6	Emily Randolph, Northeast	SO	37'04.25" (11.39m)
7	Sarah Behrens, Laurens-Marathon	SR	37'03.75" (11.37m)
8	Erika Bilden, Valley CEW	SR	36'09.25" (11.21m)
9	Abby Guard, Hubbard-Radcliffe	SR	36'02.75" (11.04m)
10	Anne Marie Zeller, Woodward-Granger	JR	36'02" (11.02m)
11	Melissa Blessington, Southern Cal	JR	35'07.75" (10.86m)
12	Tammy Forret, Van Meter	SR	35'04" (10.77m)
13	Katie Thomas, Tri-County	JR	35'03.75" (10.76m)
14	Angie Klaahsen, Woodbine	SR	35'03" (10.74m)
15	Jessica Esdohr, Coon Rapids-Bayard	SR	34'08" (10.57m)
16	Emily Haywood, Okoboji	SR	34'08" (10.57m)
17	Sara Stearns, Aplington-Parkersburg	SR	34'06.25" (10.52m)
18	Tasha Peterman, Bedford	SO	34'06.25" (10.52m)
19	Julie Rietema, West Hancock	SO	33'11.75" (10.36m)
20	Katie Morse, Tri-Center	SR	33'09.5" (10.30m)
21	Christa Moyer, Janesville	SO	33'07.75" (10.26m)
22	Kristina Letsche, Marcus-Meriden-Cleghorn	SR	33'07.5" (10.25m)
23	Brandy Hoffman, Glidden-Ralston	FR	31'04.75" (9.57m)
24	Amanda Meitner, St. Ansgar	SO	29'07.5" (9.03m)

1A DISCUS FINAL

1	Julie Rietema, West Hancock	SO	127'11" (38.99m)
2	Janelle Ward, BCLUW	SO	123'11" (37.77m)
3	Jill Eggers, West Marshall	JR	120'06" (36.73m)
4	Kristy Myers, Grundy Center	SR	119'08" (36.47m)
5	Katie Morse, Tri-Center	SR	116'04" (35.46m)
6	Emily Behrens, Laurens-Marathon	JR	115'08" (35.26m)
7	Theresa Stotts, Northwood-Kensett	SR	114'00" (34.75m)
8	Anne Marie Zeller, Woodward-Granger	JR	113'05" (34.57m)
9	Alyse Hohensee, Pocahontas Area	SR	113'00" (34.44m)
10	Sara Stearns, Aplington-Parkersburg	SR	112'06" (34.29m)
11	Amanda Meitner, St. Ansgar	SO	111'04" (33.93m)
12	Mary Brandt, Southern Cal	JR	110'04" (33.63m)
13	Meghan Hovick, South Hamilton	SR	109'05" (33.35m)
14	Molly Banse, Starmont	SO	108'10" (33.17m)
15	Bethany Clark, Eldora-New Providence	SR	107'07" (32.79m)
16	Angie Klaahsen, Woodbine	SR	106'05" (32.44m)
17	Rachel Trulson, West Hancock	JR	106'05" (32.44m)
18	Krista Waasenaar, Central Lyon	JR	102'00" (31.09m)
19	Melissa Blessington, Southern Cal	JR	101'09" (31.01m)
20	Jackie Aanes, Valley CEW	SR	101'07" (30.96m)
21	Heidi Hansen, East Union	SR	101'01" (30.81m)
22	Amy Hynek, Mount Ayr	JR	098'00" (29.87m)
23	Lindsay Rueckert, Columbus	JR	089'01" (27.15m)
	Monica Dickinson, Pella Christian	JR	ND

1A 4x100-METER RELAY FINAL

1	POCAHONTAS AREA (Kim Loterbour, Emily Baade Loni McClintock, Heather DeWall)	50.90
2	DENVER (Amber Hillmann, Heidi Brody Leia Adams, Kristi Gloede)	51.19
3	IOWA CITY REGINA (Tara Burke, Emily Pechous Megan Colgan, Becky Miller)	51.56
4	SOUTH O'BRIEN (Kelly Lingen, Sandra Tjaden Jessica Larson, Deb Rienfeld)	51.69
5	COLUMBUS (Amanda Schweitzer, Anna Sands Mandy Orris, Sammi Smith)	51.88
6	SCHALLER-CRESTLAND (Megan Covey, Molly Movall Traci Bode, Stephanie Lindgren)	51.89
7	CAL-DOWS (Jocelyn Wiarda, Andrea Ohl Kara Pralle, Pam Betz)	52.05
8	HARTLEY-MELVIN-SANBORN (Katie Wescott, Lisa Epping Shanna Vetter, April Taylor)	52.61

Heat 1

1	DENVER (Amber Hillmann, Heidi Brody Leia Adams, Kristi Gloede)	51.23 Q
2	SCHALLER-CRESTLAND (Megan Covey, Molly Movall Traci Bode, Stephanie Lindgren)	51.92 Q
3	HARTLEY-MELVIN-SANBORN (Katie Wescott, Lisa Epping Shanna Vetter, April Taylor)	51.96 Q
4	RIVER VALLEY (Megan Jacobs, Kelly Mebius Noelle Leonard, Kayla Lundt)	52.19
5	TRI-CENTER (Laura Nanninga, LeAnne Ausdemore Brandi Huddle, Amber Daringer)	52.75
6	BELLE PLAINE (Ashley Jacobi, Melynda Balvin Shalan Danker, Shanna Hinschberger)	52.84
7	TRIPOLI (Kayla Buls, Angela Broeckmann Lisa Moeller, Patricia Dietz)	52.90
8	PANORAMA (Laura Jontz, Michelle Krause Megan McDermott, Erin McFadden)	53.33

Heat 2

1	COLUMBUS (Amanda Schweitzer, Anna Sands)
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2	Mandy Orris, Sammi Smith) IOWA CITY REGINA (Tara Burke, Emily Pechous Megan Colgan, Becky Miller)	51.46 Q
3	CAL-DOWS (Jocelyn Wiarda, Andrea Ohl Kara Pralle, Pam Betz)	51.50 Q
4	GRANVILLE SPALDING CATHOLIC (Becky Pohlen, Heather Schilmoeller Gina Holles, Krissa Langel)	52.13 Q
5	MARCUS-MERIDEN-CLEGHORN (Abby Schlenger, Emily Taylor Ryan Plueger, Emily Ehrig)	52.42
6	OGDEN (Kristin Peterson, Karen Swanson Anne Blyth, Lindsay Clark)	52.90
7	SIOUX CENTER (Jana Bahrke, Rachel Timmer Jenilee Roddy, Maggie Hauswald)	52.93
8	NORTHEAST (Emily Wiese, Allison Costello Angie Hillman, Hadley Costello)	53.01
		53.48

Heat 3

1	POCAHONTAS AREA (Kim Loterbour, Rachael Jergens Emily Baade, Heather DeWall)	51.10 Q
2	SOUTH O'BRIEN (Kelly Lingen, Sandra Tjaden Jessica Larson, Deb Rienfeld)	51.94 Q
3	GILBERT (Christa Housken, Molly Sundberg Kaitlyn Greenbowe, Emily Brown)	52.27
4	PELLA CHRISTIAN (Sandi DeJong, Lindsay Talsma Katie Fynaardt, Andi Van Vark)	52.62
5	NASHUA-PLAINFIELD (Jill Trost, Casey Willsher Kristi Haberman, Shelby Anderson)	52.62
6	EAST BUCHANAN (Joanna Burns, Aubrey Dolan Sammy Howe, Liz Carr)	52.94
7	STARMONT (Leah Francois, Tara Robinson Brienne Henry, Marcia Zitelman)	53.56
8	FREMONT-MILLS (Brandy Chambers, Tiffany Shepherd Abby Roberts, Nikki Wederquist)	53.85

1A 4x200-METER RELAY FINAL

1	APLINGTON-PARKERSBURG (Melea Zacharias, Amber Uhlenhopp Brittany Schipper, Jill Schwiebert)	1:46.42
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2	COUNCIL BLUFFS ST. ALBERT (Brandy Ficek, Alison Nicholas Melissa Respeliars, Kim Burns)	1:47.18
3	DENVER (Amber Hillmann, Kristi Gloede Liz Smith, Heidi Brody)	1:48.03
4	SCHALLER-CRESTLAND (Megan Covey, Molly Movall Traci Bode, Stephanie Lindgren)	1:48.71
5	COLUMBUS (Amanda Schweitzer, Anna Sands Mandy Orris, Sammi Smith)	1:49.18
6	COON RAPIDS-BAYARD (Melissa Sawyer, Racheal Carstens Megan Stout, Sarah Meiners)	1:49.35
7	OKOBOJI (Tiffany Fisk, Katie Keizer Jill Dorenkamp, Stephanie Fisk) POCAHONTAS AREA (Kim Loterbour, Rachael Jergens Emily Baade, Heather DeWall)	DQ1:51.53

Heat 1

1	COUNCIL BLUFFS ST. ALBERT (Brandy Ficek, Alison Nicholas Melissa Respeliars, Kim Burns)	1:47.21 Q
2	DENVER (Amber Hillmann, Kristi Gloede Liz Smith, Heidi Brody)	1:47.49 Q
3	POCAHONTAS AREA (Kim Loterbour, Rachael Jergens Emily Baade, Heather DeWall)	1:47.66 Q
4	SCHALLER-CRESTLAND (Megan Covey, Molly Movall Traci Bode, Stephanie Lindgren)	1:48.26 Q
5	NORTHEAST (Angie Hillman, Allison Costello Kim Eskildsen, Hadley Costello)	1:48.97
6	ANDREW (Sadie Bowling, Amanda Veach Stevie Hudrlik, Cassy Bliss)	1:50.57
7	IOWA CITY REGINA (Becky Miller, Lindy Ahrens Megan Colgan, Emily Pechous)	1:51.17
8	PELLA CHRISTIAN (Andi Van Vark, Katie Fynaardt Sandi DeJong, Lindsay Talsma)	1:51.48

Heat 2

1	OKOBOJI (Tiffany Fisk, Katie Keizer Jill Dorenkamp, Stephanie Fisk)	1:48.95 Q
2	HARTLEY-MELVIN-SANBORN (Sharon McNally, Katie Wescott April Taylor, Shanna Vetter)	1:49.45
3	NASHUA-PLAINFIELD (Casey Willsher, Sherry Matthias)	

4	Kristi Haberman, Shelby Anderson) EAST MARSHALL (Breanne Frost, Brandie Johnson Hallie Stalzer, Kelly Drury)	1:49.93
5	EAST BUCHANAN (Joanna Burns, Aubrey Dolan Katie Steffen, Emily Dolan)	1:50.60
6	WAPELLO (Jacque Ward, Stacey Thomas Dawn McConahay, Christine Cary)	1:50.71
7	KINGSLEY-PIERSON (Emily Radel, Becca Wheeler Laura Bahrke, Tedi Andrews)	1:51.09
8	COLO-NESCO (Jill Robinson, Steph Meimann Lisa Rasmussen, Chelsie Reifschneider)	1:52.51
		1:53.05

Heat 3

1	APLINGTON-PARKERSBURG (Melea Zacharias, Amber Uhlenhopp Brittany Schipper, Jill Schwiebert)	1:46.44 Q
2	COON RAPIDS-BAYARD (Melissa Sawyer, Racheal Carstens Megan Stout, Sarah Meiners)	1:47.70 Q
3	COLUMBUS (Amanda Schweitzer, Anna Sands Mandy Orris, Sammi Smith)	1:48.01 Q
4	PRESTON/EAST CENTRAL (Amy Young, Ashley Helmle Erin Daniels, Kate Sievers)	1:49.39
5	WEST HANCOCK (Tasha Johnson, Sara Miller Ivy May, Allison Hejlik)	1:49.69
6	BELLE PLAINE (Michelle Bartachek, Shalan Danker Lauren Drahos, Shanna Hinschberger)	1:50.68
7	MOUNT AYR (Mindy Stuart, April Perrigo Jana Johnson, Jamie Goins)	1:51.47
8	WOODBINE (Angie Dickinson, Jessica Hinkel Sarah Dolan, Jamie Tremel)	1:51.50

1A 4x400-METER RELAY FINAL

1	EAST BUCHANAN (Emily Dolan 63.0, Jenna Sloan 62.5 Katie Steffen 62.6, Stephanie Roepke 60.3)	4:08.48
2	WALL LAKE VIEW-AUBURN (Jessie Brotherton, Alison Waggie Marie Sturm, Lindsay Kropf)	4:09.30
3	COUNCIL BLUFFS ST. ALBERT (Katie Busch 64.0, Kim Burns 61.4 Laura Sawatzke 62.7, Brandy Ficek 61.3)	4:09.44

4	LEMARS GEHLEN CATHOLIC (Jodi Block 61.3, Sara Langel 64.2 Emily Puhl 63.0, Jessica Sitzmann 61.2)	4:09.69
5	NORTH LINN (Jessie Sackett, Chelsey Martin Jenni Mudd, Kara Robinson 58.1)	4:10.14
6	WEST HANCOCK (Steph Arey, Dustie Smith Anna Hellenga, Allison Hejlik)	4:11.97
7	CENTRAL LYON (Sarah Soldner, Abbey Van Berkum Meredith Austin, Meghann Reifenrath)	4:12.66
8	LOGAN-MAGNOLIA (Erin Makey, Ingrid Frisk Kim Kersten, Sara Makey 62.9)	4:12.70

Heat 1

1	WALL LAKE VIEW-AUBURN (Jessie Brotherton 61.9, Alison Waggie 64.3 Marie Sturm 62.9, Lindsay Kropf 60.6)	4:09.76 Q
2	NORTH LINN (Jessie Sackett, Chelsey Martin Jenni Mudd, Kara Robinson 58.4)	4:11.16 Q
3	TREYNOR (Jessica Sornson 63.6, Jennifer Anderson 63.4 Ellen Stupfell 65.1, Katie Maguire 60.2)	4:12.35
4	CEDAR FALLS NU HIGH (Bethany Richter 63.5, Rachel Koch Kate Stater, Jillian Doddema 61.6)	4:12.84
5	HINTON (Ashley Bramstedt 63.0, Jessie VanderKooi 64.2 Allison Quandt 65.6, Mikyla Harderson 60.9)	4:13.78
6	ST. ANSGAR (Kristy Larson, Amy Ask Lisa Kriener, Katie Mayer 62.0)	4:14.15
7	BELLE PLAINE (Melissa Frank, Shalan Danker Brittani Kozik, Michelle Bartachek)	4:18.31
8	DURANT-BENNETT (Amanda Otto, Dawn Henrich Jesslyn Von Muenster, Margaret Morris)	4:18.90

Heat 2

1	LEMARS GEHLEN CATHOLIC (Jodi Block 60.5, Sara Langel 63.3 Emily Puhl 63.5, Jessica Sitzmann 60.3)	4:07.68 Q
2	EAST BUCHANAN (Emily Dolan 62.3, Jenna Sloan 63.0 Katie Steffen 63.1, Stephanie Roepke 60.6)	4:09.05 Q
3	WEST HANCOCK (Steph Arey 63.2, Dustie Smith 63.3 Anna Hellenga 62.6, Allison Hejlik 61.2)	4:10.32 Q
4	LOGAN-MAGNOLIA (Erin Makey 62.9, Ingrid Frisk 62.8 Kim Kersten 64.0, Sara Makey 60.9)	4:10.63 Q
5	OKOBOJI (Tiffany Fisk 63.3, Jill Dorenkamp 61.9)	

6	Katie Derner 66.7, Stephanie Fisk 63.5) FREDERICKSBURG (Ann Peraud 65.2, Louise McGoldrick 64.9 Santana Hegland 63.9, Kimberly Petersen 63.7)	4:15.16
7	AUDUBON (Gina Baier, Sara Boehm Dena Olsen, Erin Hoffman)	4:17.77
8	MANSON-NW WEBSTER (Sara Lynch, Dani Hokinson Abby Sweet, Raegan Schultz)	4:18.77
	Heat 3	
1	CENTRAL LYON (Sarah Soldner 66.7, Abbey Van Berkum 62.8 Meredith Austin 58.9, Meghann Reifenrath 58.9)	4:19.20
2	COUNCIL BLUFFS ST. ALBERT (Katie Busch 62.9, Kim Burns 62.9 Laura Sawatzke 62.1, Brandy Ficek 60.8)	4:07.44 Q
3	SOUTH O'BRIEN (Leah Lundquist 63.8, Mary Kummerfeld Sandra Tjaden, Deb Rienfeld 61.8)	4:08.73 Q
4	INTERSTATE 35 (Ashlee Dickinson, Tiffany Seibert Amy Weeks, Heather Beeler)	4:11.93
5	JESUP (Kelli Kayser 64.7, Cassie Frush 45.3 Marci Clayton 63.8, Ashley Westphal 60.9)	4:14.55
6	ELDORA-NEW PROVIDENCE (Abby Reinert 64.1, Kendra Schaa 67.9 Dia Dohlman 61.7, Brittany Ewoldt 61.2)	4:14.83
7	FORT DODGE ST. EDMOND (Ashley Black, Megan Bradley Kristan Shanks, Missy Rork)	4:14.88
8	COLO-NESCO (Chelsie Reifschneider 64.1, Jill Robinson 65.0 Steph Meimann 65.5, Lisa Rasmussen 64.2)	4:18.28
		4:18.91

1A 4x800-METER RELAY FINAL

1	COUNCIL BLUFFS ST. ALBERT (Katie Milner 2:26.5, Claire Weidman 2:27.4 Melissa Respeliers 2:27.1, Katie Busch 2:23.7)	09:44.61
2	NORTH LINN (Jessie Sackett 2:27.3, Chelsey Martin 2:29.9 Amanda Maas 2:26.2, Jennifer Hedrick 2:25.6)	09:49.07
3	WAPSIE VALLEY (Chelsey Matthias 2:25.8, Joy Schutte Shelia Cox, Alicia Cox 2:26.8)	09:51.93
4	LEMARS GEHLEN CATHOLIC (Jodi Block, Sara Langel Des Campbell 2:30.0, Jessica Sitzmann 2:25.4)	09:52.20
5	GALVA-HOLSTEIN (Katie Lichter, Janel Smith Donna Hanson, Lacey Leinbaugh 2:27.5)	09:56.23

6	PRESTON/EAST CENTRAL (Kayla Fulrath 2:29.2, Lara Bowman 2:33.6 Ashley Helmle 2:30.6, Linissa Bowman 2:27.4)	10:00.86
7	ARMSTRONG-RINGSTED (Amanda McKean, Amy Fothergill Brooke Craig, Meredith McKean)	10:01.29
8	DURANT-BENNETT (Shannon Von Muenster, Margaret Morris Jesslyn Von Muenster, Dawn Henrich)	10:01.70
9	SOUTH HAMILTON (Jenna Neuman 2:33.2, Jamie Olson 2:31.4 Emily Klein 2:33.9, Kari Swenson 2:26.3)	10:04.89
10	AUDUBON (Gina Baier, Sara Boehm Erin Monahan, Erin Hoffman)	10:04.98
11	BELLE PLAINE (Jenny Cronbaugh, Molly Cronbaugh Lauren Drahos, Brittani Kozik)	10:05.58
12	GILBERT (Mackenzie Henryson 2:29.6, Allison Abarr Katie Blair, Mary Oppold 2:20.9)	10:05.59
13	LOGAN-MAGNOLIA (Emilie Burkhart, Ingrid Frisk Erin Makey, Sara Makey)	10:05.67
14	JESUP (Kelli Kayser, Cassie Frush Jessica Smith, Marci Clayton 2:29.2)	10:05.92
15	ST. ANSGAR (Ari-Anne Kleckner 2:27.6, Tina May Katie Schwarck, Katie Mayer 2:22.8)	10:06.64
16	TREYNOR (Ellen Stupfell, Chrissy Bloom Teresa Reineke, Katie Maguire)	10:06.74
17	MORAVIA/MOULTON-UDELL (Virginia Zugg, Mariah Redinbaugh Steph Zugg, Abbey Lindberg)	10:10.86
18	LYNNVILLE-SULLY (Jill Rozendaal 2:25.8, Amber Ver Ploeg 2:30.6 Daira Hoegh 2:43.9, Erin Shearn 2:30.6)	10:11.05
19	WEST MARSHALL (Nicki Vellinga, Sara Goodman Laura Sellers, Meredith Robinson)	10:11.99
20	CALAMUS-WHEATLAND (Katie Hayen 2:26.6, Stacy Bentrrott Tara Pickering, Nicole Lahann)	10:13.10
21	ALGONA GARRIGAN (Teresa McGuire, Nellie Fowler Angie Kohlhaas, Ashley Arndorfer)	10:17.09
22	COON RAPIDS-BAYARD (Jackie Schaefer, Katie Tigges Kari Tigges, Jill Nees)	10:19.98
23	PATON-CHURDAN (Alison Bauer, Andrea Bauer Brooke Kersey, Rachel Parks)	10:39.81
	CEDAR FALLS NU HIGH (Kate Stater, Rachel Koch Bethany Richter, Jillian Doddema)	DNF

1A SPRINT MEDLEY RELAY FINAL

1	FORT DODGE ST. EDMOND (Missy Rork, Ashley Black Kristan Shanks, Julie Drzycimski 59.5)	1:52.93
2	CENTRAL LYON (Sarah Soldner, Kate Boeve Meghann Reifenrath, Meredith Austin 58.9)	1:52.97
3	HLV (Chrystal Crow, Gina Martin Cari Kinzenbaw, Robin Sullivan 58.5)	1:53.44
4	RIVER VALLEY (Megan Jacobs, Noelle Leonard Kelly Mebius, Kayla Lundt 58.6)	1:53.95
5	COUNCIL BLUFFS ST. ALBERT (Angie Petersen, Alison Nicholas Kim Burns, Brandy Ficek 60.6)	1:54.14
6	APLINGTON-PARKERSBURG (Brittney Colburn, Melea Zacharias Amber Uhlenhopp, Brittany Schipper 59.8)	1:54.88
7	CORWITH-WESLEY-LUVERNE (Kristy Legler, Tina Steenhard Kristin Rasmussen, Kerianne Hansen 60.6)	1:55.14
8	GILBERT (Christa Housken, Molly Sundberg Emily Brown, Mary Oppold)	1:56.38
	Heat 1	
1	CENTRAL LYON (Sarah Soldner, Kate Boeve Meghann Reifenrath, Meredith Austin)	1:52.41 Q
2	RIVER VALLEY (Megan Jacobs, Noelle Leonard Kelly Mebius, Kayla Lundt)	1:53.09 Q
3	COUNCIL BLUFFS ST. ALBERT (Angie Petersen, Alison Nicholas Kim Burns, Brandy Ficek)	1:53.39 Q
4	HLV (Chrystal Crow, Gina Martin Cari Kinzenbaw, Robin Sullivan)	1:53.57 Q
5	CORWITH-WESLEY-LUVERNE (Kristy Legler, Tina Steenhard Kristin Rasmussen, Kerianne Hansen)	1:54.14 Q
6	POCAHONTAS AREA (Kim Loterbour, Loni McClintock Rachael Jergens, Nikki Gruber)	1:54.38
7	PANORAMA (Laura Jontz, Megan McDermott Erin McFadden, Amy Clark)	1:54.63
8	INTERSTATE 35 (Callie Collins, Tiffany Seibert Amy Weeks, Heather Beeler)	1:58.11

Heat 2

1	FORT DODGE ST. EDMOND (Missy Rork, Ashley Black Kristan Shanks, Julie Drzycimski)	1:52.74 Q
2	IOWA VALLEY (Ellen Babor, Erin Frimml Calli Cronbaugh, Brandi Olson)	1:54.37
3	NASHUA-PLAINFIELD (Toni Mohring, Casey Willsher Shelby Anderson, Kristi Haberman)	1:54.53
4	DIKE-NEW HARTFORD (Andrea Shaw, Diann Merfeld Britt Bakker, Krystle Cordes)	1:55.49
5	WEST MARSHALL (Jamie Bailey, Meredith Robinson Sara Goodman, Nicki Vellinga)	1:56.71
6	FREDERICKSBURG (Chelsea Hanawalt, Katie Oswald Bethany Ludwig, Kimberly Petersen)	1:57.82
7	ESSEX (Christie Houston, Bethany Stuart Sara Comstock, Corrie Bangston)	1:58.11
8	CALAMUS-WHEATLAND (Laura Fox, Rochelle Behne Kendra Burzlaff, Ashley Henning)	2:00.03

Heat 3

1	APLINGTON-PARKERSBURG (Brittney Colburn, Melea Zacharias Amber Uhlenhopp, Brittany Schipper)	1:52.92 Q
2	GILBERT (Christa Housken, Molly Sundberg Emily Brown, Mary Oppold)	1:54.26 Q
3	BELLE PLAINE (Ashley Jacobi, Shanna Hinschberger Lauren Drahos, Michelle Bartachek)	1:54.62
4	WALL LAKE VIEW-AUBURN (Alison Waggle, Marie Sturm Lindsay Kropf, Jessie Brotherton)	1:54.92
5	PELLA CHRISTIAN (Andi Van Vark, Lacey-Jae Huisman Andrea Christensen, Jana Van Arendonk)	1:55.15
6	TRIPOLI (Angela Boeckmann, Sara Wittenburg Lisa Moeller, Sarah Blasberg)	1:55.18
7	EAST BUCHANAN (Joanna Burns, Aubrey Dolan Stephanie Roepke, Jessie Sloan)	1:58.90
	SOUTHERN CAL (Courtney Brockman, Abbie Willis Michelle Blessington, Jenny Harris)	FS

1A DISTANCE MEDLEY RELAY FINAL

1	APLINGTON-PARKERSBURG (Melea Zacharias, Amber Uhlenhopp Brittany Schipper 57.7, Jill Schwiebert 2:18.8)	4:12.75
2	ALBURNETT (Afton Strand, Jamie Bailey Amber Wood 63.5, Crystal Kadlec 2:17.2)	4:16.18
3	GILBERT (Kaitlyn Greenbowe, Emily Brown Kelly Quarnstrom 63.9, Mary Oppold 2:18.7)	4:18.20
4	WALL LAKE VIEW-AUBURN (Marie Sturm, Lindsay Kropf Jessie Brotherton, Beth Fischer 2:22.6)	4:18.51
5	COUNCIL BLUFFS ST. ALBERT (Alison Nicholas, Laura Sawatzke Melissa Respeliers 60.9, Katie Milner 2:24.0)	4:19.64
6	AUDUBON (Rachel Carter, Jenny Randeris Dena Olsen, Erin Hoffman)	4:19.73
7	ELDORA-NEW PROVIDENCE (Anne Spieker, Amanda Robbins Abby Reinert 62.4, Dia Dohlman 2:19.9)	4:21.67
8	HINTON (Sheena Getty, Jessie VanderKooi Ashley Bramstedt, Mikyla Harderson)	4:22.69
9	AHST (Holly Lamp, Lana Messinger Cassie Jacobsen, Ashley Adams)	4:23.62
10	STANTON (Hilary Goddard, Rachelle Zenor Cathy Nelson 63.1, Teresa Booth 2:22.8)	4:23.63
11	DURANT-BENNETT (Margaret Morris, Krystal Ketelsen Amanda Otto 61.5, Dawn Henrich 2:26.4)	4:24.53
12	SOUTH O'BRIEN (Jenn Woolston, Leah Lundquist Sandra Tjaden 63.4, Mary Kummerfeld 2:25.7)	4:26.60
13	JESUP (Marci Clayton, Mikki Steuben Ashley Westphal 61.1, Kelli Kayser 2:29.2)	4:27.27
14	NORTHEAST HAMILTON (Jenny Reeves, Christina Pruismann Malinda Doolittle 66.7, Emery Burton 2:24.7)	4:27.58
15	STARMONT (Tara Robinson, Brianne Henry Jessica Klett 59.3, Chasity Miller 2:31.0)	4:27.96
16	LYNNVILLE-SULLY (Emily Beyer, Liz Van Genderen Keisha Lewis 64.5, Jill Rozendaal 2:28.8)	4:29.67
17	ESSEX (Bethany Stuart, Sara Comstock Corrie Bangston, Lisa Slater)	4:30.18
18	UNDERWOOD (Krystal Cary, Sarah Sealock Alisha Christensen, Rachel Adams)	4:30.22
19	LAURENS-MARATHON (Teresa Hanna, Machel Snow Betsy Behrens, Lindsey Meyer)	4:30.72

20	NORTHEAST (Angie Hillman, Allison Costello Stephanie Howe 63.7, Rachel O'Connor 2:33.9)	4:32.67
21	SIGOURNEY (Becky O'Rourke, Sara Hammes Abbie Hammes, Ashley Schultz)	4:34.95
22	FREDERICKSBURG (Chelsea Hanawalt, Bethany Ludwig Ann Peraud 63.4, Amber Suckow 2:35.5)	4:35.97
23	BEDFORD (Ashley Nally, Nicole Rowe Amber French 65.6, Ann McMillen 2:34.0)	4:36.01
	GALVA-HOLSTEIN (Tegan Jepsen, Stacy Friedrichsen Darci Vohs, Donna Hanson)	DQ4:27.86 (1-2oos)

1A SHUTTLE HURDLE RELAY FINAL

1	OGDEN (Karen Swanson, Lindsay Clark Kristin Peterson, Anne Blyth)	1:04.61
2	LEMARS GEHLEN CATHOLIC (Sara Langel, Katie Schiltz Des Campbell, Jodi Block)	1:04.70
3	GILBERT (Christa Housken, Kaitlyn Greenbowe Kelly Quarnstrom, Molly Sundberg)	1:05.34
4	POCAHONTAS AREA (Morgan Hammer, Nicole Ayers Heather DeWall, Nikki Gruber)	1:05.44
5	NASHUA-PLAINFIELD (Jill Sinnwell, Sherry Matthias Ashley Quade, Cindy Hannemann)	1:05.45
6	MANSON-NW WEBSTER (Jerah Bates, Raegan Schultz Janelle Mersch, Lindsay Schultz)	1:07.01
7	TRIPOLI (Kayla Buls, Erica Slack Angela Boeckmann, Patricia Dietz)	1:07.09
8	NORTH CENTRAL (Nicki Petersburg, Lindsey Hagen Alex Petersburg, Krystal Lien)	1:08.65
	Heat 1	
1	LEMARS GEHLEN CATHOLIC (Sara Langel 16.7, Katie Schiltz 15.9 Des Campbell 15.8, Jodi Block 15.7)	1:05.12 Q
2	NORTH CENTRAL (Nicki Petersburg, Lindsey Hagen Alex Petersburg, Krystal Lien)	1:07.29 Q
3	ROCKWELL-SWALEDALE (Mandy Weber, Rachael Mesner Dana Noss, Kari Petersen)	1:08.65
4	MARTENSDALE-ST. MARYS	

(Jen Egberg, Shannon Matlage
Kenna Wheeldon, Jen Alexander) 1:08.98

Heat 2

1 MANSON-NW WEBSTER
(Jerah Bates, Raegan Schultz 14.7
Janelle Mersch, Lindsay Schultz) 1:07.97 Q

2 WEST HANCOCK
(Dustie Smith, Tasha Johnson
Julie Rietema, Anna Hellenga) 1:08.02

3 AUDUBON
(Ashley Meaike, Stef Baier
Jill Andersen, Jenny Randeris) 1:09.29

4 TRI-CENTER
(LeAnne Ausdemore, Rachel Hansen
Laura Nanninga, Sarah Fischer) 1:10.57

Heat 3

1 POCAHONTAS AREA
(Morgan Hammer 17.3, Nicole Ayers 16.6y
Heather DeWall 16.5, Nikki Gruber 15.6) 1:06.09 Q

2 STARMONT
(Julie Keppler 17.7, Jessica Klett 17.2
Leah Francois 17.2, Marcia Zitelman 16.2) 1:08.29

3 TURKEY VALLEY
(Michele Bruess, Rachel Brincks
Sue Kuennen, Ali Reicks) 1:08.99

4 WEST BEND-MALLARD
(Gina Bruellman, Missy Leman
Angie Laubenthal, Crystal Stokes) 1:09.65

Heat 4

1 NASHUA-PLAINFIELD
(Jill Sinnwell 15.3, Sherry Matthias 16.2
Ashley Quade 17.3, Cindy Hannemann 16.9) 1:05.76 Q

2 CALAMUS-WHEATLAND
(Anna Hass 17.8, Amanda Goettsch 17.7
Carrie Green 17.0, Liz Rasmussen 16.9) 1:09.15

2 WOODBINE
(Lacie Rath, Kassie Rath
Jessica Hinkel, Jamie Tremel) 1:09.15

4 EH-KIMBALLTON-WALNUT
(Jennifer Meull, Heather Kay
Cheyenne Pedersen, Sara Hoffman) 1:12.93

Heat 5

1 GILBERT
(Christa Housken 16.6, Kaitlyn Greenbowe 16.2
Kelly Quarnstrom 16.6, Molly Sundberg 16.7) 1:06.17 Q

2 TRIPOLI
(Kayla Buls 16.5, Erica Slack 17.0
Angela Boeckmann 16.6, Patricia Dietz 16.9) 1:07.44 Q

3 MONTEZUMA
(Jamie Morrow, Paige Slaymaker
Amy Iverson, Abby Long) 1:10.42

AR-WE-VA
(Mandy Grell, Kenzie Schweers)

Kellsey Kock, Meggan Farrell)

FS

Heat 6

1	OGDEN (Karen Swanson 16.3, Lindsay Clark 16.6 Kristin Peterson 16.2, Anne Blyth 16.3)	1:05.42 Q
2	SIOUX CENTER (Rachel Timmer, Katie Van Meeteren Amber Green, Jana Bahrke)	1:08.75
3	PEKIN (Megan Raap 17.3, Lindsey Ehrenfelt 17.8 Brandi Woods 17.4, Nicole Baker 16.8)	1:09.32
4	ALBURNETT (Erica Smith, Nikki Price Nicole Wood, Sarah Trumm)	1:13.78

2000 IOWA GIRLS' STATE TRACK CHAMPIONSHIPS

Class 1A Results

By Track-on-a-Mac on May 20, 2000 at 6:46 PM

100-Meter Dash --Heat 1

- 1 Julie Drzycimski; Fort Dodge St. Edmond 12.49 Q
- 2 Wendy Christy; Harmony 12.95 Q
- 3 Meredith Austin; Central Lyon 13.06 Q
- 4 Amanda Thompson; Aquinas-Marquette 13.11
- 5 Courtney Pilch; New London 13.39
- 6 Maggie Hauswald; Sioux Center 13.56
- 7 Leslie Dykstra; Twin Cedars 13.64
- 8 Amanda Pape; West Harrison 13.84

Heat 2

- 1 Angie Behrend; Guttenberg 12.90 Q
- 2 Brandi Olson; Iowa Valley 12.96 Q
- 3 Codie Lebo; Madrid 13.01 Q
- 4 Elisha Damon; Missouri Valley 13.11
- 5 Kim Loterbour; Pocahontas Area 13.19
- 6 Becky Miller; Iowa City Regina 13.22
- 7 Tricia Sharp; BCLUW 13.56
- 8 Danielle Nielson; Westwood 13.69

Heat 3

- 1 Jenny Goodall; Lake Mills 12.75 Q
- 2 Pam Betz; CAL-Dows 12.80 Q
- 3 Nikki Wederquist; Fremont-Mills 13.18
- 4 Megan Covey; Schaller-Crestland 13.31
- 5 Deb Riefeld; South O'Brien 13.32
- 6 April Taylor; Hartley-Melvin-Sanborn 13.40
- 7 Lisa Moeller; Tripoli 13.58

8 Katie Larson; IKM 13.64

400-Meter Dash Heat 1

- 1 Krystle Cordes; Dike-New Hartford 0:59.68 Q
- 2 Jenny Carbone; Des Moines Christian 0:59.82 Q
- 3 Katie Lee; Woodward-Granger 1:01.51
- 4 Ashley Henning; Calamus-Wheatland 1:01.68
- 5 Sarah Blasberg; Tripoli 1:02.06
- 6 Jana Van Arendonk; Pella Christian 1:03.05
- 7 Kim Medick; North Polk 1:03.26
- 8 Heather Beeler; Interstate 35 1:04.58

Heat 2

- 1 Kara Robinson; North Linn 0:59.81 Q
- 2 Meghann Reifenrath; Central Lyon 0:59.83 Q
- 3 Jenn Shimak; Turkey Valley 1:01.26
- 4 Laura Sawatzke; Council Bluffs St. Albert 1:01.58
- 5 Kerianne Hansen; Corwith-Wesley-LuVerne 1:02.02
- 6 Missy Rork; Fort Dodge St. Edmond 1:03.02
- 7 Jolena McCloud; East Greene 1:03.14
- 8 Kelsey Maffin; Van Meter 1:03.56

Heat 3

- 1 Dana Wilkerson; English Valleys 0:59.51 Q
- 2 Erin Sheeley; Postville 0:59.78 Q
- 3 Stephanie Roepke; East Buchanan 1:00.31 Q
- 4 Sarah Glynn; Nishna Valley 1:00.56 Q
- 5 Tiffany Perkins; West Branch 1:00.92
- 6 Kimberly Petersen; Fredericksburg 1:02.39
- 7 Ashlea Payne; Alta 1:03.21
- 8 Sarah Castle; River Valley 1:03.30

Class 1A 3000 Meter Run Finals

- 1 Kristin Hansen; Okoboji 10:09.14 J
- 2 Teresa Booth; Stanton 10:34.00
- 3 Heather Kite; Jesup 10:42.27
- 4 Rachel O'Connor; Northeast 10:42.88
- 5 Jennifer Kunkel; Woodbury Central 10:43.57
- 6 Karen Johnson; West Branch 10:51.31
- 7 Emily Klein; South Hamilton 10:51.43

- 8 Amy Marshall; Harmony 10:59.51
- 9 Ann McMillen; Bedford 11:03.79
- 10 Ari-Anne Kleckner; St. Ansgar 11:04.28
- 11 Jennifer Hedrick; North Linn 11:09.07
- 12 Tiffany Dallenbach; Laurens-Marathon 11:10.41
- 13 Ashley Adams; AHST 11:11.17
- 14 Meredith McKean; Armstrong-Ringsted 11:15.00
- 15 Tracy Hartwig; Rockwell City-Lytton 11:18.66
- 16 Alyssa Jones; Ogden 11:21.84
- 17 Randi Burns; Starmont 11:22.56
- 18 Lacey Leinbaugh; Galva-Holstein 11:25.64
- 19 Jenny Cronbaugh; Belle Plaine 11:30.51
- 20 Brooke Ferguson; Laurens-Marathon 11:35.14
- 21 Racquel Flora; Bondurant-Farrar 11:41.87
- 22 Andi Edwards; Manson-NW Webster 11:46.01
- 23 Jennifer Muhl; Calamus-Wheatland 12:07.67
- 24 Lara Bowman; Preston/East Central 12:20.16

100-Meter Hurdles Heat 1

- 1 Raegan Schultz; Manson-NW Webster 15.20 Q
- 2 Amber Russell; Dunkerton 16.03 Q
- 3 Staci VanderBerg; Okoboji 16.05 Q
- 4 Jana Bahrke; Sioux Center 16.20 Q
- 5 Hillary Boeke; Hubbard-Radcliffe 16.22
- 6 Nicole Baker; Pekin 16.39
- 7 Blaire McCuen; Corning 16.42
- 8 Sarah Trumm; Alburnett 16.62

Heat 2

- 1 Jill Sinnwell; Nashua-Plainfield 14.97 Q
- 2 Jacque Moyer; Janesville 15.34 Q
- 3 Leslie Dykstra; Twin Cedars 16.36
- 4 Tara Burke; Iowa City Regina 16.45
- 5 Ashley Todd; River Valley 16.67
- 6 Abby Long; Montezuma 16.77
- 7 Sara Anhalt; Jesup 16.93
- 8 Amanda Otto; Durant-Bennett 18.41

Heat 3

- 1 Lindsay Schultz; Manson-NW Webster 14.94 Q
- 2 Nikki Gruber; Pocahontas Area 15.55 Q
- 3 Laura Nanninga; Tri-Center 16.21

- 4 Marcia Zitelman; Starmont 16.41
- 5 Karen Swanson; Ogden 16.56
- 6 Liz Rasmussen; Calamus-Wheatland 16.86
- 7 Emily Taylor; Marcus-Meriden-Cleghorn 17.17
- 8 Jenny Harris; Southern Cal 18.22

4x 100-Meter Relay Heat 1

- 1 Amber Hillmann, Heidi Brody, Leia Adams, Kristi Gloede; Denver 51.23 Q
- 2 Megan Covey, Molly Movall, Traci Bode, Stephanie Lindgren; Schaller-Crestland 51.92 Q
- 3 Katie Wescott, Lisa Epping, Shanna Vetter, April Taylor; Hartley-Melvin-Sanborn 51.96 Q
- 4 Megan Jacobs, Kelly Mebius, Noelle Leonard, Kayla Lundt; River Valley 52.19
- 5 Laura Nanninga, LeAnne Ausdemore, Brandi Huddle, Amber Daringer; Tri-Center 52.75
- 6 Ashley Jacobi, Melynda Balvin, Shalan Danker, Shanna Hirschberger; Belle Plaine 52.84
- 7 Kayla Buls, Angela Broeckmann, Lisa Moeller, Patricia Dietz; Tripoli 52.90
- 8 Laura Jontz, Michelle Krause, Megan McDermott, Erin McFadden; Panorama 53.33

Heat 2

- 1 Amanda Schweitzer, Anna Sands, Mandy Orris, Sammi Smith; Columbus 51.46 Q
- 2 Tara Burke, Emily Pechous, Megan Colgan, Becky Miller; Iowa City Regina 51.50 Q
- 3 Jocelyn Wiarda, Andrea Ohl, Kara Pralle, Pam Betz; CAL-Dows 52.13 Q
- 4 Becky Pohlen, Heather Schilmoeller, Gina Holles, Krissa Langel; Granville Spalding Catholic 52.42
- 5 Abby Schlenger, Emily Taylor, Ryan Plueger, Emily Ehrig; Marcus-Meriden-Cleghorn 52.90
- 6 Kristin Peterson, Karen Swanson, Anne Blyth, Lindsay Clark; Ogden 52.93
- 7 Jana Bahrke, Rachel Timmer, Jenilee Roddy, Maggie Hauswald; Sioux Center 53.01
- 8 Emily Wiese, Allison Costello, Angie Hillman, Hadley Costello; Northeast 53.48

Heat 3

- 1 Kim Loterbour, Rachael Jergens, Emily Baade, Heather DeWall; Pocahontas Area 51.10 Q
- 2 Kelly Lingen, Sandra Tjaden, Jessica Larson, Deb Rienfeld; South O'Brien 51.94 Q
- 3 Christa Housken, Molly Sundberg, Kaitlyn Greenbowe, Emily Brown; Gilbert 52.27
- 4 Sandi DeJong, Lindsay Talsma, Katie Fynaardt, Andi Van Vark; Pella Christian 52.62
- 5 Jill Trost, Casey Willsher, Kristi Haberman, Shelby Anderson; Nashua-Plainfield 52.62
- 6 Joanna Burns, Aubrey Dolan, Sammy Howe, Liz Carr; East Buchanan 52.94
- 7 Leah Francois, Tara Robinson, Brianne Henry, Marcia Zitelman; Starmont 53.56
- 8 Brandy Chambers, Tiffany Shepherd, Abby Roberts, Nikki Wederquist; Fremont-Mills 53.85

4x200-Meter Relay Heat 1

- 1 Brandy Ficek, Alison Nicholas, Melissa Respeliars, Kim Burns; Council Bluffs St. Albert 1:47.21 Q
- 2 Amber Hillmann, Kristi Gloede, Liz Smith, Heidi Brody; Denver 1:47.49 Q
- 3 Kim Loterbour, Rachael Jergens, Emily Baade, Heather DeWall; Pocahontas Area 1:47.66 Q
- 4 Megan Covey, Molly Movall, Traci Bode, Stephanie Lindgren; Schaller-Crestland 1:48.26 Q
- 5 Angie Hillman, Allison Costello, Kim Eskildsen, Hadley Costello; Northeast 1:48.97
- 6 Sadie Bowling, Amanda Veach, Stevie Hudrlik, Cassidy Bliss; Andrew 1:50.57
- 7 Becky Miller, Lindy Ahrens, Megan Colgan, Emily Pechous; Iowa City Regina 1:51.17
- 8 Andi Van Vark, Katie Fynaardt, Sandi DeJong, Lindsay Talsma; Pella Christian 1:51.48

Heat 2

- 1 Tiffany Fisk, Katie Keizer, Jill Dorenkamp, Stephanie Fisk; Okoboji 1:48.95 Q
- 2 Sharon McNally, Katie Wescott, April Taylor, Shanna Vetter; Hartley-Melvin-Sanborn 1:49.45
- 3 Casey Willsher, Sherry Matthias, Kristi Haberman, Shelby Anderson; Nashua-Plainfield 1:49.93
- 4 Breanne Frost, Brandie Johnson, Hallie Stalzer, Kelly Drury; East Marshall 1:50.60
- 5 Joanna Burns, Aubrey Dolan, Katie Steffen, Emily Dolan; East Buchanan 1:50.71
- 6 Jacque Ward, Stacey Thomas, Dawn McConahay, Christine Cary; Wapello 1:51.09
- 7 Emily Radel, Becca Wheeler, Laura Bahrke, Tedi Andrews; Kingsley-Pierson 1:52.51
- 8 Jill Robinson, Steph Meimann, Lisa Rasmussen, Chelsie Reifschneider; Colo-Nesco 1:53.05

Heat 3

- 1 Melea Zacharias, Amber Uhlenhopp, Brittany Schipper, Jill Schwiebert; Aplington-Parkersburg 1:46.44 Q
- 2 Melissa Sawyer, Racheal Carstens, Megan Stout, Sarah Meiners; Coon Rapids-Bayard 1:47.70 Q
- 3 Amanda Schweitzer, Anna Sands, Mandy Orris, Sammi Smith; Columbus 1:48.01 Q
- 4 Amy Young, Ashley Helmle, Erin Daniels, Kate Sievers; Preston/East Central 1:49.39
- 5 Tasha Johnson, Sara Miller, Ivy May, Allison Hejlik; West Hancock 1:49.69
- 6 Michelle Bartachek, Shalan Danker, Lauren Drahos, Shanna Hirschberger; Belle Plaine 1:50.68
- 7 Mindy Stuart, April Perrigo, Jana Johnson, Jamie Goins; Mount Ayr 1:51.47
- 8 Angie Dickinson, Jessica Hinkel, Sarah Dolan, Jamie Tremel; Woodbine 1:51.50

4 x 400-Meter Relay Heat 1

- 1 Jessie Brotherton, Alison Waggle, Marie Sturm, Lindsay Kropf; Wall Lake View-Auburn 4:09.76 Q
- 2 Jessie Sackett, Chelsey Martin, Jenni Mudd, Kara Robinson; North Linn 4:11.16 Q
- 3 Jessica Sornson, Jennifer Anderson, Ellen Stupfell, Katie Maguire; Treynor 4:12.35
- 4 Bethany Richter, Rachel Koch, Kate Stater, Jillian Doddema; Cedar Falls NU High 4:12.84
- 5 Ashley Bramstedt, Jessie VanderKooi, Allison Quandt, Mikyla Harderson; Hinton 4:13.78
- 6 Kristy Larson, Amy Ask, Lisa Kriener, Katie Mayer; St. Ansgar 4:14.15
- 7 Melissa Frank, Shalan Danker, Brittani Kozik, Michelle Bartachek; Belle Plaine 4:18.31
- 8 Amanda Otto, Dawn Henrich, Jesslyn Von Muenster, Margaret Morris; Durant-Bennett 4:18.90

Heat 2

- 1 Jodi Block, Sara Langel, Emily Puhl, Jessica Sitzmann; LeMars Gehlen Catholic 4:07.68 Q
- 2 Emily Dolan, Jenna Sloan, Katie Steffen, Stephanie Roepke; East Buchanan 4:09.05 Q
- 3 Steph Arey, Dustie Smith, Anna Hellenga, Allison Hejlik; West Hancock 4:10.32 Q
- 4 Erin Makey, Ingrid Frisk, Kim Kersten, Sara Makey; Logan-Magnolia 4:10.63 Q
- 5 Tiffany Fisk, Jill Dorenkamp, Katie Derner, Stephanie Fisk; Okoboji 4:15.16
- 6 Ann Peraud, Louise McGoldrick, Santana Hegland, Kimberly Petersen; Fredericksburg 4:17.77
- 7 Gina Baier, Sara Boehm, Dena Olsen, Erin Hoffman; Audubon 4:18.77
- 8 Sara Lynch, Dani Hokinson, Abby Sweet, Raegan Schultz; Manson-NW Webster 4:19.20

Heat 3

- 1 Sarah Soldner, Abbey Van Berkum, Meredith Austin, Meghann Reifenrath; Central Lyon 4:07.44 Q
- 2 Katie Busch, Kim Burns, Laura Sawatzke, Brandy Ficek; Council Bluffs St. Albert 4:08.73 Q
- 3 Leah Lundquist, Mary Kummerfeld, Sandra Tjaden, Deb Rienfeld; South O'Brien 4:11.93
- 4 Ashlee Dickinson, Tiffany Seibert, Amy Weeks, Heather Beeler; Interstate 35 4:14.55
- 5 Kelli Kayser, Cassie Frush, Marci Clayton, Ashley Westphal; Jesup 4:14.83
- 6 Abby Reinert, Kendra Schaa, Dia Dohlman, Brittany Ewoldt; Eldora-New Providence 4:14.88
- 7 Ashley Black, Megan Bradley, Kristan Shanks, Missy Rork; Fort Dodge St. Edmond 4:18.28
- 8 Chelsie Reifschneider, Jill Robinson, Steph Meimann, Lisa Rasmussen; Colo-Nesco 4:18.91

Class 1A Distance Medley Relay Finals

- 1 Melea Zacharias, Amber Uhlenhopp, Brittany Schipper, Jill Schwiebert; Aplington-Parkersburg 4:12.75
- 2 Afton Strand, Jamie Bailey, Amber Wood, Crystal Kadlec; Alburnett 4:16.18
- 3 Kaitlyn Greenbowe, Emily Brown, Kelly Quarnstrom, Mary Oppold; Gilbert 4:18.20
- 4 Marie Sturm, Lindsay Kropf, Jessie Brotherton, Beth Fischer; Wall Lake View-Auburn 4:18.51
- 5 Alison Nicholas, Laura Sawatzke, Melissa Respeliars, Katie Milner; Council Bluffs St. Albert 4:19.64
- 6 Rachel Carter, Jenny Randeris, Dena Olsen, Erin Hoffman; Audubon 4:19.73
- 7 Anne Spieker, Amanda Robbins, Abby Reinert, Dia Dohlman; Eldora-New Providence 4:21.67
- 8 Sheena Getty, Jessie VanderKooi, Ashley Bramstedt, Mikyla Harderson; Hinton 4:22.69
- 9 Holly Lamp, Lana Messinger, Cassie Jacobsen, Ashley Adams; AHST 4:23.62
- 10 Hilary Goddard, Rachelle Zenor, Cathy Nelson, Teresa Booth; Stanton 4:23.63
- 11 Margaret Morris, Krystal Ketelsen, Amanda Otto, Dawn Henrich; Durant-Bennett 4:24.53
- 12 Jenn Woolston, Leah Lundquist, Sandra Tjaden, Mary Kummerfeld; South O'Brien 4:26.60
- 13 Marci Clayton, Mikki Steuben, Ashley Westphal, Kelli Kayser; Jesup 4:27.27
- 14 Jenny Reeves, Christina Pruisman, Malinda Doolittle, Emery Burton; Northeast Hamilton 4:27.58
- 15 Tara Robinson, Brianne Henry, Jessica Klett, Chasity Miller; Starmont 4:27.96
- 16 Emily Beyer, Liz Van Genderen, Keisha Lewis, Jill Rozendaal; Lynnville-Sully 4:29.67
- 17 Bethany Stuart, Sara Comstock, Corrie Bangston, Lisa Slater; Essex 4:30.18
- 18 Krystal Cary, Sarah Sealock, Alisha Christensen, Rachel Adams; Underwood 4:30.22
- 19 Teresa Hanna, Mabelle Snow, Betsy Behrens, Lindsey Meyer; Laurens-Marathon 4:30.72

- 20 Angie Hillman, Allison Costello, Stephanie Howe, Rachel O'Connor; Northeast 4:32.67
- 21 Becky O'Rourke, Sara Hammes, Abbie Hammes, Ashley Schultz; Sigourney 4:34.95
- 22 Chelsea Hanawalt, Bethany Ludwig, Ann Peraud, Amber Suckow; Fredericksburg 4:35.97
- 23 Ashley Nally, Nicole Rowe, Amber French, Ann McMillen; Bedford 4:36.01
- Tegan Jepsen, Stacy Friedrichsen, Darci Vohs, Donna Hanson; Galva-Holstein DQ4:27.86

Shuttle Hurdle Relay Heat 1

- 1 Sara Langel, Katie Schiltz, Des Campbell, Jodi Block; LeMars Gehlen Catholic 1:05.12 Q
- 2 Nicki Petersburg, Lindsey Hagen, Alex Petersburg, Krystal Lien; North Central 1:07.29 Q
- 3 Mandy Weber, Rachael Mesner, Dana Noss, Kari Petersen; Rockwell-Swaledale 1:08.65
- 4 Jen Egberg, Shannon Matlage, Kenna Wheeldon, Jen Alexander; Martensdale-St. Marys 1:08.98

Heat 2

- 1 Jerah Bates, Raegan Schultz, Janelle Mersch, Lindsay Schultz; Manson-NW Webster 1:07.97 Q
- 2 Dustie Smith, Tasha Johnson, Julie Rietema, Anna Hellenga; West Hancock 1:08.02
- 3 Ashley Meaike, Stef Baier, Jill Andersen, Jenny Randeris; Audubon 1:09.29
- 4 LeAnne Ausdemore, Rachel Hansen, Laura Nanninga, Sarah Fischer; Tri-Center 1:10.57

Heat 3

- 1 Morgan Hammer, Nicole Ayers, Heather DeWall, Nikki Gruber; Pocahontas Area 1:06.09 Q
- 2 Julie Keppler, Jessica Klett, Leah Francois, Marcia Zitelman; Starmont 1:08.29
- 3 Michele Bruess, Rachel Brincks, Sue Kuennen, Ali Reicks; Turkey Valley 1:08.99
- 4 Gina Bruellman, Missy Leman, Angie Laubenthal, Crystal Stokes; West Bend-Mallard 1:09.65

Heat 4

- 1 Jill Sinnwell, Sherry Matthias, Ashley Quade, Cindy Hannemann; Nashua-Plainfield 1:05.76 Q
- 2 Anna Hass, Amanda Goettsch, Carrie Green, Liz Rasmussen; Calamus-Wheatland 1:09.15
- 2 Lacie Rath, Kassie Rath, Jessica Hinkel, Jamie Tremel; Woodbine 1:09.15
- 4 Jennifer Meull, Heather Kay, Cheyenne Pedersen, Sara Hoffman; EH-Kimballton-Walnut 1:12.93

Heat 5

- 1 Christa Housken, Kaitlyn Greenbowe, Kelly Quarnstrom, Molly Sundberg; Gilbert 1:06.17 Q
- 2 Kayla Buls, Erica Slack, Angela Boeckmann, Patricia Dietz; Tripoli 1:07.44 Q
- 3 Jamie Morrow, Paige Slaymaker, Amy Iverson, Abby Long; Montezuma 1:10.42
- Mandy Grell, Kenzie Schweers, Kellsey Kock, Meggan Farrell; Ar-We-Va FS

Heat 6

- 1 Karen Swanson, Lindsay Clark, Kristin Peterson, Anne Blyth; Ogden 1:05.42 Q
- 2 Rachel Timmer, Katie Van Meeteren, Amber Green, Jana Bahrke; Sioux Center 1:08.75
- 3 Megan Raap, Lindsey Ehrenfelt, Brandi Woods, Nicole Baker; Pekin 1:09.32
- 4 Erica Smith, Nikki Price, Nicole Wood, Sarah Trumm; Alburnett 1:13.78

Class 1A High Jump Finals

- 1 Jen Alexander; Martensdale-St. Marys 5'04" (1.63m)
- 2 Brandy Ficek; Council Bluffs St. Albert 5'03" (1.60m)
- 3 Jessie VanderKooi; Hinton 5'03" (1.60m)
- 4 Sara Langel; LeMars Gehlen Catholic 5'02" (1.57m)
- 5 Kristan Shanks; Fort Dodge St. Edmond 5'02" (1.57m)
- 5 Angie VanderLeest; Lynnville-Sully 5'02" (1.57m)
- 7 Laura Weltha; South Hamilton 5'02" (1.57m)
- 7 Lisa Kriener; St. Ansgar 5'02" (1.57m)
- 9 Amber Wood; Alburnett 5'00" (1.52m)
- 10 Brie Penaluna; Cedar Falls NU High 5'00" (1.52m)
- 10 Linsey Boehm; Treynor 5'00" (1.52m)
- 12 Megan Bradley; Fort Dodge St. Edmond 5'00" (1.52m)
- 12 Ashlee Dickinson; Interstate 35 5'00" (1.52m)
- 14 Kali Erlandson; Albert City-Truesdale 4'10" (1.47m)
- 14 Katie Peterson; Lake Mills 4'10" (1.47m)
- 14 Katie Espenmiller; Logan-Magnolia 4'10" (1.47m)
- 14 Susan Adrian; Pekin 4'10" (1.47m)
- 14 Erica Slack; Tripoli 4'10" (1.47m)
- 14 Angee Dunlop; Woodbine 4'10" (1.47m)
- 20 Annie Olson; Clarion-Goldfield 4'10" (1.47m)
- 20 Sara Arens; Turkey Valley 4'10" (1.47m)
- Anne Crane; Ar-We-Va NH
- Laura Rowen; Eldora-New Providence NH

2000 IOWA GIRLS' STATE TRACK CHAMPIONSHIPS

Class 2A Results

By Track-on-a-Mac on May 28, 2000 at 6:00 p.m.--Long Jump revised places 9-19

2A TEAM SCORING

1	Atlantic	45
2	Williamsburg	35
3	Central DeWitt	32
4	Chariton	31
5	Clear Lake	30
6	Ballard	28
7	Unity Christian	21
8	Clear Creek-Amana	20
9	New Hampton	19
10	Forest City	18
11	Cascade	16
12	South Winneshiek	15
13	Tipton	14
14	Algona	12
14	Nevada	12
14	Spirit Lake	12
17	Pella	10
18	North Fayette	9
19	Carroll	8
19	Clarke	8
19	Hampton-Dumont	8
19	Sheldon	8
19	South Tama	8
24	Benton	7
25	Camanche	6
25	Dyersville Beckman	6
25	Iowa Falls	6
25	Stuart West Central	6
25	Union	6
30	Red Oak	5.50
31	Prairie Valley	4
31	Storm Lake	4
31	West Liberty	4
34	Boyden-Hull/Rock Valley	3
34	Jefferson-Scranton	3
34	Mount Vernon-Lisbon	3

34	PCM	3
34	Shenandoah	3
34	Sibley-Ocheyedan	3
40	Centerville	2
40	Decorah	2
40	Oelwein	2
43	Carroll Kuemper	1.50
44	Cherokee	1
44	Davenport Assumption	1
44	Davis County/Fox Valley	1
44	Marion	1
44	Waukee	1
44	West Burlington-Notre Dame	1

2A 100-METER DASH FINAL

1	Audra Bark, Central DeWitt	SO	12.55
2	Kelsea Cannon, Clarke	FR	12.82
3	Beth Aanonson, Ballard	SR	12.90
4	Tracy Marlow, Pella	FR	12.92
5	Lindsay Reiter, Union	JR	13.00
6	Megan White, Waukee	FR	13.03
7	Angie Kerndt, Decorah	JR	13.04
8	Tasha Harvey, Storm Lake	SR	13.19

Heat 1

1	Tracy Marlow, Pella	FR	12.88	Q
2	Angie Kerndt, Decorah	JR	12.94	Q
3	Sarah Nord, Glenwood	JR	13.01	
4	Danae Breeden, Grinnell	JR	13.14	
5	Kate Deatsch, Centerville	JR	13.34	
6	Niki Staskal-Brecht, Center Point-Urbana	SO	13.36	
7	Casey Graham, North Fayette	SR	13.47	
	Jessica Healey, Clear Lake	JR	DNS	

Heat 2

1	Kelsea Cannon, Clarke	FR	12.80	Q
2	Lindsay Reiter, Union	JR	12.85	Q
3	Tasha Harvey, Storm Lake	SR	12.91	Q
4	Stephanie Stratton, Clear Creek-Amana	SO	13.00	
5	Christie Evans, Collins-Maxwell-Baxter	JR	13.31	
6	Ashley Burton, MFL-MarMac	SR	13.40	
7	Ange De Hoogh, Sheldon	SR	13.46	
8	Angie Ruth, Central Lee	SO	13.48	

Heat 3

1	Audra Bark, Central DeWitt	SO	12.47	Q
2	Beth Aanonson, Ballard	SR	12.75	Q
3	Megan White, Waukee	FR	12.92	Q
4	Cari Walker, Dallas Center-Grimes	JR	13.07	
5	Jenny Buls, Crestwood	SR	13.19	
6	Sam Bohnstengel, Union	SR	13.22	
7	Lindsey Brueck, West Burlington-Notre Dame	SR	13.34	
8	Kayla Maasen, MOC-Floyd Valley	SO	13.59	

2A 200-METER DASH FINAL

1	Audra Bark, Central DeWitt	SO	25.96
2	Sarah Tompkins, Clear Lake	SR	26.09
3	Beth Aanonson, Ballard	SR	26.14
4	Molly O'Brien, Williamsburg	SR	26.39
5	Stephanie Pisarik, Mount Vernon-Lisbon	JR	26.40
6	Madelyn Yocom, Chariton	JR	26.41
7	Bridget Burns, PCM	FR	26.58
8	Sabra Ellingson, Iowa Falls	JR	26.87

Heat 1

1	Audra Bark, Central DeWitt	SO	26.35 Q
2	Sarah Tompkins, Clear Lake	SR	26.62 Q
3	Sabra Ellingson, Iowa Falls	JR	26.71 Q
4	Danae Breeden, Grinnell	JR	27.34
5	Sara Nord, Glenwood	JR	27.37
6	Chelsea Yanda, Maquoketa	SO	28.08
7	Ashley Burton, MFL-MarMac	SR	28.17
	Tiffany Pedersen, Atlantic	JR	DNS

Heat 2

1	Molly O'Brien, Williamsburg	SR	26.36 Q
2	Beth Aanonson, Ballard	SR	26.39 Q
3	Bridget Burns, PCM	FR	26.58 Q
4	Stephanie Pisarik, Mount Vernon-Lisbon	JR	26.83 Q
5	Anna Fisher, South Tama	SR	26.96
6	Angie Kajewski, Algona	SR	27.09
7	Allison Thompson, Roland-Story	JR	27.88
8	Laura Leazer, Wilton	FR	28.15

Heat 3

1	Madelyn Yocom, Chariton	JR	26.49 Q
2	Audrey Lickhart, Sheldon	SO	26.97
3	Tasha Harvey, Storm Lake	SR	27.22
4	Jenny Flora, Webster City	SR	27.37
5	Greta Nelson, Clear Creek-Amana	SR	27.43
6	Nicole Teitsworth, Washington	JR	28.02
7	Angie Ruth, Central Lee	SO	28.06
8	Jenny Buls, Crestwood	SR	28.75

2A 400-METER DASH FINAL

1	Audrey Lickhart, Sheldon	SO	0:58.73
2	Sabra Ellingson, Iowa Falls	JR	0:58.88
3	Ashley Gray, Spirit Lake Park	SR	0:59.34
4	Bridget Burns, PCM	FR	0:59.37
5	Chelsey Wille, Williamsburg	JR	0:59.53
6	Stef Stookesberry, Davis County/Fox Valley	SR	0:59.56

7	Angela Mataloni, Sibley-Ocheyedan	FR	1:01.20
8	Rachel Kautzky, Perry	SO	1:01.85

Heat 1

1	Audrey Lickhart, Sheldon	SO	0:58.92 Q
2	Stef Stookesberry, Davis County/Fox Valley	SR	1:00.01 Q
3	Katie Wagner, Tipton	SO	1:01.60
4	Ashley Mullen, Union	SR	1:01.83
5	Carmen Cox, Red Oak	SO	1:01.96
6	Jennifer K. Smith, Saydel	SR	1:02.31
7	Stefanie Hill, Webster City	SO	1:02.95
8	Abby McQuillen, Wilton	JR	1:03.03

Heat 2

1	Sabra Ellingson, Iowa Falls	JR	0:58.99 Q
2	Chelsey Wille, Williamsburg	JR	0:59.32 Q
3	Ashley Gray, Spirit Lake Park	SR	0:59.40 Q
4	Jessie Brooks, MFL-MarMac	SR	1:01.00
5	Lynnette Woodrow, Glenwood	SO	1:01.35
6	Ashley Slaughter, Lone Tree/Highland	JR	1:02.21
7	Emily Chapman, Monticello	JR	1:02.36
	Chrissy Berlin, Clear Creek-Amana	JR	DNS

Heat 3

1	Bridget Burns, PCM	FR	0:59.78 Q
2	Angela Mataloni, Sibley-Ocheyedan	FR	1:00.66 Q
3	Rachel Kautzky, Perry	SO	1:00.71 Q
4	Kristi Meendering, Western Christian	SR	1:01.16
5	Shelly Tomlinson, Ballard	JR	1:01.61
6	Ashley Taylor, Hudson	FR	1:01.88
7	Stacie Snyder, Carroll Kuemper	JR	1:03.33
	Tara Heiselman, New Hampton	SR	DNS

2A 800-METER RUN FINAL

1	Michelle Sokol, Chariton	JR	2:18.17
2	Kristin Keefe, Clear Lake	SR	2:18.17
3	Jessica Rowenhorst, Unity Christian	SR	2:20.26
4	Michaela Hammen, Prairie Valley	SR	2:20.67
5	Jill Latham, Oelwein	JR	2:21.07
6	Missy Buttry, Shenandoah	JR	2:21.61
7	Stephanie Richardson, Washington	SR	2:21.83
8	Leanne Townsend, Perry	FR	2:22.23
9	Leslie Kealhofer, Perry	SO	2:22.76
10	Jo Rausch, Union	FR	2:23.89
11	Lyndsey Weller, Central DeWitt	SO	2:24.58
12	Katie Meyer, Belmont-Klemme	SO	2:24.93
13	Ashley Friday, Jefferson-Scranton	JR	2:25.23
14	Lindsey Craner, Estherville-Lincoln Central	SO	2:25.80
15	Heidi Rathje, Benton	SO	2:26.06
16	Jill Moeller, Washington	FR	2:26.13
17	Beth Neal, Williamsburg	JR	2:26.28
18	Tanya Holtrop, Unity Christian	JR	2:26.52

19	Amy Simpson, Algona	SR	2:26.53
20	Mackenzie Lauman, Shenandoah	SO	2:26.62
21	Mindy Engel, Union	JR	2:27.59
22	Stacey Luedtka, Solon	JR	2:28.50
23	Jo Kester, Mediapolis	FR	2:28.64
24	Gail Torkelson, Central Elkader/Garnavillo	FR	2:30.21

2A 1500-METER RUN FINAL

1	Marissa Wurzer, South Winneshiek	SO	4:48.26
2	Jenni Janssen, Tipton	SR	4:49.36
3	Amber Friedrich, Algona	JR	4:51.69
4	Michelle Sokol, Chariton	JR	4:55.16
5	Gretchen Noteboom, Unity Christian	FR	4:56.38
6	Georgia Millward, Benton	SR	4:56.75
7	Molly Campana, Davenport Assumption	SR	4:57.65
8	Kari Kruger, Sibley-Ocheyedan	SR	4:59.59
9	Janelle Cross, Webster City	FR	5:01.33
10	Dani Wagaman, Red Oak	FR	5:01.67
11	Stephanie Legore, Mount Vernon-Lisbon	SR	5:02.23
12	Jennifer Van Beek, Western Christian	SO	5:03.18
13	Natalie Witcher, North Fayette	SO	5:06.24
14	Abby Jones, Williamsburg	FR	5:06.43
15	Shannon Cassel, Davenport Assumption	FR	5:08.58
16	Krysta Metz, Atlantic	SO	5:08.99
17	Kristin Thompson, MOC-Floyd Valley	FR	5:11.07
18	Leslie Kealhofer, Perry	SO	5:11.17
19	Laurie Owen, Waukee	SO	5:12.46
20	Molly Duitsman, Estherville-Lincoln Central	SO	5:15.84
21	Chloe Millward, Benton	FR	5:17.63
22	Bonnie McKernan, Independence	FR	5:18.28
23	Becky DeJong, Unity Christian	JR	5:31.62
	Mindy Engel, Union	JR	DNS

2A 3000-METER RUN FINAL

1	Amber Friedrich, Algona	JR	10:15.74 J
2	Georgia Millward, Benton	SR	10:41.44
3	Dani Wagaman, Red Oak	FR	10:44.52
4	Kari Kruger, Sibley-Ocheyedan	SR	10:46.14
5	Lindsey Meyer, Atlantic	SR	10:57.69
6	Molly Campana, Davenport Assumption	SR	10:59.45
7	Kristin Thompson, MOC-Floyd Valley	FR	11:00.02
8	Rachel Reiser, Waukon	SR	11:00.99
9	Emily Nestor, Sheldon	SR	11:05.43
10	Steph Noonan, Emmetsburg/Graettinger	JR	11:05.97
11	Molly Duitsman, Estherville-Lincoln Central	SO	11:12.17
12	Kristin Sparks, Oelwein	SR	11:14.73
13	Chloe Millward, Benton	FR	11:17.08

14	Sarah Wynn, Albia	JR	11:17.98
15	Sara Hayes, Waukee	FR	11:18.24
16	DeAnne Miller, Monticello	SO	11:19.42
17	Sara McDermott, Cascade	SO	11:20.62
18	Laurie Owen, Waukee	SO	11:21.55
19	Erin Zimmer, Central DeWitt	SO	11:22.22
20	Rachelle Kroll, Unity Christian	SR	11:23.58
21	Angie Mahoney, Clear Creek-Amana	FR	11:24.93
22	Rachel Smith, Atlantic	SO	11:33.67
23	Gina Berger, Carroll Kuemper	FR	11:39.00
24	Sami Miller, Stuart West Central	FR	12:12.56

2A 100-METER HURDLES FINAL

1	Tiffany Pedersen, Atlantic	JR	14.39
2	Molly O'Brien, Williamsburg	SR	14.82
3	Rachel Hutchins, Cascade	SR	15.08
4	Abby Van Syoc, Forest City	JR	15.53
5	Lindsey Berding, Spirit Lake Park	JR	15.65
6	Jill Bouma, Unity Christian	SO	15.83
7	Erin Schleeef, Cherokee	SR	15.93
8	Kalyn Byers, Clarinda	SR	16.28

Heat 1

1	Tiffany Pedersen, Atlantic	JR	14.42 Q
2	Kalyn Byers, Clarinda	SR	15.84 Q
3	Jodi Takes, Cascade	SR	15.97
4	Michelle Peterson, Marion	JR	16.01
5	Lindsay Albertson, Union	SR	16.07
6	Kelsey Grindle, Boyer Valley	FR	16.37
7	Jill Larson, Roland-Story	JR	16.79
8	Elyse Walters, Norwalk	SO	16.81

Heat 2

1	Rachel Hutchins, Cascade	SR	15.07 Q
2	Abby Van Syoc, Forest City	JR	15.75 Q
3	Lindsey Berding, Spirit Lake Park	JR	15.82 Q
4	Jill Bouma, Unity Christian	SO	15.85 Q
5	Jesse Harper, North Fayette	JR	15.92
6	Deby Dykstra, PCM	JR	16.37
7	Angela Bork, Mediapolis	FR	16.79
8	Abby Knaack, Benton	JR	17.48

Heat 3

1	Molly O'Brien, Williamsburg	SR	14.88 Q
2	Erin Schleeef, Cherokee	SR	15.76 Q
3	Heather McLatchie, Mediapolis	JR	15.86
4	Kara McGill, Sergeant Bluff-Luton	SR	16.11
5	Jessie Walker, Jefferson-Scranton	SO	16.25
6	Laura Chipman, Clear Creek-Amana	SR	16.33
7	Alicia Whisner, ADM	FR	16.74
8	Renee Stuva, Clarke	SR	17.73

2A 400-METER HURDLES FINAL

1	Misty Dirksen, Hampton-Dumont	SO	1:04.98
2	Laura Korth, Forest City	SR	1:05.26
3	Rachel Brincks, Carroll	FR	1:06.46
4	Julisa Leistand, Jefferson-Scranton	SR	1:06.88
5	Joani McClure, Centerville	SR	1:06.98
6	Lindsey Brueck, West Burlington-Notre Dame	SR	1:07.13
7	Kalyn Byers, Clarinda	SR	1:07.61
8	JoLyn Legg, South Tama	SO	1:08.61

Heat 1

1	Laura Korth, Forest City	SR	1:05.31 Q
2	Lindsey Brueck, West Burlington-Notre Dame	SR	1:05.82 Q
3	Kalyn Byers, Clarinda	SR	1:05.94 Q
4	Joani McClure, Centerville	SR	1:07.67 Q
5	Stacie Snyder, Carroll Kuemper	JR	1:08.71
6	Sarah Flaws, Carlisle	SO	1:10.54
	Cassie Milder, Williamsburg	JR	DNS
	Jill Bouma, Unity Christian	SO	DNS

Heat 2

1	Julisa Leistand, Jefferson-Scranton	SR	1:05.92 Q
2	JoLyn Legg, South Tama	SO	1:06.37 Q
3	Rachel Brincks, Carroll	FR	1:06.40 Q
4	Mandy Tryon, ADM	SO	1:08.57
5	Kelley Burton, Estherville-Lincoln Central	JR	1:09.44
6	Paige Havens, Storm Lake	FR	1:09.46
7	Jackie Walton, Solon	JR	1:10.61
8	Carrie Moe, Boyden-Hull/Rock Valley	SO	1:12.75

Heat 3

1	Misty Dirksen, Hampton-Dumont	SO	1:06.22 Q
2	Candice Schneberger, South Winneshiek	SR	1:07.97
3	Lindsay Albertsen, Union	SR	1:08.36
4	Alex Cook, Decorah	SR	1:09.41
5	Nicole Bontrager, Mid-Prairie	SO	1:09.82
6	Jamie Wallace, Mount Vernon-Lisbon	JR	1:09.92
7	Megan Recker, Cascade	SO	1:11.72
	Rebecca Silhanek, Benton	SR	D1:11.16

2A HIGH JUMP FINAL

1	JoLyn Legg, South Tama	SO	5'04" (1.63m)
2	Abby McCorkel, Stuart West Central	SR	5'03" (1.60m)
3	Maria Montagna, West Liberty	FR	5'03" (1.60m)
4	Janae Anderson, Boyden-Hull/Rock Valley	SR	5'03" (1.60m)
5	Carmen Cox, Red Oak	SO	5'02" (1.57m)
5	Stacie Snyder, Carroll Kuemper	JR	5'02" (1.57m)

7	Sandy Kirchner, Clarinda	SR	5'02" (1.57m)
8	Tasha Derby, Centerville	FR	5'00" (1.52m)
9	Kalyn Byers, Clarinda	SR	5'00" (1.52m)
10	Lizabeth Noteboom, Unity Christian	FR	5'00" (1.52m)
10	Sally Kucera, Sergeant Bluff-Luton	JR	5'00" (1.52m)
12	Elise Benzing, MFL-MarMac	JR	5'00" (1.52m)
13	Margaret Wrage, Union	SR	5'00" (1.52m)
14	Carrie Van Engen, Sibley-Ocheyedan	FR	4'10" (1.47m)
14	Anne Holthaus, Decorah	SO	4'10" (1.47m)
14	Katie Ketchum, Collins-Maxwell-Baxter	JR	4'10" (1.47m)
14	Erin Allen, Mediapolis	JR	4'10" (1.47m)
18	Bridget Besch, Emmetsburg/Graettinger	JR	4'10" (1.47m)
19	Tracee Kroese, Spirit Lake Park	SO	4'10" (1.47m)
19	Jessica Moeller, Central Elkader/Garnavillo	JR	4'10" (1.47m)
	Jeni Winters, Hampton-Dumont	SO	NH
	Rachel Kautzky, Perry	SO	NH (1.57m)

2A LONG JUMP FINAL

1	Tiffany Pedersen, Atlantic	JR	17'07.50" (5.37m)
2	Madelyn Yocom, Chariton	JR	17'02.50" (5.25m)
3	Amy Wulfekuhler, Storm Lake	FR	16'11.75" (5.18m)
4	Faye Lage, Atlantic	SO	16'10.75" (5.15m)
5	Molly O'Brien, Williamsburg	SR	16'10.25" (5.14m)
6	Kelli Marlow, Pella	JR	16'08" (5.08m)
7	Tracy Marlow, Pella	FR	16'04" (4.98m)
8	Elara Hopkins, Roland-Story	FR	15'11.75" (4.87m)
9	Lindsey Berding, Spirit Lake Park	JR	15'10.50" (4.84m)
10	Bridget Burns, PCM	FR	15'10" (4.83m)
11	Heather DeWaard, Forest City	FR	15'08" (4.78m)
12	Amanda Kirkpatrick, Roland-Story	SO	15'07.75" (4.77m)
13	Kristin Meyers, Wilton	SR	15'07" (4.75m)
14	Nicole Baier, Clarinda	SO	15'07" (4.75m)
15	Alexis Hall, Perry	SO	15'05.75" (4.72m)
16	Heidi Jordet, Emmetsburg/Graettinger	JR	15'04.75" (4.69m)
17	Lorilyn Vogel, Unity Christian	FR	15'04.25" (4.68m)
18	Brenda Jordan, Dallas Center-Grimes	SR	15'03" (4.65m)
19	Rachel Hutchins, Cascade	SR	15'01.25" (4.60m)
20	Amanda Geissler, Mount Vernon-Lisbon	SR	14'10" (4.52m)
21	Kelly Kalvelage, Crestwood	JR	14'07.25" (4.45m)
22	Megan White, Waukee	FR	14'04.25" (4.38m)
	Lyndsey Weller, Central DeWitt	SO	ND
	Jeana Heistand, Boyer Valley	JR	ND

2A SHOT PUT FINAL

1	Alissa Dennis, Ballard	SR	42'06.50" (12.97m)
2	Megan Medinger, Camanche	SR	39'01.50" (11.93m)
3	Mary Streeter, North Fayette	JR	37'11.75" (11.58m)

4	Piper Orman, Chariton	JR	37'11.25" (11.56m)
5	Lindsay Diehl, Clarke	SR	37'02" (11.33m)
6	Lindsey Smith, New Hampton	SR	37'01.50" (11.32m)
7	Michele Kearney, Center Point-Urbana	JR	36'04.50" (11.09m)
8	Alaina Meyer, Tipton	JR	36'03.25" (11.06m)
9	Katie Nelson, Estherville-Lincoln Central	JR	35'11.25" (10.95m)
10	Angie Hogue, Carroll	SR	35'09.25" (10.90m)
11	Melanie Thompson, ADM	SR	35'07.75" (10.86m)
12	Carrie Bond, Centerville	SR	35'07" (10.85m)
13	Katie Van Engen, Unity Christian	JR	35'05" (10.80m)
14	Emily Droll, Tipton	SR	35'03.25" (10.75m)
15	Alex Cook, Decorah	SR	35'01.50" (10.71m)
16	Cora Blom, MOC-Floyd Valley	SR	35'01" (10.69m)
17	Mary Thomas, Davis County/Fox Valley	SR	34'10.75" (10.64m)
18	Kristle Wolcott, Clear Lake	SR	34'09.50" (10.60m)
19	Amanda Feldkamp, Sibley-Ocheyedan	JR	34'04" (10.46m)
20	Cindy Anderson, Dallas Center-Grimes	SR	34'02" (10.41m)
21	Angela Murley, Williamsburg	SO	32'11.50" (10.05m)
22	Caroline Ruppert, Clear Creek-Amana	SO	31'09.25" (9.68m)
23	Tracy Steffen, Dyersville Beckman	JR	31'00" (9.45m)
	Kristy Wagenaar, Sheldon	SR	dnc

2A DISCUS FINAL

1	Alissa Dennis, Ballard	SR	132'02" (40.28m)
2	Caroline Ruppert, Clear Creek-Amana	SO	125'01" (38.13m)
3	Angie Hogue, Carroll	SR	123'11" (37.77m)
4	Kelly Foley, Tipton	SR	121'06" (37.03m)
5	Bridgette Duffy, New Hampton	SR	120'09" (36.80m)
6	Mary Streeter, North Fayette	JR	119'02" (36.32m)
7	Leslie Schmailzl, Glenwood	SR	118'09" (36.20m)
8	Rachel Jansen, MOC-Floyd Valley	FR	117'01" (35.69m)
9	Rachel Silvey, Iowa Falls	SR	115'02" (35.10m)
10	Kristen Schmitt, South Winneshiek	SR	115'00" (35.05m)
11	Kati Roth, Washington	JR	113'03" (34.52m)
12	Amanda Feldkamp, Sibley-Ocheyedan	JR	112'01" (34.16m)
13	Cora Blom, MOC-Floyd Valley	SR	111'05" (33.96m)
14	Kristina Kapler, Crestwood	JR	110'10" (33.78m)
15	Lindsay Diehl, Clarke	SR	107'09" (32.84m)
16	Katie Standafer, North Fayette	SR	106'08" (32.51m)
17	Laurie Lenz, Algona	JR	105'09" (32.23m)
18	Carrie Erger, Benton	SR	105'08" (32.21m)
19	Melanie Thompson, ADM	SR	104'01" (31.72m)
20	Katie Foley, Tipton	JR	102'06" (31.24m)
21	Kelly Crossley, Humboldt	SR	099'08" (30.38m)
22	Jennie Madagan, Spirit Lake Park	SR	099'06" (30.33m)
23	Michele Kearney, Center Point-Urbana	JR	099'02" (30.23m)
24	Megan Medinger, Camanche	SR	098'04" (29.97m)

2A 4x100-METER RELAY FINAL

1	ATLANTIC (Ashley Hayes, Christen Carns Kami Roecker, Tiffany Pedersen)	50.35
2	NEW HAMPTON (Cassie Beck, Megan Vorwald Lindsey Smith, Tara Heiselman)	50.62
3	PELLA (Kelli Marlow, Lacy Moffet Katie Kniff, Tracy Marlow)	50.67
4	UNION (Lindsay Reiter, Sarah Williams Erin Harrill, Sam Bohnstengel)	50.93
5	DECORAH (Ashley Mitchell, Jessica Nanke Allison Carolan, Angie Kerndt)	52.00
6	MARION (Leighann Freeman, Anna Kalkwarf Neanna Conklin, Michelle Petersen)	52.04
7	NEVADA (Lindi Olson, Lissa Amundson Amy Buck, Alicia Buck)	52.16
8	GRINNELL (Katie Lidtka, Lindsey Peter Danae Breeden, Danielle Brooks)	52.57

Heat 1

1	NEW HAMPTON (Cassie Beck, Megan Vorwald Lindsey Smith, Tara Heiselman)	50.79 Q
2	MARION (Leighann Freeman, Anna Kalkwarf Neanna Conklin, Michelle Peterson)	51.59 Q
3	NEVADA (Lindi Olson, Lissa Amundson Amy Buck, Alicia Buck)	51.60 Q
4	STORM LAKE (Jill Parman, Paige Havens Abby Mills, Tasha Harvey)	51.91
5	COLLINS-MAXWELL-BAXTER (Christie Evans, Amanda Long Lindsay Dawson, Megan Means)	52.23
6	BOYDEN-HULL/ROCK VALLEY (Abbie Boote, Angela Schlotfeldt Kara Van Den Top, Lindsay Overman)	52.75
7	OLON (Beth Linderbaum, Jennie Stodola Justina Stodola, Natalie Miller)	52.97
8	HAMPTON-DUMONT (Angie Greimann, Jaime Brower Jessica Mennen, Kim Hinrichs)	53.69

Heat 2

1	PELLA (Kelli Marlow, Lacy Moffet Katie Kniff, Tracy Marlow)	50.74 Q
2	DECORAH	

	(Ashley Mitchell, Jessica Nanke Allison Carolan, Angie Kerndt)	51.65 Q
3	GRINNELL (Katie Lidtka, Lindsey Peter Danae Breeden, Danielle Brooks)	51.73 Q
4	CHEROKEE (Ruth Schumacher, Kayla Hatch Missy Lockwood, Mackenzie Campbell)	51.94
5	NORTH FAYETTE (Katie Hoey, Sara Smith Casey Graham, Dayna Jensen)	51.98
6	TIPTON (Amy Bamrick, Michaela Osborn Kelly Cook, Kelly Foley)	52.01
7	CLARKE (Jenny Reynolds, Kelsea Cannon Abby Reynolds, Amy Lundquist)	52.29
8	EMMETSBURG/GRAETTINGER (Tara Degen, Holly Reinders Bridget Besch, Heidi Jordet)	52.75
Heat 3		
1	ATLANTIC (Ashley Hayes, Christen Carns Kami Roecker, Tiffany Pedersen)	50.59 Q
2	UNION (Lindsay Reiter, Sarah Williams Erin Harrill, Sam Bohnstengel)	50.92 Q
3	WAUKEE (Carly Farnsworth, Destinee Castillo Wendi Kragel, Megan White)	51.80
4	CLEAR CREEK-AMANA (Ashley Jacobs, Greta Nelson Laura Chipman, Stephanie Stratton)	51.84
5	CENTRAL DEWITT (Ashley Baxter, Liz Brady Adria Sheil-Brown, Jen Brown)	51.85
6	CARROLL (Angie Rowedder, Sarah Keat Michelle Trausch, Kendra Bengston)	51.97
7	SHELDON (Ange De Hoogh, Nicki Shea Kristy Wagenaar, Michelle Kirschbaum)	52.44
8	SOUTH WINNESHIEK (Heidi Kleppe, Renee Lensing Kristin Hackman, Nicole Kramme)	52.88

2A 4x200-METER RELAY FINAL

1	CENTRAL DEWITT (Adria Sheil-Brown, Jen Brown Katie Novak, Audra Bark)	1:45.46
2	NEW HAMPTON	

	(Cassie Beck, Trista Humpal Lindsey Smith, Tara Heiselman)	1:46.23
3	CLEAR CREEK-AMANA (Tara Loan, Greta Nelson Lydia McKenzie, Stephanie Stratton)	1:47.15
4	NEVADA (Lindi Olson, Bre Van Sickle Amy Buck, Alicia Buck)	1:47.43
5	ATLANTIC (Ashley Hayes, Kristen Burkhart Andi Thomsen, Kami Roecker)	1:48.36
6	FOREST CITY (Laura Korth, Michelle DeWaard Hannah Thompson, Heather DeWaard)	1:48.95
7	CHEROKEE (Ruth Schumacher, Anna Veit Julia Slota, Mackenzie Campbell)	1:49.37
8	SOUTH WINNESHIEK (Niki Hitesman, Renee Lensing Candice Schneberger, Beth Moore)	1:49.67
	Heat 1	
1	ATLANTIC (Ashley Hayes, Kristen Burkhart Andi Thomsen, Kami Roecker)	1:48.46 Q
2	SOUTH WINNESHIEK (Niki Hitesman, Renee Lensing Candice Schneberger, Beth Moore)	1:48.78 Q
3	CHEROKEE (Ruth Schumacher, Anna Veit Julia Slota, Mackenzie Campbell)	1:48.81 Q
4	SOUTH TAMA (Carrie Kupka, JoLynn Legg Maria Manfull, Anna Fisher)	1:49.17
5	SPIRIT LAKE PARK (Tracee Kroese, Brittany Hix Janna Stahly, Greta Goerss)	1:49.58
6	BOYDEN-HULL/ROCK VALLEY (Lindsey Grom, Megan Gort Kara Van Den Top, Lindsay Overman)	1:49.91
7	BELLEVUE (Kate Daugherty, Tabitha Blake Jena Kilburg, Ashley Carter)	1:51.42
8	TIPTON (Michaela Osborn, Kelly Foley Kelly Cook, Amy Bamrick)	1:51.72
	Heat 2	
1	CENTRAL DEWITT (Adria Sheil-Brown, Jen Brown Katie Novak, Audra Bark)	1:44.47 Q
2	CLEAR CREEK-AMANA (Tara Loan, Greta Nelson Lydia McKenzie, Stephanie Stratton)	1:47.12 Q
3	FOREST CITY (Laura Korth, Michelle DeWaard Hannah Thompson, Heather DeWaard)	1:48.68 Q

4	PELLA (Kelli Marlow, Ashley Bogaards Holly Dorenkamp, Lacy Moffet)	1:48.86
5	CASCADE (Helen Hughes, Molly Gassman Megan Recker, Jenny Noonan)	1:49.32
6	UNITY CHRISTIAN (Larissa Van Engen, Lorilyn Vogel Kate Lesage, Brittany Groeneweg)	1:50.05
7	DYERSVILLE BECKMAN (Tracy Wessels, Emily Reicher Liz Nosbisch, Amy Gravel)	1:50.32
8	ESTHERVILLE-LINCOLN CENTRAL (Megan Klingbeil, Abby Baker Christina Schneider, Nikki Reiter)	1:51.82

Heat 3

1	NEW HAMPTON (Cassie Beck, Trista Humpal Lindsey Smith, Tara Heiselman)	1:46.14 Q
2	NEVADA (Lindi Olson, Bre Van Sickle Amy Buck, Alicia Buck)	1:46.57 Q
3	DECORAH (Jessica Nanke, Ashley Humpal Kara Lukes, Angie Kerndt)	1:48.94
4	HAMPTON-DUMONT (Misty Dirksen, Jaime Brower Jill Patton, Kendra Schurman)	1:49.04
5	BENTON (Ashley Swick, Jenny Bridgewater Megan Kromminga, Amy Hemesath)	1:49.33
6	DALLAS CENTER-GRIMES (Sarah Levenhagen, Brenda Jordan Amanda Chizek, Cari Walker)	1:49.52
7	CLARKE (Jenny Reynolds, Kelsea Cannon Amy Lundquist, Abby Reynolds)	1:49.84
8	WAUKEE (Megan White, Heather Barrett Jaymi Kragel, Carrie Embree)	1:50.40

2A 4x400-METER RELAY FINAL

1	CLEAR LAKE (April Wilhelm 61.7, Kristin Keefe 60.3 Megan Keefe 63.7, Sarah Tompkins 58.4)	4:04.22
2	CLEAR CREEK-AMANA (Erin Dougherty 60.3, Tara Loan 62.0 Lydia McKenzie 62.5, Chrissy Berlin 59.9)	4:04.79
3	CASCADE (Helen Hughes 64.4, Jenny Noonan 60.9 Molly Gassman 59.9, Rachel Hutchins 60.1)	4:05.32

4	BALLARD (Amy Krumm 62.2, Alicia Ruddick 62.3 Shelly Tomlinson 61.4, Beth Aanonson 62.6)	4:08.59
5	SPIRIT LAKE PARK (Hillary Brockshus 63.7, Angela Gehring 63.0 Greta Goerss 61.4, Ashley Gray 60.4)	4:08.72
6	SOUTH WINNESHIEK (Brittany Buddenberg 62.8, Niki Hitesman 60.5 Bridget Buddenberg 62.4, Angie Holthaus 63.8)	4:09.51
7	CENTRAL DEWITT (Erin Dieckmann 63.4, Ashley Baxter 62.9 Lyndsey Weller 62.9, Katie Novak 60.7)	4:09.94
8	CARROLL (Nicole Buck, Kendra Bengston Katie Onken, Rachel Brincks 62.8)	4:14.81
Heat 1		
1	SPIRIT LAKE PARK (Hillary Brockshus 63.5, Angela Gehring 63.0 Greta Goerss 62.1, Ashley Gray 59.2)	4:07.87 Q
2	CARROLL (Nicole Buck 63.7, Kendra Bengston 60.4 Katie Onken 63.5, Rachel Brincks 60.4)	4:08.08 Q
3	SOUTH WINNESHIEK (Brittany Buddenberg 63.1, Beth Moore 62.11 Angie Holthaus 63.5, Niki Hitesman 59.8)	4:08.52 Q
4	MOUNT VERNON-LISBON (Jamie Wallace, Crystal Raiber Stephanie Legore 61.4, Stephanie Pisarik 60.4)	4:08.67
5	JEFFERSON-SCRANTON (Omega Wise, Danielle Shaw Ashley Friday, Julisa Leistand 61.6)	4:11.66
6	DYERSVILLE BECKMAN (Liz Nosbisch 63.1, Jenni Wedewer 63.0 Emily Reicher 64.8, Amy Gravel 61.4)	4:12.19
7	DECORAH (Ashley Humpal, Anne Holthaus Kara Lukes, Alex Cook)	4:13.19
8	RED OAK (Carmen Cox, Brandi Redel Katie Davis, Jenny Hossle)	4:13.38
Heat 2		
1	CLEAR LAKE (April Wilhelm 61.0, Kristin Keefe 62.0 Megan Keefe 63.0, Sarah Tompkins 59.1)	4:05.18 Q
2	CASCADE (Helen Hughes 62.6, Jenny Noonan 61.8 Rachel Hutchins 60.3, Molly Gassman 60.5)	4:05.28 Q
3	CENTRAL DEWITT (Erin Dieckmann 63.2, Ashley Baxter Lyndsey Weller, Katie Novak 61.6)	4:08.32 Q
4	ATLANTIC (Stephanie Jacobs 60.6, Anne Sonntag Haley Peterson, Andi Thompsen 62.2)	4:11.32
5	MEDIAPOLIS (Margaret Kuenzler, Adrienne Patterson)	

	Carman White, Ranae Roelfs)	4:12.60
6	BENTON (Megan Kromminga 61.9, Brittni Miller 63.1 Katie Prusha 68.6, Amy Hemesath 60.4)	4:14.21
7	MONTICELLO (Brenda Brighton 63.2, Emily Decker 66.6 Ginger Chapman 63.0, Emily Chapman 62.2)	4:15.03
8	DAVENPORT ASSUMPTION (Suzy Stelk, Molly Harris Shannon Cassel, Chelsea Kaczmarek)	4:25.79
Heat 3		
1	CLEAR CREEK-AMANA (Erin Dougherty 60.6, Tara Loan 62.8 Lydia McKenzie 63.0, Chrissy Berlin 60.9)	4:07.33 Q
2	BALLARD (Amy Krumm 62.4, Alicia Ruddick 62.5 Shelly Tomlinson 63.4, Beth Aanonson 59.3)	4:07.63 Q
3	SHELDON (Angela Van Meeteren 62.4, Kara Asherl 63.1 Michelle Kirschbaum 63.4, Audrey Lickhart 59.6)	4:08.94
4	UNITY CHRISTIAN (Melissa Eekhoff 61.8, Brittany Groeneweg 62.5 Larissa Van Engen 62.5, Renae Hoekstra 62.1)	4:09.11
5	CHARITON (Madelyn Yocom 59.7, Allison Kuball 64.0 Heidi Snook 62.3, Talia Ruble 63.1)	4:09.18
6	CLARINDA (Jessica Carper, Trish Hughes Nicole Baier 62.6, Kalyn Byers 63.4)	4:12.53
7	TIPTON (Katie Wagner 62.0, Kellie Tholen Erica Esbeck, Kristi Mente)	4:15.95
8	WESTERN CHRISTIAN (Marissa Kooima, Jennie Van Velzen Ashley Van Grouw, Kristi Meendering)	4:17.94

2A 4x800-METER RELAY FINAL

1	WILLIAMSBURG (Abby Tiernan 2:22.8, Abby Jones 2:23.4 Beth Neal 2:26.7, Chelsey Wille 2:17.6)	09:30.55
2	UNITY CHRISTIAN (Tanya Holtrop 2:26.3, Melissa Eekhoff 2:21.7 Gretchen Noteboom 2:24.8, Jessica Rowenhorst 2:18.1)	09:30.90
3	DYERSVILLE BECKMAN (Jenni Wedewer 2:25.5, Amy Gravel 2:27.3 Mary Nosbisch 2:24.4, Liz Nosbisch 2:25.3)	09:42.53
4	SOUTH WINNESHIEK (Brittany Buddenberg 2:28.3, Bridget Buddenberg 2:25.7 Angie Holthaus 2:29.8, Marissa Wurzer 2:19.3)	09:43.12
5	SHENANDOAH (Mackenzie Lauman 2:25.2, Abby Ballain 2:28.5)	

6	Carli Franks 2:29.8, Missy Buttry 2:19.8) TIPTON (Jenni Janssen 2:21.9, Kristi Mente 2:30.5 Erica Esbeck 2:29.5, Katie Wagner 2:24.6)	09:43.24 09:46.49
7	BENTON (Dove Morrow, Heidi Rathje Georgia Millward, Katie Prusha)	09:52.05
8	ATLANTIC (Krysta Metz 2:25.1, Lindsey Meyer 2:29.6 Katie Burkhart 2:34.2, Stephanie Jacobs 2:25.7)	09:54.65
9	WESTERN CHRISTIAN (Marissa Kooima 2:28.5, Katie Brenneman 2:32.9 Rachel Van Beek 2:26.1, Kristi Meendering 2:30.3)	09:57.73
10	MOUNT VERNON-LISBON (Abby Brayton, Leah Franck Jamie Wallace, Crystal Raiber)	10:00.94
11	MEDIAPOLIS (Carman White, Margaret Kuenzler Adrienne Patterson 2:33.2, Jo Kester 2:26.2)	10:02.26
12	EMMETSBURG/GRAETTINGER (Steph Noonan, Abby Joynt Lesley Rose, Jessica Gappa 2:27.4)	10:02.79
13	CENTRAL DEWITT (Erin Thayer, Erin Dieckmann Sara Maaske, Lyndsey Weller)	10:03.01
14	MOC-FLOYD VALLEY (Natalie Hoogeveen, Traci Vander Molen Kristin Thompson, Emily Jahn)	10:04.26
15	DECORAH (Alex Cook, Mandy Reddel Jessi Leuschen, Christina Gaard)	10:05.68
16	CLEAR CREEK-AMANA (Erin Dougherty, Renae Vomacka Keeley Walsh, Rachel Vomacka)	10:06.86
17	PELLA (Lindsey Kiefaber, Jenni Norris Tera Behning, Mary Hiemstra)	10:11.11
18	WASHINGTON (Stephanie Richardson 2:23.4, Jill Moeller 2:30.1 Stephanie Rich, Kayla Crossett)	10:11.60
19	DAVENPORT ASSUMPTION (Molly Campana, Molly Harris Colleen Blough, Shannon Cassel)	10:13.08
20	MONTICELLO (Brenda Brighton 2:34.6, Jennifer Larson 2:33.4 Emily Chapman 2:30.6, Lindsay Larson 2:34.4)	10:13.12
21	IOWA FALLS (Shonda Parr, Lindsay Sampson Ashly Brown, Molly Ubben)	10:13.28
22	ADM (Mari Steele, Kendal Bower Rebecca Hansen, Mandy Tryon)	10:15.90
23	BELMOND-KLEMME (Lindsay Thompson, Katie Erdman Jen Olthoff, Katie Meyer)	10:22.09
24	SHELDON (Angela Van Meeteren, Julia Van Meeteren)	

Kara Asherl, Amber Klemme)

10:23.84

2A SPRINT MEDLEY RELAY FINAL

1	ATLANTIC (Ashley Hayes, Christen Carns Tiffany Pedersen, Stephanie Jacobs 59.8)	1:51.32
2	NEVADA (Lindi Olson, Bre Van Sickle Amy Buck, Alicia Buck 59.3)	1:51.84
3	CENTRAL DEWITT (Adria Sheil-Brown, Ashley Baxter Jen Brown, Katie Novak)	1:52.02
4	SPIRIT LAKE PARK (Lindsey Berding, Janna Stahly Greta Goerss, Ashley Gray 58.9)	1:52.04
5	WILLIAMSBURG (Bethany Schnebbe, Jodi Johnson Abby Tiernan, Chelsey Wille 58.8)	1:52.29
6	PRAIRIE VALLEY (Megan Stabbe, Amy Beschorner Tonya Gutshall, Michaela Hammen 58.5)	1:52.89
7	PELLA (Kelli Marlow, Lacy Moffet Tracy Marlow, Jena Marlow 61.2)	1:53.45
8	CHEROKEE (Mackenzie Campbell, Julia Slota Ruth Schumacher, Erin Schleef 61.2)	1:53.68
Heat 1		
1	ATLANTIC (Ashley Hayes, Christen Carns Tiffany Pedersen, Stephanie Jacobs 60.4)	1:52.34 Q
2	CENTRAL DEWITT (Adria Sheil-Brown, Ashley Baxter Jen Brown, Katie Novak 59.9)	1:52.77 Q
3	MFL-MARMAC (Emily Fassbinder, Cheri Strutt Ashley Burton, Jessie Brooks)	1:55.41
4	UNION (Sam Bohnstengel, Lacey Albert Sarah Williams, Ashley Mullen)	1:56.11
5	MARION (Michelle Petersen, Kelly Weaver Neanna Conklin, Anna Kalkwarf)	1:56.35
6	NORTH FAYETTE (Sara Smith, Casey Graham Dayna Jensen, Jesse Harper 62.3)	1:56.59
7	SIBLEY-OCHEYEDAN (Courtney Kastner, Alison Huisenga Erin Terpstra, Angela Mataloni)	1:57.32
8	CLARKE (Renee Stuva, Jenny Reynolds)	

	Amy Lundquist, Abby Reynolds)	1:59.58
	Heat 2	
1	WILLIAMSBURG (Bethany Schnebbe, Jodi Johnson Abby Tiernan, Chelsey Wille 58.5)	1:52.25 Q
2	PELLA (Kelli Marlow, Lacy Moffet Tracy Marlow, Jena Marlow 61.5)	1:53.33 Q
3	CASCADE (Jodi Takes, Jenny Noonan Helen Hughes, Molly Gassman 60.5)	1:54.60
4	NEW HAMPTON (Sammy Stone, Megan Vorwald Trista Humpal, Vicki Beckman)	1:55.17
5	WASHINGTON (Kelly Tebockhorst, Kati Roth Dusti Drayfahl, Nicole Teitsworth 60.3)	1:55.27
6	MEDIAPOLIS (JoAnn Weyers, Sarah Nelson Heather McLatchie, Ranae Roelfs)	1:56.16
7	LONE TREE/HIGHLAND (Gwen Hoffman, Krista Burich Arin Hotz, Ashley Slaughter)	1:56.50
8	CLEAR CREEK-AMANA (Ashley Jacobs, Jenna Spratt Amanda Eckrich, Chrissy Berlin)	1:57.47
	Heat 3	
1	SPIRIT LAKE PARK (Lindsey Berding, Janna Stahly Greta Goerss, Ashley Gray 58.4)	1:51.33 Q
2	NEVADA (Lindi Olson, Bre Van Sickle Amy Buck, Alicia Buck 59.3)	1:51.84 Q
3	CHEROKEE (Mackenzie Campbell, Julia Slota Ruth Schumacher, Erin Schleef 60.8)	1:52.15 Q
4	PRAIRIE VALLEY (Megan Stabbe, Amy Beschorner Tonya Gutshall, Michaela Hammen)	1:53.54 Q
5	DAVIS COUNTY/FOX VALLEY (Ranae Grinstead, Tess Silko Abby Janssen, Stef Stookesberry 59.4)	1:53.70
6	GLENWOOD (Kristina Ludwig, Katie Denham Sarah Nord, Lynnette Woodrow)	1:54.62
7	PCM (Jessica Nolin, Deby Dykstra Bridget Burns, Stacy Myers)	1:55.03
8	SOUTH WINNESHIEK (Renee Lensing, Kristin Hackman Nicole Kramme, Bridget Buddenberg)	1:56.81

2A DISTANCE MEDLEY RELAY FINAL

1	CHARITON (Madelyn Yocom, Heidi Snook Allison Kuball 61.1, Michelle Sokol 2:15.7)	4:10.70
2	CLEAR LAKE (Kelly Cram, Sarah Tompkins April Wilhelm 59.9, Kristin Keefe 2:18.0)	4:11.96
3	UNITY CHRISTIAN (Rena Hoekstra, Lorilyn Vogel Melissa Eekhoff 62.3, Jessica Rowenhorst 2:15.8)	4:12.18
4	TIPTON (Kelly Cook, Amy Bamrick Katie Wagner 61.3, Jenni Janssen 2:16.2)	4:13.09
5	SOUTH WINNESHIEK (Niki Hitesman, Beth Moore Candice Schneberger 62.5, Marissa Wurzer 2:18.5)	4:13.99
6	MOUNT VERNON-LISBON (Becci Wumkes, Crystal Raiber Stephanie Pisarik, Stephanie Legore)	4:18.16
7	UNION (Lindsay Reiter, Sarah Williams Lindsay Albertsen 63.2, Mindy Engel 2:22.4)	4:18.76
8	BENTON (Ashley Swick, Megan Kromminga Amy Hemesath 59.7, Katie Prusha 2:24.6)	4:20.31
9	MOC-FLOYD VALLEY (Jessie Van Roekel, Kacey Van Dyke Emily Jahn 62.1, Amy Mouw 2:22.0)	4:20.57
10	MEDIAPOLIS (JoAnn Weyers, Heather McLatchie Ranae Roelfs 61.6, Jo Kester 2:24.8)	4:20.69
11	WASHINGTON (Kati Roth, Dusti Drayfahl Nicole Teitsworth, Stephanie Richardson)	4:21.29
12	PRAIRIE VALLEY (Tonya Gutshall, Amy Beschorner Samantha Ramaekers 64.6, Michaela Hammen 2:21.9)	4:21.57
13	WEBSTER CITY (Jenny Flora, Beth Eckardt Stefanie Hill 59.4, Janelle Cross 2:24.5)	4:21.63
14	NORTH FAYETTE (Dayna Jensen, Hannah Muff Rachel Fate, Natalie Whitcher)	4:25.36
15	SHELDON (Nicki Shea, Kim Riepma Kara Asherl 62.1, Angela Van Meeteren 2:23.1)	4:25.47
16	MID-PRAIRIE (Candace Richardson, Jaime Krantz Sarah Larsen 65.3, Nicole Bontrager 2:26.2)	4:27.07
17	CENTRAL ELKADER/GARNAVILLO (Jessica Mueller, Ashley Brink, Dusti Davis 63.6, Gail Torkelson 2:28.9)	4:28.13
18	WESTERN CHRISTIAN (Teresa Nielsen, Rachel Van Beek)	

19	Jennie Van Velzen 64.6, Jackie Kroese 2:27.7) EMMETSBURG/GRAETTINGER (Tara Degen, Margy Wentzel Heidi Jordet 61.7, Jessica Gappa 2:33.2)	4:28.72 4:32.05
20	ROLAND-STORY (Allison Thompson, Jamie Klein Sarah Hanson 64.7, Andrea Severson 2:30.0)	4:32.12
21	JEFFERSON-SCRANTON (Courtney Duede, Ashley Nation Danielle Shaw 63.9, Ashley Friday 2:25.3)	4:32.91
22	DAVENPORT ASSUMPTION (Katie Reyes, Katie Driscoll Suzy Stelk, Molly Harris)	4:37.99
23	DYERSVILLE BECKMAN (Colleen Ries, Jenna Maiers Aimee Hoefler, Jessica Osterhaus)	4:44.89

2A SHUTTLE HURDLE RELAY FINAL

1	WILLIAMSBURG (Abby Tiernan 15.6, Amber Ealy 16.8 Cassie Milder 16.8, Molly O'Brien 14.6)	1:03.86
2	FOREST CITY (Abby Van Syoc 16.0, Michelle DeWaard 15.9 Tiffany Anderson 16.9, Laura Korth 15.8)	1:04.66
3	CASCADE (Anne Knepper, Jodi Takes Megan Recker, Rachel Hutchins)	1:05.69
4	NORTH FAYETTE (Sara Smith, Ashley Starks Katie Hoey, Jesse Harper)	1:05.79
5	ATLANTIC (Kami Roecker 16.5, Faye Lage 16.4 Kristen Burkhart 16.1, Maggie Wernimont 16.8)	1:05.80
6	CHEROKEE (Erin Schleef 16.0, Anna Veit 16.8 Julia Slota 17.0, Kayla Hatch 16.1)	1:05.90
7	UNITY CHRISTIAN (Jill Bouma, Renae Hoekstra Brittany Groeneweg, Bridgette Dorhout)	1:07.09
8	CLEAR CREEK-AMANA (Ashley Jacobs, Jenna DeBrower Laura Chipman, Katie Ryan)	1:07.55
	Heat 1	
1	ATLANTIC (Kami Roecker 16.6, Kristen Burkhart 16.1 Maggie Wernimont 16.8, Faye Lage 16.3)	1:05.78 Q
2	MARION (Rachel Eagle 18.3, Leighann Freeman 17.0 Jana Bradley 16.4, Michelle Petersen 16.4)	1:08.11
3	PELLA (Katie Kniff, Sarah Way	

4	Suzanne Corum, Holly Dorenkamp) HAMPTON-DUMONT (Lacey Symens, Steph Weldin Tera Barrick, CieAnn Johnson)	1:09.19 1:10.00
Heat 2		
1	CASCADE (Anne Knepper 17.0, Jodi Takes 16.0 Megan Recker 17.2, Rachel Hutchins 15.3)	1:05.50 Q
2	CENTRAL DEWITT (Ashley Baxter, Tiffany Evers Samantha Rathje, Adria Sheil-Brown)	1:10.36
3	NORWALK (Laura Bergman, Melissa Ryan Sammi Sparks, Elyse Walters)	1:10.70
4	STORM LAKE (Malay Bouaphakeo, Megan Richard Abby Mills, Paige Havens)	1:11.47
Heat 3		
1	NORTH FAYETTE (Sara Smith 16.8, Ashley Starks 16.6 Katie Hoey 16.0, Jesse Harper 15.9)	1:05.38 Q
2	CLEAR CREEK-AMANA (Ashley Jacobs 16.6, Jenna DeBrower 16.8 Laura Chipman 16.2, Katie Ryan 17.1)	1:07.15 Q
3	CLARKE (Chelsea O'Neill, Kari Lowe Leslie Weatherhead, Renee Stuva)	1:09.02
4	ALGONA (Megan Hyslop, Stephanie Gaedke Abby Kajewski, Kristen Kuecker)	1:09.93
Heat 4		
1	CHEROKEE (Erin Schleef, Anna Veit Julia Slota, Kayla Hatch)	1:07.12 Q
2	UNITY CHRISTIAN (Jill Bouma, Renae Hoekstra Brittany Groeneweg, Bridgette Dorhout)	1:07.14 Q
3	NEW HAMPTON (Sammy Stone, Brittney Flansche Kristen Wendl, Trista Humpal)	1:07.80
4	BOYER VALLEY (Jen Rudd, Leisha Kunze Sarah Hornick, Kelsey Dorale)	1:10.33
Heat 5		
1	WILLIAMSBURG (Abby Tiernan 15.8, Amber Ealy 16.7 Cassie Milder 16.4, Molly O'Brien 15.2)	1:04.13 Q
2	ROLAND-STORY (Jamie Klein 17.3, Stephanie Strasko 17.1 Crystal Hanson 16.6, Jill Larson 16.7)	1:07.69
3	JEFFERSON-SCRANTON (Aimee Hane, Jessie Walker Julisa Leistand, Allison Koppen)	1:09.15

4	WEBSTER CITY (Amy Olson, Libby Doolittle Mandy Williams, Cali Olson)	1:11.84
Heat 6		
1	FOREST CITY (Abby Van Syoc 16.1, Michelle DeWaard 16.2 Tiffany Anderson 17.0, Laura Korth 16.1)	1:05.37 Q
2	BOYDEN-HULL/ROCK VALLEY (Karin Jespersen 17.7, Rebeca Gaalswyk 16.1 Alisha Van Zee 17.4, Rachel Sheldahl 16.5)	1:07.77
3	BENTON (Rebecca Silhanek, Lisa Stark Rachel Reinhart, Abby Knaack)	1:09.33
4	SPIRIT LAKE PARK (Beth Graham, Ingrid Goerss Sharla Smook, Lindsey Berding)	1:10.40

2000 IOWA GIRLS' STATE TRACK CHAMPIONSHIPS

Class 2A Results

By Track-on-a-Mac on May 20, 2000 at 6:47 PM

100-Meter Dash Heat 1

- 1 Tracy Marlow; Pella 12.88 Q
 - 2 Angie Kerndt; Decorah 12.94 Q
 - 3 Sarah Nord; Glenwood 13.01
 - 4 Danae Breeden; Grinnell 13.14
 - 5 Kate Deatsch; Centerville 13.34
 - 6 Niki Staskal-Brecht; Center Point-Urbana 13.36
 - 7 Casey Graham; North Fayette 13.47
- Jessica Healey; Clear Lake DNS

Heat 2

- 1 Kelsea Cannon; Clarke 12.80 Q
- 2 Lindsay Reiter; Union 12.85 Q
- 3 Tasha Harvey; Storm Lake 12.91 Q
- 4 Stephanie Stratton; Clear Creek-Amana 13.00
- 5 Christie Evans; Collins-Maxwell-Baxter 13.31
- 6 Ashley Burton; MFL-MarMac 13.40
- 7 Ange De Hoogh; Sheldon 13.46
- 8 Angie Ruth; Central Lee 13.48

Heat 3

- 1 Audra Bark; Central DeWitt 12.47 Q
- 2 Beth Aanonson; Ballard 12.75 Q
- 3 Megan White; Waukee 12.92 Q
- 4 Cari Walker; Dallas Center-Grimes 13.07
- 5 Jenny Buls; Crestwood 13.19
- 6 Sam Bohnstengel; Union 13.22
- 7 Lindsey Brueck; West Burlington-Notre Dame 13.34
- 8 Kayla Maasen; MOC-Floyd Valley 13.59

400-Meter Dash Heat 1

- 1 Audrey Lickhart; Sheldon 0:58.92 Q
- 2 Stef Stookesberry; Davis County/Fox Valley 1:00.01 Q
- 3 Katie Wagner; Tipton 1:01.60
- 4 Ashley Mullen; Union 1:01.83
- 5 Carmen Cox; Red Oak 1:01.96
- 6 Jennifer K. Smith; Saydel 1:02.31
- 7 Stefanie Hill; Webster City 1:02.95
- 8 Abby McQuillen; Wilton 1:03.03

Heat 2

- 1 Sabra Ellingson; Iowa Falls 0:58.99 Q
- 2 Chelsey Wille; Williamsburg 0:59.32 Q
- 3 Ashley Gray; Spirit Lake Park 0:59.40 Q
- 4 Jessie Brooks; MFL-MarMac 1:01.00
- 5 Lynnette Woodrow; Glenwood 1:01.35
- 6 Ashley Slaughter; Lone Tree/Highland 1:02.21
- 7 Emily Chapman; Monticello 1:02.36
- Chrissy Berlin; Clear Creek-Amana DNS

Heat 3

- 1 Bridget Burns; PCM 0:59.78 Q
- 2 Angela Mataloni; Sibley-Ocheyedan 1:00.66 Q
- 3 Rachel Kautzky; Perry 1:00.71 Q
- 4 Kristi Meendering; Western Christian 1:01.16
- 5 Shelly Tomlinson; Ballard 1:01.61
- 6 Ashley Taylor; Hudson 1:01.88
- 7 Stacie Snyder; Carroll Kuemper 1:03.33
- Tara Heiselman; New Hampton DNS

Class 2A 3000 Meter Run Finals

- 1 Amber Friedrich; Algona 10:15.74 J
- 2 Georgia Millward; Benton 10:41.44
- 3 Dani Wagaman; Red Oak 10:44.52
- 4 Kari Kruger; Sibley-Ocheyedan 10:46.14
- 5 Lindsey Meyer; Atlantic 10:57.69
- 6 Molly Campana; Davenport Assumption 10:59.45
- 7 Kristin Thompson; MOC-Floyd Valley 11:00.02
- 8 Rachel Reiser; Waukon 11:00.99

- 9 Emily Nestor; Sheldon 11:05.43
- 10 Steph Noonan; Emmetsburg/Graettinger 11:05.97
- 11 Molly Duitsman; Estherville-Lincoln Central 11:12.17
- 12 Kristin Sparks; Oelwein 11:14.73
- 13 Chloe Millward; Benton 11:17.08
- 14 Sarah Wynn; Albia 11:17.98
- 15 Sara Hayes; Waukee 11:18.24
- 16 DeAnne Miller; Monticello 11:19.42
- 17 Sara McDermott; Cascade 11:20.62
- 18 Laurie Owen; Waukee 11:21.55
- 19 Erin Zimmer; Central DeWitt 11:22.22
- 20 Rachelle Kroll; Unity Christian 11:23.58
- 21 Angie Mahoney; Clear Creek-Amana 11:24.93
- 22 Rachel Smith; Atlantic 11:33.67
- 23 Gina Berger; Carroll Kuemper 11:39.00
- 24 Sami Miller; Stuart West Central 12:12.56

100-Meter Hurdles Heat 1

- 1 Tiffany Pedersen; Atlantic 14.42 Q
- 2 Kalyn Byers; Clarinda 15.84 Q
- 3 Jodi Takes; Cascade 15.97
- 4 Michelle Peterson; Marion 16.01
- 5 Lindsay Albertson; Union 16.07
- 6 Kelsey Grindle; Boyer Valley 16.37
- 7 Jill Larson; Roland-Story 16.79
- 8 Elyse Walters; Norwalk 16.81

Heat 2

- 1 Rachel Hutchins; Cascade 15.07 Q
- 2 Abby Van Syoc; Forest City 15.75 Q
- 3 Lindsey Berding; Spirit Lake Park 15.82 Q
- 4 Jill Bouma; Unity Christian 15.85 Q
- 5 Jesse Harper; North Fayette 15.92
- 6 Deby Dykstra; PCM 16.37
- 7 Angela Bork; Mediapolis 16.79
- 8 Abby Knaack; Benton 17.48

Heat 3

- 1 Molly O'Brien; Williamsburg 14.88 Q
- 2 Erin Schleef; Cherokee 15.76 Q
- 3 Heather McLatchie; Mediapolis 15.86
- 4 Kara McGill; Sergeant Bluff-Luton 16.11

- 5 Jessie Walker; Jefferson-Scranton 16.25
- 6 Laura Chipman; Clear Creek-Amana 16.33
- 7 Alicia Whisner; ADM 16.74
- 8 Renee Stuva; Clarke 17.73

4x100-Meter Relay Heat 1

- 1 Cassie Beck, Megan Vorwald, Lindsey Smith, Tara Heiselman; New Hampton 50.79 Q
- 2 Leighann Freeman, Anna Kalkwarf, Neanna Conklin, Michelle Peterson; Marion 51.59 Q
- 3 Lindi Olson, Lissa Amundson, Amy Buck, Alicia Buck; Nevada 51.60 Q
- 4 Jill Parman, Paige Havens, Abby Mills, Tasha Harvey; Storm Lake 51.91
- 5 Christie Evans, Amanda Long, Lindsay Dawson, Megan Means; Collins-Maxwell-Baxter 52.23
- 6 Abbie Boote, Angela Schlotfeldt, Kara Van Den Top, Lindsay Overman; Boyden-Hull/Rock Valley 52.75
- 7 Beth Linderbaum, Jennie Stodola, Justina Stodola, Natalie Miller; Solon 52.97
- 8 Angie Greimann, Jaime Brower, Jessica Mennen, Kim Hinrichs; Hampton-Dumont 53.69

Heat 2

- 1 Kelli Marlow, Lacy Moffet, Katie Kniff, Tracy Marlow; Pella 50.74 Q
- 2 Ashley Mitchell, Jessica Nanke, Allison Carolan, Angie Kerndt; Decorah 51.65 Q
- 3 Katie Lidtka, Lindsey Peter, Danae Breeden, Danielle Brooks; Grinnell 51.73 Q
- 4 Ruth Schumacher, Kayla Hatch, Missy Lockwood, Mackenzie Campbell; Cherokee 51.94
- 5 Katie Hoey, Sara Smith, Casey Graham, Dayna Jensen; North Fayette 51.98
- 6 Amy Bamrick, Michaela Osborn, Kelly Cook, Kelly Foley; Tipton 52.01
- 7 Jenny Reynolds, Kelsea Cannon, Abby Reynolds, Amy Lundquist; Clarke 52.29
- 8 Tara Degen, Holly Reinders, Bridget Besch, Heidi Jordet; Emmetsburg/Graettinger 52.75

Heat 3

- 1 Ashley Hayes, Christen Carns, Kami Roecker, Tiffany Pedersen; Atlantic 50.59 Q
- 2 Lindsay Reiter, Sarah Williams, Erin Harrill, Sam Bohnstengel; Union 50.92 Q
- 3 Carly Farnsworth, Destinee Castillo, Wendi Kragel, Megan White; Waukee 51.80
- 4 Ashley Jacobs, Greta Nelson, Laura Chipman, Stephanie Stratton; Clear Creek-Amana 51.84
- 5 Ashley Baxter, Liz Brady, Adria Sheil-Brown, Jen Brown; Central DeWitt 51.85
- 6 Angie Rowedder, Sarah Keat, Michelle Trausch, Kendra Bengston; Carroll 51.97
- 7 Ange De Hoogh, Nicki Shea, Kristy Wagenaar, Michelle Kirschbaum; Sheldon 52.44
- 8 Heidi Kleppe, Renee Lensing, Kristin Hackman, Nicole Kramme; South Winneshiek 52.88

4x200-Meter Relay Heat 1

- 1 Ashley Hayes, Kristen Burkhart, Andi Thomsen, Kami Roecker; Atlantic 1:48.46 Q
- 2 Niki Hitesman, Renee Lensing, Candice Schneberger, Beth Moore; South Winneshiek 1:48.78 Q
- 3 Ruth Schumacher, Anna Veit, Julia Slota, Mackenzie Campbell; Cherokee 1:48.81 Q
- 4 Carrie Kupka, JoLynn Legg, Maria Manfull, Anna Fisher; South Tama 1:49.17
- 5 Tracee Kroese, Brittany Hix, Janna Stahly, Greta Goerss; Spirit Lake Park 1:49.58
- 6 Lindsey Grom, Megan Gort, Kara Van Den Top, Lindsay Overman; Boyden-Hull/Rock Valley 1:49.91
- 7 Kate Daugherty, Tabitha Blake, Jena Kilburg, Ashley Carter; Bellevue 1:51.42
- 8 Michaela Osborn, Kelly Foley, Kelly Cook, Amy Bamrick; Tipton 1:51.72

Heat 2

- 1 Adria Sheil-Brown, Jen Brown, Katie Novak, Audra Bark; Central DeWitt 1:44.47 Q
- 2 Tara Loan, Greta Nelson, Lydia McKenzie, Stephanie Stratton; Clear Creek-Amana 1:47.12 Q
- 3 Laura Korth, Michelle DeWaard, Hannah Thompson, Heather DeWaard; Forest City 1:48.68 Q
- 4 Kelli Marlow, Ashley Bogaards, Holly Dorenkamp, Lacy Moffet; Pella 1:48.86
- 5 Helen Hughes, Molly Gassman, Megan Recker, Jenny Noonan; Cascade 1:49.32
- 6 Larissa Van Engen, Lorilyn Vogel, Kate Lesage, Brittany Groeneweg; Unity Christian 1:50.05
- 7 Tracy Wessels, Emily Reicher, Liz Nosbisch, Amy Gravel; Dyersville Beckman 1:50.32
- 8 Megan Klingbeil, Abby Baker, Christina Schneider, Nikki Reiter; Estherville-Lincoln Central 1:51.82

Heat 3

- 1 Cassie Beck, Trista Humpal, Lindsey Smith, Tara Heiselman; New Hampton 1:46.14 Q
- 2 Lindi Olson, Bre Van Sickle, Amy Buck, Alicia Buck; Nevada 1:46.57 Q
- 3 Jessica Nanke, Ashley Humpal, Kara Lukes, Angie Kerndt; Decorah 1:48.94
- 4 Misty Dirksen, Jaime Brower, Jill Patton, Kendra Schurman; Hampton-Dumont 1:49.04
- 5 Ashley Swick, Jenny Bridgewater, Megan Kromminga, Amy Hemesath; Benton 1:49.33
- 6 Sarah Levenhagen, Brenda Jordan, Amanda Chizek, Cari Walker; Dallas Center-Grimes 1:49.52
- 7 Jenny Reynolds, Kelsea Cannon, Amy Lundquist, Abby Reynolds; Clarke 1:49.84
- 8 Megan White, Heather Barrett, Jaymi Kragel, Carrie Embree, ; Waukee 1:50.40

4x400-Meter Relay Heat 1

- 1 Hillary Brockshus, Angela Gehring, Greta Goerss, Ashley Gray; Spirit Lake Park 4:07.87 Q
- 2 Nicole Buck, Kendra Bengston, Katie Onken, Rachel Brincks; Carroll 4:08.08 Q
- 3 Brittany Buddenberg, Beth Moore, Angie Holthaus, Niki Hitesman; South Winneshiek 4:08.52 Q
- 4 Jamie Wallace, Crystal Raiber, Stephanie Legore, Stephanie Pisarik; Mount Vernon-Lisbon 4:08.67
- 5 Omega Wise, Danielle Shaw, Ashley Friday, Julisa Leistand; Jefferson-Scranton 4:11.66
- 6 Liz Nosbisch, Jenni Wedewer, Emily Reicher, Amy Gravel; Dyersville Beckman 4:12.19
- 7 Ashley Humpal, Anne Holthaus, Kara Lukes, Alex Cook; Decorah 4:13.19
- 8 Carmen Cox, Brandi Redel, Katie Davis, Jenny Hossle; Red Oak 4:13.38

Heat 2

- 1 April Wilhelm, Kristin Keefe, Megan Keefe, Sarah Tompkins; Clear Lake 4:05.18 Q
- 2 Helen Hughes, Jenny Noonan, Rachel Hutchins, Molly Gassman; Cascade 4:05.28 Q
- 3 Erin Dieckmann, Ashley Baxter, Lyndsey Weller, Katie Novak; Central DeWitt 4:08.32 Q
- 4 Stephanie Jacobs, Anne Sonntag, Haley Peterson, Andi Thompsen; Atlantic 4:11.32
- 5 Margaret Kuenzler, Adrienne Patterson, Carman White, Ranae Roelfs; Mediapolis 4:12.60
- 6 Megan Kromminga, Brittini Miller, Katie Prusha, Amy Hemesath; Benton 4:14.21
- 7 Brenda Brighton, Emily Decker, Ginger Chapman, Emily Chapman; Monticello 4:15.03
- 8 Suzy Stelk, Molly Harris, Shannon Cassel, Chelsea Kaczmarek; Davenport Assumption 4:25.79

Heat 3

- 1 Erin Dougherty, Tara Loan, Lydia McKenzie, Chrissy Berlin; Clear Creek-Amana 4:07.33 Q
- 2 Amy Krumm, Alicia Ruddick, Shelly Tomlinson, Beth Aanonson; Ballard 4:07.63 Q
- 3 Angela Van Meeteren, Kara Asherl, Michelle Kirschbaum, Audrey Lickhart; Sheldon 4:08.94
- 4 Melissa Eekhoff, Brittany Groeneweg, Larissa Van Engen, Renae Hoekstra; Unity Christian 4:09.11
- 5 Madelyn Yocom, Allison Kuball, Heidi Snook, Talia Ruble; Chariton 4:09.18
- 6 Jessica Carper, Trish Hughes, Nicole Baier, Kalyn Byers; Clarinda 4:12.53
- 7 Katie Wagner, Kellie Tholen, Erica Esbeck, Kristi Mentel; Tipton 4:15.95
- 8 Marissa Kooima, Jennie Van Velzen, Ashley Van Grouw, Kristi Meendering; Western Christian 4:17.94

Class 2A Distance Medley Relay Finals

- 1 Madelyn Yocom, Heidi Snook, Allison Kuball, Michelle Sokol; Chariton 4:10.70
- 2 Kelly Cram, Sarah Tompkins, April Wilhelm, Kristin Keefe; Clear Lake 4:11.96
- 3 Renae Hoekstra, Lorilyn Vogel, Melissa Eekhoff, Jessica Rowenhorst; Unity Christian 4:12.18
- 4 Kelly Cook, Amy Bamrick, Katie Wagner, Jenni Janssen; Tipton 4:13.09
- 5 Niki Hitesman, Beth Moore, Candice Schneberger, Marissa Wurzer; South Winneshiek 4:13.99
- 6 Becci Wumkes, Crystal Raiber, Stephanie Pisarik, Stephanie Legore; Mount Vernon-Lisbon 4:18.16
- 7 Lindsay Reiter, Sarah Williams, Lindsay Albertsen, Mindy Engel; Union 4:18.76
- 8 Ashley Swick, Megan Kromminga, Amy Hemesath, Katie Prusha; Benton 4:20.31
- 9 Jessie Van Roekel, Kacey Van Dyke, Emily Jahn, Amy Mouw; MOC-Floyd Valley 4:20.57
- 10 JoAnn Weyers, Heather McLatchie, Ranae Roelfs, Jo Kester; Mediapolis 4:20.69
- 11 Kati Roth, Dusti Drayfahl, Nicole Teitsworth, Stephanie Richardson; Washington 4:21.29
- 12 Tonya Gutshall, Amy Beschorner, Samantha Ramaekers, Michaela Hammen; Prairie Valley 4:21.57
- 13 Jenny Flora, Beth Eckardt, Stefanie Hill, Janelle Cross; Webster City 4:21.63
- 14 Dayna Jensen, Hannah Muff, Rachel Fate, Natalie Witcher; North Fayette 4:25.36
- 15 Nicki Shea, Kim Riepma, Kara Asherl, Angela Van Meeteren; Sheldon 4:25.47
- 16 Candace Richardson, Jaime Krantz, Sarah Larsen, Nicole Bontrager; Mid-Prairie 4:27.07
- 17 Jessica Mueller, Ashley Brink, Dusti Davis, Gail Torkelson; Central Elkader/Garnavillo 4:28.13
- 18 Teresa Nielsen, Rachel Van Beek, Jennie Van Velzen, Jackie Kroese; Western Christian 4:28.72
- 19 Tara Degen, Margy Wentzel, Heidi Jordet, Jessica Gappa; Emmetsburg/Graettinger 4:32.05

- 20 Allison Thompson, Jamie Klein, Sarah Hanson, Andrea Severson; Roland-Story 4:32.12
- 21 Courtney Duede, Ashley Nation, Danielle Shaw, Ashley Friday; Jefferson-Scranton 4:32.91
- 22 Katie Reyes, Katie Driscoll, Suzy Stelk, Molly Harris; Davenport Assumption 4:37.99
- 23 Colleen Ries, Jenna Maiers, Aimee Hoefler, Jessica Osterhaus; Dyersville Beckman 4:44.89

Heat 1

- 1 Kami Roecker, Kristen Burkhart, Maggie Wernimont, Faye Lage; Atlantic 1:05.78 Q
- 2 Rachel Eagle, Leighann Freeman, Jana Bradley, Michelle Petersen; Marion 1:08.11
- 3 Katie Kniff, Sarah Way, Suzanne Corum, Holly Dorenkamp; Pella 1:09.19
- 4 Lacey Symens, Steph Weldin, Tera Barrick, CieAnn Johnson; Hampton-Dumont 1:10.00

Heat 2

- 1 Anne Knepper, Jodi Takes, Megan Recker, Rachel Hutchins; Cascade 1:05.50 Q
- 2 Ashley Baxter, Tiffany Evers, Samantha Rathje, Adria Sheil-Brown; Central DeWitt 1:10.36
- 3 Laura Bergman, Melissa Ryan, Sammi Sparks, Elyse Walters; Norwalk 1:10.70
- 4 Malay Bouaphakeo, Megan Richard, Abby Mills, Paige Havens; Storm Lake 1:11.47

Heat 3

- 1 Sara Smith, Ashley Starks, Katie Hoey, Jesse Harper; North Fayette 1:05.38 Q
- 2 Ashley Jacobs, Jenna DeBrower, Laura Chipman, Katie Ryan; Clear Creek-Amana 1:07.15 Q
- 3 Chelsea O'Neill, Kari Lowe, Leslie Weatherhead, Renee Stuva; Clarke 1:09.02
- 4 Megan Hyslop, Stephanie Gaedke, Abby Kajewski, Kristen Kuecker; Algona 1:09.93

Heat 4

- 1 Erin Schleef, Anna Veit, Julia Slota, Kayla Hatch; Cherokee 1:07.12 Q
- 2 Jill Bouma, Renae Hoekstra, Brittany Groeneweg, Bridgette Dorhout; Unity Christian 1:07.14 Q
- 3 Sammy Stone, Brittney Flansche, Kristen Wendl, Trista Humpal; New Hampton 1:07.80
- 4 Jen Rudd, Leisha Kunze, Sarah Hornick, Kelsey Dorale; Boyer Valley 1:10.33

Heat 5

- 1 Abby Tiernan, Amber Ealy, Cassie Milder, Molly O'Brien; Williamsburg 1:04.13 Q
- 2 Jamie Klein, Stephanie Strasko, Crystal Hanson, Jill Larson; Roland-Story 1:07.69
- 3 Aimee Hane, Jessie Walker, Julisa Leistand, Allison Koppen; Jefferson-Scranton 1:09.15
- 4 Amy Olson, Libby Doolittle, Mandy Williams, Cali Olson; Webster City 1:11.84

Heat 6

- 1 Abby Van Syoc, Michelle DeWaard, Tiffany Anderson, Laura Korth; Forest City 1:05.37 Q
- 2 Karin Jespersen, Rebeca Gaalswyk, Alisha Van Zee, Rachel Sheldahl; Boyden-Hull/Rock Valley 1:07.77
- 3 Rebecca Silhanek, Lisa Stark, Rachel Reinhart, Abby Knaack; Benton 1:09.33
- 4 Beth Graham, Ingrid Goerss, Sharla Smook, Lindsey Berding; Spirit Lake Park 1:10.40

Class 2A Discus Finals

- 1 Alissa Dennis; Ballard 132'02" (40.28m)
- 2 Caroline Ruppert; Clear Creek-Amana 125'01" (38.13m)
- 3 Angie Hogue; Carroll 123'11" (37.77m)
- 4 Kelly Foley; Tipton 121'06" (37.03m)
- 5 Bridgette Duffy; New Hampton 120'09" (36.80m)
- 6 Mary Streeter; North Fayette 119'02" (36.32m)
- 7 Leslie Schmailzl; Glenwood 118'09" (36.20m)
- 8 Rachel Jansen; MOC-Floyd Valley 117'01" (35.69m)
- 9 Rachel Silvey; Iowa Falls 115'02" (35.10m)
- 10 Kristen Schmitt; South Winneshiek 115'00" (35.05m)
- 11 Kati Roth; Washington 113'03" (34.52m)
- 12 Amanda Feldkamp; Sibley-Ocheyedan 112'01" (34.16m)
- 13 Cora Blom; MOC-Floyd Valley 111'05" (33.96m)
- 14 Kristina Kapler; Crestwood 110'10" (33.78m)
- 15 Lindsay Diehl; Clarke 107'09" (32.84m)
- 16 Katie Standafer; North Fayette 106'08" (32.51m)
- 17 Laurie Lenz; Algona 105'09" (32.23m)
- 18 Carrie Erger; Benton 105'08" (32.21m)
- 19 Melanie Thompson; ADM 104'01" (31.72m)
- 20 Katie Foley; Tipton 102'06" (31.24m)
- 21 Kelly Crossley; Humboldt 099'08" (30.38m)
- 22 Jennie Madagan; Spirit Lake Park 099'06" (30.33m)
- 23 Michele Kearney; Center Point-Urbana 099'02" (30.23m)
- 24 Megan Medinger; Camanche 098'04" (29.97m)

2000 IOWA GIRLS' STATE TRACK CHAMPIONSHIPS Class 3A Results and Wheelchair

By Track-on-a-Mac on May 22, 2000 at 10:04 p.m.

3A TEAM SCORING

1	Iowa City West	56
2	Iowa City High	48
3	Des Moines Roosevelt	42
4	West Des Moines Valley	34
5	Dubuque Senior	27
6	Sioux City Heelan	23
7	Cedar Rapids Prairie	21
8	Lewis Central	19
9	Ankeny	18
9	Clinton	18
11	Mount Pleasant	16
11	Newton	16
13	Oskaloosa	14
14	Fort Madison	12
14	Harlan	12
16	Sioux City West	11
17	Ames	10
18	Spencer	9
19	Dubuque Wahlert	8
19	Muscatine	8
19	West Delaware	8
22	CB Abraham Lincoln	7
22	Cedar Falls	7
22	Indianola	7
22	Pleasant Valley	7
22	West Des Moines Dowling	7
27	Burlington	6
27	Des Moines East	6
29	Marshalltown	5
29	Waterloo West	5
31	Cedar Rapids Jefferson	4
32	Cedar Rapids Kennedy	3
32	Davenport Central	3
34	Charles City	2
34	Fairfield	2
34	Linn-Mar	2

37	Bettendorf	1
37	Cedar Rapids Washington	1

3A 100-METER DASH FINAL

1	Lolo Jones, Des Moines Roosevelt	SR	12.24
2	Pam Orris, Dubuque Senior	JR	12.47
3	Tieesha Griffin, Sioux City West	SR	12.60
4	Sarah Riedel, Muscatine	SO	12.65
5	Ambre Moton, Ankeny	SR	12.67
6	Kristyn Barber, Cedar Rapids Washington	JR	12.79
7	Christen Karniski, Iowa City West	SO	12.81
8	Tiffany Cruikshank, Marshalltown	JR	13.05

Heat 1

1	Tieesha Griffin, Sioux City West	SR	12.55	Q
2	Ambre Moton, Ankeny	SR	12.55	Q
3	Allemeisha Tiesmann, Des Moines East	JR	13.12	
4	Stephanie Burgmeier, Dubuque Wahlert	SR	13.29	
5	Hannah Elkins, Ottumwa	JR	13.37	
6	Becky Bartello, Newton	SR	13.47	
	Elizabeth Matzen, Iowa City High	SO	DNS	
	Sara Heying, Sioux City Heelan	SR	DNS	

Heat 2

1	Sarah Riedel, Muscatine	SO	12.64	Q
2	Christen Karniski, Iowa City West	SO	12.66	Q
3	Kristyn Barber, Cedar Rapids Washington	JR	12.73	Q
4	Stacy Lawrence, Clinton	SO	13.04	
5	Cassie Broome, Mason City	SR	13.24	
6	Jessica Carson, Newton	JR	13.34	
7	Lindsay Way, Johnston	SO	13.35	
8	Abbi Orr, West Des Moines Valley	SO	13.52	

Heat 3

1	Lolo Jones, Des Moines Roosevelt	SR	12.26	Q
2	Pam Orris, Dubuque Senior	JR	12.67	Q
3	Tiffany Cruikshank, Marshalltown	JR	12.86	Q
4	Kassie Daugherty, Davenport West	SO	13.27	
5	Amy Bixler, Indianola	SR	13.34	
5	Brook Bowman, North Scott	JR	13.34	
	Tina Klith, Cedar Rapids Prairie	SR	DNS	
	Amanda Johnston, Ankeny	FR	DNS	

3A 200-METER DASH FINAL

1	Lolo Jones, Des Moines Roosevelt	SR	25.31
2	Tieesha Griffin, Sioux City West	SR	25.87
3	Tina Klith, Cedar Rapids Prairie	SR	25.92
4	Sarah Riedel, Muscatine	SO	26.01
5	Beth Michael, Marshalltown	SO	26.07

6	Ambre Moton, Ankeny	SR	26.54
7	Christy Muenzenberger, West Des Moines Valley	SR	26.67
8	Lindsay Ruisch, Johnston	SO	26.73

Heat 1

1	Sarah Riedel, Muscatine	SO	26.03 Q
2	Tina Klith, Cedar Rapids Prairie	SR	26.26 Q
3	Amanda Reiss, Dubuque Wahlert	SO	27.07
4	Katie Boggus, Cedar Rapids Washington	JR	27.33
5	Megan Sash, Oskaloosa	JR	28.05
6	Anna Ziegler, Mason City	JR	28.15
	Rachel Rebling, Fairfield	FR	DQ-27.46
	Pam Orris, Dubuque Senior	JR	DNF

Heat 2

1	Lolo Jones, Des Moines Roosevelt	SR	25.15 Q
2	Tieesha Griffin, Sioux City West	SR	25.93 Q
3	Christy Muenzenberger, West Des Moines Valley	SR	26.25 Q
4	Jenny Streinz, Iowa City West	SR	27.02
5	Kim Hibbert, Urbandale	JR	27.26
6	Allie Splinter, Dubuque Hempstead	SO	27.38
7	Melissa Langhurst, Cedar Rapids Prairie	FR	27.67
8	Julie Gilbreath, Waverly-Shell Rock	SR	28.19

Heat 3

1	Ambre Moton, Ankeny	SR	25.89 Q
2	Beth Michael, Marshalltown	SO	25.97 Q
3	Lindsay Ruisch, Johnston	SO	26.70 Q
4	Amanda Oostendorp, Dubuque Hempstead	SR	27.32
5	Allemeisha Tiesmann, Des Moines East	JR	27.40
6	Mary Beth Leistad, Spencer	JR	28.21
	Amanda Nearad, Iowa City High	SR	DNS
	Brooke Niles, Sioux City Heelan	FR	DNS

3A 400-METER DASH FINAL

1	Christy Muenzenberger, West Des Moines Valley	SR	0:57.16
2	Candi Jones, Oskaloosa	SR	0:57.84
3	Steph Suntken, Indianola	SR	0:58.06
4	Linnea Hopp, Harlan	FR	0:58.84
5	Nicole Dougherty, Dubuque Senior	SR	0:59.19
6	Lynn Dobyys, Iowa City West	FR	0:59.63
7	Maria Johnson, Cedar Rapids Xavier	SR	1:00.07
	Kylan Loney, Ames	JR	DNS

Heat 1

1	Candi Jones, Oskaloosa	SR	0:58.36 Q
2	Kylan Loney, Ames	JR	0:59.29 Q
3	Anne Hamilton, North Scott	SR	1:00.93
4	Emily Roling, Dubuque Wahlert	JR	1:01.77
5	Chelsi Auen, Spencer	SR	1:01.86
	Kelsey Linder, Iowa City High	JR	DNS
	Laura Keane, Sioux City Heelan	SR	DNS

Erin Johnson, Cedar Rapids Kennedy SR D-1:00.06

Heat 2

1	Christy Muenzenberger, West Des Moines Valley	SR	0:57.99	Q
2	Lynn Dobyys, Iowa City West	FR	0:59.10	Q
3	Nicole Dougherty, Dubuque Senior	SR	0:59.11	Q
4	Maria Johnson, Cedar Rapids Xavier	SR	0:59.24	Q
5	Jessica Johnson, Waterloo East	JR	0:59.85	
6	Elizabeth Crispin, Des Moines Roosevelt	FR	1:00.14	
7	Haley Adams, Davenport West	SO	1:03.28	
	Afton Erick, Spencer	SO	DNS	

Heat 3

1	Steph Suntken, Indianola	SR	0:57.95	Q
2	Linnea Hopp, Harlan	FR	0:59.07	Q
3	Ellen Jackson, Lewis Central	SO	0:59.89	
4	Ashley Williams, Linn-Mar	SO	0:59.90	
5	Alison Burns, Marshalltown	FR	1:00.32	
6	Quinntesha Tillman, Waterloo East	SO	1:00.61	
7	Katie Hill, Iowa City High	JR	1:01.29	
8	Megan Vens, Clinton	JR	1:01.60	

3A 800-METER RUN FINAL

1	Allison Werner, Mount Pleasant	FR	2:14.85	J
2	Carey Morris, Fort Madison	SR	2:14.97	J
3	Amanda Bales, Pleasant Valley	JR	2:15.89	
4	Wendy Shaw, Davenport Central	SR	2:16.88	
5	Elly Glass, Dubuque Senior	SR	2:16.89	
6	Beth Abramovich, West Des Moines Dowling	JR	2:16.90	
7	Jeni Frudden, Iowa City West	SO	2:16.99	
8	Erin Kappeler, Bettendorf	JR	2:17.32	
9	Katy Grady, LeMars	SO	2:17.65	
10	Amy Garrett, Southeast Polk	FR	2:20.63	
11	Megan Glover, Cedar Rapids Xavier	FR	2:22.81	
12	Randi Mehmen, Waverly-Shell Rock	SO	2:23.68	
13	Jennifer Smith, Davenport North	SR	2:23.80	
14	Jackie Kubik, Pleasant Valley	JR	2:25.10	
15	Renee Begyn, Bettendorf	SR	2:25.21	
16	Robdu Adam, Iowa City West	FR	2:25.52	
17	Janelle Platts, Mason City	FR	2:26.10	
18	Ann Marie Noel, Dubuque Wahlert	JR	2:26.18	
19	Amanda Glynn, Cedar Rapids Xavier	SR	2:26.26	
20	Kristin Anderson, Boone	JR	2:26.62	
21	Kirsty Moreno, Iowa City High	SO	2:26.94	
22	Michelle Lake, Iowa City High	JR	2:27.57	
	Anne Berger, Sioux City Heelan	JR	DNS	
	Katie Berger, Sioux City Heelan	SR	DNS	

3A 1500-METER RUN FINAL

1	Michelle Lilienthal, Iowa City High	SR	4:34.42	J
2	Lesley Smith, Iowa City West	JR	4:43.14	J
3	Emily Shoopman, Waterloo West	JR	4:45.63	J
4	Elly Glass, Dubuque Senior	SR	4:48.43	
5	Casey Owens, Des Moines Roosevelt	JR	4:48.84	
6	Erin Kappeler, Bettendorf	JR	4:51.77	
7	Nicole Wood, Dubuque Wahlert	SR	4:52.51	
8	Lauren Levy, Iowa City West	JR	4:53.54	
9	Lindsay Nye, Fort Madison	JR	4:54.41	
10	Audrey Schiltz, West Des Moines Dowling	SR	4:54.96	
11	Melissa Meyer, Dubuque Wahlert	JR	4:55.84	
12	Megan Riepma, Spencer	SO	4:56.63	
13	Karla Block, Sioux City Heelan	FR	4:56.71	
14	Katy Grady, LeMars	SO	4:57.07	
15	Ali Kirsch, Iowa City High	FR	4:58.64	
16	Ashley Culp, West Des Moines Valley	FR	4:59.02	
17	Quinn Vermie, Southeast Polk	FR	4:59.97	
18	Alicia Irons, Boone	SO	5:01.36	
19	Julie Reger, Ames	JR	5:01.92	
20	Casey Hornick, Fairfield	SO	5:01.96	
21	Kristin Scheumann, Cedar Rapids Jefferson	JR	5:02.37	
22	Aimee Nielsen, Mason City	SO	5:02.61	
23	Jessica Schultz, Mount Pleasant	JR	5:03.89	
24	Stephanie Wilson, Sioux City West	SO	5:06.31	

3A 3000-METER RUN FINAL

1	Michelle Lilienthal, Iowa City High	SR	09:57.97	J
2	Leslie Smith, Iowa City West	SO	10:11.12	J
3	Casey Owens, Des Moines Roosevelt	JR	10:22.34	J
4	Robdu Adam, Iowa City West	FR	10:24.29	J
5	Audrey Schiltz, West Des Moines Dowling	SR	10:29.78	
6	Emily Shoopman, Waterloo West	JR	10:33.25	
7	Erin Kappeler, Bettendorf	JR	10:36.47	
8	Nicole Wood, Dubuque Wahlert	SR	10:40.83	
9	Quinn Vermie, Southeast Polk	FR	10:44.85	
10	Kristin Scheumann, Cedar Rapids Jefferson	JR	10:45.79	
11	Katie Croker, Marshalltown	SR	10:47.49	
12	Julie Reger, Ames	JR	10:50.54	
13	Shannon Oster, Cedar Rapids Washington	FR	10:51.77	
14	Melissa Zeimet, Dubuque Wahlert	SR	10:52.40	
15	Jessica Deverell, Mason City	SR	11:01.68	
16	Julie White, Dubuque Hempstead	JR	11:02.15	
17	Cat Geres, West Des Moines Dowling	SO	11:06.05	
18	Stephanie Wilson, Sioux City West	SO	11:06.84	
19	Allison Heid, Urbandale	SO	11:10.16	
20	Molly Meng, Iowa City High	SR	11:15.92	
21	Kelly Kunde, Dubuque Hempstead	SR	11:19.42	
22	Emily Miller, Davenport Central	JR	11:24.84	
23	Cathleen Miller, Davenport Central	JR	11:25.88	
24	Amber Nolan, Mason City	JR	11:27.29	

3A 100-METER HURDLES FINAL

1	Lolo Jones, Des Moines Roosevelt	SR	14.03	J
2	Blair Anderson, Burlington	JR	14.84	
3	Lindsey Anderson, West Des Moines Valley	JR	14.95	
4	Becky Lauver, Lewis Central	JR	15.09	
5	Allie Karns, West Des Moines Valley	JR	15.14	
6	Elizabeth Bicknell, Pleasant Valley	JR	15.18	
7	Brooke Plumb, Newton	JR	15.49	
8	Jamie Nemmers, Cedar Falls	SR	15.67	

Heat 1

1	Lolo Jones, Des Moines Roosevelt	SR	14.15	J Q
2	Blair Anderson, Burlington	JR	14.93	Q
3	Maya Monitto-Webber, Iowa City High	FR	15.73	
4	Rachel Dierenfield, Ankeny	SR	15.80	
5	Molly Nauman, West Des Moines Dowling	JR	16.16	
6	Amy Klosterman, West Delaware	FR	16.71	
7	Kerri Scholl, Iowa City West	SR	16.89	
	Megan Morrow, Ames	JR	DNS	

Heat 2

1	Allie Karns, West Des Moines Valley	JR	15.10	Q
2	Brooke Plumb, Newton	JR	15.10	Q
3	Jamie Nemmers, Cedar Falls	SR	15.28	Q
4	Emily Hall, Harlan	JR	15.40	
5	Chrissy Hendricks, Ankeny	SR	15.61	
6	Tara Jetter, Clinton	JR	15.64	
7	Carly Mortenson, Ames	JR	15.90	
8	Natalie Johnson, Burlington	JR	16.27	

Heat 3

1	Lindsey Anderson, West Des Moines Valley	JR	14.89	Q
2	Elizabeth Bicknell, Pleasant Valley	JR	15.22	Q
3	Becky Lauver, Lewis Central	JR	15.27	Q
4	April Reedy, CB Abraham Lincoln	SR	15.43	
5	Pearl Ma, Iowa City West	SR	15.46	
6	Tristan Smith, Fort Dodge	JR	15.48	
7	Kortney Kelso, Cedar Rapids Kennedy	JR	16.10	
8	Katie O'Byrne, Sioux City East	SO	16.48	

3A 400-METER HURDLES FINAL

1	Angie German, West Delaware	JR	1:01.86	J
2	Amanda Manatt, Newton	SR	1:03.01	J
3	Nicole Gatens, Iowa City High	SR	1:03.48	
4	April Reedy, CB Abraham Lincoln	SR	1:05.26	
5	Lara Janson, Iowa City West	JR	1:05.32	

6	Jamie Nemmers, Cedar Falls	SR	1:06.34
7	Jessica Johnson, Waterloo East	JR	1:06.92
8	Sarah Kiester, Johnston	JR	1:09.21

Heat 1

1	Amanda Manatt, Newton	SR	1:03.95 Q
2	Lara Janson, Iowa City West	JR	1:05.94 Q
3	Tara Jetter, Clinton	JR	1:07.32
4	Hillary Mills, Iowa City High	SR	1:07.51
5	Dawn Sherrill, Sioux City West	SR	1:09.68
6	Jennifer Snowbarger, Oskaloosa	FR	1:10.29
7	Rachelle Kuhlmann, Denison-Schleswig	JR	1:10.70
8	Molly Nauman, West Des Moines Dowling	JR	1:10.84

Heat 2

1	Nicole Gatens, Iowa City High	SR	1:04.19 Q
2	April Reedy, CB Abraham Lincoln	SR	1:05.76 Q
3	Sarah Kiester, Johnston	JR	1:06.42 Q
4	Sarah Boisen, West Des Moines Valley	FR	1:07.93
5	Hannah Elkins, Ottumwa	JR	1:09.26
6	Shannon Hunt, Western Dubuque	SR	1:10.41
7	Lindsay Smith, Fairfield	JR	1:10.49
8	Ashley Wilson, Urbandale	SO	1:10.50

Heat 3

1	Angie German, West Delaware	JR	1:02.90 J Q
2	Jessica Johnson, Waterloo East	JR	1:05.25 Q
3	Jamie Nemmers, Cedar Falls	SR	1:05.68 Q
4	Amanda Faas, Cedar Rapids Washington	FR	1:06.57
5	Lena Hoard, Mason City	SR	1:07.59
6	Michelle Gee, Ankeny	SO	1:10.99
	Brooke Plumb, Newton	JR	DNS
	Erica Lynn, Ames	JR	DNS

3A HIGH JUMPFINAL

1	Sondra Rauterkus, Harlan	JR	5'06" (1.68m)
2	Stacy Boerema, Clinton	SO	5'06" (1.68m)
3	Ashley Freeman, CB Abraham Lincoln	SO	5'04" (1.63m)
4	Kortney Kelso, Cedar Rapids Kennedy	JR	5'04" (1.63m)
5	Tina Wolfe, Pleasant Valley	SR	5'02" (1.57m)
6	Rachel Sippy, Cedar Rapids Prairie	FR	5'02" (1.57m)
7	Lisa Miner, Cedar Falls	FR	5'00" (1.52m)
7	Katy Grady, LeMars	SO	5'00" (1.52m)
9	Megan Gleason, Dubuque Wahlert	FR	5'00" (1.52m)
10	Brooke Zrudsky, Linn-Mar	SO	5'00" (1.52m)
11	Kari Boscaljon, Johnston	JR	5'00" (1.52m)
12	Beth Ratterman, Dubuque Hempstead	JR	4'10" (1.47m)
12	Ashley Sly, Southeast Polk	JR	4'10" (1.47m)
14	Brittany Jones, Ankeny	SO	4'10" (1.47m)
	Mandy Voss, Iowa City High	JR	nh
	Marika Nauman, Fort Madison	SO	nh
	Megan Nieman, West Delaware	SO	nh
	Megan Gaffney, Davenport Central	SO	nh

Cathryn Henning, Waverly-Shell Rock

FR nh

3A LONG JUMP FINAL

1	Davonna Carr, Des Moines Roosevelt	SR	18'01.75"	(5.53m)
2	Stacy Boerema, Clinton	SO	17'03.25"	(5.26m)
3	Marla Froelich, Iowa City West	JR	17'03.25"	(5.26m)
4	Steph Suntken, Indianola	SR	17'02.50"	(5.25m)
5	Kasey McDaniel, Spencer	FR	16'11.75"	(5.18m)
6	Patricia Ekiring, Iowa City High	JR	16'09.50"	(5.12m)
7	Angie Hensel, Clinton	FR	16'07.25"	(5.06m)
8	Julie Gilbreath, Waverly-Shell Rock	JR	16'06"	(5.03m)
9	Tiffany Cruikshank, Marshalltown	JR	16'05"	(5.00m)
10	Tristan Smith, Fort Dodge	JR	16'04.25"	(4.98m)
11	Carrissa Salwey, Cedar Rapids Prairie	SR	16'04"	(4.98m)
12	Tanya Miller, West Des Moines Dowling	JR	16'03"	(4.95m)
13	Abby Vanderah, Marshalltown	JR	16'02.75"	(4.95m)
14	Anne Berger, Sioux City Heelan	JR	16'02.50"	(4.94m)
15	Jennifer Low, Mason City	SO	16'01.75"	(4.92m)
16	Kylan Loney, Ames	JR	15'10.75"	(4.85m)
17	Melissa Holland, Iowa City High	SR	15'09.25"	(4.81m)
18	Aimee Rasmussen, Cedar Falls	FR	15'07.75"	(4.77m)
19	Angie German, West Delaware	JR	15'07.75"	(4.77m)
20	Jami Hester, Davenport Central	SO	14'11.50"	(4.56m)
21	Amanda Albaugh, Linn-Mar	JR	14'11.50"	(4.56m)
22	Jessica Tracy, West Des Moines Valley	JR	14'11.25"	(4.55m)
23	Tonya Ansel, Dubuque Senior	SO	11'05"	(3.48m)
	Jennifer Demmer, Western Dubuque	JR	nd	

3A SHOT PUT FINAL

1	Abby Emsick, Lewis Central	SO	44'08"	(13.61m)
2	Raine Goedken, Spencer	JR	42'08.25"	(13.01m)
3	Maureen Head, Iowa City West	SR	41'11.75"	(12.80m)
4	Kim Hansen, Cedar Falls	JR	40'01"	(12.22m)
5	Aubrey Martin, Muscatine	SO	39'10.50"	(12.15m)
6	Susan Chamberlain, Harlan	SR	39'10"	(12.14m)
7	Tara Davis, Spencer	JR	38'07.25"	(11.77m)
8	Kim Jenkins, Cedar Rapids Jefferson	SR	38'00.25"	(11.59m)
9	Sheena James, Southeast Polk	FR	36'11.50"	(11.26m)
10	Morgen Edwards, Cedar Rapids Jefferson	SO	36'09.25"	(11.21m)
11	Martina Phillips, Clinton	JR	36'07"	(11.15m)
12	Liz Hatfield, West Des Moines Valley	JR	36'03"	(11.05m)
13	Tiffany Steines, Dubuque Wahlert	SR	35'10.25"	(10.93m)
14	Andrea Barker, Marshalltown	JR	35'06.25"	(10.83m)
15	Marla Froelich, Iowa City West	JR	35'03.25"	(10.75m)
16	Erica Price, Southeast Polk	JR	35'02"	(10.72m)
17	Jessica Montag, Boone	SR	34'08.25"	(10.57m)
18	Casey Cole, Marshalltown	JR	34'08"	(10.57m)
19	Sara Thompson, Pleasant Valley	JR	34'06.50"	(10.53m)
20	Kellie Krukow, North Scott	SR	34'06"	(10.52m)

21	Monica Stringfellow, Waterloo West	JR	34'03.50" (10.45m)
22	Amy Beringer, Sioux City North	SO	34'00.75" (10.38m)
23	Kelli Cooney, CB Abraham Lincoln	SO	33'04.75" (10.18m)
24	Becky McDonald, Davenport Central	SO	32'10" (10.01m)

3A DISCUS FINAL

1	Abby Emsick, Lewis Central	SO	144'09" (44.12m)
2	Marquita Jenkins, Des Moines East	SR	134'11" (41.12m)
3	Maureen Head, Iowa City West	SR	132'10" (40.49m)
4	Kim Hansen, Cedar Falls	JR	121'05" (37.01m)
5	Beth Aunan, Iowa City West	JR	118'10" (36.22m)
6	Nichole Robison, Sioux City West	SR	118'03" (36.04m)
7	Kellie Price, CB Abraham Lincoln	FR	117'08" (35.86m)
8	Kesley Egli, Cedar Falls	SO	116'03" (35.43m)
9	Lindsey Pleuss, Boone	JR	114'00" (34.75m)
10	Jessica Elliott, Iowa City High	FR	112'01" (34.16m)
11	Kim Jenkins, Cedar Rapids Jefferson	SR	109'02" (33.27m)
12	Meg Bustin, West Des Moines Dowling	SO	106'06" (32.46m)
13	Julia Linser, Marshalltown	SR	106'04" (32.41m)
14	Morgen Edwards, Cedar Rapids Jefferson	SO	105'04" (32.11m)
15	Rainie Goedken, Spencer	JR	104'07" (31.88m)
16	Heather McEachran, Ames	SR	103'00" (31.39m)
17	Megan Christiansen, Clinton	FR	102'04" (31.19m)
18	Kristen Kinsel, Lewis Central	SR	100'10" (30.73m)
19	Betsy Funk, Urbandale	SO	100'04" (30.58m)
20	Sara Thompson, Pleasant Valley	JR	100'03" (30.56m)
21	Val Matters, Ames	SO	099'08" (30.38m)
22	Alexis Gant, Burlington	JR	099'01" (30.20m)
23	Mikala Larsen, CB Thomas Jefferson	SO	097'09" (29.79m)
24	Angie Wessels, West Delaware	FR	094'11" (28.93m)

3A 4x100-METER RELAY FINAL

1	IOWA CITY HIGH (Amanda Nearad, Elizabeth Matzen Melissa Holland, Nicole Gatens)	49.48
2	CEDAR RAPIDS PRAIRIE (Danielle Salwey, Amber Schilling Carrissa Salwey, Tina Klith)	49.85
3	SIOUX CITY HEELAN (Kara Fenceroy, Brooke Niles Laura Wharton, Sara Heying)	50.38
4	ANKENY (Haley Younger, Sarah Lindner Lindsay McCracken, Kylie Lago)	50.42
5	MARSHALLTOWN (Beth Michael, Abby Vanderah Alison Burns, Kalynn Rowley)	50.54
6	SPENCER (Kasey McDaniel, Amy Lensing)	

	Megan Nuebel, Amy Wigen)	50.66
7	IOWA CITY WEST (Melissa Meng, Alyssa Cress Katie Meade, Christen Karniski) CEDAR RAPIDS WASHINGTON (Tracy Stranathan, Alynsia Bell Katie Boggus, Kristyn Barber)	50.80 DQ-50.99
	Heat 1	
1	IOWA CITY HIGH (Amanda Nearad, Elizabeth Matzen Melissa Holland, Nicole Gatens)	49.68 Q
2	SPENCER (Kasey McDaniel, Amy Lensing Megan Nuebel, Amy Wigen)	50.54 Q
3	DUBUQUE WAHLERT (Leah Driscoll, Stephanie Burgmeier Amanda Reiss, Stephanie May)	50.91
4	WATERLOO EAST (Jessica Johnson, Kamilah Stevens Tajah Theroith, Fallon Jenkins)	51.13
5	CLINTON (Hillary Armstrong, Jade Ammons Hadley Armstrong, Stacy Lawrence)	51.15
6	DAVENPORT NORTH (Kendra Maxwell, Courtney Sisk Marcia Hare, Breanna Manders)	51.25
7	MUSCATINE (Laura Palmer, Margaret Lear Becca Siler, Natalie Hetzler)	51.72
8	WAVERLY-SHELL ROCK (Jess Iserman, Lauren Waldstein Janessa Fink, Julie Gilbreath)	52.24
	Heat 2	
1	MARSHALLTOWN (Beth Michael, Abby Vanderah Alison Burns, Tiffany Cruikshank)	50.24 Q
2	SIOUX CITY HEELAN (Kara Fenceroy, Brooke Niles Laura Wharton, Sara Heying)	50.66 Q
3	IOWA CITY WEST (Melissa Meng, Alyssa Cress Katie Meade, Christen Karniski)	50.83 Q
4	WEST DES MOINES VALLEY (Shannon Smith, Jeffia Hill Aubrie Fontanini, Lauren Fifer)	51.58
5	NEWTON (Jessica Carson, Alicia Graber Becky Bartello, Abby Townsend)	51.60
6	LEWIS CENTRAL (JJ Padilla, Abby Emsick Amanda Summy, Becky Lauver)	51.79
7	WESTERN DUBUQUE (Jennifer Demmer, Beth Harris Rachel Steffen, Shannon Hunt)	52.50
	SIOUX CITY WEST	

(Jessica Winter, Jessica Kenagy
Nichole Goergen, Shanna Kissinger) D-53.76

Heat 3

1	CEDAR RAPIDS PRAIRIE (Danielle Salwey, Amber Schilling Carrissa Salwey, Tina Klith)	50.06 Q
2	ANKENY (Haley Younger, Sarah Lindner Lindsay McCracken, Kylie Lago)	50.58 Q
3	CEDAR RAPIDS WASHINGTON (Tracy Stranathan, Alynsia Bell Katie Boggus, Kristyn Barber)	50.77 Q
4	WEST DES MOINES DOWLING (Maggie Dohrmann, Erin Fitzgerald Amy Howe, Jamie Powers)	51.12
5	URBANDALE (Natalie Koppen, Kim Hibbert Tessa Prati, Laura Simmons)	51.67
6	NORTH SCOTT (Ashley Balli, Nikki Ferden Mindy Heidgerken, Brook Bowman)	51.96
7	DUBUQUE SENIOR (Lori Smothers, Jordan Hougham Katie Kluesner, Tonya Ansel)	53.09
8	HARLAN (Kallie Hansen, Sandy Simdorn Michelle Grabill, Allison Stracke)	53.51

3A 4x200-METER RELAY FINAL

1	ANKENY (Haley Younger, Kylie Lago Lindsay McCracken, Ambre Moton)	1:43.50
2	CEDAR RAPIDS PRAIRIE (Lisa Ungerer, Debbie Akerly Amber Schilling, Tina Klith)	1:44.46
3	IOWA CITY HIGH (Amanda Nearad, Elizabeth Matzen Morgan Rohrbach, Nicole Gatens)	1:45.11
4	CEDAR RAPIDS JEFFERSON (Leslie Tiedtke, Kim Lorenzen Alisha Culp, Sarah Wieneke)	1:45.36
5	SIOUX CITY HEELAN (Kara Fenceroy, Brooke Niles Laura Wharton, Sara Heying)	1:45.36
6	MARSHALLTOWN (Beth Michael, Abby Vanderah Kalynn Rowley, Alison Burns)	1:46.54
7	SPENCER (Megan Nuebel, Abby Hill Mary Beth Leistad, Amy Wigen)	1:47.08

8	MUSCATINE (Laura Palmer, Valerie Vargus Natalie Hetzler, Sarah Riedel)	1:47.65
Heat 1		
1	IOWA CITY HIGH (Amanda Nearad, Elizabeth Matzen Morgan Rohrbach, Nicole Gatens)	1:44.99 Q
2	CEDAR RAPIDS JEFFERSON (Leslie Tiedtke, Kim Lorenzen Alisha Culp, Sarah Wieneke)	1:46.00 Q
3	MUSCATINE (Laura Palmer, Valerie Vargus Natalie Hetzler, Sarah Riedel)	1:46.90 Q
4	MARSHALLTOWN (Beth Michael, Abby Vanderah Kalynn Rowley, Tiffany Cruikshank)	1:47.05 Q
5	CEDAR RAPIDS WASHINGTON (Tracy Stranathan, Afor Nji Katie Boggus, Kristyn Barber)	1:49.16
6	CHARLES CITY (Katie Kelly, Sheena Sullivan Angie Williams, Jamie Hutchinson)	1:49.19
7	OSKALOOSA (Hilary Grotewold, Leah Boender Kristen Foster, Amanda Knoot)	1:50.40
8	DENISON-SCHLESWIG (Kalin Kluver, Libby Carstensen Jodi Boeck, Elizabeth Arkfeld)	1:50.44
Heat 2		
1	SIOUX CITY HEELAN (Kara Fenceroy, Brooke Niles Laura Wharton, Sara Heying)	1:46.22 Q
2	SPENCER (Megan Nuebel, Abby Hill Mary Beth Leistad, Amy Wigen)	1:46.51 Q
3	LINN-MAR (Amanda Albaugh, Tara Hansen Lindsey Kaspari, Brooke Rhatigen)	1:48.62
4	BETTENDORF (Jenny Eisenlauer, Angela Vianene Leslie Paget, Jenny Frels)	1:49.54
5	SIOUX CITY NORTH (Jacinta Ojinnoka, Alex Wink Kristi Henrichsen, Marie Lucas)	1:49.75
6	FORT DODGE (TiAnn Taylor, Machelie Peterson Julie Long, Brooke Karstens)	1:50.79
7	PLEASANT VALLEY (Adria Hensel, Anne Burgemeier Lindsey VenHorst, Kim Ahrens)	1:51.56
8	NEWTON (Alicia Graber, Becky Bartello Sara Birkenholz, Abby Townsend)	1:52.44
Heat 3		

1	ANKENY (Haley Younger, Kylie Lago Lindsay McCracken, Ambre Moton)	1:44.04 Q
2	CEDAR RAPIDS PRAIRIE (Lisa Ungerer, Debbie Akerly Amber Schilling, Tina Klith)	1:44.71 Q
3	CEDAR RAPIDS XAVIER (Jenny Lorenson, Danielle Anderson Madelyn Pilcher, Casey Novy)	1:48.24
4	WEST DES MOINES VALLEY (Sarah Boisen, Jeffia Hill Laura Burke, Lauren Fifer)	1:49.11
5	HARLAN (Michelle Grabill, Allison Stracke Katie Hosack, Taryn Mathis)	1:49.90
6	CLINTON (Hillary Armstrong, Angie Hensel Hadley Armstrong, Stacy Lawrence)	1:50.36
6	WEST DELAWARE (Megan Nieman, Andrea Bockenstedt Mollie Wessels, Allison Bockenstedt)	1:50.67
	CLINTON (Hillary Armstrong, Angie Hensel Hadley Armstrong, Stacy Lawrence)	DQ-1:50.36
	WEST DES MOINES DOWLING (Maggie Dohrmann, Meghan Menough Jena Murray, Jamie Powers)	DNF

3A 4x400-METER RELAY FINAL

1	NEWTON (Sara Birkenholz 61.2, Alicia Graber 61.3 Abby Townsend 59.9, Amanda Manatt 57.4)	3:59.86
2	AMES (Carly Mortenson 62.5, Erica Lynn 60.6 Sarah Tapper 59.9, Kylan Loney 57.0)	4:00.07
3	SIOUX CITY HEELAN (Laura Keane 60.6, Anne Berger 60.5 Abby Lemek 60.3, Katie Berger 58.8)	4:00.25
4	DUBUQUE WAHLERT (Emily Roling 61.5, Ann Marie Noel 61.7 Stephanie May 59.4, Lindsey May 58.4)	4:01.01
5	IOWA CITY WEST (Avery Bang 60.7, Marla Froelich 61.5 Lara Janson 61.3, Lynn Dobyns 58.8)	4:02.34
6	LINN-MAR (Ashley Williams, Claire Cullis Katie Clymer, Tara Hansen 59.1)	4:04.02
7	WEST DES MOINES DOWLING (Meghan Menough 61.3, Nellie Walsh 62.5 Jena Murray 61.5, Beth Abramovich 60.4)	4:05.79
8	MOUNT PLEASANT	

(Haley Sinn 62.6, Robyn Werner 63.0
Danielle Hutchinson 63.0, Lisa Naab 59.4) 4:08.03

Heat 1

1 AMES
(Carly Mortenson 62.8, Erica Lynn 59.9
Sarah Tapper 60.8, Kylan Loney 58.2) 4:01.72 Q

2 DUBUQUE WAHLERT
(Emily Roling 62.4, Ann Marie Noel 61.8
Stephanie May 58.7, Lindsey May 59.7) 4:02.63 Q

3 LINN-MAR
(Ashley Williams 60.9, Claire Cullis 62.2
Katie Clymer 60.9, Tara Hansen 59.2) 4:03.22 Q

4 IOWA CITY HIGH
(Monica Mims 61.9, Kelly Remboldt 62.5
Patricia Ekiring 61.2, Kelsey Linder 60.9) 4:06.42

5 HARLAN
(Kristen Goeser 62.9, Katie Hosack 62.3
Kara Carstens 60.3, Linnea Hopp 61.2) 4:06.75

6 BETTENDORF
(Renee Begyn, Leslie Paget
Jenny Eisenlauer, Jenny Frels) 4:13.90

7 WAVERLY-SHELL ROCK
(Amy Arns, Randi Mehmen
Amy Kueker, Janessa Fink) 4:14.64

8 SPENCER
(Megan Riepma, Kim Haack
Abby Hill, Chelsi Auen) 4:19.31

Heat 2

1 IOWA CITY WEST
(Avery Bang 61.3, Marla Froelich 61.7
Lara Janson 61.3, Lynn Dobyms 59.2) 4:03.43 Q

2 WEST DES MOINES DOWLING
(Meghan Menough, Nellie Walsh
Jena Murray, Beth Abramovich) 4:05.83 Q

3 CEDAR RAPIDS XAVIER
(Shannon Geraghty 62.6, Amanda Glynn 62.8
Shannon Ridge 61.6, Maria Johnson 59.3) 4:06.36

4 CLINTON
(Angie Hensel 61.4, Tamara Hummons 61.5
Megan Vens 61.8, Kara Yahn 61.7) 4:06.46

5 CEDAR RAPIDS PRAIRIE
(Lisa Ungerer 61.6, Rachel Sippy 63.2
Ashley Baird 61.8, Debbie Akerly 61.1) 4:07.57

6 DUBUQUE HEMPSTEAD
(Amanda Oostendorp 61.2, Rachel Kueter 61.3
Jenny Noel 64.0, Allie Splinter 61.1) 4:07.65

7 DENISON-SCHLESWIG
(Katie Lokken 64.1, Rachelle Kuhlmann 61.6
Kalin Kluver 62.3, Jodi Boeck 62.9) 4:10.89

8 SIOUX CITY NORTH
(Sara Lucas, Alex Wink
Holly Boston, Marie Lucas) 4:15.97

Heat 3

1 NEWTON

	(Sara Birkenholz 61.2, Alicia Graber 61.7 Abby Townsend 58.9, Amanda Manatt 58.2)	4:00.07 Q
2	SIOUX CITY HEELAN (Laura Keane 60.6, Anne Berger 60.9 Abby Lemek 60.4, Katie Berger 59.3)	4:01.23 Q
3	MOUNT PLEASANT (Haley Sinn 62.0, Robyn Werner 61.6 Danielle Hutchinson 62.6, Lisa Naab 59.6)	4:05.80 Q
4	CEDAR RAPIDS JEFFERSON (Leslie Tiedtke 63.6, Sarah Wieneke 59.6 Alisha Culp 62.2, Kristin Scheumann 60.9)	4:06.30
5	WEST DELAWARE (Andrea Bockenstedt, Megan Nieman Allison Bockenstedt, Angie German)	4:08.24
6	OTTUMWA (Brandie Moore 62.7, Melissa Ebelsneiser 61.6 Anne Blommer 64.9, Hannah Elkins 59.2)	4:08.46
7	MASON CITY (Julie Jacobson, Cassie Broome Kayla Sautter, Hollie Walusz)	4:09.25
8	ANKENY (Courtney Shelquist, Dawn Caffrey Kelsey McKimpson, Leah Kramme 61.1)	4:11.01

3A 4x800-METER RELAY FINAL

1	IOWA CITY WEST (Lauren Levy 2:19.2, Lynn Dobyys 2:18.0 Lesley Smith 2:18.9, Jeni Frudden 2:15.5)	09:11.62 *
2	SIOUX CITY HEELAN (Karla Block 2:20.0, Anne Berger 2:22.5 Abby Lemek 2:21.0, Katie Berger 2:18.8)	09:22.31
3	FORT MADISON (Katie Basham, Lindsay Nye Brandy Hunold, Carey Morris 2:13.0)	09:26.60
4	DUBUQUE WAHLERT (Melissa Meyer 2:21.4, Emily May 2:23.2 Celie Corkren 2:21.0, Ann Marie Noel 2:21.6)	09:27.27
5	MOUNT PLEASANT (Jessica Schultz 2:25.6, Jamie McLaughlin 2:27.4 Robyn Werner 2:20.2, Allison Werner 2:15.0)	09:28.20
6	IOWA CITY HIGH (Michelle Lake 2:23.2, Molly Gable 2:22.2 Hillary Mills 2:21.0, Kelsey Linder 2:23.3)	09:28.26
7	HARLAN (Linnea Hopp 2:19.7, Kara Carstens 2:23.9 Kristen Goeser 2:22.3, Amber Morgan 2:26.3)	09:32.25
8	WEST DES MOINES DOWLING (Beth Abramovich, Audrey Schiltz Abbie Smith, Emily Nessler)	09:36.14
9	CEDAR RAPIDS XAVIER (Megan Glover, Shannon Geraghty)	

10	Maria Johnson, Amanda Glynn) ANKENY (Kelsey Singletary 2:24.6, Dawn Caffrey 2:24.6 Jessica Brandhorst 2:23.9, Sara Semprini 2:26.5)	09:36.81 09:39.59
11	AMES (Sarah Tapper 2:24.2, Julie Reger 2:23.6 Nassrene Hashemi-Toroghi 2:29.1, Rachel Tapper 2:23.5)	09:40.49
12	MASON CITY (Hollie Walusz 2:25.9, Sarah Crane 2:27.6 Janelle Platts 2:25.8, Aimee Nielsen 2:26.2)	09:45.50
13	BOONE (Kristin Anderson 2:24.2, Sarah Danilson 2:29.4 Sarah Trowbridge 2:31.4, Alicia Irons 2:22.6)	09:47.68
14	WEST DES MOINES VALLEY (Katie Funk, Cassie Isaacson Ashley Tousley, Ashley Culp)	09:49.21
15	DENISON-SCHLESWIG (Jodi Boeck 2:24.2, Rachelle Kuhlmann 2:29.8 Sarah Skoog 2:34.6, Katie Lokken 2:22.3)	09:50.92
16	CEDAR FALLS (Nicole Doeden, Kate Deaver Liz Myers 2:25.5, Jess Bates)	09:56.24
17	PLEASANT VALLEY (Jackie Kubik 2:23.2, Kim Ahrens 2:30.6 Andrea Rheinhardt 2:36.0, Erin Arnold 2:30.6)	10:00.47
18	FAIRFIELD (Cassie Schmitz, Casey Hornick Kari Hunnerdosse, Carrie Clingan)	10:01.04
19	CLINTON (Cris Prins, Jenny Davis Megan Vens, Shannon Parker 2:26.8)	10:02.07
20	CEDAR RAPIDS JEFFERSON (Nicole Walker, Kim Wutzke Jill Noah, Kristin Scheumann)	10:03.33
21	MARSHALLTOWN (Jannae Holubar, Katie Croker Andrea Lowry, Katie Brown)	10:04.82
22	NORTH SCOTT (Lisa Kirby, Abby Wiese Shea Newmeister, Allison Erichson)	10:07.60
23	DUBUQUE SENIOR (Sarah Lepp, Emily Schrobilgen Emily Christians, Ashley McClain)	10:12.96
24	INDIANOLA (Rhiannon Lyon, Stacie Suntken Karri Wells, Lindsay Till)	10:17.64

3A SPRINT MEDLEY RELAY FINAL

1	WEST DES MOINES VALLEY (Shannon Smith, Jeffia Hill Lauren Fifer, Christy Muenzenberger 57.8)	1:50.53
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2	OSKALOOSA (Hilary Grotewold, Amber Doud Megan Sash, Candi Jones 57.5)	1:50.66
3	DUBUQUE SENIOR (Mary Ann Schilling, Katie Kluesner Pam Orris, Nicole Dougherty 59.1)	1:51.10
4	DES MOINES ROOSEVELT (Kim Morris, Lindsay McClurg Davonna Carr, Elizabeth Crispin 59.7)	1:51.43
5	CHARLES CITY (Katie Kelly, Laura Schmitt Angie Williams, Jamie Hutchinson)	1:51.56
6	LINN-MAR (Amanda Albaugh, Tara Hansen Ashley Williams, Brooke Rhatigen)	1:52.58
7	NORTH SCOTT (Ashley Balli, Nikki Ferden Brook Bowman, Anne Hamilton 60.5)	1:52.66
8	INDIANOLA (Shaela Bresnan, Amy Bixler Krisin Lickiss, Steph Suntken 60.0)	1:53.11

Heat 1

1	DES MOINES ROOSEVELT (Kim Morris, Lindsay McClurg Davonna Carr, Elizabeth Crispin)	1:51.55 Q
2	LINN-MAR (Amanda Albaugh, Tara Hansen Ashley Williams, Brooke Rhatigen 60.5)	1:52.74 Q
3	NORTH SCOTT (Ashley Balli, Nikki Ferden Brook Bowman, Anne Hamilton)	1:52.90 Q
4	DAVENPORT CENTRAL (Ashley Nunn, Angie Young Carrie Schnauber, Wendy Shaw)	1:53.68
5	CEDAR RAPIDS PRAIRIE (Danielle Salwey, Amber Schilling Ashley Baird, Lisa Ungerer 61.0)	1:53.86
6	SPENCER (Kasey McDaniel, Megan Nuebel Amy Wigen, Chelsi Auen)	1:53.99
7	ANKENY (Sarah Lindner, Kylie Lago Lindsay McCracken, Haley Younger 62.9)	2:01.26
	MOUNT PLEASANT (Danielle Hutchinson, Christy Nichting Lisa Naab, Haley Sinn 61.7)	DQ-1:54.81

Heat 2

1	INDIANOLA (Shaela Bresnan, Amy Bixler Krisin Lickiss, Steph Suntken 57.9)	1:51.01 Q
2	OSKALOOSA (Hilary Grotewold, Amber Doud Megan Sash, Candi Jones 57.7)	1:51.15 Q
3	DUBUQUE SENIOR (Nicole Dougherty, Katie Kluesner)	

4	Pam Orris, Mary Ann Schilling 59.2) CHARLES CITY (Katie Kelly, Laura Schmitt Angie Williams, Jamie Hutchinson 58.7)	1:52.04 Q
5	MUSCATINE (Katie Petersen, Amanda Schroder Valerie Vargus, Natalie Hetzler)	1:52.57 Q
6	HARLAN (Michelle Grabill, Sandy Simdorn Emily Hall, Leah Koesters)	1:54.35
7	CLINTON (Hillary Armstrong, Jade Ammons Stacy Boerema, Hadley Armstrong)	1:55.34
8	SIOUX CITY NORTH (Jacinta Ojinnoka, LeeAnn Holland Marie Lucas, Alex Wink)	1:55.61
		1:55.71
	Heat 3	
1	WEST DES MOINES VALLEY (Shannon Smith, Jeffia Hill Lauren Fifer, Christy Muenzenberger 57.3)	1:50.94 Q
2	WATERLOO EAST (Kamilah Stevens, Tajah Theroith Fallon Jenkins, Quinntesha Tillman)	1:53.89
3	IOWA CITY HIGH (Morgan Rohrbach, Melissa Holland Kelly Remboldt, Patricia Ekiring 60.5)	1:54.32
4	LEWIS CENTRAL (JJ Padilla, Abby Emsick Amanda Summy, Ellen Jackson)	1:54.42
5	SIOUX CITY HEELAN (Kara Fenceroy, Jessica Neppel Lindsay Kayl, Laura Keane 60.5)	1:55.36
6	IOWA CITY WEST (Melissa Meng, Katie Meade Ashley Johnson, Kristen Jacobs)	1:57.08
7	FORT DODGE (Kelli McCurdy, Julie Long Brooke Karstens, Machel Peterson)	1:57.64
	SIOUX CITY WEST (Jessica Kenagy, Shanna Kissinger Tieesha Griffin, Niya Branch)	DQ-1:53.58

3A DISTANCE RELAY FINAL

1	IOWA CITY HIGH (Amanda Nearad, Elizabeth Matzen Monica Mims 61.0, Michelle Lilienthal 2:13.2)	4:06.45
2	DUBUQUE SENIOR (Pam Orris, Mary Ann Schilling Nicole Dougherty 59.6, Elly Glass 2:14.8)	4:07.74
3	MOUNT PLEASANT	

	(Haley Sinn, Christy Nichting Lisa Naab 59.2, Allison Werner 2:14.8)	4:08.34
4	IOWA CITY WEST (Lindsey Windauer, Jenny Streinz Avery Bang 60.5, Jeni Frudden 2:15.2)	4:09.17
5	FAIRFIELD (Rachel Rebling, Amber Christopher Lindsay Smith 59.9, Casey Hornick 2:18.0)	4:12.85
6	SIOUX CITY HEELAN (Sara Heying, Laura Wharton Abby Lemek 60.1, Katie Berger 2:19.1)	4:13.17
7	INDIANOLA (Krisin Lickiss, Kylee Welling Steph Suntken 56.5, Shaela Bresnan 2:20.4)	4:13.42
8	JOHNSTON (Lindsay Ruisch, Lindsay Way Kristin Way 60.8, Sarah Kiester 2:22.3)	4:15.76
9	SPENCER (Amy Lensing, Mary Beth Leistad Afton Erick, Megan Riepma)	4:16.39
10	BOONE (Jessica Moul, Sherry Johnson Mia Wirth 61.7, Alicia Irons 2:20.8)	4:17.19
11	DAVENPORT CENTRAL (Angie Young, Becki Zilly Carrie Schnauber 63.4, Wendy Shaw 2:17.5)	4:17.73
12	WAVERLY-SHELL ROCK (Jess Groth, Lauren Waldstein Janessa Fink 60.8, Randi Mehmen 2:23.7)	4:19.69
13	MASON CITY (Anna Ziegler, Lena Hoard Julie Jacobson 61.0, Janelle Platts 2:24.43)	4:20.11
14	BETTENDORF (Angela Vianene, Natalie Anderson Jenny Frels, Renee Begyn)	4:20.48
15	DENISON-SCHLESWIG (Elizabeth Arkfeld, Libby Carstensen Kalin Kluver 62.3, Katie Lokken 2:22.4)	4:20.65
16	LINN-MAR (Amanda Albaugh, Brooke Rhatigen Claire Cullis, Darby Hollinrake)	4:21.48
17	SOUTHEAST POLK (Tesi Dawson, Ashley Sly Jessica Von Ahsen, Amy Garrett)	4:23.05
18	WEST DES MOINES VALLEY (Sarah Best, Aubrie Fontanini Christy Drescher 63.0, Cassie Isaacson 2:24.9)	4:23.20
19	ANKENY (Ashley Danner, Leah Kramme Courtney Shelquist 61.8, Kelsey Singletary 2:27.2)	4:24.08
20	CEDAR FALLS (Maggie Allen, Carly Miller Nicole Doeden 62.1, Kira Anderson 2:27.1)	4:24.11
21	CLINTON (Briana Bousman, Sara Deters Tamara Hummons 62.0, Cris Prins 2:27.8)	4:24.73
22	HARLAN	

	(Allison Stracke, Molly Simdorn Leah Koesters, Megan Anderson)	4:24.74
23	SIOUX CITY EAST (Breanna Hayes, Tiffany Socknat Emily Case, Sarah Heacock)	4:33.09
	WEST DES MOINES DOWLING (Jamie Powers, Meghan Meimann Emily Nessler 61.7, Sarah Bird 2:29.7)	DQ-4:25.31

3A SHUTTLE HURDLE RELAY FINAL

1	WEST DES MOINES VALLEY (Lindsey Anderson 15.2, Carolyn Schoen 16.3 Sarah Boisen 16.2, Allie Karns 15.2)	1:02.93
2	IOWA CITY WEST (Kerri Scholl, Ashley Tucker Lara Janson, Pearl Ma)	1:03.08
3	CLINTON (Kara Yahn, Stacy Boerema Kali Sander, Tara Jetter)	1:04.19
4	WEST DES MOINES DOWLING (Tanya Miller, Erin Fitzgerald Amy Howe, Molly Nauman)	1:04.24
5	AMES (Kylan Loney 15.8, Erica Lynn 15.9 Megan Morrow 15.6, Carly Mortenson 17.1)	1:04.48
6	ANKENY (Rachel Dierenfield 16.2, Mackenzie Heston 16.4 Michelle Gee 16.1, Chrissy Hendricks 15.8)	1:04.52
	NEWTON (Amanda Manatt, Tara Pollastrini Tori Dunham, Brooke Plumb)	DQ-1:06.19
	WEST DELAWARE (Angie Baumgartner, Amy Klosterman Megan Nieman, Angie German)	DQ-1:04.89

Heat 1

1	WEST DELAWARE (Angie Baumgartner, Amy Klosterman Megan Nieman, Angie German)	1:03.50 Q
2	PLEASANT VALLEY (Lindsey VenHorst, Neisha Stocking Anne Burgemeier, Elizabeth Bicknell)	1:05.42
3	IOWA CITY HIGH (Katy Fraga, Kara Evans Maureen O'Sheridan-Tabor, Maya Monitto-Webber)	1:06.56
4	BETTENDORF (Megan Seibert, Laura Tiemeier Megan Mielnik, Erin Riley)	1:08.48

Heat 2

1	WEST DES MOINES VALLEY
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	(Lindsey Anderson, Sarah Boisen Allie Karns, Carolyn Schoen)	1:04.02 Q
2	HARLAN (Taryn Mathis, Jessy Heim Liz Olson, Emily Hall)	1:06.36
3	CB ABRAHAM LINCOLN (April Reedy, Elisha Turek Christine Wagner, Ashley Freeman)	1:06.54
4	MARSHALLTOWN (Brittany Garland, Kalynn Rowley Jenni Packer, Katy Benda)	1:13.25
Heat 3		
1	NEWTON (Amanda Manatt, Tara Pollastrini Tori Dunham, Brooke Plumb)	1:03.81 Q
2	WEST DES MOINES DOWLING (Tanya Miller, Erin Fitzgerald Amy Howe, Molly Nauman)	1:05.01 Q
3	BURLINGTON (Torie Wischmeier, Makalah Haessler Natalie Johnson, Blair Anderson)	1:07.11
4	MUSCATINE (Katie Petersen, Vassaly Sivanthaphanith Natalie Wieskamp, Becca Siler)	1:08.45
Heat 4		
1	IOWA CITY WEST (Kerri Scholl, Ashley Tucker Lara Janson, Pearl Ma)	1:03.60 Q
2	LEWIS CENTRAL (JJ Padilla, Kellie Evans Rachel Hildreth, Becky Lauver)	1:05.25
3	SPENCER (Katie Grave, Abby Hill Jenny Kabrick, Angie Mahrt)	1:08.64
4	FORT DODGE (Kelli McCurdy, Katie Craigmile Emily Burmeister, Tristan Smith)	1:11.31
Heat 5		
1	AMES (Carly Mortenson, Megan Morrow Erica Lynn, Kylan Loney)	1:03.12 Q
2	OSKALOOSA (Ashley Moore, Jennifer Snowbarger Angela Tapley, Jenni Rinehart)	1:05.83
3	MASON CITY (Cassie Broome, Kayla Sautter Emily Silberstein, Lena Hoard)	1:06.19
4	KNOXVILLE (Megan Hixenbaujgh, Renee Flack Brandy Garcia, Tara Haning)	1:08.97
Heat 6		
1	ANKENY (Rachel Dierenfield, Mackenzie Heston)	

2	Michelle Gee, Chrissy Hendricks) CLINTON (Kara Yahn, Stacy Boerema Kali Sander, Tara Jetter)	1:04.11 Q
3	URBANDALE (Lynn Hall, Tessa Prati Lacey Woolf, Dana Hanson)	1:04.28 Q
4	FAIRFIELD (Emily Sieber, Lindsay Smith Amy Thomas, Amber Christopher)	1:06.06
		1:09.80

WHEELCHAIR 100 METERS FINAL

1	Molly Rezac, Armstrong-Ringsted	JR 22.13
2	Ashley Lerch, Anamosa	23.29

WHEELCHAIR 400 METERS FINAL

1	Molly Rezac, Armstrong-Ringsted	JR 1:22.42
2	Ashley Lerch, Anamosa	1:28.06

WHEELCHAIR SHOT PUT FINAL

1	Molly Rezac, Armstrong-Ringsted	JR 15'10.50" * (4.84m)
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2000 IOWA GIRLS' STATE TRACK CHAMPIONSHIPS

Class 3A Results

By Track-on-a-Mac on May 20, 2000 at 6:48 PM

100-Meter Dash Heat 1

1 Tiesha Griffin; Sioux City West 12.55 Q
2 Ambre Moton; Ankeny 12.55 Q
3 Allemeisha Tiesmann; Des Moines East 13.12
4 Stephanie Burgmeier; Dubuque Wahlert 13.29
5 Hannah Elkins; Ottumwa 13.37
6 Becky Bartello; Newton 13.47
Sara Heying; Sioux City Heelan DNS
Elizabeth Matzen; Iowa City High DNS

Heat 2

1 Sarah Riedel; Muscatine 12.64 Q
2 Christen Karniski; Iowa City West 12.66 Q
3 Kristyn Barber; Cedar Rapids Washington 12.73 Q
4 Stacy Lawrence; Clinton 13.04
5 Cassie Broome; Mason City 13.24
6 Jessica Carson; Newton 13.34
7 Lindsay Way; Johnston 13.35
8 Abbi Orr; West Des Moines Valley 13.52

Heat 3

1 Lolo Jones; Des Moines Roosevelt 12.26 Q
2 Pam Orris; Dubuque Senior 12.67 Q
3 Tiffany Cruikshank; Marshalltown 12.86 Q
4 Kassie Daugherty; Davenport West 13.27
5 Amy Bixler; Indianola 13.34
5 Brook Bowman; North Scott 13.34
Amanda Johnston; Ankeny DNS
Tina Klith; Cedar Rapids Prairie DNS

400-Meter Dash Heat 1

- 1 Candi Jones; Oskaloosa 0:58.36 Q
- 2 Kylan Loney; Ames 0:59.29 Q
- 3 Anne Hamilton; North Scott 1:00.93
- 4 Emily Roling; Dubuque Wahlert 1:01.77
- 5 Chelsi Auen; Spencer 1:01.86
- Laura Keane; Sioux City Heelan DNS
- Kelsey Linder; Iowa City High DNS
- Erin Johnson; Cedar Rapids Kennedy D-1:00.06

Heat 2

Wind:

- 1 Christy Muenzenberger; West Des Moines Valley 0:57.99 Q
- 2 Lynn Dobyns; Iowa City West 0:59.10 Q
- 3 Nicole Dougherty; Dubuque Senior 0:59.11 Q
- 4 Maria Johnson; Cedar Rapids Xavier 0:59.24 Q
- 5 Jessica Johnson; Waterloo East 0:59.85
- 6 Elizabeth Crispin; Des Moines Roosevelt 1:00.14
- 7 Haley Adams; Davenport West 1:03.28
- Afton Erick; Spencer DNS

Heat 3

Wind:

- 1 Steph Suntken; Indianola 0:57.95 Q
- 2 Linnea Hopp; Harlan 0:59.07 Q
- 3 Ellen Jackson; Lewis Central 0:59.89
- 4 Ashley Williams; Linn-Mar 0:59.90
- 5 Alison Burns; Marshalltown 1:00.32
- 6 Quinntesha Tillman; Waterloo East 1:00.61
- 7 Katie Hill; Iowa City High 1:01.29
- 8 Megan Vens; Clinton 1:01.60

Class 3A 3000 Meter Run Finals

Wind:

- 1 Michelle Lilienthal; Iowa City High 09:57.97 J
- 2 Leslie Smith; Iowa City West 10:11.12 J
- 3 Casey Owens; Des Moines Roosevelt 10:22.34 J
- 4 Robdu Adam; Iowa City West 10:24.29 J
- 5 Audrey Schiltz; West Des Moines Dowling 10:29.78

- 6 Emily Shoopman; Waterloo West 10:33.25
- 7 Erin Kappeler; Bettendorf 10:36.47
- 8 Nicole Wood; Dubuque Wahlert 10:40.83
- 9 Quinn Vermie; Southeast Polk 10:44.85
- 10 Kristin Scheumann; Cedar Rapids Jefferson 10:45.79
- 11 Katie Croker; Marshalltown 10:47.49
- 12 Julie Reger; Ames 10:50.54
- 13 Shannon Oster; Cedar Rapids Washington 10:51.77
- 14 Melissa Zeimet; Dubuque Wahlert 10:52.40
- 15 Jessica Deverell; Mason City 11:01.68
- 16 Julie White; Dubuque Hempstead 11:02.15
- 17 Cat Geres; West Des Moines Dowling 11:06.05
- 18 Stephanie Wilson; Sioux City West 11:06.84
- 19 Allison Heid; Urbandale 11:10.16
- 20 Molly Meng; Iowa City High 11:15.92
- 21 Kelly Kunde; Dubuque Hempstead 11:19.42
- 22 Emily Miller; Davenport Central 11:24.84
- 23 Cathleen Miller; Davenport Central 11:25.88
- 24 Amber Nolan; Mason City 11:27.29

100-Meter Hurdles Heat 1

- 1 Lolo Jones; Des Moines Roosevelt 14.15 J Q
- 2 Blair Anderson; Burlington 14.93 Q
- 3 Maya Monitto-Webber; Iowa City High 15.73
- 4 Rachel Dierenfield; Ankeny 15.80
- 5 Molly Nauman; West Des Moines Dowling 16.16
- 6 Amy Klosterman; West Delaware 16.71
- 7 Kerri Scholl; Iowa City West 16.89
- Megan Morrow; Ames DNS

Heat 2

- 1 Allie Karns; West Des Moines Valley 15.10 Q
- 2 Brooke Plumb; Newton 15.10 Q
- 3 Jamie Nemmers; Cedar Falls 15.28 Q
- 4 Emily Hall; Harlan 15.40
- 5 Chrissy Hendricks; Ankeny 15.61
- 6 Tara Jetter; Clinton 15.64
- 7 Carly Mortenson; Ames 15.90
- 8 Natalie Johnson; Burlington 16.27

Heat 3

- 1 Lindsey Anderson; West Des Moines Valley 14.89 Q

- 2 Elizabeth Bicknell; Pleasant Valley 15.22 Q
- 3 Becky Lauver; Lewis Central 15.27 Q
- 4 April Reedy; CB Abraham Lincoln 15.43
- 5 Pearl Ma; Iowa City West 15.46
- 6 Tristan Smith; Fort Dodge 15.48
- 7 Kortney Kelso; Cedar Rapids Kennedy 16.10
- 8 Katie O'Byrne; Sioux City East 16.48

4x100-Meter Relay Heat 1

- 1 Amanda Nearad, Elizabeth Matzen, Melissa Holland, Nicole Gatens; Iowa City High 49.68 Q
- 2 Kasey McDaniel, Amy Lensing, Megan Nuebel, Amy Wigen; Spencer 50.54 Q
- 3 Leah Driscoll, Stephanie Burgmeier, Amanda Reiss, Stephanie May; Dubuque Wahlert 50.91
- 4 Jessica Johnson, Kamilah Stevens, Tajah Theroith, Fallon Jenkins; Waterloo East 51.13
- 5 Hillary Armstrong, Jade Ammons, Hadley Armstrong, Stacy Lawrence; Clinton 51.15
- 6 Kendra Maxwell, Courtney Sisk, Marcia Hare, Breanna Manders; Davenport North 51.25
- 7 Laura Palmer, Margaret Lear, Becca Siler, Natalie Hetzler; Muscatine 51.72
- 8 Jess Iserman, Lauren Waldstein, Janessa Fink, Julie Gilbreath; Waverly-Shell Rock 52.24

Heat 2

- 1 Beth Michael, Abby Vanderah, Alison Burns, Tiffany Cruikshank; Marshalltown 50.24 Q
- 2 Kara Fenceroy, Brooke Niles, Laura Wharton, Sara Heying; Sioux City Heelan 50.66 Q
- 3 Melissa Meng, Alyssa Cress, Katie Meade, Christen Karniski; Iowa City West 50.83 Q
- 4 Shannon Smith, Jeffia Hill, Aubrie Fontanini, Lauren Fifer; West Des Moines Valley 51.58
- 5 Jessica Carson, Alicia Graber, Becky Bartello, Abby Townsend; Newton 51.60
- 6 JJ Padilla, Abby Emsick, Amanda Summy, Becky Lauver; Lewis Central 51.79
- 7 Jennifer Demmer, Beth Harris, Rachel Steffen, Shannon Hunt; Western Dubuque 52.50
- Jessica Winter, Jessica Kenagy, Nichole Goergen, Shanna Kissinger; Sioux City West D-53.76

Heat 3

- 1 Danielle Salwey, Amber Schilling, Carrissa Salwey, Tina Klith; Cedar Rapids Prairie 50.06 Q
- 2 Haley Younger, Sarah Lindner, Lindsay McCracken, Kylie Lago; Ankeny 50.58 Q
- 3 Tracy Stranathan, Alynsia Bell, Katie Boggus, Kristyn Barber; Cedar Rapids Washington 50.77 Q
- 4 Maggie Dohrmann, Erin Fitzgerald, Amy Howe, Jamie Powers; West Des Moines Dowling 51.12
- 5 Natalie Koppen, Kim Hibbert, Tessa Prati, Laura Simmons; Urbandale 51.67
- 6 Ashley Balli, Nikki Ferden, Mindy Heidgerken, Brook Bowman; North Scott 51.96
- 7 Lori Smothers, Jordan Hougham, Katie Kluesner, Tonya Ansel; Dubuque Senior 53.09
- 8 Kallie Hansen, Sandy Simdorn, Michelle Grabill, Allison Stracke; Harlan 53.51

4 x 200-Meter Relay Heat 1

- 1 Amanda Nearad, Elizabeth Matzen, Morgan Rohrbach, Nicole Gatens; Iowa City High 1:44.99 Q
- 2 Leslie Tiedtke, Kim Lorenzen, Alisha Culp, Sarah Wieneke; Cedar Rapids Jefferson 1:46.00 Q
- 3 Laura Palmer, Valerie Vargus, Natalie Hetzler, Sarah Riedel; Muscatine 1:46.90 Q
- 4 Beth Michael, Abby Vanderah, Kalynn Rowley, Tiffany Cruikshank; Marshalltown 1:47.05 Q
- 5 Tracy Stranathan, Afor Nji, Katie Boggus, Kristyn Barber; Cedar Rapids Washington 1:49.16
- 6 Katie Kelly, Sheena Sullivan, Angie Williams, Jamie Hutchinson; Charles City 1:49.19
- 7 Hilary Grotewold, Leah Boender, Kristen Foster, Amanda Knoot; Oskaloosa 1:50.40
- 8 Kalin Kluver, Libby Carstensen, Jodi Boeck, Elizabeth Arkfeld; Denison-Schleswig 1:50.44

Heat 2

- 1 Kara Fenceroy, Brooke Niles, Laura Wharton, Sara Heying; Sioux City Heelan 1:46.22 Q
- 2 Megan Nuebel, Abby Hill, Mary Beth Leistad, Amy Wigen; Spencer 1:46.51 Q
- 3 Amanda Albaugh, Tara Hansen, Lindsey Kaspari, Brooke Rhatigen; Linn-Mar 1:48.62
- 4 Jenny Eisenlauer, Angela Vianene, Leslie Paget, Jenny Frels; Bettendorf 1:49.54
- 5 Jacinta Ojinnoka, Alex Wink, Kristi Henrichsen, Marie Lucas; Sioux City North 1:49.75
- 6 TiAnn Taylor, Machel Peterson, Julie Long, Brooke Karstens; Fort Dodge 1:50.79
- 7 Adria Hensel, Anne Burgemeier, Lindsey VenHorst, Kim Ahrens; Pleasant Valley 1:51.56
- 8 Alicia Graber, Becky Bartello, Sara Birkenholz, Abby Townsend; Newton 1:52.44

Heat 3

- 1 Haley Younger, Kylie Lago, Lindsay McCracken, Ambre Moton; Ankeny 1:44.04 Q
- 2 Lisa Ungerer, Debbie Akerly, Amber Schilling, Tina Klith; Cedar Rapids Prairie 1:44.71 Q
- 3 Jenny Lorensen, Danielle Anderson, Madelyn Pilcher, Casey Novy; Cedar Rapids Xavier 1:48.24
- 4 Sarah Boisen, Jeffia Hill, Laura Burke, Lauren Fifer; West Des Moines Valley 1:49.11
- 5 Michelle Grabill, Allison Stracke, Katie Hosack, Taryn Mathis; Harlan 1:49.90
- 6 Megan Nieman, Andrea Bockenstedt, Mollie Wessels, Allison Bockenstedt; West Delaware 1:50.67
- Maggie Dohrmann, Meghan Menough, Jena Murray, Jamie Powers; West Des Moines Dowling DNF
- Maggie Dohrmann, Meghan Menough, Jena Murray, Jamie Powers; West Des Moines Dowling DNF
- Hillary Armstrong, Angie Hensel, Hadley Armstrong, Stacy Lawrence; Clinton D-1:50.36

4x400-Meter Relay Heat 1

- 1 Carly Mortenson, Erica Lynn, Sarah Tapper, Kylan Loney; Ames 4:01.72 Q
- 2 Emily Roling, Ann Marie Noel, Stephanie May, Lindsey May; Dubuque Wahlert 4:02.63 Q
- 3 Ashley Williams, Claire Cullis, Katie Clymer, Tara Hansen; Linn-Mar 4:03.22 Q
- 4 Monica Mims, Kelly Remboldt, Patricia Ekiring, Kelsey Linder; Iowa City High 4:06.42
- 5 Kristen Goeser, Katie Hosack, Kara Carstens, Linnea Hopp; Harlan 4:06.75
- 6 Renee Begyn, Leslie Paget, Jenny Eisenlauer, Jenny Frels; Bettendorf 4:13.90

- 7 Amy Arns, Randi Mehmen, Amy Kueker, Janessa Fink; Waverly-Shell Rock 4:14.64
- 8 Megan Riepma, Kim Haack, Abby Hill, Chelsi Auen; Spencer 4:19.31

Heat 2

- 1 Avery Bang, Marla Froelich, Lara Janson, Lynn Dobyns; Iowa City West 4:03.43 Q
- 2 Meghan Menough, Nellie Walsh, Jena Murray, Beth Abramovich; West Des Moines Dowling 4:05.83 Q
- 3 Shannon Geraghty, Amanda Glynn, Shannon Ridge, Maria Johnson; Cedar Rapids Xavier 4:06.36
- 4 Angie Hensel, Tamara Hummons, Megan Vens, Kara Yahn; Clinton 4:06.46
- 5 Lisa Ungerer, Rachel Sippy, Ashley Baird, Debbie Akerly; Cedar Rapids Prairie 4:07.57
- 6 Amanda Oostendorp, Rachel Kueter, Jenny Noel, Allie Splinter; Dubuque Hempstead 4:07.65
- 7 Katie Lokken, Rachelle Kuhlmann, Kalin Kluver, Jodi Boeck; Denison-Schleswig 4:10.89
- 8 Sara Lucas, Alex Wink, Holly Boston, Marie Lucas; Sioux City North 4:15.97

Heat 3

- 1 Sara Birkenholz, Alicia Graber, Abby Townsend, Amanda Manatt; Newton 4:00.07 Q
- 2 Laura Keane, Anne Berger, Abby Lemek, Katie Berger; Sioux City Heelan 4:01.23 Q
- 3 Haley Sinn, Robyn Werner, Danielle Hutchinson, Lisa Naab; Mount Pleasant 4:05.80 Q
- 4 Leslie Tiedtke, Sarah Wieneke, Alisha Culp, Kristin Scheumann; Cedar Rapids Jefferson 4:06.30
- 5 Andrea Bockenstedt, Megan Nieman, Allison Bockenstedt, Angie German; West Delaware 4:08.24
- 6 Brandie Moore, Melissa Ebelsneiser, Anne Blommer, Hannah Elkins; Ottumwa 4:08.46
- 7 Julie Jacobson, Cassie Broome, Kayla Sautter, Hollie Walusz; Mason City 4:09.25
- 8 Courtney Shelquist, Dawn Caffrey, Kelsey McKimpson, Leah Kramme; Ankeny 4:11.01

Class 3A Distance Medley Relay Finals

- 1 Amanda Nearad, Elizabeth Matzen, Monica Mims, Michelle Lilienthal; Iowa City High 4:06.45
- 2 Pam Orris, Mary Ann Schilling, Nicole Dougherty, Elly Glass; Dubuque Senior 4:07.74
- 3 Haley Sinn, Christy Nichting, Lisa Naab, Allison Werner; Mount Pleasant 4:08.34
- 4 Lindsey Windauer, Jenny Streinz, Avery Bang, Jeni Frudden; Iowa City West 4:09.17
- 5 Rachel Rebling, Amber Christopher, Lindsay Smith, Casey Hornick; Fairfield 4:12.85
- 6 Sara Heying, Laura Wharton, Abby Lemek, Katie Berger; Sioux City Heelan 4:13.17
- 7 Krisin Lickiss, Kylee Welling, Steph Suntken, Shaela Bresnan; Indianola 4:13.42
- 8 Lindsay Ruisch, Lindsay Way, Kristin Way, Sarah Kiester; Johnston 4:15.76
- 9 Amy Lensing, Mary Beth Leistad, Afton Erick, Megan Riepma; Spencer 4:16.39
- 10 Jessica Moul, Sherry Johnson, Mia Wirth, Alicia Irons; Boone 4:17.19
- 11 Angie Young, Becki Zilly, Carrie Schnauber, Wendy Shaw; Davenport Central 4:17.73
- 12 Jess Groth, Lauren Waldstein, Janessa Fink, Randi Mehmen; Waverly-Shell Rock 4:19.69
- 13 Anna Ziegler, Lena Hoard, Julie Jacobson, Janelle Platts; Mason City 4:20.11
- 14 Angela Vianene, Natalie Anderson, Jenny Frels, Renee Begyn; Bettendorf 4:20.48
- 15 Elizabeth Arkfeld, Libby Carstensen, Kalin Kluver, Katie Lokken; Denison-Schleswig 4:20.65

- 16 Amanda Albaugh, Brooke Rhatigen, Claire Cullis, Darby Hollinrake; Linn-Mar 4:21.48
- 17 Tesi Dawson, Ashley Sly, Jessica Von Ahsen, Amy Garrett; Southeast Polk 4:23.05
- 18 Sarah Best, Aubrie Fontanini, Christy Drescher, Cassie Isaacson; West Des Moines Valley 4:23.20
- 19 Ashley Danner, Leah Kramme, Courtney Shelquist, Kelsey Singletary; Ankeny 4:24.08
- 20 Maggie Allen, Carly Miller, Nicole Doeden, Kira Anderson; Cedar Falls 4:24.11
- 21 Briana Bousman, Sara Deters, Tamara Hummons, Cris Prins; Clinton 4:24.73
- 22 Allison Stracke, Molly Simdorn, Leah Koesters, Megan Anderson; Harlan 4:24.74
- 23 Breanna Hayes, Tiffany Socknat, Emily Case, Sarah Heacock; Sioux City East 4:33.09
- Jamie Powers, Meghan Meimann, Emily Nessler, Sarah Bird; West Des Moines Dowling DQ-4:25.31

Shuttle Hurdle Relay Heat 1

- 1 Angie Baumgartner, Amy Klosterman, Megan Nieman, Angie German; West Delaware 1:03.50 Q
- 2 Lindsey VenHorst, Neisha Stocking, Anne Burgemeier, Elizabeth Bicknell; Pleasant Valley 1:05.42
- 3 Katy Fraga, Kara Evans, Maureen O'Sheridan-Tabor, Maya Monitto-Webber; Iowa City High 1:06.56
- 4 Megan Seibert, Laura Tiemeier, Megan Mielnik, Erin Riley; Bettendorf 1:08.48

Heat 2

- 1 Lindsey Anderson, Sarah Boisen, Allie Karns, Carolyn Schoen; West Des Moines Valley 1:04.02 Q
- 2 Taryn Mathis, Jessy Heim, Liz Olson, Emily Hall; Harlan 1:06.36
- 3 April Reedy, Elisha Turek, Christine Wagner, Ashley Freeman; CB Abraham Lincoln 1:06.54
- 4 Brittany Garland, Kalynn Rowley, Jenni Packer, Katy Benda; Marshalltown 1:13.25

Heat 3

- 1 Amanda Manatt, Tara Pollastrini, Tori Dunham, Brooke Plumb; Newton 1:03.81 Q
- 2 Tanya Miller, Erin Fitzgerald, Amy Howe, Molly Nauman; West Des Moines Dowling 1:05.01 Q
- 3 Torie Wischmeier, Makalah Haessler, Natalie Johnson, Blair Anderson; Burlington 1:07.11
- 4 Katie Petersen, Vassaly Sivanthaphanith, Natalie Wieskamp, Becca Siler; Muscatine 1:08.45

Heat 4

- 1 Kerri Scholl, Ashley Tucker, Lara Janson, Pearl Ma; Iowa City West 1:03.60 Q
- 2 JJ Padilla, Kellie Evans, Rachel Hildreth, Becky Lauver; Lewis Central 1:05.25
- 3 Katie Grave, Abby Hill, Jenny Kabrick, Angie Mahrt; Spencer 1:08.64
- 4 Kelli McCurdy, Katie Craigmile, Emily Burmeister, Tristan Smith; Fort Dodge 1:11.31

Heat 5

- 1 Carly Mortenson, Megan Morrow, Erica Lynn, Kylan Loney; Ames 1:03.12 Q
- 2 Ashley Moore, Jennifer Snowbarger, Angela Tapley, Jenni Rinehart; Oskaloosa 1:05.83
- 3 Cassie Broome, Kayla Sautter, Emily Silberstein, Lena Hoard; Mason City 1:06.19
- 4 Megan Hixenbaujgh, Renee Flack, Brandy Garcia, Tara Haning; Knoxville 1:08.97

Heat 6

- 1 Rachel Dierenfield, Mackenzie Heston, Michelle Gee, Chrissy Hendricks; Ankeny 1:04.11 Q
- 2 Kara Yahn, Stacy Boerema, Kali Sander, Tara Jetter; Clinton 1:04.28 Q
- 3 Lynn Hall, Tessa Prati, Lacey Woolf, Dana Hanson; Urbandale 1:06.06
- 4 Emily Sieber, Lindsay Smith, Amy Thomas, Amber Christopher; Fairfield 1:09.80

Class 3A Long Jump Finals

- 1 Davonna Carr; Des Moines Roosevelt 18'01.75" (5.53m)
 - 2 Stacy Boerema; Clinton 17'03.25" (5.26m)
 - 3 Marla Froelich; Iowa City West 17'03.25" (5.26m)
 - 4 Steph Suntken; Indianola 17'02.50" (5.25m)
 - 5 Kasey McDaniel; Spencer 16'11.75" (5.18m)
 - 6 Patricia Ekiring; Iowa City High 16'09.50" (5.12m)
 - 7 Angie Hensel; Clinton 16'07.25" (5.06m)
 - 8 Julie Gilbreath; Waverly-Shell Rock 16'06" (5.03m)
 - 9 Tiffany Cruikshank; Marshalltown 16'05" (5.00m)
 - 10 Tristan Smith; Fort Dodge 16'04.25" (4.98m)
 - 11 Carrissa Salwey; Cedar Rapids Prairie 16'04" (4.98m)
 - 12 Tanya Miller; West Des Moines Dowling 16'03" (4.95m)
 - 13 Abby Vanderah; Marshalltown 16'02.75" (4.95m)
 - 14 Anne Berger; Sioux City Heelan 16'02.50" (4.94m)
 - 15 Jennifer Low; Mason City 16'01.75" (4.92m)
 - 16 Kylan Loney; Ames 15'10.75" (4.85m)
 - 17 Melissa Holland; Iowa City High 15'09.25" (4.81m)
 - 18 Aimee Rasmussen; Cedar Falls 15'07.75" (4.77m)
 - 19 Angie German; West Delaware 15'07.75" (4.77m)
 - 20 Jami Hester; Davenport Central 14'11.50" (4.56m)
 - 21 Amanda Albaugh; Linn-Mar 14'11.50" (4.56m)
 - 22 Jessica Tracy; West Des Moines Valley 14'11.25" (4.55m)
 - 23 Tonya Ansel; Dubuque Senior 11'05" (3.48m)
- Jennifer Demmer; Western Dubuque nd

Class 3A Discus Finals

- 1 Abby Emsick; Lewis Central 144'09" (44.12m)
- 2 Marquita Jenkins; Des Moines East 134'11" (41.12m)
- 3 Maureen Head; Iowa City West 132'10" (40.49m)
- 4 Kim Hansen; Cedar Falls 121'05" (37.01m)
- 5 Beth Aunan; Iowa City West 118'10" (36.22m)
- 6 Nichole Robison; Sioux City West 118'03" (36.04m)
- 7 Kellie Price; CB Abraham Lincoln 117'08" (35.86m)
- 8 Kesley Egli; Cedar Falls 116'03" (35.43m)
- 9 Lindsey Pleuss; Boone 114'00" (34.75m)
- 10 Jessica Elliott; Iowa City High 112'01" (34.16m)
- 11 Kim Jenkins; Cedar Rapids Jefferson 109'02" (33.27m)
- 12 Meg Bustin; West Des Moines Dowling 106'06" (32.46m)
- 13 Julia Linser; Marshalltown 106'04" (32.41m)
- 14 Morgen Edwards; Cedar Rapids Jefferson 105'04" (32.11m)
- 15 Rainie Goedken; Spencer 104'07" (31.88m)
- 16 Heather McEachran; Ames 103'00" (31.39m)
- 17 Megan Christiansen; Clinton 102'04" (31.19m)
- 18 Kristen Kinsel; Lewis Central 100'10" (30.73m)
- 19 Betsy Funk; Urbandale 100'04" (30.58m)
- 20 Sara Thompson; Pleasant Valley 100'03" (30.56m)
- 21 Val Matters; Ames 099'08" (30.38m)
- 22 Alexis Gant; Burlington 099'01" (30.20m)
- 23 Mikala Larsen; CB Thomas Jefferson 097'09" (29.79m)
- 24 Angie Wessels; West Delaware 094'11" (28.93m)