

STATE TRACK & FIELD RESULTS

Jim Duncan Track--Drake Stadium

May 18-19, 2001

[Back to IGHSAU Master Page](#)

[Back to Track & Field Master Page--Complete Cutoff History and Previous Results](#)

[Total Class 3A Results](#)

[Total Class 2A Results](#)

[Total Class 1A Results](#)

[Total Wheelchair Results](#)

CLASS 1A RESULTS

STATE MEET ATTENDANCE

Friday--9,792 (All time record, one session--old mark 9,178, Friday, 1997)

Saturday--9,049 (Saturday record--old mark 8,932, 2000)

Total--18,841 (Two session record--old mark 17,916, 1999)

STATE MEET WEATHER

Friday Noon--73 degrees, 44% humidity; wind from East at 6 mph; clear skies

Friday 3:00--81 degrees, 322% humidity, wind from NW at 6 mph; clear skies

Saturday 10:00 a.m.--69 degrees, 65% humidity; wind from SE at 4 mph, clear skies

Saturday 3:00 p.m.--79 degrees, 44% humidity; wind from North at 7 mph; clear skies

updated Monday, May 21--5:54 p.m.

CLASS 1A TEAM SCORING

1	Aplington-Parkersburg	48
2	Okoboji	38
3	North Linn	28
4	Cedar Falls NU High	26
5	Tri-Center	23
6	Northeast	22
7	HLV	20
8	AHST	19
8	Council Bluffs St Albert	19
8	West Branch	19
11	Pocahontas Area	18
12	Panorama	17

13	Hinton	14
14	Central Lyon	12
14	Columbus	12
16	Durant-Bennett	11
17	LeMars Gehlen Catholic	10
18	Postville	9
19	Aquinas-Marquette	8
19	Laurens-Marathon	8
19	West Marshall	8
22	Bondurant-Farrar	7
22	Charter Oak-Ute	7
24	BCLUW	6
24	Denver	6
24	English Valleys	6
24	Iowa Valley	6
24	Remsen St. Mary's	6
24	Southern Cal	6
24	Stanton	6
24	West Hancock	6
32	Fort Dodge St. Edmond	5
32	Woodward-Granger	5
34	Belle Plaine	4
34	Eagle Grove	4
34	Turkey Valley	4
37	Galva-Holstein	3
37	Missouri Valley	3
37	Olin	3
37	Preston/East Central	3
37	South Hamilton	3
42	Bedford	2
42	Corwith-Wesley-LuVerne	2
42	Logan-Magnolia	2
42	Northeast Hamilton	2
42	Tripoli	2
42	Waco	2
48	North Mahaska	1
48	St.Ansgar	1
48	Treynor	1
48	Underwood	1
48	Wayne	1

100-METER DASH

1	Meredith Kosmacek, Tri-Center	FR	12.65
2	Crystal Williamson, Aplington-Parkersburg	FR	13.05
3	Amanda Thompson, Aquinas-Marquette	JR	13.10
4	Erin Sheeley, Postville	SO	13.12
5	Krystal Pruin, Northeast Hamilton	JR	13.16
6	Elisha Damon, Missouri Valley	SO	13.17
7	Megan Covey, Schaller-Crestland	JR	13.27
8	Chris London, Forest Ridge	FR	13.29

Heat 1

1	Chris London, Forest Ridge	FR	13.11	Q
2	Amanda Thompson, Aquinas-Marquette	JR	13.12	Q
3	Courtney Pilch, New London	SO	13.14	
4	Katie Bierl, Ar-We-Va	FR	13.15	
5	Laura Northway, Springville	SO	13.23	
6	Calli Cronbaugh, Iowa Valley	SR	13.45	
7	Karly Rossiter, Wapello	SR	13.56	
8	Cassy Bliss, Andrew	SR	13.76	

Heat 2

1	Crystal Williamson, Aplington-Parkersburg	FR	12.89	Q
2	Erin Sheeley, Postville	SO	13.11	Q
3	Brandy Olson, Iowa Valley	JR	13.17	
4	Julie Muller, Rockford	JR	13.30	
5	Whitney Pralle, CAL-Dows	FR	13.46	
6	Lindsay Smith, New London	FR	13.55	
7	Jessica Liebergen, West Branch	SO	13.60	
8	Becky Schweers, Lenox	FR	13.65	

Heat 3

1	Meredith Kosmacek, Tri-Center	FR	12.53	Q
2	Elisha Damon, Missouri Valley	SO	13.03	Q
3	Megan Covey, Schaller-Crestland	JR	13.09	Q
4	Krystal Pruin, Northeast Hamilton	JR	13.10	Q
5	Amanda Schweitzer, Columbus	SO	13.14	
6	Danielle Nielsen, Westwood	JR	13.28	
7	Christie Evans, Collins-Maxwell-Baxter	SR	13.46	
8	Heather Gast, West Hancock	JR	13.50	

200-METER DASH

1	Ashley Granger, Cedar Falls NU High	FR	26.30	
2	Erin Sheeley, Postville	SO	26.45	
3	Kara Robinson, North Linn	JR	26.65	
4	Brandy Olson, Iowa Valley	JR	26.78	
5	Elisha Damon, Missouri Valley	SO	26.89	
6	Laura Nanninga, Tri-Center	SO	26.93	
7	Nikki Wederquist, Fremont-Mills	SO	27.00	
8	Katie Bierl, Ar-We-Va	FR	27.03	

Heat 1

1	Ashley Granger, Cedar Falls NU High	FR	26.30	Q
2	Laura Nanninga, Tri-Center	SO	26.69	Q
3	Nikki Wederquist, Fremont-Mills	SO	26.84	Q
4	Amy Koester, Gladbrook-Reinbeck	SO	27.33	
5	Jenni Burris, Stuart West Central	JR	27.56	
6	Abbie Bagenstos, Galva-Holstein	FR	27.58	
7	Kelli Nelson, Exira	FR	27.71	
8	Nicki Petersburg, North Central	JR	27.80	

Heat 2

1	Erin Sheeley, Postville	SO	26.56	Q
2	Kara Robinson, North Linn	JR	26.67	Q
3	Stephanie Stamm, Olin	JR	27.29	
4	Julie Muller, Rockford	JR	27.53	

5	Jennifer Pfannes, Mason City Newman	SO	27.56
6	Becky Green, Wayne	SR	28.04
7	Katie Pederson, Lake Mills	JR	28.22

Heat 3

1	Elisha Damon, Missouri Valley	SO	26.59 Q
2	Katie Bierl, Ar-We-Va	FR	26.86 Q
3	Brandy Olson, Iowa Valley	JR	27.06 Q
4	Sammi Smith, Columbus	SR	27.33
5	Allison Hejlik, West Hancock	SR	27.43
6	Brooke Witcher, Janesville	SO	27.58
7	Megan Doble, Garner-Hayfield	FR	27.89
8	Kayla Lundt, River Valley	SR	27.95

400-METER DASH

1	Meghann Reifenrath, Central Lyon	JR	0:58.02
2	Dana Wilkerson, English Valleys	JR	0:58.44
3	Robin Sullivan, HLV	SR	0:58.47
4	Stephanie Stamm, Olin	JR	1:00.11
5	Kerianne Hanson, Corwith-Wesley-LuVerne	SR	1:00.69
6	Tricia Sharp, BCLUW	JR	1:00.83
7	Sarah Blasburg, Tripoli	SO	1:01.52
8	Erin Sheeley, Postville	SO	1:02.53

Heat 1

1	Robin Sullivan, HLV	SR	0:58.38 Q
2	Kerianne Hanson, Corwith-Wesley-LuVerne	SR	1:00.85 Q
3	Erin Sheeley, Postville	SO	1:00.89 Q
4	Kara Lass, Ogden	SR	1:02.18
5	Abby Reinert, Eldora-New Providence	SO	1:02.58
6	Katie Schnoes, SCMT	SO	1:02.63
7	Katie Lee, Woodward-Granger	SO	1:03.31
8	Tisha Schofield, Odebolt-Arthur	SO	1:03.74

Heat 2

1	Dana Wilkerson, English Valleys	JR	0:59.15 Q
2	Tricia Sharp, BCLUW	JR	1:01.31 Q
3	Kimberly Peterson, Fredericksburg	SR	1:02.04
4	Anna Wainwright, Villisca	SR	1:02.15
5	Danielle Allen, Alta	SR	1:02.63
6	Carla Carter, Southeast Webster	JR	1:03.46
7	Kelsey Maffin, Van Meter	SO	1:04.34
8	Abby McQuillen, Wilton	SR	1:05.28

Heat 3

1	Meghann Reifenrath, Central Lyon	JR	0:58.63 Q
2	Stephanie Stamm, Olin	JR	1:00.90 Q
3	Sarah Blasburg, Tripoli	SO	1:01.68 Q
4	Jamie Tremel, Woodbine	JR	1:02.30
5	Erika Hoehns, Twin Cedars	FR	1:02.91
6	Krystle Cordes, Dike-New Hartford	JR	1:03.01
7	Tiffany Fisk, Okoboji	SO	1:03.07
8	Nicole Petersen, EH-Kimballton-Walnut	JR	1:04.92

800-METER RUN

1	Kristin Hansen, Okoboji	JR	2:14.93	J
2	Mikyla Hardersen, Hinton	SR	2:20.85	
3	Elizabeth Hageman, Turkey Valley	FR	2:21.41	
4	Amanda Otto, Durant-Bennett	SO	2:21.86	
5	Rachel O'Connor, Northeast	JR	2:22.77	
6	Rachel Adams, Underwood	SO	2:22.87	
7	Katie Hayen, Calamus-Wheatland	SR	2:23.00	
8	Casey Huber, Denver	FR	2:24.96	
9	Bethany Richter, Cedar Falls NU High	SR	2:26.13	
10	Katie Lantz, Rockwell City-Lytton	SO	2:26.44	
11	Stephanie Howe, Northeast	SO	2:28.04	
12	Sarah Greene, English Valleys	SO	2:28.16	
13	Allison Amfahr, Grundy Center	SR	2:28.21	
14	Jill Rozendaal, Lynnville-Sully	SR	2:28.88	
15	Gina Martin, HLV	SR	2:29.29	
16	Dawn Henrich, Durant-Bennett	SO	2:29.34	
17	Stephanie DeVore, Corning	SR	2:30.50	
18	Brenna Maher, Collins-Maxwell-Baxter	JR	2:31.04	
19	Shelley Cronin, Galva-Holstein	SR	2:32.91	
20	Sara Goodman, West Marshall	SO	2:33.32	
21	Carrie Stromley, Rockwell-Swaledale	SR	2:34.30	
22	Emily Cronbaugh, Belle Plaine	FR	2:35.26	
23	Hallie Delagardelle, Dike-New Hartford	FR	2:35.29	
999	Heidi Porter, Manson-NW Webster (early cut)	FR	dq-2:28.22	

1500-METER RUN

1	Kristin Hansen, Okoboji	JR	4:39.65	J
2	Rachel O'Connor, Northeast	JR	4:53.23	
3	Teresa Booth, Stanton	SO	4:53.76	
4	Karen Johnson, West Branch	SR	4:58.87	
5	Erin Makey, Logan-Magnolia	JR	4:59.74	
6	Ashley Adams, AHST	SO	5:00.40	
7	Elizabeth Hageman, Turkey Valley	FR	5:01.18	
8	Katie Lantz, Rockwell City-Lytton	SO	5:02.52	
9	Meredith McKean, Armstrong-Ringsted	SO	5:02.85	
10	Jennifer Kunkle, Woodbury Central	JR	5:03.12	
11	Emily Klein, South Hamilton	JR	5:03.96	
12	Makyla Sprouse, Van Buren	SR	5:11.61	
13	Jennifer Muhl, Calamus-Wheatland	SO	5:13.80	
14	Amanda Maas, North Linn	SO	5:14.62	
15	Stephanie Maule, West Harrison	FR	5:15.01	
16	Brooke Boley, Bondurant-Farrar	FR	5:15.30	
17	Ann McMillen, Bedford	SR	5:16.09	
18	Jenny Cronbaugh, Belle Plaine	SO	5:17.57	
19	Andi Edwards, Manson-NW Webster	SR	5:19.44	
20	Ingrid Syhre, Denver	SR	5:19.81	
21	Jesslyn Von Muester, Durant-Bennett	SO	5:20.10	
22	Sara Phillips, Colo-Nesco	SR	5:23.28	
23	Joy Schutte, Wapsie Valley	SR	5:24.24	

24 Grace Johnson, Valley CEW JR 5:27.44

1500-METER RUN

1	Kristin Hansen, Okoboji	JR	10:01.88	J
2	Karen Johnson, West Branch	SR	10:36.92	
3	Rachel O'Connor, Northeast	JR	10:38.46	
4	Emily Klein, South Hamilton	JR	10:40.20	
5	Teresa Booth, Stanton	SO	10:43.02	
6	Brooke Boley, Bondurant-Farrar	FR	10:55.59	
7	Ann McMillen, Bedford	SR	11:12.77	
8	Tracy Hartwig, Rockwell City-Lytton	SO	11:15.31	
9	Stephanie Maule, West Harrison	FR	11:16.48	
10	Jenny Cronbaugh, Belle Plaine	SO	11:19.41	
11	Lara Bowman, Preston/East Central	JR	11:22.65	
12	Melia Raitt, Iowa City Regina	FR	11:23.89	
13	Emily Salberg, West Sioux	FR	11:26.25	
14	Gail Torkelson, Central Elkader	SO	11:26.66	
15	Jennifer Muhl, Calamus-Wheatland	SO	11:27.40	
16	Meredith McKean, Armstrong-Ringsted	SO	11:27.89	
17	Andi Edwards, Manson-NW Webster	SR	11:28.82	
18	Jessica Latta, Madrid	SO	11:36.51	
19	Karla Kirchoff, Tripoli	JR	11:39.22	
20	Jill Rozendaal, Lynnville-Sully	SR	11:42.83	
21	Tiffany Dallenbach, Laurens-Marathon	JR	11:43.92	
22	Courtney Jones, Okoboji	FR	11:44.02	
23	Laura Harringa, North Central	FR	11:51.23	
24	Tonya Lehman, Valley CEW	FR	12:17.11	

100-METER HURDLES

1	Jill Schwiebert, Aplington-Parkersburg	SR	14.87	
2	Nikki Gruber, Pocahontas Area	JR	15.19	
3	Kelsey Grindle, Charter Oak-Ute	FR	15.39	
4	Staci VanderBerg, Okoboji	SO	15.54	
5	Laura Nanninga, Tri-Center	SO	15.56	
6	Alysa Klein, Okoboji	FR	15.75	
7	Brigitte Lowry, Montezuma	SR	15.85	
8	Melea Zacharias, Aplington-Parkersburg	SR	15.89	

Heat 1

1	Kelsey Grindle, Charter Oak-Ute	FR	15.04	Q
2	Laura Nanninga, Tri-Center	SO	15.06	Q
3	Alysa Klein, Okoboji	FR	15.35	Q
4	Melea Zacharias, Aplington-Parkersburg	SR	15.81	Q
5	Jill Fell, Tipton	FR	16.10	
6	Krystal Cary, Underwood	JR	16.24	
7	Elizabeth Bentley, Riverside	SO	16.51	
8	Paige Slaymaker, Montezuma	SR	17.01	

Heat 2

1	Nikki Gruber, Pocahontas Area	JR	15.13	Q
2	Brigitte Lowry, Montezuma	SR	15.72	Q

3	Megan Raap, Pekin	SO	15.87
4	Kayla Buls, Tripoli	SR	16.05
5	Amber Russell, Dunkerton	SR	16.15
6	Ashley Schiermeister, Bondurant-Farrar	SO	16.38
7	Michelle Cardo, Valley CEW	SR	16.48
999	Ashley Nally, Bedford	JR	FS

Heat 3

1	Staci VanderBerg, Okoboji	SO	14.89 Q
2	Jill Schwiebert, Aplington-Parkersburg	SR	15.13 Q
3	Heidi Harriman, Battle Creek-Ida Grove	FR	15.82
4	Tasha Johnson, West Hancock	SO	16.03
5	Cigi Low, Camanche	FR	16.16
6	Gina Bruellman, West Bend-Mallard	JR	16.33
7	Michelle Pelzer, West Branch	FR	16.45
8	Kimber Kunze, Bondurant-Farrar	FR	16.54

400-METER HURDLES

1	Jill Schwiebert, Aplington-Parkersburg	SR	1:03.99
2	Steph Arey, West Hancock	SO	1:06.21
3	Holly McGonegle, Eagle Grove	JR	1:06.54
4	Kate Sievers, Preston/East Central	SO	1:07.79
5	Kelsey Grindle, Charter Oak-Ute	FR	1:07.81
6	Alisha Landstrum, North Mahaska	SR	1:09.33
7	Alysa Klein, Okoboji	FR	1:09.39
8	Bri Bohlen, Allison-Bristow	FR	1:11.20

Heat 1

1	Jill Schwiebert, Aplington-Parkersburg	SR	1:05.34 Q
2	Alisha Landstrum, North Mahaska	SR	1:07.20 Q
3	Alysa Klein, Okoboji	FR	1:08.15 Q
4	Jocelyn Wiarda, CAL-Dows	SR	1:09.08
5	Tara Hoge, Camanche	FR	1:09.85
6	Eve Johnson, Council Bluffs St. Albert	SO	1:11.79
7	Blair McCuen, Corning	SR	1:12.26
8	Ashley Weller, West Bend-Mallard	FR	1:12.44

Heat 2

1	Steph Arey, West Hancock	SO	1:06.20 Q
2	Bri Bohlen, Allison-Bristow	FR	1:08.75 Q
3	Tiffany Perkins, West Branch	SR	1:08.79
4	Katharina Hiller, West Monona	SR	1:08.92
5	Ashlee Dickinson, Interstate 35	JR	1:10.26
6	Brittany Ewoldt, Eldora-New Providence	SR	1:10.66
7	Jaclynn Wienke, Panorama	JR	1:11.41
8	Paige Slaymaker, Montezuma	SR	1:13.54

Heat 3

1	Holly McGonegle, Eagle Grove	JR	1:06.73 Q
2	Kelsey Grindle, Charter Oak-Ute	FR	1:07.08 Q
3	Kate Sievers, Preston/East Central	SO	1:07.96 Q
4	Lana Messinger, AHST	JR	1:09.83
5	Jamie Hoover, Twin River Valley	SO	1:09.87
6	Chelsie Reifschneider, Colo-Nesco	SR	1:10.18

7	Jessica Priebe, Sumner	SR	1:11.62
8	Cari Kinzenbaw, HLV	JR	1:11.65

HIGH JUMP

1	Jenni Elbert, Laurens-Marathon	FR	5'07" (1.70m)
2	Stephanie Bacan, Remsen St. Mary's	JR	5'07" (1.70m)
3	Kristan Shanks, Fort Dodge St. Edmond	JR	5'05" (1.65m)
4	Ashley Blome, Panorama	JR	5'05" (1.65m)
5	Carissa Miller, Waco	FR	5'04" (1.63m)
6	Becky Green, Wayne	SR	5'03" (1.60m)
7	Brie Penaluna, Cedar Falls NU High	JR	5'03" (1.60m)
8	Ashlee Dickinson, Interstate 35	JR	5'02" (1.57m)
9	Kristen Beyer, Galva-Holstein	SR	5'02" (1.57m)
10	Calli Cronbaugh, Iowa Valley	SR	5'02" (1.57m)
11	Laura Weltha, South Hamilton	SR	5'02" (1.57m)
12	Alysa Klein, Okoboji	FR	5'00" (1.52m)
13	LeAnn Woods, West Branch	SO	5'02" (1.57m)
13	Casey Culton, Eagle Grove	SO	5'00" (1.52m)
13	Lisa Kriener, St. Ansgar	SR	5'00" (1.52m)
16	Sara Langel, LeMars Gehlen Catholic	SR	5'00" (1.52m)
16	Jamie Boyd, Underwood	FR	5'00" (1.52m)
16	Annie Olson, Clarion-Goldfield	SR	5'00" (1.52m)
19	Kate Sievers, Preston/East Central	SO	5'00" (1.52m)
20	Kali Erlandson, Albert City-Truesdale	SO	5'00" (1.52m)
21	Jess Mueller, Central Elkader	SR	4'10" (1.47m)
22	Angie Vander Leest, Lynnville-Sully	SR	4'10" (1.47m)
22	Lori Johnson, Lynnville-Sully	JR	4'10" (1.47m)

SERIES	4-10	5-0	5-2	5-3	5-4	5-5	5-6	5-7	
Elbert	X	X	X	OX	X	X	OOX	X	000
Bacan	X	X	OX	X	OOX	OOX	OX	X	000
Shanks	X	X	X	X	X	OX	000		
Blome	X	OX	X	OOX	OOX	OOX	000		
Miller	X	X	OX	OX	OX	000			
Green	X	X	X	OX	000				
Penaluna	OX	X	X	OOX	000				
Dickinson	X	X	X	000					
Beyer	X	OOX	OX	000					
Cronbaugh	X	X	OOX	000					
Weltha	X	OX	OOX	000					
Klein	OX	X	000						
Woods	X	OX	000						
Culton	X	OX	000						
Kriener	X	OX	000						
Langel	OX	OX	000						
Boyd	OX	OX	000						
Olson	OX	OX	000						
Sievers	OOX	OX	000						
Erlandson	X	OOX	000						
Mueller	X	000							
Vander Leest	OX	000							

Johnson OX 000

LONG JUMP

1	Brie Penaluna, Cedar Falls NU High	JR	18'00" (5.49m)
2	Robin Sullivan, HLV	SR	17'06.75" (5.35m)
3	Amanda Thompson, Aquinas-Marquette	JR	17'05" (5.31m)
4	Brandy Olson, Iowa Valley	JR	17'03" (5.26m)
5	Ashley Nally, Bedford	JR	17'00" (5.18m)
6	Erin McFadden, Panorama	JR	16'11.75" (5.18m)
7	Jessica Liebergen, West Branch	SO	16'08" (5.08m)
8	Teresa Hanna, Laurens-Marathon	JR	16'05" (5.00m)
9	Cigi Low, Camanche	FR	16'04" (4.98m)
10	Dana Wilkerson, English Valleys	JR	16'03.25" (4.96m)
11	Christine French, Alburnett	JR	16'02.50" (4.94m)
12	Abbie Bagenstos, Galva-Holstein	FR	16'00.75" (4.90m)
13	Lana Messinger, AHST	JR	16'00.25" (4.88m)
14	Jamie Tremel, Woodbine	JR	16'00.25" (4.88m)
15	Katie Bierl, Ar-We-Va	FR	15'11.75" (4.87m)
16	Ashley Peters, Eldora-New Providence	SO	15'10" (4.83m)
17	Amber Hillman, Denver	SR	15'08.50" (4.79m)
18	Aubrey Dolan, East Buchanan	SO	15'06" (4.72m)
19	Kerianne Hanson, Corwith-Wesley-LuVerne	SR	15'05" (4.70m)
20	Becky O'Rourke, Sigourney	SR	15'00.75" (4.59m)
21	Janessa Ingram, West Monona	SR	14'05" (4.39m)
22	Nicki Petersburg, North Central	JR	13'11" (4.24m)
999	Jessica Gionet, Van Meter	JR	Fouls
999	Jessica Hinkel, Woodbine	SR	Fouls

SERIES

Penaluna	foul	18'00.00	17'01.25	16'00.75	16'09.25	17'03.75
Sullivan	17'04.00	foul	foul	17'04.75"	17'06.75	foul
Thompson	17'05.00	15'09.75	17'02.75	15'08.25	foul	16'02.75
Olson	16'05.25	17'03.00	16'11.75	16'07.75	16'05.00	16'11.00
Nally	16'08.25	17'00.00	16'10.25	16'04.00	foul	16'07.75
McFadden	15'10.50	16'00.25	16'11.75	foul	16'01.75	15'09.75
Liebergen	foul	16'08"	foul	15'07.00	foul	foul
Hanna	15'11.00	15'01.50	16'05.00	16'01.00	15'06.25	15'06.00
Low	15'08.00	16'04.00	15'04.25			
Wilkerson	foul	15'04.75	16'03.25			
French	15'05.75	16'02.50	16'00.50			
Bagenstos	15'04.25	15'08.00	16'00.75			
Messinger	16'00.25	15'08.75	15'07.50			
Tremel	foul	foul	16'03.25			
Bierl	15'11.75	foul	foul			
Peters	foul	foul	15'10.00			
Hillman	15'08.75	15'08.50	foul			
Dolan	foul	15'06.00	14'11.50			
Hanson	15'05.00	15'01.25	15'00.50			
O'Rourke	foul	15'00.75"	14'07.50			
Ingram	14'02.25	14'05.00	foul			
Petersburg	foul	foul	13'11.00			
Gionet	foul	foul	foul			

Hinkel foul foul foul

SHOT PUT

1	Katie Hoback, Columbus	SR	41'02.50"	(12.56m)
2	Melissa Blessington, Southern Cal	SR	39'02.50"	(11.95m)
3	Ann Gramkow, AHST	JR	38'10.75"	(11.86m)
4	Janell Ward, BCLUW	JR	38'04.50"	(11.70m)
5	Lynette Wickman, North Linn	JR	37'10"	(11.53m)
6	Anne Marie Zeller, Woodward-Granger	SR	37'07.50"	(11.47m)
7	Alaina Meyer, Tipton	SR	37'03.25"	(11.36m)
8	Tiffany Webb, Wapello	FR	37'00.35"	(11.29m)
9	Christa Moyer, Janesville	JR	36'08.25"	(11.18m)
10	Emily Randolph, Northeast	JR	36'06.25"	(11.13m)
11	Annie Weller, Camanche	SO	36'01.75"	(11.02m)
12	Katie Thomas, Tri-County	SR	35'08"	(10.87m)
13	Lyndsay Worden, New London	SR	35'05.75"	(10.81m)
14	Tasha Peterman, Bedford	JR	35'03.75"	(10.76m)
15	Lacey Trei, George-Little Rock	JR	35'03"	(10.74m)
16	Brandie Weih, Tipton	SO	34'05.75"	(10.51m)
17	Amanda Meitner, St. Ansgar	JR	33'05.75"	(10.20m)
18	Allyson Carlson, Winfield-Mt. Union	JR	33'04.50"	(10.17m)
19	Karla Johnson, Laurens-Marathon	SR	33'03.25"	(10.14m)
20	Kim Mehlin, Treynor	JR	32'04.75"	(9.87m)
21	LaRae Van Langen, Alden	SR	32'03.25"	(9.84m)
22	Orginal Beckstrom, Kingsley-Pierson	SO	31'06.50"	(9.61m)
23	Jacque Loutsch, LeMars Gehlen Catholic	SR	31'06.25"	(9.61m)
24	Tessa Hammes, Sigourney	SR	29'04.50"	(8.95m)

SERIES

Hoback	41'02.50	39'06.50	40'03.00	40'02.00	39'05.25	39'11.00
Blessington	foul	37'02.50	39'02.50	36'07.25	foul	36'00.00
Gramkow	36'00.00	37'04.00	foul	37'08.50	36'11.25	38'10.75
Ward	38'04.00	foul	35'10.50	35'11.50	37'08.25	38'04.50
Wickman	37'10.00	37'03.75	34'01.00	33'04.25	34'01.00	foul
Zeller	35'05.50	36'06.25	35'10.00	37'07.50	37'00.00	foul
Meyer	34'09.00	37'03.25	foul	34'05.25	foul	foul
Webb	37'00.25	33'02.25	foul	foul	31'11.50	31'00.50
Moyer	36'00.50	36'08.25	34'10.75	34'00.50	35'06.00	35'10.75
Randolph	35'05.50	33'03.50	36'06.25	36'02.50	36'05.25	foul
Weller	36'01.75	34'11.00	32'10.50			
Thomas	34'10.00	35'08.00	35'07.00			
Worden	35'05.75	34'05.00	34'11.00			
Peterman	33'08.75	35'03.75	34'01.50			
Trei	35'02.75	33'10.25	35'03.00			
Weih	34'05.75	32'07.00	33'00.25			
Meitner	33'05.75	foul	30'10.75			
Carlson	33'04.50	foul	32'04.25			
Johnson	32'09.50	33'03.25	31'08.50			
Mehlin	32'04.75	32'02.25	32'01.50			
Van Langen	32'03.25	foul	30'02.00			
Beckstrom	foul	31'06.50	30'03.50			
Loutsch	31'04.00	foul	31'06.25			

Hammes 27'07.75 28'03.25 29'04.50

DISCUS

1	Jill Eggers, West Marshall	SR	128'08"	(39.22m)
2	Ann Gramkow, AHST	JR	126'05"	(38.53m)
3	Anne Marie Zeller, Woodward-Granger	SR	120'11"	(36.86m)
4	Lindsay Rueckert, Columbus	SR	118'08"	(36.17m)
5	Janell Ward, BCLUW	JR	118'03"	(36.04m)
6	Amanda Meitner, St. Ansgar	JR	116'09"	(35.59m)
7	Katie Foley, Tipton	SR	112'10"	(34.39m)
8	Katie Brown, Camanche	JR	112'10"	(34.39m)
9	Melissa Blessington, Southern Cal	SR	110'09"	(33.76m)
10	Jennifer Raim, Iowa Deaf	SR	110'04"	(33.63m)
11	Kim Mehlin, Treynor	JR	106'09"	(32.54m)
12	Emily Behrens, Laurens-Marathon	SR	104'01"	(31.72m)
13	Karla Johnson, Laurens-Marathon	SR	103'10"	(31.65m)
14	Jenny Heebner, Lakeland	SO	103'08"	(31.60m)
15	Emily Randolph, Northeast	JR	101'06"	(30.94m)
16	Shayla Franzen, Preston/East Central	SR	101'02"	(30.84m)
17	Kerri Helm, Lenox	SR	099'09"	(30.40m)
18	Amber Ashley, Stanton	SR	099'03"	(30.25m)
19	Kristi Mente, Tipton	SR	096'04"	(29.36m)
20	Brooke Strang, Aplington-Parkersburg	SO	091'10"	(27.99m)
21	Rachel Trulson, West Hancock	SR	091'01"	(27.76m)
22	Crystal Cooley, Valley CEW	FR	090'05"	(27.56m)
23	Leah Freese, Central Lyon	SO	086'03"	(26.29m)
24	Courtney Siddall, Pocahontas Area	JR	084'00"	(25.60m)

SERIES

Eggers	116'09"	114'04"	120'02"	120'06"	124'0"	128'08"
Gramkow	126'05"	121'05"	foul	foul	foul	115'08"
Zeller	120'11"	118'00"	116'01"	foul	114'10"	117'06"
Rueckert	110'10"	113'02"	105'10"	118'08"	foul	108'06"
Ward	106'10"	118'03"	114'10"	116'06"	109'11"	foul
Meitner	104'08"	116'09"	105'02"	098'06"	107'04"	111'07"
Foley	109'10"	104'00"	112'00"	101'03"	099'02"	112'10"
Brown	foul	112'10"	106'05"	107'10"	111'05"	108'01"
Blessington	110'09"	110'07"	103'05"			
Raim	100'06"	110'04"	089'06"			
Mehlin	102'03"	100'07"	106'09"			
Behrens	104'07"	096'08"	103'00"			
Johnson	103'10"	100'00"	099'10"			
Heebner	073'05"	095'08"	103'08"			
Randolph	099'00"	101'06"	092'05"			
Franzen	foul	096'00"	101'02"			
Helm	099'09"	091'10"	072'06"			
Ashley	096'06"	096'03"	099'03"			
Mente	096'04"	092'04"	081'08"			
Strang	076'11"	091'10"	090'00"			
Trulson	foul	090'03"	091'01"			
Cooley	090'05"	089'07"	foul			
Freese	085'03"	078'02"	086'03"			

Siddall foul 084'00" 074'08"

4x100-METER RELAY

1	CEDAR FALLS NU HIGH (Andrea Hahn, Brie Penaluna Jade McAdams, Ashley Granger)	50.45
2	TRI-CENTER (Laura Nanninga, Meredith Kosmacek LeAnne Ausdemore, Amber Daringer)	50.78
3	POCAHONTAS AREA (Heather Dewall, Nikki Gruber Emily Baade, Rachael Jergens)	50.79
4	APLINGTON-PARKERSBURG (Natalie Brocka, Amber Uhlenhopp Melea Zacharias, Crystal Williamson)	51.16
5	NORTHEAST (Angie Adrian, Karleen Meggers Kim Eskildsen, Stacy Butt)	51.30
6	COLUMBUS (Jennifer Meeker, Nicole Stewart Amanda Schweitzer, Sammi Smith)	51.62
7	DENVER (Christy Fagerlind, Amber Hillman Leia Adams, Kristi Gloede)	51.78
8	FORT DODGE ST. EDMOND (Kelsey Clemens, Ashley Black Kristan Shanks, Missy Rork)	51.83

Heat 1

1	CEDAR FALLS NU HIGH (Andrea Hahn, Brie Penaluna Jade McAdams, Ashley Granger)	50.90 Q
2	FORT DODGE ST. EDMOND (Kelsey Clemens, Ashley Black Kristan Shanks, Missy Rork)	51.56 Q
3	DENVER (Christy Fagerlind, Amber Hillman Leia Adams, Kristi Gloede)	51.63 Q
4	PANORAMA (Ashley Blome, Michelle Krause Erin McFadden, Jaclynn Wienke)	51.87
5	TREYNOR (Jennifer Anderson, Jenny Owens Anna Brantz, Katie Maguire)	51.95
6	CENTRAL LYON (Kara Schar, Kate Boeve Natalie Harbert, Meghann Reifenrath)	52.31
7	EAST MARSHALL (Kelly Drury, Stacy Burns Lisa Scott, Brandie Johnson)	52.58
8	MARCUS-MERIDEN-CLEGHORN (Abby Schlenger, Emily Taylor)	54.27

Miranda Boekhout, Megan Sohn)

Heat 2

1	POCAHONTAS AREA (Heather Dewall, Nikki Gruber Emily Baade, Rachael Jergens)	50.64 Q
2	NORTHEAST (Angie Adrian, Karleen Meggers Kim Eskildsen, Stacy Butt)	50.91 Q
3	COLUMBUS (Jennifer Meeker, Nicole Stewart Amanda Schweitzer, Sammi Smith)	51.55 Q
4	WEST HANCOCK (Heather Gast, Kristin Harle Allison Hejlik, Tasha Johnson)	52.03
5	NORTHEAST HAMILTON (Krystal Pruin, Jenny Reeves Christina Pruismann, Courtney Nelson)	52.50
6	JANESVILLE (Brooke Witcher, Jenny Brumley Stephanie Holding, Christa Moyer)	52.71
7	DANVILLE (Molly Wood, Emily Nelson Jennifer Mynatt, Megan Fraise)	52.73
8	WEST LYON (Leah Karli, Libby Gerber Shiri Simmons, Katie Leuthold)	52.96

Heat 3

1	TRI-CENTER (Laura Nanninga, Meredith Kosmacek LeAnne Ausdemore, Amber Daringer)	50.33 Q
2	APLINGTON-PARKERSBURG (Natalie Brocka, Amber Uhlenhopp Melea Zacharias, Crystal Williamson)	50.76 Q
3	NEW LONDON (Lindsay Smith, Whitney Gilleard Stephanie Fischer, Courtney Pilch)	52.24
4	PELLA CHRISTIAN (Andi Van Vark, Lacey-Jae Huisman Chandra Fynaardt, Andrea Christensen)	52.35
5	IOWA VALLEY (Megan Rohrssen, Calli Cronbaugh Abby Cronbaugh, Brandy Olson)	52.38
6	LYNNVILLE-SULLY (Emily Beyer, Lia Van Genderen Keisha Lewis, Julie Scholten)	52.41
7	COLLINS-MAXWELL-BAXTER (Christie Evans, Jamie Enfield Lindsay Dawson, Megan Means)	52.52
8	CAMANCHE (Ashley Steines, Amanda Davis Tara Hoge, Cigi Low)	52.77

4x200-METER RELAY

1	APLINGTON-PARKERSBURG (Natalie Brocka, Megan Meyer Crystal Williamson, Amber Uhlenhopp)	1:45.98
2	PANORAMA (Ashley Blome, Jaclynn Wienke Erin McFadden, Amy Clark)	1:46.74
3	POCAHONTAS AREA (Heather Dewall, Kellie Kirsch Emily Baade, Rachael Jergens)	1:48.10
4	TRI-CENTER (LeAnne Ausdemore, Meredith Kosmacek Sarah Manhart, Amber Daringer)	1:48.84
5	WEST BRANCH (Rachel Stoolman, LeAnn Woods Kelly Hinkhouse, Tiffany Perkins)	1:48.87
6	FORT DODGE ST. EDMOND (Kelsey Clemens, Missy Rork Liz Becker, Kristan Shanks)	1:50.11
7	COON RAPIDS-BAYARD (Melissa Sawyer, Racheal Carstens Steph Hilgenberg, Sarah Meiners)	1:50.12
8	DENVER (Amber Hillman, Kristi Gloede Miranda Adams, Casey Huber)	1:50.12

Heat 1

1	PANORAMA (Ashley Blome, Jaclynn Wienke Erin McFadden, Amy Clark)	1:47.15 Q
2	FORT DODGE ST. EDMOND (Kelsey Clemens, Missy Rork Liz Becker, Kristan Shanks)	1:49.21 Q
3	CEDAR FALLS NU HIGH (Andrea Hahn, Brie Penaluna Jade McAdams, Ashley Granger)	1:49.90
4	PRESTON/EAST CENTRAL (Erin Daniels, Shayla Franzen Kate Sievers, Amy Young)	1:50.08
5	WEST HANCOCK (Allison Hejlik, Mindy LaCasse Dustie Smith, Heather Gast)	1:50.15
6	STORM LAKE ST. MARY'S (Lindsay Clausen, Michelle Drey Peggy Ploeger, Jen Petersen)	1:50.27
7	EAST MARSHALL (Kelly Drury, Stacy Burns Halie Stalzer, Brandie Johnson)	1:50.68
8	CENTRAL LYON (Kate Boeve, Abby Van Berkum Natalie Harbert, Kara Schar)	1:50.86

Heat 2

1	POCAHONTAS AREA (Heather Dewall, Kellie Kirsch Emily Baade, Rachael Jergens)	1:48.70 Q
2	HINTON (Sheena Getty, Jill Lacey Jessie Vanderkooi, Ashley Bramstedt)	1:49.89
3	PELLA CHRISTIAN (Chandra Fynaardt, Lacey-Jae Huisman Andrea Christensen, Andi Van Vark)	1:50.06
4	BELLE PLAINE (Ashley Jacobi, Katie Herman Michelle Bartachek, Brittani Kozik)	1:50.25
5	WALL LAKE VIEW-AUBURN (Jessie Brotherton, Alison Waggie Marie Sturm, Lindsay Kropf)	1:51.51
6	MANNING (Nancy Puck, Jacquie Dammann Brandi Struve, Jenny Renze)	1:51.56
7	LEMARS GEHLEN CATHOLIC (Tiffany Langel, Emily Puhl Erin Gerber, Missy Janning)	1:51.67
999	NORTHEAST (Kim Eskildsen, Allison Costello Karleen Meggers, Stacy Butt) Heat 3	DNF
1	WEST BRANCH (Rachel Stoolman, LeAnn Woods Kelly Hinkhouse, Tiffany Perkins)	1:48.34 Q
2	TRI-CENTER (LeAnne Ausdemore, Meredith Kosmacek Sarah Manhart, Amber Daringer)	1:48.56 Q
3	APLINGTON-PARKERSBURG (Crystal Williamson, Megan Meyer Brittany Schipper, Amber Uhlenhopp)	1:48.67 Q
4	COON RAPIDS-BAYARD (Melissa Sawyer, Racheal Carstens Steph Hilgenberg, Sarah Meiners)	1:49.05 Q
5	DENVER (Amber Hillman, Kristi Gloede Miranda Adams, Casey Huber)	1:49.13 Q
6	GARNER-HAYFIELD (Lea Weiland, Megan Doble Libby Zwald, Jill Brant)	1:49.62
7	LYNNVILLE-SULLY (Emily Beyer, Lia Van Genderen Keisha Lewis, Julie Scholten)	1:50.09
8	ALGONA GARRIGAN (Deanna Kohlhaas, Janel Richter Heather Stence, Ashley Arndorfer)	1:50.61

4x400-METER RELAY

1	NORTH LINN (Jessie Sackett 61.5, Chelsey Martin 63.5 Emily Broghammer 61.9, Kara Robinson 59.4)	4:06.33
2	NORTHEAST (Kim Eskildsen 62.4, Stephanie Howe 65.1 Karleen Meggers 61.0, Stacy Butt 59.8)	4:08.35
3	HINTON (Sheena Getty 65.5, Ashley Bramstedt 60.8 Jessie Vanderkooi 62.5, Mikyla Hardersen 61.0)	4:09.80
4	PANORAMA (Ashley Blome 62.4, Shelby Sutherland 66.3 Jaclynn Wienke 61.9, Amy Clark 60.4)	4:11.09
5	LEMARS GEHLEN CATHOLIC (Missy Janning 62.9, Emily Puhl 62.3 Sara Langel 64.5, Jess Sitzmann 62.4)	4:12.14
6	GALVA-HOLSTEIN (Stacy Friedrichsen 63.2, Donna Hanson 65.2 Darci Vohs 62.9, Abbie Bagenstos 61.8)	4:13.19
7	COUNCIL BLUFFS ST. ALBERT (Katie Milner 64.2, Claire Weidman 63.6 Melissa Respiliers 63.0, Melissa Respiliers 65.5)	4:16.39
8	DURANT-BENNETT (Margaret Morris 65.4, Emily Sieren 65.1 Sarah Schulz 65.0, Amanda Otto 65.7)	4:21.26

Heat 1

1	LEMARS GEHLEN CATHOLIC (Missy Janning 63.2, Emily Puhl 62.2 Sara Langel 63.0, Jess Sitzmann 59.9)	4:08.31 Q
2	HINTON (Sheena Getty 64.4, Ashley Bramstedt 60.6 Jessie Vanderkooi 63.9, Mikyla Hardersen 60.1)	4:09.07 Q
3	DURANT-BENNETT (Margaret Morris 62.3, Emily Sieren 63.8 Sarah Schulz 63.8, Amanda Otto 59.5)	4:09.42 Q
4	WALL LAKE VIEW-AUBURN (Jessie Brotherton 61.7, Alison Waggle 65.9 Marie Sturm 63.1, Lindsay Kropf 64.0)	4:14.74
5	AUDUBON (Gina Baier 64.7, Sarah Boehm 64.7 Amber Petersen 63.9, Dena Olsen 62.3)	4:15.49
6	BELLE PLAINE (Katie Herman 64.1, Jill Formanek 65.0 Shalan Danker 64.4, Melissa Frank 62.2)	4:15.70
7	CEDAR FALLS NU HIGH (Bethany Richter 64.4, Lastascia Granger 66.3 Janelle Doddema 63.1, Jillian Doddema 62.5)	4:16.34
8	EAST MARSHALL (Emily Nymeyer 66.4, Kelly Drury 65.4 Halie Stalzer 65.1, Brandie Johnson 63.4)	4:20.35

Heat 2

1	NORTHEAST (Kim Eskildsen 63.4, Stephanie Howe 64.4)	4:09.63 Q
---	--	-----------

	Karleen Meggers 61.8, Stacy Butt 60.0)	
2	PANORAMA (Ashley Blome 63.0, Shelby Sutherland 65.5 Jaclynn Wienke 63.1, Amy Clark 60.1)	4:11.92 Q
3	GALVA-HOLSTEIN (Donna Hanson 64.2, Abbie Bagenstos 65.0 Darci Vohs 61.9, Stacy Friedrichsen 60.9)	4:12.09 Q
4	TIPTON (Kristi Mente 63.2, Kaylee Kotz 64.1 Megan Mathias 63.5, Katie Wagner 62.1)	4:12.94
5	FREDERICKSBURG (Heather Goodrich 64.5, Amber Suckow 62.6 Santana Hegland 64.8, Kimberly Peterson 61.1)	4:13.03
6	ALGONA GARRIGAN (Heather Stence 63.8, Jeanna Becker 64.8 Ashley Arndorfer 63.6, Janel Richter 62.2)	4:14.44
7	ST. ANSGAR (Steph Schulz 62.8, Jess Thurnau 62.8 Lisa Kriener 63.2, Kristy Larson 62.9)	4:15.05
8	INTERSTATE 35 (Ashlee Dickinson 64.5, Amy Weeks 65.6 Maggie Downs 62.2, Heather Beeler 65.2)	4:17.73
	Heat 3	
1	NORTH LINN (Jessie Sackett 61.2, Chelsey Martin 62.8 Emily Broghammer 61.7, Kara Robinson 59.2)	4:04.97 Q
2	COUNCIL BLUFFS ST. ALBERT (Eve Johnson 62.5, Claire Weidman 62.2 Melissa Respliers 61.4, Kim Burns 60.8)	4:06.96 Q
3	FORT DODGE ST. EDMOND (Megan Bradley 63.5, Katie Rosenburgh 63.4 Liz Becker 64.5, Ashley Black 61.1)	4:12.51
4	WEST HANCOCK (Steph Arey 62.8, Dustie Smith 62.9 Mindy LaCasse 65.7, Alicia Zadow 61.7)	4:13.13
5	GARNER-HAYFIELD (Melissa Atalig 66.0, Erin Neuberger 66.0 Janeen Fel 62.21, Jill Brant 62.5)	4:15.88
6	MANNING (Nancy Puck 62.9, Jacquie Dammann 66.1 Laura Heithoff 66.9, Jenny Renze 62.5)	4:18.43
7	WEST BRANCH (Rachel Stoolman 63.1, Emily Hahn 69.1 Marlena Nash 64.5, LeAnn Woods 63.5)	4:20.23
8	HLV (Lori Warden 67.3, Steph Beran 62.3 Ellyssa Crane 65.9, Gina Martin 65.6)	4:25.13

4x800-METER RELAY

1	COUNCIL BLUFFS ST. ALBERT (Katie Milner 2:25.0, Claire Weidman 2:27.7)	09:36.07
---	---	----------

	Laura Sawatzke 2:20.8, Eve Johnson 2:22.4)	
2	DURANT-BENNETT (Margaret Morris, Jesslyn Von Muester Dawn Henrich, Amanda Otto 2:19.7)	09:48.98
3	NORTH LINN (Chelsey Martin 2:29.3, Amanda Maas 2:27.8 Jessie Sackett 2:24.7, Emily Broghammer 2:27.9)	09:49.84
4	LEMARS GEHLEN CATHOLIC (Emily Puhl 2:26.0, Jess Sitzmann 2:30.5 Des Campbell 2:28.8, Sara Langel 2:32.6)	09:58.09
5	GALVA-HOLSTEIN (Shelley Cronin 2:31.1, Donna Hanson 2:32.0 Janel Smith 2:28.4, Laura Jacobson 2:27.5)	09:59.00
6	TREYNOR (Chrissy Bloom 2:29.2, Teresa Reineke 2:31.7 Laura Saar 2:34.4, Katie Maguire 2:25.0)	10:00.22
7	LOGAN-MAGNOLIA (Ingrid Frisk 2:25.8, Jill Peterson 2:34.0 Emilie Burkhart 2:35.3, Erin Makey 2:26.0)	10:01.18
8	LAURENS-MARATHON (Lindsey Meyer, Tiffany Dallenbach Carmen Moss, Brooke Ferguson 2:29.1)	10:02.00
9	COLO-NESCO (Jennifer Titus 2:30.1, Jackie McNamara 2:35.1 Dana Johnson 2:29.8, Sara Phillips 2:29.6)	10:04.82
10	PRESTON/EAST CENTRAL (Kayla Fulrath, Ashley Helmle Lindsay Trenkamp, Linissa Bowman)	10:07.94
11	BCLUW (Tricia Sharp 2:27.7, Meghan Schipper 2:34.0 Morgan Martin 2:35.2, Marissa Martin 2:31.1)	10:08.09
12	SOUTH HAMILTON (Kristin Lindaman 2:34.0, Jamie Olson 2:33.1 Jenna Neuman 2:34.7, Emily Klein 2:27.5)	10:09.39
13	WAPSIE VALLEY (Joy Schutte, Rae Ryan Heather Boevers, Sheila Cox 2:32.5)	10:09.93
14	ENGLISH VALLEYS (Dana Wilkerson, Melissa Caster Janelle Greene, Sarah Greene)	10:10.05
15	GARNER-HAYFIELD (Melissa Atalig, Amanda Howie Katie Hammitt, Janeen Fell)	10:12.40
16	TIPTON (Kristi Mente, Megan Mathias Molly Wiese, Katie Wagner)	10:17.20
17	BONDURANT-FARRAR (Jessica Sauer, Amanda Harter Megan Sauer, Brooke Boley 2:25.1)	10:19.60
18	ALGONA GARRIGAN (Teresa McGuire, Shelly DeVries Angie Kohlhaas, Nellie Fowler)	10:20.09
19	COON RAPIDS-BAYARD	10:21.08

	(Katie Tigges, Jill Nees Jackie Schaefer, Kari Tigges)	
20	LYNNVILLE-SULLY (Amber Ver Ploeg 2:32.4, Jenna Conover 2:42.7 Clarissa Doll 2:40.6, Jill Rozendaal 2:27.8)	10:23.55
21	NASHUA-PLAINFIELD (Shelly Matthias, Casey Willsher Sheena Weinberg, Stacy Wedeking)	10:24.14
22	ST. ANSGAR (Katie Schwarck, Amanda Saaranen Steph Schulz, Tina May)	10:24.85
23	AUDUBON (Sarah Boehm, Erin Monahan Autum Wulf, Gina Baier)	10:25.81
24	CORNING (Chelsey Hogan, Sheila Michael Blair McCuen, Stephanie DeVore)	10:28.48

SPRINT MEDLEY RELAY

1	HLV (Laura Pirkl, Cari Kinzenbaw Lindsay Beran, Robin Sullivan 57.6)	1:52.15
2	COUNCIL BLUFFS ST. ALBERT (Melissa Respiliers, Kelly Burns Kim Burns, Laura Sawatzke 58.9)	1:52.74
3	DENVER (Erin Doepke, Kristi Gloede Amber Hillman, Casey Huber 59.9)	1:53.84
4	CENTRAL LYON (Kara Schar, Abby Van Berkum Kate Boeve, Meghann Reifenrath 59.8)	1:53.94
5	APLINGTON-PARKERSBURG (Melea Zacharias, Ashley Uhlenhopp Amber Uhlenhopp, Megan Meyer 61.7)	1:54.38
6	PANORAMA (Kaylinn Hoyt, Megan McDermott Erin McFadden, Amy Clark)	1:55.27
7	BELLE PLAINE (Ashley Jacobi, Melynda Balvin Brittani Kozik, Michelle Bartachek)	1:56.68
8	POCAHONTAS AREA (Ann Phillips, Loni McClintock Emily Baade, Rachael Jergens)	1:57.05
Heat 1		
1	COUNCIL BLUFFS ST. ALBERT (Melissa Respiliers, Kelly Burns Kim Burns, Laura Sawatzke 59.9)	1:53.03 Q
2	PANORAMA (Kaylinn Hoyt, Megan McDermott Erin McFadden, Amy Clark 59.8)	1:54.14 Q

3	FORT DODGE ST. EDMOND (Kelsey Clemens, Ashley Black Kristan Shanks, Missy Rork 61.4)	1:55.02
4	ENGLISH VALLEYS (Melissa Caster, Brianna Morrison Sarah Greene, Dana Wilkerson 60.1)	1:55.06
5	MANNING (Jenny Renze, Brandi Struve Jacquie Dammann, Nancy Puck 61.3)	1:55.80
6	WALL LAKE VIEW-AUBURN (Alison Waggie, Marie Sturm Lindsay Kropf, Jessie Brotherton 61.2)	1:56.26
7	PRESTON/EAST CENTRAL (Riley Diercks, Shayla Franzen Erin Daniels, Amy Young 61.6)	1:56.67
8	FREDERICKSBURG (Alecia Schoonover, Amber Suckow Bethany Ludwig, Kimberly Peterson 62.1)	1:57.12
	Heat 2	
1	DENVER (Erin Doepke, Kristi Gloede Amber Hillman, Casey Huber 59.6)	1:53.28 Q
2	APLINGTON-PARKERSBURG (Melea Zacharias, Ashley Uhlenhopp Amber Uhlenhopp, Megan Meyer 61.3)	1:53.29 Q
3	CENTRAL LYON (Kara Schar, Kate Boeve Abby Van Berkum, Meghann Reifenrath 58.3)	1:53.36 Q
4	MADRID (Becca Dalton, Jennifer Berg Tracy Thomas, Tiffany Polich 60.7)	1:55.34
5	DIKE-NEW HARTFORD (Diann Merfeld, Andrea Shaw Britt Bakker, Krystle Cordes 60.4)	1:56.19
6	WEST HANCOCK (Kristin Harle, Kelly Wagner Mindy LaCasse, Alicia Zadow 61.1)	1:56.23
7	CLARION-GOLDFIELD (Alaina Struthers, Lisa Lunde Kelly Cramer, Annie Olson 61.0)	1:56.59
999	COLUMBUS (3-4 ozone) (Jennifer Meeker, Nicole Stewart Sammi Smith, Amanda Schweitzer 61.3)	dq-1:55.32
	HEAT 3	
1	HLV (Laura Pirkkl, Cari Kinzenbaw Lindsay Beran, Robin Sullivan 57.8)	1:51.31 Q
2	BELLE PLAINE (Ashley Jacobi, Melynda Balvin Brittani Kozik, Michelle Bartachek 62.4)	1:54.61 Q
3	POCAHONTAS AREA (Ann Phillips, Loni McClintock Emily Baade, Rachael Jergens 60.4)	1:54.78 Q

4	COON RAPIDS-BAYARD (Melissa Sawyer, Steph Hilgenberg Racheal Carstens, Sarah Meiners 60.6)	1:55.87
5	TREYNOR (Jennifer Anderson, Anna Brantz Jenny Owens, Katie Maguire 61.3)	1:56.14
6	BCLUW (Amy Zern, Andrea Siebring Lauren Moler, Tricia Sharp 61.8)	1:57.02
7	INTERSTATE 35 (Callie Collins, Tiffany Hoover Amy Weeks, Maggie Downs 61.7)	1:58.33
8	MARCUS-MERIDEN-CLEGHORN (Jaci Schreier, Emily Taylor Megan Sohn, Lindsey Hauschildt 64.4)	1:59.95

DISTANCE MEDLEY RELAY

1	APLINGTON-PARKERSBURG (Natalie Brocka, Megan Meyer Brittany Schipper 62.1, Jill Schwiebert 2:17.5)	4:14.61
2	AHST (Lana Messinger, Nicole Huttman Cassie Jacobsen, Ashley Adams)	4:15.60
3	NORTH LINN (Chelsey Martin, Emily Broghammer Kara Robinson 60.1, Jessie Sackett 2:20.9)	4:16.08
4	BELLE PLAINE (Ashley Jacobi, Katie Herman Michelle Bartachek 60.8, Brittani Kozik 2:21.1)	4:16.89
5	HINTON (Sheena Getty, Jessie Vanderkooi Ashley Bramstedt 60.2, Mikyla Hardersen 2:20.8)	4:17.47
6	COUNCIL BLUFFS ST. ALBERT (Kim Burns, Melissa Respiliers Laura Sawatzke 59.5, Katie Milner 2:24.6)	4:17.48
7	STANTON (Emily Goddard, Rachelle Zenor Carrie Hallquist 62.2, Teresa Booth 2:23.7)	4:21.31
8	MADRID (Tracy Thomas, Becca Dalton Tiffany Polich 61.6, Jessica Latta 2:23.9)	4:21.72
9	ARMSTRONG-RINGSTED (Lindsey Walker, Sheena Benson Diana Pelzer 65.1, Meredith McKean 2:22.7)	4:23.90
10	TURKEY VALLEY (Liz Krivachek, Leah Einwalter Kim Tupy, Elizabeth Hageman)	4:23.99
11	GALVA-HOLSTEIN (Tegan Jepsen, Emily Schweitzberger Darci Vohs 61.7, Laura Jacobson 2:23.9)	4:24.26
12	CEDAR FALLS NU HIGH	4:24.27

	(Jade McAdams, Lastascia Granger Jillian Doddema, Bethany Richter)	
13	LOGAN-MAGNOLIA (Kim Kersten, Jill Peterson Ingrid Frisk, Erin Makey 2:22.2)	4:24.56
14	UNDERWOOD (Sarah Sealock, Alisha Christensen Jessica Torneten 64.1, Rachel Adams 2:23.1)	4:24.60
15	PRESTON/EAST CENTRAL (Erin Daniels, Ashley Helmle Amy Young, Lara Bowman 2:26.5)	4:24.80
16	SOUTH O'BRIEN (Ann-Marie Rosenboom, Jenn Woolston Leah Lundquist 64.1, Mary Kummerfeld 2:24.8)	4:25.30
17	TIPTON (Kelly Cook, Danielle Chapman Megan Mathias, Katie Wagner)	4:28.90
18	COON RAPIDS-BAYARD (Jenny Vitzthum, Racheal Carstens Sarah Meiners, Katie Tigges)	4:30.47
19	HLV (Laura Pirkel, Sarah Hinrichs Steph Beran, Gina Martin)	4:31.58
20	ROCKWELL CITY-LYTTON (Stephanie Hecht, Riley Lenz Jill Johnson, Katie Lantz)	4:33.10
21	INTERSTATE 35 (Maggie Downs, Amy Weeks Heather Beeler, Ashlee Dickinson)	4:35.32
22	NORTHEAST HAMILTON (Jenny Reeves, Christina Pruisman Melinda Doolittle, Emery Burton)	4:36.94
23	ROCKWELL-SWALEDALE (Heather Ames, Traci Koppen Rachael Mesner, Carrie Stromley)	4:37.18
999	VAN BUREN (Kendra Kelley, Shelby Spates Leslie Weller, Makyla Sprouse)	DNF

SHUTTLE HURDLE RELAY

1	OKOBOJI (Alysa Klein, Kasey Anderson Katie Keizer, Staci VanderBerg)	1:05.44
2	WEST BRANCH (LeAnn Woods, Kristin Black Michelle Pelzer, Tiffany Perkins)	1:05.46
3	BONDURANT-FARRAR (Shelby Cloke, Kelsey Powell Kimber Kunze, Ashley Schiermeister)	1:05.72
4	LEMARS GEHLEN CATHOLIC (Shannon Sitzmann, Jacque Loutsch)	1:06.16

Des Campbell, Sara Langel)
 5 TRIPOLI 1:07.01
 (Kayla Buls, Erica Slack
 Heidi Leyh, Patricia Dietz)
 6 CHARTER OAK-UTE 1:07.02
 (Lilly Woodard, Leisha Kunze
 Maria Melby, Kelsey Grindle)
 7 BATTLE CREEK-IDA GROVE 1:07.17
 (Kim Hannel, Ashley Van Kekerix
 Kristy Siebrecht, Heidi Harriman)
 8 ALBURNETT 1:11.16
 (Sarah Trumm, Erica Smith
 Nicole Wood, Nikki Price)

Heat 1

1 BONDURANT-FARRAR 1:06.20 Q
 (Kelsey Powell 16.5, Shelby Cloke 17.7
 Ashley Schiermeister 15.9, Kimber Kunze 16.1)
 2 LEMARS GEHLEN CATHOLIC 1:06.24 Q
 (Shannon Sitzmann 16.8, Sara Langel 16.3
 Jacque Loutsch 17.4, Des Campbell 15.7)
 3 UNDERWOOD 1:08.97
 (Memory Bleth, Pamela Masker
 Jamie Boyd, Krystal Cary)
 4 INTERSTATE 35 1:11.20
 (Callie Collins, Emily Herman
 Tiffany Hoover, Jill Mitchell)

1 ALBURNETT 1:07.72 Q
 (Sarah Trumm, Erica Smith
 Nicole Wood, Nikki Price)
 2 CHARTER OAK-UTE 1:08.07 Q
 (Lilly Woodard, Leisha Kunze
 Maria Melby, Kelsey Grindle)
 3 COLLINS-MAXWELL-BAXTER 1:13.06
 (Lindsay Dawson, Jennifer Ness
 Rachel Logsdon, Megan Means)
 4 APLINGTON-PARKERSBURG 1:13.81
 (Teri Cornelius, Natalie Brocka
 Julia Meyer, Melea Zacharias)

Heat 3

1 AR-WE-VA 1:08.20
 (Katie Bierl, Beth Sander
 Kellsey Kock, Kenzie Schweers)
 1 CALAMUS-WHEATLAND 1:08.20
 (Anna Hass, Amanda Goettsch
 Rochelle Behne, Liz Rasmussen)
 3 POCAHONTAS AREA 1:09.56
 (Nicole Ayers, Heather Dewall
 Lindsey Frederickson, Nikki Gruber)
 4 COON RAPIDS-BAYARD 1:11.42
 (Steph Hilgenberg, Erin Davis
 Sami Christensen, Melissa Sawyer)

1	TRIPOLI (Kayla Buls, Erica Slack Heidi Leyh, Patricia Dietz)	1:07.83 Q
2	WEST BRANCH (LeAnn Woods, Kristin Black Michelle Pelzer, Tiffany Perkins)	1:07.86 Q
3	NASHUA-PLAINFIELD (Sherry Matthias, Cindy Hannemann Laura Seamans, Brittany Sinnwell)	1:08.13
4	GARNER-HAYFIELD (Lea Weiland, Emily Hansen Erin Neuberger, Megan Doble)	1:09.38
	Heat 5	
1	OKOBOJI (Alysa Klein 16.0, Kasey Anderson 18.1 Katie Keizer 17.2, Staci VanderBerg 15.1)	1:06.55 Q
2	EAGLE GROVE (Holly McGonegle, Dalecia Morgan Caitlain Jeske, Lyndsay Davis)	1:09.27
3	ROCKWELL-SWALEDALE (Kari Petersen, Dana Noss Rachael Mesner, Mandy Weber)	1:10.06
999	TIPTON (2-3 ozone) (Michaela Osborn, Tracy Fell Kellie Tholen, Jill Fell)	dq-1:08.46
	Heat 6	
1	BATTLE CREEK-IDA GROVE (Kim Hannel 17.8, Ashley Van Kekerix 17.8 Kristy Siebrecht 17.0, Heidi Harriman 15.4)	1:08.00 Q
2	AQUINAS-MARQUETTE (Heather Kramer, Valerie Noll Jill Freesmeier, Jill Helling)	1:08.36
3	EH-KIMBALLTON-WALNUT (Jenn Muell, Jill Troll Cheyenne Pedersen, Heather Kay)	1:08.66
4	MONTEZUMA (Brigitte Lowry, Paige Hoksbergan Amy Iverson, Paige Slaymaker)	1:08.95

2001 STATE TRACK RESULTS

Class 1A -- Friday Results

Updated Friday, May 18 -- 6:15 p.m.

[Go to District & State Meet Page](#)

[Go to 2001 Season Performance Leaders-Over All](#)

[Go to 2001 Season Performance Leaders-Class 1A](#)

[Go to 2001 Season Performance Leaders-Class 2A](#)

[Go to 2001 Season Performance Leaders-Class 3A](#)

[Go to Track & Field Home Page](#)

TEAM SCORING

1	AHST	14	
2	Aplington-Parkersburg		10
3	Cedar Falls NU High		8
3	Okoboji	8	
3	West Marshall		8
6	HLV	6	
6	North Linn	6	
9	Aquinas-Marquette		4
9	Belle Plaine	4	
9	Northeast	4	
9	Woodward-Granger		4
13	Columbus	3	
13	Iowa Valley	3	
13	South Hamilton		3
16	BCLUW	2	
16	Bedford	2	
16	Hinton	2	
16	Stanton	2	
20	Bondurant-Farrar		1
20	Council Bluffs St. Albert		1
20	Panorama	1	
20	St. Ansgar	1	

100 METERS

Heat 1

- 1 Chris London, Forest Ridge, 13.11 Q
- 2 Amanda Thompson, Aquinas-Marquette, 13.12 Q

- 3 Courtney Pilch, New London, 13.14
- 4 Katie Bierl, Ar-We-Va, 13.15
- 5 Laura Northway, Springville, 13.23
- 6 Calli Cronbaugh, Iowa Valley, 13.45
- 7 Karly Rossiter, Wapello, 13.56
- 8 Cassy Bliss, Andrew, 13.76

Heat 2

- 1 Crystal Williamson, Aplington-Parkersburg, 12.89 Q
- 2 Erin Sheeley, Postville, 13.11 Q
- 3 Brandy Olson, Iowa Valley, 13.17
- 4 Julie Muller, Rockford, 13.30
- 5 Whitney Pralle, CAL-Dows, 13.46
- 6 Lindsay Smith, New London, 13.55
- 7 Jessica Liebergen, West Branch, 13.60
- 8 Becky Schweers, Lenox, 13.65

Heat 3

- 1 Meredith Kosmacek, Tri-Center, 12.53 Q
- 2 Elisha Damon, Missouri Valley, 13.03 Q
- 3 Megan Covey, Schaller-Crestland, 13.09 Q
- 4 Krystal Pruin, Northeast Hamilton, 13.10 Q
- 5 Amanda Schweitzer, Columbus, 13.14
- 6 Danielle Nielsen, Westwood, 13.28
- 7 Christie Evans, Collins-Maxwell-Baxter, 13.46
- 8 Heather Gast, West Hancock, 13.50

400 METERS

Heat 1

- 1 Robin Sullivan, HLV, 0:58.38 Q
- 2 Kerianne Hanson, Corwith-Wesley-LuVerne, 1:00.85 Q
- 3 Erin Sheeley, Postville, 1:00.89 Q
- 4 Kara Lass, Ogden, 1:02.18
- 5 Abby Reinert, Eldora-New Providence, 1:02.58
- 6 Katie Schnoes, SCMT, 1:02.63
- 7 Katie Lee, Woodward-Granger, 1:03.31
- 8 Tisha Schofield, Odebolt-Arthur, 1:03.74

Heat 2

- 1 Dana Wilkerson, English Valleys, 0:59.15 Q
- 2 Tricia Sharp, BCLUW, 1:01.31 Q
- 3 Kimberly Peterson, Fredericksburg, 1:02.04
- 4 Anna Wainwright, Villisca, 1:02.15
- 5 Danielle Allen, Alta, 1:02.63
- 6 Carla Carter, Southeast Webster, 1:03.46
- 7 Kelsey Maffin, Van Meter, 1:04.34
- 8 Abby McQuillen, Wilton, 1:05.28

Heat 3

- 1 Meghann Reifenrath, Central Lyon, 0:58.63 Q
- 2 Stephanie Stamm, Olin, 1:00.90 Q
- 3 Sarah Blasburg, Tripoli, 1:01.68 Q
- 4 Jamie Tremel, Woodbine, 1:02.30
- 5 Erika Hoehns, Twin Cedars, 1:02.91
- 6 Krystle Cordes, Dike-New Hartford, 1:03.01
- 7 Tiffany Fisk, Okobojo, 1:03.07
- 8 Nicole Petersen, EH-Kimballton-Walnut, 1:04.92

3000 METERS

Final

- 1 Kristin Hansen, Okobojo, 10:01.88 J
- 2 Karen Johnson, West Branch, 10:36.92
- 3 Rachel O'Connor, Northeast, 10:38.46
- 4 Emily Klein, South Hamilton, 10:40.20
- 5 Teresa Booth, Stanton, 10:43.02
- 6 Brooke Boley, Bondurant-Farrar, 10:55.59
- 7 Ann McMillen, Bedford, 11:12.77
- 8 Tracy Hartwig, Rockwell City-Lytton, 11:15.31
- 9 Stephanie Maule, West Harrison, 11:16.48
- 10 Jenny Cronbaugh, Belle Plaine, 11:19.41
- 11 Lara Bowman, Preston/East Central, 11:22.65
- 12 Melia Raitt, Iowa City Regina, 11:23.89
- 13 Emily Salberg, West Sioux, 11:26.25
- 14 Gail Torkelson, Central Elkader, 11:26.66
- 15 Jennifer Muhl, Calamus-Wheatland, 11:27.40
- 16 Meredith McKean, Armstrong-Ringsted, 11:27.89
- 17 Andi Edwards, Manson-NW Webster, 11:28.82
- 18 Jessica Latta, Madrid, 11:36.51
- 19 Karla Kirchoff, Tripoli, 11:39.22
- 20 Jill Rozendaal, Lynnville-Sully, 11:42.83
- 21 Tiffany Dallenbach, Laurens-Marathon, 11:43.92
- 22 Courtney Jones, Okobojo, 11:44.02
- 23 Laura Haringa, North Central, 11:51.23
- 24 Tonya Lehman, Valley CEW, 12:17.11

100 METER HURDLES

Heat 1

- 1 Kelsey Grindle, Charter Oak-Ute, 15.04 Q
- 2 Laura Nanninga, Tri-Center, 15.06 Q
- 3 Alysa Klein, Okobojo, 15.35 Q
- 4 Melea Zacharias, Aplington-Parkersburg, 15.81 Q
- 5 Jill Fell, Tipton, 16.10
- 6 Krystal Cary, Underwood, 16.24
- 7 Elizabeth Bentley, Riverside, 16.51
- 8 Paige Slaymaker, Montezuma, 17.01

Heat 2

- 1 Nikki Gruber, Pocahontas Area, 15.13 Q

- 2 Brigitte Lowry, Montezuma, 15.72 Q
- 3 Megan Raap, Pekin, 15.87
- 4 Kayla Buls, Tripoli, 16.05
- 5 Amber Russell, Dunkerton, 16.15
- 6 Ashley Schiermeister, Bondurant-Farrar, 16.38
- 7 Michelle Cardo, Valley CEW, 16.48

Heat 3

- 1 Staci VanderBerg, Okoboji, 14.89 Q
- 2 Jill Schwiebert, Aplington-Parkersburg, 15.13 Q
- 3 Heidi Harriman, Battle Creek-Ida Grove, 15.82
- 4 Tasha Johnson, West Hancock, 16.03
- 5 Cigi Low, Camanche, 16.16
- 6 Gina Bruellman, West Bend-Mallard, 16.33
- 7 Michelle Pelzer, West Branch, 16.45
- 8 Kimber Kunze, Bondurant-Farrar, 16.54

4x100 METER RELAY

Heat 1

- 1 CEDAR FALLS NU HIGH, (Andrea Hahn, Brie Penaluna, Jade McAdams, Ashley Granger), 50.90 Q
- 2 FORT DODGE ST. EDMOND, (Kelsey Clemens, Ashley Black, Kristan Shanks, Missy Rork), 51.56 Q
- 3 DENVER, (Christy Fagerlind, Amber Hillman, Leia Adams, Kristi Gloede), 51.63 Q
- 4 PANORAMA, (Ashley Blome, Michelle Krause, Erin McFadden, Jaclynn Wienke), 51.87
- 5 TREYNOR, (Jennifer Anderson, Jenny Owens, Anna Brantz, Katie Maguire), 51.95
- 6 CENTRAL LYON, (Kara Schar, Kate Boeve, Natalie Harbert, Meghann Reifenrath), 52.31
- 7 EAST MARSHALL, (Kelly Drury, Stacy Burns, Lisa Scott, Brandie Johnson), 52.58
- 8 MARCUS-MERIDEN-CLEGHORN, (Abby Schlenger, Emily Taylor, Miranda Boekhout, Megan Sohn), 54.27

Heat 2

- 1 POCAHONTAS AREA, (Heather Dewall, Nikki Gruber, Emily Baade, Rachael Jergens), 50.64 Q
- 2 NORTHEAST, (Angie Adrian, Karleen Meggers, Kim Eskildsen, Stacy Butt), 50.91 Q
- 3 COLUMBUS, (Jennifer Meeker, Nicole Stewart, Amanda Schweitzer, Sammi Smith), 51.55 Q
- 4 WEST HANCOCK, (Heather Gast, Kristin Harle, Allison Hejlik, Tasha Johnson), 52.03
- 5 NORTHEAST HAMILTON, (Krystal Pruin, Jenny Reeves, Christina Pruisman, Courtney Nelson), 52.50
- 6 JANESVILLE, (Brooke Witcher, Jenny Brumley, Stephanie Holding, Christa Moyer), 52.71
- 7 DANVILLE, (Molly Wood, Emily Nelson, Jennifer Mynatt, Megan Fraise), 52.73
- 8 WEST LYON, (Leah Karli, Libby Gerber, Shiri Simmons, Katie Leuthold), 52.96

Heat 3

- 1 TRI-CENTER, (Laura Nanninga, Meredith Kosmacek, LeAnne Ausdemore, Amber Daringer), 50.33 Q
- 2 APLINGTON-PARKERSBURG, (Natalie Brocka, Amber Uhlenhopp, Melea Zacharias, Crystal Williamson), 50.76 Q
- 3 NEW LONDON, (Lindsay Smith, Whitney Gilleard, Stephanie Fischer, Courtney Pilch), 52.24
- 4 PELLA CHRISTIAN, (Andi Van Vark, Lacey-Jae Huisman, Chandra Fynaardt, Andrea Christensen), 52.35
- 5 IOWA VALLEY, (Megan Rohrssen, Calli Cronbaugh, Abby Cronbaugh, Brandy Olson), 52.38
- 6 LYNNVILLE-SULLY, (Emily Beyer, Lia Van Genderen, Keisha Lewis, Julie Scholten), 52.41
- 7 COLLINS-MAXWELL-BAXTER, (Christie Evans, Jamie Enfield, Lindsay Dawson, Megan Means), 52.52

8 CAMANCHE, (Ashley Steines, Amanda Davis, Tara Hoge, Cigi Low), 52.77

4x200 METERS

Heat 1

- 1 PANORAMA, (Ashley Blome, Jaclynn Wienke, Erin McFadden, Amy Clark), 1:47.15 Q
- 2 FORT DODGE ST. EDMOND, (Kelsey Clemens, Missy Rork, Liz Becker, Kristan Shanks), 1:49.21 Q
- 3 CEDAR FALLS NU HIGH, (Andrea Hahn, Brie Penaluna, Jade McAdams, Ashley Granger), 1:49.90
- 4 PRESTON/EAST CENTRAL, (Erin Daniels, Shayla Franzen, Kate Sievers, Amy Young), 1:50.08
- 5 WEST HANCOCK, (Allison Hejlik, Mindy LaCasse, Dustie Smith, Heather Gast), 1:50.15
- 6 STORM LAKE ST. MARY'S, (Lindsay Clausen, Michelle Drey, Peggy Ploeger, Jen Petersen), 1:50.27
- 7 EAST MARSHALL, (Kelly Drury, Stacy Burns, Halie Stalzer, Brandie Johnson), 1:50.68
- 8 CENTRAL LYON, (Kate Boeve, Abby Van Berkum, Natalie Harbert, Kara Schar), 1:50.86

Heat 2

- 1 POCAHONTAS AREA, (Heather Dewall, Kellie Kirsch, Emily Baade, Rachael Jergens), 1:48.70 Q
- 2 HINTON, (Sheena Getty, Jill Lacey, Jessie Vanderkooi, Ashley Bramstedt), 1:49.89
- 3 PELLA CHRISTIAN, (Chandra Fynaardt, Lacey-Jae Huisman, Andrea Christensen, Andi Van Vark), 1:50.06
- 4 BELLE PLAINE, (Ashley Jacobi, Katie Herman, Michelle Bartachek, Brittani Kozik), 1:50.25
- 5 WALL LAKE VIEW-AUBURN, (Jessie Brotherton, Alison Waggle, Marie Sturm, Lindsay Kropf), 1:51.51
- 6 MANNING, (Nancy Puck, Jacquie Dammann, Brandi Struve, Jenny Renze), 1:51.56
- 7 LEMARS GEHLEN CATHOLIC, (Tiffany Langel, Emily Puhl, Erin Gerber, Missy Janning), 1:51.67

Heat 3

- 1 WEST BRANCH, (Rachel Stoolman, LeAnn Woods, Kelly Hinkhouse, Tiffany Perkins), 1:48.34 Q
- 2 TRI-CENTER, (LeAnne Ausdemore, Meredith Kosmacek, Sarah Manhart, Amber Daringer), 1:48.56 Q
- 3 APLINGTON-PARKERSBURG, (Crystal Williamson, Megan Meyer, Brittany Schipper, Amber Uhlenhopp), 1:48.67 Q
- 4 COON RAPIDS-BAYARD, (Melissa Sawyer, Racheal Carstens, Steph Hilgenberg, Sarah Meiners), 1:49.05 Q
- 5 DENVER, (Amber Hillman, Kristi Gloede, Miranda Adams, Casey Huber), 1:49.13 Q
- 6 GARNER-HAYFIELD, (Lea Weiland, Megan Doble, Libby Zwald, Jill Brant), 1:49.62
- 7 LYNNVILLE-SULLY, (Emily Beyer, Lia Van Genderen, Keisha Lewis, Julie Scholten), 1:50.09
- 8 ALGONA GARRIGAN, (Deanna Kohlhaas, Janel Richter, Heather Stence, Ashley Arndorfer), 1:50.61

4x400-METER RELAY

Heat 1

- 1 LEMARS GEHLEN CATHOLIC, (Missy Janning, Emily Puhl, Sara Langel, Jess Sitzmann), 4:08.31 Q
- 2 HINTON, (Sheena Getty, Ashley Bramstedt, Jessie Vanderkooi, Mikyla Hardersen), 4:09.07 Q
- 3 DURANT-BENNETT, (Margaret Morris, Emily Sieren, Sarah Schulz, Amanda Otto), 4:09.42 Q
- 4 WALL LAKE VIEW-AUBURN, (Jessie Brotherton, Alison Waggle, Marie Sturm, Lindsay Kropf), 4:14.74
- 5 AUDUBON, (Gina Baier, Sarah Boehm, Amber Petersen, Dena Olsen), 4:15.49
- 6 BELLE PLAINE, (Katie Herman, Jill Formanek, Shalan Danker, Melissa Frank), 4:15.70
- 7 CEDAR FALLS NU HIGH, (Bethany Richter, Lastascia Granger, Janelle Doddema, Jillian Doddema), 4:16.34
- 8 EAST MARSHALL, (Emily Nymeyer, Kelly Drury, Halie Stalzer, Brandie Johnson), 4:20.35

Heat 2

- 1 NORTHEAST, (Kim Eskildsen, Stephanie Howe, Karleen Meggers, Stacy Butt), 4:09.63 Q
- 2 PANORAMA, (Ashley Blome, Shelby Sutherland, Jaclynn Wienke, Amy Clark), 4:11.92 Q

- 3 GALVA-HOLSTEIN, (Donna Hanson, Abbie Bagenstos, Darci Vohs, Stacy Friedrichsen), 4:12.09 Q
- 4 TIPTON, (Kristi Mente, Kaylee Kotz, Megan Mathias, Katie Wagner), 4:12.94
- 5 FREDERICKSBURG, (Heather Goodrich, Amber Suckow, Santana Hegland, Kimberly Peterson), 4:13.03
- 6 ALGONA GARRIGAN, (Heather Stence, Jeanna Becker, Ashley Arndorfer, Janel Richter), 4:14.44
- 7 ST. ANSGAR, (Steph Schulz, Jess Thurnau, Lisa Kriener, Kristy Larson), 4:15.05
- 8 INTERSTATE 35, (Ashlee Dickinson, Amy Weeks, Maggie Downs, Heather Beeler), 4:17.73

Heat 3

- 1 NORTH LINN, (Jessie Sackett, Chelsey Martin, Emily Broghammer, Kara Robinson), 4:04.97 Q
- 2 COUNCIL BLUFFS ST. ALBERT, (Eve Johnson, Claire Weidman, Melissa Respilers, Kim Burns), 4:06.96 Q
- 3 FORT DODGE ST. EDMOND, (Megan Bradley, Katie Rosenburgh, Liz Becker, Ashley Black), 4:12.51
- 4 WEST HANCOCK, (Steph Arey, Dustie Smith, Mindy LaCasse, Alicia Zadow), 4:13.13
- 5 GARNER-HAYFIELD, (Melissa Atalig, Erin Neuberger, Janeen Fell, Jill Brant), 4:15.88
- 6 MANNING, (Nancy Puck, Jacquie Dammann, Laura Heithoff, Jenny Renze), 4:18.43
- 7 WEST BRANCH, (Rachel Stoolman, Emily Hahn, Marlena Nash, LeAnn Woods), 4:20.23
- 8 HLV, (Lori Warden, Steph Beran, Ellyssa Crane, Gina Martin), 4:25.13

DISTANCE MEDLEY

FINAL

- 1 APLINGTON-PARKERSBURG, (Natalie Brocka, Megan Meyer, Brittany Schipper, Jill Schwiebert), 4:14.61
- 2 AHST, (Lana Messinger, Nicole Huttman, Cassie Jacobsen, Ashley Adams), 4:15.60
- 3 NORTH LINN, (Chelsey Martin, Emily Broghammer, Kara Robinson, Jessie Sackett), 4:16.08
- 4 BELLE PLAINE, (Ashley Jacobi, Katie Herman, Michelle Bartachek, Brittani Kozik), 4:16.89
- 5 HINTON, (Sheena Getty, Jessie Vanderkooi, Ashley Bramstedt, Mikyla Hardersen), 4:17.47
- 6 COUNCIL BLUFFS ST. ALBERT, (Kim Burns, Melissa Respilers, Laura Sawatzke, Katie Milner), 4:17.48
- 7 STANTON, (Emily Goddard, Rachele Zenor, Carrie Hallquist, Teresa Booth), 4:21.31
- 8 MADRID, (Tracy Thomas, Becca Dalton, Tiffany Polich, Jessica Latta), 4:21.72
- 9 ARMSTRONG-RINGSTED, (Lindsey Walker, Sheena Benson, Diana Pelzer, Meredith McKean), 4:23.90
- 10 TURKEY VALLEY, (Liz Krivachek, Leah Einwalter, Kim Tupy, Elizabeth Hageman), 4:23.99
- 11 GALVA-HOLSTEIN, (Tegan Jepsen, Emily Schweitzberger, Darci Vohs, Laura Jacobson), 4:24.26
- 12 CEDAR FALLS NU HIGH, (Jade McAdams, Lastascia Granger, Jillian Doddema, Bethany Richter), 4:24.27
- 13 LOGAN-MAGNOLIA, (Kim Kersten, Jill Peterson, Ingrid Frisk, Erin Makey), 4:24.56
- 14 UNDERWOOD, (Sarah Sealock, Alisha Christensen, Jessica Torneten, Rachel Adams), 4:24.60
- 15 PRESTON/EAST CENTRAL, (Erin Daniels, Ashley Helmle, Amy Young, Lara Bowman), 4:24.80
- 16 SOUTH O'BRIEN, (Ann-Marie Rosenboom, Jenn Woolston, Leah Lundquist, Mary Kummerfeld), 4:25.30
- 17 TIPTON, (Kelly Cook, Danielle Chapman, Megan Mathias, Katie Wagner), 4:28.90
- 18 COON RAPIDS-BAYARD, (Jenny Vitzthum, Racheal Carstens, Sarah Meiners, Katie Tigges), 4:30.47
- 19 HLV, (Laura Pirkel, Sarah Hinrichs, Steph Beran, Gina Martin), 4:31.58
- 20 ROCKWELL CITY-LYTTON, (Stephanie Hecht, Riley Lenz, Jill Johnson, Katie Lantz), 4:33.10
- 21 INTERSTATE 35, (Maggie Downs, Amy Weeks, Heather Beeler, Ashlee Dickinson), 4:35.32
- 22 NORTHEAST HAMILTON, (Jenny Reeves, Christina Pruisman, Melinda Doolittle, Emery Burton), 4:36.94
- 23 ROCKWELL-SWALEDALE, (Heather Ames, Traci Koppen, Rachael Mesner, Carrie Stromley), 4:37.18

SHUTTLE HURDLE RELAY

Heat 1

- 1 BONDURANT-FARRAR, (Kelsey Powell, Shelby Cloke, Ashley Schiermeister, Kimber Kunze), 1:06.20 Q
- 2 LEMARS GEHLEN CATHOLIC, (Shannon Sitzmann, Sara Langel, Jacque Loutsch, Des Campbell), 1:06.24 Q
- 3 UNDERWOOD, (Memory Bleth, Pamela Masker, Jamie Boyd, Krystal Cary), 1:08.97

4 INTERSTATE 35, (Callie Collins, Emily Herman, Tiffany Hoover, Jill Mitchell), 1:11.20

Heat 2

- 1 ALBURNETT, (Sarah Trumm, Erica Smith, Nicole Wood, Nikki Price), 1:07.72 Q
- 2 CHARTER OAK-UTE, (Lilly Woodard, Leisha Kunze, Maria Melby, Kelsey Grindle), 1:08.07 Q
- 3 COLLINS-MAXWELL-BAXTER, (Lindsay Dawson, Jennifer Ness, Rachel Logsdon, Megan Means), 1:13.06
- 4 APLINGTON-PARKERSBURG, (Teri Cornelius, Natalie Brocka, Julia Meyer, Melea Zacharias), 1:13.81

Heat 3

- 1 AR-WE-VA, (Katie Bierl, Beth Sander, Kellsey Kock, Kenzie Schweers), 1:08.20
- 1 CALAMUS-WHEATLAND, (Anna Hass, Amanda Goetsch, Rochelle Behne, Liz Rasmussen), 1:08.20
- 3 POCAHONTAS AREA, (Nicole Ayers, Heather Dewall, Lindsey Frederickson, Nikki Gruber), 1:09.56
- 4 COON RAPIDS-BAYARD, (Steph Hilgenberg, Erin Davis, Sami Christensen, Melissa Sawyer), 1:11.42

Heat 4

- 1 TRIPOLI, (Kayla Buls, Erica Slack, Heidi Leyh, Patricia Dietz), 1:07.83 Q
- 2 WEST BRANCH, (LeAnn Woods, Kristin Black, Michelle Pelzer, Tiffany Perkins), 1:07.86 Q
- 3 NASHUA-PLAINFIELD, (Sherry Matthias, Cindy Hannemann, Laura Seamans, Brittany Sinnwell), 1:08.13
- 4 GARNER-HAYFIELD, (Lea Weiland, Emily Hansen, Erin Neuberger, Megan Doble), 1:09.38

Heat 5

- 1 OKOBOJI, (Alysa Klein, Kasey Anderson, Katie Keizer, Staci VanderBerg), 1:06.55 Q
- 2 EAGLE GROVE, (Holly McGonegle, Dalecia Morgan, Caitlain Jeske, Lyndsay Davis), 1:09.27
- 3 ROCKWELL-SWALEDALE, (Kari Petersen, Dana Noss, Rachael Mesner, Mandy Weber), 1:10.06

Heat 6

- 1 BATTLE CREEK-IDA GROVE, (Kim Hannel, Ashley Van Kekerix, Kristy Siebrecht, Heidi Harriman), 1:08.00 Q
- 2 AQUINAS-MARQUETTE, (Heather Kramer, Valerie Noll, Jill Freesmeier, Jill Helling), 1:08.36
- 3 EH-KIMBALLTON-WALNUT, (Jenn Muell, Jill Troll, Cheyenne Pedersen, Heather Kay), 1:08.66
- 4 MONTEZUMA, (Brigitte Lowry, Paige Hoksbergan, Amy Iverson, Paige Slaymaker), 1:08.95

LONG JUMP

FINAL

- 1 Brie Penaluna, Cedar Falls NU High, 18'00" (5.49m)
- 2 Robin Sullivan, HLV, 17'06.75" J* (5.35m)
- 3 Amanda Thompson, Aquinas-Marquette, 17'05" (5.31m)
- 4 Brandy Olson, Iowa Valley, 17'03" (5.26m)
- 5 Ashley Nally, Bedford, 17'00" (5.18m)
- 6 Erin McFadden, Panorama, 16'11.75" J* (5.18m)
- 7 Jessica Liebergen, West Branch, 16'08" (5.08m)
- 8 Teresa Hanna, Laurens-Marathon, 16'05" (5.00m)
- 9 Cigi Low, Camanche, 16'04" (4.98m)
- 10 Dana Wilkerson, English Valleys, 16'03.25" J* (4.96m)
- 11 Christine French, Alburnett, 16'02.50" J* (4.94m)

- 12 Abbie Bagenstos, Galva-Holstein, 16'00.75" J* (4.90m)
- 13 Lana Messinger, AHST, 16'00.25" J* (4.88m)
- 14 Jamie Tremel, Woodbine, 16'00.25" J* (4.88m)
- 15 Katie Bierl, Ar-We-Va, 15'11.75" J* (4.87m)
- 16 Ashley Peters, Eldora-New Providence, 15'10" (4.83m)
- 17 Amber Hillman, Denver, 15'08.50" J* (4.79m)
- 18 Aubrey Dolan, East Buchanan, 15'06" (4.72m)
- 19 Kerianne Hanson, Corwith-Wesley-LuVerne, 15'05" (4.70m)
- 20 Becky O'Rourke, Sigourney, 15'00.75" J* (4.59m)
- 21 Janessa Ingram, West Monona, 14'05" (4.39m)
- 22 Nicki Petersburg, North Central, 13'11" (4.24m)

DISCUS

Heat 1

- 1 Jill Eggers, West Marshall, 128'08" (39.22m)
- 2 Ann Gramkow, AHST, 126'05" (38.53m)
- 3 Anne Marie Zeller, Woodward-Granger, 120'11" (36.86m)
- 4 Lindsay Rueckert, Columbus, 118'08" (36.17m)
- 5 Janell Ward, BCLUW, 118'03" (36.04m)
- 6 Amanda Meitner, St. Ansgar, 116'09" (35.59m)
- 7 Katie Foley, Tipton, 112'10" (34.39m)
- 8 Katie Brown, Camanche, 112'10" (34.39m)
- 9 Melissa Blessington, Southern Cal, 110'09" (33.76m)
- 10 Jennifer Raim, Iowa Deaf, 110'04" (33.63m)
- 11 Kim Mehlin, Treynor, 106'09" (32.54m)
- 12 Emily Behrens, Laurens-Marathon, 104'01" (31.72m)
- 13 Karla Johnson, Laurens-Marathon, 103'10" (31.65m)
- 14 Jenny Heebner, Lakeland, 103'08" (31.60m)
- 15 Emily Randolph, Northeast, 101'06" (30.94m)
- 16 Shayla Franzen, Preston/East Central, 101'02" (30.84m)
- 17 Kerri Helm, Lenox, 099'09" (30.40m)
- 18 Amber Ashley, Stanton, 099'03" (30.25m)
- 19 Kristi Mente, Tipton, 096'04" (29.36m)
- 20 Brooke Strang, Aplington-Parkersburg, 091'10" (27.99m)
- 21 Rachel Trulson, West Hancock, 091'01" (27.76m)
- 22 Crystal Cooley, Valley CEW, 090'05" (27.56m)
- 23 Leah Freese, Central Lyon, 086'03" (26.29m)
- 24 Courtney Siddall, Pocahontas Area, 084'00" (25.60m)

2001 STATE TRACK RESULTS

Class 2A -- Friday Results

Updated Friday, May 18 -- 6:15 p.m.

[Go to District & State Meet Page](#)

[Go to 2001 Season Performance Leaders-Over All](#)

[Go to 2001 Season Performance Leaders-Class 1A](#)

[Go to 2001 Season Performance Leaders-Class 2A](#)

[Go to 2001 Season Performance Leaders-Class 3A](#)

[Go to Track & Field Home Page](#)

TEAM SCORING

1	Emmetsburg-Graettinger	16
2	Williamsburg	12
3	Oelwein	10
4	Red Oak	9
5	Benton	8
6	Gilbert	4
6	Independence	4
6	Nevada	4
9	Mediapolis	3
10	Chariton	2
10	Sibley-Ocheyedan	2
10	Starmont	2
13	Forest City	1
13	Unity Christian	1
15	Monticello	0.50
15	Roland-Story	0.50

100 METERS

Heat 1

- 1 Tracy Marlow, Pella, 12.59 Q
- 2 Keely Huber, Oelwein, 12.65 Q
- 3 Sarah Nord, Glenwood, 13.23
- 4 Megan Vorwald, New Hampton, 13.27
- 5 Cari Walker, Dallas Center-Grimes, 13.32
- 6 Teri Snyder, Hartley-Melvin-Sanborn, 13.41

- 7 Beth Linderbaum, Solon, 13.75
- 8 Liz Lange, Monticello, 13.82

Heat 2

- 1 Kelsea Cannon, Clarke, 12.76 Q
- 2 Lyndsey Haning, Knoxville, 12.86 Q
- 3 Megan White, Waukee, 13.07 Q
- 4 Jenny Flora, Webster City, 13.19
- 5 Kelli Scheib, Perry, 13.44
- 6 Stacy Schmidt, Storm Lake, 13.52
- 7 Anja Boeck, Mount Vernon-Lisbon, 13.88

Heat 3

- 1 Audra Bark, Central DeWitt, 12.72 Q
- 2 Jen Johnson, Osage, 13.07 Q
- 3 Niki Staskal-Brecht, Center Point-Urbana, 13.10 Q
- 4 Joanne Weyers, Mediapolis, 13.33
- 5 Angela Ganschow, Clear Creek-Amana, 13.34
- 6 Destinee Castillo, Waukee, 13.38
- 7 Ashley Fulton, Centerville, 13.45
- 8 Maggie Hauswald, Sioux Center, 13.75

400 METERS

Heat 1

- 1 Courtney Jacobs, Atlantic, 0:57.41 Q Q
- 2 Chelsea Kaczmarek, Davenport Assumption, 0:59.99 Q
- 3 Ashley Slaughter, Lone Tree/Highland, 1:00.46 Q
- 4 Stefanie Hill, Webster City, 1:01.41
- 5 Stormy Weis, Creston, 1:01.47
- 6 Alana Cook, Anamosa, 1:02.17
- 7 Angela Mataloni, Sibley-Ocheyedan, 1:03.08
- 8 Omega Wise, Jefferson-Scranton, 1:03.23

Heat 2

- 1 Sabra Ellingson, Iowa Falls, 0:58.49 Q Q
- 2 Jessica Klett, Starmont, 0:58.57 Q Q
- 3 Bridget Burns, PCM, 0:59.94 Q Q
- 4 Chrissy Berlin, Clear Creek-Amana, 1:02.12
- 5 Ashley Taylor, Hudson, 1:02.19
- 6 Cameren Jacobson, Benton, 1:03.66
- 7 Carrie Ratcliff, Sergeant Bluff-Luton, 1:04.84
- 8 Crystal Raiber, Mount Vernon-Lisbon, 1:05.52

Heat 3

- 1 Stephanie Pisarik, Mount Vernon-Lisbon, 0:58.66 Q Q
- 2 Shelly Tomlinson, Ballard, 1:00.92 Q
- 3 Nicole Lorenzen, Eddyville-Blakesburg, 1:01.10
- 4 Nicole Bontrager, Mid-Prairie, 1:01.93
- 5 Carmen Cox, Red Oak, 1:02.27
- 6 Holly Hixenbaugh, Knoxville, 1:03.48
- 7 Kali Krantz, Belmont-Klemme, 1:06.19
- 8 Jessica Huinker, Williamsburg, 1:06.62

3000 METERS

- 1 Steph Noonan, Emmetsburg/Graettinger, 10:39.25
- 2 Terran Wertz, Williamsburg, 10:46.31
- 3 Bonnie McKernan, Independence, 10:46.49
- 4 Dani Wagaman, Red Oak, 10:47.70
- 5 Randi Burns, Starmont, 10:51.54
- 6 Mairead Kelly, Forest City, 10:52.59
- 7 Sara Hayes, Waukee, 11:00.59
- 8 Amber Friedrich, Algona, 11:01.09
- 9 Marcy Rahn, Clear Creek-Amana, 11:07.78
- 10 Kristin Thompson, MOC-Floyd Valley, 11:11.94
- 11 Erin Zimmer, Central DeWitt, 11:15.05
- 12 Allison Abarr, Gilbert, 11:18.32
- 13 Lane Palmer, Waukon, 11:18.73
- 14 Sara McDermott, Cascade, 11:19.56
- 15 Meghan Kriz, Benton, 11:20.79
- 16 Jennifer Larson, Monticello, 11:24.00
- 17 Jill Wagaman, Union, 11:26.02
- 18 Abby Engelman, Bellevue, 11:31.94
- 19 DeAnn Miller, Monticello, 11:36.56
- 20 Andrea Kirby, Starmont, 11:37.06
- 21 Sarah Wynn, Albia, 11:38.94
- 22 Chloe Millward, Benton, 11:40.07
- 23 Christy Donahue, Eddyville-Blakesburg, 11:41.11
- 24 Kayla Grutz, Bellevue, 11:46.44

100 METER HURDLES

Heat 1

- 1 Cristen Harleen, Ballard, 15.23 Q
- 2 Heather McLatchie, Mediapolis, 15.57 Q
- 3 Marcia Zitelman, Starmont, 15.95
- 4 Deby Dykstra, PCM, 16.05
- 5 Samantha Rathje, Central DeWitt, 16.40
- 6 Carlee Mason, Clarke, 16.61
- 7 Meg Grim, Lone Tree/Highland, 17.11
- 8 Sarah Wernimont, Atlantic, 17.90

Heat 2

- 1 Tiff Pedersen, Atlantic, 14.44 Q
- 2 Jesse Harper, North Fayette, 15.71 Q
- 3 Jessie Walker, Jefferson-Scranton, 15.83 Q
- 4 Alison Huisenga, Sibley-Ocheyedan, 16.12
- 5 Cassie Milder, Williamsburg, 16.53
- 6 Abby Knaack, Benton, 16.58
- 7 Jana Bahrke, Sioux Center, 16.73
- 8 Liz McDonald, Iowa Falls, 16.75

Heat 3

- 1 Lindsay Berding, Spirit Lake Park, 15.37 Q
- 2 Abby Van Syoc, Forest City, 15.45 Q
- 3 Alicia Whisner, ADM, 15.74 Q
- 4 Jill Bouma, Unity Christian, 16.06
- 5 Elyse Walters, Norwalk, 16.09
- 6 Amber Ealy, Williamsburg, 16.14
- 7 Ashley Hansen, New Hampton, 16.62
- 8 Angie Rowedder, Carroll, 16.84

4x100-METER RELAY

Heat 1

- 1 CENTRAL DEWITT, (Audra Bark, Katie Novak, Ashley Baxter, Jen Brown), 50.17 Q
- 2 WAUKEE, (Megan White, Destinee Castillo, Jaymi Kragel, Carrie Embree), 51.01 Q
- 3 NORTH FAYETTE, (Jenni Suckow, Tracy O'Donnell, Stefenie Nesvik, Dayna Jensen), 51.47 Q
- 4 FOREST CITY, (Josi Askvig, Abby Van Syoc, Tiffany Anderson, Hannah Thompson), 52.04
- 5 ROLAND-STORY, (Ashley Gibson, Jamie Klein, Jacki Doolittle, Allison Thompson), 52.15
- 6 LONE TREE/HIGHLAND, (Meg Grim, Jessica Smith, Arin Hotz, Ashley Slaughter), 52.18
- 7 GILBERT, (Christa Housken, Molly Sundberg, Kaitlyn Greenbowe, Emily Brown), 52.44
- 8 BELLEVUE, (Kate Daugherty, Tabitha Blake, Jena Kilburg, Tory Medinger), 53.15

Heat 2

- 1 PELLA, (Kelli Marlow, Lyndsay Van Maaren, Chelsea Freese, Tracy Marlow), 50.43 Q
- 2 ATLANTIC, (Ashley Hayes, Christen Carns, Kami Roecker, Lauren Osborne), 51.01 Q
- 3 GRINNELL, (Katie Lidtka, Lindsay Peter, Whitney Jensen, Danielle Brooks), 51.70
- 4 EMMETSBURG/GRAETTINGER, (Tara Degen, Holly Reinders, Bridget Besch, Heidi Jordet), 52.03
- 5 MEDIAPOLIS, (Joanne Weyers, Margaret Kuenzler, Sarah Nelson, Heather McLatchie), 52.21
- 6 CARROLL, (Meagan O'Leary, Angie Rowedder, Cara DeBolt, Kendra Bengston), 52.32
- 7 CLARKE, (Kelsea Cannon, Ali Halverson, Jenny Reynolds, Abby Reynolds), 52.41
- 8 MFL-MAR-MAC, (Tracy Pasker, Jessie Rose, Cheri Strutt, Emily Fassbinder), 53.10

Heat 3

- 1 NEVADA, (Lindi Olson, Bre Van Sickle, Amy Buck, Kalli Olson), 50.28 Q
- 2 STORM LAKE, (Stacy Schmidt, Paige Havens, Jill Parman, Molly Daniels), 51.07 Q
- 3 HARTLEY-MELVIN-SANBORN, (Teri Snyder, Lisa Epping, April Taylor, Shanna Vetter), 51.47 Q
- 4 CENTER POINT-URBANA, (Niki Staskal-Brecht, Laura Rhoads, Aimee Staskal-Brecht, Jama Kelty), 52.09
- 5 NORWALK, (Tiffani Smith, Cortney Heldenbrand, Elyse Walters, Steph Suckow), 52.51

- 6 SOLON, (Beth Linderbaum, Melissa Slater, Justina Stodola, Natalie Miller), 52.76
- 7 SIOUX CENTER, (Jana Bahrke, Danielle Hulstein, Stephanie Brommer, Maggie Hauswald), 53.30

4x200-METER RELAY

Heat 1

- 1 CENTRAL DEWITT, (Ashley Baxter, Jen Brown, Katie Novak, Audra Bark), 1:44.73 Q
- 2 ATLANTIC, (Ashley Hayes, Kristen Burkart, Kami Roecker, Lauren Osborne), 1:47.36 Q
- 3 NORTH FAYETTE, (Jenni Suckow, Melissa Snyder, Tracy O'Donnell, Dayna Jensen), 1:47.75 Q
- 4 HAMPTON-DUMONT, (Jeni Winters, Jill Patton, Kendra Schurman, Misty Dirksen), 1:48.79
- 5 DALLAS CENTER-GRIMES, (Sarah Levenhagen, Megan Marquis, Heather Tuttle, Cari Walker), 1:48.96
- 6 MEDIAPOLIS, (Rena Roelfs, Margaret Kuenzler, Andrea Kroll, Adrienne Patterson), 1:50.46
- 7 NEW HAMPTON, (Sammy Stone, Vicki Beckman, Brittney Flansche, Megan Vorwald), 1:50.60
- 8 PRAIRIE VALLEY, (Jennifer Porter, Megan Stabbe, Amy Beschorner, Tonya Gutschall), 1:50.98

Heat 2

- 1 NEVADA, (Lindi Olson, Alicia Buck, Amy Buck, Kalli Olson), 1:45.60 Q
- 2 CLEAR CREEK-AMANA, (Tara Loan, Angela Ganschow, Jenna Spratt, Stephanie Stratton), 1:48.14 Q
- 3 CASCADE, (Katie Knapp, Jenny Noonan, Lisa Coyle, Molly Gassman), 1:48.21 Q
- 4 GILBERT, (Michelle Wirth, Ashley Gregersen, Emily Brown, Tiffany Peterson), 1:48.92
- 5 PERRY, (Kelli Scheib, Ashlee Bales, Cherie Menz, Rachel Kautzky), 1:49.36
- 6 ESTHERVILLE-LINCOLN CENTRAL, (Nikki Reiter, Abby Baker, Christina Schneider, Megan Klingbeil), 1:50.79
- 7 MAQUOKETA VALLEY, (Lynn Nefzger, Heather Mensen, Jaymi Strum, Jackie Willey), 1:50.86
- 8 HARTLEY-MELVIN-SANBORN, (Amber Rozeboom, Lisa Epping, April Taylor, Shanna Vetter), 1:52.84

Heat 3

- 1 PELLA, (Kelli Marlow, Jena Marlow, Ashley Bogaards, Tracy Marlow), 1:46.55 Q
- 2 UNITY CHRISTIAN, (Brittany Groeneweg, Katharine Lesage, Larissa Van Engen, Lorilyn Vogel), 1:48.38 Q
- 3 CHEROKEE, (Makaela Paulsen, Anna Veit, Courtney Cuthrell, Julia Slota), 1:49.48
- 4 CLEAR LAKE, (Samantha Peterson, Dawn Scarrow, Abby Roenfan, Abby Person), 1:49.56
- 5 BELLEVUE, (Kate Daugherty, Tabitha Blake, Jena Kilburg, Tory Medinger), 1:50.18
- 6 BOYDEN-HULL/ROCK VALLEY, (Megan Gort, Molly Gort, Kara Van Den Top, Lindsay Overman), 1:50.40
- 7 CLARINDA, (Trish Hughes, Michan Long, Stacey Fugle, Nicole Baier), 1:51.58

4x400-METER RELAY

Heat 1

- 1 CASCADE, (Megan Recker, Katie Knapp, Jenny Noonan, Molly Gassman), 4:05.94 Q
- 2 MONTICELLO, (Emily Chapman, Ginger Chapman, Brenda Brighton, Amy Bagge), 4:07.10 Q
- 3 CARROLL, (Nicole Buck, Kendra Bengston, Katie Onken, Rachel Brincks), 4:08.79 Q
- 4 SPIRIT LAKE PARK, (Angie Gehring, Amy Nellis, Randi Ransom, Whitney Lester), 4:09.08
- 5 DYERSVILLE BECKMAN, (Jenni Wedewer, Amy Gravel, Megan Pitz, Liz Nosbisch), 4:09.82
- 6 MAQUOKETA VALLEY, (Erin Williams, Lynn Nefzger, Jackie Willey, Angie Dircks), 4:12.45
- 7 CLEAR CREEK-AMANA, (Chrissy Berlin, Tara Loan, Lydia McKenzie, Amanda Eckrich), 4:13.71
- 8 CLARINDA, (Jessica Carper, Michan Long, Garra Williams, Nicole Baier), 4:16.09

Heat 2

- 1 ATLANTIC, (Stephanie Jacobs, Michelle Allen, Lauren Osborne, Cortney Jacobs), 4:06.34 Q
- 2 CENTRAL DEWITT, (Erin Dieckmann, Ashley Baxter, Lyndsey Weller, Katie Novak), 4:07.83 Q
- 3 MOUNT VERNON-LISBON, (Jenna Nicol, Abby Brayton, Amy Kleinsmith, Stephanie Pisarik), 4:08.69 Q
- 4 JESUP, (Kelli Kayser, Cassie Frush, Audrey Kite, Ashley Westphal), 4:10.75
- 5 BALLARD, (Melinda Harleen, Shelly Tomlinson, Alicia Ruddick, Amy Krumm), 4:11.67
- 6 NEVADA, (Bridgett Schell, Renae Walker, Mariel McWilliams, Alicia Buck), 4:17.36
- 7 JEFFERSON-SCRANTON, (Omega Wise, Audrey Monthei, Ashley Friday, Jessie Walker), 4:17.98
- 8 MEDIAPOLIS, (Adrienne Patterson, Carman White, Andrea Cling, Renae Roelfs), 4:23.21

Heat 3

- 1 WILLIAMSBURG, (Abby Tiernan, Beth Neal, Chelsey Wille, Abby Jones), 4:03.82 Q
- 2 BENTON, (Amy Hemesath, Brittni Miller, Ashley Swick, Katie Prusha), 4:05.92 Q
- 3 UNITY CHRISTIAN, (Tanya Holtrop, Melissa Eekhoff, Larissa Van Engen, Katharine Lesage), 4:10.95
- 4 RED OAK, (Carmen Cox, Brandi Redel, Crystal Most, Jenni Hossle), 4:11.70
- 5 ADM, (Mari Steele, Val Steele, Rebecca Hansen, Mandy Tryon), 4:14.10
- 6 KNOXVILLE, (Katie Callahan, Holly Hixenbaugh, Erin Snider, Lyndsey Haning), 4:14.13
- 7 EMMETSBURG/GRAETTINGER, (Julia Veltri, Julie Stillman, Kate Fickbohm, Leslie Rose), 4:14.45
- 8 BELMOND-KLEMME, (Kali Krantz, Leigh Christensen, Jen Olthoff, Katie Meyer), 4:21.13

DISTANCE MEDLEY RELAY**FINAL**

- 1 OELWEIN, (Sarah Hannasch, Raine Huber, Keely Huber, Jill Latham), 4:12.48
- 2 BENTON, (Ashley Swick, Jenny Bridgewagter, Amy Hemesath, Katie Prusha), 4:12.75
- 3 WILLIAMSBURG, (Andria Marlin, Kelly Marine, Chelsey Wille, Abby Jones), 4:13.59
- 4 GILBERT, (Kaitlyn Greenbowe, Emily Brown, Tiffany Peterson, Mary Oppold), 4:13.97
- 5 CHARITON, (Erin Wooley, Ashley Pillsbury, Madelyn Yocom, Michelle Sokol), 4:14.26
- 6 UNITY CHRISTIAN, (Katharine Lesage, Lorilyn Vogel, Melissa Eekhoff, Gretchen Noteboom), 4:15.67
- 7 HAMPTON-DUMONT, (Jeni Winters, Angie Greimann, Misty Dirksen, Amanda Huling), 4:18.53
- 8 SOUTH WINNESHIEK, (Kristin Hackman, Nicole Kramme, Bridget Buddenberg, Brittany Buddenberg), 4:18.91
- 9 ATLANTIC, (Kristen Burkart, Kami Roecker, Stephanie Jacobs, Krysta Metz), 4:18.96
- 10 IOWA FALLS, (Elyse Rickel, Lauren Weitzell, Kaitlyn Moore, Molly Ubben), 4:20.53
- 11 FOREST CITY, (Josi Askvig, Hannah Thompson, Jaralyn Benson, Mairead Kelly), 4:20.58
- 12 ESTHERVILLE-LINCOLN CENTRAL, (Nikki Reiter, Abby Olson, Kelley Burton, Lindsey Croner), 4:22.69
- 13 RED OAK, (Brandi Redel, Crystal Most, Jenni Hossle, Dani Wagaman), 4:24.33
- 14 DYERSVILLE BECKMAN, (Tracie Wessels, Chelsea Ellingson, Aimee Hoeffler, Liz Nosbisch), 4:26.31
- 15 SHENANDOAH, (Brooke Graham, Sarah Bonefas, Lori Dinville, McKenzie Lauman), 4:26.90
- 16 PERRY, (Cherie Menz, Rachel Kautzky, Leanne Townsend, Leslie Kealhofer), 4:27.56
- 17 NEVADA, (Allison Gerlach, Bre Van Sickle, Alicia Buck, Mariel McWilliams), 4:28.18
- 18 CASCADE, (Angie Hawkins, Lisa Coyle, Katie Knapp, Amanda Smith), 4:28.31
- 19 BELMOND-KLEMME, (Ashley Vink, Lisa Kapka, Leigh Christensen, Katie Meyer), 4:28.78
- 20 SOLON, (Sarah Proctor, Melissa Slater, Amanda Judisch, Kelley Wilkinson), 4:29.41
- 21 ALGONA, (Amber Moss, Wendy Divis, Julie Meyer, Amber Friedrich), 4:29.58
- 22 PELLA, (Chelsea Freese, Tara Sorensen, Ashley Bogaards, Tera Behning), 4:29.72
- 23 NORTH FAYETTE, (Elise Heying, Nicole Walvatne, Melissa Snyder, Natalie Whitcher), 4:30.59
- 24 NORTH POLK, (Missy Reinhart, Jen Newman, Kim Medick, Stephanie Stall), 4:30.78

SHUTTLE HURDLE RELAY**Heat 1**

- 1 WILLIAMSBURG, (Cassie Milder, Shelon Stanerson, Amber Ealy, Abby Tiernan), 1:05.91 Q
- 2 GILBERT, (Christa Housken, Michelle Wirth, Kaitlyn Greenbowe, Molly Sundberg), 1:06.41 Q
- 3 CENTRAL DEWITT, (Ashley Baxter, Anne Maher, Tiffany Evers, Samantha Rathje), 1:08.65
- 4 HUDSON, (Steph Powell, Britt Swanson, Ashley Leeper, Lana Meyer), 1:09.51

Heat 2

- 1 UNITY CHRISTIAN, (Jill Bouma, Brittany Groeneweg, Andrea Noordewier, Lorilyn Vogel), 1:06.60 Q
- 2 NORTH FAYETTE, (Stefenie Nesvik, Megan Mitts, Sarah Meckley, Jesse Harper), 1:06.81 Q
- 3 JEFFERSON-SCRANTON, (Bridget Pope, Stacy Hauptert, Krystal Berger, Jessie Walker), 1:08.54

Heat 3

- 1 BALLARD, (Amy Gibson, Melinda Harleen, Danalee Hokel, Cristen Harleen), 1:06.46 Q
- 2 NORWALK, (Alison Fuller, Sami Sparks, Laura Bergman, Elyse Walters), 1:07.49 Q
- 3 SIOUX CENTER, (Amber Green, Rachel Timmer, Katie Van Meeteren, Jana Bahrke), 1:08.56
- 4 SIBLEY-OCHEYEDAN, (Jennifer Ayers, Jessica Hiemstra, Jen Rachuy, Alison Huisenga), 1:11.04

Heat 4

- 1 STARMONT, (Leah Francois, Jessica Klett, Ashley Rubner, Marcia Zitelman), 1:05.84 Q
- 2 NEW HAMPTON, (Ashley Hansen, Sammy Stone, Kristen Wendl, Brittney Flansche), 1:07.99
- 3 MARION, (Jana Bradley, Leighann Freeman, Rachel Eagle, Neanna Conklin), 1:09.30
- 4 FOREST CITY, (Tiffany Anderson, Ashley Davis, Mindy Twait, Abby Van Syoc), 1:09.43

Heat 5

- 1 LONE TREE/HIGHLAND, (Meg Grim, Amber Birtcher, Lisa Roberts, Jessica Smith), 1:08.29
- 2 PELLA, (Katie Kniff, Tara Sorensen, Suzanne Corum, Sarah Way), 1:08.40
- 3 IOWA FALLS, (Katie Aldinger, Liz McDonald, Taran Kloetzer, Libby Jennings), 1:14.05

Heat 6

- 1 ATLANTIC, (Maggie Wernimont, Kristen Burkart, Tiff Pedersen, Sarah Wernimont), 1:03.14 Q
- 2 CHEROKEE, (Anna Veit, Courtney Cuthrell, Kayla Hatch, Julia Slota), 1:08.81
- 3 CARROLL, (Jenny Jackson, Holly Schettler, Angie Rowedder, Rachel Brincks), 1:09.53
- 4 BOYDEN-HULL/ROCK VALLEY, (Carrie Moe, Ashley Koele, Jessica Stienstra, Karin Jespersen), 1:09.69

HIGH JUMP**FINAL**

- 1 Bridget Besch, Emmetsburg/Graettinger, 5'05" (1.65m)
- 2 Carmen Cox, Red Oak, 5'05" (1.65m)

- 3 Renae Walker, Nevada, 5'04" (1.63m)
- 4 Erin Allen, Mediapolis, 5'02" (1.57m)
- 5 Carrie Van Engen, Sibley-Ocheyedan, 5'02" (1.57m)
- 6 Erin Bone, Monticello, 5'00" (1.52m)
- 6 Crystal Hanson, Roland-Story, 5'00" (1.52m)
- 8 Tasha Derby, Centerville, 5'00" (1.52m)
- 9 Kelley Burton, Estherville-Lincoln Central, 5'00" (1.52m)
- 9 Laura Rowen, Hampton-Dumont, 5'00" (1.52m)
- 9 Nicole Turnbull, Knoxville, 5'00" (1.52m)
- 9 Elise Benzing, MFL-Mar-Mac, 5'00" (1.52m)
- 13 Sarah Jens, Glenwood, 5'00" (1.52m)
- 14 Jena Goedken, Starmont, 4'10" (1.47m)
- 14 Katie Christenson, Humboldt, 4'10" (1.47m)
- 16 Andrea Masters, Emmetsburg/Graettinger, 4'10" (1.47m)
- 16 Amy Van Westen, Sibley-Ocheyedan, 4'10" (1.47m)
- 16 Amy Kleinsmith, Mount Vernon-Lisbon, 4'10" (1.47m)
- 19 Joelle Marshek, Gilbert, 4'10" (1.47m)
- 19 JoLynn Legg, South Tama, 4'10" (1.47m)
- 19 Sara Hippen, Union, 4'10" (1.47m)

STATE TRACK & FIELD RESULTS

Jim Duncan Track--Drake Stadium

May 18-19, 2001

[Back to IGHSAU Master Page](#)

[Back to Track & Field Master Page--Complete Cutoff History and Previous Results](#)

[Total Class 3A Results](#)

[Total Class 2A Results](#)

[Total Class 1A Results](#)

[Total Wheelchair Results](#)

CLASS 2A RESULTS

STATE MEET ATTENDANCE

Friday--9,792 (All time record, one session--old mark 9,178, Friday, 1997)

Saturday--9,049 (Saturday record--old mark 8,932, 2000)

Total--18,841 (Two session record--old mark 17,916, 1999)

STATE MEET WEATHER

Friday Noon--73 degrees, 44% humidity; wind from East at 6 mph; clear skies

Friday 3:00--81 degrees, 322% humidity, wind from NW at 6 mph; clear skies

Saturday 10:00 a.m.--69 degrees, 65% humidity; wind from SE at 4 mph, clear skies

Saturday 3:00 p.m.--79 degrees, 44% humidity; wind from North at 7 mph; clear skies

updated Monday, May 21--5:47 p.m.

CLASS 2A TEAM SCORING

1 Atlantic	64
2 Williamsburg	38
3 Central DeWitt	34
4 Nevada	26
4 Pella	26
6 Starmont	23
7 Shenandoah	22
7 Unity Christian	22
9 Oelwein	21
10 North Fayette	20
11 Emmetsburg/Graettinger	16
12 Benton	14

12 Chariton	14
12 Mount Vernon-Lisbon	14
15 Clear Creek-Amana	13
16 Estherville-Lincoln Central	11
17 Solon	10
18 Clarke	9
18 MOC-Floyd Valley	9
18 Red Oak	9
21 Ballard	8
22 Monticello	6.5
23 Glenwood	6
23 Iowa Falls	6
23 Spirit Lake Park	6
26 Algona	4
26 Davenport Assumption	4
26 Forest City	4
26 Gilbert	4
26 Hampton-Dumont	4
26 Independence	4
26 South Winneshiek	4
33 Carroll	3
33 Cascade	3
33 Mediapolis	3
33 West Liberty	3
37 Albia	2
37 Grinnell	2
37 Knoxville	2
37 Sibley-Ocheyedan	2
37 South Tama	2
37 Storm Lake	2
43 ADM	1
43 Crestwood	1
43 Dyersville Beckman	1
43 Osage	1
43 Waukee	1
48 Roland-Story	0.5

100-METER DASH

Class 2A 100 Meter Dash Finals

1 Audra Bark, Central DeWitt	JR	12.76
2 Kelsea Cannon, Clarke	SO	12.84
3 Tracy Marlow, Pella	SO	12.89
4 Keely Huber, Oelwein	SR	13.03
5 Lyndsey Haning, Knoxville	FR	13.15
6 Jen Johnson, Osage	SR	13.19
7 Megan White, Waukee	SO	13.24
8 Niki Staskal-Brecht, Center Point-Urbana	JR	13.25

Heat 1

1 Tracy Marlow, Pella	SO	12.59 Q
2 Keely Huber, Oelwein	SR	12.65 Q
3 Sarah Nord, Glenwood	SR	13.23

4	Megan Vorwald, New Hampton	SO	13.27
5	Cari Walker, Dallas Center-Grimes	SR	13.32
6	Teri Snyder, Hartley-Melvin-Sanborn	FR	13.41
7	Beth Linderbaum, Solon	SR	13.75
8	Liz Lange, Monticello	SO	13.82
Heat 2			
1	Kelsea Cannon, Clarke	SO	12.76 Q
2	Lyndsey Haning, Knoxville	FR	12.86 Q
3	Megan White, Waukee	SO	13.07 Q
4	Jenny Flora, Webster City	JR	13.19
5	Kelli Scheib, Perry	SO	13.44
6	Stacy Schmidt, Storm Lake	SO	13.52
7	Anja Boeck, Mount Vernon-Lisbon	SR	13.88
999	Lauren Osborne, Atlantic	FR	DNS
Heat 3			
1	Audra Bark, Central DeWitt	JR	12.72 Q
2	Jen Johnson, Osage	SR	13.07 Q
3	Niki Staskal-Brecht, Center Point-Urbana	JR	13.10 Q
4	Joanne Weyers, Mediapolis	JR	13.33
5	Angela Ganschow, Clear Creek-Amana	FR	13.34
6	Destinee Castillo, Waukee	SR	13.38
7	Ashley Fulton, Centerville	FR	13.45
8	Maggie Hauswald, Sioux Center	JR	13.75

200-METER DASH

1	Stephanie Pisarik, Mount Vernon-Lisbon	SR	25.73
2	Cortney Jacobs, Atlantic	FR	25.82
3	Jen Brown, Central DeWitt	SR	26.24
4	Kelsea Cannon, Clarke	SO	26.56
5	Stephanie Stratton, Clear Creek-Amana	JR	27.00
6	Sabra Ellingson, Iowa Falls	SR	27.03
7	Bridget Burns, PCM	SO	27.40
999	Lyndsey Haning, Knoxville (oolane, curve)	FR	dq-26.28

Heat 1

1	Stephanie Stratton, Clear Creek-Amana	JR	26.58 Q
2	Sabra Ellingson, Iowa Falls	SR	26.82 Q
3	Bridget Burns, PCM	SO	26.91 Q
4	Natalie Miller, Solon	SO	26.95
5	Munica Armstrong, Glenwood	FR	26.97
6	Jenny Flora, Webster City	JR	27.14
7	Lora Walke, Clayton Ridge	JR	27.20
8	Katie Reyes, Davenport Assumption	SO	28.19

Heat 2

1	Lyndsey Haning, Knoxville	FR	26.50 Q
2	Jen Brown, Central DeWitt	SR	26.50 Q
3	Kelsea Cannon, Clarke	SO	26.61 Q
4	Heidi Jordet, Emmetsburg/Graettinger	SO	27.14
5	Ashley Van Wyk, PCM	SO	27.38
6	Samantha Peterson, Clear Lake	FR	28.06
7	Ashley Pollard, Osage	FR	28.45

999	Kelli Marlow, Pella (oolane, curve)	SR	dq-26.98
	Heat 3		
1	Cortney Jacobs, Atlantic	FR	25.91 Q
2	Stephanie Pisarik, Mount Vernon-Lisbon	SR	26.16 Q
3	Kendra Bengston, Carroll	JR	26.93
4	Madelyn Yocom, Chariton	SR	27.34
5	Brittney Hix, Spirit Lake Park	SO	27.37
6	Megan Klingbeil, Estherville-Lincoln Central	JR	27.47
7	Arin Hotz, Lone Tree/Highland	SR	27.87
999	Amy Gravel, Dyersville Beckman	JR	DNS

400-METER DASH

1	Cortney Jacobs, Atlantic	FR	0:56.62
2	Stephanie Pisarik, Mount Vernon-Lisbon	SR	0:57.32
3	Chelsea Kaczmarek, Davenport Assumption	SO	0:58.89
4	Sabra Ellingson, Iowa Falls	SR	0:59.18
5	Shelly Tomlinson, Ballard	SR	1:00.07
6	Jessica Klett, Starmont	JR	1:00.17
7	Ashley Slaughter, Lone Tree/Highland	SR	1:01.23
8	Bridget Burns, PCM	SO	1:01.84

Heat 1

1	Cortney Jacobs, Atlantic	FR	0:57.41 Q
2	Chelsea Kaczmarek, Davenport Assumption	SO	0:59.99 Q
3	Ashley Slaughter, Lone Tree/Highland	SR	1:00.46 Q
4	Stefanie Hill, Webster City	JR	1:01.41
5	Stormy Weis, Creston	SO	1:01.47
6	Alana Cook, Anamosa	FR	1:02.17
7	Angela Mataloni, Sibley-Ocheyedan	SO	1:03.08
8	Omega Wise, Jefferson-Scranton	SO	1:03.23

Heat 2

1	Sabra Ellingson, Iowa Falls	SR	0:58.49 Q
2	Jessica Klett, Starmont	JR	0:58.57 Q
3	Bridget Burns, PCM	SO	0:59.94 Q
4	Chrissy Berlin, Clear Creek-Amana	SR	1:02.12
5	Ashley Taylor, Hudson	SO	1:02.19
6	Cameren Jacobson, Benton	FR	1:03.66
7	Carrie Ratcliff, Sergeant Bluff-Luton	SR	1:04.84
8	Crystal Raiber, Mount Vernon-Lisbon	SR	1:05.52

Heat 3

1	Stephanie Pisarik, Mount Vernon-Lisbon	SR	0:58.66 Q
2	Shelly Tomlinson, Ballard	SR	1:00.92 Q
3	Nicole Lorenzen, Eddyville-Blakesburg	JR	1:01.10
4	Nicole Bontrager, Mid-Prairie	JR	1:01.93
5	Carmen Cox, Red Oak	JR	1:02.27
6	Holly Hixenbaugh, Knoxville	SO	1:03.48
7	Kali Krantz, Belmont-Klemme	FR	1:06.19
8	Jessica Huinker, Williamsburg	FR	1:06.62

800-METER RUN

1	Missy Buttry, Shenandoah	SR	2:17.67
2	Michelle Sokol, Chariton	SR	2:18.46
3	Gretchen Noteboom, Unity Christian	SO	2:20.00
4	Amy Mouw, MOC-Floyd Valley	SO	2:20.32
5	Molly Ubben, Iowa Falls	SO	2:20.63
6	Lyndsey Weller, Central DeWitt	JR	2:22.23
7	Audrey Kite, Jesup	FR	2:23.04
8	Mary Oppold, Gilbert	SR	2:23.07
9	Jill Latham, Oelwein	SR	2:23.73
10	Stephanie Feldman, Carroll Kuemper	JR	2:23.75
11	Katie Meyer, Belmond-Klemme	JR	2:25.09
12	McKenzie Lauman, Shenandoah	JR	2:25.47
13	Tanya Holtrop, Unity Christian	SR	2:25.66
14	Ashley Friday, Jefferson-Scranton	SR	2:26.64
15	Leanne Townsend, Perry	SO	2:26.76
16	Kalen Hillyer, West Liberty	JR	2:27.37
17	Jodi Stevens, Hudson	JR	2:27.50
18	Heidi Rathje, Benton	JR	2:27.57
19	Brenda Brighton, Monticello	SR	2:27.99
20	Jo Rausch, Union	SO	2:28.33
21	Mary Hiemstra, Pella	SO	2:30.84
22	Leigh Christensen, Belmond-Klemme	FR	2:31.25
23	Lynn Nelson, Grinnell	SO	2:31.45
999	Beth Neal, Williamsburg	SR	DNS

1500-METER RUN

1	Missy Buttry, Shenandoah	SR	4:49.35
2	Michelle Sokol, Chariton	SR	4:55.11
3	Terran Wertz, Williamsburg	FR	4:57.56
4	Lindsey Croner, Estherville-Lincoln Central	JR	4:58.20
5	Randi Burns, Starmont	JR	5:03.69
6	Angie Mahoney, Clear Creek-Amana	SO	5:03.81
7	Dani Wagaman, Red Oak	SO	5:04.62
8	Jennifer Van Beek, Western Christian	JR	5:04.82
9	Jen Kempers, Unity Christian	FR	5:06.11
10	Bonnie McKernan, Independence	SO	5:06.60
11	Steph Noonan, Emmetsburg/Graettinger	SR	5:06.79
12	Krysta Metz, Atlantic	JR	5:09.18
13	Molly Duitsman, Estherville-Lincoln Central	JR	5:09.38
14	Kristin Thompson, MOC-Floyd Valley	SO	5:12.04
15	Sara Hayes, Waukee	SO	5:13.48
16	Amber Friedrich, Algona	SR	5:15.60
17	Rachel Smith, Atlantic	JR	5:18.62
18	Erin Zimmer, Central DeWitt	JR	5:19.33
19	Alex Olson, Gilbert	FR	5:20.20
20	Andrea Kirby, Starmont	JR	5:20.48
21	Allison Abarr, Gilbert	SR	5:21.13
22	Tera Behning, Pella	SO	5:25.89
23	Chloe Millward, Benton	SO	5:28.79
24	Chelsea Kaczmarek, Davenport Assumption	SO	5:38.27

3000-METER RUN

1	Steph Noonan, Emmetsburg/Graettinger	SR	10:39.25
2	Terran Wertz, Williamsburg	FR	10:46.31
3	Bonnie McKernan, Independence	SO	10:46.49
4	Dani Wagaman, Red Oak	SO	10:47.70
5	Randi Burns, Starmont	JR	10:51.54
6	Mairead Kelly, Forest City	FR	10:52.59
7	Sara Hayes, Waukee	SO	11:00.59
8	Amber Friedrich, Algona	SR	11:01.09
9	Marcy Rahn, Clear Creek-Amana	FR	11:07.78
10	Kristin Thompson, MOC-Floyd Valley	SO	11:11.94
11	Erin Zimmer, Central DeWitt	JR	11:15.05
12	Allison Abarr, Gilbert	SR	11:18.32
13	Lane Palmer, Waukon	SO	11:18.73
14	Sara McDermott, Cascade	JR	11:19.56
15	Meghan Kriz, Benton	JR	11:20.79
16	Jennifer Larson, Monticello	SO	11:24.00
17	Jill Wagaman, Union	SO	11:26.02
18	Abby Engelman, Bellevue	SO	11:31.94
19	DeAnn Miller, Monticello	JR	11:36.56
20	Andrea Kirby, Starmont	JR	11:37.06
21	Sarah Wynn, Albia	SR	11:38.94
22	Chloe Millward, Benton	SO	11:40.07
23	Christy Donahue, Eddyville-Blakesburg	FR	11:41.11
24	Kayla Grutz, Bellevue	FR	11:46.44

100-METER HURDLES

1	Tiff Pedersen, Atlantic	SR	14.30 J
2	Lindsay Berding, Spirit Lake Park	SR	15.09
3	Cristen Harleen, Ballard	SR	15.19
4	Abby Van Syoc, Forest City	SR	15.59
5	Jesse Harper, North Fayette	SR	15.71
6	Alicia Whisner, ADM	SO	15.72
7	Heather McLatchie, Mediapolis	SR	15.75
8	Jessie Walker, Jefferson-Scranton	JR	15.94

Heat 1

1	Cristen Harleen, Ballard	SR	15.23 Q
2	Heather McLatchie, Mediapolis	SR	15.57 Q
3	Marcia Zitelman, Starmont	JR	15.95
4	Deby Dykstra, PCM	SR	16.05
5	Samantha Rathje, Central DeWitt	JR	16.40
6	Carlee Mason, Clarke	FR	16.61
7	Meg Grim, Lone Tree/Highland	SR	17.11
8	Sarah Wernimont, Atlantic	FR	17.90

Heat 2

1	Tiff Pedersen, Atlantic	SR	14.44 Q
2	Jesse Harper, North Fayette	SR	15.71 Q
3	Jessie Walker, Jefferson-Scranton	JR	15.83 Q
4	Alison Huisenga, Sibley-Ocheyedan	SO	16.12

5	Cassie Milder, Williamsburg	SR	16.53
6	Abby Knaack, Benton	SR	16.58
7	Jana Bahrke, Sioux Center	SR	16.73
8	Liz McDonald, Iowa Falls	SO	16.75

Heat 3

1	Lindsay Berding, Spirit Lake Park	SR	15.37 Q
2	Abby Van Syoc, Forest City	SR	15.45 Q
3	Alicia Whisner, ADM	SO	15.74 Q
4	Jill Bouma, Unity Christian	JR	16.06
5	Elyse Walters, Norwalk	JR	16.09
6	Amber Ealy, Williamsburg	SR	16.14
7	Ashley Hansen, New Hampton	JR	16.62
8	Angie Rowedder, Carroll	JR	16.84

400-METER HURDLES

1	Keely Huber, Oelwein	SR	1:02.37 J
2	Jessica Klett, Starmont	JR	1:02.56 J
3	Misty Dirksen, Hampton-Dumont	JR	1:04.86
4	Rachel Brincks, Carroll	SO	1:04.90
5	JoLynn Legg, South Tama	JR	1:05.45
6	Paige Havens, Storm Lake	SO	1:08.64
7	Deby Dykstra, PCM	SR	1:10.20
8	Nicole Bontrager, Mid-Prairie	JR	1:14.01

Heat 1

1	Keely Huber, Oelwein	SR	1:03.80 Q
2	Deby Dykstra, PCM	SR	1:07.95 Q
3	Jessica Smith, Lone Tree/Highland	SO	1:09.24
4	Lisa Thiesse, Sibley-Ocheyedan	FR	1:10.66
5	Julia Van Meeteren, Sheldon	JR	1:10.79
6	Megan Recker, Cascade	JR	1:11.02
7	Emily Pappas, Nevada	JR	1:11.27
8	Rachel Reinhart, Benton	SO	1:12.58

Heat 2

1	Jessica Klett, Starmont	JR	1:04.18 Q
2	Misty Dirksen, Hampton-Dumont	JR	1:05.99 Q
3	Paige Havens, Storm Lake	SO	1:07.16 Q
4	Nicole Bontrager, Mid-Prairie	JR	1:07.68 Q
5	Mandy Tryon, ADM	JR	1:08.29
6	Mandy Hanson, Red Oak	JR	1:11.96
7	Whitney Taylor, Eddyville-Blakesburg	FR	1:12.17
8	Megan Allen, Atlantic	SO	1:12.32

Heat 3

1	JoLynn Legg, South Tama	JR	1:04.69 Q
2	Rachel Brincks, Carroll	SO	1:05.14 Q
3	Jenna Nicol, Mount Vernon-Lisbon	FR	1:09.26
4	Kara Munson, Roland-Story	FR	1:09.67
5	Analee Porteous, Iowa Falls	JR	1:09.77
6	Maggie Wernimont, Atlantic	JR	1:10.27
7	Sara Flaws, Carlisle	JR	1:10.51
8	Carman White, Mediapolis	SR	1:10.86

HIGH JUMP

1	Bridget Besch, Emmetsburg/Graettinger	SR	5'05"	(1.65m)
2	Carmen Cox, Red Oak	JR	5'05"	(1.65m)
3	Renae Walker, Nevada	FR	5'04"	(1.63m)
4	Erin Allen, Mediapolis	SR	5'02"	(1.57m)
5	Carrie Van Engen, Sibley-Ocheyedan	SO	5'02"	(1.57m)
6	Erin Bone, Monticello	SO	5'00"	(1.52m)
6	Crystal Hanson, Roland-Story	SO	5'00"	(1.52m)
8	Tasha Derby, Centerville	SO	5'00"	(1.52m)
9	Kelley Burton, Estherville-Lincoln Central	SR	5'00"	(1.52m)
9	Laura Rowen, Hampton-Dumont	SO	5'00"	(1.52m)
9	Nicole Turnbull, Knoxville	SO	5'00"	(1.52m)
9	Elise Benzing, MFL-Mar-Mac	SR	5'00"	(1.52m)
13	Sarah Jens, Glenwood	FR	5'00"	(1.52m)
14	Jena Goedken, Starmont	FR	4'10"	(1.47m)
14	Katie Christenson, Humboldt	FR	4'10"	(1.47m)
16	Andrea Masters, Emmetsburg/Graettinger	SO	4'10"	(1.47m)
16	Amy Kleinsmith, Mount Vernon-Lisbon	FR	4'10"	(1.47m)
16	Amy Van Westen, Sibley-Ocheyedan	SR	4'10"	(1.47m)
19	Joelle Marshek, Gilbert	FR	4'10"	(1.47m)
19	JoLynn Legg, South Tama	JR	4'10"	(1.47m)
19	Sara Hippen, Union	SR	4'10"	(1.47m)
999	Sarah Jensen, Jefferson-Scranton	SO	nh	
999	Janelle Cross, Webster City	SO	nh	

SERIES	4-10	5-0	5-2	5-3	5-4	5-5	5-6
Besch	X	X	X	X	X	OOX	OOO
Cox	X	OX	X	OOX	OX	OOX	OOO
Walker	X	X	X	OOX	OX	OOO	
Allen	X	OX	OX	OOO			
Van Engen	OX	X	OOX	OOO			
Bone	X	X	OOO				
Hanson	X	X	OOO				
Derby	OX	X	OOO				
Burton	X	OX	OOO				
Rowen	X	OX	OOO				
Turnbull	X	OX	OOO				
Benzing	X	OX	OOO				
Jens	X	OOX	OOO				
Goedken	X	OOO					
Christenson	X	OOO					
Masters	OX	OOO					
Kleinsmith	OX	OOO					
Van Westen	OX	OOO					
Marshek	OOX	OOO					
Legg	OOX	OOO					
Hippen	OOX	OOO					
Jensen	OOO						
Cross	OOO						

LONG JUMP

1	Tracy Marlow, Pella	SO	17'07" (5.36m)
2	Natalie Miller, Solon	SO	17'04.75" (5.30m)
3	Tiff Pedersen, Atlantic	SR	17'03.5" (5.27m)
4	Lorilyn Vogel, Unity Christian	SO	16'11.50" (5.17m)
5	Cortney Jacobs, Atlantic	FR	16'11.25" (5.16m)
6	Amy Wulfekuhler, Storm Lake	SO	16'11" (5.16m)
7	Madelyn Yocom, Chariton	SR	16'08" (5.08m)
8	Lindsay Berding, Spirit Lake Park	SR	16'07.75" (5.07m)
9	Kelli Marlow, Pella	SR	16'04.50" (4.99m)
10	Michelle Kirschbaum, Sheldon	JR	16'01.75" (4.92m)
11	Elara Hopkins, Roland-Story	SO	16'00" (4.88m)
12	Jenni Suckow, North Fayette	SR	16'00" (4.88m)
13	Katie Murray, South Tama	FR	15'10.50" (4.84m)
14	Shanna Vetter, Hartley-Melvin-Sanborn	SR	15'10.50" (4.84m)
15	Katharine Lesage, Unity Christian	JR	15'09.25" (4.81m)
16	Jen Johnson, Osage	SR	15'09.25" (4.81m)
17	Margaret Kuenzler, Mediapolis	SO	15'09" (4.80m)
18	Brandi Redel, Red Oak	SO	15'08" (4.78m)
19	Lora Walke, Clayton Ridge	JR	15'05" (4.70m)
20	Sarah Levenhagen, Dallas Center-Grimes	SO	15'03" (4.65m)
21	Nicole Baier, Clarinda	JR	15'02.50" (4.64m)
22	Lyndsey Weller, Central DeWitt	JR	15'01.50" (4.61m)
23	Ashley Westphal, Jesup	SO	15'01" (4.60m)
999	Mandy Tryon, ADM	JR	DNC

SERIES

T.Marlow	16'09.50	17'07.00	16'08.00	16'11.75	foul	foul
Miller	16'11.00	17'04.75	17'01.00	15'07.75	17'03.50	16'09.25
Pedersen	16'05.00	17'01.25	17'02.75	foul	17'03.50	14'00.00
Vogel	foul	16'11.50	foul	foul	foul	foul
Jacobs	foul	16'11.25	15'00.75	foul	foul	foul
Wulfekuhler	foul	16'05.75	foul	16'11.00	foul	16'07.75
Yocom	16'07.75	16'02.50	16'01.00	16'08.00	15'09.00	foul
Berding	16'06.50	foul	16'00.00	16'02.00	16'03.25	16'07.75
K.Marlow	16'00.75	16'04.50	foul			
Kirschbaum	foul	foul	16'01.75			
Hopkins	15'04.25	16'00.00	15'11.50			
Suckow	16'00.00	13'10.25	15'02.75			
Murray	15'10.50	15'06.50	15'03.50			
Vetter	14'10.00	15'01.25	15'10.50			
Lesage	14'00.25	15'09.25	15'07.75			
Johnson	15'09.25	14'10.50	15'07.25			
Kuenzler	14'08.50	foul	15'09.00			
Redel	foul	15'08.00	foul			
Walke	15'00.75	15'00.25	15'05.00			
Levenhagen	14'10.75	14'05.50	15'03.00			
Baier	foul	13'08.50	15'02.50			
Weller	13'11.00	12'09.50	15'01.50			
Westphal	15'01.00	14'10.50	15'00.50			

SHOT PUT

1	Katie Nelson, Estherville-Lincoln Central	SR	40'03" (12.27m)
2	Mary Streeter, North Fayette	SR	39'07.25" (12.07m)
3	Apton Cook, Algona	SO	39'04.75" (12.01m)
4	Lori Trumblee, Starmont	JR	38'05.25" (11.72m)
5	Rachel Jansen, MOC-Floyd Valley	SO	38'03.25" (11.66m)
6	Kristina Kapler, Crestwood	SR	38'02.50" (11.65m)
7	Jennie Bandstra, Pella	SR	36'11.75" (11.27m)
8	Piper Orman, Chariton	SR	36'04.50" (11.09m)
9	Laurie Lenz, Algona	SR	36'00" (10.97m)
10	Kristi Chapin, Sheldon	SO	35'06.75" (10.84m)
11	Kara Swingen, Forest City	FR	35'05" (10.80m)
12	Leah Van Whye, Western Christian	JR	34'10.25" (10.62m)
13	Katie Van Engen, Unity Christian	SR	34'10" (10.62m)
14	Caroline Ruppert, Clear Creek-Amana	JR	34'09.75" (10.61m)
15	Megan Klingbeil, Estherville-Lincoln Central	JR	34'09.50" (10.60m)
16	Stacy VanderVelde, Hartley-Melvin-Sanborn	SO	34'05" (10.49m)
17	Michelle Kearney, Center Point-Urbana	SR	34'04.75" (10.48m)
18	Molly Tuggle, Shenandoah	SO	34'02.25" (10.42m)
19	Julie Rietema, Pella	JR	34'00" (10.36m)
20	Brooke Graham, Shenandoah	JR	33'02.50" (10.12m)
21	Kenzie Reiling, Carroll	SR	33'01" (10.08m)
22	Laura Rowen, Hampton-Dumont	SO	32'11" (10.03m)
23	Santana Hildebrandt, Waukee	SO	32'06" (9.91m)
24	Lynn Fuhrmeister, Solon	JR	31'00" (9.45m)

SERIES

Nelson	37'05.00	38'07.50	38'00.00	38'05.75	38'01.00	40'03.00
Streeter	37'02.00	37'10.25	38'04.50	38'09.50	38'10.75	39'07.25
Cook	37'09.50	38'01.50	36'02.25	36'07.25	38'01.50	39'04.75
Trumblee	foul	37'02.25	37'02.50	38'05.25	37'04.75	36'08.75
Jansen	37'00.75	37'10.25	36'02.50	37'05.50	foul	38'03.25
Kapler	foul	37'02.25	35'10.50	35'10.25	38'02.50	37'10.75
Bandstra	36'07.50	35'04.00	36'11.75	35'10.75	34'09.25	foul
Orman	36'02.75	35'04.00	36'04.50	36'04.00	35'00.25	35'01.25
Lenz	34'05.75	34'09.00	36'00.00			
Chapin	35'06.75	34'06.50	35'04.25			
Swingen	35'05.00	34'00.75	31'06.00			
VanWhye	31'10.00	32'08.00	34'10.50			
Van Engen	34'10.00	foul	32'01.00			
Ruppert	33'09.75	34'04	34'09.75			
Klingbeil	34'09.50	32'11.25	33'05.25			
VanderVelde	30'08.75	34'03.00	34'05.00			
Kearney	32'03.75	32'10.75	34'04.75			
Tuggle	34'02.25	34'00.50	32'08.25			
Rietema	33'07.00	34'00.00	foul			
Graham	33'02.50	31'10.75	32'10.00			
Reiling	foul	foul	33'01.00			
Rowen	31'06.50	32'11.00	32'09.50			
Hildebrandt	32'04.50	32'06.00	foul			
Fuhrmeister	30'11.75	foul	31'00.00			

DISCUS

1	Caroline Ruppert, Clear Creek-Amana	JR	134'11"	(41.12m)
2	Mary Streeter, North Fayette	SR	134'00"	(40.84m)
3	Rachel Jansen, MOC-Floyd Valley	SO	131'03"	(40.01m)
4	Dana Dominguez, West Liberty	SR	123'01"	(37.52m)
5	Katy Paxton, Albia	SO	118'04"	(36.07m)
6	Molly Banse, Starmont	JR	117'07"	(35.84m)
7	Julie Rietema, Pella	JR	116'05"	(35.48m)
8	Amy Hynek, Mount Ayr	SR	115'07"	(35.23m)
9	Betsy Hertz, Nevada	JR	114'09"	(34.98m)
10	Michelle Kearney, Center Point-Urbana	SR	113'02"	(34.49m)
11	Kati Roth, Washington	SR	112'02"	(34.19m)
12	Andrea Stoffel, Cascade	JR	110'09"	(33.76m)
13	Lori Trumblee, Starmont	JR	110'07"	(33.35m)
14	Tracy O'Donnell, North Fayette	SR	107'04"	(32.72m)
15	Katie Morris, Shenandoah	SR	107'02"	(32.66m)
16	Katie Nelson, Estherville-Lincoln Central	SR	106'05"	(32.44m)
17	Laurie Lenz, Algona	SR	105'04"	(32.11m)
18	Ashley Powell, Perry	SO	104'09"	(31.93m)
19	Stacy Mahr, Crestwood	SR	104'06"	(31.85m)
20	Maren Muldoon, Atlantic	SR	103'06"	(31.55m)
21	Lynn Fuhrmeister, Solon	JR	103'04"	(31.50m)
22	Kenzie Reiling, Carroll	SR	099'02"	(30.23m)
23	Kristina Kapler, Crestwood	SR	097'07"	(29.74m)
24	Callie Jeffryes, Creston	FR	097'03"	(29.64m)

SERIES

Ruppert	126'09"	134'11"	foul	125'05"	foul	foul
Streeter	128'10"	132'09"	131'02"	134'00"	foul	128'05"
Jansen	131'03"	130'00"	foul	129'10"	foul	foul
Dominguez	119'06"	foul	111'05"	117'00"	116'11"	123'01"
Paxton	116'10"	110'09"	foul	108'11"	115'09"	118'04"
Banse	111'09"	096'06"	116'07"	107'03"	112'10"	117'01"
Rietema	foul	111'08"	116'00"	116'05"	113'06"	116'02"
Hynek	foul	115'11"	112'03"	099'07"	108'00"	106'07"
Hertz	111'02"	114'09"	109'06"			
Kearney	113'02"	foul	foul			
Roth	111'05"	112'02"	105'04"			
Stoffel	107'04"	110'09"	foul			
Trumblee	109'05"	110'07"	102'11"			
O'Donnell	103'09"	106'09"	107'04"			
Morris	107'02"	101'06"	foul			
Nelson	106'05"	104'03"	103'04"			
Lenz	foul	103'11"	105'04"			
Powell	090'00"	104'09"	foul			
Mahr	104'00"	104'06"	098'10"			
Muldoon	103'06"	102'08"	094'10"			
Fuhrmeister	103'04"	095'01"	094'01"			
Reiling	098'02"	099'02"	084'09"			
Kapler	097'07"	foul	093'02"			
Jeffryes	094'02"	097'03"	077'00"			

4x100-METER RELAY

1	CENTRAL DEWITT (Audra Bark, Katie Novak Ashley Baxter, Jen Brown)	50.14
2	PELLA (Kelli Marlow, Lyndsay Van Maaren Chelsea Freese, Tracy Marlow)	50.80
3	NEVADA (Lindi Olson, Bre Van Sickle Amy Buck, Kalli Olson)	50.91
4	NORTH FAYETTE (Jenni Suckow, Tracy O'Donnell Stefenie Nesvik, Dayna Jensen)	51.14
5	ATLANTIC (Ashley Hayes, Christen Carns Kami Roecker, Lauren Osborne)	51.28
6	WAUKEE (Megan White, Destinee Castillo Jaymi Kragel, Carrie Embree)	51.33
7	STORM LAKE (Stacy Schmidt, Paige Havens Jill Parman, Molly Daniels)	51.80
8	HARTLEY-MELVIN-SANBORN (Teri Snyder, Lisa Epping April Taylor, Shanna Vetter)	52.24

Heat 1

1	CENTRAL DEWITT (Audra Bark, Katie Novak Ashley Baxter, Jen Brown)	50.17 Q
2	WAUKEE (Megan White, Destinee Castillo Jaymi Kragel, Carrie Embree)	51.01 Q
3	NORTH FAYETTE (Jenni Suckow, Tracy O'Donnell Stefenie Nesvik, Dayna Jensen)	51.47 Q
4	FOREST CITY (Josi Askvig, Abby Van Syoc Tiffany Anderson, Hannah Thompson)	52.04
5	ROLAND-STORY (Ashley Gibson, Jamie Klein Jacki Doolittle, Allison Thompson)	52.15
6	LONE TREE/HIGHLAND (Meg Grim, Jessica Smith Arin Hotz, Ashley Slaughter)	52.18
7	GILBERT (Christa Housken, Molly Sundberg Kaitlyn Greenbowe, Emily Brown)	52.44
8	BELLEVUE (Kate Daugherty, Tabitha Blake Jena Kilburg, Tory Medinger)	53.15

Heat 2

1	PELLA (Kelli Marlow, Lyndsay Van Maaren)	50.43 Q
---	---	---------

2	Chelsea Freese, Tracy Marlow) ATLANTIC (Ashley Hayes, Christen Carns Kami Roecker, Lauren Osborne)	51.01 Q
3	GRINNELL (Katie Lidtka, Lindsay Peter Whitney Jensen, Danielle Brooks)	51.70
4	EMMETSBURG/GRAETTINGER (Tara Degen, Holly Reinders Bridget Besch, Heidi Jordet)	52.03
5	MEDIAPOLIS (Joanne Weyers, Margaret Kuenzler Sarah Nelson, Heather McLatchie)	52.21
6	CARROLL (Meagan O'Leary, Angie Rowedder Cara DeBolt, Kendra Bengston)	52.32
7	CLARKE (Kelsea Cannon, Ali Halverson Jenny Reynolds, Abby Reynolds)	52.41
8	MFL-MAR-MAC (Tracy Pasker, Jessie Rose Cheri Strutt, Emily Fassbinder)	53.10
1	NEVADA (Lindi Olson, Bre Van Sickle Amy Buck, Kalli Olson)	50.28 Q
2	STORM LAKE (Stacy Schmidt, Paige Havens Jill Parman, Molly Daniels)	51.07 Q
3	HARTLEY-MELVIN-SANBORN (Teri Snyder, Lisa Epping April Taylor, Shanna Vetter)	51.47 Q
4	CENTER POINT-URBANA (Niki Staskal-Brecht, Laura Rhoads Aimee Staskal-Brecht, Jama Kelty)	52.09
5	NORWALK (Tiffani Smith, Cortney Heldenbrand Elyse Walters, Steph Suckow)	52.51
6	SOLON (Beth Linderbaum, Melissa Slater Justina Stodola, Natalie Miller)	52.76
7	SIOUX CENTER (Jana Bahrke, Danielle Hulstein Stephanie Brommer, Maggie Hauswald)	53.30
999	PRAIRIE VALLEY (3-4 ozone) (Megan Stabbe, Tiffany Vinchattle Amy Beschorner, Tonya Gutschall)	dq-dnf

4x200-METER RELAY

1	CENTRAL DEWITT (Ashley Baxter, Jen Brown)	1:44.15
---	--	---------

	Katie Novak, Audra Bark)	
2	NEVADA (Lindi Olson, Alicia Buck Amy Buck, Kalli Olson)	1:45.19
3	PELLA (Kelli Marlow, Jena Marlow Ashley Bogaards, Tracy Marlow)	1:46.40
4	ATLANTIC (Ashley Hayes, Kristen Burkart Kami Roecker, Lauren Osborne)	1:46.58
5	CLEAR CREEK-AMANA (Tara Loan, Angela Ganschow Jenna Spratt, Stephanie Stratton)	1:47.35
6	NORTH FAYETTE (Jenni Suckow, Melissa Snyder Tracy O'Donnell, Dayna Jensen)	1:47.48
7	CASCADE (Katie Knapp, Jenny Noonan Lisa Coyle, Molly Gassman)	1:48.67
8	UNITY CHRISTIAN (Brittany Groeneweg, Katharine Lesage Larissa Van Engen, Lorilyn Vogel)	1:49.03

Heat 1

1	CENTRAL DEWITT (Ashley Baxter, Jen Brown Katie Novak, Audra Bark)	1:44.73 Q
2	ATLANTIC (Ashley Hayes, Kristen Burkart Kami Roecker, Lauren Osborne)	1:47.36 Q
3	NORTH FAYETTE (Jenni Suckow, Melissa Snyder Tracy O'Donnell, Dayna Jensen)	1:47.75 Q
4	HAMPTON-DUMONT (Jeni Winters, Jill Patton Kendra Schurman, Misty Dirksen)	1:48.79
5	DALLAS CENTER-GRIMES (Sarah Levenhagen, Megan Marquis Heather Tuttle, Cari Walker)	1:48.96
6	MEDIAPOLIS (Rena Roelfs, Margaret Kuenzler Andrea Kroll, Adrienne Patterson)	1:50.46
7	NEW HAMPTON (Sammy Stone, Vicki Beckman Brittney Flansche, Megan Vorwald)	1:50.60
8	PRAIRIE VALLEY (Jennifer Porter, Megan Stabbe Amy Beschorner, Tonya Gutschall)	1:50.98

Heat 2

1	NEVADA (Lindi Olson, Alicia Buck Amy Buck, Kalli Olson)	1:45.60 Q
2	CLEAR CREEK-AMANA	1:48.14 Q

	(Tara Loan, Angela Ganschow Jenna Spratt, Stephanie Stratton)	
3	CASCADE (Katie Knapp, Jenny Noonan Lisa Coyle, Molly Gassman)	1:48.21 Q
4	GILBERT (Michelle Wirth, Ashley Gregersen Emily Brown, Tiffany Peterson)	1:48.92
5	PERRY (Kelli Scheib, Ashlee Bales Cherie Menz, Rachel Kautzky)	1:49.36
6	ESTHERVILLE-LINCOLN CENTRAL (Nikki Reiter, Abby Baker Christina Schneider, Megan Klingbeil)	1:50.79
7	MAQUOKETA VALLEY (Lynn Nefzger, Heather Mensen Jaymi Strum, Jackie Willey)	1:50.86
8	HARTLEY-MELVIN-SANBORN (Amber Rozeboom, Lisa Epping April Taylor, Shanna Vetter)	1:52.84
	Heat 3	
1	PELLA (Kelli Marlow, Jena Marlow Ashley Bogaards, Tracy Marlow)	1:46.55 Q
2	UNITY CHRISTIAN (Brittany Groeneweg, Katharine Lesage Larissa Van Engen, Lorilyn Vogel)	1:48.38 Q
3	CHEROKEE (Makaela Paulsen, Anna Veit Courtney Cuthrell, Julia Slota)	1:49.48
4	CLEAR LAKE (Samantha Peterson, Dawn Scarrow Abby Roenfanz, Abby Person)	1:49.56
5	BELLEVUE (Kate Daugherty, Tabitha Blake Jena Kilburg, Tory Medinger)	1:50.18
6	BOYDEN-HULL/ROCK VALLEY (Megan Gort, Molly Gort Kara Van Den Top, Lindsay Overman)	1:50.40
7	CLARINDA (Trish Hughes, Michan Long Stacey Fugle, Nicole Baier)	1:51.58
999	GLENWOOD (2-3 ozone) (Munica Armstrong, Lynette Woodrow Sarah Jens, Sarah Nord)	dq-1:47.25

4x400-METER RELAY

1	ATLANTIC (Stephanie Jacobs 61.0, Michelle Allen 62.4 Lauren Osborne 62.3, Cortney Jacobs 58.2)	4:03.92
2	WILLIAMSBURG	4:05.63

	(Abby Tiernan 60.5, Beth Neal 62.5 Chelsey Wille 61.8, Abby Jones 60.8)	
3	MONTICELLO (Emily Chapman 63.5, Ginger Chapman 60.2 Brenda Brighton 62.8, Amy Bagge 60.1)	4:06.62
4	BENTON (Amy Hemesath 61.3, Brittni Miller 62.6 Ashley Swick 63.5, Katie Prusha 60.7)	4:08.16
5	CASCADE (Megan Recker 64.4, Jenny Noonan 60.9 Katie Knapp 62.4, Molly Gassman 60.7)	4:08.39
6	CENTRAL DEWITT (Erin Dieckmann 64.2, Ashley Baxter 62.3 Lyndsey Weller 62.4, Katie Novak 61.6)	4:10.51
7	CARROLL (Nicole Buck 64.7, Kendra Bengston 61.4 Katie Onken 64.1, Rachel Brincks 62.3)	4:12.54
8	MOUNT VERNON-LISBON (Jenna Nicol 64.9, Abby Brayton 64.9 Amy Kleinsmith 61.2, Stephanie Pisarik 58.1)	4:14.12

Heat 1

1	CASCADE (Megan Recker 64.1, Katie Knapp 61.7 Jenny Noonan 59.9, Molly Gassman 60.2)	4:05.94 Q
2	MONTICELLO (Emily Chapman 63.5, Ginger Chapman 62.0 Brenda Brighton 61.6, Amy Bagge 60.0)	4:07.10 Q
3	CARROLL (Nicole Buck 64.3, Kendra Bengston 60.1 Katie Onken 63.0, Rachel Brincks 61.0)	4:08.79 Q
4	SPIRIT LAKE PARK (Angie Gehring 63.0, Amy Nellis 62.0 Randi Ransom 62.3, Whitney Lester 61.8)	4:09.08
5	DYERSVILLE BECKMAN (Jenni Wedewer 64.5, Amy Gravel 60.8 Megan Pitz 62.9, Liz Nosbisch 61.6)	4:09.82
6	MAQUOKETA VALLEY (Erin Williams 64.3, Lynn Nefzger 60.3 Jackie Willey 64.0, Angie Dircks 63.9)	4:12.45
7	CLEAR CREEK-AMANA (Chrissy Berlin 62.6, Tara Loan 60.9 Lydia McKenzie 65.6, Amanda Eckrich 64.6)	4:13.71
8	CLARINDA (Jessica Carper 64.2, Michan Long 62.8 Garra Williams 65.9, Nicole Baier 63.1)	4:16.09

Heat 2

1	ATLANTIC (Stephanie Jacobs 60.1, Michelle Allen 63.2 Lauren Osborne 65.2, Cortney Jacobs 57.8)	4:06.34 Q
2	CENTRAL DEWITT (Erin Dieckmann 63.0, Ashley Baxter 63.8 Lyndsey Weller 60.7, Katie Novak 60.3)	4:07.83 Q

3	MOUNT VERNON-LISBON (Jenna Nicol 63.6, Abby Brayton 64.7 Amy Kleinsmith 64.4, Stephanie Pisarik 56.1)	4:08.69 Q
4	JESUP (Kelli Kayser 63.4, Cassie Frush 64.5 Audrey Kite 61.7, Ashley Westphal 61.1)	4:10.75
5	BALLARD (Melinda Harleen 62.9, Shelly Tomlinson 64.1 Alicia Ruddick 63.4, Amy Krumm 61.2)	4:11.67
6	NEVADA (Bridgett Schell 64.3, Renae Walker 64.3 Mariel McWilliams 63.3, Alicia Buck 61.1)	4:17.36
7	JEFFERSON-SCRANTON (Omega Wise 63.4, Audrey Monthei 65.0 Ashley Friday 65.4, Jessie Walker 64.1)	4:17.98
8	MEDIAPOLIS (Adrienne Patterson 64.3, Carman White 66.2 Andrea Cling 69.7, Renae Roelfs 62.0)	4:23.21
	Heat 3	
1	WILLIAMSBURG (Abby Tiernan 60.3, Beth Neal 61.6 Chelsey Wille 60.8, Abby Jones 61.1)	4:03.82 Q
2	BENTON (Amy Hemesath 61.0, Brittni Miller 61.7 Ashley Swick 60.9, Katie Prusha 62.3)	4:05.92 Q
3	UNITY CHRISTIAN (Tanya Holtrop 62.6, Melissa Eekhoff 62.3 Larissa Van Engen 63.9, Katharine Lesage 63.7)	4:10.95
4	RED OAK (Carmen Cox 62.0, Brandi Redel 62.0 Crystal Most 63.9, Jenni Hossle 63.8)	4:11.70
5	ADM (Mari Steele 64.4, Val Steele 64.6 Rebecca Hansen 63.3, Mandy Tryon 61.8)	4:14.10
6	KNOXVILLE (Katie Callahan 62.7, Holly Hixenbaugh 65.1 Erin Snider 64.4, Lyndsey Haning 61.9)	4:14.13
7	EMMETSBURG/GRAETTINGER (Julia Veltri 63.9, Julie Stillman 63.6 Kate Fickbohm 64.0, Leslie Rose 63.0)	4:14.45
8	BELMOND-KLEMME (Kali Krantz 66.1, Leigh Christensen 63.8 Jen Olthoff 65-3, Katie Meyer 65.9)	4:21.13

4x800-METER RELAY

1	WILLIAMSBURG (Abby Tiernan 2:22.0, Beth Neal 2:23.8 Chelsey Wille 2:25.1, Abby Jones 2:23.3)	09:34.28
2	UNITY CHRISTIAN (Tanya Holtrop 2:24.4, Jen Kempers 2:28.3 Melissa Eekhoff 2:27.7, Gretchen Noteboom 2:18.5)	09:38.96

3	SHENANDOAH (McKenzie Lauman 2:26.5, Abby Ballain 2:30.0 Missy Buttry 2:17.1, Carli Franks 2:26.5)	09:40.10
4	SOUTH WINNESHIEK (Marissa Wurzer 2:24.4, Bridget Buddenberg 2:23.6 Kristi Houdek 2:31.6, Brittany Buddenberg 2:22.6)	09:42.35
5	BENTON (Brittni Miller 2:28.1, Heidi Rathje 2:24.4 Dove Morrow 2:31.4, Katie Prusha 2:22.4)	09:46.43
6	DYERSVILLE BECKMAN (Amy Gravel 2:25.3, Jenni Wedewer 2:27.4 Aimee Hoefler 2:32.2, Liz Nosbisch 2:29.9)	09:47.90
7	ESTHERVILLE-LINCOLN CENTRAL (Lindsey Croner 2:20.7, Emily Christensen 2:28.7 Anna Shonkwiler 2:36.4, Molly Duitsman 2:24.9)	09:50.81
8	CLEAR CREEK-AMANA (Angie Mahoney 2:27.8, Marcy Rahn 2:27.4 Amberly Bult 2:27.0, Rachel Vomacka 2:30.1)	09:52.34
9	EMMETSBURG/GRAETTINGER (BrieAnn Reedy, Steph Noonan Abby Joynt, Leslie Rose)	09:55.94
10	MONTICELLO (Jennifer Larson 2:25.8, Kara Flannigan 2:34.1 Lindsay Larson 2:30.4, Brenda Brighton 2:28.3)	09:58.69
11	MOC-FLOYD VALLEY (Natalie Hoogeveen, Emily Jahn Kristin Thompson, Amy Mouw)	10:00.95
12	ADM (Mari Steele 2:32.4, Val Steele 2:36.4 Rebecca Hansen 2:28.4, Mandy Tryon 2:27.6)	10:04.82
13	CENTRAL DEWITT (Erin Dieckmann, Beth Niemann Erin Zimmer, Lyndsey Weller)	10:05.95
14	WESTERN CHRISTIAN (Jennifer Van Beek 2:27.6, Jackie Kroese 2:24.9 Christy Anema 2:34.4, Kelsey Bakker 2:42.0)	10:08.89
15	SPIRIT LAKE PARK (Angie Gehring 2:32.1, Abbie Dreeszen 2:35.6 Diane Meyer 2:31.1, Amy Nellis 2:32.1)	10:10.96
16	CASCADE (Paula Fischer, Megan Recker Sara McDermott 2:2.4, Amanda Smith 2:31.4)	10:11.25
17	ATLANTIC (Michelle Allen, Brigham Hoegh Haley Petersen, Krysta Metz)	10:11.40
18	JEFFERSON-SCRANTON (Omega Wise, Steph Harrison Audrey Monthei, Ashley Friday)	10:15.44
19	PELLA (Tera Behning, Nicole Beyer Beth Jones, Mary Hiemstra)	10:15.63
20	FOREST CITY (Heather Hanson 2:34.0, Megan Quayle 2:34.7)	10:16.17

	Lindsey Faber 2:37.6, Marisa Jensen 2:29.9)	
21	SHELDON (Julia Van Meeteren, Amy Van Beek Amber Klemme, Nicole DeVries)	10:16.91
22	MOUNT VERNON-LISBON (Kierstan Stoll, Ashley Smith Jamie Wallace, Abby Brayton)	10:17.85
23	EDDYVILLE-BLAKESBURG (Amber Morrison, Nicole Lorenzen Ashley Allman, Kelsy Allen)	10:29.53
999	OELWEIN (1st runner 8 steps oolane curve) (Lindie Hemesath, Sarah Hannasch Raine Huber, Jill Latham 2:21.6)	dq-9:59.49

SPRINT MEDLEY RELAY

1	ATLANTIC (Ashley Hayes, Christen Carns Tiff Pedersen, Stephanie Jacobs 58.6)	1:50.55
2	NEVADA (Lindi Olson, Bre Van Sickle Kalli Olson, Amy Buck 58.4)	1:51.07
3	GLENWOOD (Sarah Jens, Sarah Nord Munica Armstrong, Lynette Woodrow 60.0)	1:52.86
4	SOLON (Beth Linderbaum, Justina Stodola Melissa Slater, Natalie Miller 59.9)	1:53.49
5	GRINNELL (Katie Lidtka, Danae Breeden Danielle Brooks, Nicole Dunne 61.6)	1:53.61
6	CASCADE (Angie Hawkins, Lisa Coyle Jenny Noonan, Molly Gassman 59.9)	1:53.70
7	CLEAR CREEK-AMANA (Angela Ganschow, Jenna Spratt Stephanie Stratton, Tara Loan 61.0)	1:54.73
8	HARTLEY-MELVIN-SANBORN (Teri Snyder, Lisa Epping April Taylor, Shanna Vetter 60.6)	1:54.83

Heat 1

1	SOLON (Beth Linderbaum, Justina Stodola Melissa Slater, Natalie Miller 59.4)	1:52.83 Q
2	GRINNELL (Katie Lidtka, Danae Breeden Danielle Brooks, Nicole Dunne 61.8)	1:53.65 Q
3	MEDIAPOLIS (Sarah Nelson, Joanne Weyers Heather McLatchie, Renae Roelfs 60.3)	1:53.98
4	MONTICELLO	1:54.39

	(Emily Decker, Liz Lange Ginger Chapman, Amy Bagge 60.0)	
5	CLEAR LAKE (Missy McLaughlin, Jessica Healy Samantha Peterson, Dawn Scarrow 60.6)	1:54.47
6	GILBERT (Christa Housken, Molly Sundberg Tiffany Peterson, Mary Oppold 62.1)	1:56.43
7	ALGONA (Nikki White, Shena Schemmel Amber Moss, Julie Meyer 60.7)	1:56.54
8	BENTON (Lisa Stark, Abby Knaack Amy Hemesath, Cameren Jacobson 62.5)	1:56.65
	Heat 2	
1	NEVADA (Lindi Olson, Bre Van Sickle Kalli Olson, Amy Buck 59.4)	1:51.97 Q
2	CLEAR CREEK-AMANA (Angela Ganschow, Jenna Spratt Stephanie Stratton, Tara Loan 60.5)	1:53.60 Q
3	CASCADE (Angie Hawkins, Lisa Coyle Jenny Noonan, Molly Gassman 60.3)	1:53.77 Q
4	LONE TREE/HIGHLAND (Heidi DeGood, Lisa Roberts Arin Hotz, Ashley Slaughter 60.1)	1:54.03
5	WAUKEE (Megan White, Jaymi Kragel Carrie Embree, Amy Klein 62.1)	1:55.23
6	NORTH FAYETTE (Jenni Suckow, Rachel Fate Dayna Jensen, Natalie Whitcher 63.1)	1:56.02
7	FOREST CITY (Josi Askvig, Hannah Thompson Jaralyn Benson, Mairead Kelly 62.3)	1:56.43
999	SIBLEY-OCHEYEDAN (4th runner oolane) (Becca Janssen, Alison Huisenga Carrie Van Engen, Angela Mataloni 63.0)	dq-1:57.80
	Heat 3	
1	ATLANTIC (Ashley Hayes, Christen Carns Tiff Pedersen, Stephanie Jacobs 58.8)	1:50.37 Q
2	GLENWOOD (Sarah Jens, Sarah Nord Munica Armstrong, Lynette Woodrow 58.4)	1:52.76 Q
3	HARTLEY-MELVIN-SANBORN (Teri Snyder, Lisa Epping April Taylor, Shanna Vetter 60.3)	1:53.34 Q
4	SPIRIT LAKE PARK (Lindsay Berding, Tracee Kroese Brittney Hix, Whitney Lester 61.1)	1:54.26
5	PCM	1:54.82

	(Jessica Nolin, Jenny Oldham Ashley Van Wyk, Bridget Burns 60.9)	
6	CHEROKEE	1:55.87
	(Anna Veit, Kayla Hatch Julia Slota, Courtney Cuthrell 63.6)	
7	ADM	1:56.96
	(Stephanie Young, Shannon Severidt Alicia Whisner, Kate Olson 62.7)	
8	WILLIAMSBURG	2:00.05
	(Bethany Schnebbe, Amy Bamrick Cassie Milder, Michaela Malloy 64.8)	

DISTANCE MEDLEY RELAY

1	OELWEIN	4:12.48
	(Sarah Hannasch, Raine Huber Keely Huber 56.9, Jill Latham 2:18.3)	
2	BENTON	4:12.75
	(Ashley Swick, Jenny Bridgewagter Amy Hemesath 60.7, Katie Prusha 2:16.9)	
3	WILLIAMSBURG	4:13.59
	(Andria Marlin, Kelly Marine Chelsey Wille, Abby Jones)	
4	GILBERT	4:13.97
	(Kaitlyn Greenbowe, Emily Brown Tiffany Peterson 60.4, Mary Oppold 2:19.1)	
5	CHARITON	4:14.26
	(Erin Wooley, Ashley Pillsbury Madelyn Yocom, Michelle Sokol)	
6	UNITY CHRISTIAN	4:15.67
	(Katharine Lesage, Lorilyn Vogel Melissa Eekhoff 62.4, Gretchen Noteboom 2:19.3)	
7	HAMPTON-DUMONT	4:18.53
	(Jeni Winters, Angie Greimann Misty Dirksen 58.8, Amanda Huling 2:24.0)	
8	SOUTH WINNESHIEK	4:18.91
	(Kristin Hackman, Nicole Kramme Bridget Buddenberg 60.3, Brittany Buddenberg 2:20.8)	
9	ATLANTIC	4:18.96
	(Kristen Burkart, Kami Roecker Stephanie Jacobs 58.7, Krysta Metz 2:25.9)	
10	IOWA FALLS	4:20.53
	(Elyse Rickel, Lauren Weitzell Kaitlyn Moore 61.9, Molly Ubben 2:22.0)	
11	FOREST CITY	4:20.58
	(Josi Askvig, Hannah Thompson Jaralyn Benson 61.7, Mairead Kelly 2:23.9)	
12	ESTHERVILLE-LINCOLN CENTRAL	4:22.69
	(Nikki Reiter, Abby Olson Kelley Burton 64.4, Lindsey Croner 2:23.6)	
13	RED OAK	4:24.33
	(Brandi Redel, Crystal Most)	

	Jenni Hossle 61.4, Dani Wagaman 2:23.4)	
14	DYERSVILLE BECKMAN (Tracie Wessels, Chelsea Ellingson Aimee Hoefler 64.3, Liz Nosbisch 2:25.1)	4:26.31
15	SHENANDOAH (Brooke Graham, Sarah Bonefas Lori Dinville 65.6, McKenzie Lauman 2:23.4)	4:26.90
16	PERRY (Cherie Menz, Rachel Kautzky Leanne Townsend 62.9, Leslie Kealhofer 2:30.7)	4:27.56
17	NEVADA (Allison Gerlach, Bre Van Sickle Alicia Buck 61.2, Mariel McWilliams 2:28.6)	4:28.18
18	CASCADE (Angie Hawkins, Lisa Coyle Katie Knapp 62.9, Amanda Smith 2:26.9)	4:28.31
19	BELMOND-KLEMME (Ashley Vink, Lisa Kapka Leigh Christensen 63.1, Katie Meyer 2:28.3)	4:28.78
20	SOLON (Sarah Proctor, Melissa Slater Amanda Judisch 61.3, Kelley Wilkinson)	4:29.41
21	ALGONA (Amber Moss, Wendy Divis Julie Meyer 61.0, Amber Friedrich 2:31.2)	4:29.58
22	PELLA (Chelsea Freese, Tara Sorensen Ashley Bogaards, Tera Behning 2:30.7)	4:29.72
23	NORTH FAYETTE (Elise Heying, Nicole Walvatne Melissa Snyder 64.0, Natalie Witcher 2:27.1)	4:30.59
24	NORTH POLK (Missy Reinhart, Jen Newman Kim Medick 62.6, Stephanie Stall 2:33.1)	4:30.78

SHUTTLE HURDLE RELAY

1	ATLANTIC (Kristen Burkart 16.2, Tiff Pedersen 14.7 Sarah Wernimont 16.2, Maggie Wernimont 16.6)	1:03.75
2	STARMONT (Leah Francois, Jessica Klett Ashley Rubner, Marcia Zitelman)	1:05.38
3	UNITY CHRISTIAN (Jill Bouma 16.2, Andrea Noordewier 17.1 Brittany Groeneweg 16.3, Lorilyn Vogel 15.9)	1:05.50
4	WILLIAMSBURG (Cassie Milder 16.5, Shelon Stanerson 17.0 Amber Ealy 16.1, Abby Tiernan 16.0)	1:05.68
5	BALLARD (Amy Gibson 16.8, Melinda Harleen 16.8 Danalee Hokel 16.6, Cristen Harleen 15.5)	1:05.70

6	NORTH FAYETTE (Stefenie Nesvik, Megan Mitts Sarah Meckley, Jesse Harper)	1:06.97
7	NORWALK (Alison Fuller, Sami Sparks Laura Bergman, Elyse Walters)	1:07.25
8	GILBERT (Christa Housken, Michelle Wirth Kaitlyn Greenbowe, Molly Sundberg)	1:07.70
Heat 1		
1	WILLIAMSBURG (Cassie Milder 16.6, Shelon Stanerson 17.3 Amber Ealy 16.7, Abby Tiernan 15.3)	1:05.91 Q
2	GILBERT (Christa Housken 17.2, Michelle Wirth 16.9 Kaitlyn Greenbowe 15.8, Molly Sundberg 16.5)	1:06.41 Q
3	CENTRAL DEWITT (Ashley Baxter, Anne Maher Tiffany Evers, Samantha Rathje)	1:08.65
4	HUDSON (Steph Powell, Britt Swanson Ashley Leeper, Lana Meyer)	1:09.51
Heat 2		
1	UNITY CHRISTIAN (Jill Bouma 16.0, Brittany Groeneweg 16.8 Andrea Noordewier 18.2, Lorilyn Vogel 15.6)	1:06.60 Q
2	NORTH FAYETTE (Stefenie Nesvik 17.7, Megan Mitts 17.1 Sarah Meckley 16.8, Jesse Harper 15.7)	1:06.81 Q
3	JEFFERSON-SCRANTON (Bridget Pope, Stacy Hauptert Krystal Berger, Jessie Walker)	1:08.54
999	WAUKEE (2-3 ozone) (Anna Stork, Kristin Hoifeldt Sasha Kemmet, Sarah Merritt)	dq-1:08.50
Heat 3		
1	BALLARD (Amy Gibson, Melinda Harleen Danalee Hokel, Cristen Harleen)	1:06.46 Q
2	NORWALK (Alison Fuller, Sami Sparks Laura Bergman, Elyse Walters)	1:07.49 Q
3	SIOUX CENTER (Amber Green, Rachel Timmer Katie Van Meeteren, Jana Bahrke)	1:08.56
4	SIBLEY-OCHEYEDAN (Jennifer Ayers, Jessica Hiemstra Jen Rachuy, Alison Huisenga)	1:11.04
Heat 4		
1	STARMONT (Leah Francois, Jessica Klett Ashley Rubner, Marcia Zitelman)	1:05.84 Q

2	NEW HAMPTON (Ashley Hansen, Sammy Stone Kristen Wendl, Brittney Flansche)	1:07.99
3	MARION (Jana Bradley, Leighann Freeman Rachel Eagle, Neanna Conklin)	1:09.30
4	FOREST CITY (Tiffany Anderson, Ashley Davis Mindy Twait, Abby Van Syoc)	1:09.43
	Heat 5	
1	LONE TREE/HIGHLAND (Meg Grim, Amber Birtcher Lisa Roberts, Jessica Smith)	1:08.29
2	PELLA (Katie Kniff, Tara Sorensen Suzanne Corum, Sarah Way)	1:08.40
3	IOWA FALLS (Katie Aldinger, Liz McDonald Taran Kloetzer, Libby Jennings)	1:14.05
999	ROLAND-STORY (3-4 oozone) (Jamie Klein 16.8, Jill Larson 17.1 Kara Munson 16.8, Crystal Hanson 17.1)	dq-1:07.81
	Heat 6	
1	ATLANTIC (Maggie Wernimont 16.9, Kristen Burkart 16.3 Tiff Pedersen 14.1, Sarah Wernimont 15.8)	1:03.14 Q
2	CHEROKEE (Anna Veit, Courtney Cuthrell Kayla Hatch, Julia Slota)	1:08.81
3	CARROLL (Jenny Jackson, Holly Schettler Angie Rowedder, Rachel Brincks)	1:09.53
4	BOYDEN-HULL/ROCK VALLEY (Carrie Moe, Ashley Koele Jessica Stienstra, Karin Jespersen)	1:09.69

STATE TRACK & FIELD RESULTS

Jim Duncan Track--Drake Stadium

May 18-19, 2001

[Back to IGHSAU Master Page](#)

[Back to Track & Field Master Page--Complete Cutoff History and Previous Results](#)

[Total Class 3A Results](#)

[Total Class 2A Results](#)

[Total Class 1A Results](#)

[Total Wheelchair Results](#)

CLASS 3A RESULTS

STATE MEET ATTENDANCE

Friday--9,792 (All time record, one session--old mark 9,178, Friday, 1997)

Saturday--9,049 (Saturday record--old mark 8,932, 2000)

Total--18,841 (Two session record--old mark 17,916, 1999)

STATE MEET WEATHER

Friday Noon--73 degrees, 44% humidity; wind from East at 6 mph; clear skies

Friday 3:00--81 degrees, 322% humidity, wind from NW at 6 mph; clear skies

Saturday 10:00 a.m.--69 degrees, 65% humidity; wind from SE at 4 mph, clear skies

Saturday 3:00 p.m.--79 degrees, 44% humidity; wind from North at 7 mph; clear skies

updated Monday, May 21--5:13 p.m.

CLASS 3A TEAM SCORING

1 Iowa City West	53
2 Iowa City High	52
3 Cedar Rapids Washington	37
4 Ames	22
4 Muscatine	22
6 Dubuque Senior	21
6 Cedar Falls	21
8 Cedar Rapids Jefferson	20
9 Clinton	19.5
10 Lewis Central	19
10 Linn-Mar	19

10	Marshalltown	19
13	Mount Pleasant	18
14	West Des Moines Dowling	17
15	Des Moines Roosevelt	13
15	Sioux City East	13
15	West Delaware	13
18	Johnston	12
18	Pleasant Valley	12
20	Harlan	11.5
21	Waterloo West	10
22	Burlington	8
23	Ankeny	7
23	West Des Moines Valley	7
25	Council Bluffs Abraham Lincoln	6
26	Dubuque Wahlert	5
27	LeMars	4
27	Mason City	4
27	Waterloo East	4
30	Newton	3
30	Sioux City Heelan	3
32	Cedar Rapids Kennedy	2
32	Decorah	2
32	Waverly-Shell Rock	2
35	Cedar Rapids Xavier	1
35	Denison-Schleswig	1
35	Dubuque Hempstead	1
35	Spencer	1

100-METER DASH

1	Pam Orris, Dubuque Senior	SR	12.48
2	Laneisha Waller, Cedar Rapids Washington	FR	12.70
3	Sarah Riedel, Muscatine	JR	12.78
4	Beth Michael, Marshalltown	JR	12.91
5	Tenika Smith, Cedar Rapids Jefferson	SO	12.99
6	Angie Kerndt, Decorah	SR	13.11
7	Brook Bowman, North Scott	SR	13.28
999	Kristyn Barber, Cedar Rapids Washington	SR	FS

Heat 1

1	Beth Michael, Marshalltown	JR	12.50 Q
2	Laneisha Waller, Cedar Rapids Washington	FR	12.51 Q
3	Sarah Riedel, Muscatine	JR	12.66 Q
4	Danielle Salwey, Cedar Rapids Prairie	SO	13.35
5	Amanda Oostendorp, Dubuque Hempstead	SR	13.41
6	Sheila Pettigrew, Davenport Central	FR	13.70
7	Chrissy Scott, West Des Moines Dowling	SO	13.70
8	Kalli Hansen, Harlan	JR	13.77

Heat 2

1	Pam Orris, Dubuque Senior	SR	12.23 Q
2	Brook Bowman, North Scott	SR	12.79 Q
3	Angie Kerndt, Decorah	SR	12.82 Q
4	Allameshia Tiesman, Des Moines East	FR	13.07

5	Shanna Kissinger, Sioux City West	JR	13.17
6	Jessica Carson, Newton	SR	13.17
7	Allie Cade, West Des Moines Valley	JR	13.18
8	Sara Adkins, Muscatine	JR	13.35

Heat 3

1	Kristyn Barber, Cedar Rapids Washington	SR	12.52 Q
2	Tenika Smith, Cedar Rapids Jefferson	SO	12.91 Q
3	Miriam Chisala, Des Moines Roosevelt	FR	13.14
4	Meghan Menough, West Des Moines Dowling	SR	13.17
5	Machelle Peterson, Fort Dodge	SR	13.46
6	Abby Tiedemann, Cedar Rapids Jefferson	SR	13.47
7	Kim Rodgers, Ames	SR	13.48
8	Courtney Sisk, Davenport North	SO	13.62

200-METER DASH

1	Pam Orris, Dubuque Senior	SR	25.16
2	Sarah Riedel, Muscatine	JR	25.91
3	Kylan Loney, Ames	SR	26.16
4	Beth Michael, Marshalltown	JR	26.33
5	Katy Bogguss, Cedar Rapids Washington	SR	26.39
6	Angie Kerndt, Decorah	SR	26.50
7	Ashley Williams, Linn-Mar	JR	26.55
8	Jenny Lorenson, Cedar Rapids Xavier	JR	27.04

Heat 1

1	Beth Michael, Marshalltown	JR	26.17 Q
2	Liz Bradfield, Waterloo West	FR	26.84
3	Jamie Powers, West Des Moines Dowling	SO	27.04
4	Jenny Eisenlauer, Bettendorf	JR	27.19
5	Alicia Graber, Newton	JR	27.19
6	Lindsay Ruisch, Johnston	JR	27.31
7	Tara Fry, Cedar Rapids Jefferson	FR	27.46
8	Sam Schmidt, Mason City	FR	28.17

Heat 2

1	Pam Orris, Dubuque Senior	SR	25.76 Q
2	Angie Kerndt, Decorah	SR	26.49 Q
3	Stacy Lawrence, Clinton	JR	26.54
4	Brooke Niles, Sioux City Heelan	SO	26.75
5	Brook Bowman, North Scott	SR	27.01
6	Kim Hibbert, Urbandale	SR	27.51
7	Shanna Kissinger, Sioux City West	JR	27.67
8	Maggie Allen, Pleasant Valley	SO	27.87

Heat 3

1	Kylan Loney, Ames	SR	25.93 Q
2	Sarah Riedel, Muscatine	JR	26.01 Q
3	Ashley Williams, Linn-Mar	JR	26.35 Q
4	Katy Bogguss, Cedar Rapids Washington	SR	26.40 Q
5	Jenny Lorenson, Cedar Rapids Xavier	JR	26.45 Q
6	Lynette Wilson, Cedar Rapids Kennedy	SO	26.64
7	Allameshia Tiesman, Des Moines East	FR	27.80
999	Lindsey Windauer, Iowa City West	SO	DNS

400-METER DASH

1	Ashley Williams, Linn-Mar	JR	0:57.35
2	Lindsey Windauer, Iowa City West	SO	0:58.46
3	Jenny Carbone, Johnston	SR	0:58.68
4	Lynn Dobyys, Iowa City West	SO	0:59.06
5	Liz Bradfield, Waterloo West	FR	0:59.06
6	Ellen Jackson, Lewis Central	JR	1:00.19
7	Stacy Lawrence, Clinton	JR	1:01.30
	Lauren Carruthers, Pleasant Valley	FR	DNS

Heat 1

1	Jenny Carbone, Johnston	SR	0:59.09 Q
2	Lindsey Windauer, Iowa City West	SO	1:00.35 Q
3	Jessica Johnson, Waterloo East	SR	1:00.49
4	Carrie Jenaman, Dubuque Senior	FR	1:01.29
5	Ashley Harding, Des Moines East	SO	1:01.41
6	Toshia Burrell, Fort Dodge	SO	1:02.76
7	Tabatha Shaw, CB Abraham Lincoln	JR	1:04.48
8	Rachel Tritz, Sioux City Heelan	FR	1:05.21

Heat 2

1	Lynn Dobyys, Iowa City West	SO	0:59.15 Q
2	Liz Bradfield, Waterloo West	FR	0:59.43 Q
3	Ellen Jackson, Lewis Central	JR	0:59.97 Q
4	Stacy Lawrence, Clinton	JR	1:00.40 Q
5	Ashley Letze, Des Moines East	FR	1:01.93
6	Laura Burke, West Des Moines Valley	SR	1:02.25
7	Kim Wutzke, Cedar Rapids Jefferson	SO	1:02.75
999	Katie Hill, Iowa City High	SR	DNS

Heat 3

1	Ashley Williams, Linn-Mar	JR	0:58.74 Q
2	Lauren Carruthers, Pleasant Valley	FR	1:00.00 Q
3	Stephanie May, Dubuque Wahlert	SO	1:00.75
4	Jamie Hutchinson, Charles City	SO	1:01.06
5	Jessica Keefe, Ames	FR	1:01.13
6	Alex Wink, Sioux City North	SR	1:01.60
7	Rachel Steffen, Western Dubuque	JR	1:02.22
8	Tylynn Rouillard, Sioux City West	SO	1:03.67

800-METER RUN

1	Amanda Bales, Pleasant Valley	SR	2:14.39 J
2	Linnea Hopp, Harlan	SO	2:15.27
3	Katy Grady, LeMars	JR	2:15.62
4	Casey Owens, Des Moines Roosevelt	SR	2:16.45
5	Allison Werner, Mount Pleasant	SO	2:19.06
6	Megan Glover, Cedar Rapids Xavier	SO	2:19.83
7	Alicia Irons, Boone	JR	2:20.19
8	Jen Wendt, Pleasant Valley	JR	2:20.27
9	Amy Garrett, Southeast Polk	SO	2:20.65

10	Leah Koesters, Harlan	SO	2:23.84
11	Andrea Lowry, Marshalltown	JR	2:24.02
12	Kristin Siepkes, Spencer	SO	2:24.91
13	Sarah Fassbinder, Dubuque Wahlert	FR	2:24.98
14	Kelsey Andresen, Ankeny	FR	2:26.75
15	Sara Eppley, Charles City	FR	2:26.76
16	Emily Sadler, Cedar Rapids Xavier	SR	2:27.20
17	Michelle Lake, Iowa City High	SR	2:27.71
18	Beth Abramovich, West Des Moines Dowling	SR	2:28.31
18	Celie Corken, Dubuque Wahlert	SR	2:28.31
20	Katie Brown, Marshalltown	JR	2:28.76
21	Kelly Baustian, Cedar Rapids Washington	JR	2:28.89
22	Liz Myers, Cedar Falls	SR	2:29.78
23	Shirley Stern, Iowa City West	SO	2:29.84
24	Shaela Bresnan, Indianola	SR	2:40.33

1500-METER RUN

1	Emily Shoopman, Waterloo West	SR	4:40.87	J
2	Jeni Frudden, Iowa City West	JR	4:41.06	J
3	Jennie Funk, Iowa City High	SO	4:41.64	J
4	Nelle Trefz, Iowa City High	FR	4:43.12	J
5	Casey Owens, Des Moines Roosevelt	SR	4:44.83	J
6	Lauren Levy, Iowa City West	SR	4:50.69	
7	Shannon Oster, Cedar Rapids Washington	SO	4:50.70	
8	Robyn Werner, Mount Pleasant	SO	4:51.09	
9	Kristin Scheumann, Cedar Rapids Jefferson	SR	4:55.39	
10	Megan Glover, Cedar Rapids Xavier	SO	4:55.93	
11	Katy Grady, LeMars	JR	4:57.37	
12	Nina Hoppenjan, Dubuque Wahlert	SO	4:57.50	
13	Janelle Platts, Mason City	SO	4:58.16	
14	Kelsey Andresen, Ankeny	FR	5:00.20	
15	Kate Greer, Marshalltown	SO	5:00.71	
16	Jannae Holubar, Marshalltown	SR	5:02.84	
17	Quinn Vermie, Southeast Polk	SO	5:03.53	
18	Katie Stewart, Sioux City North	FR	5:03.75	
19	Allison Heid, Urbandale	JR	5:04.54	
20	Jessica Schultz, Mount Pleasant	SR	5:05.30	
21	Megan Riepma, Spencer	JR	5:05.37	
22	Sarah Lacina, Muscatine	JR	5:06.74	
23	Casey Hornick, Fairfield	JR	5:13.00	
24	Erin Kappeler, Bettendorf	SR	5:21.05	

3200-METER RUN

1	Casey Owens, Des Moines Roosevelt	SR	09:50.33	J
2	Jennie Funk, Iowa City High	SO	09:54.91	J
3	Jeni Frudden, Iowa City West	JR	09:58.67	J
4	Nelle Trefz, Iowa City High	FR	10:17.55	J
5	Robdu Adam, Iowa City West	SO	10:23.32	J
6	Shannon Oster, Cedar Rapids Washington	SO	10:30.85	

7	Sarah Lacina, Muscatine	JR	10:42.21
8	Lindsey Nye, Fort Madison	SR	10:44.58
9	Beth Whalen, Bettendorf	FR	10:46.19
10	Abbie Smith, West Des Moines Dowling	SR	10:53.08
11	Erin Kappeler, Bettendorf	SR	10:54.96
12	Emily Shoopman, Waterloo West	SR	10:55.92
13	Kate Greer, Marshalltown	SO	10:56.35
14	Quinn Vermie, Southeast Polk	SO	11:01.60
15	Brenda Funke, Cedar Rapids Kennedy	SO	11:03.36
16	Allison Heid, Urbandale	JR	11:05.96
17	Ashley Culp, West Des Moines Valley	SO	11:10.67
18	Traci Hawley, Ames	FR	11:14.55
19	Maureen O'Connor, Wat. Columbus-Don Bosco	SO	11:18.27
20	Jessica Viner, North Scott	FR	11:18.38
21	Sarah Ita, Mount Pleasant	JR	11:24.48
22	McKenzie Madison, Ankeny	FR	11:34.92
23	Danielle Beery, Johnston	JR	11:36.97
24	Stephanie Wilson, Sioux City West	JR	11:45.81

100-METER HURDLES

1	Blair Anderson, Burlington	SR	14.62
2	Becky Lauver, Lewis Central	SR	14.98
3	Erica Lynn, Ames	SR	15.17
4	Kayla Sautter, Mason City	SO	15.18
5	Laura Tomes, Sioux City East	SO	15.30
6	Lara Janson, Iowa City West	SR	15.36
7	Madeline Schlenzcek, Dubuque Senior	SR	15.75
8	Brooke Plumb, Newton	FR	16.38

Heat 1

1	Blair Anderson, Burlington	SR	14.44 Q
2	Lara Janson, Iowa City West	SR	15.31 Q
3	Lindsay Anderson, West Des Moines Valley	SR	15.62
4	Molly Nauman, West Des Moines Dowling	SR	15.82
5	Emily Triplett, Iowa City High	FR	16.07
6	Tara Pollastrini, Newton	SR	16.25
7	Jocelyn Thurston, Cedar Falls	SO	16.62
8	Tristan Smith, Fort Dodge	SR	19.97

Heat 2

1	Kayla Sautter, Mason City	SO	14.92 Q
2	Becky Lauver, Lewis Central	SR	15.06 Q
3	Maya Monitto-Weber, Iowa City High	SO	15.39
4	Kourtney Kelso, Cedar Rapids Kennedy	SR	15.55
5	Allie Karns, West Des Moines Valley	SR	15.66
6	Emily Hall, Harlan	SR	15.79
7	Carly Mortensen, Ames	SR	16.03
8	Amanda Faas, Cedar Rapids Washington	SR	16.29

Heat 3

1	Brooke Plumb, Newton	SR	14.64 Q
2	Erica Lynn, Ames	SR	14.98 Q
3	Madeline Schlenzcek, Dubuque Senior	SR	15.13 Q

4	Laura Tomes, Sioux City East	SO	15.20 Q
5	Tara Jetter, Clinton	SR	15.40
6	Megan Nielsen, Southeast Polk	FR	16.15
7	Cali Lyons, Dubuque Hempstead	FR	16.33
999	Nicole Carroll, Mason City	FR	DNS

400-METER HURDLES

1	Angie German, West Delaware	SR	1:02.19 J
2	Lara Janson, Iowa City West	SR	1:04.35
3	Jessica Johnson, Waterloo East	SR	1:05.87
4	Brooke Plumb, Newton	SR	1:05.87
5	Kelsie Linder, Iowa City High	SR	1:06.65
6	Deb Durey, West Delaware	FR	1:07.65
7	Tara Jetter, Clinton	SR	1:08.21
8	Katie Fraga, Iowa City High	JR	1:09.07

Heat 1

1	Jessica Johnson, Waterloo East	SR	1:05.66 Q
2	Kelsie Linder, Iowa City High	SR	1:05.94 Q
3	Tara Jetter, Clinton	SR	1:06.19 Q
4	Amanda Faas, Cedar Rapids Washington	SR	1:07.15
5	Sara Boisen, West Des Moines Valley	SO	1:07.39
6	Andrea LeClere, Cedar Rapids Jefferson	SR	1:09.61
7	Mindy Rauwold, Pleasant Valley	FR	1:09.75
8	Jessi Swaim, Ames	SO	1:13.03

Heat 2

1	Angie German, West Delaware	SR	1:02.94 J Q
2	Brooke Plumb, Newton	SR	1:05.72 Q
3	Ashley Letze, Des Moines East	FR	1:07.15
4	Kristin Way, Johnston	SR	1:08.45
5	Katie O'Bryne, Sioux City East	JR	1:08.49
6	Nora Liebergeseil, West Des Moines Valley	FR	1:08.83
7	Jennifer Snowbarger, Oskaloosa	SO	1:10.35
8	Elisha Turek, CB Abraham Lincoln	SO	1:11.57

Heat 3

1	Lara Janson, Iowa City West	SR	1:05.80 Q
2	Deb Durey, West Delaware	FR	1:06.46 Q
3	Katie Fraga, Iowa City High	JR	1:06.82 Q
4	Kim Lorenzen, Cedar Rapids Jefferson	SR	1:06.86
5	Ashley Wilson, Urbandale	JR	1:07.72
6	Sarah Kiester, Johnston	SR	1:08.50
7	Amanda Oostendorp, Dubuque Hempstead	SR	1:09.94
8	Michelle Gee, Ankeny	JR	1:11.76

HIGH JUMP

1	Laura Tomes, Sioux City East	SO	5'06" (1.68m)
2	Ashley Freeman, CB Abraham Lincoln	JR	5'05" (1.65m)
3	Stacy Boerema, Clinton	JR	5'04" (1.63m)
3	Sondra Rauterkus, Harlan	SR	5'04" (1.63m)

5	Kourtney Kelso, Cedar Rapids Kennedy	SR	5'03"	(1.60m)
6	Brooke Zrudsky, Linn-Mar	SR	5'03"	(1.60m)
7	Erica Lynn, Ames	SR	5'03"	(1.60m)
8	Angie Hensel, Clinton	SO	5'03"	(1.60m)
8	Rachel Sippy, Cedar Rapids Prairie	SO	5'03"	(1.60m)
10	Christina Gaard, Decorah	SO	5'03"	(1.60m)
11	Anne Holthaus, Decorah	JR	5'02"	(1.57m)
11	Beth Ratterman, Dubuque Hempstead	SR	5'02"	(1.57m)
13	Jessie Branstetter, Iowa City High	JR	5'02"	(1.57m)
14	Emily White, Cedar Falls	FR	5'02"	(1.57m)
15	Britt Jones, Ankeny	SR	5'00"	(1.52m)
15	Niki Sauerbrei, Muscatine	JR	5'00"	(1.52m)
17	Veronica Dykstra, Iowa City West	FR	5'00"	(1.52m)
17	Amber Christopher, Fairfield	SR	5'00"	(1.52m)
19	Kristie Gravel, Western Dubuque	JR	5'00"	(1.52m)
20	Kiersten Lovan, Keokuk	SO	4'10"	(1.47m)
20	Ashley Sly, Southeast Polk	SR	4'10"	(1.47m)
22	Katy Grady, LeMars	JR	4'10"	(1.47m)
22	Angela Tapley, Oskaloosa	JR	4'10"	(1.47m)
999	Katie Kooienga, Urbandale	FR	nh	

SERIES	4-10	5-0	5-2	5-3	5-4	5-5	5-6	5-7
Tomes	X	X	X	OX	X	X	OX	000
Freeman	X	X	X	OX	OOX	X	000	
Rauterkas	OX	X	OX	OOX	OOX	000		
Boerema	OX	OX	X	OOX	OOX	000		
Kelso	X	OX	OOX	X	000			
Zrudsky	X	X	X	OX	000			
Lynn	X	X	OX	OX	000			
Hensel	X	X	X	OOX	000			
Sippy	X	X	X	OOX	000			
Gaard	X	OX	OOX	OOX	000			
Holthaus	X	X	X	000				
Ratterman	X	X	X	000				
Branstetter	X	X	OX	000				
White	X	OX	OOX	000				
Sauerbrei	X	OX	000					
Jones	X	X	000					
Dykstra	X	OOX	000					
Christopher	X	OOX	000					
Gravel	OX	OOX	000					
Lovan	X	000						
Sly	X	000						
Grady	OOX	000						
Tapley	OOX	000						
Kooienga	000							

LONG JUMP

1	Laneisha Waller, Cedar Rapids Washington	FR	17'08"	(5.38m)
2	Abby Vanderah, Marshalltown	SR	17'03.75"	(5.28m)
3	Angie Hensel, Clinton	SO	17'00.25"	(5.19m)
4	Laura Tomes, Sioux City East	SO	16'09.75"	(5.12m)

5	Heidi Brody, Cedar Falls	SR	16'09.50"	(5.12m)
6	Pam Orris, Dubuque Senior	SR	16'09.50"	(5.12m)
7	Stacy Boerema, Clinton	JR	16'09.50"	(5.12m)
8	Sheena Sullivan, Charles City	SO	16'06.50"	(5.04m)
9	Anne Berger, Sioux City Heelan	SR	16'04.50"	(4.99m)
10	Kylan Loney, Ames	SR	16'04.50"	(4.99m)
11	Marla Froelich, Iowa City West	SR	16'04"	(4.98m)
12	Jessica Tracy, West Des Moines Valley	SR	15'11"	(4.85m)
13	Madalyn Schlenczek, Dubuque Senior	SR	15'10"	(4.83m)
14	Liz Huntley, Iowa City West	FR	15'09"	(4.80m)
15	Deb Durey, West Delaware	FR	15'08.25"	(4.78m)
16	Jessica Iserman, Waverly-Shell Rock	JR	15'07.25"	(4.76m)
17	Sarah Hoy, West Des Moines Valley	SR	15'06.50"	(4.74m)
18	Aimee Rasmusson, Cedar Falls	SO	15'03.25"	(4.65m)
19	Cara Young, Burlington	SO	15'01.50"	(4.61m)
20	Tristan Smith, Fort Dodge	SR	14'10"	(4.52m)
21	Tanya Miller, West Des Moines Dowling	SR	14'09"	(4.50m)
22	Allison Stracke, Harlan	JR	13'11"	(4.24m)
23	Angie German, West Delaware	SR	12'11.50"	(3.95m)
24	Kasey McDaniel, Spencer	SO	11'01.50"	(3.39m)

SERIES

Waller	foul	16'05.25	17'05.75	17'08.00	16'05.25	foul
Vanderah	17'00.50	17'03.75	16'04.25	16'03.00	17'01.00	foul
Hensel	foul	17'00.25	16'05.00	foul	16.05.25	foul
Tomes	16'00.50	16'09.75	16'01.75	16'03.25	16'09.25	16'03.50
Brody	foul	16'06.75	foul	15'11.25	16'09.50	15'11.50
Orris	14'07.50	14'00.00	16'09.50	15'11.25	foul	16'02.75
Boerema	16'09.50	foul	16'02.50	15'04.25	foul	15'07.25
Sullivan	16'03.75	16'05.00	16'05.50	15'09.50	16'06.50	15'06.75
Berger	foul	16'04.50	15'07.50			
Loney	foul	16'04.50	13'04.75			
Froelich	15'07.25	15'11.00	16'04.00			
Tracy	foul	15'11.00	15'05.75			
Schlenczek	15'08.00	15'10.00	foul			
Huntley	14'10.00	15'04.00	15'09.00			
Durey	14'09.00	15'08.25	foul			
Iserman	15'07.25	foul	14'06.00			
Hoy	15'06.50	foul	15'02.75			
Rasmusson	foul	foul	15'03.25			
Young	15'01.50	foul	14'06.50			
Smith	14'02.50	14'10.00	14'06.50			
Miller	14'09.00	foul	foul			
Stracke	foul	13'11.00	foul			
German	foul	12'11.50	foul			
McDaniel	foul	foul	11'11.50			

SHOT PUT

1	Aubrey Martin, Muscatine	JR	43'08.25"	(13.32m)
2	Sheena James, Clinton	SO	43'00.50"	(13.12m)
3	Abby Emsick, Lewis Central	JR	42'08.75"	(13.02m)
4	Kim Hansen, Cedar Falls	SR	41'05"	(12.62m)

5	Joli Coil, Waverly-Shell Rock	SR	40'06" (12.34m)
6	Rainie Goedken, Spencer	SR	39'11" (12.17m)
7	Tara Davis, Spencer	SR	39'07.75" (12.08m)
8	Martina Phillips, Clinton	SR	39'04.50" (12.00m)
9	Hayley Yarkosky, Oskaloosa	JR	38'09.50" (11.82m)
10	Maria Linnebrink, North Scott	SO	37'05.25" (11.41m)
11	Abby Ostwinkle, Western Dubuque	SR	37'03.50" (11.37m)
12	Kellie Price, CB Abraham Lincoln	SO	37'02.75" (11.35m)
13	Tiffany Steines, Dubuque Wahlert	SR	36'11" (11.25m)
14	Lee Ann Holland, Sioux City North	SO	36'07.75" (11.17m)
15	Liz Hatfield, West Des Moines Valley	SR	36'02.25" (11.03m)
16	Monica Stringfellow, Waterloo West	SR	35'10.75" (10.94m)
17	Kesley Egli, Cedar Falls	JR	35'09.25" (10.90m)
18	Andrea Barker, Marshalltown	SR	35'06" (10.82m)
19	Morgen Edwards, Cedar Rapids Jefferson	JR	35'00" (10.67m)
20	Johnna Gamble, Davenport West	SO	34'10" (10.62m)
21	Dixie Church, Cedar Rapids Kennedy	SR	34'09.75" (10.61m)
22	Brien Richard, Denison-Schleswig	JR	34'04.50" (10.48m)
23	Laura Leslein, Pleasant Valley	SR	34'02" (10.41m)
24	Jessica Bates, Indianola	FR	33'07.75" (10.26m)

SERIES

Martin	40'06.65	39'03.25	38'09.75	39'07.00	43'08.25	42'03.00
James	42'00.00	43'00.25	39'05.50	42'05.75	41'04.50	41'04.25
Emsick	42'08.75	foul	foul	40'09.50	foul	foul
Hansen	39'09.50	41'05.00	38'04.50	39'10.25	foul	40'04.00
Coil	37'01.75	38'07.50	40'02.00	38'07.25	40'06.00	foul
Goedken	37'06.25	39'01.00	38'02.25	39'11.00	39'00.50	foul
Davis	39'04.50	37'07.00	38'02.75	39'07.00	39'01.75	39'07.75
Phillips	37'02.75	37'08.75	39'04.50	37'09.25	37'00.25	37'04.50
Yarkosky	37'04.50	37'04.75	38'09.50			
Linnebrink	35'10.50	37'05.25	foul			
Ostwinkle	36'00.25	37'03.50	35'02			
Price	37'02.75	36'06.25	36'06.00			
Steines	36'11.00	foul	foul			
Holland	35'08.00	36'07.75	35'05.25			
Hatfield	36'00.75	33'00.75	36'02.25			
Stringfellow	34'10.75	34'06.25	35'10.75			
Egli	35'09.25	foul	35'05.50			
Barker	35'06.00	34'08.00	34'08.75			
Edwards	33'00.00	34'01.75	35'00.00			
Gamble	34'07.50	34'10.00	foul			
Church	33'07.00	34'03.25	34'09.75			
Richard	33'07.50	34'03.00	34'04.50			
Leslein	33'09.75	34'02.00	foul			
Bates	33'04.00	foul	33'07.75			

DISCUS

1	Abby Emsick, Lewis Central	JR	144'02" (43.94m)
2	Kim Hansen, Cedar Falls	SR	140'08" (42.88m)
3	Aubrey Martin, Muscatine	JR	132'00" (40.23m)
4	Tiffany Steines, Dubuque Wahlert	SR	124'05" (37.92m)

5	Kesley Egli, Cedar Falls	JR	123'05"	(37.62m)
6	Brien Richard, Denison-Schleswig	JR	122'06"	(37.34m)
7	Beth Aunan, Iowa City West	SR	120'00"	(36.58m)
8	Mikayla Larsen, CB Thomas Jefferson	JR	119'02"	(36.32m)
9	Amy Beringer, Sioux City North	JR	119'00"	(36.27m)
10	Lindsey Pleuss, Boone	SR	118'01"	(35.99m)
11	Amy Waggoner, Marshalltown	FR	116'02"	(35.41m)
12	Kellie Price, CB Abraham Lincoln	SO	114'11"	(35.03m)
13	Jessica Elliott, Iowa City High	SO	114'03"	(34.82m)
14	Stacy Boerema, Clinton	JR	113'02"	(34.49m)
15	Morgen Edwards, Cedar Rapids Jefferson	JR	112'05"	(34.26m)
16	Tara King, Ottumwa	JR	109'11"	(33.50m)
17	Holly Joens, Cedar Rapids Xavier	SO	108'09"	(33.15m)
18	Betsy Funk, Urbandale	JR	108'01"	(32.94m)
19	Megan Bustin, West Des Moines Dowling	JR	107'04"	(32.72m)
20	Leslie Sheridan, Dubuque Wahlert	JR	105'04"	(32.11m)
21	Tara Davis, Spencer	SR	105'03"	(32.08m)
22	Joli Coil, Waverly-Shell Rock	SR	104'08"	(31.90m)
23	Julie Wittrock, Boone	SO	104'05"	(31.83m)
24	Katie Kelly, Charles City	SR	103'11"	(31.67m)

SERIES

Emsick	123'05"	136'10"	140'08"	foul	143'02"	133'05"
Hansen	123'05"	136'10"	140'08"	scratch	136'11"	140'08"
Martin	127'10"	123'10"	foul	121'05"	126'00"	132'01"
Steines	124'05"	119'10"	119'09"	112'11"	114'05"	113'05"
Egli	120'06"	108'03"	117'00"	123'05"	109'07"	118'10"
Richard	117'05"	122'06:	foul	116'00"	foul	118'03"
Aunan	112'00"	116'08"	120'00"	113'11"	114'00"	116'04"
Larson	100'00"	115'03"	119'03"	foul	111'06"	117'11"
Beringer	114'08"	119'00"	106'08"			
Pleuss	foul	107'11"	118'01"			
Waggoner	107'08"	116'02"	108'06"			
Price	foul	105'07"	114'11"			
Elliott	107'08"	116'02"	108'06"			
Boerema	105'05"	108'04"	113'02"			
Edwards	105'06"	104'02"	112'05"			
King	114'03"	113'09"	foul			
Joens	104'00"	108'09"	103'00"			
Funk	100'08"	097'06"	108'01"			
Bustin	foul	096'02"	107'04"			
Sheridan	097'05"	105'04"	foul			
Davis	109'11"	105'03"	foul			
Coil	foul	105'08"	foul			
Wittrock	104'04"	092'05"	104'05"			
Kelly	103'11"	103'03"	foul			

4x100-METER RELAY

1	CEDAR RAPIDS WASHINGTON	48.80
	(Carrie Boyle, Laneisha Waller Katy Bogguss, Kristyn Barber)	
2	CEDAR RAPIDS JEFFERSON	49.21

	(Tenika Smith, Kim Lorenzen Leslie Tiedtke, Alisha Culp)	
3	MARSHALLTOWN (Abby Vanderah, Tiffany Cruickshank Alison Burns, Beth Michael)	49.64
4	CLINTON (Hillary Armstrong, Lyndsey Kroymann Sara Deters, Stacy Lawrence)	50.64
5	CEDAR FALLS (Heidi Brody, Carly Miller Yolonda Little, Shatrece Burt)	50.69
6	WEST DES MOINES DOWLING (Amy Howe, Erin Fitzgerald Maggie Dohrmann, Meghan Menough)	50.82
7	JOHNSTON (Amanda Hyde, Jenny Carbone Lindsey Way, Lindsay Ruisch)	51.36
999	DUBUQUE WAHLERT (2-3 oozone) (Leah Driscoll, Kristen Anglin Amanda Reiss, Stephanie Herbst)	DQ-50.79

Heat 1

1	MARSHALLTOWN (Abby Vanderah, Tiffany Cruickshank Alison Burns, Beth Michael)	49.57 Q
2	DUBUQUE WAHLERT (Leah Driscoll, Kristen Anglin Amanda Reiss, Stephanie Herbst)	50.13 Q
3	CEDAR FALLS (Heidi Brody, Carly Miller Yolonda Little, Shatrece Burt)	50.28 Q
4	CLINTON (Hillary Armstrong, Lyndsey Kroymann Sara Deters, Stacy Lawrence)	50.66 Q
5	CEDAR RAPIDS PRAIRIE (Danielle Salwey, Amber Schilling Angel Ejiasi, Debbie Akerly)	51.23
6	CEDAR RAPIDS KENNEDY (Melissa Kane, Lynette Wilson Raeannon Fairlie, Kourtney Kelso)	51.85
7	SIOUX CITY NORTH (Jacinta Ojinnaka, Amanda Wilch Kristi Hendrichsen, Lee Ann Holland)	51.92
8	DAVENPORT NORTH (Kendra Maxwell, Breanna Manders Marcia Hare, Courtney Sisk)	52.36

Heat 2

1	CEDAR RAPIDS JEFFERSON (Tenika Smith, Kim Lorenzen Leslie Tiedtke, Alisha Culp)	50.02 Q
2	WEST DES MOINES DOWLING (Amy Howe, Erin Fitzgerald)	50.70 Q

	Maggie Dohrmann, Meghan Menough)	
3	JOHNSTON (Amanda Hyde, Jenny Carbone Lindsey Way, Lindsay Ruisch)	50.83 Q
4	SPENCER (Kasey McDaniel, Amy Lensing Abby Hill, Megan Nuebel)	50.86
5	SIOUX CITY HEELAN (Melissa Rhinehart, Sheena Wright Jessica Hooks, Kara Fenceroy)	51.17
6	BURLINGTON (Joanna Opiekun, Carissa Overstreet Cara Young, Blair Anderson)	51.84
7	MOUNT PLEASANT (Danielle Hutchinson, Catie Moore Stephanie Duckett, Haley Sinn)	52.01
8	IOWA CITY HIGH (Morgan Rohrbach, Maya Monitto-Weber Virginia Dreier, Elizabeth Matzen)	52.44
	Heat 3	
1	CEDAR RAPIDS WASHINGTON (Carrie Boyle, Laneisha Waller Katy Bogguss, Kristyn Barber)	49.10 Q
2	WEST DES MOINES VALLEY (Aubrie Fontanini, Jessica Tracy Alisa Scarrow, Lacy Brunnette)	50.84
3	MUSCATINE (Sara Adkins, Natalie Hetzler Becca Siler, Sarah Riedel)	50.92
4	DUBUQUE SENIOR (Jordan Hougham, Tonya Ansel Carrie Jenamen, Madeline Schlenczek)	51.05
5	ANKENY (Jenna Lago, Haley Younger Lindsay McCracken, Kylie Lago)	51.06
6	MASON CITY (Nicole Carroll, Ana Ziegler Julie Jacobson, Kayla Sautter)	51.44
7	NEWTON (Jessica Carson, Annie Marshall Tori Dunham, Alicia Graber)	51.75
8	NORTH SCOTT (Amanda Wilford, Lisa Hildebrandd Becca Lewandowski, Mindy Heidgerken)	53.25

4x200-METER RELAY

1	CEDAR RAPIDS WASHINGTON (Carrie Boyle, Laneisha Waller Katy Bogguss, Kristyn Barber)	1:43.66
2	CEDAR RAPIDS JEFFERSON (Tenika Smith, Kim Lorenzen)	1:44.59

	Leslie Tiedtke, Alisha Culp)	
3	ANKENY (Sarah Lindner, Kylie Lago Haley Younger, Lindsay McCracken)	1:44.88
4	WEST DELAWARE (Megan Nieman, Abby Lahr Deb Durey, Angie German)	1:46.03
5	SIOUX CITY HEELAN (Melissa Rhinehart, Brooke Niles Jessica Hooks, Kara Fenceroy)	1:46.72
6	DUBUQUE HEMPSTEAD (Allie Splinter, Rachael Kueter Nina Schnee, Amanda Oostendorp)	1:46.76
7	CEDAR RAPIDS PRAIRIE (Amber Schilling, Debbie Akerly Melissa Langhurst, Ashley Baird)	1:47.68
999	WEST DES MOINES DOWLING (2-3 ooz) (Jamie Powers, Cat Ramirez Maggie Dohrmann, Meghan Menough)	DQ-1:45.73

Heat 1

1	ANKENY (Sarah Lindner, Kylie Lago Haley Younger, Lindsay McCracken)	1:44.54 Q
2	CEDAR RAPIDS PRAIRIE (Amber Schilling, Debbie Akerly Melissa Langhurst, Ashley Baird)	1:46.41 Q
3	SIOUX CITY NORTH (Jacinta Ojinnaka, Marie Lucas Lee Ann Holland, Carrie Cale)	1:47.74
4	URBANDALE (Kim Hibbert, Tessa Prati Allison Ripperger, Dana Hanson)	1:47.89
5	OSKALOOSA (Gina Messamer, Kristen Foster Amanda Knoot, Hilary Grotewold)	1:48.58
6	MOUNT PLEASANT (Danielle Hutchinson, Catie Moore Cherie Nichting, Stephanie Duckett)	1:48.60
7	AMES (Megan Maher, Kim Rodgers Laura Skladany, Kesha Johns)	1:48.76
8	BETTENDORF (Lauraen Kasper, Jenny Frels Erin Riley, Jenny Eisenlauer)	1:49.98

Heat 2

1	CEDAR RAPIDS JEFFERSON (Tenika Smith, Kim Lorenzen Leslie Tiedtke, Alisha Culp)	1:44.80 Q
2	DUBUQUE HEMPSTEAD (Allie Splinter, Rachael Kueter Nina Schnee, Amanda Oostendorp)	1:46.54 Q

3	WEST DES MOINES VALLEY (Aubrie Fontanini, Carolyn Schoen Sarah Best, Lacy Brunnette)	1:47.40
4	CEDAR RAPIDS KENNEDY (Kourtney Kelso, Raeannon Fairlie Kristi Muench, Lynette Wilson)	1:47.66
5	OTTUMWA (Hannah Elkins, Emily Roberts Brandie Moore, Katie Paulsen)	1:47.76
6	SPENCER (Megan Nuebel, Mandi Mesner Afton Erick, Abby Hill)	1:47.80
7	IOWA CITY WEST (Liz Huntley, Marla Froelich Alyssa Cress, Christen Karniski)	1:49.11
8	IOWA CITY HIGH (Ashton Strickland, Katie Lynch Heaven Tutson, Tiffany Belmont)	1:50.58
	Heat 3	
1	CEDAR RAPIDS WASHINGTON (Carrie Boyle, Laneisha Waller Katy Bogguss, Kristyn Barber)	1:44.21 Q
2	WEST DELAWARE (Megan Nieman, Abby Lahr Deb Durey, Angie German)	1:44.51 Q
3	WEST DES MOINES DOWLING (Jamie Powers, Cat Ramirez Maggie Dohrmann, Meghan Menough)	1:45.12 Q
4	SIOUX CITY HEELAN (Melissa Rhinehart, Brooke Niles Jessica Hooks, Kara Fenceroy)	1:46.22 Q
5	CEDAR RAPIDS XAVIER (RyAnne Ridge, Madelyn Pilcher Abby Zipperer, Jenny Lorenson)	1:47.67
6	MARSHALLTOWN (Sarah Otten, Kalynn Rowley Brittany Garland, Abby Vanderah)	1:48.10
7	CLINTON (Hillary Armstrong, Angie Hensel Sara Deters, Hadley Armstrong)	1:48.28
8	HARLAN (Becky Mages, Michelle Grabill Taryn Mathis, Amanda Cairney)	1:53.25

4x400-METER RELAY

1	LINN-MAR (Katie Clymer 62.3, Tara Hansen 59.0 Brooke Rhatigan 59.1, Ashley Williams 56.6)	3:56.96
2	IOWA CITY WEST (Lara Janson 60.3, Avery Bang 60.0 Lindsey Windauer 58.4, Lynn Dobyns 58.3)	3:56.98

3	AMES	3:59.75
	(Jessica Keefe 60.9, Erica Lynn 60.8 Keshia Johns 59.8, Kylan Loney 58.2)	
4	IOWA CITY HIGH	3:59.87
	(Meggan Reed 60.4, Katie Hill 58.7 Kelsie Linder 60.0, Monica Mims 60.7)	
5	HARLAN	4:00.25
	(Katie Hosack 61.9, Leah Koesters 60.0 Sondra Rauterkus 60.6, Linnea Hopp 57.7)	
6	WEST DES MOINES VALLEY	4:05.08
	(Sara Boisen 62.0, Sarah Best 60.9 Stephanie Perkins 61.6, Christy Drescher 60.5)	
7	CEDAR FALLS	4:05.26
	(Heidi Brody 61.0, Ashley Barkema 62.6 Jess Bates 61.7, Chelsey Dempster 59.9)	
8	OTTUMWA	4:08.81
	(Brandie Moore 63.2, Melissa Ebelscheiser 63.8 Katie Paulsen 62.9, Hannah Elkins 59.9)	

Heat 1

1	LINN-MAR	4:00.81 Q
	(Katie Clymer 61.9, Tara Hansen 59.1 Brooke Rhatigan 61.5, Ashley Williams 58.2)	
2	IOWA CITY HIGH	4:01.33 Q
	(Meggan Reed 60.4, Katie Hill 60.4 Kelsie Linder 61.8, Monica Mims 58.7)	
3	SIOUX CITY HEELAN	4:04.25
	(Melissa Rhinehart 61.8, Anne Berger 60.9 Karla Block 62.6, Brooke Niles 59.4)	
4	CEDAR RAPIDS XAVIER	4:08.63
	(Abby Zipperer 63.4, RyAnne Ridge 60.7 Shannon Ridge 62.0, Dani Anderson 62.5)	
5	WEST DES MOINES DOWLING	4:08.84
	(Allie Thrall 61.6, Nellie Walsh 63.6 Emily Nessler 62.4, Beth Abramovich 61.2)	
6	BOONE	4:09.36
	(Megan Montag 61.0, Kristin Anderson 63.6 Alicia Irons 61.4, Jessica Moul 63.4)	
7	CLINTON	4:10.50
	(Megan Vens 63.9, Angie Hensel 63.1 Kara Yahn 62.5, Hadley Armstrong 59.3)	
8	MASON CITY	4:12.79
	(Shauna Olson 63.4, Hollie Walusz 62.5 Sam Schmidt 62.4, Julie Jacobson 64.4)	

Heat 2

1	AMES	4:01.74 Q
	(Jessica Keefe 61.5, Erica Lynn 60.8 Keshia Johns 60.8, Kylan Loney 58.6)	
2	HARLAN	4:01.82 Q
	(Katie Hosack 61.6, Leah Koesters 60.1 Sondra Rauterkus 62.6, Linnea Hopp 58.8)	
3	WEST DES MOINES VALLEY	4:03.18 Q

	(Sara Boisen 61.2, Sarah Best 60.8 Stephanie Perkins 60.6, Christy Drescher 60.5)	
4	CEDAR FALLS (Heidi Brody 59.4, Ashley Barkema 62.0 Jess Bates 61.8, Chelsey Dempster 60.4)	4:03.64 Q
5	ANKENY (Haley Younger 60.7, Kelsey McKimpson 61.7 Lindsay McCracken 59.8, Katy Fuchtman 62.0)	4:04.22
6	SIOUX CITY NORTH (Marie Lucas 62.3, Carrie Cale 62.0 Katie Yockey 63.1, Alex Wink 62.8)	4:10.25
7	OSKALOOSA (Hilary Grotewold 63.0, Kasey Kerr 65.4 Gina Messamer 61.7, Jennifer Snowbarger 61.9)	4:12.05
8	URBANDALE (Ashley Wilson 62.2, Allison Ripperger 63.8 Tessa Prati 63.5, Dana Hanson 63.6)	4:13.05
	Heat 3	
1	IOWA CITY WEST (Lara Janson 61.2, Avery Bang 61.5 Lindsey Windauer 60.4, Lynn Dobyys 59.8)	4:02.65 Q
2	OTTUMWA (Brandie Moore 62.3, Melissa Ebelscheiser Katie Paulsen, Hannah Elkins 58.9)	4:04.17 Q
3	CHARLES CITY (Sheena Sullivan 62.8, Kari Hutchinson 62.1 Kristyn Ferris 61.8, Jamie Hutchinson 59.5)	4:06.23
4	DUBUQUE WAHLERT (Emily Roling 63.0, Courtney Kass 62.4 Emily May 62.0, Stephanie May 60.0)	4:07.49
5	DECORAH (Angie Kerndt 63.0, Kara Lukes Hannah Huinker, Mandy Reddel 60.0)	4:07.85
6	JOHNSTON (Chelsea Hudson 63.0, Kristin Way Lizz Swanson, Sarah Kiester 62.3)	4:09.46
7	PLEASANT VALLEY (Karina Carson 64.7, Jen Wendt 60.8 Maggie Allen 65.6, Amanda Bales 62.6)	4:13.70
8	MOUNT PLEASANT (Jamie McLaughlin 63.7, Jayme Jandrey 63.3 Jill Moeller 67.2, Cherie Nichting 64.2)	4:18.37

4x800-METER RELAY

1	IOWA CITY WEST (Shirley Stern 2:27.2, Lynn Dobyys 2:18.1 Lauren Levy 2:16.5, Jeni Frudden 2:15.2)	09:17.02
2	MOUNT PLEASANT (Jill Moeller 2:24.9, Robyn Werner 2:17.0 Jessica Schultz 2:23.2, Allison Werner 2:16.2)	09:21.35
3	IOWA CITY HIGH	09:24.16

	(Meggan Reed 2:19.4, Ali Kirsch 2:23.1 Katie Funk 2:22.8, Jennie Funk 2:18.2)	
4	WEST DES MOINES DOWLING (Allie Thrall 2:19.7, Sarah Bird 2:23.2 Emily Nessler 2:22.8, Beth Abramovich 2:19.2)	09:24.93
5	DUBUQUE WAHLERT (Celie Corken 2:23.7, Sara Fassbinder 2:20.7 Melissa Meyer 2:24.5, Stephanie May 2:22.4)	09:31.44
6	MARSHALLTOWN (Andrea Lowry 2:21.6, Katie Brown 2:21.9 Kate Greer 2:25.7, Janna Holubar 2:23.3)	09:32.72
7	CEDAR RAPIDS WASHINGTON (Suzanne Crumley 2:25.3, Zoe Marquardt 2:29.1 Kelly Baustian 2:24.7, Shannon Oster 2:18.4)	09:37.75
8	ANKENY (Kelsey Andresen 2:21.9, Kelsey McKimpson 2:24.1 Dawn Caffrey 2:23.4, Katy Fuchtmann 2:28.4)	09:37.85
9	CEDAR FALLS (Jess Bates, Cassie Naaktgeboren Kira Anderson, Chelsey Dempster)	09:43.70
10	WEST DES MOINES VALLEY (Christy Drescher 2:26.5, Lauren Hill 2:23.9 Ashley Culp 2:31.3, Stephanie Perkins 2:23.8)	09:45.48
11	AMES (Julie Reger 2:25.5, Colleen Armstrong 2:27.2 Jackie Brannan 2:30.0, Rachel Tapper 2:29.7)	09:48.08
12	SIOUX CITY HEELAN (Jessica Pape 2:25.6, Sarah Pattison 2:38.4 Anne Berger 2:21.3, Karla Block 2:23.0)	09:49.37
13	MASON CITY (Janelle Platts, Melissa Barnes Aimee Nielsen, Hollie Walusz)	09:49.63
14	FAIRFIELD (Lindsay Smith 2:24.8, Kari Hunerdosse Casey Hornick 2:24.2, Cassie Schmitz)	09:53.18
15	INDIANOLA (Shaella Bresnan, Heather Elliott Stacie Suntken, Rhiannon Lyon)	09:55.15
16	DECORAH (Hannah Huinker, Jessie Leuschen Mandy Reddel, Christina Gaard)	09:55.48
17	WAVERLY-SHELL ROCK (Randi Mehmen 2:26.6, Rhonda Harmening 2:28.7 Cathryn Henning 2:30.2, Staci Ruebel 2:29.9)	09:55.48
18	DENISON-SCHLESWIG (Jodi Boeck 2:26.1, Rachelle Kuhlmann 2:34.1 Chelsea Gustafson 2:31.2, Liz Peterson 2:28.3)	09:59.79
19	MUSCATINE (Heather Maxwell, Leslie Morales Cori Moore, Sarah Lacina)	10:02.78
20	SIOUX CITY NORTH (Holly Boston, Katie Stewart)	10:04.84

	Madison Davis, Sharon Benzoni)	
21	HARLAN (Megan Anderson, Renee Schechinger Ashley Goeser, Sara Reinig)	10:07.24
22	CEDAR RAPIDS XAVIER (Emily Sadler, Caitlinn Curphey Kristin Jennings, Elise Voss)	10:17.04
23	DAVENPORT CENTRAL (Cathleen Miller, Rathi Ravikumar Beth Cunningham, Jill Robertson)	10:19.65
999	PLEASANT VALLEY (Karina Carson, Jackie Kubik Jen Wendt, Amanda Bales)	DNF

SPRINT MEDLEY RELAY

1	IOWA CITY HIGH (Morgan Rohrbach, Maya Monitto-Weber Virginia Dreier, Monica Mims 57.6)	1:49.88
2	JOHNSTON (Amanda Hyde, Lindsey Way Lindsay Ruisch, Jenny Carbone 58.3)	1:49.89
3	CEDAR FALLS (Danielle Barkema, Carly Miller Shatrece Burt, Heidi Brody 58.2)	1:50.25
4	DUBUQUE SENIOR (Jordan Hougham, Madeline Schlenzcek Pam Orris, Mary Ann Schilling 59.5)	1:51.12
5	WEST DES MOINES DOWLING (Amy Howe, Erin Fitzgerald Jamie Powers, Cat Ramirez 59.5)	1:51.80
6	ANKENY (Sarah Lindner, Kylie Lago Haley Younger, Lindsay McCracken 60.2)	1:51.96
7	CEDAR RAPIDS XAVIER (Madelyn Pilcher, Abby Zipperer Jenny Lorensen, RyAnne Ridge 60.4)	1:53.71
8	CEDAR RAPIDS PRAIRIE (Danielle Salwey, Amber Schilling Ashley Baird, Debbie Akerly 61.5)	1:54.36

Heat 1

1	IOWA CITY HIGH (Morgan Rohrbach, Maya Monitto-Weber Virginia Dreier, Monica Mims 58.7)	1:50.50 Q
2	DUBUQUE SENIOR (Jordan Hougham, Madeline Schlenzcek Pam Orris, Mary Ann Schilling 59.8)	1:50.73 Q
3	CEDAR RAPIDS PRAIRIE (Danielle Salwey, Amber Schilling Ashley Baird, Debbie Akerly 58.7)	1:52.17 Q
4	WEST DES MOINES VALLEY	1:54.86

(Alisa Scarrow, Jessica Tracy
Carolyn Schoen, Laura Burke 61.1)

5 LINN-MAR 1:54.89
(Amanda Albaugh, Tara Hansen
Lindsey Kaspari, Nicole Novy 61.5)

6 MUSCATINE 1:55.50
(Laura Palmer, Valerie Vargus
Margaret Lear, Natalie Hetzler 61.6)

7 SIOUX CITY HEELAN 1:56.50
(Sheena Wright, Jessica Hooks
Megan Iverson, Rachel Tritz 61.3)

8 CHARLES CITY 1:56.56
(Katie Kelly, Laci Klinkel
Sheena Sullivan, Kristyn Ferris 62.3)

Heat 2

1 JOHNSTON 1:49.43 Q
(Amanda Hyde, Lindsey Way
Lindsay Ruisch, Jenny Carbone 57.2)

2 WEST DES MOINES DOWLING 1:50.77 Q
(Amy Howe, Erin Fitzgerald
Jamie Powers, Cat Ramirez 58.5)

3 URBANDALE 1:52.34
(Stacy Holthaus, Allison Ripperger
Dana Hanson, Kim Hibbert 59.4)

4 WATERLOO WEST 1:53.39
(Stephanie Brooks, Alison Lubbert
Liz Bradfield, Dominique McNeal 60.3)

5 OSKALOOSA 1:53.98
(Kristen Foster, Hayley Yarkosky
Hilary Grotewold, Gina Messamer 60.7)

6 SIOUX CITY WEST 1:54.32
(Jessica Winter, Jessica Kenagy
Shanna Kissinger, Niya Branch 61.0)

7 MARSHALLTOWN 1:55.08
(Alison Burns, Tiffany Cruickshank
Sarah Otten, Kalynn Rowley 61.5)

8 NORTH SCOTT 1:56.20
(Amanda Wilford, Mindy Heidgerken
Brook Bowman, Abby Wiese 63.1)

Heat 3

1 ANKENY 1:50.30 Q
(Sarah Lindner, Kylie Lago
Haley Younger, Lindsay McCracken 58.8)

2 CEDAR FALLS 1:51.52 Q
(Danielle Barkema, Carly Miller
Shatrece Burt, Heidi Brody 59.8)

3 CEDAR RAPIDS XAVIER 1:51.96 Q
(Madelyn Pilcher, Abby Zipperer
Jenny Lorensen, RyAnne Ridge 59.8)

4 DUBUQUE HEMPSTEAD 1:53.58
(Emily Luensmann, Nina Schnee
Allie Splinter, Rachael Kueter 60.7)

5	WEST DELAWARE (Andrea Bockenstedt, Allison Bockenstedt Abby Lahr, Megan Nieman 61.3)	1:54.05
6	FAIRFIELD (Callie Snead, Jessica Mantia Rachel Rebling, Lindsay Smith 60.7)	1:54.16
7	CEDAR RAPIDS JEFFERSON (Abby Tiedemann, Katie Cooper Tara Fry, Ashley Anderson 60.9)	1:54.26
8	AMES (Megan Maher, Abby Van Maaren Kim Rodgers, Amy Rodgers 62.4)	1:55.98

DISTANCE MEDLEY RELAY

1	IOWA CITY HIGH (Morgan Rohrbach, Elizabeth Matzen Monica Mims 58.2, Nelle Trefz 2:12.2)	4:03.56 *
2	MOUNT PLEASANT (Danielle Hutchinson, Haley Sinn Robyn Werner 59.2, Allison Werner 2:14.7)	4:06.86
3	IOWA CITY WEST (Christen Karniski, Lindsey Windauer Avery Bang 60.0, Lauren Levy 2:15.0)	4:07.89
4	PLEASANT VALLEY (Maggie Allen, Lindsey VenHorst Lauren Carruthers 61.2, Amanda Bales 2:13.8)	4:09.54
5	CEDAR RAPIDS JEFFERSON (Leslie Tiedtke, Ashley Anderson Alisha Culp 59.3, Kristin Scheumann 2:17.7)	4:10.34
6	SIOUX CITY HEELAN (Kara Fenceroy, Brooke Niles Anne Berger 60.9, Karla Block 2:20.00)	4:13.11
7	BOONE (Jessica Moul, Emily Greiner Megan Montag 60.1, Alicia Irons 2:18.6)	4:13.45
8	HARLAN (Katie Hosack, Sondra Rauterkus Allison Stracke 62.0, Linnea Hopp 2:20.1)	4:14.11
9	CEDAR RAPIDS XAVIER (Madelyn Pilcher, Dani Anderson Shannon Ridge 60.8, Megan Glover 2:18.4)	4:14.26
10	FAIRFIELD (Rachel Rebling, Amber Christopher Lindsay Smith, Casey Hornick)	4:14.83
11	MASON CITY (Ana Ziegler, Jennifer Low Julie Jacobson 61.9, Janelle Platts 2:19.2)	4:16.40
12	OTTUMWA (Hannah Elkins, Brandie Moore Katie Paulsen 58.9, Melissa Jay 2:23.3)	4:17.14
13	WATERLOO WEST	4:17.90

	(Stephanie Brooks, Alison Lubbert Dominique McNeal 62.1, Emily Shoopman 2:20.3)	
14	MARSHALLTOWN (Sarah Otten, Abby Vanderah Alison Burns 60.2, Jannae Holubar 2:23.9)	4:17.91
15	WEST DES MOINES VALLEY (Aubrie Fontanini, Lacy Brunnette Christy Drescher 60.1, Lauren Hill 2:23.8)	4:18.50
16	CEDAR FALLS (Carly Miller, Shatrece Burt Ashley Barkema 63.4, Jess Bates 2:22.6)	4:18.87
17	AMES (Laura Skladany, Abby Van Maaren Amy Rodgers 62.6, Julie Reger 2:24.6)	4:21.83
18	NORTH SCOTT (Mindy Heidgerken, Becca Lewandowski Eden Olsen 63.3, Abby Wiese 2:23.9)	4:22.50
19	SPENCER (Mandi Mesner, Amy Lensing Afton Erick 61.1, Megan Riepma 2:24.5)	4:22.56
20	DUBUQUE WAHLERT (Rachel Herrig, Amanda Reiss Emily Roling 61.2, Tess Miller 2:29.4)	4:25.78
21	WEST DES MOINES DOWLING (Maggie Dohrmann, Nellie Walsh Anne Abramovich 61.8, Liz Lane 2:29.1)	4:25.94
22	DUBUQUE HEMPSTEAD (Rachael Kueter, Nina Schnee Allie Splinter 61.7, Julie White 2:29.6)	4:26.06
23	SOUTHEAST POLK (Danielle Davis, Ashley Sly Amber Johnson 63.5, Amy Garrett 2:27.5)	4:27.91
24	DUBUQUE SENIOR (Jordan Hougham, Chelsea Lange Jenny Liphardt 64.0, Carolyn Sinsky 2:30.6)	4:30.14

SHUTTLE HURDLE RELAY

1	WEST DES MOINES DOWLING (Erin Fitzgerald 15.2, Tanya Miller 16.0 Amy Howe 15.8, Molly Nauman 15.6)	1:02.63
2	AMES (Carly Mortensen 15.9, Erica Lynn 14.8 Jessica Keefe 16.2, Kylan Loney 15.7)	1:02.64
3	WEST DES MOINES VALLEY (Lindsay Anderson 15.4, Carolyn Schoen 16.1 Sara Boisen 15.7, Allie Karns 15.6)	1:02.87
4	IOWA CITY HIGH (Emily Triplett 15.8, Katie Fraga 15.9 Virginia Dreier 16.5, Maya Monitto-Weber 15.0)	1:03.48
5	CLINTON (Kara Yahn, Lyndsey Kroymann)	1:03.63

	Stacy Boerema, Tara Jetter)	
6	MASON CITY (Nicole Carroll, Danielle Hill Emily Silberstein, Kayla Sautter)	1:03.96
7	SIOUX CITY EAST (Laura Tomes, Laura Brouwer Chauntee Alfredson, Katie O'Bryne)	1:04.30
8	WEST DELAWARE (Megan Nieman, Deb Durey Amy Klostermann, Angie German)	1:12.44

Heat 1

1	IOWA CITY HIGH (Emily Triplett 16.4, Katie Fraga 15.8 Virginia Dreier 16.3, Maya Monitto-Weber 15.1)	1:03.67 Q
2	SIOUX CITY EAST (Laura Tomes 15.4, Laura Brouwer 16.6 Chauntee Alfredson 17.3, Katie O'Bryne 16.1)	1:05.13 Q
3	SOUTHEAST POLK (Marisol Lopez, Jenna Wilkin Lindsey Denning, Megan Nielsen)	1:06.27
4	ANKENY (Michelle Gee, Cyndi O'Hern Iveree Christians, MacKenzie Heston)	1:06.94

Heat 2

1	WEST DES MOINES DOWLING (Erin Fitzgerald 15.5, Amy Howe 16.0 Tanya Miller 16.7, Molly Nauman 15.6)	1:03.83 Q
2	MASON CITY (Nicole Carroll 16.2, Danielle Hill 16.9 Emily Silberstein 17.0, Kayla Sautter 14.9)	1:04.71 Q
3	SPENCER (Kasey McDaniel, Katie Grave Jenny Kabrick, Angie Mahrt)	1:06.90
4	CEDAR RAPIDS JEFFERSON (Amy Rhoads, Ashley Havlicek Jenni Zearley, Andrea LeClere)	1:08.89

Heat 3

1	CLINTON (Kara Yahn 16.0, Lyndsey Kroymann 15.9 Stacy Boerema 15.8, Tara Jetter 15.3)	1:03.03 Q
2	LEWIS CENTRAL (JJ Padilla 16.6, Rachel Hildreth 17.0 Kellie Evans 16.9, Becky Lauver 15.0)	1:05.53
3	CEDAR RAPIDS WASHINGTON (Renee Golinvou, Cara Ross Ashley Edmonds, Amanda Faas)	1:07.28
4	MUSCATINE (Katie Petersen, Natalie Wieskamp Ashley Carlson, Becca Siler)	1:08.29

Heat 4

1	AMES	1:03.16 Q
---	------	-----------

(Jessica Keefe 16.5, Erica Lynn 14.7
Carly Mortensen 15.8, Kylan Loney 16.2)

2 BURLINGTON 1:06.11
(Hannah Luttenegger 17.1, Laura Maschmann 16.9
Kellie Huckins 17.3, Blair Anderson) 14.8

3 URBANDALE 1:07.11
(Stacy Holthaus, Erica Heiden
Stephanie Accurso, Tessa Prati)

4 FORT DODGE 1:08.44
(Tristan Smith, Katie Craigmile
Missy Arends, Emily Burmeister)

Heat 5

1 WEST DES MOINES VALLEY 1:03.04 Q
(Lindsay Anderson 15.8, Sara Boisen 15.7
Carolyn Schoen 15.9, Allie Karns 15.7)

2 OSKALOOSA 1:05.52
(Ashley Moore, Angela Tapley
Jennifer Snowbarger, Jenni Rinehart)

3 NEWTON 1:05.57
(Tara Pollastrini 16.7, Cali Dunham 16.5
Tori Dunham 17.6, Brooke Plumb 14.8)

4 DENISON-SCHLESWIG 1:08.98
(Katie Kruse, Holli Hamilton
Sarah Heiden, Rachelle Kuhlmann)

Heat 6

1 WEST DELAWARE 1:03.26 Q
(Megan Nieman 16.8, Deb Durey 15.5
Amy Klostermann 15.5, Angie German 15.1)

2 HARLAN 1:06.03
(Taryn Mathis, Melissa Stewart
Liz Olson, Emily Hall)

3 MOUNT PLEASANT 1:07.01
(Cherie Nichting, Catie Moore
Alicia Meierotto, Haley Sinn)

4 LINN-MAR 1:09.19
(Abby Thompson, Kirsten Reck
Brooke Benesh, Laura Reck)

2001 STATE TRACK RESULTS

Class 3A -- Friday Results

Updated Friday, May 18 -- 6:15 p.m.

[Go to District & State Meet Page](#)

[Go to 2001 Season Performance Leaders-Over All](#)

[Go to 2001 Season Performance Leaders-Class 1A](#)

[Go to 2001 Season Performance Leaders-Class 2A](#)

[Go to 2001 Season Performance Leaders-Class 3A](#)

[Go to Track & Field Home Page](#)

TEAM SCORING

1	Iowa City High	19
2	Iowa City West	12
3	Cedar Falls	8
3	Des Moines Roosevelt	8
3	Lewis Central	8
3	Mount Pleasant	8
7	Muscatine	4
7	Pleasant Valley	4
9	Dubuque Wahlert	3
10	Cedar Rapids Jefferson	2
11	Cedar Rapids Washington	1
11	Denison-Schleswig	1
11	Sioux City Heelan	1

100 METERS

Heat 1

- 1 Beth Michael, Marshalltown, 12.50 Q
- 2 Laneisha Waller, Cedar Rapids Washington, 12.51 Q
- 3 Sarah Riedel, Muscatine, 12.66 Q
- 4 Danielle Salwey, Cedar Rapids Prairie, 13.35
- 5 Amanda Oostendorp, Dubuque Hempstead, 13.41
- 6 Sheila Pettigrew, Davenport Central, 13.70
- 7 Chrissy Scott, West Des Moines Dowling, 13.70
- 8 Kalli Hansen, Harlan, 13.77

Heat 2

- 1 Pam Orris, Dubuque Senior, 12.23 Q
- 2 Brook Bowman, North Scott, 12.79 Q
- 3 Angie Kerndt, Decorah, 12.82 Q
- 4 Allameshia Tiesman, Des Moines East, 13.07
- 5 Shanna Kissinger, Sioux City West, 13.17
- 6 Jessica Carson, Newton, 13.17
- 7 Allie Cade, West Des Moines Valley, 13.18
- 8 Sara Adkins, Muscatine, 13.35

Heat 3

- 1 Kristyn Barber, Cedar Rapids Washington, 12.52 Q
- 2 Tenika Smith, Cedar Rapids Jefferson, 12.91 Q
- 3 Miriam Chisala, Des Moines Roosevelt, 13.14
- 4 Meghan Menough, West Des Moines Dowling, 13.17
- 5 Mabelle Peterson, Fort Dodge, 13.46
- 6 Abby Tiedemann, Cedar Rapids Jefferson, 13.47
- 7 Kim Rodgers, Ames, 13.48
- 8 Courtney Sisk, Davenport North, 13.62

400 METERS**Heat 1**

- 1 Jenny Carbone, Johnston, 0:59.09 Q
- 2 Lindsey Windauer, Iowa City West, 1:00.35 Q
- 3 Jessica Johnson, Waterloo East, 1:00.49
- 4 Carrie Jenaman, Dubuque Senior, 1:01.29
- 5 Ashley Harding, Des Moines East, 1:01.41
- 6 Toshia Burrell, Fort Dodge, 1:02.76
- 7 Tabatha Shaw, CB Abraham Lincoln, 1:04.48
- 8 Rachel Tritz, Sioux City Heelan, 1:05.21

Heat 2

- 1 Lynn Dobyms, Iowa City West, 0:59.15 Q
- 2 Liz Bradfield, Waterloo West, 0:59.43 Q
- 3 Ellen Jackson, Lewis Central, 0:59.97 Q
- 4 Stacy Lawrence, Clinton, 1:00.40 Q
- 5 Ashley Letze, Des Moines East, 1:01.93
- 6 Laura Burke, West Des Moines Valley, 1:02.25
- 7 Kim Wutzke, Cedar Rapids Jefferson, 1:02.75

Heat 3

- 1 Ashley Williams, Linn-Mar, 0:58.74 Q
- 2 Lauren Carruthers, Pleasant Valley, 1:00.00 Q
- 3 Stephanie May, Dubuque Wahlert, 1:00.75
- 4 Jamie Hutchinson, Charles City, 1:01.06

- 5 Jessica Keefe, Ames, 1:01.13
- 6 Alex Wink, Sioux City North, 1:01.60
- 7 Rachel Steffen, Western Dubuque, 1:02.22
- 8 Tylynn Rouillard, Sioux City West, 1:03.67

3000 METERS

FINAL

- 1 Casey Owens, Des Moines Roosevelt, 09:50.33 J
- 2 Jennie Funk, Iowa City High, 09:54.91 J
- 3 Jeni Frudden, Iowa City West, 09:58.67 J
- 4 Nelle Trefz, Iowa City High, 10:17.55 J
- 5 Robdu Adam, Iowa City West, 10:23.32 J
- 6 Shannon Oster, Cedar Rapids Washington, 10:30.85
- 7 Sarah Lacina, Muscatine, 10:42.21
- 8 Lindsey Nye, Fort Madison, 10:44.58
- 9 Beth Whalen, Bettendorf, 10:46.19
- 10 Abbie Smith, West Des Moines Dowling, 10:53.08
- 11 Erin Kappeler, Bettendorf, 10:54.96
- 12 Emily Shoopman, Waterloo West, 10:55.92
- 13 Kate Greer, Marshalltown, 10:56.35
- 14 Quinn Vermie, Southeast Polk, 11:01.60
- 15 Brenda Funke, Cedar Rapids Kennedy, 11:03.36
- 16 Allison Heid, Urbandale, 11:05.96
- 17 Ashley Culp, West Des Moines Valley, 11:10.67
- 18 Traci Hawley, Ames, 11:14.55
- 19 Maureen O'Connor, Wat. Columbus-Don Bosco, 11:18.27
- 20 Jessica Viner, North Scott, 11:18.38
- 21 Sarah Ita, Mount Pleasant, 11:24.48
- 22 McKenzie Madison, Ankeny, 11:34.92
- 23 Danielle Beery, Johnston, 11:36.97
- 24 Stephanie Wilson, Sioux City West, 11:45.81

100 METER HURDLES

Heat 1

- 1 Blair Anderson, Burlington, 14.44 Q
- 2 Lara Janson, Iowa City West, 15.31 Q
- 3 Lindsay Anderson, West Des Moines Valley, 15.62
- 4 Molly Nauman, West Des Moines Dowling, 15.82
- 5 Emily Triplett, Iowa City High, 16.07
- 6 Tara Pollastrini, Newton, 16.25
- 7 Jocelyn Thurston, Cedar Falls, 16.62
- 8 Tristan Smith, Fort Dodge, 19.97

Heat 2

- 1 Kayla Sautter, Mason City, 14.92 Q
- 2 Becky Lauver, Lewis Central, 15.06 Q
- 3 Maya Monitto-Weber, Iowa City High, 15.39
- 4 Kourtney Kelso, Cedar Rapids Kennedy, 15.55
- 5 Allie Karns, West Des Moines Valley, 15.66

- 6 Emily Hall, Harlan, 15.79
- 7 Carly Mortensen, Ames, 16.03
- 8 Amanda Faas, Cedar Rapids Washington, 16.29

Heat 3

- 1 Brooke Plumb, Newton, 14.64 Q
- 2 Erica Lynn, Ames, 14.98 Q
- 3 Madeline Schlenzcek, Dubuque Senior, 15.13 Q
- 4 Laura Tomes, Sioux City East, 15.20 Q
- 5 Tara Jetter, Clinton, 15.40
- 6 Megan Nielsen, Southeast Polk, 16.15
- 7 Cali Lyons, Dubuque Hempstead, 16.33

4x100-METER RELAY

Heat 1

- 1 MARSHALLTOWN, (Abby Vanderah, Tiffany Cruickshank, Alison Burns, Beth Michael), 49.57 Q
- 2 DUBUQUE WAHLERT, (Leah Driscoll, Kristen Anglin, Amanda Reiss, Stephanie Herbst), 50.13 Q
- 3 CEDAR FALLS, (Heidi Brody, Carly Miller, Yolonda Little, Shatrece Burt), 50.28 Q
- 4 CLINTON, (Hillary Armstrong, Lyndsey Kroymann, Sara Deters, Stacy Lawrence), 50.66 Q
- 5 CEDAR RAPIDS PRAIRIE, (Danielle Salwey, Amber Schilling, Angel Ejiasi, Debbie Akerly), 51.23
- 6 CEDAR RAPIDS KENNEDY, (Melissa Kane, Lynette Wilson, Raeannon Fairlie, Kourtney Kelso), 51.85
- 7 SIOUX CITY NORTH, (Jacinta Ojinnaka, Amanda Wilch, Kristi Hendrichsen, Lee Ann Holland), 51.92
- 8 DAVENPORT NORTH, (Kendra Maxwell, Breanna Manders, Marcia Hare, Courtney Sisk), 52.36

Heat 2

- 1 CEDAR RAPIDS JEFFERSON, (Tenika Smith, Kim Lorenzen, Leslie Tiedtke, Alisha Culp), 50.02 Q
- 2 WEST DES MOINES DOWLING, (Amy Howe, Erin Fitzgerald, Maggie Dohrmann, Meghan Menough), 50.70 Q
- 3 JOHNSTON, (Amanda Hyde, Jenny Carbone, Lindsey Way, Lindsay Ruisch), 50.83 Q
- 4 SPENCER, (Kasey McDaniel, Amy Lensing, Abby Hill, Megan Nuebel), 50.86
- 5 SIOUX CITY HEELAN, (Melissa Rhinehart, Sheena Wright, Jessica Hooks, Kara Fenceroy), 51.17
- 6 BURLINGTON, (Joanna Opiekun, Carissa Overstreet, Cara Young, Blair Anderson), 51.84
- 7 MOUNT PLEASANT, (Danielle Hutchinson, Catie Moore, Stephanie Duckett, Haley Sinn), 52.01
- 8 IOWA CITY HIGH, (Morgan Rohrbach, Maya Monitto-Weber, Virginia Dreier, Elizabeth Matzen), 52.44

Heat 3

- 1 CEDAR RAPIDS WASHINGTON, (Carrie Boyle, Laneisha Waller, Katy Bogguss, Kristyn Barber), 49.10 Q
- 2 WEST DES MOINES VALLEY, (Aubrie Fontanini, Jessica Tracy, Alisa Scarrow, Lacy Brunnette), 50.84
- 3 MUSCATINE, (Sara Adkins, Natalie Hetzler, Becca Siler, Sarah Riedel), 50.92
- 4 DUBUQUE SENIOR, (Jordan Hougham, Tonya Ansel, Carrie Jenamen, Madeline Schlenzcek), 51.05
- 5 ANKENY, (Jenna Lago, Haley Younger, Lindsay McCracken, Kylie Lago), 51.06
- 6 MASON CITY, (Nicole Carroll, Ana Ziegler, Julie Jacobson, Kayla Sautter), 51.44
- 7 NEWTON, (Jessica Carson, Annie Marshall, Tori Dunham, Alicia Graber), 51.75
- 8 NORTH SCOTT, (Amanda Wilford, Lisa Hildebrandd, Becca Lewandowski, Mindy Heidgerken), 53.25

4x200-METER RELAY

Heat 1

- 1 ANKENY, (Sarah Lindner, Kylie Lago, Haley Younger, Lindsay McCracken), 1:44.54 Q
- 2 CEDAR RAPIDS PRAIRIE, (Amber Schilling, Debbie Akerly, Melissa Langhurst, Ashley Baird), 1:46.41 Q
- 3 SIOUX CITY NORTH, (Jacinta Ojinnaka, Marie Lucas, Lee Ann Holland, Carrie Cale), 1:47.74
- 4 URBANDALE, (Kim Hibbert, Tessa Prati, Allison Ripperger, Dana Hanson), 1:47.89
- 5 OSKALOOSA, (Gina Messamer, Kristen Foster, Amanda Knoot, Hilary Grotewold), 1:48.58
- 6 MOUNT PLEASANT, (Danielle Hutchinson, Catie Moore, Cherie Nichting, Stephanie Duckett), 1:48.60
- 7 AMES, (Megan Maher, Kim Rodgers, Laura Skladany, Kesha Johns), 1:48.76
- 8 BETTENDORF, (Lauraen Kasper, Jenny Frels, Erin Riley, Jenny Eisenlauer), 1:49.98

Heat 2

- 1 CEDAR RAPIDS JEFFERSON, (Tenika Smith, Kim Lorenzen, Leslie Tiedtke, Alisha Culp), 1:44.80 Q
- 2 DUBUQUE HEMPSTEAD, (Allie Splinter, Rachael Kueter, Nina Schnee, Amanda Oostendorp), 1:46.54 Q
- 3 WEST DES MOINES VALLEY, (Aubrie Fontanini, Carolyn Schoen, Sarah Best, Lacy Brunnette), 1:47.40
- 4 CEDAR RAPIDS KENNEDY, (Kourtney Kelso, Raeannon Fairlie, Kristi Muench, Lynette Wilson), 1:47.66
- 5 OTTUMWA, (Hannah Elkins, Emily Roberts, Brandie Moore, Katie Paulsen), 1:47.76
- 6 SPENCER, (Megan Nuebel, Mandi Mesner, Afton Erick, Abby Hill), 1:47.80
- 7 IOWA CITY WEST, (Liz Huntley, Marla Froelich, Alyssa Cress, Christen Karniski), 1:49.11
- 8 IOWA CITY HIGH, (Ashton Strickland, Katie Lynch, Heaven Tutson, Tiffany Belmont), 1:50.58

Heat 3

- 1 CEDAR RAPIDS WASHINGTON, (Carrie Boyle, Laneisha Waller, Katy Bogguss, Kristyn Barber), 1:44.21 Q
- 2 WEST DELAWARE, (Megan Nieman, Abby Lahr, Deb Durey, Angie German), 1:44.51 Q
- 3 WEST DES MOINES DOWLING, (Jamie Powers, Cat Ramirez, Maggie Dohrmann, Meghan Menough), 1:45.12 Q
- 4 SIOUX CITY HEELAN, (Melissa Rhinehart, Brooke Niles, Jessica Hooks, Kara Fenceroy), 1:46.22 Q
- 5 CEDAR RAPIDS XAVIER, (RyAnne Ridge, Madelyn Pilcher, Abby Zipperer, Jenny Lorensen), 1:47.67
- 6 MARSHALLTOWN, (Sarah Otten, Kalynn Rowley, Brittany Garland, Abby Vanderah), 1:48.10
- 7 CLINTON, (Hillary Armstrong, Angie Hensel, Sara Deters, Hadley Armstrong), 1:48.28
- 8 HARLAN, (Becky Mages, Michelle Grabill, Taryn Mathis, Amanda Cairney), 1:53.25

4x400-METER RELAY**Heat 1**

- 1 LINN-MAR, (Katie Clymer, Tara Hansen, Brooke Rhatigan, Ashley Williams), 4:00.81 Q
- 2 IOWA CITY HIGH, (Meggan Reed, Katie Hill, Kelsie Linder, Monica Mims), 4:01.33 Q
- 3 SIOUX CITY HEELAN, (Melissa Rhinehart, Anne Berger, Karla Block, Brooke Niles), 4:04.25
- 4 CEDAR RAPIDS XAVIER, (Abby Zipperer, RyAnne Ridge, Shannon Ridge, Dani Anderson), 4:08.63
- 5 WEST DES MOINES DOWLING, (Allie Thrall, Nellie Walsh, Emily Nessler, Beth Abramovich), 4:08.84
- 6 BOONE, (Megan Montag, Kristin Anderson, Alicia Irons, Jessica Moul), 4:09.36
- 7 CLINTON, (Megan Vens, Angie Hensel, Kara Yahn, Hadley Armstrong), 4:10.50
- 8 MASON CITY, (Shauna Olson, Hollie Walusz, Sam Schmidt, Julie Jacobson), 4:12.79

Heat 2

- 1 AMES, (Jessica Keefe, Erica Lynn, Kesha Johns, Kylan Loney), 4:01.74 Q
- 2 HARLAN, (Katie Hosack, Leah Koesters, Sondra Rauterkus, Linnea Hopp), 4:01.82 Q
- 3 WEST DES MOINES VALLEY, (Sara Boisen, Sarah Best, Stephanie Perkins, Christy Drescher), 4:03.18 Q

- 4 CEDAR FALLS, (Heidi Brody, Ashley Barkema, Jess Bates, Chelsey Dempster), 4:03.64 Q
- 5 ANKENY, (Haley Younger, Kelsey McKimpson, Lindsay McCracken, Katy Fuchtmann), 4:04.22
- 6 SIOUX CITY NORTH, (Marie Lucas, Carrie Cale, Katie Yockey, Alex Wink), 4:10.25
- 7 OSKALOOSA, (Hilary Grotewold, Kasey Kerr, Gina Messamer, Jennifer Snowbarger), 4:12.05
- 8 URBANDALE, (Ashley Wilson, Allison Ripperger, Tessa Prati, Dana Hanson), 4:13.05

Heat 3

- 1 IOWA CITY WEST, (Lara Janson, Avery Bang, Lindsey Windauer, Lynn Dobyns), 4:02.65 Q
- 2 OTTUMWA, (Brandie Moore, Melissa Ebelscheiser, Katie Paulsen, Hannah Elkins), 4:04.17 Q
- 3 CHARLES CITY, (Sheena Sullivan, Kari Hutchinson, Kristyn Ferris, Jamie Hutchinson), 4:06.23
- 4 DUBUQUE WAHLERT, (Emily Roling, Courtney Kass, Emily May, Stephanie May), 4:07.49
- 5 DECORAH, (Angie Kerndt, Kara Lukes, Hannah Huinker, Mandy Reddel), 4:07.85
- 6 JOHNSTON, (Chelsea Hudson, Kristin Way, Lizz Swanson, Sarah Kiester), 4:09.46
- 7 PLEASANT VALLEY, (Karina Carson, Jen Wendt, Maggie Allen, Amanda Bales), 4:13.70
- 8 MOUNT PLEASANT, (Jamie McLaughlin, Jayme Jandrey, Jill Moeller, Cherie Nichting), 4:18.37

DISTANCE MEDLEY RELAY

FINAL

- 1 IOWA CITY HIGH, (Morgan Rohrbach, Elizabeth Matzen, Monica Mims, Nelle Trefz), 4:03.56 *
- 2 MOUNT PLEASANT, (Danielle Hutchinson, Haley Sinn, Robyn Werner, Allison Werner), 4:06.86
- 3 IOWA CITY WEST, (Christen Karniski, Lindsey Windauer, Avery Bang, Lauren Levy), 4:07.89
- 4 PLEASANT VALLEY, (Maggie Allen, Lindsey VenHorst, Lauren Carruthers, Amanda Bales), 4:09.54
- 5 CEDAR RAPIDS JEFFERSON, (Leslie Tiedtke, Ashley Anderson, Alisha Culp, Kristin Scheumann), 4:10.34
- 6 SIOUX CITY HEELAN, (Kara Fenceroy, Brooke Niles, Anne Berger, Karla Block), 4:13.11
- 7 BOONE, (Jessica Moul, Emily Greiner, Megan Montag, Alicia Irons), 4:13.45
- 8 HARLAN, (Katie Hosack, Sondra Rauterkus, Allison Stracke, Linnea Hopp), 4:14.11
- 9 CEDAR RAPIDS XAVIER, (Madelyn Pilcher, Dani Anderson, Shannon Ridge, Megan Glover), 4:14.26
- 10 FAIRFIELD, (Rachel Rebling, Amber Christopher, Lindsay Smith, Casey Hornick), 4:14.83
- 11 MASON CITY, (Ana Ziegler, Jennifer Low, Julie Jacobson, Janelle Platts), 4:16.40
- 12 OTTUMWA, (Hannah Elkins, Brandie Moore, Katie Paulsen, Melissa Jay), 4:17.14
- 13 WATERLOO WEST, (Stephanie Brooks, Alison Lubbert, Dominique McNeal, Emily Shoopman), 4:17.90
- 14 MARSHALLTOWN, (Sarah Otten, Abby Vanderah, Alison Burns, Jannae Holubar), 4:17.91
- 15 WEST DES MOINES VALLEY, (Aubrie Fontanini, Lacy Brunnette, Christy Drescher, Lauren Hill), 4:18.50
- 16 CEDAR FALLS, (Carly Miller, Shatrece Burt, Ashley Barkema, Jess Bates), 4:18.87
- 17 AMES, (Laura Skladany, Abby Van Maaren, Amy Rodgers, Julie Reger), 4:21.83
- 18 NORTH SCOTT, (Mindy Heidgerken, Becca Lewandowski, Eden Olsen, Abby Wiese), 4:22.50
- 19 SPENCER, (Mandi Mesner, Amy Lensing, Afton Erick, Megan Riepma), 4:22.56
- 20 DUBUQUE WAHLERT, (Rachel Herrig, Amanda Reiss, Emily Roling, Tess Miller), 4:25.78
- 21 WEST DES MOINES DOWLING, (Maggie Dohrmann, Nellie Walsh, Anne Abramovich, Liz Lane), 4:25.94
- 22 DUBUQUE HEMPSTEAD, (Rachael Kueter, Nina Schnee, Allie Splinter, Julie White), 4:26.06
- 23 SOUTHEAST POLK, (Danielle Davis, Ashley Sly, Amber Johnson, Amy Garrett), 4:27.91
- 24 DUBUQUE SENIOR, (Jordan Hougham, Chelsea Lange, Jenny Liphardt, Carolyn Sinsky), 4:30.14

SHUTTLE HURDLE RELAY

Heat 1

- 1 IOWA CITY HIGH, (Emily Triplett, Katie Fraga, Virginia Dreier, Maya Monitto-Weber), 1:03.67 Q

- 2 SIOUX CITY EAST, (Laura Tomes, Laura Brouwer, Chauntee Alfredson, Katie O'Bryne), 1:05.13 Q
- 3 SOUTHEAST POLK, (Marisol Lopez, Jenna Wilkin, Lindsey Denning, Megan Nielsen), 1:06.27
- 4 ANKENY, (Michelle Gee, Cyndi O'Hern, Iveree Christians, MacKenzie Heston), 1:06.94

Heat 2

- 1 WEST DES MOINES DOWLING, (Erin Fitzgerald, Amy Howe, Tanya Miller, Molly Nauman), 1:03.83 Q
- 2 MASON CITY, (Nicole Carroll, Danielle Hill, Emily Silberstein, Kayla Sautter), 1:04.71 Q
- 3 SPENCER, (Kasey McDaniel, Katie Grave, Jenny Kabrick, Angie Mahrt), 1:06.90
- 4 CEDAR RAPIDS JEFFERSON, (Amy Rhoads, Ashley Havlicek, Jenni Zearley, Andrea LeClere), 1:08.89

Heat 3

- 1 CLINTON, (Kara Yahn, Lyndsey Kroymann, Stacy Boerema, Tara Jetter), 1:03.03 Q
- 2 LEWIS CENTRAL, (JJ Padilla, Rachel Hildreth, Kellie Evans, Becky Lauver), 1:05.53
- 3 CEDAR RAPIDS WASHINGTON, (Renee Golinvou, Cara Ross, Ashley Edmonds, Amanda Faas), 1:07.28
- 4 MUSCATINE, (Katie Petersen, Natalie Wieskamp, Ashley Carlson, Becca Siler), 1:08.29

Heat 4

- 1 AMES, (Jessica Keefe, Erica Lynn, Carly Mortensen, Kylan Loney), 1:03.16 Q
- 2 BURLINGTON, (Hannah Luttenegger, Laura Maschmann, Kellie Huckins, Blair Anderson), 1:06.11
- 3 URBANDALE, (Stacy Holthaus, Erica Heiden, Stephanie Accurso, Tessa Prati), 1:07.11
- 4 FORT DODGE, (Tristan Smith, Katie Craigmile, Missy Arends, Emily Burmeister), 1:08.44

Heat 5

- 1 WEST DES MOINES VALLEY, (Lindsay Anderson, Sara Boisen, Carolyn Schoen, Allie Karns), 1:03.04 Q
- 2 OSKALOOSA, (Ashley Moore, Angela Tapley, Jennifer Snowbarger, Jenni Rinehart), 1:05.52
- 3 NEWTON, (Tara Pollastrini, Cali Dunham, Tori Dunham, Brooke Plumb), 1:05.57
- 4 DENISON-SCHLESWIG, (Katie Kruse, Holli Hamilton, Sarah Heiden, Rachelle Kuhlmann), 1:08.98

Heat 6

- 1 WEST DELAWARE, (Megan Nieman, Deb Durey, Amy Klostermann, Angie German), 1:03.26 Q
- 2 HARLAN, (Taryn Mathis, Melissa Stewart, Liz Olson, Emily Hall), 1:06.03
- 3 MOUNT PLEASANT, (Cherie Nichting, Catie Moore, Alicia Meierotto, Haley Sinn), 1:07.01
- 4 LINN-MAR, (Abby Thompson, Kirsten Reck, Brooke Benesh, Laura Reck), 1:09.19

DISCUS

FINAL

- 1 Abby Emsick, Lewis Central, 144'02" (43.94m)
- 2 Kim Hansen, Cedar Falls, 140'08" (42.88m)
- 3 Aubrey Martin, Muscatine, 132'00" (40.23m)
- 4 Tiffany Steines, Dubuque Wahlert, 124'05" (37.92m)
- 5 Kesley Egli, Cedar Falls, 123'05" (37.62m)
- 6 Brien Richard, Denison-Schleswig, 122'06" (37.34m)
- 7 Beth Aunan, Iowa City West, 120'00" (36.58m)

- 8 Mikayla Larsen, CB Thomas Jefferson, 119'02" (36.32m)
- 9 Amy Beringer, Sioux City North, 119'00" (36.27m)
- 10 Lindsey Pleuss, Boone, 118'01" (35.99m)
- 11 Amy Waggoner, Marshalltown, 116'02" (35.41m)
- 12 Kellie Price, CB Abraham Lincoln, 114'11" (35.03m)
- 13 Jessica Elliott, Iowa City High, 114'03" (34.82m)
- 14 Stacy Boerema, Clinton, 113'02" (34.49m)
- 15 Morgen Edwards, Cedar Rapids Jefferson, 112'05" (34.26m)
- 16 Tara King, Ottumwa, 109'11" (33.50m)
- 17 Holly Joens, Cedar Rapids Xavier, 108'09" (33.15m)
- 18 Betsy Funk, Urbandale, 108'01" (32.94m)
- 19 Meghan Bustin, West Des Moines Dowling, 107'04" (32.72m)
- 20 Leslie Sheridan, Dubuque Wahlert, 105'04" (32.11m)
- 21 Tara Davis, Spencer, 105'03" (32.08m)
- 22 Joli Coil, Waverly-Shell Rock, 104'08" (31.90m)
- 23 Julie Wittrock, Boone, 104'05" (31.83m)
- 24 Katie Kelly, Charles City, 103'11" (31.67m)