

2004 IOWA GIRLS' TRACK & FIELD STATE CHAMPIONSHIPS

MAY 21-22, DRAKE STADIUM—JIM DUNCAN TRACK CLASS 1A FINAL RESULTS

ATTENDANCE—Friday 10,457; Saturday 10,049 Total 20,457 (ALL RECORDS--old records: Friday--9,792 in 2001, Saturday--9,387 in 2003, Total--18,841 in 2001.

WEATHER—Friday—Sunny, hot and humid throughout first day program. 11 a.m. start: 80 degrees, 69% humidity and brisk winds from SW 15-20 mph. 4 p.m.: 87 degrees, 59% humidity wins 20-25 mph from SW, heat index 91.

Saturday—Rain and dark clouds at 8:30 a.m. start (thunderstorms earlier in morning): 68 degrees, near 100% humidity with winds at 15-20 from SW. High jump and wheelchair shot put moved indoors. With forecast of severe thunderstorms for mid to late afternoon the scheduled break was cancelled with the afternoon session started an hour early. 3 p.m. weather: 79 degrees, dark and cloudy skies with wind 14-16 mph from SW. Humidity 85%

TEAM SCORING

1	North Linn	32
1	Tri-Center	32
3	Valley Community	29
4	South Hamilton	25
5	Southern Cal	24
6	Ar--We-Va	22
6	Gehlen Catholic	22
6	Laurens-Marathon	22
9	West Hancock	18
10	Corning	16
11	Alta	14
11	Hubbard-Radcliffe	14
11	NU High Cedar Falls	14
14	Interstate 35	12.50
15	Galva-Holstein	11
15	Pekin	11
15	St. Albert Council Bluffs	11
18	IKM	10
18	Panorama	10
18	Treynor	10
21	Keota	9.50
22	West Sioux	9
23	Allison-Bristow	8
23	CAL-Dows	8
23	Central City	8
23	HLV	8
23	Rockwell City-Lytton	8
28	North Kossuth	7
28	Sumner	7
28	Woodbine	7
31	Charter Oak-Ute	6
31	CWL	6
31	Montezuma	6
34	Denver	4
34	Hinton	4
34	River Valley	4
37	Harmony	3
37	Riceville	3
37	West Central	3
37	Woodbury Central	3

41	Andrew	2
41	Boyer Valley	2
41	Glidden-Ralston	2
41	GMG	2
41	Kingsley-Pierson	2
41	New London	2
41	Storm Lake St. Mary's	2
41	Wapsie Valley	2
41	West Harrison	2
50	Belle Plaine	1
50	Coon Rapids-Bayard	1
50	Janesville	1
50	Prince of Peace Prep	1
50	Wall Lake View-Auburn	1
50	Wapello	1
	AHST	
	Akron-Westfield	
	Alburnett	
	Alden	
	Algona Garrigan	
	Aquinas/Marquette	
	Armstrong-Ringsted	
	Aurelia	
	BCLUW	
	BGM	
	Calamus-Wheatland	
	Central Lyon	
	Clarksville	
	Clay Central-Everly	
	Des Moines Christian	
	Earlham	
	East Buchanan	
	East Greene	
	East Marshall	
	East Union	
	Edgewood-Colesburg	
	English Valleys	
	Essex	
	Exira	
	Fredericksburg	
	George-Little Rock	

Greene
 Guthrie Center
 Iowa Mennonite
 Iowa Valley
 Lakeland
 Lamoni
 Lawton-Bronson
 Lenox
 Lineville-Clio/Mormon Trail
 Logan-Magnolia
 Madrid
 Manning
 Martensdale-St. Marys
 Midland
 MMC
 Moravia
 Newell-Fonda
 Nora Springs-Rock Falls
 North Central
 North Iowa
 Odebolt-Arthur
 Pleasantville
 Postville
 Remsen St. Mary's
 Remsen-Union
 Rockwell-Swaledale
 Schaller-Crestland
 SCMT
 Sentral
 Sigourney
 South Page
 Southeast Webster
 Spalding Catholic
 Springville
 Stanton
 Tri-County
 Tripolli
 Turkey Valley
 Twin Cedars
 Van Meter
 Ventura
 Villisca
 Waco
 Wayne
 WCL-Titonka
 Winfield-Mt. Union

100 Meter Dash Finals

1	Meredith Kosmacek, Tri-Center	SR	12.26
2	Ashley Granger, NU High Cedar Falls	SR	12.61
3	Katie Bierl, Ar-We-Va	SR	12.84
4	Becky Gesell, Riceville	FR	12.90
5	Nicole Cook, NU High Cedar Falls	JR	12.96
6	Jenny Kordick, Interstate 35	SO	13.00
7	Chelsey Jacobs, Allison-Bristow	SO	13.06
8	Lindsay Smith, New London	SR	13.15

Heat 1

1	Ashley Granger, NU High Cedar Falls	SR	12.79 Q
2	Katie Bierl, Ar-We-Va	SR	12.98 Q
3	Jenny Kordick, Interstate 35	SO	13.08 Q
4	Chelsey Jacobs, Allison-Bristow	SO	13.18 Q
5	Jenny Owens, Treynor	SR	13.37
6	Abbie Liljedahl, Essex	SO	13.54
7	Kristin McGlade, St. Albert CB	JR	13.74
8	Kristine Munden, Aurelia	FR	13.93

Heat 2

1	Becky Gesell, Riceville	FR	12.88 Q
2	Lindsay Smith, New London	SR	13.2338 Q
3	Lacy Christensen, Armstrong-Ringsted	SO	13.37
4	Kathryn Vornbrock, Remsen-Union	SR	13.51
5	Amy Dobbins, Sigourney	SO	13.55
6	Amber Aschinger, Wall Lake View-Auburn	JR	13.64
7	Allison Hoefling, MMC	JR	13.81
8	Deanna Schulz, CWL	SR	13.98

Heat 3

1	Meredith Kosmacek, Tri-Center	SR	12.50 Q
2	Nicole Cook, NU High Cedar Falls	JR	12.92 Q
3	Casey Balvanz, Hubbard-Radcliffe	JR	13.2391
4	Michelle Moore, East Buchanan	JR	13.34
5	Julie Hannigan, Boyer Valley	JR	13.53
6	Hannah Collins, Springville	SO	13.60
7	Jessica Rozenboom, Central Lyon	JR	13.71
8	Sarah Asberry, Exira	JR	13.98

200 Meter Dash Finals

1	Meredith Kosmacek, Tri-Center	SR	24.99
2	Ashley Granger, NU High Cedar Falls	SR	25.82
3	Katie Bierl, Ar-We-Va	SR	26.52
4	Chelsey Jacobs, Allison-Bristow	SO	26.56
5	Jenny Kordick, Interstate 35	SO	26.58
6	Ciara Murillo, Montezuma	SR	26.59
7	Abby Bagenstos, Galva-Holstein	SR	26.68
8	Becky Gesell, Riceville	FR	26.82

Heat 1

1	Becky Gesell, Riceville	FR	26.36 Q
2	Chelsey Jacobs, Allison-Bristow	SO	26.47 Q
3	Hannah Baker, Keota	SO	27.06
4	Lacy Christensen, Armstrong-Ringsted	SO	27.19
5	Nicole Cook, NU High Cedar Falls	JR	27.31
6	Kristine Munden, Aurelia	FR	28.03
7	Michelle Hartman, Prince of Peace Prep	FR	28.25
999	Katie Rasmussen, CWL	SO	FS

Heat 2

1	Ashley Granger, NU High Cedar Falls	SR	25.89 Q
2	Katie Bierl, Ar-We-Va	SR	26.27 Q
3	Abbie Liljedahl, Essex	SO	27.39
4	Lauren Reischl, Manning	SO	27.40
5	Michelle Moore, East Buchanan	JR	27.58
6	Jenna Malcom, Schaller-Crestland	SR	27.69
7	Gina Assmann, St. Albert CB	SR	27.88
8	Carissa Bentz, Boyer Valley	SO	27.91

Heat 3

1	Meredith Kosmacek, Tri-Center	SR	25.45 Q
2	Ciara Murillo, Montezuma	SR	26.59 Q
3	Abby Bagenstos, Galva-Holstein	SR	26.79 Q
4	Jenny Kordick, Interstate 35	SO	26.83 Q
5	Kelli Nelson, Exira	SR	27.51
6	Angie Latta, Madrid	SO	27.67
7	Amanda Jacobsen, Lawton-Bronson		28.17
8	Kathryn Vornbrock, Remsen-Union	SR	28.25

400 Meter Dash Finals

1	Deidre Hinkeldey, Alta	FR	58.76
2	Hannah Baker, Keota	SO	59.13
3	Kara McCartney, Valley Community	FR	59.73
4	Katie Heuer, Allison-Bristow	FR	1:00.60
5	Kala Kuhlmann, Charter Oak-Ute	SO	1:02.00
6	Rachel Shaw, Coon Rapids-Bayard	SR	1:02.94

7	Stacey Dietrich, HLV	FR	1:03.25
	Jessica Anderson, Ventura	SR	DNS

Heat 1

1	Hannah Baker, Keota	SO	1:00.11 Q
2	Jessica Anderson, Ventura	SR	1:00.81 Q
3	Rachel Shaw, Coon Rapids-Bayard	SR	1:02.49 Q
4	Jenny Roberts, Springville	SO	1:02.49
5	Amanda Heater, East Greene	SR	1:02.62
6	Jamie Ruba, Remsen St. Mary's	SR	1:02.73
7	Alisha Willey, West Harrison	SR	1:04.05
8	Tori Isenhour, Prince of Peace Prep	FR	1:05.46

Heat 2

1	Katie Heuer, Allison-Bristow	FR	1:00.19 Q
2	Kala Kuhlmann, Charter Oak-Ute	SO	1:00.59 Q
3	Kara McCartney, Valley Community	FR	1:00.59 Q
4	Clarissa Strickler, Moravia	SR	1:03.11
5	Justine Olsen, St. Albert CB	JR	1:03.25
6	Kelli Nelson, Exira	SR	1:03.37
7	Ashley Sorensen, Lakeland	JR	1:06.21
	Wendy Ausdemore, Tri-Center	JR	DNS

Heat 3

1	Deidre Hinkeldey, Alta	FR	59.06 Q
2	Stacey Dietrich, HLV	FR	1:01.79 Q
3	Brittany Valvick, North Kossuth	JR	1:02.53
4	Kaitlyn Clark, Van Meter	SO	1:02.61
5	Erika Hoehns, Twin Cedars	SR	1:02.71
6	Amanda Rapp, Alden	FR	1:03.30
7	Megan Rhode, Kingsley-Pierson	FR	1:03.83
8	Kelsey Brown, Wayne	SO	1:05.03

800 Meter Run Finals

1	Ellen Ries, North Linn	JR	2:14.45 J
2	Melissa Janning, Gehlen Catholic	SR	2:18.87
3	Sarah Johnston, Pekin	JR	2:20.69
4	Ariana Wolf, South Hamilton	JR	2:21.07
5	Tara Kilburg, Andrew	FR	2:21.45
6	Laura Jacobson, Galva-Holstein	SR	2:22.04
7	Kelli Krogman, Prince of Peace Prep	SO	2:22.40
8	Casey Huber, Denver	SR	2:23.35
9	Ashley Stevens, South Page	JR	2:25.22
10	Ashley Schilmoeller, Spalding Catholic	JR	2:25.99
11	Kori Yotter, Wapello	FR	2:26.22
12	Jill Wedeking, Schaller-Crestland	FR	2:26.34
13	Emily Brager, Ventura	JR	2:26.92
14	Elizabeth Hageman, Turkey Valley	SR	2:26.99
15	Carla Nieuwsma, Des Moines Christian	SO	2:28.49
16	Libby Vickers, Greene	SO	2:29.18
17	Jennifer Weiland, SCMT	SO	2:29.82
18	Kristy Van Eaton, Villisca	SO	2:30.61
19	Amanda Weaver, Martensdale-St. Marys	SO	2:30.73
20	Leslie Bremer, Lineville-Clio/Mormon Trail	SO	2:31.41
21	Sydney Gage, Janesville	SO	2:32.49
22	Paige Johnson, Guthrie Center	JR	2:32.57
23	Lori Tlach, West Hancock	FR	2:33.49
24	Sarah Greene, English Valleys	SR	2:35.53

1500 Meter Run Finals

1	Ellen Ries, North Linn	JR	4:48.59
2	Melissa Janning, Gehlen Catholic	SR	4:55.18
3	Casey Huber, Denver	SR	4:56.19
4	Sarah Johnston, Pekin	JR	4:57.64
5	Erica Stevens, Central City	SO	4:57.70
6	Alexia Dunlop, Woodbine	JR	4:57.84

7	Jessa Schweitzer, East Buchanan	SO	5:02.42
8	Stephanie Most, Corning	SO	5:05.32
9	Sarah Hamling, St. Albert CB	SR	5:07.26
10	Brittany Fischer, West Sioux	FR	5:07.75
11	Dacia Bushman, Valley Community	FR	5:08.75
12	Katie Engle, Kingsley-Pierson	SO	5:08.96
13	Jena Zaputil, Denver	SR	5:09.29
14	Alicia Fischer, Tri-Center	SO	5:11.84
15	Annette Gingerich, Iowa Mennonite	FR	5:12.67
16	Courtney Stoelk, Ar-We-Va	JR	5:16.52
17	Lori Tlach, West Hancock	FR	5:16.85
18	Michelle Klobassa, Riceville	FR	5:17.99
19	Sara Mohling, Fredericksburg	JR	5:18.21
20	Brooke Pottorff, Corning	JR	5:26.03
21	Shelby Beran, HLV	JR	5:28.27
22	Severie Orngard, Southeast Webster	FR	5:33.87
23	Libby Vickers, Greene	SO	5:39.86
24	Alison Brandenburg, Algona Garrigan	SO	5:43.93

3000 Meter Run Finals

1	Stephanie Most, Corning	SO	10:51.71
2	Erica Stevens, Central City	SO	10:53.34
3	Dacia Bushman, Valley Community	FR	11:01.78
4	Mallory Marshall, Harmony	SO	11:14.54
5	Katie Engle, Kingsley-Pierson	SO	11:14.77
6	Brittany Fischer, West Sioux	FR	11:14.78
7	Annette Gingerich, Iowa Mennonite	FR	11:19.41
8	Tana Colt, Akron-Westfield	FR	11:24.02
9	Rachel Sitzmann, Gehlen Catholic	SR	11:27.53
10	Jessa Schweitzer, East Buchanan	SO	11:27.79
11	Natalie Steichen, Remsen St. Mary's	SR	11:27.89
12	Sara Mohling, Fredericksburg	JR	11:30.73
13	Kelly Ipsen, Iowa Valley	FR	11:33.26
14	Emily Salberg, West Sioux	SR	11:34.27
15	Alicia Fischer, Tri-Center	SO	11:36.59
16	Brittany Schwartz, WCL-Titonka	SO	11:58.62
17	Libby Gemberling, Southern Cal	JR	12:05.47
18	Nikki Newbrough, East Marshall	SO	12:11.82
19	Katie Thielen, Manning	SO	12:15.65
20	Abbie Kotke, Fredericksburg	SO	12:16.42
21	Christina Blackford, Wayne	SR	12:19.38
22	Sarah Culp, Newell-Fonda	FR	12:22.06
23	Kelli Krogman, Prince of Peace Prep	SO	12:36.52
	Ashley Rodenburg, West Harrison	FR	DNF

100 Meter Hurdles Finals

1	Jacquelyn Schmidt, Laurens-Marathon	JR	15.09
2	Kristi Green, Southern Cal	JR	15.44
3	Jocelyn Kock, Ar-We-Va	FR	15.54
4	Shannon Sitzmann, Gehlen Catholic	SR	15.57
5	Sarah Ruffcorn, West Harrison	JR	15.68
6	Leah Kluemper, Gehlen Catholic	JR	15.78
7	Justine Martin, Valley Community	JR	15.90
8	Sami Crane, BGM	JR	16.12

Heat 1

1	Jacquelyn Schmidt, Laurens-Marathon	JR	15.53 Q
2	Leah Kluemper, Gehlen Catholic	JR	16.20 Q
3	Sami Crane, BGM	JR	16.27 Q
4	Alicia Runge, North Kossuth	SO	16.28
5	Jamie Leichty, Waco	JR	16.36
6	Megan Smith, Ventura	FR	16.89
7	Brittany Bothwell, West Harrison	SO	16.99

Heat 2

1	Jocelyn Kock, Ar-We-Va	FR	15.76 Q
2	Sarah Ruffcorn, West Harrison	JR	15.81 Q
3	Justine Martin, Valley Community	JR	15.97 Q
4	Mallory Peterson, East Union	SO	16.49
5	Catie Bobier, Akron-Westfield	JR	16.74
6	Erin Lagerquist, Alburnett	JR	16.83
7	Jessica Lantz, Stanton	FR	16.90
8	Becky Barrier, Tri-Center	FR	16.92

Heat 3

1	Kristi Green, Southern Cal	JR	15.67 Q
2	Shannon Sitzmann, Gehlen Catholic	SR	15.92 Q
3	Tiffany Bowling, Twin Cedars	JR	16.38
4	Kaitlin Buscher, Corning	JR	16.59
5	Jenni Elbert, Laurens-Marathon	SR	16.95
6	Mallory Gryp, HLV	SO	17.09
7	Shaylyn Wiarda, CAL-Dows	SO	17.21
8	Sam Manhart, Tri-Center	SO	17.39

400 Meter Hurdles Finals

1	Shaylyn Wiarda, CAL-Dows	SO	1:05.17
2	Deidre Hinkeldey, Alta	FR	1:05.21
3	Kala Kuhlmann, Charter Oak-Ute	SO	1:06.44
4	Anne Donat, West Central	FR	1:06.68
5	Rebecca Swalla, South Hamilton	SO	1:06.93
6	Angela Pritchard, West Hancock	SR	1:06.95
7	Katie Felderman, Andrew	SR	1:06.99
8	Jocelyn Kock, Ar-We-Va	FR	1:07.19
9	Bri Bohlen, Allison-Bristow	SR	1:07.55
10	Amanda Heater, East Greene	SR	1:07.56
11	Danielle Van Eaton, Villisca	JR	1:07.75
12	Becca Murray, Fredericksburg	JR	1:07.88
13	Shannon Sitzmann, Gehlen Catholic	SR	1:08.25
14	Tara Christensen, Hinton	SO	1:08.44
15	Megan Neeley, Lamoni	JR	1:09.28
16	Tiffany Bowling, Twin Cedars	JR	1:09.36
17	Melissa Caster, English Valleys	SR	1:10.02
18	Mel McCreight, Winfield-Mt. Union	FR	1:10.06
19	Halley Carlson, Interstate 35	SR	1:10.26
20	Kelli Kersten, Logan-Magnolia	JR	1:10.38
21	Sam Manhart, Tri-Center	SO	1:10.40
22	Angela Hartman, Prince of Peace Prep	SR	1:10.87
23	Chasity Lohmann, Tripoli	SR	1:11.67
24	Lisa Feuss, Armstrong-Ringsted	JR	1:12.79

High Jump Finals

1	Jenni Elbert, Laurens-Marathon	SR	5'08"
2	Alicia Runge, North Kossuth	SO	5'04"
3	Jamie Hagerman, Interstate 35	SO	5'04"
3	Julianna Klein, Keota	SO	5'04"
5	Amber Sporrer, Glidden-Ralston	SO	5'04"
6	Alicia Ford, Belle Plaine	SO	5'03"
7	Carissa Miller, Waco	JR	5'03"
8	Miranda Boekhout, MMC	SR	5'03"
9	Halley Carlson, Interstate 35	SR	5'03"
10	Jocelyn Kock, Ar-We-Va	FR	5'02"
11	Mary Puck, Manning	JR	5'02"
12	Addie McCreedy, Midland	SR	5'01"
12	Brittany Christopher, Janesville	SR	5'01"
14	Jessica McCoid, North Central	SO	5'01"
15	Kristi Green, Southern Cal	JR	5'00"
15	Tiffany King, Martensdale-St. Marys	SO	5'00"
17	Sarah Tighe, Panorama	SO	5'00"
17	Katie Felderman, Andrew	SR	5'00"

17	Tricia Copley, Lawton-Bronson	SO	5'00"
20	Stephanie Straight, Woodbine	JR	5'00"
999	Michaela Bennett, West Harrison	JR	nh
999	Jessica Anderson, Ventura	SR	nh
999	Mel McCreight, Winfield-Mt. Union	FR	nh

SERIES	5-0	5-1	5-2	5-3	5-4	5-5	5-6	5-7
<i>Elbert</i>	O	P	O	O	O	XO	O	O

	5-8	5-9
<i>Elbert</i>	O	XXX

Serues	5-0	5-1	5-2	5-3	5-4	5-5	5-6	5-7
<i>Runge</i>	O	XXO	XO	XO	O	XXX		
<i>Hagerman</i>	O	O	O	O	XO	XXX		
<i>Klein</i>	O	O	O	O	XO	XXX		
<i>Sporrer</i>	O	XO	XO	XO	XO	XXX		
<i>Ford</i>	O	O	XO	XO	XXX			
<i>Miller</i>	XO	O	XO	XO	XXX			
<i>Boekhout</i>	XO	XO	XO	XXO	XXX			
<i>Carlson</i>	XO	XO	XXO	XXO	XXX			
<i>Kock</i>	O	O	XO	XXX				
<i>Puck</i>	XO	XO	XXO	XXX				
<i>McCreedy</i>	O	XXO	XXX					
<i>Christopher</i>	O	XXO	XXX					
<i>McCoid</i>	XO	XXO	XXX					
<i>Green</i>	O	XXX						
<i>King</i>	O	XXX						
<i>Tighe</i>	XO	XXX						
<i>Felderman</i>	XO	XXX						
<i>Copley</i>	XO	XXX						
<i>Straight</i>	XXO	XXX						
<i>Bennett</i>	XXX							
<i>Anderson</i>	XXX							
<i>McCreight</i>	XXX							

1A Long Jump Finals

1	Abby Bagenstos, Galva-Holstein	SR	17'07.75"
2	Katie Rasmussen, CWL	SO	17'03.75"
3	Kelsey Hake, South Hamilton	SO	17'01.50"
4	Amber Hejlik, West Hancock	SR	17'00.00"
5	Lindsay Clausen, Storm Lake St. Mary's	SR	16'10.00"
6	Brittany Valvick, North Kossuth	JR	16'09.75"
7	Hannah Baker, Keota	SO	16'03.25"
8	Jenny Owens, Treynor	SR	16'00.75"
9	Cassie Dean, New London	FR	15'09.00"
10	Bria Ditsworth, Rockwell-Swaledale	SO	15'06.25"
11	Tracie Priebe, Sumner	JR	15'05.25"
12	Kelli Nelson, Exira	SR	15'04.75"
13	Megan Lahann, Calamus-Wheatland	FR	15'04.50"
14	Erin Redlinger, Winfield-Mt. Union	SO	15'02.50"
15	Abby Richardson, Storm Lake St. Mary's	FR	15'01.50"
16	Sarah Garrett, Southern Cal	JR	15'00.00"
17	Ashley Baxter, West Harrison	SR	14'11.50"
18	Becky Tecken, George-Little Rock	SR	14'11.25"
19	Katie Bierl, Ar-We-Va	SR	14'11.25"
20	Deidre Hinkeldey, Alta	FR	14'10.50"
21	Shelley Brown, Lenox	SR	14'08.50"
22	Whitney Pralle, CAL-Dows	SR	14'06.50"
23	Ashley Markussen, Clarksville	FR	12'06.25"
	Meredith Kosmacek, Tri-Center	SR	fouls

SERIES								
<i>Bagenstos</i>	<i>foul</i>	15'09.25"	15'11.50"	16'07.25"	15'06.75"	17'07.75"		
<i>Rasmussen</i>	<i>foul</i>	17'00.25"	17'03.75"	<i>foul</i>	16'00"	<i>foul</i>		

Hake	16'02.25	16'05.50	17'01.25	15'09.50	16'06.50	16'05.00
Hejlik	15'07.50	16'02.75	16'03.75	16'00.25	foul	17'00.00
Clausen	foul	16'09.50	16'10.00	foul	foul	foul
Valvick	16'02.25	16'09.75	16'00.00	16'07.75	foul	15'11.00
Baker	16'00.00	15'03.25	15'07.00	16'03.25	16'01.50	foul
Owens	foul	15'07.75	15'11.75	16;00.75	1508.25	15'05.25
Dean	15'05.25	15'03.00	1506.75	foulll	15'06.50:	15'09.00
Ditsworth	15'06.25	15'02.75	14'01.25			
Priebe	15'05.125	15'02.25	14'10.00'			
Nelson	foul	15'00.75	15'04.75			
Lahann	14'06.75	15'04.50	foul			
Redlinger	15'02150	foul	foul			
Richardson	14'08.75	15'01.50	14'09.75			
Garrett	14'01.25	15'00.00	14'09.75			
Baxter	foul	14'11.50	foul			
Tecken	14'06.75	14'11.25	foul			
Bierl	14'11.25	foul	14'02.75			
Hinkeldey	foul	14'10.50	foul			
Brown	13'09.75	14'06.50	14'08.50			
Pralle	14'02.50	14'06.50	foul			
Markussen	foul	foul	12'06.25			
Kosmacek	foul	foul	foul			

Shot Put Finals

1	Jill Johnson, Rockwell City-Lytton	SR	39'06.25"
2	Holly Rader, Sumner	SR	38'09.50"
3	Kayla Knaack, River Valley	SR	38'05.25"
4	Katie Smith, Woodbury Central	SR	37'04.25"
5	Pam Rodgers, GMG	JR	37'04.00"
6	Tiffany Webb, Wapello	SR	37'03.25"
7	Amanda Richardson, Winfield-Mt. Union	JR	36'04.50"
8	Britta Christofferson, Exira	SO	35'07.75"
9	Stephanie Eekhoff, Akron-Westfield	JR	34'10.50"
10	April Houston, Charter Oak-Ute	SO	34'10.00"
11	Amber Price, AHST	SO	33'11.00"
12	Andrea Larsen, Newell-Fonda	JR	33'08.50"
13	Katie Harmon, Tri-Center	SO	33'08.25"
14	Kady Bram, Rockwell-Swaledale	JR	33'06.00"
15	Sara Peterson, Andrew	SR	33'01.25"
16	Wendy Ausdemore, Tri-Center	JR	33'00.75"
17	Rebecca Koehn, Tri-County	SO	32'11.75"
18	Rachel Nelson, Fredericksburg	FR	32'11.00"
19	Amanda Bryant, Treynor	JR	32'10.50"
20	Alesha Riley, Lakeland	SR	32'06.00"
21	Nicole Ross, East Greene	FR	31'10.00"
22	Allissa Hopkins, Earlham	SR	31'09"
23	Jordan Balfour, Corning	SO	31'04.50"
24	Amanda Hart, Pekin	SO	29'07.00"

Series						
Johnson	37'01.25	36'04.25	39;06.25	37'06.25	36'02.50	36'05.50
Rader	38'08.25	36'11.00	foul	foul	38'09.50	38'09.50
Knaack	37'06.50	35'01.25	36'05.25	35'11.25	37'01	38'05.25
Smith	36'03.00	36'03.25	34'02.25	35'01.25	35'04.50	37'04.25
Rogers	34'06.00	34'10.75	37'02.00	35'07.25	35'09.50	37'04.00
Webb	34'09.50	37'01.00	37'03.25	foul	34'03.00	36'07.00
Richardson	33'04.50	36'04.50	35'05.50	34'05.50	35'08.25	33'09.75
Christof--	34'10.50	34'08.25	34'05.75	38'05.00	35'07.75	33'10.25
Eekhoff	33'01.00	33'0675	34'10.50	33'01.75	33'07.00	33'11.75
Houston	34'10.00	foul	32'02.00			
Price	31'11.50	33'11.00	32'05.00			
Larsen	32'07.75	32'10.00	33'08.25			
Harmon	33'01.50	33'08.25	32'05.25			
Bram	33'06.00	32'06.00	32'09.00			
Peterson	31'03.75	32'04.25	33'01.25			

Ausdemore	foul	33'00.75	29'09.00
Koehn	32'05.50	foul	32'11.75
Nelson	32'00.25	32'11.00	31;11.75
Bryant	32'10.50	32'08.00	31'10.50
Riley	32'06.00	31'06.50	29;05.25
Ross	foul	30'07.00	31'10.00
Hopkins	31'06.50	31;07.75	31'09.00
Balfour	31'04.50	28'04.50	30;04.75
Hart	28'03.00	29'07.00	foul

Discus Finals

1	Wendy Ausdemore, Tri-Center	JR	137'11"
2	Molly Rawson, North Linn	SR	131'04"
3	Jordan Balfour, Corning	SO	130'09"
4	Crystal Cooley, Valley Community	SR	126'07"
5	Ellen Thys, HLV	SR	123'00"
6	Megan Neidert, Sumner	JR	114'02"
7	Alesha Riley, Lakeland	SR	112'02"
8	Lindsey Schuler, Treynor	SO	111'03"
9	Pam Rodgers, GMG	JR	110'08"
10	Amanda Richardson, Winfield-Mt. Union	JR	109'01"
11	Rachel Nelson, Fredericksburg	FR	106'06"
12	Rebecca Koehn, Tri-County	SO	105'10"
13	Betsy Derner, Panorama	FR	105'08"
14	Lindsey Croghan, Manning	SO	105'00"
15	Heather Knapp, Greene	SR	104'00"
16	Andrea Larsen, Newell-Fonda	JR	102'07"
17	Tara Cullen, Aquinas/Marquette	JR	100'07"
18	Carissa Bentz, Boyer Valley	SO	100'06"
19	Holly Rader, Sumner	SR	099'08"
20	Katie Van Wyhe, Central Lyon		99'02"
21	Amanda Hart, Pekin	SO	97'02"
22	Courtney Landers, Greene	JR	94'06"
23	Jennifer Richey, Corning	SO	84'05"
24	Sarah Germann, Gehlen Catholic	FR	81'06"

Series

Ausdemore	137'00	125'11	131'04	133'00	130'04	137'11
Rawson	131'04	111'08	113'08	110'00	126'10	112'08
Balfour	110'08	127'00	110'08	115'09	130'09	121'06
Cooley	123'07	foul	126'07	foul	foul	foul
Thys	116'08	123'00	foul	114'11	118'01	121'03
Neidert	109'03	113'03	105'10	099'05'	114'02	109'04
Riley	106'04	112'02	099'11	103'00	106'03	099'05
Schuler	foul	111'03	109'08	101'09	103'03	106'07
Rodgers	107;02	110'08	foul			
Richardson	107'01	104'11	109'01			
Nelson	096'02	098'08	106'06			
Koehn	105'10	foul	101'05			
Demeer	105'08	100'07	095'01			
Croghan	091'02	foul	103'00			
Knapp	foul	104'00	091'02			
Larsen	098'00	099;11	102'07			
Cullen	097'05	100;07	091'11			
Bentz	100'06	089;01	087'07			
Rader	099;08	f9ul	092'02			
Van Whye	097'02	099;02	094'04			
Hart	091'06	097'02	091'03			
Landers	082'11	094;06	foul			
Richey	080'08	084'05	083'04			
Germann	068'06	081'06	foul			

4x100 Meter Relay Finals

1 PANORAMA	50.42
(Kaylinn Hoyt, Sarah Tighe Lindsie Leib, Whitney Sayre)	
2 TRI-CENTER	50.90
(Becky Barrier, Missy Barrier Amy Nanninga, Meredith Kosmacek)	
3 HUBBARD-RADCLIFFE	51.00
(Jill Kumrow, Amy Holehek Rena Hendrickson, Casey Balvanz)	
4 MONTEZUMA	51.32
(Amber Smith, Alexa Murillo Jenna Durr, Ciara Murillo)	
5 NEW LONDON	51.37
(Cassie Dean, Whitney Gilleard Courtney Holtkamp, Lindsay Smith)	
6 ST. ALBERT CB	51.83
(Kristin McGlade, Ashley Petersen Justine Olsen, Beth Hambling)	
7 SOUTHERN CAL	52.27
(Sarah Garrett, Lindsay Steinkamp Nicole Wiederin, Danni Richardson)	
8 CLAY CENTRAL-EVERLY	52.39
(Katy Kuester, Kayla Goodchild Lacey Sether, Jennifer Parsons)	

Heat 1

1 PANORAMA	51.04 Q
(Kaylinn Hoyt, Sarah Tighe Lindsie Leib, Whitney Sayre)	
2 ST. ALBERT CB	51.8142 Q
(Kristin McGlade, Ashley Petersen Justine Olsen, Beth Hambling)	
3 LAURENS-MARATHON	52.26
(Jacquelyn Schmidt, Jenni Elbert Kristi Brechler, Ashlie Brazel)	
4 WALL LAKE VIEW-AUBURN	52.60
(Christina Lamaak, Lindsey Trost Abby Brotherton, Amber Aschinger)	
5 CORNING	52.97
(Stephanie Reagan, Kaitlin Buscher Alisha Loghry, Melanie Roberts)	
6 PEKIN	52.99
(Gina Krier, Amanda Mosinski Brittainey Sieren, Nina Hornback)	
7 ODEBOLT-ARTHUR	53.53
(Shelby Veit, Brenda Stickrod Catlin Thompson, Courtney Schroeder)	
8 GEORGE-LITTLE ROCK	54.00
(Kim Krull, Becky Tecken Tina Kruger, Ashley Schoo)	

Heat 2

1 NEW LONDON	51.8114 Q
(Cassie Dean, Whitney Gilleard Courtney Holtkamp, Lindsay Smith)	
2 MONTEZUMA	51.83 Q
(Amber Smith, Alexa Murillo Jenna Durr, Ciara Murillo)	
3 TRI-CENTER	51.83 Q
(Becky Barrier, Missy Barrier Amy Nanninga, Meredith Kosmacek)	
4 NORTH KOSSUTH	52.71
(Erica Grathwohl, Alicia Runge Tab Carlson, Brittany Valvick)	

5 NORA SPRINGS-ROCK FALLS	52.81
(Rachel Pike, Sarah Clarkson Andrea Hofler, Whitney Walker)	
6 NORTH LINN	53.08
(Kristin Doyle, Amy Schatzle Trudee Gorsh, Nikki Pasker)	
7 WEST HARRISON	53.16
(Victoria Turnage, Alisha Willey Ashley Baxter, Sarah Ruffcorn)	
8 WINFIELD-MT. UNION	53.70
(Nicole Wyss, Erin Redlinger Missy McElhinney, Kim Huston)	

Heat 3

1 HUBBARD-RADCLIFFE	51.65 Q
(Jill Kumrow, Amy Holehek Rena Hendrickson, Casey Balvanz)	
2 SOUTHERN CAL	51.80 Q
(Sarah Garrett, Lindsay Steinkamp Nicole Wiederin, Danni Richardson)	
3 CLAY CENTRAL-EVERLY	52.24 Q
(Katy Kuester, Kayla Goodchild Lacey Sether, Jennifer Parsons)	
4 EXIRA	52.54
(Kelli Nelson, Katie Nielson Blair Johannes, Sarah Asberry)	
5 MMC	52.68
(Cheyenne Beck, Allison Hoefling Lindsey Hauschildt, Miranda Boekhout)	
6 GMG	52.68
(Jordan Hlas, Monica Eipperle Brittany Raymond, Ashley Mullins)	
7 EAST UNION	53.07
(Mallory Peterson, Jessie Weis Nikki Huntington, Samantha Hensel)	
8 ALBURNETT	53.13
(Kaitlin Johnston, Laura French Rachel Rairdin, Alina Knoll)	

4x200 Meter Relay Finals

1 AR-WE-VA	1:45.71
(Jocelyn Kock, Ashley Neumann Courtney Stoelk, Katie Bierl)	
2 HUBBARD-RADCLIFFE	1:46.95
(Jill Kumrow, Amy Holehek Rena Hendrickson, Casey Balvanz)	
3 IKM 1:47.04	
(Kayla Gaskill, Margo Muhlbauer Becky Graeve, Christin Kloewer)	
4 TREYNOR	1:47.46
(Katie Hanner, Jenny Owens Jana Trede, Laura Leber)	
5 WEST HANCOCK	1:48.57
(Amber Hejlik, Sarah Swanson Sarah Everett, Holly DeGeus)	
6 MONTEZUMA	1:48.62
(Amber Smith, Jessica Sutfin Alexa Murillo, Ciara Murillo)	
7 SOUTHERN CAL	1:49.21
(Sarah Garrett, Bekah Corkrean Libby Gemberling, Danni Richardson)	
8 ALGONA GARRIGAN	1:49.34
(Abbie Bradley, Jenna Kollasch Miranda Boekelman, Lindsay Becker)	

Heat 1	
1 TREYNOR	1:48.04 Q (Katie Hanner, Jenny Owens Jana Trede, Laura Leber)
2 HUBBARD-RADCLIFFE	1:48.98 Q (Jill Kumrow, Amy Holehek Rena Hendrickson, Casey Balvanz)
3 ALGONA GARRIGAN	1:50.66 Q (Abbie Bradley, Jenna Kollasch Miranda Boekelman, Lindsay Becker)
4 ARMSTRONG-RINGSTED	1:51.54 (Sam Iris, Megan Tonderum Lisa Feuss, Lacy Christensen)
5 EDGEWOOD-COLESBURG	1:51.56 (Michelle Gleason, Tiffany Dugan Brandy Dugan, Amanda Lincoln)
6 MMC	1:51.64 (Cheyenne Beck, Allison Hoefling Lindsey Hauschildt, Miranda Boekhout)
7 ALBURNETT	1:51.73 (Kaitlin Johnston, Laura French Rachel Rairdin, Alina Knoll)
8 ROCKWELL-SWALEDALE	1:53.80 (Bria Ditsworth, Jena Bamrick Sarah Haag, Kady Bram)
Heat 2	
1 AR-WE-VA	1:44.79 Q (Jocelyn Kock, Ashley Neumann Courtney Stoelk, Katie Bierl)
2 SOUTHERN CAL	1:48.80 Q (Sarah Garrett, Bekah Corkrean Libby Gemberling, Danni Richardson)
3 WEST HANCOCK	1:49.10 Q (Amber Hejlik, Sarah Swanson Sarah Everett, Holly DeGeus)
4 PANORAMA	1:50.71 (Kaylinn Hoyt, Sarah Tighe Lindsie Leib, Whitney Sayre)
5 CENTRAL LYON	1:50.91 (Jessica Rozenboom, Nicole Herbert Megan Folkens, Amber Boogerd)
6 GEORGE-LITTLE ROCK	1:50.95 (Tina Kruger, Katie Meyerhoff Becky Tecken, Samantha Jurrens)
7 INTERSTATE 35	1:51.87 (Sarah DeAngelis, Caitlin Proudfoot Katie Beeler, Maggie Downs)
8 VAN METER	1:52.75 (Elizabeth Aldrich, Mary Beth Bell Candi Belz, Kaitlyn Clark)
Heat 3	
1 IKM	1:48.61 Q (Kayla Gaskill, Margo Muhlbauer Becky Graeve, Christin Kloewer)
2 MONTEZUMA	1:49.55 Q (Amber Smith, Jessica Sutfin Alexa Murillo, Ciara Murillo)
3 WINFIELD-MT. UNION	1:50.91 (Nicole Wyss, Mel McCreight Sheila Finnell, Kate Reynolds)
4 BOYER VALLEY	1:51.23 (Julie Hannigan, Becky Heller Juli Christiansen, Carissa Bentz)
5 LENOX	1:52.05 (Chelsi Brown, Bethany Kinker Shelley Brown, Becky Schweers)

6 PEKIN	1:52.08 (Gina Krier, Amanda Hart Nina Hornback, Amanda Mosinski)
7 NEW LONDON	1:52.12 (Cassie Dean, Jackie Swailes Courtney Holtkamp, Lindsay Smith)
8 TURKEY VALLEY	1:54.41 (Beth Schaufenbuel, Sarah Nolte Samantha Drilling, Erica Smith)

4x400 Meter Relay Finals

1 WEST HANCOCK	4:04.30 (Sarah Everett 61.4, Angela Pritchard 61.5 Amber Hejlik 60.9, Allyson Siegrist 60.5)
2 SOUTH HAMILTON	4:05.11 (Kelsey Hake 63.6, Kyli Hake 60.7 Rebecca Swalla 60.8, Ariana Wolf 60.0)
3 INTERSTATE 35	4:05.15 (Jamie Hagerman, Katie Beeler Maggie Downs, Jenny Kordick)
4 IKM	4:06.17 (Michelle Graeve, Kayla Gaskill Margo Muhlbauer, Christin Kloewer)
5 ALLISON-BRISTOW	4:07.33 (Chelsey Jacobs, Katie Heuer Bri Bohlen, Erin Brocka)
6 PRINCE OF PEACE PREP	4:14.36 (Michelle Hartman, Angela Hartman Tori Isenhour, Kelli Krogman)
7 SCHALLER-CRESTLAND	4:15.00 (Amy Wedeking, Jill Wedeking Monica Bloyer, Jenna Malcom)
8 HLV	4:18.16 (Rachel Pirkl, Steph Beran Alyssa McGrory, Stacey Dietrich)

Heat 1

1 INTERSTATE 35	4:09.84 Q (Jamie Hagerman 63.2, Katie Beeler 64.1 Maggie Downs 62.7, Jenny Kordick 61.3)
2 ALLISON-BRISTOW	4:10.18 Q (Chelsey Jacobs 59.7, Katie Heuer 62.5 Bri Bohlen 65.2, Erin Brocka 62.7)
3 HLV	4:11.80 Q (Rachel Pirkl 63.6, Steph Beran 64.1 Alyssa McGrory 62.6, Stacey Dietrich 61.3)
4 HINTON	4:11.81 (Tara Christensen 63.2, Megan Hawthorne 64.9 Kaylee Small 62.1, Delainye Hardersen 61.6)
5 TREYNOR	4:12.24 (Danielle Haynes 64.7, Katie Hanner 62.7 Lea Hartigan 65.1, Laura Leber 59.7)
6 VALLEY COMMUNITY	4:13.78 (Erin Moore, Jessica Butikofer Annie Olson, Kara McCartney 61.3)
7 TWIN CEDARS	4:16.82 (Erika Hoehns 63.6, Alyssa Gilkerson 64.4 Kyley Swayne 66.6, Tiffany Bowling 62.2)
8 STANTON	4:22.11 (Rachel Bruning, Cyndi Johnson Jodie Elwood, Carrie Hallquist)
Heat 2	
1 SOUTH HAMILTON	4:08.33 Q (Kelsey Hake 64.9, Kyli Hake 60.9 Rebecca Swalla 61.2, Ariana Wolf 61.3)

2 PRINCE OF PEACE PREP	4:11.03 Q
(Michelle Hartman 52.9, Angela Hartman 60.2 Tori Isenhour 63.7, Kelli Krogman 64.1)	
3 SCHALLER-CRESTLAND	4:11.52 Q
(Amy Wedeking 64.1, Jill Wedeking 63.4 Monica Bloyer 62.9, Jenna Malcom 61.1)	
4 CWL	4:16.68
(Deanna Schulz 65.8, Dani Sonius 67.0 Lacy Kramer 62.6, Katie Rasmussen 61.0)	
5 JANESVILLE	4:16.96
(Brittany Christopher 64.4, Sam Reid 68.1 Sydney Gage 63.5, Beth Dove 61.0)	
6 ROCKWELL-SWALEDAL	4:21.00
(Bria Ditsworth 65.8, Steph Borcherding 64.7 Kelsey Kuhlemeier 65.8, Mindi Watters 64.7)	
7 PLEASANTVILLE	4:23.80
(Cassie Stecker 64.6, Afton Clark 67.0 Michelle McDaniel 67.6, Dani Sexton 64.5)	
8 BCLUW	4:24.86
(Mallory Heitmeyer 66.8, Jaci Morris 66.5 Marcie Hauser 67.2, Chelsea Quinn 64.7)	
Heat 3	
1 WEST HANCOCK	4:09.07 Q
(Sarah Everett 63.0, Angela Pritchard 62.0 Amber Hejlik 61.5, Allyson Siegrist 62.50)	
2 IKM	4:10.42 Q
(Michelle Graeve 64.1, Kayla Gaskill 63.0 Margo Muhlbauer 61.5, Christin Kloewer 61.9)	
3 STORM LAKE ST. MARY'S	4:13.58
(Michelle Drey 66.1, Maggie Lange Abby Richardson, Kassie Drey 61.7)	
4 ALGONA GARRIGAN	4:13.67
(Kelly Schmidt 65.0, Maria Kohlhaas 62.0 Miranda Boekelman 64.7, Abbie Bradley 61.0)	
5 GALVA-HOLSTEIN	4:19.64
(Ashley McGuire, Allie Egger Laura Jacobson, Abby Bagenstos)	
6 VENTURA	4:20.14
(Megan Smith 65.9, Emily Brager 65.1 Bobbi Jo Imhoff 67.6, Jessica Anderson 61.5)	
7 ANDREW	4:20.84
(Adleigh Schwager 65.7, Brook Sommers 68.3 Katie Felderman 63.8, Tara Kilburg 63.0)	
8 FREDERICKSBURG	4:21.14
(Christine Dowd, Katie Bormann Heather Goodrich, Becca Murray)	

4x800 Meter Relay Finals

1 VALLEY COMMUNITY	9:53.25
(Tonya Lehmann 2:31.7, Jessica Butikofer 2:28.8 Dacia Bushman 2:28.4, Kara McCartney 2:24.3)	
2 WEST SIOUX	9:57.45
(Brittany Fischer 2:29.7, Rachel Pickner 2:39.8 Emily Salberg 2:22.5, Kayla Weerheim 2:25.4)	
3 WOODBINE	9:59.59
(Mary Smith, Stephanie Straight Jessica Kowalsky, Alexia Dunlop)	
4 HINTON	10:03.56
(Jamie Vander Kooi 2:35.3, Megan Hawthorne 2:36.6 Delainye Hardersen 2:28.0, Kaylee Small 2:23.6)	
5 WAPSIE VALLEY	10:04.26
(Alana Wittenburg 2:25.9, Lindsey Kuhlmann Kira Matthias, Kelli Kuker)	

6 JANESVILLE	10:08.72
(Beth Dove 2:31.1, Michelle Burns 2:44.7 Nikki Gamble 2:28.5, Sydney Gage 2:24.0)	
7 ST. ALBERT CB	10:09.66
(Justine Olsen 2:31.2, Kristin Kennebeck 2:41.8 Abby Jaras 2:32.0, Sarah Hamling 2:24.6)	
8 TREYNOR	10:10.31
(Katie Hanner, Danielle Haynes Laura Saar 2:28.9, Jana Trede 2:33.2)	
9 GREENE	10:10.87
(Kristen O'Brien, Sara Mouw 2:32.9 Melissa Majewski, Libby Vickers 2:28.1)	
10 STANTON	10:16.96
(Cyndi Johnson 2:33.4, Heather Woodworth 2:43.3 Rachel Bruning 2:32.3, Carrie Hallquist 2:27.9)	
11 AR-WE-VA	10:18.11
(Ashley Neumann, Nicole Riesselman Jill Klalbunde, Courtney Stoelk)	
12 CORNING	10:18.43
(Becky Vanik 2:33.3, Amanda Pottorff 2:39.6 Brooke Pottorff 2:32.9, Stephanie Most 2:32.6)	
13 ENGLISH VALLEYS	10:18.82
(Sarah Greene, Maddie Greene Korie Lown, Melissa Caster 2:30.3)	
14 HLV	10:18.95
(Steph Beran, Kelsey Leigh Shelby Beran, Alyssa McGrory)	
15 ALTA	10:19.82
(Liza Lichtenberg, Katie Connolly Jahde Hammer, Deidre Hinkeldey)	
16 CALAMUS-WHEATLAND	10:20.74
(Sarah Hart, Nicole Hermiston Karen Hart, Megan Lahann)	
17 WACO	10:21.21
(Angela Koch, Yvonne Hooley Amanda Jepson, Carissa Miller)	
18 SENTRAL	10:21.43
(D.J. Meyer, Caitlyn Nerem Caitlin Pixler, Brittany Preston)	
19 BCLUW	10:21.48
(Mallory Heitmeyer, Kacie Dielschneider Marcie Hauser, Chelsea Quinn)	
20 MARTENSDALE-ST. MARYS	10:22.87
(Sam Turnbull, Melissa Parker Kate Dembinski, Amanda Weaver)	
21 NORTH LINN	10:28.32
(Aisha Dake, Lauren Robinson Jessica Ondler, Samantha Ford)	
22 NORTH IOWA	10:36.93
(Sophia Rodriguez, Allison Van Gerpen Kalli Elman, Mara Van Hove)	
23 SPRINGVILLE	10:39.53
(Julie Collins, Lindsay Anderson Jenny Roberts, Jessie Schmidt)	
24 COON RAPIDS-BAYARD	10:42.19
(Rachel Shaw, Laura Meinders Jessica McClellan, Ashley Deeth)	

Sprint Medley Relay Finals

1 ST. ALBERT CB	1:52.03
(Kristin McGlade, Ashley Petersen Beth Hambling, Gina Assmann 59.0)	
2 SOUTHERN CAL	1:53.53
(Sarah Garrett, Lindsay Steinkamp Kristi Green, Libby Gemberling 61.1)	

3	TREYNOR (Anna Waymaster, Jana Trede Jenny Owens, Laura Leber 59.0)	1:54.36
4	HLV (Kacie Herzberg, Mallory Gryp Rachel Pirkel, Stacey Dietrich 59.3)	1:54.61
5	BOYER VALLEY (Juli Christiansen, Nicole Stessman Julie Hannigan, Carissa Bentz 60.8)	1:54.66
6	WALL LAKE VIEW-AUBURN (Angela Rohde, Lindsey Trost Abby Brotherton, Amber Aschinger 60.7)	1:55.11
7	STORM LAKE ST. MARY'S (Lindsay Clausen, Marisha Imming Maggie Lange, Kassie Drey 60.8)	1:55.25
8	WEST HANCOCK (Rachel Nielsen, Mary Mallen Holly DeGeus, Allyson Siegrist 60.4)	1:55.38
9	ALGONA GARRIGAN (Lisa Thilges, Jenna Kollasch Lindsay Becker, Maria Kohlhaas 61.1)	1:55.79
10	NORTH IOWA (Brooke Berg, Kristine Keil Katie Milbrandt, Kelly Frerichs 61.6)	1:55.87
11	SPRINGVILLE (Jessica Morgan, Liz Malloy Jenny Roberts, Hannah Collins)	1:56.07
12	SCHALLER-CRESTLAND (Andrea Cook, Monica Bloyer Jenna Malcom, Amy Wedeking 62.3)	1:56.69
13	WEST CENTRAL (Abby Wedemeier, Tiffany Steffen Caitlin Niggemeyer, Anne Donat 61.1)	1:56.75
14	RICEVILLE (Morgan Koenigs, Michelle Klobassa Becky Gesell, Clara Back 62.6)	1:57.08
15	ALLISON-BRISTOW (Kayla Krull, Malory Brace Bri Bohlen, Erin Brocka 59.8)	1:57.15
16	VAN METER (Hannah Riedemann, Laina Anderson Mary Beth Bell, Candi Belz 61.0)	1:57.90
17	MONTEZUMA (Taryn Heishman, Jenna Durr Alexa Murillo, Jessica Suffin)	1:58.56
18	PANORAMA (Kaylinn Hoyt, Lindsie Leib Whitney Sayre, Sarah Tighe 65.4)	1:58.89
19	CENTRAL LYON (Jessica Rozenboom, Megan Folkens Nicole Herbert, Amber Boogerd 63.6)	1:59.11
20	EAST BUCHANAN (Liz Rock, Alyssa Wolfe Jessa Schweitzer, Kara Beatty 65.4)	1:59.64
21	GEORGE-LITTLE ROCK (Tina Kruger, Ashley Schoo Becky Tecken, Samantha Jurrens 64.6)	2:00.11
22	CORNING (Stephanie Reagan, Melanie Roberts Alisha Loghry, Becky Vanik 65.2)	2:00.74
23	EAST UNION (Mallory Peterson, Samantha Hensel Jessie Weis, Nikki Huntington 67.8)	2:02.65
ALBURNETT	(Kaitlin Johnston, Laura French Rachel Rairdin, Alina Knoll 61.6)	DQ--3/4 ooz

Distance Medley Relay Finals

1	NORTH LINN (Kristin Doyle, Amy Schatzle Lauren Robinson 63.1, Ellen Ries 2:13.7)	4:14.05
2	SOUTH HAMILTON (Kelsey Hake, Kyli Hake Rebecca Swalla 60.9, Ariana Wolf 2:16.1)	4:14.73
3	GEHLEN CATHOLIC (Tricia Mansfield, Sam Floy Melinda Ruden 61.5, Melissa Janning 2:16.6)	4:15.43
4	PEKIN (Gina Krier, Nina Hornback Amanda Mosinski 62.1, Sarah Johnston 2:18.6)	4:16.50
5	GALVA-HOLSTEIN (Dani Boyle, Abby Bagenstos Ashley McGuire 62.2, Laura Jacobson 2:20.1)	4:17.19
6	WEST HANCOCK (Holly DeGeus, Sarah Swanson Sarah Everett 63.4, Allyson Siegrist 2:17.7)	4:17.33
7	ST. ALBERT CB (Beth Hambling, Ashley Petersen Gina Assmann 58.2, Sarah Hamling 2:24.7)	4:19.08
8	WOODBINE (Stephanie Straight, Jessica Kowalsky Mary Smith 63.0, Alexia Dunlop 2:20.8)	4:20.53
9	WEST SIOUX (Jenna Van Oort, Amanda Schouten Kayla Weerheim 61.3, Emily Salberg 2:21.4)	4:20.59
10	HINTON (Megan Hawthorne, Tara Christensen Delainye Hardersen 61.3, Kaylee Small 2:37.8)	4:20.69
11	HLV (Kacie Herzberg, Rachel Pirkel Stacey Dietrich 62.0, Alyssa McGroby 2:23.8)	4:20.69
12	ANDREW (Brook Sommers, Katie Felderman Adleigh Schwager 63.1, Tara Kilburg 2:24.0)	4:23.70
13	DENVER (Christy Fagerlind, Jess Van Kamen Miranda Adams 63.2, Casey Huber 2:20.4)	4:23.78
14	ALGONA GARRIGAN (Miranda Boekelman, Lindsay Becker Abbie Bradley 60.0, Maria Kohlhaas 2:30.1)	4:26.05
15	INTERSTATE 35 (Maggie Downs, Caitlin Proudfoot Katie Beeler 61.2, Jamie Hagerman 2:28.4)	4:26.10
16	ENGLISH VALLEYS (Katie Jensen, Danny Breon Sarah Greene 65.8, Melissa Caster)	4:26.55
17	STANTON (Jessica Lantz, Cyndi Johnson Jodie Elwood, Carrie Hallquist)	4:27.79
18	WAPSIE VALLEY (Brittney McKowen, Kelli Kuker Kira Matthias 59.6, Alana Wittenburg 2:25.0)	4:28.19
19	POSTVILLE (Megan Kruckenberger, Steph Wedo Lexie Everman, Brittany Heins)	4:29.29
20	PLEASANTVILLE (Tara Johns, Jessica Goode Cassie Stecker 64.1, Dani Sexton 2:27.1)	4:30.04
21	MANNING (Natalie Ramsey, Mary Puck Danielle Hargens 64.9, Erin Dammaann 2:27.1)	4:31.63

22 VALLEY COMMUNITY	4:34.21
(Katrina Schott, Whitney Olson Erin Moore 65.2, Jessica Butikofer 2:29.5)	
23 ROCKWELL-SWALEDALE	4:35.56
(Kady Bram, Sarah Haag Kelsey Kuhlemeier 63.5, Mindi Watters 2:35.1)	
24 CORNING	4:40.27
(Stephanie Reagan, Alisha Loghry Becky Vanik 62.5, Brooke Pottorff 2:38.2)	

Shuttle Hurdle Relay Finals

1 SOUTHERN CAL	1:05.59
(Lindsay Steinkamp, Bekah Corkrean Tandy Blair, Kristi Green)	
2 VALLEY COMMUNITY	1:07.06
(Tonya Lehmann, Katrina Schott Annie Olson, Justine Martin)	
3 LAURENS-MARATHON	1:07.16
(Kelsey Meyer, Jenni Elbert Kristi Brechler, Jacquelyn Schmidt)	
4 CORNING	1:07.29
(Shana Mosby, Melanie Roberts Chelsey Stroud, Kaitlin Buscher)	
5 HLV	1:07.89
(Kacie Herzberg, Amanda McCombs Jacie Smith, Mallory Gryp)	
6 WEST HANCOCK	1:07.99
(Angela Pritchard, Breana Loeschen Emily Pritchard, Amber Hejlik)	
7 WINFIELD-MT. UNION	1:08.45
(Alicia Unkrich, Nicole Wyss Missy McElhinney, Erin Redlinger)	
GEHLEN CATHOLIC	DQ-#4 ooz
(Sam Floy, Leah Kluemper Melissa Ruden, Shannon Sitzmann)	

Heat 1

1 GEHLEN CATHOLIC	1:03.67 Q
(Sam Floy, Leah Kluemper Melissa Ruden, Shannon Sitzmann)	
2 NORTH LINN	1:09.77
(Trudee Gorsh, Terry Holmes Alicia Vavricek, Nikki Pasker)	
3 NORTH KOSSUTH	1:10.00
(Tab Carlson, Brittney Johnson Dana Shillington, Alicia Runge)	
4 VAN METER	1:13.11
(Megan Bullis, Becky Eggers Shannon Kirkhart, Mary Beth Bell)	

Heat 2

1 VALLEY COMMUNITY	1:07.78 Q
(Tonya Lehmann, Katrina Schott Annie Olson, Justine Martin)	
2 WINFIELD-MT. UNION	1:08.36 Q
(Alicia Unkrich, Nicole Wyss Missy McElhinney, Erin Redlinger)	
3 BCLUW	1:09.27
(Jill Penick, Carissa Eggers Emily Dixon, Lezlie Callaway)	
4 STORM LAKE ST. MARY'S	1:10.11
(Jess Lussman, Colleen Smith Abby Richardson, Marisha Imming)	

Heat 3

1 HLV	1:08.18 Q
(Jacie Smith, Amanda McCombs Casey Herzberg, Mallory Gryp)	
2 TURKEY VALLEY	1:10.41
(Kelly Baumler, Bobbi Jo Perry Chelsea Busta, Raelyn Kriener)	
3 ALBURNETT	1:12.91
(Beth Arndorf, Angie Shaffer Leanna McBride, Erin Langequist)	
WEST HARRISON	DQ-#2 ooz
(Victoria Turnage, Krista Utman Brittany Bothwell, Sarah Ruffcorn)	

Heat 4

1 SOUTHERN CAL	1:05.66 Q
(Lindsay Steinkamp, Bekah Corkrean Tandy Blair, Kristi Green)	
2 TRI-CENTER	1:08.64
(Amy Nanninga, Sam Manhart Alicia Gau, Becky Barrier)	
3 BGM	1:09.81
(Sarah Griffith, Katie Kriegel Annie Kriegel, Sami Crane)	
4 INTERSTATE 35	1:12.53
(Kati McDonald, Jessica Cummings Caitlin Proudfoot, Halley Carlson)	

Heat 5

1 CORNING	1:07.35 Q
(Shana Mosby, Melanie Roberts Chelsey Stroud, Kaitlin Buscher)	
2 WEST HANCOCK	1:07.36 Q
(Angela Pritchard, Breana Loeschen Emily Pritchard, Amber Hejlik)	
3 WALL LAKE VIEW-AUBURN	1:08.38
(Mandy Stoltenberg, Abby Brotherton Christina Lamaak, Lindsey Trost)	
4 CLAY CENTRAL-EVERLY	1:09.42
(Katy Kuester, Lee Christensen Allison Klett, Kayla Goodchild)	

Heat 6

1 LAURENS-MARATHON	1:07.35 Q
(Kelsey Meyer, Jenni Elbert Kristi Brechler, Jacquelyn Schmidt)	
2 VENTURA	1:08.73
(Melissa Cash, Jessica Hale Megan Watson, Megan Smith)	
3 WEST CENTRAL	1:09.02
(Kayla Steinbronn, Caitlin Niggemeyer Ann Donat, Abby Wedemeier)	
4 WOODBURY CENTRAL	1:11.33
(Lindsey DeWitt, Heather White Jamie Schmid, Jerra Steffen)	

2004 IOWA GIRLS' TRACK & FIELD STATE CHAMPIONSHIPS

MAY 21-22, DRAKE STADIUM—JIM DUNCAN TRACK CLASS 2A FINAL RESULTS

ATTENDANCE—Friday 10,457; Saturday 10,049 Total 20,456 (ALL RECORDS--old records: Friday--9,792 in 2001, Saturday--9,387 in 2003, Total--18,841 in 2001.

WEATHER—Friday—Sunny, hot and humid throughout first day program. 11 a.m. start: 80 degrees, 69% humidity and brisk winds from SW 15-20 mph. 4 p.m.: 87 degrees, 59% humidity wins 20-25 mh from SW, heat index 91.

Saturday—Rain and dark clouds at 8:30 a.m. start (thunderstorms earlier in morning): 68 degrees, near 100% humidity with winds at 15-20 from SW. High jump and wheelchair shot put moved indoors. With forecast of severe thunderstorms for mid to late afternoon the scheduled break was cancelled with the afternoon session started an hour early. 3 p.m. weather: 79 degrees, dark and cloudy skies with wind 14-16 mph from SW. Humidity 85%

TEAM SCORING

1	Tipton	51	40	Eddyville-Blakesburg	1
2	Camanche	41	40	Sioux Central/AC-T	1
3	Battle Creek-Ida Grove	32	40	South O'Brien	1
4	Clear Creek-Amana	27	40	Van Buren	1
5	Northeast	26		Albia	
6	Unity Christian	25		Beckman Dyersville	
7	Lake Mills	24		Bedford	
8	Aplington-Parkersburg	22		Bellevue/B Marq	
9	PCM	20		Belmond-Klemme	
10	South Winneshiek	19		Boyden-Hull/Rock Valley	
11	Regina Iowa City	18		Central Lee	
12	Center Point-Urbana	16		Clarinda	
12	Okoboji	16		Colfax-Mingo	
14	North Fayette	15		Collins-Maxwell-Baxter	
15	Cascade	14		Dike-New Hartford	
15	Maquoketa Valley	14		Durant-Bennett	
17	Emmetsburg/Graettinger	12		Eagle Grove	
17	Nodaway Valley	12		Eldora-New Providence	
19	Sioux Center	9		Garner-Hayfield	
20	Clarion-Goldfield	8		Gilbert	
21	Bondurant-Farrar	7		Gladbrook-Reinbeck	
22	MFL MarMac	7		Griswold	
23	Underwood	6		Hartley-Melvin-Sanborn	
23	West Branch	6		Iowa Falls	
23	West Liberty	6		Jesup	
26	Preston/East Central	5		Lone Tree/Highland	
26	Sibley-Ocheyedan	5		Louisa-Muscatine	
28	Audubon	4		Maple Valley-Anthon-Oto	
28	Grundy Center	4		Mediapolis	
28	Hudson	4		Mid-Prairie	
28	Manson-NW Webster	4		Mount Ayr	
28	Monticello	4		Nashua-Plainfield	
33	Osage	3		North Cedar	
33	Roland-Story	3		North Polk	
33	West Lyon	3		Prairie Valley	
36	Columbus	2		Sergeant Bluff-Luton	
36	Pocahontas Area	2		Sheldon	
36	Riverside	2		Shenandoah	
36	Solon	2		St. Ansgar	
40	Cherokee	1		St. Edmond Fort Dodge	
				Starmont	

Union
West Central Valley
Western Christian

100 Meter Dash Finals

1	Jenny Buelow, Center Point-Urbana	JR	12.75
2	Emily Neuwohner, Lake Mills	JR	12.80
3	Stacy Butt, Northeast	SR	12.83
4	Kelsey Powell, Bondurant-Farrar	SR	13.28
5	McKenzie Meyerholz, Columbus	JR	13.28
6	Kayla Bright, Sioux Central/AC-T	JR	13.39
7	Jenna Esdohr, Hartley-Melvin-Sanborn	JR	13.39
8	Lisa Hager, Grundy Center	JR	13.51

Heat 1

1	Stacy Butt, Northeast	SR	12.75 Q
2	Lisa Hager, Grundy Center	JR	13.32 Q
3	Jenna Esdohr, Hartley-Melvin-Sanborn	JR	13.37 Q
4	Yvonne Beard, Sibley-Ocheyedan	SO	13.48
5	Lindsey Ellis, West Central Valley	FR	13.52
6	Ashley Zimmer, South O'Brien	FR	13.59
7	Megan Hauber, South Winneshiek	JR	13.83
8	Katie Leuthold, West Lyon	SR	13.91

Heat 2

1	Emily Neuwohner, Lake Mills	JR	12.97 Q
2	Kelsey Powell, Bondurant-Farrar	SR	13.39 Q
3	McKenzie Meyerholz, Columbus	JR	13.40 Q
4	Amy Smith, Lone Tree/Highland	JR	13.73
5	Samantha Fritsch, Underwood	JR	13.83
6	Keisha Wagoner, Iowa Falls	JR	14.04
7	Danielle Kruse, South O'Brien	SO	14.28
8	Mikha Tan, Sergeant Bluff-Luton	SR	16.48

Heat 3

1	Jenny Buelow, Center Point-Urbana	JR	12.91 Q
2	Kayla Bright, Sioux Central/AC-T	JR	13.45 Q
3	Allie Millonig, St. Ansgar	SO	13.46
4	Emily Hershberger, Mid-Prairie	FR	13.60
5	Molli O'Brien, Clarion-Goldfield	FR	13.61
6	Crystal Schiernbeck, Battle Creek-Ida Grove	FR	13.71
7	Jamie Enfield, Collins-Maxwell-Baxter	SR	13.74
	Teri Snyder, Hartley-Melvin-Sanborn	SR	dns

200 Meter Dash Finals

1	Stacy Butt, Northeast	SR	25.79
2	Shea Meyermann, Camanche	SO	26.50
3	Lisa Hager, Grundy Center	JR	26.66
4	Keely Lawton, West Lyon	SO	26.86
5	Emily Schippers, PCM	FR	27.03
6	Sarah Indra, Osage	JR	27.05
7	Michelle Voigts, Clarion-Goldfield	FR	27.06
8	Crystal Williamson, Aplington-Parkersburg	JR	27.13

Heat 1

1	Michelle Voigts, Clarion-Goldfield	FR	26.72 Q
2	Crystal Williamson, Aplington-Parkersburg	JR	26.82 Q
3	Emily Schippers, PCM	FR	27.33 Q
4	Melissa Werner, Center Point-Urbana	SR	28.00
5	Haylee Bakker, Western Christian	SO	28.03
6	Katie Watkinson, Mid-Prairie	SO	28.18
7	Jody Teunissen, West Lyon	SR	28.45
8	Jordan Gibbs, Maquoketa Valley	SO	28.88

Heat 2

1	Stacy Butt, Northeast	SR	26.28 Q
2	Shea Meyermann, Camanche	SO	26.86 Q

3	Keely Lawton, West Lyon	SO	27.37 Q
4	Yvonne Beard, Sibley-Ocheyedan	SO	27.63
5	Danielle Zimmerman, Grundy Center	JR	28.00
6	Kaci Svoboda, Pocahontas Area	FR	28.43
7	Camy Duis, Hartley-Melvin-Sanborn	FR	28.45
	Jamie Enfield, Collins-Maxwell-Baxter	SR	DQ --oolane

Heat 3

1	Lisa Hager, Grundy Center	JR	26.85 Q
2	Sarah Indra, Osage	JR	27.18 Q
3	Kylie Allen, Eddyville-Blakesburg	SO	27.43
4	Jennifer Irvin, Bedford	SR	27.45
5	Emilii Tasler, Prairie Valley	FR	27.50
6	Emily Suchomel, Shenandoah	JR	28.04
7	Kiffany Dierckx, Louisa-Muscatine	JR	28.54
8	Renae Johanns, Osage	SR	28.94

400 Meter Dash Finals

1	Emily Schippers, PCM	FR	58.67
2	Sam Black, West Liberty	JR	59.32
3	Amy Bagge, Monticello	SR	59.35
4	Audrey Claus, Sibley-Ocheyedan	FR	59.36
5	Ivy Elsbernd, South Winneshiek	SO	59.97
6	Shea Meyermann, Camanche	SO	1:00.49
7	Michelle Voigts, Clarion-Goldfield	FR	1:00.68
8	Alisa Brinkman, Pocahontas Area	JR	1:01.84

Heat 1

1	Audrey Claus, Sibley-Ocheyedan	FR	59.35 Q
2	Sam Black, West Liberty	JR	59.61 Q
3	Ivy Elsbernd, South Winneshiek	SO	59.68 Q
4	Olivia Johnson, Okoboji	FR	1:00.61
5	Emilii Tasler, Prairie Valley	FR	1:01.55
6	Briana Scharn, Sioux Central/AC-T	FR	1:02.08
7	Lindsay Schneider, North Cedar	JR	1:02.55
8	Eve Reinhold, Collins-Maxwell-Baxter	FR	1:04.60

Heat 2

1	Amy Bagge, Monticello	SR	59.20 Q
2	Shea Meyermann, Camanche	SO	1:00.59 Q
3	Alisa Brinkman, Pocahontas Area	JR	1:00.60 Q
4	Natalie Miller, Roland-Story	JR	1:02.39
5	Emily Gaalswyk, Boyden-Hull/Rock Valley	JR	1:03.66
6	Alexa Krull, Gladbrook-Reinbeck	FR	1:03.77
7	Danielle Harmdierks, South O'Brien	JR	0:64.01
8	Chelsea Wolf, Maple Valley-Anthon-Oto	SO	0:64.95

Heat 3

1	Emily Schippers, PCM	FR	59.32 Q
2	Michelle Voigts, Clarion-Goldfield	FR	59.77 Q
3	Ashley Wiederin, Bedford	SO	1:01.78
4	Chelsea Puls, Gladbrook-Reinbeck	FR	1:02.86
5	Kiffany Dierckx, Louisa-Muscatine	JR	1:04.00
6	Shayla Lange, Boyden-Hull/Rock Valley	SO	1:04.02
7	Andrea Cling, Mediapolis	SR	1:06.72
8	Jordyn Schertz, Eddyville-Blakesburg	FR	DNS

800 Meter Run Finals

1	Ashley Miller, Tipton	FR	2:15.81
2	Carrie Larson, Tipton	JR	2:18.72
3	Heidi Porter, Manson-NW Webster	SR	2:19.61
4	Ashley Schnug, PCM	JR	2:23.15
5	Olivia Johnson, Okoboji	FR	2:23.71
6	Lynnette Wagner, MFL MarMac	SO	2:23.80
7	Dana Manternach, Solon	JR	2:23.97
8	Amanda Pennington, Mount Ayr	FR	2:24.21
9	Alyse Herr, Nodaway Valley	FR	2:24.52

10	Leigh Christensen, Belmond-Klemme	SR	2:24.62
11	Betsy Halvorsen, Eldora-New Providence	JR	2:25.02
12	Renata Bryson, Clear Creek-Amana	FR	2:25.63
13	Cassie Fick, Sibley-Ocheyedan	JR	2:26.89
14	Anna Kraayenbrink, Sioux Center	SO	2:27.53
15	Jayne Hoffman, Griswold	SR	2:27.83
16	Alisa Brinkman, Pocahontas Area	JR	2:27.93
17	Ashley Oelman, Gilbert	SO	2:28.55
18	Amanda Saaranen, St. Ansgar	SR	2:28.76
19	Johanna Zuck, Jesup	SO	2:28.91
20	Erica Hage, West Lyon	SR	2:29.08
21	Nicole Wirkler, MFL MarMac	SO	2:30.16
22	Ashley Gingerich, Louisa-Muscatine	FR	2:37.57
23	Jena Olberding, Beckman Dyersville	FR	2:37.78
	Amy Bagge, Monticello	SR	DNF

1500 Meter Run Finals

1	Jen Kempers, Unity Christian	SR	4:50.57
2	Emily Van Oosbree, Emmetsburg/Graettinger	JR	4:52.65
3	Megan Winkelmann, Nodaway Valley	JR	4:54.55
4	Morgan Nelson, Audubon	SO	4:55.09
5	Anna Kraayenbrink, Sioux Center	SO	4:59.24
6	Ashley Tholen, Tipton	FR	5:00.99
7	Sarah Longmeyer, Underwood	SR	5:00.99
8	Becky Morrow, St. Ansgar	JR	5:02.58
9	Kate Kelly, Preston/East Central	FR	5:03.04
10	Marcy Rahn, Clear Creek-Amana	SR	5:05.38
11	Briann Reedy, Emmetsburg/Graettinger	SR	5:06.88
12	Amber Uhlenhake, South Winneshiek	JR	5:07.49
13	Jessica Grabouski, Sergeant Bluff-Luton	SO	5:09.04
14	Stephanie Dolezal, Solon	FR	5:09.39
15	Brittney Zimmerman, West Branch	SR	5:11.54
16	Kelsey Stueland, Tipton	SO	5:12.59
17	Jennae Maughan, Roland-Story	FR	5:13.01
18	Susuwi Salvador, Gilbert	JR	5:13.54
19	Carissa Bryson, Clear Creek-Amana	JR	5:14.72
20	Amanda Harris, Maquoketa Valley	JR	5:15.87
21	Roxanne Soesbe, Clarion-Goldfield	SR	5:16.42
22	Heather White, Union	SO	5:17.22
23	Tara Scieszinski, Albia	SO	5:18.39
24	Ashley Fahey, MFL MarMac	JR	5:18.80

3000 Meter Run Finals

1	Marcy Rahn, Clear Creek-Amana	SR	10:44.58
2	Ashley Tholen, Tipton	FR	10:58.05
3	Megan Winkelmann, Nodaway Valley	JR	10:59.15
4	Emily Van Oosbree, Emmetsburg/Graettinger	JR	11:05.30
5	Briann Reedy, Emmetsburg/Graettinger	SR	11:06.62
6	Kara Nelson, Cherokee	FR	11:08.62
7	Becky Morrow, St. Ansgar	JR	11:12.32
8	Roxanne Soesbe, Clarion-Goldfield	SR	11:12.54
9	Stephanie Dolezal, Solon	FR	11:18.14
10	Jessica Grabouski, Sergeant Bluff-Luton	SO	11:19.40
11	Brittney Zimmerman, West Branch	SR	11:26.23
12	Amber Uhlenhake, South Winneshiek	JR	11:26.98
13	Kelsey Stueland, Tipton	SO	11:28.66
14	Tara Scieszinski, Albia	SO	11:32.64
15	Connie Eshelmann, Nodaway Valley	SR	11:33.70
16	Sarah Storm, Sheldon	SO	11:36.83
17	Julie Ridenour, Sheldon	SR	11:37.46
18	Amber Mayer, Shenandoah	SO	11:44.77
19	Laura Broekhuis, Unity Christian	SO	11:48.19
20	Brooke Boley, Bondurant-Farrar	SR	11:57.14
21	Meredith Reed, Starmont	SO	12:06.63

22	Abby Short, Garner-Hayfield	SR	12:13.19
23	Meaghan Flack, Durant-Bennett	SO	12:15.20
24	Chelsea Chubbuck, PCM	FR	12:37.16

100 Meter Hurdles Finals

1	Carly DuCharme, Regina Iowa City	JR	14.87
2	Courtney Casper, West Branch	SO	15.13
3	Heidi Harriman, Battle Creek-Ida Grove	SR	15.19
4	Savanna Walls, Clear Creek-Amana	SO	15.25
5	Lauren Andersen, Riverside	SO	15.32
6	Cigi Low, Camanche	SR	15.41
7	Kelsey Powell, Bondurant-Farrar	SR	15.81
	Alysa Klein, Okoboji	SR	DNF

Heat 1

1	Heidi Harriman, Battle Creek-Ida Grove	SR	15.37 Q
2	Savanna Walls, Clear Creek-Amana	SO	15.62 Q
3	Cigi Low, Camanche	SR	15.78 Q
4	Samantha Sheffield, Western Christian	JR	16.25
5	Chelsea Kayser, Center Point-Urbana	JR	16.42
6	Rachel Vander Holt, Aplington-Parkersburg	FR	16.74
7	Angela Shaw, Shenandoah	SR	16.74
8	Kelsey Jeske, Eagle Grove	SO	16.75

Heat 2

1	Courtney Casper, West Branch	SO	15.37 Q
2	Alysa Klein, Okoboji	SR	15.55 Q
3	Joclyn Ketelsen, Osage	JR	15.98
4	Allisha Olson, Battle Creek-Ida Grove	SR	16.25
5	Jill Fell, Tipton	SR	16.36
6	Janette Kelsey, Solon	JR	16.48
7	Kimber Kunze, Bondurant-Farrar	SR	16.88
	Autumn Bartel, Cherokee	JR	DNS

Heat 3

1	Carly DuCharme, Regina Iowa City	JR	15.32 Q
2	Lauren Andersen, Riverside	SO	15.57 Q
3	Kelsey Powell, Bondurant-Farrar	SR	15.58 Q
4	Kylie Hoffert, MFL MarMac	SR	15.94
5	Jade Ruehlow, Osage	JR	16.25
6	Kate Ernst, Sibley-Ocheyedan	JR	16.26
7	Meggan Jacobsma, Sioux Center	JR	16.62
8	Mandi Koenen, Aplington-Parkersburg	SO	17.15

400 Meter Hurdles Finals

1	Carly DuCharme, Regina Iowa City	JR	1:03.87
2	Allison Ford, Maquoketa Valley	SR	1:04.63
3	Kylie Hoffert, MFL MarMac	SR	1:04.87
4	Kara Munson, Roland-Story	SR	1:05.27
5	Tara Hoge, Camanche	SR	1:05.90
6	Jen Kempers, Unity Christian	SR	1:06.10
7	Lisa Thiesse, Sibley-Ocheyedan	SR	1:06.33
8	Sara Best, Audubon	SR	1:07.04
9	Baily DeVore, Battle Creek-Ida Grove	SO	1:07.39
10	Quinn Morelock, Solon	JR	1:07.62
11	Jodi Best, Audubon	SO	1:07.84
12	Alysa Klein, Okoboji	SR	1:08.31
13	Brittany Robinette, Griswold	SO	1:08.42
14	Emily Zumbach, Monticello	SO	1:08.71
15	Kelsey Williams, St. Ansgar	FR	1:08.99
16	Erin Hawes, Central Lee	JR	1:09.63
17	Courtney Klobberdanz, Jesup	SO	1:09.85
18	Laura Hartman, Okoboji	JR	1:10.27
19	Andrea Ahrendsen, Clarion-Goldfield	JR	1:10.42
20	Amber Sneller, Sioux Center	FR	1:11.95
21	Liz Becker, St. Edmond Fort Dodge	SR	1:12.17

22	Whitney Taylor, Eddyville-Blakesburg	SR	1:12.41
23	Briana Scharn, Sioux Central/AC-T	FR	1:13.53
	Missy Reinhart, North Polk	SR	dq -trail leg

8	Allesha Olson, Battle Creek-Ida Grove	SR	16'11.50"
9	Kristen Borcharding, Shenandoah	FR	16'05.50"
10	Karleen Meggers, Northeast	JR	16'03.00"
11	Kelsey Powell, Bondurant-Farrar	SR	16'01.25"
12	Sara Best, Audubon	SR	16'01.00"
13	Dana Grassley, Dike-New Hartford	JR	15'11.75"
14	Jenna Liebergen, West Branch	SO	15'08.50"
15	Jen Tuetken, Monticello	JR	15'08.00"
16	McKenzie Wetzal, Audubon	SR	15'07.75"
16	Kylie Ronan, Lone Tree/Highland	SO	15'07.75"
16	Courtney Varley, Nodaway Valley	JR	15'07.75"
19	Brittany Chapman, Okoboji	FR	15'06.00"
20	Kimber Kunze, Bondurant-Farrar	SR	15'05.75"
21	Ashley Steines, Camanche	SR	15'05.50"
22	Lindsay Schneider, North Cedar	JR	14'11.00"
23	Missy Reinhart, North Polk	SR	14'06.25" J
	Mikha Tan, Sergeant Bluff-Luton	SR	dnc

High Jump Finals

1	Jen Kempers, Unity Christian	SR	5'04"
2	Heidi Harriman, Battle Creek-Ida Grove	SR	5'03"
2	Dragana Corbic, Preston/East Central	SR	5'03"
4	Kaitlin Beaver, Sioux Center	FR	5'03"
5	Darcy Hageman, South Winneshiek	SR	5'03"
6	Jenna Myers, Van Buren	SO	5'03"
7	Randa Hulstein, Sioux Center	SO	5'03"
8	Chelsea Tally, Clarinda	JR	5'01"
8	Jamie Ziegler, Union	FR	5'01"
10	Megan Meyer, Aplington-Parkersburg	SR	5'01"
11	Jina Hoogland, Unity Christian	SO	5'01"
12	Danielle Dunnwald, Hudson	SR	5'00"
13	Alexa Krull, Gladbrook-Reinbeck	FR	5'00"
13	Jocelyn Anderson, Prairie Valley	JR	5'00"
15	Abby Lageschulte, Battle Creek-Ida Grove	SR	5'00"
15	Shelly Manning, Gilbert	JR	5'00"
999	Melissa Lafrenz, Tipton	SO--dq--video aid	
999	Rachel Vander Holt, Aplington-Parkersburg	FR	nh
999	Kim DeVries, PCM	SR	nh
999	Jennifer Gould, Okoboji	SR	nh
999	Amber Morrison, Eddyville-Blakesburg	SR	nh
999	Michaela Bixler, North Cedar	JR	nh
999	Toni Rattliff, Shenandoah	SR	nh
999	Jena Goedken, Starmont	SR	nh

Serues	5-0	5-1	5-2	5-3	5-4	5-5
Kempers	0	0	XO	XXO	XO	XXX
Corbic	0	0	0	0	XXX	
Harriman	0	0	0	0	XXX	
Beaver	0	0	XO	0	XXX	
Hageman	0	0	0	XO	XXX	
Myers	0	0	XXO	XO	XXX	
Hulstein O	0	XXO	XXO	XXX		
Ziegler	0	XO	XXX			
Tally	0	XO	XXX			
Meyer	XXO	XO	XXX			
Hoogland	0	XXO	XXX			
Dunnwald	0	XXX				
Krull	XO	XXX				
Anderson	XO	XXX				
Lageschulte	XXO	XXX				
Manning	XXO	XXX				
Lafrenz	Od					
Vander Holt	XXX					
DeVries	XXX					
Gould	XXX					
Morrison	XXX					
Bixler	XXX					
Rattliff	XXX					
Goedken	XXX					

Long Jump Finals

1	Stacy Butt, Northeast	SR	18'08.50"
2	Cigi Low, Camanche	SR	17'09.00"
3	Angie Lageschulte, Battle Creek-Ida Grove	SR	17'09.00"
4	Emily Muff, North Fayette	SR	17'07.50"
5	Megan Meyer, Aplington-Parkersburg	SR	17'06.25"
6	Darcy Hageman, South Winneshiek	SR	17'00.50"
7	Michelle Alliger, Prairie Valley	FR	16'11.75"

Series

Butt	17'01.00	18'04.25	17'10.50	17'03.75	18'02.00	18'08.50
Low	foul	17'01.75	16'11.50	17'04.25	17'09.00	17'08.75
Lageschulte	17'00.50	17'09.00	17'06.65	foul	17'03.00	foul
Muff	foul	16'09.75	17'04.75	foul	foul	foul
Meyer	16'00.50	17'03.50	17'06.25	16'04.50	16'08.25	17'05.00
Hageman	16'04.50	foul	16'04.00	17'00.50	16'01.50	16'04.00
Alliger	foul	16'11.75	16'04.00	foul	foul	foul
Olson	15'06.50	foul	16'06.25	foul	16'05.50	16'11.50
Borcharding	16'01	15'04.50	16'05.50	foul	foul	foul
Meggers	14'11.00	16'03.00	15'06.00			
Powell	foul	16'01.25	15'08.00			
Best	15'03.25	16'01.00	15'08.00			
Grassley	15'08.50	15'11.75	15'10.00			
Liebergen	15'07.50	15'08.50	15'07.50			
Tuetken	15'08.00	15'0600	foul			
Wetzal	15'01.00	15'07.75	15'05.50			
Ronan	15'07.75	12'09.75	foul			
Varley	15'06.75	15'07.75	15'04.00			
Chapman	15'01.75	15'06.00	foul			
Kunze	15'00.00	13'03.00	15'05.75			
Steines	15'05.50	15'04.50	14'10.75			
Schneider	foul	foul	14'11.00			
Reinhart	foul	14'06.25	foul			

Shot Put Finals

1	Alysa Klein, Okoboji	SR	42'05.50"
2	Heather Minssen, Underwood	SO	39'02.75"
3	Alex Wilson, Hudson	SR	38'05.50"
4	Sarah Hummelgard, Battle Creek-Ida Grove	SR	37'08.00"
5	Quinn Morelock, Solon	JR	37'01.75"
6	Sarah Sedivec, Clear Creek-Amana	JR	36'10.00"
7	Alicia Gossling, South Winneshiek	JR	36'08.50"
8	Shannon Ellis, Collins-Maxwell-Baxter	SO	36'05.00"
9	Addie Rasmusson, Roland-Story	JR	36'02.75"
10	Tasha Gacke, West Lyon	JR	35'10.00"
11	Chelsea Goedken, Cascade	SR	35'09.75"
12	Natalie Vollink, Sheldon	SR	35'07.25"
13	Amber Van Hauen, Grundy Center	FR	35'02.25"
14	Rachel Devlin, Starmont	JR	35'02.00"
15	Lindsey Black, Prairie Valley	SR	34'05.50"
16	Teresa Standafer, North Fayette	SR	34'05.25"
17	Erin Walinga, Unity Christian	JR	34'04.25"
18	Shawn Carter, West Liberty	SR	34'01.00"
19	Heidi Tobin, Beckman Dyersville		33'09.25"
20	Patience Anderson, North Fayette	JR	33'09"
21	Bonnie Hahn, West Branch	JR	33'08.00"

22	Kelsey Vincent, Columbus	SR	33'00.50"
23	Michelle Hall, Manson-NW Webster	JR	32'07.50"
24	Libby Hogan, Nodaway Valley	JR	32'04.75"

Series

Klein	41'08.50	39'11.50	42'05.50	38'04.50	foul	42'05.50
Minssen	39'02.75	37'06.25	35'10.75	38'02.50	38'07.50	37'06.75
Wilson	35'10.25	35'10.25	38'05.50	32'08.00	36'10.75	34'07.50
Hummelgard	36'10.25	35'09.50	35'07.00	foul	37'08.00	36'06.25
Morelock	32'06.50	36'08.00	37'01.75	35'07.50	36'06.50	36'06.75
Sedivec	36'10.00	36'08.00	foul	35'09.00	36'00.00	34'11.00
Gossling	35'10.00	35'11.25	36'08.50	35'07.50	4'10.00	34'04.50
Ellis	foul	36'05.00	35'09.25	35'09.75	36'03.00	35'10.25
Rasmussen	34'04.00	35'10.50	36'02.75			
Gacke	foul	35'10.00	foul			
Goedken	35'09.75	35'00.50	35'03.75			
Vollink	35'07.25	35'02.25	34'06.00			
Van Hauen	35'02.25	35'01.25	33'04.25			
Devlin	33'11.75	34'06.75	35'02.00			
Black	34'05.50	32'08.50	34'05.00			
Standafer	333'00.25	32'03.25	34'05.25			
Walinga	33'09.75	34'04.25	34'02.25			
Carter	34'00.50	33'07.75	34'01.00			
Tobin	33'02.75	32'02.75	33'09.25			
Anderson	30'09.50	33'09.00	32'06.50			
Hahn	3006.00	33'08.00	foul			
Vincent	33'00.50	32'06.50	32'11.75			
Hall	32'07.50	30'02.50	30'10.50			
Hogan	32'04.75	31'11.50	31'05.50			

Discus Finals

1	Chelsea Goedken, Cascade	SR	125'08"
2	Tiffany Griffith, Cascade	SR	116'04"
3	Kelsay McCausland, Camanche	FR	115'11"
4	Lindsay Tigh, Camanche	SR	113'06"
5	Patience Anderson, North Fayette	JR	110'03"
6	Carrie Roller, Clear Creek-Amana	JR	109'06"
7	Emily Ver Steeg, Sibley-Ocheyedan	FR	108'09"
8	Stacy Slife, Center Point-Urbana	SR	106'10"
9	Marin Thorson, St. Ansgar	FR	106'06"
10	Teresa Standafer, North Fayette	JR	105'04"
11	Samantha Halverson, Sioux Central/AC-T	SO	104'02"
12	Tina Jacobsma, Sibley-Ocheyedan	JR	103'03"
13	Ashley Feldman, West Liberty	SO	102'10"
14	Rachel Devlin, Starmont	JR	102'08"
15	Nicole Sletten, Lake Mills	JR	102'00"
16	Missy Helling, Hudson	SR	100'02"
17	Kara Den Herder, Sioux Center	FR	99'10"
18	Courtney Strang, Solon	FR	98'10"
19	Katybeth Whited, Clarinda	SR	97'04"
20	Addie Rasmusson, Roland-Story	JR	95'09"
21	Maegen Camp, Gilbert	SO	95'02"
22	Kelsey Vincent, Columbus	SR	92'02"
23	Jackie Osborn, Tipton	SO	81'07"
24	Libby Hogan, Nodaway Valley	JR	80'02"

Series

Goedken	125'08	111'09	foul	122'06	116'11	108'02
Griffith	116'04	foul	115'10	104'00	107'01	108'00
McCausland	100'09	105'09	115'11	108'07	113'02	foul
Tigh	110'09	100'06	104'04	104'06	108'02	113'06
Anderson	105'09	foul	109'03	110'03	foul	098'10
Roller	095'02	109'06	foul	099'01	101'05	foul
Ver Steeg	108'06	107'11	103'04	105'01	foul	108'09

Slife	091'05	106'10	097'11	098'11	088'06	101'10
Thorson	106'06	foul	101'01"			
Stanafer	105'11	089'10	098'09			
Halverson	104'02	102'02	103'11			
Jacobsma	086'05	094'0-2	103'03			
Feldman	090'03	102'10	094'09			
Devlin	102'08	097'07	090'03			
Sletten	085'00	091'06	102'00			
Helling	092'03	100'02	096'03			
Den Herder	099'10	096'10	089'10			
Strang	094'06	098'10	foul			
Whited	084'00	097'04	087'07			
Rasmussen	095'09	084'06	foul			
Camp	095'02	foul	foul			
Vincent	088'04	089'03	092'02			
Osborn	foul	081'07	foul			
Hogan	foul	080'02	foul			

4x100 Meter Relay Finals

1	CAMANCHE	50.02
	(Cigi Low, Ashley Edens Ashley Steines, Shea Meyermann)	
2	LAKE MILLS	50.02
	(Becky Dahn, Melissa Brackey Sarah Abele, Emily Neuwohner)	
3	APLINGTON-PARKERSBURG	50.18
	(Jaeda Young, Megan Meyer Mandi Koenen, Crystal Williamson)	
4	NORTH FAYETTE	50.90
	(Tiffany Anderson, Melissa Snyder Stefanie Nesvik, Emily Muff)	
5	CENTER POINT-URBANA	51.06
	(Kelsey Niles, Laura Rhoads Chelsea Kayser, Jenny Buelow)	
6	SOUTH O'BRIEN	51.57
	(Ashley Zimmer, Danielle Kruse DeNicca Wede, Lindsay Woolston)	
7	EDDYVILLE-BLAKESBURG	51.73
	(Jordyn Schertz, Amber Morrison Callie Adreon, Kylie Allen)	
8	MID-PRAIRIE	53.62
	(Emily Hershberger, Rexine Miller Amy Boehmer, Katie Watkinson)	

Heat 1

1	LAKE MILLS	50.11 Q
	(Becky Dahn, Melissa Brackey Sarah Abele, Emily Neuwohner)	
2	CAMANCHE	50.17 Q
	(Cigi Low, Ashley Edens Ashley Steines, Shea Meyermann)	
3	EDDYVILLE-BLAKESBURG	51.41 Q
	(Jordyn Schertz, Amber Morrison Callie Adreon, Kylie Allen)	
4	SOUTH O'BRIEN	51.70 Q
	(Ashley Zimmer, Danielle Kruse DeNicca Wede, Lindsay Woolston)	
5	COLLINS-MAXWELL-BAXTER	51.79
	(Cassie Wyant, Rachel Kauer Mary Ketchum, Jamie Enfield)	
6	BECKMAN DYERSVILLE	51.95
	(Sam Brown, Cassie Milbert Leah Koelker, Cassie Tegeler)	
7	SIOUX CENTER	52.58
	(Katelyn Schut, Nicole Hoogeveen Meggan Jacobsma, Jenn Estes)	

8 LONE TREE/HIGHLAND	53.15
(Amy Smith, Heidi DeGood Kylie Ronan, Rachel Yeggy)	
Heat 2	
1 APLINGTON-PARKERSBURG	50.26 Q
(Jaeda Young, Megan Meyer Mandi Koenen, Crystal Williamson)	
2 NORTH FAYETTE	50.70 Q
(Tiffany Anderson, Melissa Snyder Stefanie Nesvik, Emily Muff)	
3 MID-PRAIRIE	51.71 Q
(Emily Hershberger, Rexine Miller Amy Boehmer, Katie Watkinson)	
4 WEST BRANCH	51.72
(Natasha Sheyko, Jill Stevens Courtney Casper, Sam Stoolman)	
5 COLUMBUS	52.00
(Ashley Orris, Natalie Wheeler Nicole Stewart, McKenzie Meyerholz)	
6 OSAGE	52.02
(Ashley Pollard, Rachel Hall Joclyn Ketelsen, Jade Ruehlow)	
7 CLEAR CREEK-AMANA	52.25
(Kelsey Kahler, Angela Ganschow Sami Buck, Taylor Leichsenring)	
8 ROLAND-STORY	53.20
(Laura Baldus, Kara Dolch Brittany Friesth, Ashley Gibson)	
Heat 3	
1 CENTER POINT-URBANA	51.44 Q
(Kelsey Niles, Laura Rhoads Chelsea Kayser, Jenny Buelow)	
2 ST. ANSGAR	52.20
(Nicole Hanson, Christy Hanson Larissa Edgington, Allie Millonig)	
3 BEDFORD	52.67
(Amy French, Kayse Thornton Ashley Wiederin, Jennifer Irvin)	
4 WEST LYON	52.94
(Katie Leuthold, Erica Hage Brittany Sehr, Keely Lawton)	
5 CHEROKEE	52.96
(Rochelle McGill, Abby Joines Kylie Dilla, Courtney Cuthrell)	
6 SHENANDOAH	53.31
(Angela Shaw, Vivi Adams Emily Suchomel, Kristen Borcharding)	
7 HARTLEY-MELVIN-SANBORN	53.66
(Jenna Esdohr, Jenna Koontz Camy Duis, Sarah Treimer)	
BATTLE CREEK-IDA GROVE	DQ--3/4 ooz
(Sarah Sykes, Angie Lageschulte Heidi Harriman, Abby Lageschulte)	

4x200 Meter Relay Finals

1 LAKE MILLS	1:45.62
(Becky Dahn, Melissa Brackey Sarah Abele, Emily Neuwohner)	
2 APLINGTON-PARKERSBURG	1:46.05
(Jaeda Young, Neisha Johnson Megan Meyer, Crystal Williamson)	
3 NORTHEAST	1:46.53
(Angie Adrian, Danika Spain Karleen Meggers, Stacy Butt)	
4 NORTH FAYETTE	1:46.82

(Kelsey Krivachek, Melissa Snyder Stefanie Nesvik, Emily Muff)	
5 BATTLE CREEK-IDA GROVE	1:46.92
(Sarah Sykes, Crystal Schiernbeck Angie Lageschulte, Abby Lageschulte)	
6 EDDYVILLE-BLAKESBURG	1:48.13
(Jordyn Schertz, Amber Morrison Callie Adreon, Kylie Allen)	
7 MAQUOKETA VALLEY	1:49.27
(Allison Ford, Lynn Nefzger Jordan Gibbs, Amy Conrad)	
8 WEST LYON	1:50.57
(Katie Leuthold, Jody Teunissen Brittany Sehr, Keely Lawton)	

Heat 1

1 NORTH FAYETTE	1:46.21 Q
(Kelsey Krivachek, Melissa Snyder Stefanie Nesvik, Emily Muff)	
2 BATTLE CREEK-IDA GROVE	1:48.03 Q
(Sarah Sykes, Crystal Schiernbeck Angie Lageschulte, Abby Lageschulte)	
3 SOUTH WINNESHIEK	1:49.40
(Kayla Frana, Katie Shatek Darcy Hageman, Elise Elsbernd)	
4 ROLAND-STORY	1:50.00
(Ashley Gibson, Laura Baldus Kara Dolch, Kara Munson)	
5 COLLINS-MAXWELL-BAXTER	1:50.34
(Becca Holdren, Alex Kunkel Mary Ketchum, Rachel Kauer)	
6 ST. ANSGAR	1:50.43
(Nicole Hanson, Rachel Hannam Larissa Edgington, Allie Millonig)	
7 NODAWAY VALLEY	1:50.52
(Courtney Varley, Ali Hanson Gentri Rice, Krista Mostaert)	
8 SHENANDOAH	1:50.74
(Kristen Borcharding, Toni Ratliff Emily Suchomel, Vivi Adams)	

Heat 2

1 LAKE MILLS	1:45.42 Q
(Becky Dahn, Melissa Brackey Sarah Abele, Emily Neuwohner)	
2 APLINGTON-PARKERSBURG	1:46.58 Q
(Jaeda Young, Neisha Johnson Megan Meyer, Crystal Williamson)	
3 EDDYVILLE-BLAKESBURG	1:47.01 Q
(Jordyn Schertz, Amber Morrison Callie Adreon, Kylie Allen)	
4 WEST LYON	1:49.17 Q
(Katie Leuthold, Jody Teunissen Brittany Sehr, Keely Lawton)	
5 BECKMAN DYERSVILLE	1:49.80
(Sam Brown, Cassie Milbert Cassie Tegeler, Colleen Gallagher)	
6 BELLEVUE/B MARQ	1:50.07
(Courtney Shady, Jessica Handke Ali DeVries, Kate Swift)	
7 SIOUX CENTRAL/AC-T	1:50.28
(Tricia Hogrefe, Nicole Scheiber Leah Whittenburg, Kayla Bright)	
8 CLARION-GOLDFIELD	1:50.89
(Betsy Tegtmeyer, Molli O'Brien Andrea Ahrends, Brittany Schultz)	

Heat 3		
1	NORTHEAST (Angie Adrian, Danika Spain Karleen Meggers, Stacy Butt)	1:47.41 Q
2	MAQUOKETA VALLEY (Allison Ford, Lynn Nefzger Jordan Gibbs, Amy Conrad)	1:48.23 Q
3	REGINA IOWA CITY (Hope Coffin, Vivian Tomkovicz Laura Ruppert, Katie Hurt)	1:50.64
4	VAN BUREN (Ashley Atwood, Anne DeHart Abbye Metcalf, Jenna Myers)	1:51.16
5	HARTLEY-MELVIN-SANBORN (Jenna Esdohr, Jenny Otto Camy Duis, Sarah Treimer)	1:51.70
6	CLEAR CREEK-AMANA (Kelsey Kahler, Taylor Leichsenring Allison Momany, Brooke Rugger)	1:51.73
7	WEST BRANCH (Jill Stevens, Kalyn Harms Jenna Liebergen, Sam Stoolman)	1:51.74
8	CHEROKEE (Rochelle McGill, Keeley Reynolds Abby Joines, Courtney Cutrell)	1:52.46

4x400 Meter Relay Finals

1	TIPTON (Carrie Larson 59.4, Clarissa Kotz 61.2 Christine Marchik 60.9, Ashley Miller 57.9)	3:59.48
2	MAQUOKETA VALLEY (Allison Ford 59.8, Lynn Nefzger 60.0 Kelli Dabroski 62.3, Angie Dirks 60.2)	4:02.39
3	PCM (Ashley Schnug 61.8, Erin Wood 62.8 Jenny Oldham 63.1, Emily Schippers 57.9)	4:05.79
4	SOUTH WINNESHIEK (Kayla Frana 64.1, Ivy Elsbernd 58.2 Darcy Hageman 63.3, Elise Elsbernd 60.3)	4:06.09
5	NORTH FAYETTE (Tammy Lansing, Melissa Snyder Stefanie Nesvik, Emily Muff)	4:08.32
6	SIBLEY-OCHEYEDAN (Jessica Horak 62.6, Cassie Fick 63.1 Lisa Thiesse 63.0, Audrey Claus 62.0)	4:10.70
7	AUDUBON (Allyse Eddy, Jordan Rowland Jodi Best, Sara Best 60.4)	4:11.34
8	SOLON (Kelsey Kidwell, Jodie Krall Quinn Morelock, Dana Manternach)	4:13.41
Heat 1		
1	MAQUOKETA VALLEY (Allison Ford 61.1, Lynn Nefzger 59.9 Kelli Dabroski 62.9, Angie Dirks 60.4)	4:04.26 Q
2	PCM (Ashley Schnug 61.6, Erin Wood 63.2 Jenny Oldham 62.0, Emily Schippers 57.5)	4:04.32 Q
3	SOLON (Kelsey Kidwell 62.9, Jodie Krall 60.7 Quinn Morelock 63.2, Dana Manternach 64.3)	4:11.19 Q
4	EMMETSBURG/GRAETTINGER (Julia Vetri 63.6, Wendy Herbers 62.6 Julie Ausborn 64.4, Emily Van Oosbree 62.5)	4:13.13

5	ROLAND-STORY (Karly Hermanson 64.4, Jenn Hanson 64.4 Natalie Miller 64.8, Kara Munson 62.8)	4:16.19
6	WESTERN CHRISTIAN (Kelly Van Beek 66.1, Brittany Van Beek 63.6 Haylee Bakker 62.5, Samantha Sheffield 67.3)	4:19.61
7	BATTLE CREEK-IDA GROVE (Molly Kallin 65.0, Amanda Ladwig 64.9 Kelsey Bolte 67.9, Bailey DeVore 64.4)	4:22.28
8	OSAGE (Amber Wilde 65.9, Sarah Sletten 65.1 Mallory Small 69.6, Renae Johanns 63.3)	4:23.91

Heat 2

1	TIPTON (Carrie Larson 60.9, Clarissa Kotz 62.3 Christine Marchik 62.3, Ashley Miller 58.2)	4:03.79 Q
2	SIBLEY-OCHEYEDAN (Jessica Horak 62.5, Cassie Fick 62.5 Lisa Thiesse 62.1, Audrey Claus 61.0)	4:08.25 Q
3	NORTH FAYETTE (Tammy Lansing 63.6, Melissa Snyder 61.8 Stefanie Nesvik 62.3, Emily Muff 61.4)	4:09.11 Q
4	AUDUBON (Allyse Eddy 62.4, Jordan Rowland 64.4 Jodi Best 62.1, Sara Best 62.7)	4:11.65 Q
5	ST. EDMOND FORT DODGE (Kelsey Clemens 63.7, Mila O'Rourke 64.6 Ariel Black 62.8, Roxanne Rodenborn 62.4)	4:13.56
6	BECKMAN DYERSVILLE (Sam Brown 61.7, Cassie Milbert 63.9 Cassie Tegeler 65.6, Alicia Bockenstedt 66.4)	4:17.60
7	ST. ANSGAR (MacKenzie Follmuth 64.5, Katie Shoars 64.4 Megan Rustad 65.4, Kelsi Kruger 64.7)	4:19.00
8	UNITY CHRISTIAN (Beth Davelaar 65.3, Sheila Engeltjes 64.6 Jina Hoogland 66.2, Chrissy Vander Weide 66.0)	4:22.31

Heat 3

1	SOUTH WINNESHIEK (Kayla Frana 63.3, Ivy Elsbernd 59.9 Darcy Hageman 64.7, Elise Elsbernd 59.2)	4:07.11 Q
2	CLARINDA (Michala Wilson 64.1, Jessica Dirksen 60.5 Kara Eitzen 64.4, Garra Williams 62.5)	4:11.78
3	MANSON-NW WEBSTER (Chelsey Soder 64.2, Dene' Rasch 63.9 Hailey Beneke 64.2, Heidi Porter 60.1)	4:12.40
4	VAN BUREN (Ashley Atwood 64.4, Abbye Metcalf 61.2 Anne DeHart 65.6, Jenna Myers 62.5)	4:13.72
5	BELMOND-KLEMME (Brenna Abel 64.7, Kali Kranz 64.3 Brittany Tanner 64.3, Leigh Christensen 62.1)	4:15.44
6	HUDSON (Casey Herkelman 64.7, Amanda Roth 63.7 Danielle Dunnwald 65.1, Ali Selenke 63.0)	4:16.59
7	SOUTH O'BRIEN (Jill Paulsen 66.2, Danielle Harmdierks 62.0 Bridgette Hain 68.0, Ashley Zimmer 64.8)	4:20.98
	EDDYVILLE-BLAKESBURG (Whitney Taylor 63.4, Amber Morrison 61.4 Kylie Allen 65.0, Callie Adreon 61.0)	DQ--#2 cut early

4x800 Meter Relay Finals

1	TIPTON	9:46.63
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	(Ashley Tholen 2:28.8, Stephanie King 2:29.2 Brittany Latare 2:30.9, Carrie Larson 2:17.7)	
2	CLEAR CREEK-AMANA (Marcy Rahn 2:24.1, Carissa Bryson 2:26.2 Christy Loan 2:33.5, Renata Bryson 2:23.9)	9:47.76
3	OKOBOJI (Jennifer Griffiths 2:28.4, Jennifer Gould 2:32.0 Courtney Jones 2:31.3, Olivia Johnson 2:22.1)	9:53.84
4	SIOUX CENTER (Kaitlin Beaver, 2:27.9 Tanya Jansen 2:32.9 Dani Hulstein 2:32.2, Anna Kraayenbrink 2:24.7)	9:57.72
5	POCAHONTAS AREA (Sarah Seehusen 2:31.0, Erika Youngberg 2:29.2 Sarah Kerns 2:37.2, Alisa Brinkman 2:23.4)	10:00.88
6	EMMETSBURG/GRAETTINGER (Anne Kassel 2:32.3, Heather Stillman 2:33.0 Julie Stillman 2:28.9, Briann Reedy 2:27.3)	10:01.50
7	GRISWOLD (Ashley Drogo, Brittany Robinette Tori Pangelina, Jayme Hoffman)	10:01.57
8	MONTICELLO (Amanda Tordsen 2:31.1, Jessie Dirks 2:30.6 Emily Zumbach 2:39.4, Amy Bagge 2:24.6)	10:05.72
9	ST. ANSGAR (Kayla Johnson, Katie Shoars Megan Rustad, Amanda Saaranen)	10:06.16
10	MFL MARMAC (Ashley Fahey, Dani Wiemerslage Nicole Wirkler, Lynnette Wagner)	10:06.57
11	AUDUBON (Alyse Eddy, Kati Jo Christensen Jordan Rowland, Morgan Nelson)	10:10.30
12	REGINA IOWA CITY (Evelyn Ross 2:29.7, Katie Ries 2:35.3 Kady Homewood 2:35.0, Vivian Tomkovcz 2:30.3)	10:10.39
13	JESUP (Johanna Zuck, Tonya Roberts Betsy Neverman, Courtney Klobberdanz)	10:16.73
14	NORTH FAYETTE (Tammy Lansing 2:32.8, Emily Johnson 2:35.3 Katie Roach 2:40.4, Emily Heying 2:34.1)	10:22.64
15	MAQUOKETA VALLEY (Angie Dirks, Kelli Dabroski Staci Wenthold, Amanda Harris)	10:22.81
16	ELDORA-NEW PROVIDENCE (Ashley Ritter 2:38.3, Cara Pence 2:39.4 Jenni Smith 2:40.8, Betsy Halvorsen 2:24.6)	10:23.14
17	BATTLE CREEK-IDA GROVE (Bailey DeVore, Amanda Ladwig Stephanie Laughlin, Becky Mason)	10:27.56
18	BONDURANT-FARRAR (Maggie Perry, Jessica Roesch Brooke Boley, Jessie Sadler)	10:28.83
19	COLFAX-MINGO (Taylor Wilson 2:34.8, Krista Goodman 2:43.9 Megan Wolett 2:36.5, Shawna Maher 2:33.8)	10:29.12
20	PRESTON/EAST CENTRAL (Kate Kelly 2:30.7, Kelli Johnson Erica Krogman, Qynne Kelly)	10:30.45
21	WEST LYON (Jill Kerkvliet, Becky Kippley Dana Lantz, Erica Hage)	10:31.63
22	LOUISA-MUSCATINE (Ashley Gingerich, Savah Wells Katie Schlutz, Kristina Axtell)	10:31.69
23	SHELDON	10:34.19

	(Patience Vander Plaats, Alexa Groff Bethany Warnke, Jennifer Den Hartog)	
24	WEST LIBERTY (Jennifer Davis, Rocio Rivera Amanda Elizalde, Jessica Brown)	10:34.59

Sprint Medley Relay Finals

1	SOUTH WINNESHIEK (Kayla Frana, Katie Shatek Ivy Elsbernd, Elise Elsbernd 58.1)	1:49.66
2	CLARION-GOLDFIELD (Brittany Schultz, Betsy Tegtmeyer Molli O'Brien, Michelle Voigts 59.9)	1:51.41
3	CENTER POINT-URBANA (Kelsey Niles, Laura Rhoads Melissa Werner, Jenny Buelow 57.9)	1:51.45
4	BATTLE CREEK-IDA GROVE (Sarah Sykes, Allesha Olson Angie Lageschulte, Abby Lageschulte 58.7)	1:51.97
5	REGINA IOWA CITY (Hope Coffin, Laura Ruppert Katie Hurt, Carly DuCharme 57.9)	1:52.16
6	SIBLEY-OCHEYEDAN (Yvonne Beard, Kate Ernst Jessica Horak, Audrey Claus 59.6)	1:52.86
7	MAQUOKETA VALLEY (Jordan Gibbs, Brianne Boies Amy Conrad, Lynn Nefzger 61.2)	1:53.04
8	UNITY CHRISTIAN (Dorinda Hibma, Beth Davelaar Emily DeWeerd, Joy Horstman 57.5)	1:54.11
9	BEDFORD (Amy French, Christina Dalton Jennifer Irvin, Ashley Wiederin 60.7)	1:54.26
10	SOUTH O'BRIEN (DeNicca Wede, Danielle Kruse Jill Paulsen, Danielle Harmdierks 61.3)	1:54.45
11	SIOUX CENTER (Katelyn Schut, Meggan Jacobsma Jenn Estes, Kaitlin Beaver 60.8)	1:54.69
12	NODAWAY VALLEY (Alii Hanson, Patrese Montgomery Krista Mostaert, Gentry Rice 60.4)	1:55.18
13	CHEROKEE (Rochelle McGill, Keeley Reynolds Abby Joines, Courtney Cuthrell 60.2)	1:55.30
14	CLARINDA (Bethann McCalla, Kristin Williams Sara Eason, Jessica Dirksen 61.5)	1:55.36
15	LAKE MILLS (Melissa Brackey, Jaci Grotewold Caitlin Moore, LeAnn Dahn 61.2)	1:55.39
16	NORTHEAST (Jessica Hoffmann, Angie Adrian Danika Spain, Karleen Meggers 61.3)	1:55.67
17	VAN BUREN (Ashley Atwood, Brittini Smith Anne DeHart, Jenna Myers 60.9)	1:55.93
18	ROLAND-STORY (Ashley Gibson, Jenn Hanson Laura Baldus, Natalie Miller)	1:56.20
19	NASHUA-PLAINFIELD (Jamie Frost, Brittany Sinnwell Samantha Harrington, Beth Benning 61.7)	1:56.23
20	ST. EDMOND FORT DODGE	1:56.93

	(Megan Hilbert, Ariel Black Kelsey Clemens, Kristen Sandvig)	
21	COLFAX-MINGO	1:57.53
	(Abby Poulter, Margaret Heggen Jaci Faidley, Shawna Maher 62.1)	
22	HUDSON	1:57.90
	(Casey Herkelman, Amber Allen Danielle Dunnwald, Ali Selenke 63.5)	
23	CLEAR CREEK-AMANA	1:58.71
	(Taylor Leichsenring, Angela Ganschow Allison Momany, Brooke Rugger 63.7)	
24	WEST LIBERTY	1:59.35
	(Cassie Rodocker, Michelle Pelzer Sam Black, Jennifer Davis 64.0)	

Distance Medley Relay Finals

1	TIPTON	4:13.94
	(Christine Marchik, Kaylee Kotz Clarissa Kotz 62.0, Ashley Miller 2:15.6)	
2	UNITY CHRISTIAN	4:15.59
	(Emily DeWeerd, Beth Davelaar Joy Horstman 60.7, Jen Kempers 2:18.9)	
3	CLEAR CREEK-AMANA	4:18.32
	(Savanna Walls, Allison Momany Carissa Bryson 61.5, Renata Bryson 2:20.8)	
4	NODAWAY VALLEY	4:19.28
	(Courtney Varley, Krista Mostaert Gentri Rice 61.2, Megan Winkelmann 2:22.3)	
5	MFL MARMAC	4:20.08
	(Tiffany Shafer, Kylie Hoffert Nicole Wirkler 63.1, Lynnette Wagner 2:22.3)	
6	PCM	4:22.58
	(Jenny Oldham, Morgan Wilson Erin Wood 63.8, Ashley Schnug 2:25.2)	
7	SOLO	4:22.78
	(Hannah Brumwell, Kelsey Kidwell Jodie Krall, Dana Manternach)	
8	ST. ANSGAR	4:22.96
	(Holly Bruesewitz, MacKenzie Follmuth Kelsi Kruger, Amanda Saaranen 2:26.2)	
9	AUDUBON	4:23.28
	(McKenzie Wetzel, Lexi Asberry Alyse Eddy, Morgan Nelson)	
10	MANSON-NW WEBSTER	4:23.79
	(Brooke Eischeid, Dene' Rasch Hailey Beneke 60.7, Heidi Porter 2:27.5)	
11	DIKE-NEW HARTFORD	4:24.31
	(Kristina Dieken, Dana Grassley Ashley Juel 62.3, Sami Luck 2:25.5)	
12	NASHUA-PLAINFIELD	4:24.73
	(Samantha Harrington, Katelyn McBurney Brittany Sinnwell 63.3, Beth Benning 2:25.6)	
13	WESTERN CHRISTIAN	4:25.05
	(Brittany Van Beek, Kelly Van Beek Haylee Bakker 60.3, Kayla Groeneweg 2:28.1)	
14	OSAGE	4:25.18
	(Sarah Indra, Ashley Pollard Rena Johans 61.5, Amber Wilde 2:28.6)	
15	MONTICELLO	4:25.69
	(Brittany Orris, Kelli Dirks Jen Tuetken 61.0, Jessie Dirks 2:26.2)	
16	SOUTH WINNESHIEK	4:25.78
	(Sami Elsbernd, Sam Adams Amy Schildmeyer 64.0, Amber Uhlenhake 2:26.2)	
17	MAQUOKETA VALLEY	4:26.01

	(Amy Conrad, Kelli Dabroski Angie Dirks 61.6, Amanda Harris 2:29.6)	
18	LAKE MILLS	4:27.16
	(Caitlin Moore, Lacey Mathews Karla Renshaw 63.3, LeAnn Dahn 2:26.4)	
19	NORTHEAST	4:30.84
	(Danika Spain, Deena Meggers Jessica Hoffmann 61.8, Marie Gordon 2:28.1)	
20	ROLAND-STORY	4:32.49
	(Brittany Friesth, Kara Dolch Karly Hermanson 64.3, Jennae Maughan 2:31.8)	
21	EDDYVILLE-BLAKESBURG	4:33.31
	(Ashley Allman, Ashton Batterson Loisie Jensen 60.9, Emily Conrad 2:33.8)	
22	CENTER POINT-URBANA	4:35.31
	(Kelsey Niles, Lauren Kelty Melissa Werner 64.3, Suzanne Rich 2:31.5)	
23	SHELDON	4:40.73
	(Liz Krogman, Jodi Trei Kayla Olson 61.4, Julie Ridenour 2:40.0)	
	ST. EDMOND FORT DODGE	DQ-#3 cut early
	(Mila O'Rourke, Ariel Black Kelsey Clemens 61.9, Roxanne Rodenborn 2:28.8)	

Shuttle Hurdle Relay Finals

1	BATTLE CREEK-IDA GROVE	1:02.60
	(Allesha Olson, Jeni Eggspuehler Crystal Schiembek, Heidi Harriman)	
2	CAMANCHE	1:02.89
	(Ashley Steines, Heather Hoge Tara Hoge, Cigi Low)	
3	APLINGTON-PARKERSBURG	1:03.67
	(Brooke Cornelius, Kali Schrage Rachel Vander Holt, Mandi Koenen)	
4	BONDURANT-FARRAR	1:04.41
	(Kimber Kunze, Karly Knowles Lauren Bucklin, Kelsey Powell)	
5	OSAGE	1:04.69
	(Jade Ruehlow, Rachel Hall Molly Bengel, Joclyn Ketelsen)	
6	AUDUBON	1:05.88
	(Sara Best, Sara Mathisen McKenzie Wetzel, Jodi Best)	
7	CLEAR CREEK-AMANA	1:06.02
	(Kelsey Kahler, Sami Buck Daniele DeBrower, Savanna Walls)	
8	OKOBOJI	1:06.17
	(Bailey Johnson, Brittany Chapman Tricia Kremmin, Alysa Klein)	
	Heat 1	
1	CAMANCHE	1:03.28 Q
	(Ashley Steines, Heather Hoge Tara Hoge, Cigi Low)	
2	CLEAR CREEK-AMANA	1:05.53 Q
	(Kelsey Kahler, Sami Buck Daniele DeBrower, Savanna Walls)	
3	UNITY CHRISTIAN	1:08.39
	(Emily DeWeerd, Joy Horstman Jina Hoogland, Dorinda Hibma)	
4	MANSON-NW WEBSTER	1:08.55
	(Katherine Condon, Hailey Beneke Sarah Schmidt, Dene' Rasch)	
	Heat 2	
1	BONDURANT-FARRAR	1:04.95 Q

	(Kimber Kunze, Karly Knowles Lauren Bucklin, Kelsey Powell)	
2	WEST BRANCH (Megan Slach, Kalyn Harms Jenna Liebergen, Courtney Casper)	1:06.29
3	COLUMBUS (Natalie Wheeler, Nicole Stewart McKenzie Meyerholz, Ann Utter)	1:08.97
4	EDDYVILLE-BLAKESBURG (Erin Conrad, Ashton Batterson Mckenzie Taylor, Whitney Taylor)	1:10.70
Heat 3		
1	BATTLE CREEK-IDA GROVE (Allesha Olson, Jeni Eggspuehler Crystal Schiernbeck, Heidi Harriman)	1:03.68 Q
2	SOLON (Jenny Schuelke, Lindsey Kidwell Quinn Morelock, Janette Kelsey)	1:07.15
3	TIPTON (Cynthia O'Haver, Kelsie Reeve Sarah Christensen, Jill Fell)	1:07.63
4	ROLAND-STORY (Nyla Evans, Krisin Brodie Jenn Hanson, Cristen Clink)	1:07.92
Heat 4		
1	AUDUBON (Sara Best, Sara Mathisen Jodi Best, McKenzie Wetzel)	1:05.59 Q
2	OKOBOJI (Bailey Johnson, Brittany Chapman Tricia Kremmin, Alysa Klein)	1:05.71 Q
3	SIBLEY-OCHEYEDAN (Alysia Stewart, Kate Ernst Lindsey Boone, Lisa Thiesse)	1:07.06
4	STARMONT (Alexa Francois, Brittany Potter Jena Goedken, Libby Welter)	1:08.78
Heat 5		
1	APLINGTON-PARKERSBURG (Brooke Cornelius, Kali Schrage Rachel Vander Holt, Mandi Koenen)	1:03.86 Q
2	NODAWAY VALLEY (Courtney Varley, Laura McCann Megan Mitchell, Brooke Johnston)	1:06.43
3	NORTH FAYETTE (Kelly Langreck, Kari Tamling Megan Mitts, Tiffany Anderson)	1:07.20
4	SHENANDOAH (Angela Shaw, Rachel Michael Madison Gilbert, Toni Ratliff)	1:08.99
Heat 6		
1	OSAGE (Jade Ruehlow, Rachel Hall, Molly Bengel Joclyn Ketelsen,)	1:05.95 Q
2	CLARINDA (Kendra Sweet, Taylor Thummel Chelsea Tally, RoseMary Cordell)	1:07.75
3	CENTRAL LEE (Megan Weirather, Lindsey Hamm Erin Hawes, Alycia Hopp)	1:07.80
4	EAGLE GROVE (Lindsey Shriver, Caitlin Jeske Jenni Williams, Kelsey Jeske)	1:09.22

2004 IOWA GIRLS' TRACK & FIELD STATE CHAMPIONSHIPS

MAY 21-22, DRAKE STADIUM—JIM DUNCAN TRACK CLASS 3A FINAL RESULTS

ATTENDANCE—Friday 10,457; Saturday 10,049 Total 20,456 (ALL RECORDS--old records: Friday--9,792 in 2001, Saturday--9,387 in 2003, Total--18,841 in 2001.

WEATHER—Friday—Sunny, hot and humid throughout first day program. 11 a.m. start: 80 degrees, 69% humidity and brisk winds from SW 15-20 mph. 4 p.m.: 87 degrees, 59% humidity wins 20-25 mh from SW, heat index 91.

Saturday—Rain and dark clouds at 8:30 a.m. start (thunderstorms earlier in morning): 68 degrees, near 100% humidity with winds at 15-20 from SW. High jump and wheelchair shot put moved indoors. With forecast of severe thunderstorms for mid to late afternoon the scheduled break was cancelled with the afternoon session started an hour early. 3 p.m. weather: 79 degrees, dark and cloudy skies with wind 14-16 mph from SW. Humidity 85%

TEAM SCORING

1	Atlantic	43
1	Mount Pleasant	43
3	West Delaware	38
4	Denison-Schleswig	37
5	Central DeWitt	34
6	Mount Vernon-Lisbon	28
7	Fairfield	26
7	Spirit Lake	26
9	Williamsburg	25
10	Bishop Heelan, Sioux City	20
11	Kuemper Catholic	17
12	Cedar Rapids Xavier	14
13	Waukeke	13
14	Harlan	12
15	Charles City	11
16	ADM	10
16	Hampton-Dumont	10
18	Waukon	9
19	Independence	8
20	Carroll	7
20	MOC-Floyd Valley	7
22	Glenwood	6
22	Jefferson-Scranton	6
22	Norwalk	6
25	Marion	5
25	Wahlert Dubuque	5
27	Anamosa	4
27	Columbus/Don Bosco	4
27	LeMars	4
27	Waverly-Shell Rock	4
31	Chariton	3
31	Decorah-North Winn.	3
31	Nevada	3
34	Grinnell	2
34	Oelwein	2
34	Red Oak	2
34	South Tama	2
39	Ballard	1
39	Dallas Center-Grimes	1
39	Forest City	1

39	New Hampton	1
	Algona	
	Benton	
	Centerville	
	Clarke	
	Clear Lake	
	Creston	
	Davenport Assumption	
	Fort Madison	
	Humboldt	
	Knoxville	
	Maquoketa	
	Pella	
	Perry	
	Saydel	
	Spencer	
	Storm Lake	
	Vinton-Shellsburg	
	Washington	
	Webster City	
	Western Dubuque	
	Winterset	

100 Meter Dash Finals

1	Lindsay Wiebers, Denison-Schleswig	JR	12.74
2	Dani Stipe, Kuemper Catholic	SO	12.89
3	Megan Iverson, Bishop Heelan Sioux City	SR	12.98
4	Karyn Forke, Carroll	JR	13.02
5	Jennie Clark, Norwalk	FR	13.08
6	Diana Meyer, Williamsburg	SR	13.13
7	Jacque Jay, Creston	JR	13.17
8	Jamie Wieck, Hampton-Dumont	SO	13.19

Heat 1

1	Dani Stipe, Kuemper Catholic	SO	13.08 Q
2	Karyn Forke, Carroll	JR	13.24 Q
3	Megan Jack, Independence	JR	13.45
4	Emily Duffy, Oelwein	JR	13.56
5	Annalissa Vincent, Nevada	SO	13.63
6	Andrea Hawthorne, Central DeWitt	SR	13.68

7	Samantha Mollett, Bishop Heelan Sioux City	SO	14.55
8	Marissa Dargy, Harlan	SO	14.58
Heat 2			
1	Diana Meyer, Williamsburg	SR	13.01 Q
2	Megan Iverson, Bishop Heelan Sioux City	SR	13.16 Q
3	Jacque Jay, Creston	JR	13.31 Q
4	Jamie Wieck, Hampton-Dumont	SO	13.32 Q
5	Sarah Young, Marion	SO	13.73
6	Cherie Menz, Perry	SR	13.79
7	Ashley Hollingshead, Saydel	SR	13.92
8	Angie Schmidt, Storm Lake	SO	14.41
Heat 3			
1	Lindsay Wiebers, Denison-Schleswig	JR	12.85 Q
2	Jennie Clark, Norwalk	FR	13.13 Q
3	Shari Howard, Estherville-Lincoln Central	JR	13.64
4	Ashley Fulton, Centerville	SR	13.66
5	Molly Daniels, Storm Lake	SR	13.67
6	Ashley Hare, Clear Lake	SR	13.76
7	Sally Distelhorst, Washington	SR	13.77
8	Ali Niemann, Central DeWitt	FR	13.78

200 Meter Dash Finals

1	Cortney Jacobs, Atlantic	SR	25.24
2	Megan Iverson, Bishop Heelan Sioux City	SR	25.70
3	Jennie Clark, Norwalk	FR	25.87
4	Dani Stipe, Kuemper Catholic	SO	25.90
5	Sarah Glenn, Denison-Schleswig	FR	26.27
6	Chelsy Kemmet, Waukee	JR	26.56
7	Morgan Achterhoff, MOC-Floyd Valley	FR	26.81
8	Kalli Olson, Nevada	SR	26.89

Heat 1

1	Jennie Clark, Norwalk	FR	26.19 Q
2	Megan Iverson, Bishop Heelan Sioux City	SR	26.29 Q
3	Kalli Olson, Nevada	SR	26.96 Q
4	Jacque Jay, Creston	JR	27.15
5	Linsey Current, Forest City	SO	27.60
6	Steph Young, ADM	SR	27.70
7	Kata Harvey, Storm Lake	FR	27.74
8	Breann Payton, Columbus/Don Bosco	FR	28.50

Heat 2

1	Dani Stipe, Kuemper Catholic	SO	26.39 Q
2	Chelsy Kemmet, Waukee	JR	26.73 Q
3	Morgan Achterhoff, MOC-Floyd Valley	FR	26.99 Q
4	Ashley Fulton, Centerville	SR	27.40
5	Molly Daniels, Storm Lake	SR	27.68
6	Kirsten Engel, New Hampton	FR	27.81
7	Sarah Young, Marion	SO	27.89
8	Abby Zipperer, Cedar Rapids Xavier	SR	28.34

Heat 3

1	Cortney Jacobs, Atlantic	SR	25.77 Q
2	Sarah Glenn, Denison-Schleswig	FR	26.82 Q
3	Samantha Petersen, Clear Lake	SR	27.10
4	Quinn Hanrahan, Central DeWitt	JR	27.47
5	Channing Weigel, New Hampton	JR	27.92
6	Marcy Furlong, Davenport Assumption	SO	28.04
7	Caroline Carstensen, Denison-Schleswig	FR	28.39
8	Nikki Kiler, Independence	SO	28.52

400 Meter Dash Finals

1	Cortney Jacobs, Atlantic	SR	56.08
2	Kari Hutchinson, Charles City	SR	58.90
3	Morgan Achterhoff, MOC-Floyd Valley	FR	59.76
4	Kim Zeutenhorst, MOC-Floyd Valley	FR	1:00.40

5	Sarah Leners, Central DeWitt	JR	1:00.50
6	Brittany Melloy, Mount Pleasant	FR	1:00.69
7	Krista Tessman, Norwalk	JR	1:01.01
8	Patty Watkins, Clarke	JR	1:01.82

Heat 1

1	Morgan Achterhoff, MOC-Floyd Valley	FR	59.82 Q
2	Sarah Leners, Central DeWitt	JR	1:00.83 Q
3	Krista Tessman, Norwalk	JR	1:01.93 Q
4	Cassidy Davis, Knoxville	JR	1:02.19
5	Nikki Kiler, Independence	SO	1:02.48
6	Kayli Hrdlick, Pella	FR	1:03.00
7	Kendra Brekke, Ballard	FR	1:03.24
8	Anne Heun, Jefferson-Scranton	JR	1:03.40

Heat 2

1	Cortney Jacobs, Atlantic	SR	58.11 Q
2	Patty Watkins, Clarke	JR	1:01.49 Q
3	Marcy Furlong, Davenport Assumption	SO	1:02.25
4	Lindsey Onken, Carroll	JR	1:02.26
5	Ruth Rolling, Waukon	SO	1:03.12
6	Alana Cook, Anamosa	SR	1:03.86
7	Breann Payton, Columbus/Don Bosco	FR	1:05.49
8	Krystal Ranes, Forest City	SO	1:07.38

Heat 3

1	Kari Hutchinson, Charles City	SR	58.39 Q
2	Brittany Melloy, Mount Pleasant	FR	1:01.24 Q
3	Kim Zeutenhorst, MOC-Floyd Valley	FR	1:01.30 Q
4	Sheila Lyon, South Tama	JR	1:02.74
5	Kaitlin Schneden, Davenport Assumption	JR	1:03.05
6	Kata Harvey, Storm Lake	FR	1:03.25
7	Jaclyn TeBrink, LeMars	SO	1:05.40
8	Kylee Rathje, Benton	FR	1:05.44

800 Meter Run Finals

1	Erin Penticoff, Cedar Rapids Xavier	JR	2:14.73 J
2	Whitney Johnson, ADM	JR	2:15.32
3	Mary Bridget Corken, Wahlert Dubuque	JR	2:17.21
4	Sara Eppley, Charles City	SR	2:19.38
5	Abby Huston, Red Oak	JR	2:21.77
6	Regina Reinig, Harlan	FR	2:23.71
7	Amanda Huling, Hampton-Dumont	SR	2:24.64
8	Rachel Wobeter, South Tama	JR	2:26.18
9	Alex Langland, Waukon	SO	2:26.57
10	Madison Bliss, Marion	SO	2:27.66
11	Sara Hess, Washington	FR	2:27.66
12	Kelsey Barton, Waukee	FR	2:28.34
13	Jenny Ferris, Charles City	FR	2:28.79
14	Kelsey Wettach, Decorah-North Winn.	JR	2:28.93
15	Sara Slater, Denison-Schleswig	JR	2:28.97
16	Katie Berry, West Delaware	JR	2:30.78
17	Lyndsay Larson, Harlan	SO	2:31.21
18	Sarah Potthoff, Kuemper Catholic	SR	2:31.32
19	Brooke Achterhoff, MOC-Floyd Valley	JR	2:31.92
20	Sara Crippen, Williamsburg	FR	2:32.67
21	Lauren Zeman, Humboldt	SR	2:35.48
22	Heather Hanson, Forest City	SR	2:37.97
23	Noelle Roth, Mount Pleasant	SR	2:39.38
24	Katie Northey, Spirit Lake Park	SO	2:49.15

1500 Meter Run Finals

1	Caedryn Schrunck, Spirit Lake Park	JR	4:47.00
2	Terran Wertz, Williamsburg	SR	4:52.39
3	Jessica Pape, Bishop Heelan Sioux City	SR	4:54.92
4	Whitney Johnson, ADM	JR	4:55.08

5	Kristen Hood, Independence	FR	4:55.98
6	Sarah Hammel, Waukon	SO	4:56.00
7	Anna Reilly, West Delaware	FR	4:56.74
8	Staci Rubel, Waverly-Shell Rock	SR	4:56.87
9	Erin Penticoff, Cedar Rapids Xavier	JR	5:02.27
10	Rachel Wobeter, South Tama	JR	5:02.78
11	Lauren Erickson, Mount Pleasant	JR	5:03.48
12	Mackenzi Mendlik, Denison-Schleswig	SO	5:04.06
13	Mairead Kelly, Forest City	SR	5:05.85
14	Courtney Rice, Central DeWitt	FR	5:06.03
15	Kelli Hildreth, Norwalk	SO	5:07.09
16	Megan Renaud, Pella	JR	5:07.25
17	Ashley Goeser, Harlan	SR	5:07.74
18	Mindy Williams, Kuemper Catholic	SR	5:08.92
19	Ainslie Schultz, Forest City	SR	5:10.85
20	Anna Stiller, Ballard	JR	5:11.09
21	Abby Huston, Red Oak	JR	5:11.17
22	Sarah A'hearn, Cedar Rapids Xavier	SO	5:21.33
23	Jessica Christensen, Harlan	SO	5:22.52
24	Patricia Davis, Fort Madison	SO	5:27.91

7	Chelle Phillips, Waukee	FR	16.79
8	Kayla Wagener, Maquoketa		17.09
Heat 2			
1	Maura McDermott, Central DeWitt	JR	15.62 Q
2	Katie Almond, Humboldt	SO	16.14 Q
3	Sarah Wernimont, Atlantic	SR	16.46
4	Reiko Cunningham, Waukee	SO	16.46
5	Chrissy Stettinichs, Spirit Lake Park	FR	16.74
6	Heather Kessler, Storm Lake	FR	16.86
7	Abby Baldus, Algona	SR	17.84
	Mandy Bedell, Mount Vernon-Lisbon	SR	FS
Heat 3			
1	Kelsey Steffens, Central DeWitt	JR	15.50 Q
2	Karyn Forke, Carroll	JR	15.57 Q
3	Ashten Stelken, West Delaware	JR	16.20 Q
4	Myranda Casterline, Clarke	FR	16.30
5	Joy Buehler, Charles City	JR	16.38
6	Aslynn Loveless, Norwalk	FR	16.48
7	Kim Humpal, New Hampton	JR	17.26
	Sara Reynolds, Marion	SR	

3000 Meter Run Finals

1	Caedryn Schrunck, Spirit Lake Park	JR	10:44.50
2	Jessica Pape, Bishop Heelan Sioux City	SR	10:51.79
3	Staci Rubel, Waverly-Shell Rock	SR	10:54.52
4	Val Crutchley, Marion	JR	10:55.81
5	Rachel Wobeter, South Tama	JR	11:05.18
6	Mairead Kelly, Forest City	SR	11:11.79
7	Lauren Jones, Centerville	SO	11:26.88
8	Aly Altenhofen, Spencer	FR	11:27.71
9	Kelli Hildreth, Norwalk	SO	11:33.23
10	Patricia Davis, Fort Madison	SO	11:34.12
11	Ainslie Schultz, Forest City	SR	11:36.09
12	Sarah A'hearn, Cedar Rapids Xavier	SO	11:38.07
13	Courtney Rice, Central DeWitt	FR	11:38.28
14	Tara Perkins, New Hampton	JR	11:42.76
15	Leanne Hammel, Waukon	FR	11:44.58
16	Maggie Dargy, Harlan	SO	11:48.37
17	Trish Breen, Denison-Schleswig	SR	11:49.52
18	Kelsey Vanderwerf, Charles City	SO	11:49.58
19	Erin Behan, Independence	FR	11:50.57
20	Renee Van Roekel, Pella	FR	11:52.05
21	Heather Collum, Central DeWitt	SR	12:03.66
22	Karla Fisher, Creston	SO	12:08.01
23	Paris Kono, Waukee	FR	12:19.05
24	Allison Folkmann, Williamsburg	SR	12:27.70

400 Meter Hurdles Finals

1	Deb Durey, West Delaware	SR	1:04.05
2	Lindsey Boldt, Mount Pleasant	SO	1:04.95
3	Sarah Leners, Central DeWitt	JR	1:05.20
4	Maura McDermott, Central DeWitt	JR	1:06.97
5	Ashley Wehle, Denison-Schleswig	SO	1:07.13
6	Ashley Boeding, New Hampton	SO	1:08.04
7	Danielle Wubbens, Charles City	SO	1:08.12
8	Shellie Mosman, Carroll	SO	1:08.14
9	Amber Appleton, West Delaware	JR	1:08.69
10	Molly McKernan, Independence	JR	1:08.91
11	Brynn Phillips, Forest City	SO	1:09.09
12	Jordie Ruschill, Mount Pleasant	FR	1:09.14
13	Nikki Young, Waverly-Shell Rock	FR	1:09.24
14	Marissa Dargy, Harlan	SO	1:09.39
15	Joy Carroll, Carroll	SO	1:09.48
16	Heather Birchard, Creston	SO	1:09.60
17	Megan Ozbun, Perry	JR	1:09.99
18	Leah Nichols, Waukon	JR	1:10.88
19	Alyssa Capper, Williamsburg	SO	1:11.31
20	Heather Mills, Algona	JR	1:11.50
21	Molly Fletcher, South Tama	SR	1:11.83
22	Amber Breuklander, Pella	SR	1:11.92
23	Alyssa Freeman, Dallas Center-Grimes	FR	1:13.11
	Jill Ziskovsky, Dallas Center-Grimes	FR	FS

100 Meter Hurdles Finals

1	Deb Durey, West Delaware	SR	15.24
2	Maura McDermott, Central DeWitt	JR	15.27
3	Kelsey Steffens, Central DeWitt	JR	15.50
4	Karyn Forke, Carroll	JR	15.68
5	Whitney Nelson, Estherville-Lincoln Central	SR	15.87
6	Liz Peterson, Denison-Schleswig	SR	16.30
7	Katie Almond, Humboldt	SO	16.38
8	Ashten Stelken, West Delaware	JR	16.44
Heat 1			
1	Deb Durey, West Delaware	SR	15.45 Q
2	Whitney Nelson, Estherville-Lincoln Central	SR	15.88 Q
3	Liz Peterson, Denison-Schleswig	SR	16.19 Q
4	Sara Graf, Mount Pleasant	FR	16.38
5	Paige Stout, Washington	FR	16.58
6	Emily Madden, ADM	SO	16.65

High Jump Finals (Indoors)

1	Ashten Stelken, West Delaware	JR	5'05"
2	Amy Kleinsmith, Mount Vernon-Lisbon	SR	5'04"
3	Amanda Wollman, LeMars	SO	5'03"
4	Renae Walker, Nevada	SR	5'03"
5	Sara Reynolds, Marion	SR	5'02"
6	April Ziskovsky, Dallas Center-Grimes	SR	5'02"
7	Kelli Goeser, Harlan	SO	5'02"
8	Chrissy Stettinichs, Spirit Lake Park	FR	5'01"
9	Brittany Okland, Ballard	JR	5'01"
10	Chelsea Bruening, Kuemper Catholic	SO	5'01"
11	Lindsay Scott, Mount Pleasant	JR	5'01"
12	Lindsey Begemann, Charles City	SR	5'00"
13	Emily Madden, ADM	SO	5'00"
999	Lindsey Boldt, Mount Pleasant	SO	NH
999	Kayla Trenkamp, West Delaware	JR	NH
999	Megan Betz, Central DeWitt	SO	NH

999	Angela Olerich, Kuemper Catholic	SR	NH
999	Rachel Madrigal, Decorah-North Winn.	FR	NH
999	Patty Watkins, Clarke	JR	NH
999	Katie Van Vark, Pella		NH
999	Jeni Hegstrom, Perry	FR	NH
999	Veronica Kurtz, Storm Lake	FR	NH

Serues	5-0	5-1	5-2	5-3	5-4	5-5	5-6
Stelken	O	O	O	O	XO	XO	XXX
Kleinsmith	O	O	O	XXO	XXO	XXX	
Wollman	O	XO	O	O	XXX		
Walker	O	O	O	OX	XXX		
Reynolds	O	XXO	O	XXX			
Ziskovsky	O	XO	OX	XXX			
Goeser	XO	XXO	XXO	XXX			
Stettichs	O	XO	XXX				
Okland	XO	XO	XXX				
Bruening	O	XXO	XXX				
Scott	XO	XXO	XXX				
Begemann	XO	XXX					
Madden	XXO	XXX					
Boldt	XXX						
Trenkamp	XXX						
Betz	XXX						
Olerich	XXX						
Madrigal	XXX						
Watkins	XXX						
Van Vark	XXX						
Hegstrom	XXX						
Kurtz	XXX						

Long Jump Finals

1	Dani Stipe, Kuemper Catholic	SO	18'02.25"
2	Mallory Henderson, Mount Pleasant	SO	17'08.75"
3	Jamie Wieck, Hampton-Dumont	SO	17'06.00"
4	Cortney Jacobs, Atlantic	SR	17'04.25"
5	Deb Durey, West Delaware	SR	17'03.75"
6	Abby Lahr, West Delaware	SR	17'01.50"
7	Amanda Melichar, Mount Vernon-Lisbon	JR	16'11.75"
8	Jordan Snitker, Waukon	JR	16'10.75"
9	Jill Ziskovsky, Dallas Center-Grimes	FR	16'08.75"
10	Melinda Melichar, Mount Vernon-Lisbon	JR	16'08.25"
11	Joy Carroll, Carroll	JR	16'06.50"
12	Megan Iverson, Bishop Heelan Sioux City	SR	16'05"
13	Amy Bolen, South Tama	SR	16'04.25"
14	Alyssa Hannasch, Oelwein	FR	16'04.00"
15	Liz Peterson, Denison-Schleswig	SR	16'03.50"
16	Steph Benge, Mount Pleasant	JR	15'08.50"
17	Megan Machovec, Central DeWitt	SO	15'08.25"
18	Crystal Heuberger, Hampton-Dumont	SO	15'05.75"
19	Heidi Moore, Independence	SR	15'03.50"
20	Kim Humpal, New Hampton	JR	15'00.50"
21	Stevi Yanda, Maquoketa	SO	15'0"
22	Dallas Schmacker, Wauke	FR	14'04"
	Alicia Zadow, Algona	SR	fouls
	Ashley Hare, Clear Lake	SR	fouls

SERIES

Stipe	17'02.50	FOUL	18'02.25	FOUL	18'01.00	17'10.50
Henderson	foul	foul	17'08.75	17'06.00	16'10.75	17'04.00
Wieck	17'03.75	17'06.00	16'06.75	foul	16'08.00	foul
Jacobs	16'09.75	16'05.00	17'03.25	17'01.00	17'00.75	17'04.25
Durey	16'03.75	16'08.25	17'03.75	16'04.00	16'05.25	17'03.50
Lahr	15'11.00	16'06.50	16'08.75	17'01.50	17'00.75	16'05.50
A Melichar	15'10.00	16'06.25	16'11.75	16'10.00	16'10.00	16'10.50

Snitker	16'04.00	16'10.75	16'03.75	16'01.25	14'07.50	16'06.25
Ziskovsky	16'08.75	15'11.75	15'04.25	foul	15'07.50	16'01.25
M Melichar	16'02.75	16'08.25	foul			
Carroll	16'04.25	16'06.50	16'00.25			
Iverson	16'02.75	foul	16'05.00			
Bolen	16'03.25	15'06.50	16'04.25			
Hannasch	16'04.00	16'04.00	16'03.75			
Peterson	12'02.50	16'03.50	foul			
Benge	foul	foul	15'08.50			
Machovec	foul	15'07.25	15'08.25			
Heuberger	foul	15'05.75	15'05.25			
Moore	15'03.50	14'03.50	foul			
Humpal	foul	14'05.25	15'00.50			
Yanda	foul	foul	15'00.00			
Schmacker	14'00.50	14'04.00	14'01.50			
Zadow	foul	foul	foul			
Hare	foul	foul	foul			

Shot Put Finals

1	Tami Magner, Waukon	SR	42'10.50"
2	Sarah Harms, Hampton-Dumont	SR	41'00.00"
3	Katie Wilson, Glenwood	SR	40'06.50"
4	Mandy Chandler, Chariton	JR	39'00.25"
5	Dani Lujan, Oelwein	SR	37'05.50"
6	Megan Callahan, Wahlert Dubuque	JR	37'04.25"
7	Brandi Mulder, Waverly-Shell Rock	JR	37'02.50"
8	Chelsey Iverson, New Hampton	SR	37'00.75"
9	Angela Sheridan, Wahlert Dubuque	JR	37'00.25"
10	Kara Swingen, Forest City	SR	37'00.25"
11	Jess Jewell, Decorah-North Winn.	SR	36'11.00"
12	Crystal Moody, Nevada	JR	36'09.00"
13	Amy Velthoff, Harlan	JR	36'08.25"
14	Katie Naberhaus, Carroll	FR	36'01.75"
15	Katie Lautner, Jefferson-Scranton	SR	36'00.75"
16	Ashley Peterson, Denison-Schleswig		35'08.50"
17	Ashley Lundberg, Winterset	SR	35'06.00"
18	Cassie Cheever, Bishop Heelan Sioux City	SR	35'03.50"
19	DeAnn May, Clarke	SR	35'00.25"
20	Heather McCrea, Kuemper Catholic	JR	35'00.00"
21	Barb Carter, Centerville	SO	34'05.50"
22	Leah Buls, Independence	SO	34'02.50"
23	Katie Post, Independence	SR	34'02.00"
24	Chantell Kuntz, Knoxville	SR	32'08.00"

SERIES

Magner	foul	37'06.7	39'04.00	39'02.75	39'04.00	42'10.50
Harms	38'07.75	40'00.00	38'09.75	40'01.00	41'00.00	40'05.50
Wilson	38'08.50	39'00.00	39'01.75	37'10.25	39'01.25	40'06.50
Chandler	39'00.25	37'05.25	37'11.50	foul	37'03.00	35'07.00
Lujan	36'10.0	37'05.50	36'10.75	36'10.00	37'01.75	37'04.50
Callahan	35'09.50	35'03.00	37'04.25	36'08.00	foul	36'07.00
Mulder	37'02.50	36'04.00	36'06.00	36'06.25	37'0.25	foul
Iverson	35'09.00	37'00.75	34'05.75	36'02.50	34'10.50	34'09.25
Sheridan	37'00.25	36'11.50	36'01.75			
Swingen	37'00.25	33'03.25	36'07.25			
Jewell	36'11.00	36'07.50	34'04.75			
Moody	35'01.00	32'05.00	36'09.00			
Velthoff	35'09.25	36'08.25	34'07.75			
Naberhaus	35'09.00	33'06.00	36'01.75			
Lautner	36'00.75	35'02.00	32'09.75			
Peterson	35'02.25	35'08.50	34'00.50			
Lundberg	34'11.25	35'06.00	35'02.50			
Cheever	34'01.25	34'07.25	35'03.50			
May	35'00.25	34'09.00	31'10.00			

McCrea	35'00.00	33'06.00	33:05.00
Carter	32'00.75	31'00.50	34'05.50
Buls	34'02.50	34'02.25	32'05.50
Post	33'03.50	32'06.00	34'02.00
Kuntz	28'09.50	30'08.75	32'08.00

Discus Finals

1	Katie Brown, Spirit Lake Park	SO	128'11"
2	Laura Hupp, Jefferson-Scranton	SR	128'00"
3	Audra Ketelsen, Anamosa	JR	126'09"
4	Jess Jewell, Decorah-North Winn.	SR	123'06"
5	Katie Wilson, Glenwood	SR	121'11"
6	Amy Velthoff, Harlan	JR	119'04"
7	Laurie Trifone, Wahlert Dubuque	SR	117'03"
8	Megan Johnson, MOC-Floyd Valley	JR	114'11"
9	Katie Post, Independence	SR	113'08"
10	Irene Carter, Centerville	SR	110'08"
11	Teryn DeHaan, MOC-Floyd Valley	JR	109'11"
12	Angie Jenkins, Atlantic	JR	109'10"
13	Chelsey Iverson, New Hampton	SR	109'08"
14	Lillian Sawhill, Jefferson-Scranton	SO	109'04"
15	Katie Niggemeyer, Webster City	JR	107'04"
16	Karma Weeden, Estherville-Lincoln Central	SR	107'03"
17	Emily Conway, Grinnell	JR	105'04"
18	Sara Schuhardt, ADM	SR	104'10"
19	Kara Swingen, Forest City	SR	104'10"
20	Ashley Peterson, Denison-Schleswig	SO	100'09"
21	Laura Schiltz, Clarke	SR	98'11"
22	Katie Weber, Western Dubuque	JR	98'02"
23	Kristen Early, Estherville-Lincoln Central	JR	97'03"
24	Ashley Jeffrey, Mount Pleasant	SR	91'08"

series

Brown	125'03	123'05	125'00	128'08	128'11	128'06
Hupp	127'10	125'07	127'04	115'05	119'00	128'00
Ketelsen	123'05	121'03	foul	126'09	126'00	foul
Jewell	123'06	114'06	122'07	118'00	118'05	foul
Wilson	112'03	117'00	116'10	117'01	119'10	121'11
Velthoff	119'04	112'07	104:03	115'10	113'04	foul
Trifone	foul	104'04	117'03	114'11	115'03	115'01
Johnson	113'09	112'05	114'11	108'00	foul	107'10
Post	113'08	foul	110'04			
Carter	092'08	110'08	110:03			
DeHaan	089'05	109'11	foul			
Jenkins	109'10	108'00	096'00			
Iverson	083'07	109'08	094'03			
Sawhill	085:00	foul	109'04			
Niggemeyer	106:05	086:11	107'04			
Weeden	100'09	100:06	107'03			
Conway	105'04	104'09	102'06			
Schuhaddt	104'10	098'10	102'10			
Swingen	100'11	088'11	104'10			
Peterson	093:01	089'00	100'09			
Schiltz	098'11	093'11	092'07			
Weber	foul	098'02	097'01			
Early	097'03	foul	foul			
Jeffrey	082'07	084'11	091'08			

4x100 Meter Relay Finals

1 DENISON-SCHLESWIG	49.58
(Christine Burtnett, Nicole Clausen Sarah Glenn, Lindsay Wiebers)	

2 MOUNT VERNON-LISBON	50.12
(Melinda Melichar, Deanna Nelson Jenna Nicol, Amanda Melichar)	
3 MOUNT PLEASANT	50.22
(Steph Bengel, Steph Fedler Shelley Brumbaugh, Mallory Henderson)	
4 CENTRAL DEWITT	50.57
(Megan Machovec, Kelsey Steffens Samantha Leslie, Alyssa Maher)	
5 HARLAN	50.58
(Sara Kenney, McKenzie Moore Jessica Davis, Brittany Moore)	
6 WEST DELAWARE	50.61
(Megan Klein, Emily Prinsen Misty Ross, Abby Lahr)	
7 CLEAR LAKE	50.86
(Missy McLaughlin, Ashley Hare Amelia Ewer, Samantha Petersen)	
8 GRINNELL	50.94
(Cory Graves, Kelley Briggs Megan Brown, Melissa Brooks)	

Heat 1

1 DENISON-SCHLESWIG	49.65 Q
(Christine Burtnett, Nicole Clausen Sarah Glenn, Lindsay Wiebers)	
2 HARLAN	50.47 Q
(Sara Kenney, McKenzie Moore Jessica Davis, Brittany Moore)	
3 PELLA	51.15
(Lyndsay Van Maaren, Kelly Hoopes Erika Engelbrecht, Kelsey Manecke)	
4 CLARKE	51.39
(Brooke Halvorsen, Dakota Thornton Myranda Casterline, Patty Wakins)	
5 FOREST CITY	51.50
(Haleigh Overson, Mandy Swanson Kara Swingen, Melanie Twait)	
6 SPENCER	51.62
(Maggie Roos, Kelsie Grave Dani Merchant, Bre Schmillen)	
7 STORM LAKE	51.68
(Tasha Halder, Kata Harvey Steph Rude, Molly Daniels)	
8 VINTON-SHELLSBURG	52.84
(Kelly Annis, Alexa Moore Channing Merchant, Kaitlyn Mahoney)	

Heat 2

1 MOUNT VERNON-LISBON	50.11 Q
(Melinda Melichar, Deanna Nelson Jenna Nicol, Amanda Melichar)	
2 MOUNT PLEASANT	50.28 Q
(Steph Bengel, Steph Fedler Shelley Brumbaugh, Mallory Henderson)	
3 CLEAR LAKE	50.71 Q
(Missy McLaughlin, Ashley Hare Amelia Ewer, Samantha Petersen)	
4 CENTRAL DEWITT	51.00 Q
(Megan Machovec, Kelsey Steffens Samantha Leslie, Alyssa Maher)	
5 WASHINGTON	51.72
(Sally Disterhorst, Katie Mitchell Janae Rosien, Paige Stout)	
6 NEVADA	51.83
(Allison Gerlach, Haley Huhn Annalissa Vincent, Kalli Olson)	

7 WAUKEE	52.01
(Maddie Romano, Reiko Cunningham Ashley Thielen, Betsy Embree)	
8 ESTHERVILLE-LINCOLN CENTRAL	52.87
(Whitney Nelson, MacKenzie Eggers Katie Gosch, Sheri Howard)	
Heat 3	
1 GRINNELL	50.81 Q
(Krista Dayton, Kelley Briggs Megan Brown, Melissa Brooks)	
2 WEST DELAWARE	50.89 Q
(Megan Klein, Emily Prinsen Misty Ross, Abby Lahr)	
3 WAUKON	51.23
(Jessie Ryan, Vannessa Herman Brittney Hogendorf, Jordan Snitker)	
4 COLUMBUS/DON BOSCO	51.33
(Mary Jo Nie, Anna Schmitz Molly Conway, Jamie Frederick)	
5 ATLANTIC	52.46
(Angie Jenkins, Cydney Hoegh Sam Montanye, Rachel Rieck)	
6 KUEMPER CATHOLIC	52.54
(Summer Toms, Chelsea Bruening Heather McCrea, Dani Stipe)	
7 NEW HAMPTON	52.56
(Chelsey Iverson, Ashley Boeding Sam Boos, Channing Weigel)	
8 SOUTH TAMA	52.96
(Amy Bolen, Kayla Benda Ashley Benda, Emily Manfull)	

Class 3A 4x200 Meter Relay Finals

1 DENISON-SCHLESWIG	1:43.10
(Christine Burnnett, Nicole Clausen Sarah Glenn, Lindsay Wiebers)	
2 MOUNT VERNON-LISBON	1:44.61
(Melinda Melichar, Jenna Nicol Deanna Nelson, Amanda Melichar)	
3 MOUNT PLEASANT	1:45.02
(Mallory Henderson, Lindsay Scott Steph Fedler, Lindsey Boldt)	
4 ATLANTIC	1:46.67
(Whitney Jacobs, Cydney Hoegh Sam Montanye, Lauren Osborne)	
5 WEST DELAWARE	1:47.31
(Megan Klein, Cristen Dudak Emily Prinsen, Abby Lahr)	
6 CENTRAL DEWITT	1:48.04
(Megan Machovec, Quinn Hanrahan Kaitlyn Petersen, Alyssa Maher)	
7 PELLA	1:48.67
(Lyndsay Van Maaren, Kelly Hoopes Erika Engelbrecht, Kelsey Manecke)	
GRINNELL	DNF
(Cory Graves, Megan Brown Krista Dayton, Melissa Brooks)	
Heat 1	
1 MOUNT PLEASANT	1:45.96 Q
(Mallory Henderson, Lindsay Scott Steph Fedler, Lindsey Boldt)	
2 CENTRAL DEWITT	1:46.36 Q
(Megan Machovec, Quinn Hanrahan Kaitlyn Petersen, Alyssa Maher)	

3 FOREST CITY	1:50.35
(Haleigh Overson, Katie Boman Mandy Swanson, Melanie Twait)	
4 LEMARS	1:51.00
(Natasha Schulz, Jacki Weiler Emily Snyder, Jodi Hettwer)	
5 INDEPENDENCE	1:51.07
(Megan Sorg, Paige Ficken Heidi Moore, Megan Jack)	
6 CLARKE	1:51.44
(Brooke Halvorsen, Kassie Paulsen Laura Schiltz, Dakota Thornton)	
7 NEW HAMPTON	1:51.55
(Chelsey Iverson, Ashley Boeding Kirsten Engel, Channing Weigel)	
8 BENTON	1:52.03
(Cameron Jacobson, Lacey Ritscher M'Leigh Rempfer, Joanna Oehlerich)	
Heat 2	
1 DENISON-SCHLESWIG	1:43.26 Q
(Christine Burnnett, Nicole Clausen Sarah Glenn, Lindsay Wiebers)	
2 GRINNELL	1:47.65 Q
(Cory Graves, Megan Brown Krista Dayton, Melissa Brooks)	
3 COLUMBUS/DON BOSCO	1:47.90
(Mary Jo Nie, Anna Schmitz Molly Conway, Jamie Frederick)	
4 FAIRFIELD	1:48.17
(Ashley Sander, Abby Bandy Kate Carr, Aly Bowers)	
5 WAHLERT DUBUQUE	1:48.77
(Jan Ganshirt, Darien Kaiser Emily Walker, Krista Leibfried)	
6 HARLAN	1:49.41
(Jessica Davis, McKenzie Moore Amanda Cairney, Marissa Dargy)	
7 WAVERLY-SHELL ROCK	1:51.11
(April Suhr, Malinda Groth Melissa Gibbs, Erica St. John)	
8 ESTHERVILLE-LINCOLN CENTRAL	1:52.26
(Whitney Nelson, MacKenzie Eggers Amber Nelson, Sheri Howard)	
Heat 3	
1 MOUNT VERNON-LISBON	1:44.80 Q
(Melinda Melichar, Jenna Nicol Deanna Nelson, Amanda Melichar)	
2 WEST DELAWARE	1:46.29 Q
(Megan Klein, Cristen Dudak Emily Prinsen, Abby Lahr)	
3 ATLANTIC	1:46.48 Q
(Whitney Jacobs, Cydney Hoegh Sam Montanye, Lauren Osborne)	
4 PELLA	1:47.42 Q
(Lyndsay Van Maaren, Kelly Hoopes Erika Engelbrecht, Kelsey Manecke)	
5 CRESTON	1:48.72
(Morgan Griesinger, Maddie Moffitt Heather Birchard, Ashley Hartsock)	
6 CLEAR LAKE	1:48.73
(Ashley Hare, Miquela Bancroft Steph Lindquist, Samantha Petersen)	
7 WAUKEE	1:49.46
(Dallas Schmacker, Jill Smith Maddie Romano, Betsy Embree)	
8 SPIRIT LAKE PARK	1:49.55

(Ashley Zevenbergen, Amber Lawler
Alyssa Post, Chrissy Stettinichs)

4x400 Meter Relay Finals

1 ATLANTIC	3:56.99
(Whitney Jacobs, Sarah Wernimonnt Lauren Osborne, Cortney Jacobs 54.4)	
2 FAIRFIELD	3:57.38
(Aly Bowers 59.9, Amanda Kuiken 59.0 Kate Carr 59.4, Jennifer Kuiken 58.9)	
3 MOUNT PLEASANT	4:00.69
(Brittany Melloy 61.2, Lindsay Scott 59.8 Emily Petrzelka 60.4, Lindsey Boldt 59.2)	
4 HARLAN	4:02.56
(Sara Kenney 62.1, Kelli Goeser 62.2 Regina Reinig 61.1, Brittany Moore 58.1)	
5 DENISON-SCHLESWIG	4:03.65
(Liz Peterson 61.3, Ashley Wehle 60.9 Nicole Clausen 61.2, Christine Burnnett 60.2)	
6 CHARLES CITY	4:03.83
(Kristyn Ferris 61.4, Alexandra Walter 61.6 Sara Eppley 62.7, Kari Hutchinson 58.1)	
7 WILLIAMSBURG	4:03.88
(Diana Meyer 60.5, Kelly Marine 61.5 Amanda Stecker 63.8, Alyssa Capper 58.0)	
8 DECORAH-NORTH WINN.	4:09.05
(Rachel Madrigal, Liz Elsbernd Lydia Huinker, Liz Madrigal)	

Heat 1

1 ATLANTIC	4:00.30 Q
(Whitney Jacobs 60.0, Sarah Wernimonnt 60.3 Lauren Osborne 62.6, Cortney Jacobs 57.4)	
2 MOUNT PLEASANT	4:02.41 Q
(Brittany Melloy 61.5, Lindsay Scott 61.0 Emily Petrzelka 59.6, Lindsey Boldt 60.3)	
3 WILLIAMSBURG	4:05.57 Q
(Diana Meyer 60.6, Kelly Marine 61.4 Amanda Stecker 62.9, Alyssa Capper 60.7)	
4 DECORAH-NORTH WINN.	4:08.52 Q
(Rachel Madrigal 60.7, Liz Elsbernd 62.7 Liz Madrigal 63.4, Lydia Huinker 61.7)	
5 INDEPENDENCE	4:15.09
(Carrie Gienau 62.3, Heidi Moore 64.2 Mikki Robinson 65.5, Molly McKernan 63.1)	
6 WEST DELAWARE	4:15.35
(Robbie Sedain 64.8, Heather Heffernan 63.3 Katie Berry 65.8, Holly Tjaden 61.4)	
7 PELLA	4:16.78
(Kayli Hrdlicka 64.5, Amber Breuklander 66.3 Sierra Smith 64.7, Gracie Eggland 61.2)	
8 BALLARD	4:26.28
(Ashley Lippincott, Molly Eklund Abby Ceynar, Lynn Osterhout)	

Heat 2

1 FAIRFIELD	4:05.30 Q
(Aly Bowers 62.9, Amanda Kuiken 60.5 Kate Carr 60.5, Jennifer Kuiken 61.4)	
2 HARLAN	4:05.78 Q
(Sara Kenney 62.5, Kelli Goeser 62.9 Regina Reinig 59.7, Brittany Moore 60.6)	
3 CENTRAL DEWITT	4:09.63
(Samantha Leslie 64.1, Quinn Hanrahan 61.2 Kaitlyn Petersen 62.8, Sarah Leners 62.9)	
4 CRESTON	4:11.15

(Heather Birchard 64.1, Maddie Moffitt 61.2
Brittany Riley 62.8, Ashley Hartssock 63.0)

5 BENTON	4:14.19
(Joanna Oehlerich 63.3, Lacey Ritscher 62.5 Kylee Runge 64.9, Abby Luther 63.3)	
6 MOC-FLOYD VALLEY	4:18.66
(Morgan Achterhoff 63.8, Jenan Katt 64.2 Mary Maassen 66.9, Kim Zeutenhorst) 63.7	
7 DALLAS CENTER-GRIMES	4:20.07
(Susan Royer 64.7, Kelsey Levenhagen 65.5 Alyssa Freeman 66.2, April Ziskovsky 62.6)	
8 ALGONA	4:28.32
(Heather Mills 67.2, Kendra Laubenthal 70.3 Emily Knudsen 66.1, Alicia Zadow 64.6)	

Heat 3

1 DENISON-SCHLESWIG	4:06.04 Q
(Liz Peterson 61.9, Ashley Wehle 61.4 Nicole Clausen 61.7, Christine Burnnett 61.0)	
2 CHARLES CITY	4:06.06 Q
(Kristyn Ferris 62.0, Alexandra Walter 62.7 Sara Eppley 62.7, Kari Hutchinson 58.6)	
3 WAHLERT DUBUQUE	4:10.21
(Jan Ganshirt 62.6, Emily Walker 61.7 Krista Leibfried 64.8, Mary Briget Corken 61.1)	
4 CARROLL	4:13.33
(Joy Carroll 62.8, Lindsey Onken 63.4 Dana Honke 65.3, Shellie Mosman 61.8)	
5 WAUKON	4:15.10
(Ruth Rolling 63.8, Ashley Waters 63.6 Emily Garrett 64.9, Amanda Rolling 62.8)	
6 WAVERLY-SHELL ROCK	4:19.95
(Erica St. John 63.3, Ann Cashman 64.9 Malinda Groth 66.0, April Suhr 65.7)	
7 VINTON-SHELLSBURG	4:29.30
(Kelly Annis 62.8, Shannon Geiger 66.4 Kaitlyn Mahoney 70.7, Alexa Moore 69.4)	
8 ADM	4:31.11
(Ashley Goepferich 67.9, Carli Applegate 67.6 Val Steele 68.1, Emily Madden 67.5)	

Class 3A 4x800 Meter Relay Finals

1 WILLIAMSBURG	9:37.69
(Alyssa Capper 2:22.7, Annie Jones 2:25.5 Kelly Marine 2:29.9, Terran Wertz 2:19.4)	
2 FAIRFIELD	9:46.33
(Kate Carr 2:25.8, Laura Bogaards 2:32.9 Jennifer Kuiken 2:23.3, Amanda Kuiken 2:24.5)	
3 INDEPENDENCE	9:47.13
(Holle Hosch 2:23.0, Carrie Gienau Katie Flinkinger, Kristen Hood 2:21.5)	
4 MOUNT PLEASANT	9:53.19
(Jordie Ruschill 2:29.6, Emily Petrzelka 2:22.6 Elaina Mertens 2:31.9, Lauren Erickson 2:28.7)	
5 DENISON-SCHLESWIG	9:57.43
(McKenzi Mendlik 2:26.8, Sara Slater 2:27.9 Trish Breen 2:32.9, Ashley Wehle 2:29.8)	
6 BALLARD	9:58.96
(Megan McCasland 2:30.1, Lynn Osterhout 2:31.7 Kim Gilliland 2:29.9, Anna Stiller 2:27.2)	
7 WEST DELAWARE	9:59.44
(Heather Heffernan 2:27.3, Katie Larson 2:34.7 Holly Tjaden 2:28.7, Anna Reilly 2:27.6)	
8 HARLAN	10:02.30
(Janae Williams 2:29.6, Ashley Goeser 2:27.4 Jessica Christensen 2:36.2, Lyndsay Larson 2:29.1)	

9 MARION	10:03.78
(Tess Putnam, Alicia Zankie Van Crutchley, Madison Bliss 2:31.1)	
10 DECORAH-NORTH WINN.	10:06.90
(Liz Madrigal 2:30.0, Kia Knutson 2:30.5 Bethany Van Sloten 2:33.5, Rachel Madrigal 2:32.9)	
11 WAUKON	10:08.86
(Sarah Hammel, Alex Langland Samantha Reiser, Ashley Waters)	
12 ATLANTIC	10:09.87
(Brigham Hoegh, Beth Rogers Emi Schuler, Michelle McLaren)	
13 CENTRAL DEWITT	10:10.79
(Erin Connell, Aileen Gilroy Kaitlyn Petersen, Courtney Rice)	
14 PELLA	10:12.25
(Amber Breuklander, Bridget Prescott Gracie Eggland, Megan Renaud)	
15 WAHLERT DUBUQUE	10:13.08
(Megan Esch, Laura Kelly Teresa Dolson, Kim Tranel)	
16 JEFFERSON-SCRANTON	10:16.60
(Mary Swanson, Laura Tronchetti Kim Cunningham, Morgan Hendricks)	
17 MOC-FLOYD VALLEY	10:16.94
(Brooke Achterhoff 2:33.3, Carrie Johnson 2:37.2 Kendra Van't Hof 2:36.0, Kim Zeutenhorst) 2:30.4	
18 WAUKEE	10:17.82
(Kelsey Barton, Kaitlin Conway Tessa Fegan, Ashley Mallincone)	
19 BENTON	10:19.38
(Marni Olson 2:30.7, Anna Freese 2:36.2 Holly Rathje 2:28.3, Emily Thompson 2:34.2)	
20 WASHINGTON	10:20.47
(Sara Hess 2:28.9, Amanda Shelman 2:34.1 Julie Bump 2:39.6, Lydia Colthurst 2:37.9)	
21 DALLAS CENTER-GRIMES	10:21.36
(Keeley O'Keefe, Susan Royer Kelsey Levenhagen, Sarah Swanson)	
22 HUMBOLDT	10:27.69
(Anne Stockdale, Lindsay Bornhoft Lea Stover, Lauren Zeman)	
23 SPIRIT LAKE PARK	10:28.19
(Katie Northey, Nicole Lindsey Cassie Hanson, Mallory Breuker)	
24 CHARLES CITY	10:31.60
(Kelsey Vanderwerf, Jenny Ferris Lynsie Nehls, Danielle Wubbens)	

Sprint Medley Relay Finals

1 ATLANTIC	1:50.57
(Angie Jenkins, Cydney Hoegh Lauren Osborne, Whitney Jacobs 58.4)	
2 WAUKEE	1:50.79
(Ashley Thielen, Maddie Romano Betsy Embree, Chelsy Kemmet 58.3)	
3 MOUNT VERNON-LISBON	1:50.87
(Jenna Kohl, Melinda Melichar Amanda Melichar, Deanna Nelson 58.3)	
4 COLUMBUS/DON BOSCO	1:50.93
(Mary Jo Nie, Molly Conway Anna Schmitz, Jamie Frederick 57.7)	
5 MOUNT PLEASANT	1:51.43
(Steph Benge, Steph Fedler Mallory Henderson, Brittany Melloy 59.8)	

6 CHARLES CITY	1:51.92
(Alexandra Walter, Amber Rippentrop Kari Hutchinson, Kristyn Ferris 59.5)	
7 CENTRAL DEWITT	1:52.59
(Andrea Hawthorne, Samantha Leslie Megan Machovec, Sarah Leners 59.1)	
8 WEST DELAWARE	1:53.27
(Megan Klein, Misty Ross Emily Prinsen, Cristen Dudak 59.1)	
9 PELLA	1:53.71
(Lyndsay Van Maaren, Kelsey Manecke Erika Engelbrecht, Gracie Eggland 60.5)	
10 CRESTON	1:54.32
(Morgan Griesinger, Maddie Moffitt Jacque Jay, Ashley Hartsock 60.8)	
11 CLARKE	1:54.56
(Brooke Halvorsen, Dakota Thornton Myranda Casterline, Patty Wakins 60.5)	
12 DECORAH-NORTH WINN.	1:55.15
(Tatum Satrom, Kelly Casterton Rachel Hardy, Lydia Huinker 50.7)	
13 LEMARS	1:55.17
(Molly Reuter, Jacki Weiler Natasha Schulz, Jodi Hetwer 62.0)	
14 INDEPENDENCE	1:55.22
(Megan Sorg, Paige Ficken Megan Jack, Holli Hosch 60.8)	
15 CEDAR RAPIDS XAVIER	1:55.26
(Megan Zenisek, Jamie Wagner Abby Zipperer, Jessica Levin 61.1)	
16 NEVADA	1:55.50
(Haley Huhn, Annalissa Vincent Kalli Olson, Mariel McWilliams)	
17 FOREST CITY	1:56.04
(Mandy Swanson, Kassi Olson Katie Boman, Melanie Twait 62.4)	
18 SPENCER	1:56.08
(Maggie Roos, Kelsie Grave Bre Schmillen, Heather Brown)	
19 BENTON	1:56.16
(Tiffany Jackson, Cameren Jacobson M'Leigh Rempfer, Abby Luther 61.2)	
20 HAMPTON-DUMONT	1:56.45
(Ashley Plagge, Briley Fairbanks Jamie Wieck, Katherine Kuehner 62.6)	
21 WAUKON	1:56.76
(Jessie Ryan, Angela Weymiller Vannessa Herman, Amanda Rolling 62.6)	
21 SOUTH TAMA	1:56.76
(Katie Upah, Ashley Benda Emily Manfull, Sheila Lyon 61.8)	
23 ALGONA	1:58.79
(Megan Person, Nikki White Emily Knudsen, Alicia Zadow 63.3)	
24 GLENWOOD	2:03.84
(Paige Hays, Jenny Dashner Kristina Jens, Courney Sondag 63.0)	

Distance Medley Relay Finals

1 FAIRFIELD	4:09.49
(Aly Bowers, Abby Bandy Amanda Kuiken 58.3, Jennifer Kuiken 2:17.9)	
2 WILLIAMSBURG	4:10.02
(Diana Meyer, Amanda Stecker Kelly Marine 61.5, Terran Wertz 2:18.6)	

3 CEDAR RAPIDS XAVIER	4:11.23
(Jill McDermott, Abby Zipperer Jessica Levin 59.5, Erin Penticoff 2:16.3)	
4 HARLAN	4:11.29
(Sara Kenney, Amanda Cairney McKenzie Moore 57.4, Regina Reinig 2:19.3)	
5 SPIRIT LAKE PARK	4:16.31
(Amber Lawler, Lindsey Stahly Alyssa Post 61.4, Caedryn Schrunk 2:18.2)	
6 ADM	4:17.19
(Steph Young, Val Steele Carli Applegate 62.5, Whitney Johnson 2:18.9)	
7 WAVERLY-SHELL ROCK	4:18.93
(Erica St. John, Melissa Gibbs April Suhr 61.4, Staci Rubel 2:21.7)	
8 BENTON	4:19.26
(Tiffany Jackson, Lacey Ritscher Joanna Oehlerich 60.8, Abby Luther 2:22.3)	
9 CHARLES CITY	4:20.96
(Alexandra Walter, Amber Rippentrop Kristyn Ferris 60.1, Sara Eppley 2:25.0)	
10 GLENWOOD	4:21.72
(Paige Hays, Jenny Dashner Courtney Sondag 61.7, Kristina Jens 2:23.4)	
11 MOUNT PLEASANT	4:22.51
(Steph Benge, Shelley Brumbaugh Emily Petrzalka 60.3, Lauren Erickson 2:27.6)	
12 DECORAH-NORTH WINN.	4:22.86
(Jenna Nanke, Rachel Hardy Lydia Huinker 60.1, Rachel Madrigal 2:27.0)	
13 FOREST CITY	4:23.41
(Linsey Current, Kassi Olson Brynn Phillips 62.2, Mairead Kelly 2:26.3)	
14 SPENCER	4:23.64
(Dani Merchant, Megan Bateman Lisa Paulsen 62.4, Heather Brown 2:26.6)	
15 DENISON-SCHLESWIG	4:23.75
(Caroline Carstensen, Liz Glenn Emily Haase 62.7, McKenzi Mendlik 2:25.9)	
16 PELLA	4:25.59
(Nicole Verhey, Kelly Hoopes Sierra Smith 62.9, Megan Renaud 2:26.7)	
17 CHARITON	4:26.16
(Shelby Kent, Laura Bortz Ashley Rockhold 59.9, Gaby Johnson 2:28.1)	
18 SAYDEL	4:28.16
(Ashley Hollingshead, Jen Holzhauser Chelsea Shafer 61.9, Mary Rouleau 2:30.5)	
19 HAMPTON-DUMONT	4:28.25
(Jamie Wieck, Halie Mollenbeck Katherine Kuehner, 62.3 Amanda Huling 2:30.8)	
20 ALGONA	4:28.60
(Megan Person, Emily Knudsen Alicia Zadow 61.7, Heather Mills 2:31.1)	
21 WESTERN DUBUQUE	4:29.02
(Kara Kluesner, Phylricia Schwartz Danielle Kramer 63.7, Kristen Pitz 2:28.4)	
22 ATLANTIC	4:30.93
(Michelle McLaren, Rachel Rieck Traci Shriver 61.2, Beth Rogers 2:33.1)	
INDEPENDENCE	DQ--2/3 ooz
(Megan Sorg, Paige Ficken Holli Hosch 61.1, Kristen Hood 2:25.9)	
WAHLERT DUBUQUE	DQ--2/3 ooz
(Jan Ganshirt, Darien Kaiser Emily Walker 61.5, Mary Briget Corken 2:18.6)	

Shuttle Hurdle Relay Finals

1 CENTRAL DEWITT	1:02.90
(Kelly Menneke, Maura McDermott Kelsey Steffens, Alyssa Maher)	
2 WEST DELAWARE	1:03.02
(Abby Lahr, Cristen Dudak Ashten Stelken, Deb Durey)	
3 MOUNT PLEASANT	1:04.70
(Cherie Nichting, Sara Graf Anna Graber, Lindsay Scott)	
4 WAUKEE	1:05.48
(Reiko Cunningham, Chelle Phillips Abby Crabbs, Chelsy Kemmet)	
5 GRINNELL	1:05.85
(Kelley Briggs, Whitney Hennes Emily Conway, Melissa Brooks)	
6 CARROLL	1:05.88
(Lindsey Onken, Joy Carroll Shellie Mosman, Karyn Forke)	
7 DENISON-SCHLESWIG	1:06.05
(Katie Kruse, Ashton Schmidt Liz Peterson, Amy Larson)	
8 HUMBOLDT	1:06.73
(Jami Olson, Amber Bacon Lexi Maurer, Katie Almond)	
Heat 1	
1 CENTRAL DEWITT	1:02.24 Q
(Kelly Menneke, Maura McDermott Kelsey Steffens, Alyssa Maher)	
2 WAUKON	1:06.76
(Leah Nichols, Brittney Hogendorn Tara Meyer, Jordan Snitker)	
3 SOUTH TAMA	1:08.17
(Kayla Benda, Jade Musgrave Rachel Wobeter, Kim Masssengale)	
4 ADM	1:10.91
(Rachel Fleishman, Sarah Hanson Libbey Rash, Emily Madden)	
Heat 2	
1 CARROLL	1:05.56 Q
(Lindsey Onken, Joy Carroll Shellie Mosman, Karyn Forke)	
2 DENISON-SCHLESWIG	1:06.05 Q
(Ashton Schmidt, Katie Kruse Amy Larson, Liz Peterson)	
3 SPIRIT LAKE PARK	1:08.76
(Chrissy Stettinichs, Traci Smook Ashley Zevenbergen, Meggie Mitchell)	
4 ALGONA	1:10.47
(Megan Person, Stacy Menning Laci Erpelding, Abby Baldus)	
Heat 3	
1 HUMBOLDT	1:06.73 Q
(Jami Olson, Lexi Maurer Amber Bacon, Katie Almond)	
2 KNOXVILLE	1:07.44
(Jess Ball, Cassidy Davis Melinda Miller, Ely Anderson)	
3 MOC-FLOYD VALLEY	1:09.18
(Sharon Heilman, Kayla Heilman Megan Johnson, Brittany Albert)	
STORM LAKE	DQ--#3 oo zone
(Heidi Hammen, Kiley Stavanes)	

Katelyn Croker, Heather Kessler)

Heat 4

- | | | |
|---|--|-----------|
| 1 | MOUNT PLEASANT
(Cherie Nichting, Sara Graf
Anna Graber, Lindsay Scott) | 1:04.60 Q |
| 2 | WAUKEE
(Reiko Cunningham, Chelle Phillips
Abby Crabbs, Chelsy Kemmet) | 1:04.78 Q |
| 3 | HARLAN
(Jessica Davis, Megan Bosak
Marissa Dargy, Melissa Stewart) | 1:07.15 |
| 4 | MARION
(Bailey Schindler, Amanda Van Meighem
Rachel Furman, Sara Reynolds) | 1:08.40 |

Heat 5

- | | | |
|-----|--|----------------|
| 1 | GRINNELL
(Kelley Briggs, Whitney Hennes
Emily Conway, Melissa Brooks) | 1:06.48 Q |
| 2 | INDEPENDENCE
(Heidi Moore, Erin Pilcher
Mikki Robinson, Molly McKernan) | 1:09.78 |
| 3 | FAIRFIELD
(Danielle McElwee, Jennifer McLarney
Ashley Sander, Chrissy Clingan) | 1:10.10 |
| 999 | CHARLES CITY
(Joy Buehler, Jenni Domino
Meghan Carr, Molly Kelly) | DQ--#2 oo zone |

Heat 6

- | | | |
|---|--|----------------|
| 1 | WEST DELAWARE
(Abby Lahr, Cristen Dudak
Ashten Stelken, Deb Durey) | 1:03.60 Q |
| 2 | LEMARS
(Molly Reuter, Amanda Wollman
Alishia Conley, Emily Snyder) | 1:08.66 |
| 3 | FOREST CITY
(Brynn Phillips, Tonya Suby
Kelsy Sinnwell, Katy Montgomery) | 1:09.59 |
| | MOUNT VERNON-LISBON
(Jenna Kohl, Mandy Bedell
Alice Stoner, Jenna Nicol) | DQ--#3 oo zone |

2004 IOWA GIRLS' TRACK & FIELD STATE CHAMPIONSHIPS

MAY 21-22, DRAKE STADIUM—JIM DUNCAN TRACK CLASS 4A FINAL RESULTS

ATTENDANCE—Friday 10,457; Saturday 10,049 Total 20,456 (ALL RECORDS--old records: Friday--9,792 in 2001, Saturday--9,387 in 2003, Total--18,841 in 2001.

WEATHER—Friday—Sunny, hot and humid throughout first day program. 11 a.m. start: 80 degrees, 69% humidity and brisk winds from SW 15-20 mph. 4 p.m.: 87 degrees, 59% humidity wins 20-25 mh from SW, heat index 91.

Saturday—Rain and dark clouds at 8:30 a.m. start (thunderstorms earlier in morning): 68 degrees, near 100% humidity with winds at 15-20 from SW. High jump and wheelchair shot put moved indoors. With forecast of severe thunderstorms for mid to late afternoon the scheduled break was cancelled with the afternoon session started an hour early. 3 p.m. weather: 79 degrees, dark and cloudy skies with wind 14-16 mph from SW. Humidity 85%

TEAM SCORING

1	Iowa City High	62
2	Iowa City West	48
2	West Des Moines Valley	48
4	Cedar Falls	40
5	Des Moines Roosevelt	39
6	Cedar Rapids Washington	32
7	Pleasant Valley	25
8	Ames	24.50
9	Dubuque Hempstead	20
9	Mason City	20
11	Burlington	19
12	Ottumwa	14
13	Marshalltown	12
14	Cedar Rapids Jefferson	11
15	Southeast Polk	10
15	Urbandale	10
17	Cedar Rapids Prairie	8
17	Davenport Central	8
17	Oskaloosa	8
20	Sioux City East	7
21	Boone	6
21	Clinton	6
23	Council Bluffs Thomas Jefferson	3.50
24	Bettendorf	3
24	Cedar Rapids Kennedy	3
24	Dowling Catholic	3
24	Indianola	3
24	Sioux City North	3
29	Johnston	2
29	Muscatine	2
29	Waterloo West	2
32	Ankeny	1
32	Fort Dodge	1
32	Nerwton	1
	Council Bluffs Abraham Lincoln	
	Davenport North	
	Davenport West	
	Des Moines East	
	Des Moines Hoover	
	Des Moines Lincoln	

Des Moines North
Dubuque Senior
Keokuk/Cardinal Stritch
Lewis Central
Linn-Mar
North Scott
Oskaloosa
Sioux City West
Waterloo East

100 Meter Dash Finals

1	LaNeisha Waller, Cedar Rapids Washington	SR	12.29
2	Tara Fry, Cedar Rapids Jefferson	SR	12.88
3	Lauren Carruthers, Pleasant Valley	SR	12.93
4	Shannon Burge, Bettendorf	JR	13.04
5	Maddy Harmon, Muscatine	FR	13.15
6	Kaayday Nangle, Des Moines Roosevelt	FR	13.17
7	Lauren Cummings, Ankeny	SR	13.18
8	Tiffany Hendricks, Burlington	FR	13.23

Heat 1

1	LaNeisha Waller, Cedar Rapids Washington	SR	12.43 Q
2	Tara Fry, Cedar Rapids Jefferson	SR	13.11 Q
3	Maddy Harmon, Muscatine	FR	13.23 Q
4	Tinny McGowan, Davenport West	JR	13.56
5	Rachel Terry, Lewis Central	SO	13.77
6	Dawn Brugioni, Ankeny	SR	13.86
7	Kayla Dungan, Newton	SO	13.91
8	Meaghan Bruner, Des Moines East	JR	13.93

Heat 2

1	Shannon Burge, Bettendorf	JR	12.79 Q
2	Lauren Carruthers, Pleasant Valley	SR	12.92 Q
3	Tiffany Hendricks, Burlington	FR	13.19 Q
4	Valerie Mozena, Iowa City High	FR	13.66
5	Sheena Bass, Clinton	SR	13.69
6	Channing Cason, Des Moines Roosevelt	SO	13.73
7	Stephanie Kunch, Newton	JR	13.82
8	Stacy Holthaus, Urbandale	SR	13.93

Heat 3

1	Kaayday Nangle, Des Moines Roosevelt	FR	12.90 Q
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2	Lauren Cummings, Ankeny	SR	13.10 Q
3	Courtney Greer, Waterloo East	FR	13.25
4	Clarissa Nelson, Waterloo West	FR	13.35
5	Emily Duncan, Bettendorf	SO	13.51
6	Ainsley Fedler, Burlington	SO	13.60
7	Marissa Becker, Linn-Mar	SR	13.67
8	Hillary Gibson, Sioux City East	SO	13.72

200 Meter Dash Finals

1	Liz Bradfield, Cedar Falls	SR	25.13
2	Kersten Thorgaard, Ames	FR	25.75
3	Erin Barnes, Des Moines Roosevelt	SR	25.93
4	Miriam Chisala, Des Moines Roosevelt	SR	26.00
5	Akeya Aimable, Waterloo West	JR	26.30
6	Alyssa Fischer, Cedar Rapids Kennedy	JR	26.32
7	LaToya Johnson, Cedar Rapids Washington	SR	26.54
8	Lindsey Derby, Dubuque Hempstead	JR	26.70

Heat 1

1	Liz Bradfield, Cedar Falls	SR	25.98 Q
2	LaToya Johnson, Cedar Rapids Washington	SR	26.75 Q
3	Lindsey Derby, Dubuque Hempstead	JR	26.79 Q
4	Carrie Cale, Sioux City North	SR	27.02
5	Alex Hemberger, Bettendorf	SR	27.52
6	Marissa Becker, Linn-Mar	SR	27.83
7	Hannah Zaiser, Burlington	SO	28.16
8	Marqueesha Houston, Davenport North	SR	28.18

Heat 2

1	Kersten Thorgaard, Ames	FR	26.29 Q
2	Erin Barnes, Des Moines Roosevelt	SR	26.36 Q
3	Alyssa Fischer, Cedar Rapids Kennedy	JR	26.84 Q
4	Rikki Southard, Lewis Central	JR	27.79
5	Kelly Meade, Des Moines Hoover	SR	27.97
6	Patrice Jones, Iowa City High	JR	27.98
7	Nicole Kouri, Des Moines East	JR	28.17
8	Casey Judge, Des Moines Lincoln	JR	28.34

Heat 3

1	Miriam Chisala, Des Moines Roosevelt	SR	26.39 Q
2	Akeya Aimable, Waterloo West	JR	26.59 Q
3	Lauren Cummings, Ankeny	SR	27.09
4	Barbara Nzegwu, Mason City	JR	27.42
5	Sonya Anderson, Newton	SO	27.48
6	Laura Carver, Cedar Rapids Prairie	JR	27.80
7	Heather Brechtel, Iowa City West	JR	28.65
8	Kendra Crooks, Fort Dodge	FR	28.73

400 Meter Dash Finals

1	Liz Bradfield, Cedar Falls	SR	56.54
2	Kersten Thorgaard, Ames	FR	56.60
3	Lauren Carruthers, Pleasant Valley	SR	56.84
4	Miriam Chisala, Des Moines Roosevelt	SR	57.90
5	Alyssa Fischer, Cedar Rapids Kennedy	JR	58.48
6	Katie Paulson, Ottumwa	SR	58.56
7	Rachelle Tipton, Newton	SO	59.91
8	Kelly Meade, Des Moines Hoover	SR	1:00.26

Heat 1

1	Miriam Chisala, Des Moines Roosevelt	SR	58.87 Q
2	Rachelle Tipton, Newton	SO	59.93 Q
3	LaToya Johnson, Cedar Rapids Washington	SR	59.97
4	Emily Fletcher, Fort Dodge	SO	1:01.21
5	Krista Wiegert, Iowa City High	SO	1:01.50
6	Carrie Cale, Sioux City North	SR	1:02.68
7	Melissa Dupont, Dubuque Hempstead	FR	1:04.54

999	Nicole Novak, Iowa City West	SR	DNS
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Heat 2

1	Lauren Carruthers, Pleasant Valley	SR	56.96 Q
2	Liz Bradfield, Cedar Falls	SR	57.56 Q
3	Katie Paulson, Ottumwa	SR	59.25 Q
4	Kelly Meade, Des Moines Hoover	SR	59.86 Q
5	Kelsey Mims, Iowa City High	FR	1:01.46
6	Courtney Lenz, Newton	JR	1:03.63

Heat 3

1	Kersten Thorgaard, Ames	FR	58.29 Q
2	Alyssa Fischer, Cedar Rapids Kennedy	JR	59.64 Q
3	Sarah Cunningham, West Des Moines Valley	JR	1:00.05
4	Akeya Aimable, Waterloo West	JR	1:00.38
5	Nicole Kouri, Des Moines East	JR	1:00.88
6	Haley Miller, Keokuk/Cardinal Stritch	JR	1:02.98
7	Hannah Weiss, Dowling Catholic	SO	1:03.56
8	Jessica Haendler, Cedar Rapids Prairie	JR	1:03.58

800 Meter Run Finals

1	Nelle Trefz, Iowa City High	SR	2:15.55
2	Cassi Sokol, Urbandale	SO	2:16.57
3	Hannah Roeder, Des Moines Roosevelt	SO	2:18.32
4	Michelle Jensen, West Des Moines Valley	FR	2:19.32
5	Jessica Wiegert, West Des Moines Valley	SO	2:19.36
6	Betsy Rosenblatt, Des Moines Roosevelt	SO	2:19.56
7	Melissa Jay, Ottumwa	SR	2:20.04
8	Kristin Mollman, Urbandale	SR	2:21.26
9	Casey McDermott, Newton	FR	2:21.56
10	Claire Anciaux, Iowa City High	SO	2:24.34
11	Julia Frudden, Iowa City West	JR	2:25.16
12	Alex Krog, Fort Dodge	JR	2:25.82
13	Emily Fletcher, Fort Dodge	SO	2:25.89
14	Sarah Nelson, Sioux City North	SO	2:26.32
15	Maggie Bobbin, Cedar Rapids Kennedy	SO	2:26.43
16	Sonam Jain, Cedar Rapids Jefferson	FR	2:28.71
17	Morgan Olson, Ankeny	FR	2:28.98
18	Erica Weirch, Johnston	FR	2:29.42
19	Kim Cessna, Cedar Falls	JR	2:30.11
20	Laura Kilen, North Scott	JR	2:30.87
21	Jill Klosack, Bettendorf	SR	2:31.14
22	Denise Eslinger, Ottumwa	SR	2:32.88
23	Ellen Hart, Pleasant Valley	JR	2:35.00
	Claire Hall, Iowa City West	SO	DNS

1500 Meter Run Finals

1	Sarah Wickman, Iowa City West	FR	4:42.94
2	Hannah Roeder, Des Moines Roosevelt	SO	4:43.01
3	Cassi Sokol, Urbandale	SO	4:44.08
4	Nelle Trefz, Iowa City High	SR	4:44.46
5	Jenna Bieri, Davenport Central	SO	4:47.06
6	Kelsey Bulat, Pleasant Valley	SO	4:51.16
7	Janet Dobyns, Iowa City West	JR	4:54.26
8	Samantha Nygren, Cedar Falls	JR	4:55.28
9	Traci Hawley, Ames	SR	4:57.69
10	Jennie Funk, Iowa City High	SR	4:58.77
11	Lisa Koll, Fort Dodge	JR	5:00.32
12	Lindy Shaw, West Des Moines Valley	SO	5:01.04
13	Diane Gapinski, Bettendorf	FR	5:04.55
14	Betsy Rosenblatt, Des Moines Roosevelt	SO	5:05.10
15	Nicole Wilson, Urbandale	FR	5:05.33
16	Erica Leuenberger, Cedar Rapids Washington	JR	5:05.36
17	Alissa Duffy, West Des Moines Valley	FR	5:07.08
18	Alex Krog, Fort Dodge	JR	5:07.88
19	Catie Ellingson, Indianola	FR	5:09.42

20	Lyssa Steckelberg, Cedar Falls	SR	5:09.73
21	Jessica Viner, North Scott	SR	5:11.01
22	Samantha Thorgaard, Ottumwa	SO	5:12.06
23	Beth Whalen, Bettendorf	SR	5:20.74
24	Tabitha Kabala, Davenport North	SR	5:26.01

4	Jerika Rangel, Davenport Central	SO	15.64 Q
5	Heather Gilmore, Southeast Polk	SO	15.75 Q
6	Meggie Kanis, West Des Moines Valley	SR	15.77
7	Andrea Sellers, Mason City	JR	16.02
8	Martha Meiners, Johnston	SR	16.89

3000 Meter Run Finals

1	Jennie Funk, Iowa City High	SR	10:18.33
2	Jenna Bieri, Davenport Central	SO	10:26.55
3	Sarah Wickman, Iowa City West	FR	10:30.34
4	Julia Frudden, Iowa City West	JR	10:42.35
5	Traci Hawley, Ames	SR	10:47.15
6	Lisa Koll, Fort Dodge	JR	10:48.04
7	Beth Whalen, Bettendorf	SR	11:04.40
8	Nicole Wilson, Urbandale	FR	11:08.30
9	Diane Gapinski, Bettendorf	FR	11:11.30
10	Erica Leuenberger, Cedar Rapids Washington	JR	11:12.32
11	Mackenzie Madison, Ankeny	SR	11:20.10
12	Alissa Duffy, West Des Moines Valley	FR	11:22.70
13	Casey Baustain, Cedar Rapids Washington	SR	11:34.79
14	Autumn McMahan, Oskaloosa	FR	11:37.74
15	Ruhee Arora, Iowa City High	JR	11:39.11
16	Jessica Viner, North Scott	SR	11:48.96
17	Amber Meyer, Ankeny	FR	11:51.20
18	Danna Kelly, Boone	JR	11:52.11
19	Whitney Mark, Indianola	SO	11:52.97
20	Allison Donahue, Dowling Catholic	JR	11:53.50
21	Stephanie Whalen, Dubuque Senior	JR	11:55.56
22	Lindsay Niffenegger, West Des Moines Valley	FR	12:03.80
23	Annie Ripslinger, Davenport North	JR	12:04.23
24	Rachel Hawks, Marshalltown	JR	12:04.85

400 Meter Hurdles Finals

1	Gina Messamer, Oskaloosa	SR	1:04.17
2	Nicole Carroll, Mason City	SR	1:05.09
3	Lauren Lindaman, West Des Moines Valley	FR	1:06.11
4	Jacqui Kalin, Sioux City North	FR	1:06.62
5	Megan Nielsen, Southeast Polk	SR	1:06.86
6	Bryna Copes, Ankeny	SR	1:06.89
7	Sahvanuh Campbell, Davenport Central	SO	1:07.26
8	Molly Sabers, Iowa City High	FR	1:07.42
8	Laura Kirk, West Des Moines Valley	SO	1:07.42
10	Chelsea Ronemous, Waterloo West	SO	1:08.22
11	Kristen Reavis, Dowling Catholic	SR	1:09.16
12	Chantelle MacVey, Newton	JR	1:09.55
13	Brittany Ruzicka, Cedar Rapids Jefferson	JR	1:09.57
14	Laura Krumm, Iowa City High	JR	1:09.60
15	Elise Watts, Bettendorf	JR	1:09.70
16	Sara Scherf, Dubuque Senior	SO	1:09.75
17	Ashley Hinzman, Dubuque Hempstead	FR	1:09.76
18	Michelle Treska, Dowling Catholic	SR	1:10.01
19	Kayla Donnelly, Urbandale	SO	1:10.31
20	Dyann Peterson, Fort Dodge	JR	1:10.68
21	Molly Lohry, Sioux City North	SR	1:11.08
22	Keely Fligo, Pleasant Valley	SR	1:13.54
23	Katie Brimeyer, Ames	JR	1:15.77
24	Ashley Barkema, Cedar Falls	SR	1:17.31

100 Meter Hurdles Finals

1	LaNeisha Waller, Cedar Rapids Washington	SR	13.90
2	Jenna Caffrey, Burlington	SO	14.26
3	Kelsey Smith, Burlington	FR	14.40
4	Nicole Carroll, Mason City	SR	14.74
5	Cali Lyons, Dubuque Hempstead	SR	14.93
6	Emily Triplett, Iowa City High	SR	15.26
7	Jerika Rangel, Davenport Central	SO	15.75
8	Heather Gilmore, Southeast Polk	SO	16.06

Heat 1

1	LaNeisha Waller, Cedar Rapids Washington	SR	15.13 Q
2	Megan Nielsen, Southeast Polk	SR	15.88
3	Natalie Olorundami, Sioux City West	JR	15.96
4	Tocarra Ross, Davenport Central	SR	16.16
5	Amy Kopatich, Ottumwa	SR	16.47
6	Lisa Doeden, Cedar Falls	JR	16.66
7	Erica Heiden, Urbandale	SR	16.86
8	Ashley Havlicek, Cedar Rapids Jefferson	SR	18.07

Heat 2

1	Kelsey Smith, Burlington	FR	14.80 Q
2	Nicole Carroll, Mason City	SR	14.95 Q
3	Lindsay Freeman, Iowa City West	JR	15.91
4	Brittany Ruzicka, Cedar Rapids Jefferson	JR	16.10
5	Leah Timmerman, Dubuque Hempstead	SR	16.32
6	Kendra Chapin, CB Abraham Lincoln	SR	17.22
7	Rachel McElroy, Ottumwa	JR	18.02
8	Melanie Anderson, Bettendorf	JR	18.16

Heat 3

1	Jenna Caffrey, Burlington	SO	14.45 Q
2	Cali Lyons, Dubuque Hempstead	SR	15.06 Q
3	Emily Triplett, Iowa City High	SR	15.18 Q

High Jump Finals

1	Jessica Statler, Cedar Rapids Prairie	SO	5'04"
2	Emily Ita, Burlington	SR	5'03"
3	Allison Dirks, Iowa City West	JR	5'02"
3	Tiffanie Synacek, CB Thomas Jefferson	FR	5'02"
5	Cae Lamb, Iowa City West	JR	5'02"
5	Christina Tim, Ames	JR	5'02"
7	Amy Kopatich, Ottumwa	SR	5'02"
8	Lauren Lindaman, West Des Moines Valley	FR	5'00"
8	Molly Hermiston, North Scott	SR	5'00"
10	Katie Kooienga, Urbandale	SR	5'00"
10	Tocarra Ross, Davenport Central	SR	5'00"
999	Samantha Sidwell, Iowa City High	FR	nh
999	Jenna Bergeson, West Des Moines Valley	SO	nh
999	Emily White, Cedar Falls	SR	nh
999	Mikaela Fisher, Cedar Rapids Washington	FR	nh
999	Betsy Hoscheid, Pleasant Valley	JR	nh
999	Katie McGuire, Ottumwa	JR	nh
999	Selena Ulrick, Boone	SR	nh
999	Alyssa Fischer, Cedar Rapids Kennedy	JR	nh
999	Jenny Licktieg, Dowling Catholic	FR	nh
999	Ashley Meade, Johnston	SO	nh
999	Amanda Riese, Ankeny	JR	nh
999	Cassandra Clark, Newton	FR	nh
999	Kelsey Whitaker, Keokuk/Cardinal Stritch	FR	nh
999	Krissy Engle, Lewis Central	JR	nh

Serues	5-0	5-1	5-2	5-3	5-4	5-5	5-6
Statler	XO	O	O	O	O	XXX	
Ita	O	XO	XXO	XXO	XXX		
Synacek	OX	O	O	XXX			
Dirks	O	XO	O	XXX			

Lamb	O	o	XO	XXX
Tim	O	O	XO	XXX
Kopatich	XO	O	XO	XXX
Lindaman	XO	XXX		
Hermiston	XO	XXX		
Kooienga	XXO	XXX		
Ross	XXO	XXX		
Fisher	XXX			
Meade	XXX			
Clark	XXX			
Riese	XXX			
Sidwell	XXX			
White	XXX			
Begeson	XXX			
Licktieg	XXX			
Engle	XXX			
Hoscheidi	XXX			
Fischer	XXX			
Ulrickk	XXX			
Whitaker	XXX			
McGuire	XXX			

Long Jump Finals

1	LaNeisha Waller, Cedar Rapids Washington	SR	19'02.25"
2	Kersten Thorgaard, Ames	FR	18'05.00"
3	Liz Bradfield, Cedar Falls	SR	17'03.50"
4	Nicole Carroll, Mason City	SR	17'02.50"
5	Taylor Gowey, Johnston	FR	17'01.50"
6	Sarah Hagge, Clinton	JR	16'11.00"
7	Stephanie Petty, North Scott	FR	16'10.25"
8	Lindsay Digmann, Linn-Mar	SO	16'08.75"
9	Lauren Cummings, Ankeny	SR	16'07.25"
10	Valerie Mozena, Iowa City High	FR	16'06.00"
11	Lili Kovacs, Lewis Central	SR	16'05.75"
12	Lori Bjork, Johnston	JR	16'05.50"
13	Cierra Cook, Cedar Falls	SO	16'04.75"
14	Emily Schneider, Sioux City North	FR	16'02.50"
15	Dani Berrone, Dowling Catholic	JR	16'02.00"
16	Erica Heiden, Urbandale	SR	16'00.00"
17	Barb Kremer, Clinton	SO	15'11.00"
18	Heather Gilmore, Southeast Polk	SO	15'10.75"
19	Sarah Cunningham, West Des Moines Valley	JR	15'10.50"
20	Kristen Reavis, Dowling Catholic	SR	15'10.25"
21	Emily Sibbing, Keokuk/Cardinal Stritch	SR	15'09.50"
22	Rachelle Tipton, Newton	SO	15'06.25"
23	Sara Christensen, Pleasant Valley	SO	14'10.00"
24	Tiffany Hendricks, Burlington	FR	fouls

SERIES

Waller	foul	17'06.50	19'02.25	16'05.75	foul	foul
Thorgaard	16'11.25	17'04.25	17'03.75	17'10.75	18'05.00	18'03.00
Bradfield	17'03.50	17'02.50	17'00.50	foul	foul	foul
Carroll	16'02.75	16'07.25	16'06.00	16'11.00	17'02.50	17'01.75
Gowey	16'09.25	17'00.75	17'00.75	16'08.50	16'11.75	17'01.50
Hagge	16'11.00	16'06.25	16'01.75	15'04.75	15'07.75	13'03.25
Petty	16'08.00	foul	15'09.25	15'11.50	13'01.50	16'10.25
Digmann	16'08.75	15'11.00	foul	foul	16'04.50	15'08.75
Cummings	15'09.5	16'07.25	16'06.00	16'02.00	foul	foul
Mozena	foul	foul	16'06.00			
Kovacs	foul	15'07.00	16'05.75			
Bjork	15'10.50	16'05.50	15'09.50			
Cook	foul	foul	16'04.75			
Schneider	15'07.75	16'02.50	15'10.00			
Berrone	foul	16'02.00	16'00.50			

Heiden	15'06.00	15'07.50	16'00.00
Kremer	15'02.50	foul	15'11.00
Gilmore	15'10.75	foul	15'10.50
Cunningham	15'10.50	foul	foul
Reavis	15'08.00	foul	15'10.25
Sibbing	15'04.50	14'11.75	15'09.50
Topton	foul	foul	15'06.25
Christensen	14'10.00	14'07.75	14'09.50
Hendricks	foujl	foul	lfoul

Shot Put Finals

1	Ashley Simpson, Dubuque Hempstead	SR	39'06.75"
2	Jordan Johnson, Sioux City East	SR	38'11.50"
3	Amy Waggoner, Marshalltown	SR	38'07.50"
4	Elyse Nylin, Clinton	SO	38'05"
5	Danica Haight, Iowa City West	FR	38'00.25"
6	Rachel Boeke, Cedar Rapids Jefferson	JR	37'09.25"
7	Sara Anciaux, Iowa City High	FR	37'05.25"
8	Becky Wittrock, Boone	JR	37'00.25"
9	Tanyana West, Des Moines Roosevelt	SR	36'05.75"
10	Corrie Wagner, Iowa City High	JR	35'11"
11	Joslyn Siems, Cedar Falls	JR	35'02"
12	Autumn Maxwell, Marshalltown	JR	34'11.50"
13	Jane Ebot, Iowa City West		34'09"
14	Kristin Mariner, Mason City	SR	34'06.75"
15	Jess Bates, Indianola	SR	34'03.50"
16	Stef Winslow, Pleasant Valley	JR	33'11.75"
17	Abbie Toney, Johnston	SR	33'00"
18	Shelby Speck, Des Moines East	JR	32'10"
19	Heather Heuvelmann, Burlington	SO	32'04"
20	Emily Pratt, Cedar Falls	SO	32'00.75"
21	Alana Jung, Des Moines North	JR	31'11"
22	Emilee Harvey, CB Abraham Lincoln	SR	31'10.50"
23	Noemi Gonzalez, Muscatine	SO	30'08.50"
24	Erin Bindewald, Bettendorf	JR	30'00.50"

SERIES

Simpson	38'06.00	37'11.50	39'06.75	38'11.25	38'06.75	38'05.00
Johnson	37'00.25	36'07.75	37'08.00	37'07.25	38'11.50	foul
Waggoner	38'08.25	38'00.00	37'06.00	37'02.75	38'07.50	37'11.75
Nylin	38'05.00	38'00.50	35'09.50	35'02.50	36'11.75	37'00.50
Haight	38'00.2	foul	34'10.00	35'11.00	34'01.75	35'11.50
Boeke	36'04.25	37'01.50	36'10.75	34'09.00	foul	37'09.25
Anciaus	37'05.25	36'05.75	35'11.75	34'08.25	35'01.75	35'10.50
Wittrock	36'10.25	37'00.25	36'09.00	foul	foul	36'01.50
West	35'10.75	36'02.00	36'05.75			
Wagner	35'11.00	34'09.75	foul			
Siems	35'02.00	35'00.00	33'08.75			
Maxwell	34'11.50	34'03.00	32'03.50			
Ebot	34'09.00	33'05.00	32'07.75			
Mariner	31'02.75	34'06.75	34'04.75			
Bates	34'03.50	34'01.00	33'05.50			
Winslow	32'05.00	33'07.25	33'11.75			
Toney	31'01.00	33'00.00	32'02.50			
Speck	32'08.00	32'00.00	32'10.00			
Heuvelmann	32'04.00	31'03.00	32'01.00			
Pratt	31'00.50	32'00.75	28'08.75			
Jung	foul	13'11.00	foul			
Harvey	31'10.50	31'03.50	30'05.00			
Gonzalez	30'08.50	foul	foul			
Bindewald	30'01.50	29'06.50	29'07.75			

Class 4A Discus Finals

1	Amy Waggoner, Marshalltown	SR	131'10"
2	Becky Wittrock, Boone	JR	131'00"
3	Katy Bartlett, Des Moines Roosevelt	JR	128'10"
4	Jess Bates, Indianola	SR	119'07"
5	Debra Borcharding, Ames	SR	117'09"
6	Jordan Johnson, Sioux City East	SR	115'04"
7	Joslyn Siems, Cedar Falls	JR	114'09"
8	Stef Winslow, Pleasant Valley	JR	111'08"
9	Ashley Lichtenberg, Bettendorf	FR	109'05"
10	Cat Nelson, Sioux City North	SO	109'01"
11	Rachel Boeke, Cedar Rapids Jefferson	JR	108'04"
12	Heather Heuvelmann, Burlington	SO	107'08"
13	Jessi Carver, Cedar Rapids Prairie	SR	107'03"
14	Katie Stilwell, West Des Moines Valley	SR	106'07"
15	Elyse Nylin, Clinton	SO	106'02"
16	Steph Koepp, Iowa City West	SR	106'00"
17	Teresa Auchus, Cedar Rapids Jefferson	JR	105'02"
18	Casey Judge, Des Moines Lincoln	JR	100'02"
19	Kendra Gantsz, Fort Dodge	SO	97'00"
20	Abbie Toney, Johnston	SR	96'07"
21	Danica Haight, Iowa City West	FR	95'08"
22	Rikki Southard, Lewis Central	JR	93'07"
23	Shelby Shadden, CB Thomas Jefferson	SO	91'03"
24	Sara Anciaux, Iowa City High	FR	91'00"

SERIES

<i>Waggoner</i>	131'10	122'06	124'11	128;10	126'04	<i>ful</i>
<i>Wittrock</i>	129'08	126'09	120'03	129'00	097'08	131'00
<i>Bartlett</i>	089'09	114'10	122'01	117'09	116'00	128'10
<i>Bates</i>	119'07	106'06	<i>fouo</i>	113'03	112'07	110'06
<i>Borcharding</i>	113'06	117'09	109'01	115'06	116'07	<i>foul</i>
<i>Johnson</i>	115'04	<i>foul</i>	<i>foul</i>	114'09	11'09	<i>foul</i>
<i>Siems</i>	111'08	112'06	091'11	114'09	115'04	106'04
<i>Winslow</i>	111'08	111'03	105'10	<i>foul</i>	106'04	107'10
<i>Lichtenberg</i>	106'09	109'05	101'07			
<i>Nelson</i>	101'09	102'08	109'01			
<i>Boekek</i>	108'04	104'07	106'04			
<i>Heuvelmann</i>	105'07	104'00	107'08			
<i>Carver</i>	107'03	103'05	102'11			
<i>Stilwell</i>	102'04	106'07	095'03			
<i>Nylin</i>	105'00	106'02	103'02			
<i>Koepp</i>	105'00	106'00	105'11			
<i>Auchus</i>	103'10	105'02	105'02			
<i>Judge</i>	<i>foul</i>	100'02	<i>foul</i>			
<i>Gantsz</i>	097'01	092'00	086'04			
<i>Toney</i>	087'04	096'07	<i>foul</i>			
<i>Haight</i>	093'07	<i>foull</i>	095'08			
<i>Southard</i>	<i>f9oul</i>	093'07	<i>foul</i>			
<i>Shadden</i>	091'03	090'01	081'07			
<i>Anciaux</i>	<i>foul</i>	091'00	084'10			

4x100 Meter Relay Finals

1	WEST DES MOINES VALLEY	49.17
	(Andrea Robinson, Jenny Elgin Kelly Anderson, Lacy Brunette)	
2	CEDAR RAPIDS WASHINGTON	49.38
	(Cassandra Lumpkin, Abby Klocke Latara Lumpkin, LaNeisha Waller)	
3	IOWA CITY HIGH	49.50
	(Emily Triplett, Signe Mueller Ashton Strickland, Camille Jordan)	
4	CEDAR RAPIDS JEFFERSON	49.77
	(Ashley Havlicek, Britni Kellison Katie Cooper, Tara Fry)	
5	CEDAR FALLS	50.11

	(Ashley Barkema, Mattie Thompson Danielle Barkema, Shatrece Burt)	
6	DES MOINES ROOSEVELT	50.19
	(Erin Barnes, Dominique Jenkins Espree Stewart, Kaayday Nangle)	
7	OSKALOSOA	51.22
	(Chanelle Trowbridge, Allison Knoot Caitlin Hadden, Jessica Snowbarger)	
8	SOUTHEAST POLK	51.39
	(Afton Bauer, Kelsie Host Danielle Davis, Megan Curry)	
Heat 1		
1	CEDAR RAPIDS WASHINGTON	49.57 Q
	(Cassandra Lumpkin, Abby Klocke Latara Lumpkin, LaNeisha Waller)	
2	CEDAR RAPIDS JEFFERSON	50.33 Q
	(Ashley Havlicek, Britni Kellison Katie Cooper, Tara Fry)	
3	OSKALOSOA	51.25 Q
	(Chanelle Trowbridge, Allison Knoot Caitlin Hadden, Jessica Snowbarger)	
4	CLINTON	51.32
	(Sheena Bass, Sarah Hagge Megan Lawrence, Barb Kremer)	
5	INDIANOLA	51.57
	(Ashley Golley, Emily Teas Amber Reisinger, Liz Homan)	
6	LEWIS CENTRAL	52.02
	(Rachel Terry, Rikki Southard Kristyn Hill, Lili Kovacs)	
7	NORTH SCOTT	52.59
	(Stephanie Pickett, Allison Bennett Sara Krogman, Stephanie Leibold)	
	DAVENPORT CENTRAL	DQ--pass before zone
	(Christina Airington, Sheila Pettigrew Kelsey Mims, Katy Detmer)	
Heat 2		
1	IOWA CITY HIGH	49.86 Q
	(Emily Triplett, Signe Mueller Ashton Strickland, Camille Jordan)	
2	CEDAR FALLS	50.60 Q
	(Ashley Barkema, Mattie Thompson Danielle Barkema, Shatrece Burt)	
3	SOUTHEAST POLK	51.16 Q
	(Afton Bauer, Kelsie Host Danielle Davis, Megan Curry)	
4	BETTENDORF	51.28
	(Emily Duncan, Alex Hemberger Melanie Anderson, Shannon Burge)	
5	SIOUX CITY EAST	51.94
	(Hillary Gibson, Cassie Rysta Kelli Herman, Ashley Marron)	
6	DOWLING CATHOLIC	52.50
	(Kari Kern, Maggie Nauman Dani Berone, Chelsea Drumheller)	
7	AMES	52.61
	(Rachel Koch, Christina Tim Allison Metzger, Mallory Engelen)	
8	DUBUQUE HEMPSTEAD	53.24
	(Nichole Schnee, Lisa Grant Brooke Baker, Ashley Simpson)	
Heat 3		
1	WEST DES MOINES VALLEY	49.70 Q
	(Andrea Robinson, Jenny Elgin Kelly Anderson, Lacy Brunette)	

2	DES MOINES ROOSEVELT (Erin Barnes, Dominique Jenkins Espree Stewart, Kaayday Nangle)	50.46 Q
3	JOHNSTON (Ashley Meade, Taylor Gowey Amanda Hyde, Abby Green)	51.52
4	MUSCATINE (Maddy Harmon, Vanessa Evenson McKinsie Williams, Jessica Shaw)	51.56
5	WATERLOO WEST (Clarissa Nelson, Laurel Krause Phylicia Proctor, Akeya Aimable)	51.57
6	IOWA CITY WEST (Christina Swift, Lindsay Freeman Heather Brechtel, Lisa Mellecker)	51.88
7	PLEASANT VALLEY (Morgan Betker, Amy Garbin Sara Christensen, Betsy Hoscheid)	52.69
8	URBAN DALE (Stacy Holthaus, Sara Van Wyk Katie Kooiega, Megan Probasco)	52.88

4x200 Meter Relay Finals

1	IOWA CITY HIGH (Ashton Strickland, Kerry Kamber Virginia Dreier, Camille Jordan)	1:43.14
2	DES MOINES ROOSEVELT (Erin Barnes, Dominique Jenkins Espree Stewart, Kaayday Nangle)	1:43.56
3	CEDAR FALLS (Ashley Barkema, Mattie Thompson Danielle Barkema, Shatrece Burt)	1:43.88
4	WEST DES MOINES VALLEY (Andrea Robinson, Kelly Anderson Jenny Elgin, Lacy Brunette)	1:44.44
5	SOUTHEAST POLK (Afton Bauer, Heather Gilmore Danielle Davis, Megan Curry)	1:46.76
6	NEWTON (Tebetha McCormick, Chantelle MacVey Stephanie Goos, Sonya Anderson)	1:46.95
7	CEDAR RAPIDS WASHINGTON (Cassandra Lumpkin, Sha-Mique Haynes Abby Klocke, Latara Lumpkin)	1:47.77
8	JOHNSTON (Emily Depenning, Taylor Gowey Amanda Hyde, Abby Green)	1:48.54
Heat 1		
1	WEST DES MOINES VALLEY (Andrea Robinson, Kelly Anderson Jenny Elgin, Lacy Brunette)	1:45.14 Q
2	NEWTON (Tebetha McCormick, Chantelle MacVey Stephanie Goos, Sonya Anderson)	1:46.22 Q
3	DOWLING CATHOLIC (Anna Tursi, Jamie Lang Jessica Katch, Valarie Ferguson)	1:48.89
4	DUBUQUE SENIOR (Sara Scherf, Carrie Jenaman Ashley Metcalf, Teri McPoland)	1:49.68
5	PLEASANT VALLEY (Jessica Bingham, Morgan Betker Amy Garbin, Sara Christensen)	1:50.02
6	CLINTON	1:50.91

	(Sheena Bass, Sarah Hagge Megan Lawrence, Barb Kremer)	
7	SIOUX CITY NORTH (Michelle Smith, Candace Harrell Emily Schneider, Jenna Kalin)	1:51.46
	AMES	FS
	(Mallory Engelen, Kate Polush Emily Tuttle, Christina Tim)	
Heat 2		
1	IOWA CITY HIGH (Ashton Strickland, Kerry Kamber Virginia Dreier, Camille Jordan)	1:44.08 Q
2	CEDAR FALLS (Ashley Barkema, Mattie Thompson Danielle Barkema, Shatrece Burt)	1:45.47 Q
3	SOUTHEAST POLK (Afton Bauer, Heather Gilmore Danielle Davis, Megan Curry)	1:47.99 Q
4	CEDAR RAPIDS WASHINGTON (Cassandra Lumpkin, Sha-Mique Haynes Abby Klocke, Latara Lumpkin)	1:48.05 Q
5	JOHNSTON (Emily Depenning, Taylor Gowey Amanda Hyde, Abby Green)	1:48.61 Q
6	NORTH SCOTT (Sara Krogman, Anna Wiese Laura Bjurstrom, Jami McCubbin)	1:49.27
7	LEWIS CENTRAL (Rachel Terry, Lili Kovacs Courtney Percy, Rikki Southard)	1:49.73
8	BETTENDORF (Catherine Ziegler, Elise Watts Mollie Gold, Alex Hemberger)	1:50.24
Heat 3		
1	DES MOINES ROOSEVELT (Erin Barnes, Dominique Jenkins Espree Stewart, Kaayday Nangle)	1:44.67 Q
2	CEDAR RAPIDS JEFFERSON (Tara Fry, Britni Kellison Kristin Goedken, Katie Cooper)	1:48.66
3	DUBUQUE HEMPSTEAD (Cali Lyons, Leah Timmerman Nina Schnee, Lindsey Derby)	1:49.00
4	LINN-MAR (Lindsay Diggmann, Kateline Blasingame Melissa Hurst, Amanda Spencer)	1:49.21
5	MUSCATINE (Maddy Harmon, Jessica Shaw Briana Catchpool, Cari Sauerbrei)	1:49.51
6	BURLINGTON (Ainsley Fedler, Tiffany Hendricks Lauren Lindstadt, Jazzia Newman)	1:50.87
7	INDIANOLA (Jayme Coen, Ashley Golley Amber Reisinger, Liz Homan)	1:52.35
8	CEDAR RAPIDS KENNEDY (Michelle Bartels, Cierra French Cara Richardson, Rachel Wharton)	1:53.62
4x400 Meter Relay Finals		
1	PLEASANT VALLEY (Jessica Bingham 60.0, Maggie Schnackel 60.1 Teresa Prais 58.6, Lauren Carruthers 56.8)	3:55.59
2	OTTUMWA (Katie Jay 59.5, Emily Roberts 58.5)	3:57.11

	Amy Wetrich 60.9, Katie Paulsen 58.2)	
3	WEST DES MOINES VALLEY	4:00.38
	(Lauren Lindaman 61.0, Laura Kirk 61.0 Katie Stilwell 59.8, Sarah Cunningham 58.6)	
4	IOWA CITY WEST	4:02.08
	(Naomi Hillsman 61.4, Annie McAleer 60.8 Nicole Novak 60.0, Lizz Huntley 59.7)	
5	IOWA CITY HIGH	4:02.53
	(Maggie Leyendecker 61.6, Kelsey Mims 60.1 Elise Mozena 60.3, Virginia Dreier 60.50)	
6	DOWLING CATHOLIC	4:04.38
	(Hannah Weiss 61.0, Kathleen Ramirez 62.4 Ally Thrall 60.7, Jessica Katch 60.3)	
7	NEWTON	4:05.77
	(Rachelle Tipton 61.5, Courtney Lenz 61.7 Chantelle MacVey 63.0, Stephanie Goos 59.6)	
8	ANKENY	4:09.98
	(Bryna Copes, Chelsea Kellar Christine Andresen, Katy Fuchtmann)	

Heat 1

1	IOWA CITY HIGH	4:02.98 Q
	(Maggie Leyendecker 61.2, Kelsey Mims 61.5 Elise Mozena 60.3, Virginia Dreier 60.0)	
2	DOWLING CATHOLIC	4:09.24 Q
	(Hannah Weiss 63.8, Kathleen Ramirez 61.1 Ally Thrall 61.4, Jessica Katch 62.9)	
3	LINN-MAR	4:13.69
	(Melissa Hurst 63.3, Stacey Hamilton 64.6 Jessica Reid 63.2, Nicole Novy 62.5)	
4	DAVENPORT CENTRAL	4:16.09
	(Jerika Rangel 64.9, Jenny Wehrley 65.8 Shivonne Foster 63.0, Cassie Young 62.4)	
5	CEDAR RAPIDS PRAIRIE	4:16.37
	(Jessica Haendler 63.6, Danielle Calef 67.0 Jessica Statler 64.8, Laura Carver 61.0)	
6	NORTH SCOTT	4:17.87
	(Taylor Wilson 64.6, Anna Wiese 63.8 Laura Bjurstrom 64.5, Jami McCubbin 64.0)	
7	DUBUQUE HEMPSTEAD	4:23.39
	(Keri West 65.0, Emily Wieland 65.9 Brittany Williams 65.4, Lindsey Hosier 67.0)	
	SIoux CITY NORTH	DQ-jewelry
	(Jenna Kalin 62.4, Carrie Cale 62.1 Michelle Smith 63.6, Molly Lohry 62.4)	

Heat 2

1	PLEASANT VALLEY	4:01.58 Q
	(Jessica Bingham 61.4, Maggie Schnackel 60.7 Teresa Prais 61.3, Lauren Carruthers 58.1)	
2	IOWA CITY WEST	4:03.66 Q
	(Naomi Hillsman 61.7, Annie McAleer 61.9 Nicole Novak 60.3, Lizz Huntley 59.7)	
3	NEWTON	4:04.86 Q
	(Rachelle Tipton 60.8, Courtney Lenz 60.6 Chantelle MacVey 61.7, Stephanie Goos 61.8)	
4	BETTENDORF	4:14.80
	(Lindsey Scott 62.7, Lauren Kasper 63.0 Elise Watts 65.0, Mollie Gold 64.1)	
5	CEDAR RAPIDS WASHINGTON	4:16.51
	(Sha-Mique Haynes 62.8, Kelly Stewart 64.8 Andrea Freeman 65.1, Whitney Roberts 63.9)	
6	DUBUQUE SENIOR	4:16.54
	(Carrie Jenaman 64.6, Natalie White 65.2 Mallory O'Neill 64.6, Sara Scherf 62.2)	
7	JOHNSTON	4:20.47
	(Lori Bjork 63.2, Jessica Mitchell 65.8)	

	Kristen Strawhacker 64.5, Liz Hilby 66.9)	
8	CEDAR RAPIDS KENNEDY	4:24.94
	(Michelle Bartels 65.6, Cara Richardson 65.1 Karen Haycraft 66.6, Sarah Kleiman 68.0)	
	Heat 3	
1	OTTUMWA	4:01.30 Q
	(Katie Jay 59.8, Emily Roberts 59.7 Amy Wetrich 62.3, Katie Paulsen 59.4)	
2	WEST DES MOINES VALLEY	4:04.52 Q
	(Lauren Lindaman 62.1, Laura Kirk 60.8 Katie Stilwell 62.1, Sarah Cunningham 59.5)	
3	ANKENY	4:07.43 Q
	(Bryna Copes 62.0, Chelsea Kellar 61.3 Christine Andresen 62.2, Katy Fuchtmann 61.9)	
4	AMES	4:09.33
	(Emily Tuttle 62.7, Kate Polush 61.0 Katie Kramer 63.7, Christina Tim 61.9)	
5	CEDAR FALLS	4:14.68
	(Cassie Naaktgeboren 63.9, Brynn Lantz 63.1 Katie Goulden 63.5, Kim Cessna 64.1)	
6	INDIANOLA	4:15.98
	(Ashley Golley 63.7, Liz Homan 63.1 Emily Teas 65.1, Lacey Mitchell 64.0)	
7	SIoux CITY EAST	4:19.35
	(Kelli Herman 64.1, Whitney Kellen 62.9 Megan Tuttle 66.6, Katie Heacock 55.7)	
8	URBANDALE	4:24.41
	(Katie Jensen 65.2, Sara Van Wyk 68.4 Kayla Donnelly 65.2, Tammy Kirchner 65.6)	

4x800 Meter Relay Finals

1	WEST DES MOINES VALLEY	9:22.38
	(Michelle Jensen 2:17.3, Lauren Hill 2:21.6 Lindy Shaw 2:22.8, Jessica Wiegert 2:20.6)	
2	IOWA CITY HIGH	9:27.90
	(Maggie Leyendecker 2:21.8, Elise Mozena 2:24.4 Sarah Ziegenhorn 2:20.8, Jennie Funk 2:20.8)	
3	IOWA CITY WEST	9:32.00
	(Nicole Novak 2:21.2, Julia Frudden 2:26.3 Sarah Wickman 2:20.4, Claire Hall 2:24.1)	
4	DES MOINES ROOSEVELT	9:44.49
	(Betsy Rosenblatt 2:25.0, Millie Bell 2:26.2 Meagan Whetstone 2:35.0, Hannah Roeder 2:18.7)	
5	CEDAR FALLS	9:45.85
	(Samantha Nygren 2:24.2, Caylin Cervetti 2:27.2 Lyssa Steckelberg 2:30.1, Kim Cessna 2:24.4)	
6	OTTUMWA	9:46.11
	(Melissa Jay 2:20.4, Sarah Hendred 2:31.5 Samantha Thorgaard 2:27.3, Denise Eslinger 2:26.9)	
7	ANKENY	9:52.83
	(Katy Fuchtmann 2:25.2, Christine Andresen 2:35.2 Kelly Vogel 2:29.8, Bryna Copes 2:22.7)	
8	FORT DODGE	9:53.65
	(Alex Krog, Ashton Newman Lisa Koll, Emily Fletcher)	
9	PLEASANT VALLEY	9:54.39
	(Chaeli Coopman 2:39.3, Maggie Schnackel 2:25.3 Kelsey Bulat 2:22.3, Ellen Hart 2:27.5)	
10	NEWTON	9:54.54
	(Megan Carman 2:27.0, Courtney Lenz 2:31.4 Kylie McAnally 2:31.5, Casey McDermott 2:24.4)	
11	BETTENDORF	10:01.36
	(Lindsey Scott, Megan Flynn Amanda Dunlavy, Lori Pankratz)	
12	JOHNSTON	10:03.69

	(Emily Depenning, Erica Weirch Jessica Mitchell, Katie Johnson)	
13	CEDAR RAPIDS WASHINGTON (Amy Zmolek 2:33.2, Mikaela Fisher 2:31.8 Erin Becker 2:36.3, Devin Parker 2:28.2)	10:09.96
14	SIOUX CITY NORTH (Sarah Nelson, Jacqui Kalin Hilary Rice, Susie Williams)	10:11.59
15	INDIANOLA (Lacey Mitchell 2:28.8, Catie Ellingson 2:33.2 Tallie Dietz 2:33.9, Meredith Lyon 2:36.7)	10:12.68
16	AMES (Katie Kramer 2:35.8, Brittany Rover 2:33.6 Olivia Langenberg 2:36.0, Colleen Armstrong 2:31.2)	10:16.71
17	DAVENPORT NORTH (Tabitha Kabala 2:29.3, Chris Specht 2:37.6 Lauren Coughlin 2:41.4, Annie Ripslinger 2:29.0)	10:17.32
18	DOWLING CATHOLIC (Hannah Weiss 2:28.8, Alex Stork 2:36.5 London Muse 2:41.8, Katie Nevins 2:31.9)	10:19.01
19	DUBUQUE HEMPSTEAD (Lindsey Hosier, Katie Trujillo Elizabeth Johnson, Morgan Loveless)	10:19.26
20	CEDAR RAPIDS KENNEDY (Andrea Wacker 2:36.9, Maggie Bobbin 2:26.1 Sharon Heyer 2:40.0, Sarah Kleiman 2:36.2)	10:19.30
21	DUBUQUE SENIOR (Katheyine McCabe, Tiffany Hoffman Allison George, Natalie White)	10:21.80
22	CEDAR RAPIDS JEFFERSON (Whitney Gorsegner, Sarah Whitters Kym Kuda, Sonam Jain)	10:30.11
23	CLINTON (Heather Parker, Brooke Determan Paige Temperley, West Cerling)	10:31.13
24	URBAN DALE (Tammy Kirchner, Katie Jensen Kara Neuman, Kristin Mollman)	10:34.81

Sprint Medley Relay Finals

1	CEDAR FALLS (Danielle Barkema, Mattie Thompson Shatrece Burt, Liz Bradfield 56.8)	1:48.23
2	IOWA CITY HIGH (Emily Triplett, Signe Mueller Camille Jordan, Virginia Dreier 58.5)	1:49.49
3	IOWA CITY WEST (Katie Johnson, Amanda Judisch Lisa Mellecker, Lizz Huntley 58.0)	1:49.81
4	WEST DES MOINES VALLEY (Andrea Robinson, Jenny Elgin Lacy Brunette, Sarah Cunningham 58.2)	1:49.98
5	BURLINGTON (Jazzla Newman, Lauren Lindstadt Jenna Caffrey, Tiffany Hendricks)	1:50.88
6	AMES (Mallory Engelen, Emily Tuttle Christina Tim, Kersten Thorgaard 57.8)	1:51.62
7	CEDAR RAPIDS WASHINGTON (Cassandra Lumpkin, Abby Klocke Sha-Mique Haynes, LaToya Johnson)	1:52.09
8	NORTH SCOTT (Sara Krogman, Allison Bennett Stephanie Leibold, Jami McCubbin)	1:52.51

9	OSKALOSOA (Jessica Snowbarger, Allison Knoot Chanelle Trowbridge, Gina Messamer 59.9)	1:52.62
10	DOWLING CATHOLIC (Anna Tursi, Maggie Nauman Kathleen Ramirez, Ally Thrall)	1:52.89
11	NEWTON (Tebetha McCormick, Leah Spilly Sonya Anderson, Rachele Tipton 59.2)	1:52.92
12	SOUTHEAST POLK (Afton Bauer, Kelsie Host Danielle Davis, Megan Curry)	1:53.37
13	CEDAR RAPIDS KENNEDY (Karen Haycraft, Muffy Sadler Rachel Wharton, Alyssa Fischer)	1:53.39
14	LINN-MAR (Lindsay Digmann, Amanda Spencer Melissa Hurst, Nicole Novy)	1:53.92
15	MUSCATINE (Vanessa Evenson, Lisa Eichelberger Briana Catchpool, Cari Sauerbrei)	1:54.32
16	DUBUQUE HEMPSTEAD (Nichole Schnee, Nina Schnee Lindsey Derby, Melissa Dupont)	1:54.34
17	ANKENY (Dawn Brugioni, Lauren Cummings Christine Andresen, Katy Fuchtmann 63.0)	1:54.76
18	JOHNSTON (Taylor Gowey, Amanda Hyde Abby Green, Emily Depenning)	1:54.94
19	CEDAR RAPIDS JEFFERSON (Ashley Havlicek, Britni Kellison Katie Cooper, Kristin Goedken)	1:55.56
20	DES MOINES HOOVER (Tasha Wells, Mary Aikoriegie Cheri Mayes, Kelly Meade)	1:55.73
21	SIOUX CITY EAST (Hillary Gibson, Ashley Marron Kelli Herman, Katie Heacock)	1:58.74
22	SIOUX CITY WEST (Tasha Anderson, Sierra Lammers Nicole Olney, Kelsey Johnkin)	2:01.10
	BETTENDORF (Shannon Burge, Emily Duncan Catherine Ziegler, Mollie Gold)	DQ--2/3 oo zone
	DES MOINES EAST (Jaime Wagner, Meaghan Bruner Felicia Wagner, Nicole Kouri)	DNF

Distance Medley Relay Finals

1	IOWA CITY WEST (Amanda Judisch, Lisa Mellecker Lizz Huntley 58.5, Claire Hall 2:17.9)	4:09.23
2	IOWA CITY HIGH (Ashton Strickland, Kerry Kamber Maggie Leyendecker 59.3, Nelle Trefz 2:17.2)	4:09.32
3	PLEASANT VALLEY (Jessica Bingham, Amy Garbin Teresa Prais 61.0, Kelsey Bulat 2:13.9)	4:09.47
4	OTTUMWA (Katie Jay, Amy Wetrich Emily Roberts 60.4, Melissa Jay 2:17.2)	4:10.74
5	DOWLING CATHOLIC (Anna Tursi, Jamie Lang Kathleen Ramirez 59.5, Ally Thrall 2:18.3)	4:11.85

6 WEST DES MOINES VALLEY	4:13.98	3 SOUTHEAST POLK	1:03.01
(Kelly Anderson, Katie Stilwell Laura Kirk 60.9, Jessica Wiegert 2:20.4)		(Heather Quick, Kelsie Host Heather Gilmore, Megan Nielsen)	
7 OSKALOSA	4:17.15	4 WEST DES MOINES VALLEY	1:03.15
(Jessica Snowbarger, Allison Knoot Amber Knoot 63.4, Gina Messamer 2:19.9)		(Elizabeth Ellinwood, Katie Stilwell Meggie Kanis, Lauren Lindaman)	
8 NEWTON	4:20.55	5 CLINTON	1:03.26
(Tebetha McCormick, Keslie Hiemstra Megan Carman 61.9, Casey McDermott 2:23.6)		(Kim Logsdon, Jesse Hlubek Sarah Hagge, Barb Kremer)	
9 DES MOINES LINCOLN	4:23.59	6 BURLINGTON	1:04.50
(Kristin Turk, Casey Judge Terra Broadus 63.1, Paige Gruis 2:25.1)		(Natalie Standard, Kelsey Smith Emily Ita, Jenna Caffrey)	
10 CEDAR FALLS	4:24.88	7 IOWA CITY WEST	1:05.09
(Brynn Lantz, Cierra Cook Cierra Marshall 62.4, Caylin Cervetti 2:28.1)		(Katie Johnson, Christina Swift Lindsay Freeman, Amanda Judisch)	
11 INDIANOLA	4:26.41	8 BETTENDORF	1:05.84
(Jayme Coen, Emily Teas Catie Ellingson 64.1, Lacey Mitchell 2:27.4)		(Kelsie Sass, Kristin Baker Kelly Hill, Melanie Anderson)	
12 URBANDALE	4:26.86	Heat 1	
(Megan Probasco, Sara Van Wyk Tammy Kirchner 62.3, Kristin Mollman 2:27.4)		1 CLINTON	1:03.64 Q
13 LINN-MAR	4:27.84	(Kim Logsdon, Jesse Hlubek Sarah Hagge, Barb Kremer)	
(Lindsay Digmann, Amanda Spencer Nicole Novy 61.4, Molly Davis 2:32.3)		2 IOWA CITY HIGH	1:06.82
14 BETTENDORF	4:27.89	(Veronica Rydze, Annie Fraga Molly Sabers, Emily Triplett)	
(Stephanie Mendendorp, Lauren Kasper Kristen Pierce 63.0, Lori Pankratz 2:27.6)		3 INDIANOLA	1:07.12
15 CEDAR RAPIDS WASHINGTON	4:29.31	(Steph Lawrence, Lindze Webb, Natti Tipayamongkol, Anna Robbins)	
(Claire Mattison, Cari Squires Whitney Roberts 64.0, Amy Zmolek 2:28.9)		4 DAVENPORT WEST	1:09.21
16 ANKENY	4:29.64	(Katie Ahlers, Raquel Gonzales Vanessa Rorick, Troysheanna Hawkins)	
(Leah Kline, Carly Thiel Chelsea Kellar 61.9, Christy Donaghy 2:30.8)		Heat 2	
17 NORTH SCOTT	4:29.71	1 SOUTHEAST POLK	1:03.33 Q
(Allison Bennett, Stephanie Leibold Laura Kilen 61.3, Jessica Viner 2:33.4)		(Heather Quick, Kelsie Host Heather Gilmore, Megan Nielsen)	
18 AMES	4:29.84	2 MASON CITY	1:03.78 Q
(Nichole Loughren, Angela Beckwith Lauren Brown 63.3, Colleen Armstrong 2:29.8)		(Nicole Carroll, Danielle Hill Stephanie Carroll, Andrea Selles)	
19 BURLINGTON	4:30.24	3 SIOUX CITY WEST	1:09.14
(Hannah Zaiser, Tawana Robinson Kellie O'Brien 65.0, Hannah Lambert 2:29.1)		(Sierra Lammers, Gina Christensen Molly Amman, Natalie Olorundami)	
20 DAVENPORT NORTH	4:30.74	4 WATERLOO WEST	1:09.43
(Courtnee Owens, Marqueesha Houston Annie Ripslinger, 63.2 Tabitha Kabala 2:33.8)		(Laurel Krause, Chelsea Ronemous Katy Bowers, Kelly Wirth)	
21 CEDAR RAPIDS PRAIRIE	4:32.25	Heat 3	
(Lindsey Lehman, Jessica Statler Laura Carver 63.9, Danielle Calef) 2:31.9		1 BURLINGTON	1:03.28 Q
22 DUBUQUE HEMPSTEAD	4:33.78	(Natalie Standard, Kelsey Smith Emily Ita, Jenna Caffrey)	
(Brooke Baker, Brittany Williams Ashley Hinzman 63.2, Lindsey Hosier 2:34.9)		2 JOHNSTON	1:05.71
23 BOONE	4:36.86	(Ashley Meade, Taylor Grieve Sara Embrey, Erica Weirch)	
(Selena Ulrick, Khrystyne Skare Lacie Greiner 63.8, Jenny Mack 2:36.7)		3 DOWLING CATHOLIC	1:05.92
24 SIOUX CITY NORTH	4:39.15	(Maggie Nauman, Michelle Treska Lynndi Decker, Kristen Reavis)	
(Michelle Smith, Candace Harrell Anyia Tomshca 63.3, Hilary Ryan 2:39.7)		4 DAVENPORT CENTRAL	1:06.72
		(Toccaro Ross, Julia Martin Jerika Rangel, Sahvanuh Campbell)	
		Heat 4	
SHUTTLE HURDLE RELAY		1 WEST DES MOINES VALLEY	1:04.27 Q
1 DUBUQUE HEMPSTEAD	1:02.45	(Elizabeth Ellinwood, Katie Stilwell Meggie Kanis, Lauren Lindaman)	
(Nina Schnee, Nichole Schnee Cali Lyons, Leah Timmerman)		2 BETTENDORF	1:05.32
2 MASON CITY	1:02.67	(Kelsie Sass, Kristin Baker Kelly Hill, Melanie Anderson)	
(Andrea Selles, Stephanie Carroll Danielle Hill, Nicole Carroll)		3 NEWTON	1:06.28

	(Stephanie Goos, Chelsea Munoz Chantelle MacVey, Cali Dunham)	
4	DUBUQUE SENIOR (Ashley Metcalf, Karina Schroeder Jessica Nessian, Lee Bly)	1:07.86
Heat 5		
1	IOWA CITY WEST (Katie Johnson, Christina Swift Lindsay Freeman, Amanda Judisch)	1:03.36 Q
2	CEDAR FALLS (Brynn Lantz, Grace Schlader Emily White, Lisa Doeden)	1:04.41
3	AMES (Katie Brimeyer, Tricia Stubbs Olivia Langenberg, Allison Dye)	1:07.47
4	CEDAR RAPIDS JEFFERSON (Brittany Ruzicka, Kara Taylor Chandice O'Bannon, Rachel Edwards)	1:09.08
Heat 6		
1	DUBUQUE HEMPSTEAD (Nina Schnee, Nichole Schnee Cali Lyons, Leah Timmerman)	1:01.97 Q
2	URBANDALE (Mallory Zimmerman, Erica Heiden Katie Kooiega, Stacy Holthaus)	1:04.98
3	OTTUMWA (Rachel McElroy, Aubrey Anderson Brittney Berges, Amy Kopatich)	1:06.74
4	CB ABRAHAM LINCOLN (Kendra Chapin, Crystal Reedy Sarah Milner, Lindsey McCoy)	1:11.18
Re-Run (Block malfunction in heat 4)		
1	BETTENDORF (Kelsie Sass, Kristin Baker Kelly Hill, Melanie Anderson)	1:04.40 Q