
1997 STATE TRACK & FIELD FINAL RESULTS - CLASS 1A

TEAM SCORING

1	Andrew	32
2	Treynor	31
3	Williamsburg	21
4	North Iowa	20
5	Belle Plaine	19
6	West Marshall	18
7	West Hancock	17
7	Winfield-Mt. Union	17
9	Collins-Maxwell-Baxter	16
9	North Kossuth	16
11	Madrid	15
12	Guthrie Center	14
13	AHST	13
14	Garner-Hayfield	12
14	Midland	12
14	North Tama	12
17	Danville	11
17	West Branch	11
19	Cedar Falls NU High	10
19	Council Bluffs St. Albert	10
19	Dike-New Hartford	10
19	Iowa City Regina	10
23	East Buchanan	8
23	Fredericksburg	8
23	Northeast Hamilton	8
23	Pomeroy-Palmer	8
27	Edgewood-Colesburg	7
27	Keota	7
27	North Linn	7
27	Solon	7
31	Cardinal	6
31	Clear Creek-Amana	6
31	Mount Ayr	6
31	Pocahontas Area	6
35	Prairie Valley	5

36	Calamus-Wheatland	4
36	Central Decatur	4
36	LeMars Gehlen Catholic	4
36	Sioux Central	4
36	Southern Cal	4
36	Tripoli	4
36	Wall Lake View-Auburn	4
43	East Union	3
43	Manning	3
43	Nashua-Plainfield	3
43	Pekin	3
43	River Valley	3
43	Tri-Center	3
43	West Bend-Mallard	3
50	Ar-We-Va	2
50	CAM	2
50	George-Little Rock	2
50	Kingsley-Pierson	2
50	Sac City	2
50	South Page	2
56	Lenox	1.5
56	Lynnville-Sully	1.5
58	Alburnett	1
58	Laurens-Marathon	1
58	Manson-NW Webster	1
58	Nodaway Valley	1
58	North Cedar	1
63	Albert City-Truesdale	0
63	Audubon	0
63	Battle Creek-Ida Grove	0
63	Bedford	0
63	Bondurant-Farrar	0
63	Center Point-Urbana	0
63	Central Lyon	0
63	Clarion-Goldfield	0
63	Colfax-Mingo	0
63	Colo-Nesco	0
63	Columbus	0
63	Coon Rapids-Bayard	0
63	Denver	0
63	Des Moines Christian	0
63	Dows-CAL	0
63	Eagle Grove	0
63	Earlham	0
63	Eldora-New Providence	0
63	Elk Horn-Kimballton-Walnut	0
63	English Valleys	0
63	Essex	0
63	Farragut	0
63	Fort Dodge St. Edmond	0
63	Galva-Holstein	0
63	Gilbert	0
63	Gladbrook-Reinbeck	0
63	Glidden-Ralston	0
63	Griswold	0
63	Guttenberg	0
63	Hartley-Melvin-Sanborn	0

63	Hinton	0
63	Hubbard-Radcliffe	0
63	Hudson	0
63	IKM	0
63	Interstate 35	0
63	Janesville	0
63	Lake Mills	0
63	Lakeland	0
63	Lone Tree-Highland	0
63	Marcus-Meriden-Cleghorn	0
63	Murray	0
63	New London	0
63	Newell-Fonda	0
63	North Central	0
63	North Mahaska	0
63	North Polk	0
63	Northeast	0
63	Odebolt-Arthur	0
63	Pleasantville	0
63	Preston-East Central	0
63	Remsen St. Mary's	0
63	Remsen-Union	0
63	Rockford	0
63	Russell	0
63	SCMT	0
63	Sentral	0
63	Sigourney	0
63	South Hamilton	0
63	Southeast Warren	0
63	St. Ansgar	0
63	Storm Lake St. Mary's	0
63	Sumner	0
63	Tipton	0
63	Tri-County	0
63	Turkey Valley	0
63	Underwood	0
63	Valley CEW	0
63	Van Meter	0
63	Ventura	0
63	Villisca	0
63	Walnut Ridge Baptist	0
63	West Monona	0
63	West Point Marquette	0
63	West Sioux	0
63	Westwood	0
63	Woodbury Central	0

100-METER DASH

1	Susie Reinhardt	Belle Plaine	JR	12.60
2	Amy Smith	Cardinal	SO	12.72
3	Erika Hamel	Madrid	SR	12.78
4	Katie McFarland	Iowa City Regina	JR	12.81

5	Kelly Thompson	Kingsley-Pierson	SR	12.82
6	Amanda Beck	Prairie Valley	SO	12.87
7	Kara Rechterman	Tipton	SO	12.94
8	Kristi Johnson	Alburnett	SR	12.99

HEAT 1

1	Katie McFarland	Iowa City Regina	JR	12.88
2	Kelly Thompson	Kingsley-Pierson	SR	12.90
3	Amy Smith	Cardinal	SO	13.04
4	Erika Hamel	Madrid	SR	13.11
5	Molly O'Brien	Williamsburg	FR	13.31
6	Emily Onstot	Wall Lake View-Auburn	SR	13.51
7	Katy Baumgardner	Cedar Falls NU High	SR	13.79
8	Amanda Bothe	Fort Dodge St. Edmond	JR	13.85

HEAT 2

1	Amanda Beck	Prairie Valley	SO	13.10
2	Alison Nicholas	Council Bluffs St. Albert	FR	13.28
3	Julie Drzycimski	Fort Dodge St. Edmond	FR	13.45
4	Cheri Gatewood	Eagle Grove	JR	13.46
5	Lindsey Weldin	Northeast Hamilton	JR	13.53
6	Kiersten Tuttle	West Branch	SR	13.66
7	Angie Behrend	Guttenberg	FR	13.68
8	Jill Vreemen	West Sioux	SR	13.88

HEAT 3

1	Susie Reinhardt	Belle Plaine	JR	12.85
2	Kristi Johnson	Alburnett	SR	13.07
3	Kara Rechterman	Tipton	SO	13.15
4	Andrea Kakacek	Pocahontas Area	SR	13.36
5	Suzanne Butler	Lenox	SR	13.49
6	Rachel Flora	Collins-Maxwell-Baxter	JR	13.56
7	Jami Sonney	Ventura	JR	13.61
8	Jenny Goodell	Lake Mills	FR	13.85

200-METER DASH

1	Barbara Szlendakova	Andrew	SR	25.09
2	Susie Reinhardt	Belle Plaine	JR	26.27
3	Amanda Beck	Prairie Valley	SO	26.33
4	Erika Hamel	Madrid	SR	26.41
5	Brianne Schoonover	Fredericksburg	JR	26.58
6	Linda Lappe	Winfield-Mt. Union	JR	26.59
7	Mindy Ketchum	Collins-Maxwell-Baxter	JR	27.08
8	Julie Drzycimski	Fort Dodge St. Edmond	FR	27.10

HEAT 1

1	Amanda Beck	Prairie Valley	SO	26.15
2	Julie Drzycimski	Fort Dodge St. Edmond	FR	26.81
3	Katie McFarland	Iowa City Regina	JR	27.01
4	Miki Schmidt	Audubon	JR	27.04
5	Heidi Hatfield	Earlham	SR	27.08
6	Lindsey Weldin	Northeast Hamilton	JR	27.09
7	Kim Rohret	Clear Creek-Amana	SR	27.11

8	Pam Haidsiak	Bedford	SO	27.18
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HEAT 2

1	Susie Reinhardt	Belle Plaine	JR	26.08
2	Linda Lappe	Winfield-Mt. Union	JR	26.18
3	Erika Hamel	Madrid	SR	26.20
4	Brianne Schoonover	Fredericksburg	JR	26.35
5	Brooke Engelmann	Albert City-Truesdale	SO	27.18
6	Jami Sonney	Ventura	JR	27.38
7	Emily Onstot	Wall Lake View-Auburn	SR	27.51
8	Suzanne Butler	Lenox	SR	27.61

HEAT 3

1	Barbara Szlendakova	Andrew	SR	25.52
2	Mindy Ketchum	Collins-Maxwell-Baxter	JR	26.61
3	Jennifer Zumbach	North Linn	SO	27.00
4	Cheri Gatewood	Eagle Grove	JR	27.08
5	Jill Provin	English Valleys	SO	27.19
6	Pam Betz	Dows-CAL	FR	27.30
7	Jill Zevenbergen	Hinton	JR	27.61
8	Jessica Jensen	Elk Horn-Kimballton-Walnut	SO	27.80

400-METER DASH

1	Barbara Szlendakova	Andrew	SR	0:56.22
2	Linda Lappe	Winfield-Mt. Union	JR	0:57.09
3	Carla Wosoba	Midland	FR	0:57.25
4	Candace Wilson	West Hancock	SR	0:57.80
5	Brianne Schoonover	Fredericksburg	JR	0:58.14
6	Kristi Johnson	Alburnett	SR	0:58.92
7	Tina Sanders	Sac City	SO	1:00.90
8	Kelly Thompson	Kingsley-Pierson	SR	1:03.18

HEAT 1

1	Carla Wosoba	Midland	FR	57.75
2	Brianne Schoonover	Fredericksburg	JR	57.92
3	Kristi Johnson	Alburnett	SR	57.99
4	Teresa Martin	Dike-New Hartford	FR	60.89
5	Judy Barnhardt	Edgewood-Colesburg	SR	61.20
6	Ashley Drahn	Belle Plaine	SO	61.32
7	Lydia Brawner	Hartley-Melvin-Sanborn	JR	61.40
8	Mindy Hoffman	Griswold	SR	63.63

HEAT 2

1	Linda Lappe	Winfield-Mt. Union	JR	57.93
2	Kelly Thompson	Kingsley-Pierson	SR	58.59
3	Tina Sanders	Sac City	SO	59.44
4	Stevie Light	Colfax-Mingo	FR	62.60
5	Susie Gray	Lynnville-Sully	SO	62.71
6	Angel Sheriff	North Polk	SR	62.78
7	Jill Zevenbergen	Hinton	JR	63.03
8	Stacey Oldham	Solon	SO	63.43

HEAT 3

1	Barbara Szlendakova	Andrew	SR	57.24
2	Candace Wilson	West Hancock	SR	58.08
3	Miki Schmidt	Audubon	JR	60.44
4	Jessica Jensen	Elk Horn-Kimballton-Walnut	SO	60.91
5	Sarah Stevens	Eagle Grove	SO	61.50
6	Jodi Looft	Bondurant-Farrar	SR	62.03
7	Sara Sowers	Southeast Warren	SR	63.28
8	Amber Pomranky	Westwood	FR	64.02

800-METER RUN

1	Karen Smith	West Marshall	SR	2:17.24
2	Anna Hauskins	North Kossuth	SR	2:18.08
3	Michelle Lahann	Calamus-Wheatland	SO	2:19.34
4	Ronda Cheers	East Union	JR	2:21.81
5	Stephanie Collins	AHST	SO	2:22.04
6	Sarah Detlefsen	Manning	SR	2:22.99
7	Lydia Brawner	Hartley-Melvin-Sanborn	JR	2:23.85
8	Amy Struecker	Central	SR	2:24.15
9	Renate Ruggles	Pekin	SO	2:24.69
10	Brandi Tentlinger	Remsen-Union	JR	2:25.70
11	Leah Zidon	Bondurant-Farrar	SO	2:25.83
12	Vanessa Kettner	Cedar Falls NU High	JR	2:25.86
13	Erin Lyles	New London	FR	2:25.93
14	Sarah Arens	Remsen St. Mary's	SO	2:26.45
15	Becca Casey	Villisca	SR	2:26.59
16	Kate Cline	Valley CEW	JR	2:27.07
17	Beth Jones	Williamsburg	SR	2:28.19
18	Nichole Edwards	Manson-NW Webster	SO	2:29.66
19	Nicole Lahann	Calamus-Wheatland	FR	2:33.15
20	Jamie Armstrong	Essex	SR	2:35.78
21	Katie Shearn	Lynnville-Sully	SR	2:45.91
22	Amber Schmidt	Laurens-Marathon	JR	3:33.75
999	Cassity Lindgren	Odebolt-Arthur	JR	DNR
999	Trelawny Renstrom	North Iowa	JR	DNR

1500-METER RUN

1	Kristin Johnson	West Branch	SR	4:55.20
2	Jane McDermott	North Tama	JR	4:57.21
3	Beth Fischer	Wall Lake View-Auburn	FR	4:58.58
4	Sally Shumaker	Danville	SR	4:58.88
5	Karen Smith	West Marshall	SR	4:59.89
6	Stephanie Collins	AHST	SO	5:00.99
7	Amy Neal	Williamsburg	SR	5:01.59
8	Sarah Arens	Remsen St. Mary's	SO	5:01.86
9	Kristina Quigley	Council Bluffs St. Albert	SO	5:03.90
10	Michelle Lahann	Calamus-Wheatland	SO	5:04.33
11	Carissa Chestnut	Iowa City Regina	FR	5:09.83
12	Jennifer Nelson	Mount Ayr	FR	5:10.69
13	Kristy Blasberg	Tripoli	JR	5:11.34
14	Michelle Beck	Preston-East Central	JR	5:12.35

15	Katie Rulapaugh	SCMT	SO	5:12.53
16	Kim Bell	Solon	SO	5:14.46
17	Molly Ulrickson	Manning	SR	5:16.22
18	Michelle Beichley	Gladbrook-Reinbeck	FR	5:16.81
19	Brooke Doering	Hubbard-Radcliffe	SR	5:16.93
20	Erin Lyles	New London	FR	5:17.10
21	Sonya Van Auken	Columbus	SR	5:21.05
22	Jamie Stinde	North Polk	SR	5:21.86
23	Stacy Shaw	Dike-New Hartford	JR	5:23.34
999	Amber Schmidt	Laurens-Marathon	JR	DNS

3000-METER RUN

1	Sally Shumaker	Danville	SR	10:44.05
2	Jane McDermott	North Tama	JR	10:45.87
3	Kristina Quigley	Council Bluffs St. Albert	SO	10:57.54
4	Kristin Johnson	West Branch	SR	11:01.12
5	Kristy Blasberg	Tripoli	JR	11:12.08
6	Kate Olesen	Nodaway Valley	JR	11:12.11
7	Michelle Lahann	Calamus-Wheatland	SO	11:14.73
8	Beth Fischer	Wall Lake View-Auburn	FR	11:17.13
9	Julia Meimann	Colo-Nesco	SR	11:19.71
10	Jennifer Hedrick	North Linn	FR	11:22.14
11	Molly Ulrickson	Manning	SR	11:22.91
12	Suzy Van Wyngarden	Lynnville-Sully	JR	11:25.89
13	Angie Bingaman	Nodaway Valley	FR	11:25.97
14	Jenny Ellison	Midland	SO	11:32.26
15	Tiffani Nielsen	Underwood	SR	11:35.80
16	Emily Johnson	Cedar Falls NU High		11:40.58
17	Katie Rulapaugh	SCMT	SO	11:42.62
18	Kari Swenson	South Hamilton	FR	11:50.91
19	Marca Wosoba	Midland	SR	11:55.11
20	Racquel Flora	Bondurant-Farrar	FR	11:58.00
21	Stevie Light	Colfax-Mingo	FR	12:10.17
22	Emily Pedersen	Hudson	SR	12:20.60
23	Courtney Slota	Remsen-Union	SO	12:21.35
999	Amber Schmidt	Laurens-Marathon	JR	DNS

100-METER HURDLES

1	Erika Hamel	Madrid	SR	14.50
2	Carrie Leber	Treynor	JR	14.77
3	Kris Neuberger	Garner-Hayfield	SR	15.17
4	Jessi Lincoln	Edgewood-Colesburg	JR	15.45
5	Elizabeth Teisinger	Tripoli	SO	15.55
6	Molly O'Brien	Williamsburg	FR	15.55
7	Cherie Dunn	Sioux Central	SR	15.62
8	Stephanie Goettsch	AHST	SO	15.76

HEAT 1

1	Cherie Dunn	Sioux Central	SR	15.37
2	Elizabeth Teisinger	Tripoli	SO	15.40

3	Molly O'Brien	Williamsburg	FR	15.90
4	Callie Trei	George-Little Rock	SO	16.04
5	April Lein	North Central	JR	16.09
6	Erin Feld	Southern Cal	JR	16.22
7	Megan McCullough	Russell	SR	16.63

HEAT 2

1	Carrie Leber	Treynor	JR	15.12
2	Kris Neuberger	Garner-Hayfield	SR	15.37
3	Jessi Lincoln	Edgewood-Colesburg	JR	15.88
4	Becky Kingery	Pleasantville	JR	16.13
5	Autumn McCarthy	North Kossuth	JR	16.42
6	Heather Horras	Pekin	SR	16.48
7	Michelle Kremenak	Alburnett	SR	16.83
8	Crystal DeBrower	Clear Creek-Amana	SR	17.04

HEAT 3

1	Erika Hamel	Madrid	SR	15.68
2	Stephanie Goettsch	AHST	SO	15.92
3	Julie Mohrfeld	West Point Marquette	JR	16.13
4	Megan Johnson	Battle Creek-Ida Grove	SR	16.22
5	Jen Randeris	Audubon	FR	16.24
6	Rachel Hoffman	Ar-We-Va	SO	16.74
7	Jessi Clarahan	Sigourney	SR	16.74

400-METER HURDLES

1	Jodi Hagedorn	North Iowa	SR	1:03.53
2	Melissa Eighmy	Mount Ayr	JR	1:05.25
3	Cherie Dunn	Sioux Central	SR	1:05.31
4	Krissa Skogland	West Bend-Mallard	SR	1:06.43
5	Callie Trei	George-Little Rock	SO	1:06.66
6	Allison Lyle	Keota	JR	1:07.01
7	Misty Pruess	Andrew	SR	1:07.63
8	Katie Hausman	West Monona	JR	1:07.84

HEAT 1

1	Krissa Skogland	West Bend-Mallard	SR	1:05.75
2	Misty Pruess	Andrew	SR	1:05.82
3	Katie Hausman	West Monona	JR	1:06.59
4	Kristin Gerzema	North Iowa	JR	1:06.68
5	Stephanie Goettsch	AHST	SO	1:07.73
6	Angel Sheriff	North Polk	SR	1:08.07
7	Michelle Konnath	Iowa City Regina	SR	1:09.19
8	Megan Eichenberger	Fredericksburg	FR	1:09.50

HEAT 2

1	Jodi Hagedorn	North Iowa	SR	1:03.92
2	Cherie Dunn	Sioux Central	SR	1:06.19
3	Melissa Eighmy	Mount Ayr	JR	1:06.45
4	Callie Trei	George-Little Rock	SO	1:06.45
5	Bonnie Pedersen	Cedar Falls NU High	JR	1:07.61
6	Summer Meier	Van Meter	JR	1:09.33
7	Jen Ware	Glidden-Ralston	SO	1:11.39

8	Cicely Schram	Laurens-Marathon	SO	1:11.98
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HEAT 3

1	Allison Lyle	Keota	JR	1:06.11
2	Laci Palar	Winfield-Mt. Union	SR	1:07.56
3	Olivia Fetzer	Williamsburg	SR	1:07.90
4	Jessica Ney	Walnut Ridge Baptist	FR	1:08.05
5	Carmen Oswalt	Collins-Maxwell-Baxter	JR	1:08.46
6	Lindsay Schultz	Manson-NW Webster	FR	1:08.87
7	Gail Schimmels	Denver	JR	1:09.07
8	Marcy Messerly	Gladbrook-Reinbeck	SR	1:09.50

HIGH JUMP

1	Julie Gallery	East Buchanan	SR	5'08"
2	Stephanie Goettsch	AHST	SO	5'06"
3	Theresa Trede	Treynor	SO	5'05"
4	Allison Riddle	River Valley	JR	5'05"
5	Lindsay Brown	Lenox	JR	5'04"
5	Jessica Criswell	Lynnville-Sully	JR	5'04"
7	Amanda Von Ahsen	Williamsburg	SR	5'04"
8	Melissa Yearous	West Branch	SR	5'04"
9	Stacy Ticknor	CAM	SR	5'04"
10	Amy Whitman	Calamus-Wheatland	JR	5'03"
11	Paula Hughes	Farragut	FR	5'03"
12	Jenny Overgaard	Turkey Valley	JR	5'02"
12	Wendi Sobaski	Pekin	SR	5'02"
14	Ashley Dickey	Pekin	JR	5'02"
15	Lynn Ringnalda	Clarion-Goldfield	SR	5'01"
16	Brandi Herman	Interstate 35	SR	5'00"
16	Erica Simbro	Collins-Maxwell-Baxter	JR	5'00"
18	Kim Kester	Center Point-Urbana	SO	5'00"
18	Lindsay Van Cleave	Manson-NW Webster	SR	5'00"
18	Bonnie Pedersen	Cedar Falls NU High	JR	5'00"
21	Allison Lyle	Keota	JR	4'10"
22	Jen Randeris	Audubon	FR	4'10"
22	Jenny Anderson	Winfield-Mt. Union	JR	4'10"
999	Jessica Trine	West Marshall	SR	NH

LONG JUMP

1	Barbara Szlendakova	Andrew	SR	18'05.50"
2	Katie McFarland	Iowa City Regina	JR	17'08.50"
3	Jessi Lincoln	Edgewood-Colesburg	JR	17'00.50"
4	Erin Feld	Southern Cal	JR	16'11"
5	Molly O'Brien	Williamsburg	FR	16'11"
6	Stacy Dowling	Southern Cal	JR	16'09"
7	Brittany Jacobsen	Battle Creek-Ida Grove	JR	16'09"
8	Carrie Leber	Treynor	JR	16'08.50"
9	Linda Lappe	Winfield-Mt. Union	JR	16'06"
10	Kara Rechterman	Tipton	SO	16'05.25"
11	Debbie Stephens	Mount Ayr	SO	16'03.75"

12	Becca Casey	Villisca	SR	16'02.025"
13	Abby Gonzales	Guthrie Center	SR	16'00.50"
14	Andrea Johnson	Des Moines Christian	SO	16'00"
15	Keevan Schadle	Hudson	SR	15'11.25"
16	Niki DeWall	Pocahontas Area	SO	15'10.25"
17	Andrea Shafranek	Tri-County	SR	15'10"
18	Alicia Fishell	Center Point-Urbana	JR	15'09.75"
19	Brianne Schoonover	Fredericksburg	JR	15'09.25"
20	Kristin Gerzema	North Iowa	JR	15'08"
21	Tara Sands	Woodbury Central	JR	15'06"
999	Heather Iburg	Williamsburg	SO	FOULS
999	Katie Brees	Keota	JR	FOULS
999	Erika Hamel	Madrid	SR	FOULS

SHOT PUT

1	Lisa Heiden	Northeast Hamilton	JR	39'06.25"
2	Shaila Gent	Keota	SR	38'03.50"
3	Katie Wengryn	Central Decatur	SR	36'08.25"
4	Julie Moses	Nashua-Plainfield	JR	36'06"
5	Bonnie Mathews	Treynor	SR	35'05.75"
6	Jamie Vaudt	Laurens-Marathon	JR	35'02.50"
7	Alyse Hohensee	Pocahontas Area	FR	34'11.75"
8	Christina Neve	Rockford	JR	34'10.75"
9	Rochelle Ruggles	Pekin	JR	34'09.50"
10	Tiffany Davis	West Sioux	SR	34'08.75"
11	Jenny Sabourin	West Branch	SR	34'05"
12	Tara Walton	Belle Plaine	SR	34'04"
13	Dusty Thomae	Lone Tree-Highland	JR	34'02.75"
14	Ann Cavey	North Cedar	JR	34'00"
15	Steph Meggers	IKM	SR	33'11.75"
16	Tracy Hoffman	Battle Creek-Ida Grove	SR	33'09"
17	Jessi Veach	Andrew	JR	33'02.25"
18	Steph Thomas	Sac City	JR	32'11.75"
19	Amy Smith	Tri-Center	SR	32'10.50"
20	Scarlett Davis	South Page	JR	32'06.50"
21	Megan Pagel	Sumner	SO	32'04.75"
22	Jill Gretter	Keota	SR	31'04.25"
23	Jessica VanDerLeest	Solon	SO	30'00"
24	Katie Newkirk	Williamsburg	JR	29'04.25"

DISCUS

1	Stacy Anderson	Pomeroy-Palmer	JR	127'00"
2	Jennifer Ruppert	Clear Creek-Amana	JR	125'07"
3	Laurie Peterson	West Hancock	SR	120'00"
4	Amy Smith	Tri-Center	SR	118'08"
5	Jamie Murphy	South Page	SR	116'09"
6	Rochelle Ruggles	Pekin	JR	114'06"
7	Buffy Irwin	Southern Cal	JR	112'05"
8	Jenny Hoyt	Lone Tree-Highland	SR	112'01"
9	Miranda Mills	Janesville	JR	108'01"

10	Jennifer Perkins	Fort Dodge St. Edmond	JR	106'02"
11	Kari Carr	Westwood	SR	105'04"
12	Megan Fletcher	Earlham	SR	105'03"
13	Becky Papesh	Belle Plaine	JR	104'10"
14	Katie Sorrell	Winfield-Mt. Union	JR	104'01"
15	Sarah Vorthmann	Treynor	SO	103'08"
16	Jackie Aanes	Valley CEW	FR	103'04"
17	Mindy Corbin	Wall Lake View-Auburn	JR	102'11"
18	Laura Lunders	Marcus-Meriden-Cleghorn	JR	101'05"
19	Micki Straight	Mount Ayr	JR	100'01"
20	Sara Stewart	Clear Creek-Amana	JR	097'06"
21	Niki Black	Murray	JR	095'07"
22	Shelby Johnston	Laurens-Marathon	SO	094'03"
23	Jessica Swan	Lakeland	SR	090'03"
24	Megan Pagel	Sumner	SO	072'10"

4X100-METER RELAY

1	GUTHRIE CENTER	Julie Vandevanter, Abby Gonzales Treva Richter, Katie Lewis	50.32
2	TREYNOR	Jodi Winchell, Jamie Winchell Tina Eitmann, Carrie Leber	50.56
3	COLLINS-MAXWELL-BAXTER	Carmen Oswalt, Rachel Flora Amber Long, Mindy Ketchum	50.60
4	BELLE PLAINE	Sarah DeMeulenaere, Amber Friedman Molly DeMeulenaere, Susie Reinhardt	50.83
5	POCAHONTAS AREA	Katrina Christoffers, Ashley Kakacek Niki DeWall, Andrea Kakacek	50.86
6	IOWA CITY REGINA	Katie McFarland, Laura Piatt Amber Miller, Becky Miller	51.26
7	NEW LONDON	Stephanie VanSyoc, Robin Lamm Rachel Miller, Jamie Strawhacker	51.39
8	TIPTON	Amanda Bromell, Abby Eilbeck Courtney Bromell, Kara Rechterman	51.39

HEAT 1

1	COLLINS-MAXWELL-BAXTER	Carmen Oswalt, Rachel Flora Amber Long, Mindy Ketchum	50.53
2	POCAHONTAS AREA	Katrina Christoffers, Ashley Kakacek Niki DeWall, Andrea Kakacek	50.85
3	NEW LONDON	Stephanie VanSyoc, Robin Lamm Rachel Miller, Jamie Strawhacker	51.28
4	GILBERT	Jen Moore, Christy Conard Christian Romano, Danni Dehne	51.74
5	SAC CITY	Sara Osborne, Dawn Lampe Keri Carlson, Tina Sanders	52.15
6	INTERSTATE 35	Brooke Stanley, Kelly Crouthamel Alicia Hraha, Mary DeCarlo	53.02
7	NORTH KOSSUTH	Autumn McCarthy, Kristal Cushman Amanda Merron, Paula Preston	53.13
8	SOUTHERN CAL	Stacy Dowling, Erin Feld Kelly Reiter, Abbie Willis	53.42

HEAT 2

1	GUTHRIE CENTER	Julie Vandevanter, Abby Gonzales Treva Richter, Katie Lewis	50.65
2	TIPTON	Amanda Bromell, Abby Eilbeck Courtney Bromell, Kara Rechterman	50.98
3	BELLE PLAINE	Sarah DeMeulenaere, Amber Friedman Molly DeMeulenaere, Susie Reinhardt	51.28
4	NORTHEAST	Jami Pokorny, Emily Burke Katie Banowetz, Deanna Jacobsen	51.46
5	NEWELL-FONDA	Amy Nieland, Kristi Kruchten Pam Kies, Katie Yocum	51.77
6	EAST BUCHANAN	Anne-Lene Johansen, Julie Burns Kelly Dolan, Emily Dolan	51.96
7	FORT DODGE ST. EDMOND	Amanda Bothe, Amber Bonnstetter Andrea O'Rourke, Julie Drzycimski	52.34
8	NORTH CEDAR	Angie Hulse, Tina Musser Molly Clifton, Laura Platner	53.00
HEAT 3			
1	TREYNOR	Jodi Winchell, Jamie Winchell Tina Eitmann, Carrie Leber	50.44
2	IOWA CITY REGINA	Katie McFarland, Laura Piatt Amber Miller, Becky Miller	51.17
3	GARNER-HAYFIELD	Kirsten Schroeder, Kris Neuberger Steph Atalig, Holly Hanson	51.51
4	CB ST. ALBERT	Angie Petersen, Brandy Ficek Annie Heithoff, Ashley Wills	51.66
5	LEMARS GEHLEN CATHOLIC	Jessi Campbell, Jodi Block Kelly Roecker, Katie Nanninga	52.11
6	CLEAR CREEK-AMANA	Beth Scheetz, Kim Rohret Jill Hansen, Katie Meade	52.18
7	IKM	Steph Meggers, Amy Kasperbauer Wendy Leinen, Katie Larson	52.29
8	PEKIN	Heather Horras, Nickie Breitenbucher Myra Degen, Ashley Dickey	56.06
4x200-METER RELAY			
1	COLLINS-MAXWELL-BAXTER	Carmen Oswalt, Rachel Flora Shelley Atwood, Mindy Ketchum	1:46.08
2	GARNER-HAYFIELD	Kris Neuberger, Carrie Hejlik Steph Atalig, Holly Hanson	1:47.47
3	NORTH LINN	Jennifer Zumbach, Holly Loughren Deanne Miller, Josie Moenk	1:47.49
4	GUTHRIE CENTER	Julie Vandevanter, Abby Gonzales Teresa Wessling, Katie Lewis	1:47.54
5	CAM	Stacy Ticknor, Zoey Artist Sherry Ticknor, Beth Hartman	1:47.74
6	TREYNOR	Jodi Winchell, Jamie Winchell Tina Eitmann, Jessica Sornson	1:47.88
7	KEOTA	Brandy Milford, Allison Lyle Jill Vittetoe, Katie Brees	1:49.13
8	SOUTHERN CAL	Stacy Dowling, Michele Hardy Kelly Reiter, Abbie Willis	1:49.20

HEAT 1

1	TREYNOR	Jodi Winchell , Jamie Winchell Tina Eitmann, Jessica Sornson	1:47.12
2	CAM	Stacy Ticknor, Zoey Artist Sherry Ticknor, Beth Hartman	1:47.29
3	SOUTHERN CAL	Stacy Dowling, Michele Hardy Kelly Reiter, Abbie Willis	1:47.64
4	KEOTA	Brandy Milford, Allison Lyle Jill Vittetoe, Katie Brees	1:47.86
5	POCAHONTAS AREA	Katrina Christoffers, Ashley Kakacek Niki DeWall, Jenny Gruber	1:48.04
6	CARDINAL	Sara Noe, Lynn Huit Melanie Hopwood, Amy Smith	1:50.09
7	WESTWOOD	Kari Carr, Katie Mohning Heather Jones, Keri Brown	1:50.35
8	SAC CITY	Sara Osborne, Aimee Lampe Dawn Lampe, Keri Carlson	1:51.53

HEAT 2

1	COLLINS-MAXWELL-BAXTER	Carmen Oswalt, Rachel Flora Shelley Atwood, Mindy Ketchum	1:47.01
2	GARNER-HAYFIELD	Kris Neuberger, Carrie Hejlik Steph Atalig, Holly Hanson	1:47.17
3	NORTH LINN	Jennifer Zumbach, Holly Loughren Deanne Miller, Josie Moenk	1:47.85
4	CB ST. ALBERT	Ashley Wills, Brandy Ficek Annie Heithoff. Alison Nicholas	1:48.80
5	AR-WE-VA	Mandy Grell, Rachel Pieper Sarah Niehaus, April Pieper	1:49.40
6	NASHUA-PLAINFIELD	Mandie Sorensen, Jill Sinnewell Brooke Rogge, Mistee Hendricks	1:49.55
7	WINFIELD-MT. UNION	Michelle Beard, Ashly Wilkerson Alicia Wymore, Laci Palar	1:50.13
8	INTERSTATE 35	Brooke Stanley, Kelly Crouthamel Alicia Hraha, Mary DeCarlo	1:50.64

HEAT 3

1	GUTHRIE CENTER	Julie Vandevanter, Abby Gonzales Teresa Wessling, Katie Lewis	1:47.64
2	TIPTON	Amanda Bromell, Abby Eilbeck Courtney Bromell, Kara Rechterman	1:48.26
3	NORTHEAST	Jami Pokorny, Hadley Costello Katie Banowetz, Deanna Jacobsen	1:48.35
4	CLEAR CREEK-AMANA	Beth Scheetz, Katie Meade Shelly Hochstetler, Kim Rohret	1:50.46
5	NORTH MAHASKA	Cheryl Van't Sant, Stacy Stout Nicole Stout. Jennifer Van Utrecht	1:51.32
6	PRESTON-EAST CENTRAL	Brandi Jorgensen. Nichole Bott Morgan Willey, Dorice Hankemeier	1:51.77
7	LEMARS GEHLEN CATHOLIC	Katie Nanninga, Bobbie Langel Katie Hughes, Jodi Block	1:51.99
8	BELLE PLAINE	Sarah DeMeulenaere, Amber Friedman Molly DeMeulenaere, Laura Lauthen	1:52.62

4x400-METER RELAY

1	WINFIELD-MT. UNION	Alicia Wymore, Jenny Anderson Laci Palar 61.0, Linda Lappe 57.3	4:04.14
2	ANDREW	Misty Pruess 61.4, Courtney Casel 64.8 Stevie Hudrlik 62.4, Barbara Szlendakova 56.2	4:04.82
3	NORTH IOWA	Trelawny Renstrom, Rachel Heyer Kristin Gerzema, Jodi Hagedorn 57.3	4:05.29
4	DIKE-NEW HARTFORD	Carrie Schreck, Teresa Martin Miranda Weber, Lisa Cannegieter	4:05.54
5	AR-WE-VA	Sarah Niehaus, Rachel Hoffman Rachel Pieper 61.4, April Pieper 60.4	4:06.17
6	BELLE PLAINE	Lauren Drahos, Shanna Hinschberger Laura Lauthen, Ashley Drahn	4:10.33
7	WEST HANCOCK	Nicki Pals, Jamie Veldhouse Nikki Lang, Candace Wilson	4:11.48
8	NORTH LINN	Jennifer Zumbach 63.3, Jessie Henderson 63.9 Josie Moenk 63.7, Deanne Miller 62.7	4:13.66
HEAT 1			
1	ANDREW	Misty Pruess 61.5, Courtney Casel 64.5 Stevie Hudrlik 62.3, Barbara Szlendakova 56.5	4:04.67
2	DIKE-NEW HARTFORD	Carrie Schreck 62.0, Teresa Martin 64.3 Miranda Weber 60.9, Lisa Cannegieter 60.7	4:07.94
3	NORTH LINN	Jennifer Zumbach 61.7, Jessie Henderson 62.2 Josie Moenk 62.0, Deanne Miller 62.8	4:08.76
4	BELLE PLAINE	Lauren Drahos 62.4, Shanna Hinschberger 63.3 Laura Lauthen 64.8, Ashley Drahn 59.6	4:10.17
5	TREYNOR	Jill Deitchler, Katie Lauver Jordanna Wiig, Jessica Sornson	4:14.24
6	WEST MARSHALL	Teri Blood, Tara Christianson Jessica Trine, Nicki Vellinga	4:16.35
7	INTERSTATE 35	Brandi Herman, Alicia Hraha Tiffany Seibert, Brooke Thockmorton	4:17.74
8	TURKEY VALLEY	Jenny Martin, Kristen Stammeyer Carol Croatt, Jenn Shimak	4:20.04
HEAT 2			
1	NORTH IOWA	Trelawny Renstrom 64.8, Rachel Heyer 62.0 Kristin Gerzema 60.0, Jodi Hagedorn 57.6	4:04.49
2	WINFIELD-MT. UNION	Alicia Wymore 62.1, Jenny Anderson 65.3 Laci Palar 60.9, Linda Lappe 58.6	4:06.95
3	AR-WE-VA	Sarah Niehaus 62.0, Rachel Hoffman 63.9 Rachel Pieper 62.4, April Pieper 60.7	4:09.02
4	WEST HANCOCK	Nicki Pals, Jamie Veldhouse Nikki Lang, Candace Wilson	4:10.22
5	DENVER	Bonnie Coberly, Shari Davis Gail Schimmels, Britney Kopp	4:14.36
6	SIOUX CENTRAL	Mandy Riley, Angie Thompson Carrie Cleveland, Cherie Dunn	4:19.18
7	POCAHONTAS AREA	Kate McCormick, Jenny Gruber Joanna Schreiber, Ashley Kakacek	4:20.87
8	LYNNVILLE-SULLY	Carrie Norman, Susie Gray Suzy Van Wyngarden, Katie Shearn	4:21.61
HEAT 3			
1	WILLIAMSBURG	Julie Arthur 62.4, Amanda Von Ahsen 62.1 Heather Iburg 62.8, Beth Jones 63.1	4:10.42

2	AUDUBON	Erin Hoffman 64.1, Jami Layland 63.2 Tiffany Christensen 63.0, Miki Schmidt 61.94:12.07	
3	NORTH CEDAR	Renae Pruess, Molly Clifton Beth Stolte, Ali Sandberg	4:14.50
4	PRESTON-EAST CENTRAL	Brandi Jorgensen, Cherisa Meyer Jamie Larson, Dorice Hankemeier	4:16.97
5	SIGOURNEY	Liz Wehr, Kathy Herman Keely Pierson, Karla Flynn	4:17.66
6	COLUMBUS	Stephani Smith, Melissa Hills Megan Quigley, Anna Sands	4:19.78
7	HINTON	Tara Fischer, Heather DeRocher Kyndara Hardersen, Jill Zevenbergen	4:19.81
8	IOWA CITY REGINA	Michelle Konnath, Hallie Wombacher Nicole Muller, Nicole Hosek	4:21.67

4x800-METER RELAY

1	WILLIAMSBURG	Julie Arthur 2:26.5, Sara McClure 2:34.0 Beth Jones 2:25.1, Amy Neal 2:25.3	09:50.91
2	CEDAR FALLS NU HIGH	Bindy Comito, Rachel Koch Audra Johnson, Vanessa Kettner 2:24.5	09:56.51
3	DIKE-NEW HARTFORD	Stacy Shaw 2:30.3, Miranda Weber 2:29.1 Carrie Schreck 2:36.2, Lisa Cannegieter 2:2	10:00.38
4	POCAHONTAS AREA	Ruth Spangler 2:27.8, Dena Ricklefs 2:31.9 Amanda Ricklefs 2:32.6, Kate McCormick 2:29	10:01.35
5	MANNING	Natasha Vonnahme 2:31.5, Amy Ferneding 2:35.0 Dawn Willenborg, Sarah Detlefsen	10:02.30
6	NORTH LINN	Denise Miller 2:29.9, Lani Nielson 2:30.3 Kyla Schulte 2:35.0, Jessie Henderson 2:27.10	10:02.44
7	LYNNVILLE-SULLY	Susie Gray 2:29.,9, Erin Shearn 2:32.9 Erin Ver Ploeg 2:31.3, Katie Shearn 2:29.0	10:03.06
8	BONDURANT-FARRAR	Jodi Looft, Cassie Buesig Lindsay McClung, Leah Zidon	10:04.45
9	COLUMBUS	Brendle Smith, Megan Quigley Sonya Van Auken, Melissa Hills	10:06.18
10	NODAWAY VALLEY	Kate Olesen 2:25.2, Teresa Shannon 2:31.7 Shannon LaBuff 2:37.2, Kelly Smith 2:32.3	10:06.46
11	VILLISCA	Jordan Marsh 2:34.7, Jessie Gray 2:32.1 Erin Hausen 2:34.7, Becca Casey 2:27.2	10:08.70
12	GILBERT	Anne Allen, Mac Henryson Liz Dunshee, Cari Olson	10:11.11
13	SIGOURNEY	Liz Wehr 2:38.1, Amy Strobel 2:30.1 Kathy Herman 2:24.1, Karla Flynn 2:30.1	10:11.61
14	VAN METER	Sarah Clingan, Megan Tapps Cara Lorenz, Summer Meier	10:12.42
15	MOUNT AYR	Jennifer Nelson, Rachel Derscheid Jerica Jackson, Melissa Eighthmy	10:14.14
16	ELDORA-NEW PROVIDENCE	Emily Glace, Amy Anderson Jennifer Beare, Elaine McDonald	10:15.06
17	AUDUBON	McKenzie Nelson, Jami Layland Tiffany Christensen, Erin Hoffman	10:15.64
18	NORTH IOWA	Trelawny Renstrom 2:33.1, Renae Brandt 2:32.0 Carmen Garst 2:34.0, Kristi Kurtzleben 2:37	10:16.31
19	TREYNOR	Jill Deitchler, Melissa Hansen	

20	HUBBARD-RADCLIFFE	Kristin Potter, Jordanna Wiig Brooke Doering, Rachel Eide Angie Weig, Abby Guard	10:20.49 10:21.30
21	TIPTON	Jenny Janssen, Erica Esbeck Laura Schwitzer, Rachel Suchomel	10:23.54
22	IOWA CITY REGINA	Hallie Wombacher, Erin Hargrave Carissa Chestnut, Nicole Hosek	10:23.91
23	WEST MONONA	Amy Taylor, Lanna Radke Katie Hausman, Brandi Mesenbrink	10:24.06
24	GALVA-HOLSTEIN	Kim Henry 2:35.2, Heather Vohs Katie Lichter, Lacey Leinbaugh	10:49.49

SPRINT MEDLEY RELAY

1	WEST HANCOCK	Nikki Lang, Jamie Veldhouse Dawn Weiskamp, Candace Wilson 56.9	1:50.23
2	MIDLAND	Jessy Bertling, Chanda Nissen Jessica Hall, Carla Wosoba 57.9	1:51.01
3	CB ST. ALBERT	Ashley Wills, Brandy Ficek Alison Nicholas, Annie Heithoff 58.1	1:51.68
4	FREDERICKSBURG	Andrea Rochford, Crystal Lansing Shelley McFarland, Brianne Schoonover	1:52.20
5	SAC CITY	Sara Osborne, Dawn Lampe Keri Carlson, Tina Sanders 58.7	1:52.56
6	OLON	Jessica VanDerLeest, Jackie Ross Jill VanDerLeest, Lindsey Meder 59.3	1:52.60
7	EAGLE GROVE	Candy Visocsky, Maranda Braden Cheri Gatewood, Sarah Stevens	1:52.97
8	PRAIRIE VALLEY	Abbie Hunter, Sam Hammen Julie Boehme, Amanda Beck	1:58.42

HEAT 1

1	OLON	Jessica VanDerLeest, Jackie Ross Jill VanDerLeest, Lindsey Meder 58.8	1:51.64
2	EAGLE GROVE	Candy Visocsky, Maranda Braden Cheri Gatewood, Sarah Stevens 60.0	1:52.37
3	PRAIRIE VALLEY	Abbie Hunter, Sam Hammen Julie Boehme, Amanda Beck 58.1	1:52.66
4	FREDERICKSBURG	Andrea Rochford, Crystal Lansing Shelley McFarland, Brianne Schoonover	1:53.09
5	NORTHEAST	Jami Pokorny, Emily Burke Katie Banowetz, Deanna Jacobsen 59.2	1:53.17
6	WESTWOOD	Lindsay Steinhoff, Jacqueline Birnie Keri Brown, Katie Mohning 60.4	1:55.13
7	PEKIN	Amy Shy, Myra Degen Nickie Breitenbucher, Renate Ruggles	1:56.21
8	COLLINS-MAXWELL-BAXTER	Amber Long, Mindy Geilenfeldt Shelley Atwood, Emily Stratton 63.2	1:57.82

HEAT 2

1	WEST HANCOCK	Nikki Lang, Jamie Veldhouse Dawn Weiskamp, Candace Wilson 57.5	1:51.24
2	ALBURNETT	Michelle Kremenak, Alissa Shelly Crystal Kadlec, Kristi Johnson 57.9	1:53.15

3	GUTHRIE CENTER	Julie Vandevanter, Treva Richter Abby Gonzales, Katie Lewis 60.9	1:53.84
4	NEW LONDON	Stephanie VanSyoc, Jamie Strawhacker Robin Lamm, Rachel Miller 59.1	1:53.89
5	KINGSLEY-PIERSON	Renae Bahrke, Denae Groepper Jessica Wheeler, Kelly Thompson 58.5	1:54.87
6	HARTLEY-MELVIN-SANBORN	Nicole Jaycox, Amber Reverts Jodi Epping, Lydia Brawner	1:54.96
7	TREYNOR	Katie Lauver, Jamie Winchell Tina Eitmann, Jessica Sornson 60.5	1:55.16
8	WINFIELD-MT. UNION	Michelle Beard, Cari Wooton Ashly Wilkerson, Alicia Wymore	1:55.47

HEAT 3

1	MIDLAND	Jessy Bertling, Chanda Nissen Jessica Hall, Carla Wosoba 58.5	1:50.91
2	SAC CITY	Sara Osborne, Dawn Lampe Keri Carlson, Tina Sanders 58.5	1:52.36
3	CB ST. ALBERT	Ashley Wills, Brandy Ficek Alison Nicholas, Annie Heithoff 58.9	1:52.58
4	NORTH KOSSUTH	Autumn McCarthy, Amanda Merron Paula Preston, Anna Hauskins 59.4	1:53.31
5	PRESTON-EAST CENTRA	Morgan Willey, Nichole Bott Brandi Jorgensen, Dorice Hankemeier 58.8	1:53.37
6	DIKE-NEW HARTFORD	Shaliah Stansbery, Renae Williams Miranda Weber, Lisa Cannegieter 61.9	1:56.12
7	CENTRAL LYON	Molly Attig, Traci LeMonds Shawn Tausz, Meredith Austin	1:57.57
8	EAST UNION	Jessie Weeks, Tori Norman Naomi Hoffman, Ronda Cheers	1:57.67

DISTANCE MEDLEY RELAY

1	NORTH KOSSUTH	Amanda Merron, Kristal Cushman Paula Preston 60.2, Anna Hauskins 2:16.3	4:13.14
2	WEST MARSHALL	Tara Christianson, Teri Blood Nicki Vellinga 61.4, Karen Smith 2:17.8	4:15.54
3	SOLON	Jill VanDerLeest, Stacey Oldham Lindsey Meder, Kim Bell	4:18.64
4	AHST	Robyn Plagman, Stephanie Goettsch Amy McMartin 62.1, Stephanie Collins 2:21.2	4:20.86
5	CEDAR FALLS NU HIGH	Rhonda Bolhuis, Michelle Johnson Bonnie Pedersen 59.9, Vanessa Kettner 2:24.	4:21.51
6	NORTH CEDAR	Angie Hulse, Beth Stolte Ali Sandberg 67.0, Renae Pruess 2:25.0	4:21.95
7	NORTH LINN	Holly Loughren, Josie Moenk Deanne Miller, Jessie Henderson	4:22.00
8	IKM	Steph Meggers, Wendy Leinen Amy Kasperbauer 61.2, Heather Holloway 2:26	4:23.05
9	EAST UNION	Erin Kline, Jessie Weeks Naomi Hoffman 65.1, Ronda Cheers 2:19.8	4:23.12
10	KEOTA	Jill Vittetoe, Katie Brees Allison Lyle, Ali Sieren	4:24.27
11	COLUMBUS	Paula Pugh, Katie Nielsen	

		Stephani Smith, Melissa Hills	4:24.79
12	WEST BEND-MALLARD	Mindy Anderson, Tracey Schneider Janelle Eoriatti, Krissa Skogland	4:26.04
13	SIGOURNEY	Nina Hammes, Keely Pierson Kathy Herman 62.9, Karla Flynn 2:28.0	4:27.18
14	ST. ANSGAR	Randi Huffman, Gretchen Porisch Sommer Hackenmiller 62.0, Ailey Kleckner	4:28.18
15	REMSEN-UNION	Laurie Stoos, Katie Ruhland Sarah Law, Brandi Tentlinger	4:28.23
16	COON RAPIDS-BAYARD	Meri Waldo, Annie Danner Marti Stout, Tracy Hoffman	4:29.01
17	EARLHAM	Heather Jobst, Ami Studt Heidi Hatfield, Stacy Lister	4:29.83
18	WOODBURY CENTRAL	Michelle Phipps, Brenda Foster Carissa Cooper, Tara Sands	4:30.60
19	POCAHONTAS AREA	Niki DeWall, Missy Gerrard Kate McCormick, Ruth Spangler 2:30.8	4:31.26
20	PRESTON-EAST CENTRAL	Cherisa Meyer, Nichole Bott Jamie Larson, Michelle Beck	4:31.76
21	WILLIAMSBURG	Heather Iburg, Olivia Fetzer Julie Arthur 62.3, Amy Neal 2:35.1	4:32.53
22	DENVER	Jamie Knudson, Shari Davis Bonnie Coberly, Sarah Homan	4:33.94
23	VALLEY CEW	Jackie Aanes, Leesa Matt Julie Guyer, Kate Cline	4:39.58

SHUTTLE HURDLE RELAY

1	TREYNOR	Jodi Winchell 16.1, Theresa Trede 16.4 Katie Lauver 16.7, Carrie Leber 14.8	1:04.11
2	WILLIAMSBURG	Olivia Fetzer 16.7, Angela Westcott 16.5 Brandee Spratt 16.7, Molly O'Brien 15.2	1:04.26
3	NORTH IOWA	Jessica Heyer 17.6, Jodi Hagedorn 15.0 Heidi Jensvold 17.7, Kristin Gerzema 15.2	1:05.44
4	LEMARS GEHLEN CATHOLIC	Katie Nanninga 16.0, Anna Ruden 71.5 Kelly Roecker 16.1, Jodi Block 16.0	1:05.61
5	PEKIN	Heather Horras 16.0, Jenny Hammes 17.0 Ashley Dickey 16.0, Nicole Baker 17.2	1:06.27
6	MANSON-NW WEBSTER	Nicole Streit, Jennifer Jepson Raegan Schultz 16.1, Lindsay Schultz 16.2	1:06.74
7	AR-WE-VA	Tiffany Wolterman 17.3, Mandy Grell 16.7 Meggan Farrell 16.1, Rachel Hoffman 16.0	1:06.98
8	BATTLE CREEK-IDA GROVE	Josie Tarr, Nicole Stewart Brittany Jacobsen, Megan Johnson	1:07.07

HEAT 1

1	TREYNOR	Jodi Winchell 16.4, Theresa Trede 16.7 Katie Lauver 16.2, Carrie Leber 15.5	1:04.61
2	PEKIN	Heather Horras 16.0, Jenny Hammes 17.2 Ashley Dickey 16.0, Nicole Baker 17.4	1:06.65
3	AR-WE-VA	Tiffany Wolterman, Mandy Grell Meggan Farrell, Rachel Hoffman	1:06.68
4	WESTWOOD	Keri Brown, Katie Wilt Heather Jones, Abby Dean	1:08.28

HEAT 2

1	TRIPOLI	Heather Ahrens 17.1, Jenny Boeckmann 17.3 Kara Meyer 17.1, Elizabeth Teisinger 15.5	1:06.98
2	CLEAR CREEK-AMANA	Jill Hansen 16.4, Teri Stimmel 17.6 Mary Jo Hummer 16.7, Crystel DeBrower 16.9	1:07.62
3	INTERSTATE 35	Kelly Crouthamel, Kyla Crouthamel Brandi Herman, Mary DeCarlo	1:08.96
4	STORM LAKE ST. MARY'S	Margo Fulcher, Megan Petersen Nicole Summerlin, Julie Lange	1:13.01

HEAT 3

1	LEMARS GEHLEN CATHOLIC	Anna Ruden 17.4, Jodi Block 16.5 Kelly Roecker 16.4, Katie Nanninga 16.2	1:06.57
2	SOUTHERN CAL	Erin Feld, Jenny Otto Revai Irwin, Kelly Reiter	1:07.34
3	SIGOURNEY	Jessi Clarahan 16.3, Liz Wehr 19.6 Val Bombei 16.1, Keely Pierson 16.5	1:08.49
4	GILBERT	Jen West, Katie Hunter Rebecca Trampel, Kelly Quarnstrom	1:08.73

HEAT 4

1	MANSON-NW WEBSTER	Nicole Streit 17.7, Jennifer Jepson 16.9 Raegan Schultz 16.0, Lindsay Schultz 16.0	1:06.55
2	BATTLE CREEK-IDA GROVE	Josie Tarr 18.2, Nicole Stewart 17.2 Brittany Jacobsen 15.5, Megan Johnson 16.1	1:06.77
3	NORTH LINN	Autum Boddicker, Nichole Broghammer Toni Short, Laura Reinhardt	1:07.68
4	AUDUBON	Erika Levis, Jami Wiges Brooke Fancher, Jen Randeris	1:09.36

HEAT 5

1	NORTH IOWA	Jessica Heyer 16.9, Jodi Hagedorn 17.9 Heidi Jensvold 15.4, Kristin Gerzema 15.3	1:05.44
2	EDGEWOOD-COLESBURG	Keri Brady, Amy Schenke Judy Barnhardt, Jessi Lincoln	1:07.04
3	PLEASANTVILLE	Emily Crane, Renae Kingery Cory Stecker, Becky Kingery	1:08.42
999	WINFIELD-MT. UNION	Stacy Yoder 17.0, Ashly Wilkerson 16.7 Jenny Anderson 16.3, Cari Wooton 16.3	DQ-1:06.30

HEAT 6

1	WILLIAMSBURG	Olivia Fetzer 16.2, Angela Westcott 16.7 Brandee Spratt 16.4, Molly O'Brien 16.3	1:05.69
2	CAM	Traci Powell, Sherry Ticknor Zoey Artist, Stacy Ticknor	1:07.58
3	TIPTON	Courtney Bromell, Meghan Osborn Corey Arndt, Amanda Bromell	1:08.80
4	MOUNT AYR	Laura Jones, Amanda Werner Rachel Derscheid, Melissa Eighmy	1:09.66

1997 STATE TRACK & FIELD FINAL RESULTS -- CLASS 2A

TEAM SCORING

1	Benton	28
1	South Winneshiek	28
3	Aplington-Parkersburg	27
4	Mount Vernon-Lisbon	24
5	Davis County-Fox Valley	22
6	Clear Lake	21
7	Durant-Bennett	20
8	North Fayette	19
9	Atlantic	18
9	Ballard	18
9	Harlan	18
9	Nevada	18
13	Western Christian	16
14	Starmont	15
15	Chariton	13
15	Forest City	13
17	Roland-Story	11
17	South O'Brien	11
19	New Hampton	10
20	MOC-Floyd Valley	9
20	Vinton-Shellsburg	9
22	Carroll	8
22	Jefferson-Scranton	8
22	Knoxville	8
22	Norwalk	8
26	Creston	7
26	Dyersville Beckman	7
28	Boyden-Hull-Rock Valley	6
28	Clarinda	6
28	Estherville	6
28	Humboldt	6
28	Prairie City-Monroe	6
28	Spirit Lake Park	6
34	Storm Lake	5
35	Algona	4
35	Belmond-Klemme	4
35	Grinnell	4
35	Okoboji	4
35	Sergeant Bluff-Luton	4
35	Sibley-Ocheyedan	4

41	Hampton-Dumont	3
41	Independence	3
41	Maquoketa Valley	3
41	Perry	3
45	Davenport Assumption	2
45	Osage	2
45	Sheldon	2
45	Union	2
45	Unity Christian	2
50	Marion	1
50	Red Oak	1
50	Shenandoah	1
50	Sioux Center	1
54	ADM	0
54	Anamosa	0
54	Bellevue	0
54	Camanche	0
54	Carlisle	0
54	Carroll Kuemper	0
54	Cascade	0
54	Centerville	0
54	Central Lee	0
54	Cherokee	0
54	Clarke	0
54	Crestwood	0
54	Dallas Center-Grimes	0
54	Decorah	0
54	DeWitt Central	0
54	Eddyville-Blakesburg	0
54	Elkader-Garnavillo	0
54	Emmetsburg	0
54	Iowa Falls	0
54	Maquoketa	0
54	MFL-Mar-Mac	0
54	Mid-Prairie	0
54	Missouri Valley	0
54	Monticello	0
54	Ogden	0
54	Pella Christian	0
54	Saydel	0
54	Stuart West Central	0
54	Washington	0
54	Waukee	0
54	Waukon	0
54	Webster City	0
54	West Liberty	0
54	Winterset	0

100-METER DASH

1	Missy Roos	South O'Brien	SR	12.95
2	Bree Elsbernd	South Winneshiek	JR	13.00
3	Cathy Kister	Creston	JR	13.03

4	Maggie Hall	Harlan	SR	13.06
5	Brandee Bierschenk	Benton	SO	13.18
6	Jenny Carroll	Hampton-Dumont	JR	13.21
7	Lindsay Courtney	Creston	SR	13.25
8	Beth Aanonson	Ballard	FR	13.26

HEAT 1

1	Missy Roos	South O'Brien	SR	13.08
2	Cathy Kister	Creston	JR	13.14
3	Beth Aanonson	Ballard	FR	13.18
4	Jessica Miner	Okoboji	JR	13.33
5	Michelle Bakkum	MFL-Mar-Mac	SO	13.39
6	MacKinzie Campbell	Cherokee	FR	13.55
7	Natalie Sanger	Saydel	SO	13.62
8	Brooke Christensen	Winterset	SO	13.73

HEAT 2

1	Bree Elsbernd	South Winneshiek	JR	12.93
2	Lindsay Courtney	Creston	SR	13.17
3	Tracy Simons	Carroll Kuemper	SO	13.31
4	Rosie Brodell	Davenport Assumption	JR	13.57
5	Tara Baschke	Okoboji	SO	13.63
6	Jennifer Recker	South O'Brien	SR	13.65
7	Kate DuChene	Spirit Lake Park	SR	13.87
8	Melanie Schetter	Red Oak	JR	13.88

HEAT 3

1	Maggie Hall	Harlan	SR	12.89
2	Brandee Bierschenk	Benton	SO	13.14
3	Jenny Carroll	Hampton-Dumont	JR	13.28
4	Greta Goerss	Spirit Lake Park	FR	13.32
5	Katie Overman	Mount Vernon-Lisbon	JR	13.43
6	Erin Sherman	Centerville	SO	13.46
7	Stacy Wiederin	Carroll Kuemper	SO	13.70

200-METER DASH

1	Nikki Nelson	Mount Vernon-Lisbon	JR	26.44
2	Marcy Krumm	Ballard	SR	26.44
3	Jessica Miner	Okoboji	JR	26.84
4	Maggie Hall	Harlan	SR	26.85
5	Sarah Haan	Western Christian	SO	26.94
6	Lindsay Courtney	Creston	SR	27.33
7	Tracy Simons	Carroll Kuemper	SO	27.34
8	Anna Teigland	Sheldon	JR	27.42

HEAT 1

1	Marcy Krumm	Ballard	SR	26.06
2	Sarah Haan	Western Christian	SO	26.45
3	Anna Teigland	Sheldon	JR	26.91
4	Tara Flora	Webster City	FR	27.16
5	Carey Gile	Cascade	SO	27.40
6	Kathy Wohlers	Missouri Valley	JR	27.54
7	Jennifer Jennings	Iowa Falls	SR	27.87

8	Sarah Tompkins	Clear Lake	FR	28.54
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HEAT 2

1	Maggie Hall	Harlan	SR	26.42
2	Jessica Miner	Okoboji	JR	26.48
3	Lindsay Courtney	Creston	SR	26.90
4	Michelle Bakkum	MFL-Mar-Mac	SO	27.25
5	Sara Schulte	Benton	SO	27.53
6	Natalie Sanger	Saydel	SO	27.72
7	Sheryl Bell	Durant-Bennett	SR	27.76
8	Greta Nelson	Marion	FR	29.46

HEAT 3

1	Nikki Nelson	Mount Vernon-Lisbon	JR	26.21
2	Tracy Simons	Carroll Kuemper	SO	26.66
3	Annette Ottoerfer	Starmont	SO	26.92
4	Lakisha Harper	North Fayette	SO	27.09
5	MacKinzie Campbell	Cherokee	FR	27.40
6	Kellie Hicks	Clarinda	SO	27.53
7	Tasha Harvey	Storm Lake	FR	27.94
8	Nina Kaiser	Grinnell	SR	29.07

400-METER DASH

1	Nikki Nelson	Mount Vernon-Lisbon	JR	0:56.54
2	Jill Bakewell	South Winneshiek	SR	0:56.97
3	Marcy Krumm	Ballard	SR	0:58.76
4	Tami Smith	Perry	SO	0:59.27
5	Alice Ottoerfer	Starmont	JR	0:59.94
6	Rachel Riepma	Sheldon	JR	1:00.26
7	Tara Flora	Webster City	FR	1:00.67
8	Jessica Rowenhorst	Unity Christian	FR	1:01.31

HEAT 1

1	Jill Bakewell	South Winneshiek	SR	56.90
2	Rachel Riepma	Sheldon	JR	60.47
3	Beth Randleman	Carlisle	SR	62.72
4	Crystal Kegler	Forest City	FR	63.79
5	Bridget Knutzen	ADM	JR	63.91
6	Teresa Phipps	Grinnell	SR	64.37
7	Erin Henderson	Independence	FR	66.44
999	Kendra Kindley	Knoxville	SO	DNF

HEAT 2

1	Marcy Krumm	Ballard	SR	58.83
2	Alice Ottoerfer	Starmont	JR	60.57
3	Jessica Rowenhorst	Unity Christian	FR	61.02
4	Brynn Wagner	Davenport Assumption	JR	61.64
5	Ashley Gray	Spirit Lake Park	FR	62.85
6	Courtney Williams	Sergeant Bluff-Luton	SO	63.62
7	Nema Meier	DeWitt Central		64.68
8	Kara Dieterich	Benton	FR	64.89

HEAT 3

1	Nikki Nelson	Mount Vernon-Lisbon	JR	57.45
2	Tami Smith	Perry	SO	59.50
3	Tara Flora	Webster City	FR	60.72
4	Jessie Brooks	MFL-Mar-Mac	FR	61.84
5	Lorraine Stamp	Harlan	SO	61.85
6	Nana Diederichs	Crestwood	JR	63.62
7	Lauren Feller	Sergeant Bluff-Luton	FR	66.03
999	Susan Kenyon	Emmetsburg	JR	DNF

800-METER RUN

1	Amanda Kalen	Durant-Bennett	SR	2:13.80 J
2	Jessica Neavins	Aplington-Parkersburg	SR	2:18.09
3	Brianne Hupke	Benton	JR	2:20.59
4	Sarah Robson	Belmond-Klemme	SR	2:21.44
5	Missy Domeyer	Dyersville Beckman	SO	2:22.97
6	Leslie Junker	Aplington-Parkersburg	FR	2:24.27
7	Jill Robinson	Atlantic	JR	2:25.02
8	Amy Learn	North Fayette	JR	2:25.75
9	Courtney Ebersole	Sergeant Bluff-Luton	SR	2:27.05
10	Asta Barcas	Cherokee	SR	2:27.74
11	Jen Hasty	Stuart West Central	FR	2:27.76
12	Amanda Dotson	Okoboji	JR	2:27.89
13	Michelle Doom	DeWitt Central	SR	2:28.27
14	Andrea Gosnell	Central Lee	SO	2:29.35
15	Gretchen Hochhalter	Perry	SR	2:29.38
16	Megan Dabroski	Maquoketa Valley	JR	2:29.44
17	Jenni Mudd	Independence	FR	2:30.09
18	Stephanie Legore	Mount Vernon-Lisbon	FR	2:30.45
19	Stephanie Balk	Elkader-Garnavillo	SR	2:30.55
20	Leah Hentges	Spirit Lake Park	SO	2:30.78
21	Sara Johnson	Vinton-Shellsburg	JR	2:32.47
22	Angela Van Meeteren	Sheldon	FR	2:35.17
23	Abigail Fliehler	Starmont	SR	2:36.16
24	Janie DeJoode	Knoxville	SR	2:36.18

1500-METER RUN

1	Val Oltman	Nevada	JR	4:51.46
2	Kendra Versendaal	Prairie City-Monroe	JR	4:54.60
3	Amy Edwards	Chariton	SR	4:59.43
4	Jenni Mudd	Independence	FR	5:01.23
5	Kristi Schmidt	Spirit Lake Park	JR	5:01.97
6	Stacy Ver Steeg	Sibley-Ocheyedan	SR	5:03.41
7	Tabitha Vander Wilt	Unity Christian	SR	5:06.11
8	Amy Olson	Humboldt	SO	5:06.40
9	Kristy Kubik	Davenport Assumption	JR	5:06.58
10	Emily Roesger	Durant-Bennett	SR	5:07.42
11	Leigh Hagen	Davenport Assumption	FR	5:07.74
12	Marie Elsberry	Atlantic	SO	5:08.63
13	Emily Nestor	Sheldon	FR	5:10.53
14	Tara Norris	North Fayette	JR	5:10.61

15	Jamie Hansen	Okoboji	SR	5:14.34
16	Becky Kobliska	New Hampton	SR	5:14.37
17	Jenny Kramer	New Hampton	JR	5:14.69
18	Georgia Millward	Benton	FR	5:16.68
19	Eve Kummerfeld	South O'Brien	JR	5:16.95
20	Emily Baumert	Marion	FR	5:17.55
21	Amber Harter	Grinnell	SR	5:17.66
22	Caitlin McKernan	Independence	SO	5:18.42
23	Tricia Arellano	Carroll Kuemper	SO	5:25.76
999	Angie Nibbelink	Unity Christian	JR	DNF

3000-METER RUN

1	Amanda Kalen	Durant-Bennett	SR	10:30.09
2	Val Oltman	Nevada	JR	10:40.48
3	Kristi Schmidt	Spirit Lake Park	JR	10:49.47
4	Amy Edwards	Chariton	SR	10:54.87
5	Stacy Ver Steeg	Sibley-Ocheyedan	SR	10:57.48
6	Martie Houtsma	Sibley-Ocheyedan	JR	11:08.65
7	Lyndsy Owen	Waukee	FR	11:10.37
8	Leigh Hagen	Davenport Assumption	FR	11:13.21
9	Georgia Millward	Benton	FR	11:16.11
10	Tabitha Vander Wilt	Unity Christian	SR	11:16.55
11	Emily Roesger	Durant-Bennett	SR	11:16.75
12	Julie Binneboese	MOC-Floyd Valley	SR	11:23.11
13	Emily Nestor	Sheldon	FR	11:43.16
14	Jennifer Evans	Shenandoah	JR	11:43.39
15	Andrea Miller	Mount Vernon-Lisbon	SR	11:50.18
16	Erika Sanchez	Washington	SO	11:51.18
17	Alicia Beck	Anamosa	FR	11:55.57
18	Beth Boyer	Waukee	JR	11:59.34
19	Janelle DeJong	MOC-Floyd Valley	JR	12:01.83
20	Jessica Moore	Camanche	JR	12:04.45
21	Tara Lyons	Waukon	SR	12:17.01
22	Becky Bowman	Monticello	JR	12:45.64
999	Kendra Versendaal	Prairie City-Monroe	JR	DNF
999	Amie Brunko	Independence	JR	DNF

100-METER HURDLES

1	Jenni Donohue	Roland-Story	SR	15.02
2	Bobbi Jo Lane	Humboldt	SR	15.31
3	Anna Wilcoxon	Atlantic	SR	15.63
4	Steph Francois	Starmont	JR	15.75
5	Sheila Shippy	North Fayette	SR	15.86
6	Kari Bahrke	Sioux Center	SR	15.93
7	Vanessa Doerscher	Davenport Assumption	JR	16.17
8	Rachel Dykstra	MOC-Floyd Valley	JR	16.28

HEAT 1

1	Bobbi Jo Lane	Humboldt	SR	15.80
2	Steph Francois	Starmont	JR	15.90

3	Kari Bahrke	Sioux Center	SR	15.95
4	Kathy Wohlers	Missouri Valley	JR	16.27
5	Rebecca Schelhaas	Unity Christian	JR	16.45
6	Brooke Christensen	Winterset	SO	16.48
7	Dana Doppenberg	MOC-Floyd Valley	SR	16.52
8	Kristi Donovan	DeWitt Central	SR	16.73

HEAT 2

1	Jenni Donohue	Roland-Story	SR	15.43
2	Anna Wilcoxon	Atlantic	SR	16.05
3	Sheila Shippy	North Fayette	SR	16.23
4	Vanessa Doerscher	Davenport Assumption	JR	16.24
5	Paige Thomson	Jefferson-Scranton	SR	16.39
6	Sara Wrage	Cherokee	SO	16.40
7	Mandy Harms	Shenandoah	SO	17.20

HEAT 3

1	Rachel Dykstra	MOC-Floyd Valley	JR	16.24
2	April Mueller	Spirit Lake Park	SO	16.47
3	Lindsay Albertson	Union	FR	16.50
4	Katie Woods	Atlantic	SR	16.58
5	Toni Glawe	Elkader-Garnavillo	SR	16.61
6	Carrie Miller	Stuart West Central	SO	16.62
7	Kelly Mitchell	Centerville	SR	16.65
8	Amy Anderson	Storm Lake	SR	16.98

400-METER HURDLES

1	Kim McCaffrey	Carroll	SR	1:04.34
2	Amy Sheldahl	Boyden-Hull-Rock Valley	JR	1:04.78
3	Gina Shannon	New Hampton	SR	1:05.75
4	Jenni Donohue	Roland-Story	SR	1:06.60
5	Lindsay Albertson	Union	FR	1:07.48
6	Cathy Brookins	Clear Lake	SR	1:07.49
7	Amy Allen	Grinnell	JR	1:08.81
8	Kristin McCord	Centerville	FR	1:09.22

HEAT 1

1	Amy Sheldahl	Boyden-Hull-Rock Valley	JR	1:05.36
2	Kim McCaffrey	Carroll	SR	1:06.04
3	Jackie Eekhoff	Unity Christian	SR	1:08.12
4	Cindy Brincks	South Winneshiek	JR	1:09.02
5	Angie Bailey	Belmond-Klemme	SR	1:09.42
6	Ellie Junker	Aplington-Parkersburg	SR	1:10.40
7	Elizabeth Drury	Camanche	JR	1:11.21
8	Anna Casey	Cascade	JR	1:12.78

HEAT 2

1	Gina Shannon	New Hampton	SR	1:06.06
2	Jenni Donohue	Roland-Story	SR	1:06.75
3	Lindsay Albertson	Union	FR	1:07.71
4	Darci Bouma	Unity Christian	JR	1:08.35
5	Megan Hammons	West Liberty	JR	1:08.55
6	Keri Deppe	Grinnell	SR	1:09.09

7	Jenny Kemmerer	Nevada	SO	1:09.10
8	Erin Borchers	Sheldon	JR	1:12.41

HEAT 3

1	Amy Allen	Grinnell	JR	1:06.51
2	Cathy Brookins	Clear Lake	SR	1:06.60
3	Kristin McCord	Centerville	FR	1:07.92
4	Brooke Weber	Norwalk	SO	1:09.29
5	Kristi Robinson	Okoboji	SO	1:09.99
6	Kristin Olson	Harlan	SR	1:10.25
7	Paige Thomson	Jefferson-Scranton	SR	1:12.21
999	Suzanne Wiggers	Ballard	JR	DQ1:07.64

HIGH JUMP

1	Tracy Flowers	Knoxville	SR	5'05"
2	Kalyn Byers	Clarinda	FR	5'04"
3	Jessi Kucera	Sergeant Bluff-Luton	JR	5'03"
4	Rachel Dykstra	MOC-Floyd Valley	JR	5'03"
5	Leah Dvorak	New Hampton	SO	5'03"
6	Amber Eganhouse	Marion	JR	5'03"
7	Marissa Knehans	Starmont	JR	5'03"
8	Nikki Garrett	Clarke	SR	5'02"
9	Sarah Schooley	Davis County-Fox Valley	SR	5'02"
10	Jen Ellerbrock	Sibley-Ocheyedan	SO	5'02"
11	Dawn Netz	Pella Christian	SO	5'00"
12	Kim McCaffrey	Carroll	SR	5'00"
12	Casee Piel	Creston	JR	5'00"
14	Allison Kruger	South O'Brien	SO	5'00"
15	Margaret Wrage	Union	FR	4'10"
15	Krista Klingbeil	Estherville	FR	4'10"
15	Devon Heyden	Hampton-Dumont	SR	4'10"
15	Janae Anderson	Boyden-Hull-Rock Valley	FR	4'10"
19	Erika Beck	Ballard	JR	4'10"
19	Jori Van Ginkel	Western Christian	JR	4'10"
999	Amanda Gilmore	Washington	SO	NH
999	Kristi Donovan	DeWitt Central	SR	NH
999	Cyanna Alm	Camanche	SO	NH

LONG JUMP

1	Nikki Nelson	Mount Vernon-Lisbon	JR	17'08"
2	Maggie Hall	Harlan	SR	17'04"
3	Star Esslinger	Davis County-Fox Valley	SO	17'02.75"
4	Laurie Steffen	Maquoketa Valley	SO	17'01.25"
5	Marcy Krumm	Ballard	SR	17'01"
6	Jen Timmerman	Vinton-Shellsburg	SR	16'08.50"
7	Kristy Kelchen	Starmont	SR	16'06.75"
8	Jeanna Van Veen	Prairie City-Monroe	SO	16'05.75"
9	Marcy Foster	Clarinda	SR	16'05.25"
10	Maggie Stravers	Prairie City-Monroe	SR	16'02.75"
11	Anna Teigland	Sheldon	JR	16'00"

12	Lakisha Harper	North Fayette	SO	15'11"
13	Lisa Lubbers	MOC-Floyd Valley	SR	15'10.25"
14	Amy Lowe	Clarke	JR	15'08.75"
15	Tara Meekma	MOC-Floyd Valley	SO	15'07.25"
16	Jennifer Wieck	Hampton-Dumont	SO	15'06.75"
17	Tracy Simons	Carroll Kuemper	SO	15'05.75"
18	Anna Wilcoxon	Atlantic	SR	15'02"
19	Kathy Wohlers	Missouri Valley	JR	15'01.25"
20	Vanessa Doerscher	Davenport Assumption	JR	15'00.75"
21	Betsy Jennings	Nevada	JR	14'11"
22	Elecia Brocka	Aplington-Parkersburg	SO	14'10.75"
23	Rachel Lea	Sergeant Bluff-Luton	FR	14'02"
24	April Durst	Cherokee	JR	13'11.25"

SHOT PUT

1	Val Eklov	Norwalk	SR	38'10"
2	Lorrie Grems	Estherville	SO	38'07"
3	Sarah Stille	Storm Lake	SR	38'00.50"
4	Allison Reese	Forest City	SR	37'10.52"
5	Tera Williamson	Osage	JR	36'07.50"
6	Molly Standafer	North Fayette	JR	36'02.50"
7	Ellen Bunker	Jefferson-Scranton	JR	36'02.50"
8	Molly Campbell	North Fayette	SR	36'02.50"
9	Alyssa Dennis	Ballard	FR	35'09.75"
10	Abbi Schutte	Sibley-Ocheyedan	SR	35'06.50"
11	Jennifer Capper	Washington	JR	35'04.50"
12	Michelle Stover	Clarke	JR	35'02"
13	Amanda Christenson	Anamosa	JR	34'10.75"
14	Katie Ruby	Humboldt	SO	34'09.50"
15	Michelle Dingmann	Maquoketa Valley	FR	34'08.75"
16	Lynette Gingerich	Mid-Prairie	JR	34'07.50"
17	Laura Stork	Carroll Kuemper	JR	34'05.75"
18	June Numedahl	Decorah	JR	33'10.50"
19	Betsy Cartwright	Dallas Center-Grimes	JR	33'08.25"
20	Shanna Crews	Winterset	SR	33'05.50"
21	Cora Lynn Becker	Atlantic	SR	33'04.50"
22	Jill Roach	Eddyville-Blakesburg	SO	32'09"
23	Lindsey Smith	New Hampton	FR	30'09.50"
24	Mindy Keeler	Creston	JR	29'10.75"

DISCUS

1	Lana Radeke	Vinton-Shellsburg	SR	125'08"
2	Alyssa Dennis	Ballard	FR	124'09"
3	Erin Coffey	Chariton	JR	122'08"
4	Rhiannon Huffman	South O'Brien	JR	122'02"
5	Jennifer Duffy	New Hampton	JR	121'06"
6	Jennifer Hansen	Belmond-Klemme	SO	121'05"
7	Tenille Tate	Webster City	SR	118'03"
8	Allison Reese	Forest City	SR	116'09"
9	Jan Frazier	Benton	SR	113'08"

10	Billie Jo Hunt	Maquoketa Valley	SO	111'11"
11	Lindsay Wolff	Aplington-Parkersburg	JR	108'11"
12	Angie Horman	Durant-Bennett	SR	107'08"
13	Vicki Truka	Crestwood	JR	106'02"
13	Mindy Keeler	Creston	JR	106'02"
15	Kari Wagenaar	Sheldon	SR	105'00"
16	Angie Dagel	Sibley-Ocheyedan	JR	104'08"
17	Amy Michels	Independence	SO	104'01"
18	Kate Schreiber	Algona	JR	103'09"
19	Jenny Rembe	Sergeant Bluff-Luton	JR	102'05"
20	Angie Hogue	Carroll	FR	101'03"
21	Sarah Haan	Western Christian	SO	100'07"
22	Brandy Davenport	Osage	JR	098'08"
23	Jill Wurzer	North Fayette	SR	096'02"
24	Michelle Dingmann	Maquoketa Valley	FR	092'04"

4x100-METER RELAY

1	NORTH FAYETTE	Sarah Graham, Jeana McKnight Lindsay Olson, Lakisha Harper	50.45
2	CLEAR LAKE	Kristy Echelberger, Brandi Halsne Angie Doebel, Liz Jaben	50.48
3	STARMONT	Alice Otdoerfer, Kristy Kelchen Steph Francois, Annette Otdoerfer	50.72
4	BENTON	Megan Kromminga, Sara Schulte Beth Kromminga, Brandee Bierschenk	51.18
5	CRESTON	Cathy Kister, Elisa Hutchinson Erin McKee, Lindsay Courtney	51.27
6	STORM LAKE	Amy Anderson, Erin Gervais Michelle Purviance, Tasha Harvey	51.73
7	SOUTH O'BRIEN	Sandra Tjaden, Jennifer Recker Shalene Miller, Missy Roos	51.84
8	DAVIS COUNTY-FOX VALLEY	Amy Cason, Star Esslinger Angie Brown, Sarah Schooley	52.26

HEAT 1

1	STARMONT	Alice Otdoerfer, Kristy Kelchen Steph Francois, Annette Otdoerfer	50.86
2	BENTON	Megan Kromminga, Sara Schulte Beth Kromminga, Brandee Bierschenk	51.49
3	DAVIS COUNTY-FOX VALLEY	Amy Cason, Star Esslinger Angie Brown, Sarah Schooley	51.61
4	DAVENPORT ASSUMPTION	Rita Venaglia, Kelly Sunderbruch Vanessa Doerscher, Rosie Brodell	52.12
5	GRINNELL	Darla Kaisand, Sarah Boyer Sara Thompson, Alison Pirkl	52.48
6	NORWALK	Nicole Cavanaugh, Megan Aubrey Stephanie Jones, Brooke Weber	52.59
7	SAYDEL	Alisha Kalar, Jennifer K. Smith Steph Hollingshead, Laura Halbbrook	52.71
8	ATLANTIC	Emily Vorm, Kaarin Lamb Stephanie Sieck, Kristi Von Dielingen	53.13

HEAT 2

1	NORTH FAYETTE	Sarah Graham, Jeana McKnight Lindsay Olson, Lakisha Harper	50.24
2	STORM LAKE	Amy Anderson, Erin Gervais Michelle Purviance, Tasha Harvey	51.62
3	CRESTON	Cathy Kister, Elisa Hutchinson Erin McKee, Lindsay Courtney	51.79
4	SPIRIT LAKE PARK	Ana Guerra, Kate DuChene Kim Puhrman, Greta Goerss	52.01
5	CLARKE	Nikki Garrett, Lisa Cowling Amy Lowe, Michelle Stover	52.26
6	VINTON-SHELLSBURG	Carrie Lohrer, Jen Evans Micky Sutton, Melissa Geiken	52.49
7	SIOUX CENTER	Monica Vermeer, Kayla Rozeboom Kari Bahrke, Kirsten Overlie	52.62
8	SOUTH WINNESHIEK	Nikki Hitesman, Renee Lensing Melissa Schmitt, Candice Schneberger	53.52
HEAT 3			
1	CLEAR LAKE	Kristy Echelberger, Brandi Halsne Angie Doebel, Liz Jaben	50.86
2	SOUTH O'BRIEN	Sandra Tjaden, Jennifer Recker Shalene Miller, Missy Roos	51.85
3	HAMPTON-DUMONT	Sarah Hannah, Sarah Anderson Jenny Carroll, Jennifer Wieck	52.07
4	DECORAH	Jamie Lemke, Teri Olson Kristin Rude, Andrea Kerndt	52.52
5	CENTERVILLE	Erin Sherman, Joani McClure Kelly Mitchell, Alissa King	52.55
6	MOUNT VERNON-LISBON	Kacey Kuntz, Shelli Huff Chelsea Ellison, Katie Overman	52.74
7	BALLARD	Tammy Ervin, Nicole Henry Lindsey Brendeland, Kelley Currey	53.90
999	FOREST CITY	Laura Korth, Andrea Laaveg Crystal Kegler, Stacy Vitek	DNF

4x200-METER RELAY

1	BENTON	Megan Kromminga, Carol Bridgewater Beth Kromminga, Brandee Bierschenk	1:47.11
2	DAVIS COUNTY-FOX VALLEY	Sarah Schooley, Star Esslinger Amy Cason, Emily Zeitler	1:47.24
3	NORTH FAYETTE	Lindsay Olson, Tara Heller Jeana McKnight, Lakisha Harper	1:47.67
4	ALGONA	Angie Kajewski, Melissa Nelson Kim Groen, Lindsay Moss	1:47.80
5	HAMPTON-DUMONT	Jennifer Wieck, Jamie Brower Katie Wolf, Jenny Carroll	1:48.21
6	RED OAK	Melanie Schetter, Heidi Clayton Kara Paul, Sarah Wood	1:48.66
7	BALLARD	Mandy Halverson, Tammy Ervin Lindsey Brendeland, Beth Aanonson	1:48.79
8	SOUTH WINNESHIEK	Bree Elsbernd, Jenarah TeKippe Ann Bakewell, Beth Moore	1:48.98

HEAT 1

1	NORTH FAYETTE	Lindsay Olson, Tara Heller Jeana McKnight, Lakisha Harper	1:47.88
2	SOUTH WINNESHIEK	Bree Elsbernd, Jenarah TeKippe Ann Bakewell, Beth Moore	1:48.47
3	DECORAH	Kristin Rude, Josie Einck Teri Olson, Andrea Kerndt	1:49.72
4	SOUTH O'BRIEN	Shalene Miller, Jennifer Recker Sandra Tjaden, Missy Roos	1:50.08
5	DYERSVILLE BECKMAN	Alicia Nosbisch, Terese Nickol Mandy Pins, Carisa Wessels	1:50.11
6	HARLAN	Casey Pash, Jessica Rasmussen Molly Simdorn, Tammi Christensen	1:50.17
7	APLINGTON-PARKERSBURG	Angie Wessels, Alyson Youngberg Jamie Hansmann, Carly Zacharias	1:51.59
999	GRINNELL	Darla Kaisand, Alison Pirkel Jacy Humphrey, Deb Melcher	DQ-1:53.67

HEAT 2

1	BENTON	Megan Kromminga, Carol Bridgewater Beth Kromminga, Brandee Bierschenk	1:48.12
2	ALGONA	Angie Kajewski, Melissa Nelson Kim Groen, Lindsay Moss	1:48.54
3	HAMPTON-DUMONT	Jennifer Wieck, Jamie Brower Katie Wolf, Jenny Carroll	1:48.68
4	ATLANTIC	Emily Vorm, Stephanie Sieck Jessica Hagen, Anna Wilcoxon	1:49.43
5	CRESTON	Cathy Kister, Jessica Beving Erin McKee, Emily Bruce	1:50.52
6	WESTERN CHRISTIAN	Marisa Kooima, Lori Van Meeteren Tessa Vanden Bosch, Nancy Meendering	1:50.98
7	CASCADE	Carey Gile, Katie Ripple Jessie Recker, Abby Loes	1:51.15
8	WASHINGTON	Andrea Ballard, Abbe Rich Katy Doughty, Elizabeth Greiner	1:53.18

HEAT 3

1	BALLARD	Mandy Halverson, Tammy Ervin Lindsey Brendeland, Beth Aanonson	1:48.24
2	DAVIS COUNTY-FOX VALLEY	Sarah Schooley, Star Esslinger Amy Cason, Emily Zeitler	1:48.26
3	RED OAK	Melanie Schetter, Heidi Clayton Kara Paul, Sarah Wood	1:48.59
4	CLARKE	Miki Seelinger, Lisa Cowling Amy Lowe, Michelle Stover	1:48.90
5	CLEAR LAKE	Sarah Tompkins, Angie Doebel Laura Maring, Kristy Echelberger	1:50.07
6	FOREST CITY	Laura Korth, Stacy Vitek Jan Ranheim, Laurel Gladish	1:50.39
7	MONTICELLO	Jill Henderson, Stacy Monk Jenny Jesenovec, Kali Kiner	1:50.89
8	BELLEVUE	Lindsay Gibbs, Krystal Till Kelley Michels, Aimee Breitfelder	1:51.64

4x400-METER RELAY

1	FOREST CITY	Jana Benson 58.4, Jan Ranheim 61.0 Laurel Gladish 59.6, Steph Swingen 61.1	4:00.10
2	WESTERN CHRISTIAN	Sarah Haan 60.4, Tessa Vanden Bosch 62.5 Kristi Meendering 60.2, Nancy Meendering 59.0	4:02.03
3	SOUTH WINNESHIEK	Ann Bakewell, Jenarah TeKippe Beth Moore, Jill Bakewell 57.2	4:02.24
4	DYERSVILLE BECKMAN	Carisa Wessels, Alicia Nosbisch Mandy Pins, Missy Domeyer	4:04.56
5	DAVIS COUNTY-FOX VALLEY	Stefany Stookesberry, Amy Cason Angie Brown, Emily Zeitler 59.7	4:05.74
6	UNITY CHRISTIAN	Jessica Rowenhorst, Jackie Eekhoff Rebecca Schelhaas, Darci Bouma	4:08.67
7	BENTON	Erin Noeller, Nikki Gilson Sara Schulte, Abbie Stepanek	4:12.05
999	HARLAN	Tammi Christensen 63.4, Lorraine Stamp 61.7 Kristin Olson 59.9, Maggie Hall 58.6	DQ-4:03.60

HEAT 1

1	DAVIS COUNTY-FOX VALLEY	Stefany Stookesberry 61.4, Amy Cason 61.8 Angie Brown 63.8, Emily Zeitler 59.3	4:06.26
2	FOREST CITY	Jana Benson 60.8, Jan Ranheim 62.5 Laurel Gladish 62.1, Steph Swingen 61.8	4:07.20
3	MOC-FLOYD VALLEY	Rachel Dykstra 65.7, Heather Larsen 66.8 Tara Meekma 62.1, Lisa Lubbers 59.9	4:13.62
4	IOWA FALLS	Andrea Conover, Becky Krueger Joyce Jordahl, Jennifer Jennings	4:15.70
5	CARROLL KUEMPER	Stacy Wiederin, Robyn Badding Mary Heithoff, Tracy Simons	4:16.69
6	CENTERVILLE	Shari Rardin, Kristin McCord Erin Sherman, Joani McClure	4:17.28
7	CLEAR LAKE	Cathy Brookins, Jess Rechkemmer Laura Maring, Angie Doebel	4:22.55
8	SHELDON	Kelly Perry, Jessica Ruby Chasitie Schelling, Ange De Hoogh	4:33.39

HEAT 2

1	WESTERN CHRISTIAN	Sarah Haan 59.9, Tessa Vanden Bosch 62.8 Kristi Meendering 62.2, Nancy Meendering 60	4:05.39
2	UNITY CHRISTIAN	Jessica Rowenhorst 61.5, Jackie Eekhoff 61.8 Rebecca Schelhaas 64.3, Darci Bouma 62.3	4:09.98
3	BENTON	Erin Noeller, Nikki Gilson Sara Schulte, Abbie Stepanek 60.4	4:11.27
4	DECORAH	Josie Einck, Jackie Hackman Melissa Humpal, Jamie Lemke	4:13.26
5	DEWITT CENTRAL	Kerri Doom, Jenny Steines Michelle Doom, Nema Meier	4:15.92
6	GRINNELL	Amy Allen, Teresa Phipps Deb Melcher, Keri Deppe	4:16.53
7	OKOBOJI	Cristi Trow, Stephanie Fisk Holly Haywood, Kristi Robinson	4:17.09
8	PERRY	Daneille Shaw, Sarah Kautzky Gretchen Hochhalter, Tami Smith	4:18.96

HEAT 3

1	HARLAN	Tammi Christensen 64.9, Lorraine Stamp 61.9 Kristin Olson 61.7, Maggie Hall 57.5	4:06.13
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2	SOUTH WINNESHIEK	Ann Bakewell 61.9, Jenarah TeKippe 63.8 Beth Moore 63.3, Jill Bakewell 58.2	4:07.12
3	DYERSVILLE BECKMAN	Carisa Wessels 63.3, Alicia Nosbisch 62.7 Mandy Pins 62.5, Missy Domeyer 60.8	4:09.39
4	BOYDEN-HULL-ROCK VALLEY	Shelly Green, Missy De Jong Niki Kraai, Amy Sheldahl	4:14.10
5	CHARITON	Heidi Snook 63.1, Erin McKinley 65.2 Amber Powers 64.6, Allison Kuball 62.2	4:15.13
6	ALGONA	Kim Groen, Jenny Aanonson Melissa Nelson, Lindsay Moss	4:17.34
7	WEBSTER CITY	Bobbi Ann Ruba, Tracy Abens Unknown, Ashley Jones	4:20.04
8	SERGEANT BLUFF-LUTON	Courtney Williams, Lauren Feller Kim Tjeerdsma, Courtney Ebersole	4:23.06

4x800-METER RELAY

1	APLINGTON-PARKERSBURG	Ellie Junker 2:26.5, Leslie Junker 2:22.2 Jamie Hansmann 2:32.1, Jessica Neavins 2:18.1	09:38.90
2	ATLANTIC	Marie Elsberry 2:28.8, Jessica Hagen 2:25.2 Kristi Von Dielingen 2:29.3, Jill Robinson 2:19.8	09:43.19
3	HARLAN	Kara Carstens 2:26.9, Jill Schechinger 2:30.7 Lorraine Stamp 2:24.8, Kristin Olson 2:22.5	09:44.92
4	NEVADA	Jenny Kemmerer 2:27.8, Angie Ahlquist 2:25.2 Kara Kirkhart 2:34.7, Val Oltman 2:17.9	09:45.62
5	CHARITON	Heidi Snook 2:30.1, Allison Kuball 2:26.9 Jessica Mundt 2:29.2, Amy Edwards 2:27.5	09:53.77
6	UNITY CHRISTIAN	CeAnn Wissink 2:28.1, Jessica Rowenhorst 2:26.9 Kate Hoekstra 2:32.7, Tabitha Vander Wilt 2:29.3	09:56.97
7	DECORAH	Melissa Humpal, Laura Storkamp Jackie Hackman, Sarah Solem	09:57.52
8	CLARINDA	Jamie Schilb, Angie Rush Jara Sunderman, Marcy Foster	10:00.75
9	BELMOND-KLEMME	Lindsay Thompson 2:30.1, Angie Bailey 2:32.8 Wendy Andrews 2:31.7, Sarah Robson 2:26.5	10:01.19
10	NEW HAMPTON	Jenny Kramer 2:27.0, Cherie Ter Hark 2:28.1 Jackie Huegel 2:32.6, Emily O'Donahue 2:33.6	10:01.31
11	OKOBOJI	Jamie Hansen 2:28.0, Alyson Schacherer 2:30.4 Cristi Trow 2:35.4, Amanda Dotson 2:28.1	10:03.75
12	MONTICELLO	Jill Henderson, Nikki Billmeyer Shannon Ellis, Jenny Jesenovec	10:06.66
13	SPIRIT LAKE PARK	Anne DuChene, Leah Hentges Hillary Brockshus, Kristi Schmidt 2:24.7	10:07.38
14	MAQUOKETA	Jessica Kilburg 2:29.5, Mindy Hudrlik 2:34.0 Lindsay Batey 2:36.7, Nicole Cueno 2:27.2	10:07.41
15	BENTON	Abbie Stepanek 2:29.9, Maria Duncalf 2:32.2 Erin Noeller 2:35.2, Liz Markwitz 2:30.3	10:07.59
16	DEWITT CENTRAL	Kerri Doom, Jenny Steines Erin Thayer, Michelle Doom	10:11.35
17	DAVENPORT ASSUMPTION	Kristy Kubik, Jenni King Brynn Wagner, Maggie Driscoll	10:12.06
18	ALGONA	Tera Engelbarts, Amy Simpson Jill Camenisch, Melissa Nelson	10:12.10
19	MAQUOKETA VALLEY	Megan Dabroski, Natalie Wendt Leah Dunham, Angie Tumey	10:14.75
20	BOYDEN-HULL-ROCK VALLEY	Brooke Kelderman, Tonya Nielsen Niki Kraai, Amy Sheldahl	10:17.32
21	VINTON-SHELLSBURG	Erin Wessling, Nicole Cronk	

		Jen Farmer, Jill Mangold	10:17.39
22	PELLA CHRISTIAN	Brenda Vos, Leah Rozendaal	
		Melanie De Nooy, Jennifer Vander Wal	10:20.00
23	JEFFERSON-SCRANTON	Wendy Lautner, Julisa Leistad	
		Jennifer Gettler, Jenni Duede	10:21.02
24	DYERSVILLE BECKMAN	Michele Jaeger, Terese Nickol	
		Katie White, Angie Arlen	10:21.50

SPRINT MEDLEY RELAY

1	SOUTH WINNESHIEK	Katie Holthaus, Beth Moore	
		Bree Elsbernd, Jill Bakewell 57.4	1:50.30
2	DAVIS COUNTY-FOX VALLEY	Stefany Stookesberry, Sarah Schooley	
		Star Esslinger, Emily Zeitler 58.6	1:51.80
3	MOC-FLOYD VALLEY	Julie Richter, Dana Doppenberg	
		Tara Meekma, Lisa Lubbers	1:53.71
4	STARMONT	Annette Ottoerfer, Megan Miler	
		Kristy Kelchen, Alice Ottoerfer	1:54.16
5	CLEAR LAKE	Kristy Echelberger, Brandi Halsne	
		Laura Maring, Liz Jaben 60.5	1:54.31
6	SHELDON	Jodi Jager, Jill Trei	
		Anna Teigland, Rachel Riepma 61.2	1:55.07
7	BALLARD	Mandy Halverson, Kelley Currey	
		Beth Aanonson, Marcy Krumm 62.2	1:56.21
999	MOUNT VERNON-LISBON	Kacey Kuntz, Shelli Huff	
		Katie Overman, Nikki Nelson	DNF

HEAT 1

1	MOUNT VERNON-LISBON	Kacey Kuntz, Shelli Huff	
		Katie Overman, Nikki Nelson 57.3	1:51.32
2	STARMONT	Annette Ottoerfer, Megan Miler	
		Kristy Kelchen, Alice Ottoerfer 60.0	1:53.15
3	FOREST CITY	Laura Korth, Jan Ranheim	
		Steph Swingen, Jana Benson 59.8	1:54.92
4	CLARINDA	Erin Miller, Laura Murren	
		Jenny Williams, Marcy Foster 60.9	1:55.37
5	PERRY	Jordan Robertson, Amanda Friedrichsen	
		Sarah Kautzky, Tami Smith 59.8	1:55.82
6	GRINNELL	Ashley Andrews, Sarah Boyer	
		Jacy Humphrey, Deb Melcher 61.7	1:56.35
7	OKOBOJI	Angie Larson, Holly Haywood	
		Tara Baschke, Cristi Trow	1:58.16
8	DURANT-BENNETT	Jessica Semsch, Rachel Schroeder	
		Lisa Griffore, Sheryl Bell	1:58.45

HEAT 2

1	SOUTH WINNESHIEK	Katie Holthaus, Beth Moore	
		Bree Elsbernd, Jill Bakewell 56.9	1:49.58
2	SHELDON	Jodi Jager, Jill Trei	
		Anna Teigland, Rachel Riepma 59.2	1:52.80
3	CLEAR LAKE	Kristy Echelberger, Brandi Halsne	
		Laura Maring, Liz Jaben 60.4	1:54.12
4	CLARKE	Michelle Stover, Lisa Cowling	
		Amy Lowe, Miki Seelinger 61.4	1:55.21

5	MFL-MAR-MAC	Ashley Burton, Crystal Heins Michelle Bakkum, Jessie Brooks 61.8	1:55.80
6	WEST LIBERTY	Emily Jensen, Emily Strumpel Josie Garcia, Kelli Kaalberg	1:56.93
7	PELLA CHRISTIAN	Hollie Stam, Nicole Bruxvoort Charissa Fynaardt, Rachel Eggink 63.2	1:57.08
8	BENTON	Holly Blattner, Kristin Smolik Carol Bridgewater, Nikki Gilson	1:59.00
HEAT 3			
1	DAVIS COUNTY-FOX VALLEY	Stefany Stookesberry, Sarah Schooley Star Esslinger, Emily Zeitler 59.2	1:52.33
2	BALLARD	Mandy Halverson, Kelley Currey Beth Aanonson, Marcy Krumm 60.3	1:53.16
3	MOC-FLOYD VALLEY	Julie Richter, Dana Doppenberg Tara Meekma, Lisa Lubbers 59.8	1:53.76
4	ALGONA	Jenny Aanonson, Kari Koenecke Lindsay Moss, Melissa Nelson 61.9	1:55.85
5	MAQUOKETA VALLEY	Laura Norlin, Billie Jo Hunt Laurie Steffen, Megan Dabroski	1:56.11
6	HAMPTON-DUMONT	Sarah Hannah, Jenny Carroll Katie Wolf, Jessica Mennen 62.7	1:56.15
7	SIOUX CENTER	Monica Vermeer, Kayla Rozeboom Kari Bahrke, Kirsten Overlie 62.0	1:56.85
8	DECORAH	Jill Hackman, Kristin Rude Mindy Hildebrandt, Jamie Lemke	1:57.33
DISTANCE MEDLEY RELAY			
1	APLINGTON-PARKERSBURG	Carly Zacharias, Jamie Hansmann Leslie Junker, Jessica Neavins 2:16.6	4:11.88
2	BENTON	Beth Kromminga, Carol Bridgewater Abbie Stepanek, Brianne Hupke	4:15.07
3	WESTERN CHRISTIAN	Sarah Haan, Tessa Vanden Bosch Nancy Meendering, Kristi Meendering	4:15.33
4	DURANT-BENNETT	Lisa Griffore, Jessica Semsch Sheryl Bell 58.9, Amanda Kalen 2:20.7	4:16.71
5	NEW HAMPTON	Amy Sumner, Tara Heiselman Angie Schwickerath 61.1, Gina Shannon 2:20.6	4:16.82
6	DYERSVILLE BECKMAN	Alicia Nosbisch, Mandy Pins Carisa Wessels 61.7, Missy Domeyer 2:20.3	4:17.34
7	FOREST CITY	Stacy Vitek, Jan Ranheim Steph Swingen, Jana Benson	4:19.33
8	CLARINDA	Jenny Williams, Kellie Hicks Marcy Foster 60.2, Jara Sunderman 2:25.5	4:20.98
9	BELMOND-KLEMME	Connie Sloth, Holly Stadlander Wendy Andrews, Sarah Robson 2:21.2	4:23.81
10	BALLARD	Tammy Ervin, Kelley Currey Suzanne Wiggers 61.0, Sarah Mitchell 2:21.1	4:27.16
11	PRAIRIE CITY-MONROE	Megan Bird, Jeanna Van Veen Susan King, Kendra Versendaal	4:27.19
12	IOWA FALLS	Jennifer Jennings, Brittany Ziesman Becky Krueger, Andrea Conover	4:27.77
13	DECORAH	Andrea Kerndt, Mindy Hildebrandt Jamie Lemke, Melissa Humpal	4:27.96
14	MAQUOKETA	Jolene Hermes, Amy Rorah Abby Rorah, Nicole Cueno	4:28.06
15	NORTH FAYETTE	Jeana McKnight, Tara Heller	

		Sarah Smith 63.7, Tara Norris 2:30.1	4:28.89
16	EDDYVILLE-BLAKESBURG	Amber Ferguson, Brandy Beyer Adrienne Roberts 64.5, Tanya Horn 2:28.0	4:28.95
17	MID-PRAIRIE	Deanne Martin, Abby Greiner Leah Bontrager, Julie Brophy	4:29.89
18	SERGEANT BLUFF-LUTON	Kara McGill, Jessi Kucera Courtney Ebersole, Kim Tjeerdsma	4:30.69
19	VINTON-SHELLSBURG	Jen Evans, Tifanie Garbers Jessica Wobeter 63.6, Sara Johnson 2:29.6	4:31.62
20	PERRY	Jordan Robertson, Amanda Friedrichsen Daneille Shaw, Gretchen Hochhalter	4:34.68
21	CHARITON	Lori Fogle, Ryann Ginkens Heidi Snook, Erin McKinley	4:35.40
999	PELLA CHRISTIAN	Krystal Van Ee, Lindsey Talsma Rachel Eggink, Jennifer Vander Wal	DNF
999	ATLANTIC	Emily Vorm, Stephanie Sieck Jessica Hagen 60.2, Jill Robinson 2:25.2	DQ-4:20.93
999	WINTERSET	Vanessa Seaward, Shanna Crews Brooke Christensen, Jill Johnson	DQ-4:27.91

SHUTTLE HURDLE RELAY

1	CLEAR LAKE	Cathy Brookins 15.9, Liz Jaben 16.0 Kathy Bitker 16.4, Brandi Halsne 15.8	1:04.10
2	JEFFERSON-SCRANTON	Paige Thomson 16.2, Sarah Carlson 17.1 Sam Kinne 14.9, Tina Walker 16.4	1:04.51
3	ATLANTIC	Anna Wilcoxon 15.8, Kaarin Lamb 16.8 Katie Woods 15.6, Jamie McBride 16.9	1:05.11
4	GRINNELL	Jacy Humphrey 16.4, Sara Thompson 16.3 Keri Deppe 16.6, Darla Kaisand 16.1	1:05.41
5	DAVENPORT ASSUMPTION	Kelly Sunderbruch 16.2, Rosie Brodell 16.4 Kim Hirstein 17.5, Vanessa Doerscher 15.7	1:05.84
6	SHENANDOAH	Dusti Ketcham 16.7, Jennifer Berning 16.9 Mandy Harms 16.9, Sarah Micheel 15.5	1:05.98
7	CENTERVILLE	Kelly Mitchell 16.7, Joani McClure 17.7 Heather Mitchell 16.1, Kristin McCord 16.7	1:07.16
999	HARLAN	Ann Brinker 16.5, Mary Joy 16.1 Janica Goeser 16.1, Tammi Christensen 16.7	DQ-1:05.45

HEAT 1

1	CLEAR LAKE	Cathy Brookins 15.5, Liz Jaben 16.2 Kathy Bitker 16.6, Brandi Halsne 16.2	1:04.54
2	GRINNELL	Jacy Humphrey 16.4, Sara Thompson 16.9 Keri Deppe 16.7, Darla Kaisand 16.6	1:06.37
3	CHEROKEE	Natasha Wiese, Jana Slota Trisha Casey, Sara Wrage	1:07.93
4	WEST LIBERTY	Emily Jensen, Josie Garcia Emily Strumpel, Megan Hammons	1:09.16

HEAT 2

1	DAVENPORT ASSUMPTION	Kelly Sunderbruch 15.8, Rosie Brodell 16.5 Kim Hirstein 17.2, Vanessa Doerscher 16.3	1:05.81
2	HARLAN	Ann Brinker 17.2, Mary Joy 16.6 Janica Goeser 15.5, Tammi Christensen 16.9	1:06.18

3	OGDEN	Karen Swanson, Meredith Mahoney Lindsay Clark, Lindsay Anderson	1:08.78
4	MOC-FLOYD VALLEY	Missy Clark, Dana Doppenberg Jessica Aalbers, Rachel Dykstra	1:09.86
HEAT 3			
1	SHENANDOAH	Dusti Ketcham 17.3, Jennifer Berning 17.3 Mandy Harms 16.4, Sarah Micheel 16.5	1:07.52
2	WEBSTER CITY	Dena Hilpipre, Tracy Abens Laura Anderson, Ashley Jones	1:08.05
3	CASCADE	Jodi Takes, Anna Casey Steph Leytem, Rachel Hutchins	1:09.58
999	ROLAND-STORY	Sarah Graden, Natalie Ewing Jill Pfadenhauer, Jenni Donohue 15.0	DQ-1:07.37
HEAT 4			
1	ATLANTIC	Anna Wilcoxon 15.4, Kaarin Lamb 17.5 Katie Woods 15.7, Jamie McBride 17.2	1:05.40
2	STORM LAKE	Amy Anderson, Holly Pertzborn Abby Mills, Robyn Cejka	1:08.37
3	NORTH FAYETTE	Lindsay Olson 16.0, Tina Antes 16.7 Samantha Pleggenkuhle 19.8, Sheila Shippy	11:09.09
4	SOUTH WINNESHIEK	Nikki Kleve, Marie Uhlenhake Darcy Bushman, Cindy Brincks	1:09.77
HEAT 5			
1	BALLARD	Mandy Halverson, Melanie Wilson Emily Harmon, Tami Sommerfeld	1:08.25
2	UNITY CHRISTIAN	Rebecca Schelhaas 16.6, Angela Kroeze 17.2 Darci Bouma 18.3, Jackie Eekhoff 16.2	1:08.28
3	BENTON	Kristin Agnew, Heidi Meyer Rebecca Silhanek, Shawna Nelson	1:10.33
999	CRESTON	Beth Coen, Cheryl Landry Rhiannon Snider, Michelle Clausen	DQ-1:08.07
HEAT 6			
1	JEFFERSON-SCRANTON	Paige Thomson 15.8, Sarah Carlson 17.8 Sam Kinne 15.0, Tina Walker 17.4	1:06.04
2	CENTERVILLE	Kelly Mitchell 16.3, Joani McClure 17.9 Heather Mitchell 16.0, Kristin McCord 16.8	1:06.91
3	STARMONT	Abbie Hayes, Marissa Knehans Jill Northrop, Steph Francois	1:08.34
4	BELLEVUE	Kelley Michels, Jody Heiar Aimee Breitfelder, Julianna Brooks	1:09.55

1997 STATE TRACK & FIELD FINAL RESULTS -- CLASS 3A and Wheelchair

TEAM SCORING

1	Iowa City High	51
2	Ankeny	47
3	Ames	39
4	Cedar Falls	37
5	Indianola	34
6	Oskaloosa	21
7	Clinton	20
7	West Des Moines Valley	20
9	Pleasant Valley	19
10	Des Moines Roosevelt	18
10	Marshalltown	18
12	Davenport North	16
13	Cedar Rapids Prairie	15
14	Fort Madison	14
14	West Des Moines Dowling	14
16	Sioux City North	12
17	Davenport Central	10
17	Waverly-Shell Rock	10
19	Burlington	9
19	LeMars	9
19	Mount Pleasant	9
22	Iowa City West	8
23	Newton	7
24	Southeast Polk	6
25	Cedar Rapids Regis-LaSalle	5
25	Muscatine	5
25	Ottumwa	5
28	Des Moines Hoover	4
28	Dubuque Senior	4
28	Johnston	4
31	Bettendorf	3
31	Sioux City West	3
33	Dubuque Hempstead	2
33	Dubuque Wahlert	2
33	Sioux City Heelan	2
36	Cedar Rapids Kennedy	1
36	Denison-Schleswig	1
36	Sioux City East	1
39	Boone	0
39	Cedar Rapids Jefferson	0
39	Cedar Rapids Washington	0
39	Charles City	0
39	Council Bluffs Abraham Lin	0
39	Davenport West	0
39	Des Moines East	0
39	Des Moines Lincoln	0
39	Fairfield	0

39	Fort Dodge	0
39	Glenwood	0
39	Keokuk	0
39	Lewis Central	0
39	Linn-Mar	0
39	Mason City	0
39	North Scott	0
39	Pella	0
39	Spencer	0
39	Urbandale	0
39	Waterloo East	0
39	Waterloo West	0
39	West Delaware	0
39	Western Dubuque	0

100-METER DASH

1	Kate Gordon	Sioux City North	SO	12.14
2	Laura Aschoff	Ankeny	JR	12.14
3	Kristin Knight	Iowa City High	SO	12.25
4	Tina Klith	Cedar Rapids Prairie	FR	12.60
5	Erica Davis	Iowa City High	SR	12.64
6	Amber Engelen	Ames	JR	12.66
7	Katie Boney	Burlington	SO	12.78
8	Jamie Dalbey	Ottumwa	JR	12.83

HEAT 1

1	Kristin Knight	Iowa City High	SO	12.58
2	Leilani Smith	Cedar Rapids Regis-LaSalle	JR	13.16
3	Theresa Kelly	Dubuque Wahlert	SR	13.30
4	Krista Crowley	LeMars	JR	13.39
5	Alisha Menzies	West Des Moines Valley	SO	13.52
6	Gina Scala	Keokuk	SR	13.70
7	Nicole Bruce	Glenwood	FR	13.97
999	Holly Dorenkamp	Waverly-Shell Rock	FR	DNS

HEAT 2

1	Kate Gordon	Sioux City North	SO	12.48
2	Tina Klith	Cedar Rapids Prairie	FR	12.76
3	Katie Boney	Burlington	SO	12.92
4	Erica Davis	Iowa City High	SR	12.93
5	Antrica Spears	Davenport Central	JR	13.07
6	Lakeisha Lee	Davenport North	JR	13.16
7	Sarah Sinclair	Oskaloosa	JR	13.20

HEAT 3

1	Laura Aschoff	Ankeny	JR	12.54
2	Amber Engelen	Ames	JR	12.91
3	Jamie Dalbey	Ottumwa	JR	12.93
4	Tesi Dawson	Southeast Polk	FR	13.10
5	Katie Brooker	Muscatine	JR	13.16
6	Tieesha Griffin	Sioux City West	FR	13.36
7	Dena Johnson	Cedar Rapids Jefferson	SR	13.58
8	Johnna Lantz	Denison-Schleswig	SR	13.73

200-METER DASH

1	Kristin Knight	Iowa City High	SO	24.82
2	Laura Aschoff	Ankeny	JR	25.59
3	Kate Gordon	Sioux City North	SO	25.76
4	Jana Irvin	Sioux City West	JR	26.11
5	Fiona Asigbee	Cedar Rapids Prairie	SO	26.19

6	Leilani Smith	Cedar Rapids Regis-LaSalle	JR	26.38
7	Lori Rowland	Ottumwa	SR	26.48
8	Amber Moton	Ankeny	FR	27.34

HEAT 1

1	Fiona Asigbee	Cedar Rapids Prairie	SO	25.93
2	Jana Irvin	Sioux City West	JR	26.38
3	Lori Rowland	Ottumwa	SR	26.60
4	Amanda Hentges	Spencer	FR	27.41
5	Gina Scala	Keokuk	SR	27.44
6	Andrea Roush	Pella	SR	27.49
7	Angie Williams	Charles City	FR	27.75
8	Erin Strub	Dubuque Senior	SO	27.84

HEAT 2

1	Laura Aschoff	Ankeny	JR	25.94
2	Leilani Smith	Cedar Rapids Regis-LaSalle	JR	26.25
3	Dondra Nichols	Indianola	SO	27.38
4	Anessa Sloan	Iowa City High	SO	27.77
5	Wendy Marlow	Pella	SO	27.77
6	Hillary Reed	Ottumwa	SR	28.46
999	Erin Maysent	Ames	SO	DNR
999	Tanya Hunigan	Davenport North	JR	DNR

HEAT 3

1	Kristin Knight	Iowa City High	SO	24.96
2	Kate Gordon	Sioux City North	SO	25.67
3	Amber Moton	Ankeny	FR	26.94
4	Nicole Bruce	Glenwood	FR	27.74
5	Kathy Schmitt	North Scott	JR	27.76
6	Teresa Wauters	Waterloo West	SO	27.79
7	Niki Jacobsen	Spencer	JR	28.20
999	Stephanie Suntken	Indianola	FR	DNR

400-METER DASH

1	Cari Hoeman	West Des Moines Valley	SR	0:56.24
2	Nicole Chizek	Marshalltown	SO	0:58.39
3	Maria Johnson	Cedar Rapids Regis-LaSalle	FR	0:58.67
4	Ellie Schnepf	LeMars	JR	0:59.01
5	Stephanie Suntken	Indianola	FR	0:59.79
6	Katie Weed	Clinton	SR	1:01.04
7	Aimee Heisel	Fairfield		1:01.16
8	Lacey Adams-Brown	Indianola	SO	1:16.44

HEAT 1

1	Cari Hoeman	West Des Moines Valley	SR	57.45
2	Ellie Schnepf	LeMars	JR	58.74
3	Katie Weed	Clinton	SR	59.60
4	Candi Jones	Oskaloosa	FR	60.80
5	Mandy Brimmer	Cedar Rapids Washington	JR	61.71
6	Teresa Wauters	Marshalltown	SO	62.29
7	Susie Tofte	Urbandale	JR	62.49
8	Amy Arns	Waverly-Shell Rock	FR	62.74

HEAT 2

1	Nicole Chizek	Marshalltown	SO	58.79
2	Stephanie Suntken	Indianola	FR	59.67
3	Aimee Heisel	Fairfield	JR	60.00
4	Kristin Kelly	Mount Pleasant	SO	60.25
5	Anne Hamilton	North Scott	FR	60.70
6	Carrie Van Sickel	Cedar Rapids Regis-LaSalle	JR	61.44
7	Erin Fantroy	Waterloo West	FR	65.85
999	Tiffany Belz	Ames	SO	DNS

HEAT 3

1	Lacey Adams-Brown	Indianola	SO	57.32
2	Maria Johnson	Cedar Rapids Regis-LaSalle	FR	59.64
3	Carey Morris	Fort Madison	FR	60.56
4	Kyla Kiester	Johnston	SR	61.08
5	Amanda Manatt	Newton	FR	61.65
6	Sadie Uthe	Dubuque Wahlert	SR	62.27
7	Katie Long	Mason City	SO	62.70
8	Melissa Lanphere	Cedar Rapids Prairie	SO	64.79

800-METER RUN

1	Keely Barnett	Iowa City High	SR	2:15.77
2	Jessica Huff	Marshalltown	SO	2:17.37
3	Laura Schlapkohl	Iowa City West	JR	2:18.80
4	Abbie Archibald	Indianola	SR	2:18.88
5	Wendy Shaw	Davenport Central	FR	2:19.44
6	Susan Buckheister	Cedar Rapids Kennedy	SR	2:20.08
7	Jocelyn Schaefer	Cedar Falls	FR	2:20.42
8	Teresa Grothus	Pleasant Valley	SR	2:20.78
9	Megan Rehm	Fort Madison	SO	2:23.65
10	Erin Van Zee	Pella	JR	2:23.73
11	Megan Gorkow	West Delaware	SR	2:24.90
12	Amanda Glynn	Cedar Rapids Regis-LaSalle	FR	2:24.98
13	Ann Jordan	Boone	SR	2:25.68
14	Lindsey Wetzel	Iowa City High	SO	2:26.29
15	Abby Lemek	Sioux City Heelan	FR	2:26.56
16	Neala Arnold	Pleasant Valley	SO	2:27.86
17	Sarah Gosselink	Urbandale	JR	2:28.43
18	Holly Goodyk	Pella	SO	2:29.71
19	Laura Ballard	Cedar Rapids Prairie	JR	2:31.00
20	Alex Cook	Cedar Falls	FR	2:31.53
21	Jessica Bents	Ames	FR	2:31.81
22	Leah Lemale	West Des Moines Valley	SO	2:31.82
23	Lindsey Leonard	Ankeny	JR	2:32.02
999	Nicole Bergman	Indianola	SR	DNS

1500-METER RUN

1	Julie Bigler	Fort Madison	JR	4:40.92	J
2	Sarah Gray	Cedar Falls	SR	4:44.66	J
3	Katie Reichardt	West Des Moines Dowling	SR	4:46.19	
4	Ann Ruffcorn	Bettendorf	SO	4:47.25	
5	Lindsay Heiligenthal	Ames	SO	4:47.98	
6	Julie Wuorinen	Pleasant Valley	SR	4:53.04	
7	Karen McCormick	Lewis Central	FR	4:53.31	
8	Laura Schlapkohl	Iowa City West	JR	4:55.37	
9	Rachel Johnson	Ankeny	SR	4:56.67	
10	Rita Fiala	Johnston	SO	4:57.50	
11	Amanda Tuttle	Marshalltown	FR	4:58.06	
12	Angie Wakefield	North Scott	SR	4:58.32	
13	Elly Glass	Dubuque Senior	FR	4:59.17	
14	Sanami Fottral	Cedar Rapids Prairie	JR	5:00.22	
15	Ashley Kunkle	Cedar Falls	FR	5:01.05	
16	Amanda Stiefel	Burlington	SO	5:05.82	
17	Lexi Isaacson	West Des Moines Valley	JR	5:06.94	
18	Ann Jordan	Boone	SR	5:06.97	
19	Megan Tabor	Dubuque Senior	SO	5:09.04	
20	Windy Clark	Ankeny	SO	5:10.81	
21	Melicia Patik	Cedar Rapids Prairie	SO	5:11.32	
22	Erin Van Zee	Pella	JR	5:13.17	
23	Neala Arnold	Pleasant Valley	SO	5:16.31	
24	Jenny Mulder	Iowa City High	SR	5:34.06	

3000-METER RUN

1	Sarah Gray	Cedar Falls	SR	10:15.85	J
2	Julie Bigler	Fort Madison	JR	10:20.78	J
3	Rita Fiala	Johnston	SO	10:25.86	
4	Julie Wuorinen	Pleasant Valley	SR	10:35.20	
5	Rachel Johnson	Ankeny	SR	10:37.97	
6	Ashley Kunkle	Cedar Falls	FR	10:40.67	
7	Lindsay Heiligenthal	Ames	SO	10:40.93	
8	Karen McCormick	Lewis Central	FR	10:45.41	
9	Elly Glass	Dubuque Senior	FR	10:48.52	
10	Molly Wedel	Spencer	JR	10:49.24	
11	Amy Murphy	Bettendorf	JR	10:52.40	
12	Amanda Tuttle	Marshalltown	FR	10:53.21	
13	Colleen Bubb	Waverly-Shell Rock	JR	10:55.19	
14	Bridget Stephenson	Sioux City Heelan	JR	11:01.36	
15	Laura Schlapkohl	Iowa City West	JR	11:03.83	
16	Megan Tabor	Dubuque Senior	SO	11:04.44	
17	Erin Van Zee	Pella	JR	11:07.62	
18	Susan Buckheister	Cedar Rapids Kennedy	SR	11:08.40	
19	Beckie Sweatman	Muscatine	JR	11:10.05	
20	Molly Meng	Iowa City High	FR	11:10.50	
21	Audrey Schiltz	West Des Moines Dowling	FR	11:17.76	
22	Molly Gross	Des Moines Hoover	SO	11:22.21	
23	Sanami Fottral	Cedar Rapids Prairie	JR	11:28.04	
24	Tara LaMay	Urbandale	JR	11:33.82	

100-METER HURDLES

1	Teesa Price	Iowa City High	SO	14.37	
2	Josie Campese	Davenport Central	JR	14.84	
3	Lo Lo Jones	Des Moines Roosevelt	FR	14.90	
4	Julie Ollila	Ames	SR	14.92	
5	Katie Brooker	Muscatine	JR	15.04	
6	Dee Wear	Mount Pleasant	SR	15.09	
7	Jill George	Newton	SR	15.27	
8	Sarah Steffen	Western Dubuque	SO	15.46	

HEAT 1

1	Julie Ollila	Ames	SR	14.95	
2	Josie Campese	Davenport Central	JR	15.08	
3	Dee Wear	Mount Pleasant	SR	15.14	
4	Alissa Koerner	Sioux City Heelan	SO	15.94	
5	Lynette Heinauer	Ankeny	JR	16.08	
6	Erin Land	Clinton	SR	16.30	
7	Theresa Liu	Cedar Falls	SR	16.40	
8	Jennifer Maupin	West Des Moines Valley	SR	16.66	

HEAT 2

1	Teesa Price	Iowa City High	SO	14.71	
2	Katie Brooker	Muscatine	JR	15.18	
3	Mary Garrett	Dubuque Senior	SO	15.55	
4	Stacey Van Vark	Pella	SO	15.67	
5	Jamie Nemmers	Cedar Falls	FR	16.33	
6	Molly Parrott	Lewis Central	JR	16.58	
999	Jessica Wray	Ames	SO	DNF	

HEAT 3

1	Lo Lo Jones	Des Moines Roosevelt	FR	14.98	
2	Sarah Steffen	Western Dubuque	SO	15.32	
3	Jill George	Newton	SR	15.35	
4	Heidi Kiester	Johnston	JR	16.06	

5	Katie Divelbiss	Iowa City High	SR	16.25
6	Janelle Edmundson	Oskaloosa	SR	16.36
7	Kerri Scholl	Iowa City West	FR	16.60
8	April Reedy	Council Bluffs Abraham Lin	FR	16.85

400-METER HURDLES

1	Liz Cooper	Indianola	JR	1:03.54
2	Julie Ollila	Ames	SR	1:03.92
3	Mary Garrett	Dubuque Senior	SO	1:04.04
4	Janelle Edmundson	Oskaloosa	SR	1:04.39
5	Jill George	Newton	SR	1:05.87
6	Jessica Wray	Ames	SO	1:07.05
7	Amy Oleson	Burlington	JR	1:07.37
8	Jamie Nemmers	Cedar Falls	FR	1:08.24

HEAT 1

1	Julie Ollila	Ames	SR	1:04.39
2	Jill George	Newton	SR	1:06.21
3	Lynette Heinauer	Ankeny	JR	1:06.35
4	Alissa Koerner	Sioux City Heelan	SO	1:07.73
5	Jill Winegarden	Cedar Rapids Washington	SO	1:09.04
6	Melissa Matthews	Iowa City West	JR	1:10.68
7	Jana Norman	Des Moines Lincoln	SR	1:10.91
8	Aimee Reichel	Dubuque Wahlert	SO	1:11.39

HEAT 2

1	Liz Cooper	Indianola	SO	1:03.88
2	Jamie Nemmers	Cedar Falls	FR	1:06.15
3	Amy Oleson	Burlington	JR	1:06.25
4	Jessica Wray	Ames	SO	1:06.32
5	Sarah Steffen	Western Dubuque	SO	1:07.73
6	Valerie Lucas	West Des Moines Valley	JR	1:07.78
7	Erin Schulte	Cedar Rapids Jefferson	JR	1:10.54
8	Kelly Fidler	Cedar Rapids Washington	SO	1:10.59

HEAT 3

1	Mary Garrett	Dubuque Senior	SO	1:04.64
2	Janelle Edmundson	Oskaloosa	SR	1:05.00
3	Jenny Matzen	Indianola	SR	1:06.91
4	Andrea Lapham	Council Bluffs Abraham Lin	JR	1:08.17
5	Brenda Weibel	West Delaware	SR	1:10.25
6	Megan Miller	Marshalltown	SO	1:10.89
7	Renee Waddell	Clinton	SO	1:10.93
999	Rochelle Anderson	Waverly-Shell Rock	SO	DNC

HIGH JUMP

1	Amanda Koester	Clinton	JR	5'06"
2	Beth Boer	Oskaloosa	SR	5'05"
3	Shannon Leonard	Ottumwa	SO	5'04"
4	Tina Wolfe	Pleasant Valley	FR	5'03"
5	Tara Biedermann	Dubuque Hempstead	JR	5'02"
6	Carrie Thomas	Sioux City East	SR	5'02"
7	Abby Ohm	LeMars	SO	5'02"
8	Abbie Archibald	Indianola	SR	5'02"
9	Casey Miller	Cedar Falls	FR	5'00"
9	Joanna Stuelke	Cedar Rapids Washington	SR	5'00"
9	Krista Johnson	Cedar Rapids Jefferson	JR	5'00"
12	Jameela Hameed	Fort Dodge	SO	5'00"
13	Anna Friedrichs	Davenport West	SO	5'00"
14	Jaclyn Houghton	Urbandale	JR	4'10"
14	Heather CoveI	Clinton	JR	4'10"

14	Jill Arganbright	Iowa City West	SO	4'10"
14	Melissa Stensland	Waverly-Shell Rock	SR	4'10"
999	Jessie Noid	Marshalltown	FR	NH
999	Jessica Jordan	Des Moines East	FR	NH
999	Jenny Sherry	Sioux City North		NH
999	Megan Miller	Marshalltown	SO	NH
999	Kiley Fidler	Cedar Rapids Washington	SO	NH
999	Liz Cooper	Indianola	JR	DNC
999	Kelli Chesnut	Iowa City High	SO	DNC

LONG JUMP

1	Laura Aschoff	Ankeny	JR	18'00.75"
2	Kara Hulse	Cedar Falls	JR	17'07.50"
3	Fiona Asigbee	Cedar Rapids Prairie	SO	17'05.50"
4	Jill George	Newton	SR	17'04.50"
5	Lo Lo Jones	Des Moines Roosevelt	FR	17'03.75"
6	Teesa Price	Iowa City High	SO	17'02.50"
7	Cristy Callahan	Clinton	SO	16'11"
8	Davonna Carr	Des Moines Roosevelt	FR	16'10"
9	Julie Galbreath	Waverly-Shell Rock	FR	16'04.50"
10	Jill Fisher	Sioux City Heelan	SO	16'03.25"
11	Tara Biedermann	Dubuque Hempstead	JR	16'02.50"
12	Tenisha Davis	Johnston	SR	16'00"
13	Theresa Kelly	Dubuque Wahlert	SR	15'10"
14	Lindsey Rudd	Cedar Rapids Prairie	SR	15'09"
15	Amy Oleson	Burlington	JR	15'06.50"
15	Sarah Steffen	Western Dubuque	SO	15'06.50"
17	Alisa Steffen	Waverly-Shell Rock	JR	15'05.25"
18	Julie Moeller	Sioux City Heelan	SO	15'04"
18	Jessie Bowman	Marshalltown	JR	15'04"
20	Molly Parrott	Lewis Central	JR	14'11.75"
21	Jessica Wray	Ames	SO	14'10.75"
22	Kathy Merten	Charles City	JR	14'09.25"
23	Jana Irvin	Sioux City West	JR	14'06.50"
999	Molly McNertney	Ames	SO	FOULS

SHOT PUT

1	Leann Boerema	Clinton	JR	45'01.25"
2	Jenn Haage	LeMars	SR	40'06.25"
3	Sarah Wellings	Oskaloosa	SR	40'01"
4	Christie Phillips	Burlington	JR	39'09.75"
5	Melissa Stensland	Waverly-Shell Rock	SR	39'06.50"
6	Megan Gierstorf	Denison-Schleswig	SR	39'03.75"
7	Nikki Rowland	Cedar Rapids Washington	JR	39'03.50"
8	Sara Nauman	Dubuque Senior	JR	38'09"
9	Tara Enoch	Bettendorf	SR	37'07.75"
10	Devin Achenbach	Cedar Rapids Kennedy	SO	37'06.25"
11	Kristi Spittler	Clinton	SR	37'00.75"
12	Gretta Pems	Dubuque Wahlert	JR	36'11.50"
13	Annie Van Wetzlinga	Pleasant Valley	SR	36'06.75"
14	Tracy Keenan	Lewis Central	SO	36'06"
15	Steph Corey	Cedar Falls	JR	36'00"
16	Stacie Dunlap	Ames	SO	35'09.75"
17	Nicole Johnson	Southeast Polk	JR	35'06"
18	Toni Aguilar	Pleasant Valley	SO	34'07.25"
19	Susan Francois	West Delaware	JR	34'06"
20	Jenny Holmes	Newton	SR	34'02"
21	Tasha Massey	Iowa City High	SO	33'11.75"
22	Holly Feeney	LeMars	JR	33'07.25"
23	Megan Krumrei	Cedar Rapids Kennedy	JR	33'06"
24	Kim Hoover	Indianola	SR	33'04.50"

DISCUS

1	Sarah Wellings	Oskaloosa	SR	130'11"
2	Nicole Johnson	Southeast Polk	JR	130'02"
3	Leah Heston	Ankeny	JR	124'06"
4	Brooke Ennen	Muscatine	JR	121'09"
5	Gretta Pemsil	Dubuque Wahlert	JR	120'01"
6	Leann Boerema	Clinton	JR	119'06"
7	Joni Kinney	Mason City	SO	119'00"
8	Mandy Engel	Waterloo West	SR	118'04"
9	Carly Gainey	North Scott	SR	116'00"
10	Melissa Steuer	Dubuque Wahlert	SR	115'05"
11	Lacey Corcoran	Johnston	SO	114'09"
12	Erica Shaw	Sioux City West	JR	113'09"
13	Erin Thornton	Cedar Rapids Kennedy	JR	113'08"
14	Tierra Kaiser	Des Moines Hoover	SO	109'09"
15	Megan Krumrei	Cedar Rapids Kennedy	JR	108'07"
16	Annie Van Wetzlinga	Pleasant Valley	SR	107'10"
17	Stacie Dunlap	Ames	SO	105'09"
18	Tracy Keenan	Lewis Central	SO	104'11"
19	Nikki Rowland	Cedar Rapids Washington	JR	104'10"
20	Melissa Stensland	Waverly-Shell Rock	SR	104'09"
21	Megan Gierstorf	Denison-Schleswig	SR	102'03"
22	Kim Hoover	Indianola	SR	100'10"
23	Laura Marz	Cedar Rapids Jefferson	SR	100'08"
24	Christie Phillips	Burlington	JR	099'11"

4x100-METER RELAY

1	ANKENY	Stephanie Pearce, Cori Verbeski Erica Junod, Laura Aschoff	48.69 *
2	AMES	Tolu Fadeyi, Erin Johnson Erin Maysent, Amber Engelen	49.29
3	CR PRAIRIE	Katie George, Lindsey Rudd Tina Klith, Fiona Asigbee	49.62
4	DAVENPORT NORTH	Lakeisha Lee, Ivory Lacy Tanya Hunigan, Destiny Sisk	49.77
5	WAVERLY-SHELL ROCK	Alisa Steffen, Julie Galbreath Rochelle Anderson, Katie Clipperton	49.88
6	DM ROOSEVELT	Lori Dorsey, Davonna Carr Arena Butts, Lo Lo Jones	50.04
7	DUBUQUE WAHLERT	Molly Weeber, Sadie Uthe Lisa Walker, Theresa Kelly	50.66
8	OTTUMWA	Lori Rowland, Jamie Dalbey Amber Morrow, Hillary Reed	52.30

* - State Meet and Iowa All-Time Record--old marks, 48.8 by Washington, 1975 and Cedar Rapids Jefferson, 1986

HEAT 1

1	AMES	Tolu Fadeyi, Erin Johnson Erin Maysent, Amber Engelen	49.84
2	OTTUMWA	Lori Rowland, Jamie Dalbey Amber Morrow, Hillary Reed	50.17
3	DUBUQUE WAHLERT	Molly Weeber, Sadie Uthe Lisa Walker, Theresa Kelly	50.54
4	IOWA CITY WEST	Misa Nakato, Melissa Meng Kerri Scholl, Keri Koser	50.97
5	SIOUX CITY NORTH	Rachel Remnant, Jenny McCloud Kalie Gaskill, Kate Gordon	51.40
6	CEDAR FALLS	Theresa Liu, Kara Schwerdtfeger Peggy Owens, Anna Ziegenhorn	51.48
7	WATERLOO EAST	Keya Jackson, Nicole Sallis Alicia Jones, Rasheedah Jones	51.49

8	SIOUX CITY HEELAN	Mandi Blatchford, Sara Heying Laura Keane, Laura Wharton	51.98
HEAT 2			
1	CR PRAIRIE	Katie George, Lindsey Rudd Tina Klith, Fiona Asigbee	49.85
2	DM ROOSEVELT	Lori Dorsey, Davonna Carr Arena Butts, Lo Lo Jones	49.94
3	DAVENPORT NORTH	Lakeisha Lee, Ivory Lacy Tanya Hunigan, Destiny Sisk	50.30
4	CR JEFFERESON	Sarah Wieneke, Nicole Reilly Dena Johnson, Krista Johnson	50.92
5	DUBUQUE HEMPSTEAD	Laura Uthe, Katie Meyer Amy Comer, Brooke Gentzler	51.22
6	SPENCER	Jami Willfong, Sara Hornby Gretchen Vetter, Amy Wigen	51.38
7	NEWTON	Dawn Engle, Amanda Thomason Becky Bartello, Abby Townsend	51.55
8	WDM VALLEY	Tara Harris, Courtney Alberts Angie Maupin, Emily Borchardt	53.32
HEAT 3			
1	ANKENY	Stephanie Pearce, Cori Verbeski Erica Junod, Laura Aschoff	48.94
2	WAVERLY-SHELL ROCK	Alisa Steffen, Julie Galbreath Rochelle Anderson, Katie Clipperton	49.94
3	BURLINGTON	Liz Navntoft, Vanessa Beyer Sara Sudbeck, Katie Boney	50.81
4	SIOUX CITY WEST	Jana Irvin, Trayla Ramsey Amanda Stidfole, Tieesha Griffin	50.82
5	MOUNT PLEASANT	Jamie Mihalevich, Dee Wear Channy Dary, Lisa Naab	51.35
6	OSKALOOSA	Lindsey Fleener, Sarah Harned Sarah Wellings, Sarah Sinclair	51.77
7	WESTERN DUBUQUE	April Vorwald, Rachel Smith Abbie Ruden, Heidi Hagerty	52.19
8	LINN-MAR	Keyia Loveless, Mary Smith Amanda Hoven, Katie Hurlbut	52.21

4x200-METER RELAY

1	DM ROOSEVELT	Davonna Carr, Kristin Cavanagh Ronnie Caldwell, Taylor Ewald	1:42.66
2	AMES	Tolu Fadeyi, Erin Maysent Jessica Wray, Amber Engelen	1:42.90
3	ANKENY	Amber Moton, Stephanie Pearce Cori Verbeski, Erica Junod	1:43.58
4	WAVERLY-SHELL ROCK	Rochelle Anderson, Alyssa Rost Holly Dorenkamp, Katie Clipperton	1:43.79
5	IOWA CITY HIGH	Angie Madlock, Kelli Chesnut Nicole Gatens, Kristin Knight	1:43.90
6	OTTUMWA	Lori Rowland, Jamie Dalbey Kim Couch, Hillary Reed	1:44.00
7	DAVENPORT NORTH	Allison Harris, Akilah Easter Destiny Sisk, Tanya Hunigan	1:44.16
8	CR PRAIRIE	Katie George, Emily Riggle Tina Klith, Fiona Asigbee	1:45.18
HEAT 1			
1	DM ROOSEVELT	Davonna Carr, Kristin Cavanagh Ronnie Caldwell, Taylor Ewald	1:43.70
2	WAVERLY-SHELL ROCK	Rochelle Anderson, Alyssa Rost Holly Dorenkamp, Katie Clipperton	1:44.57
3	DAVENPORT NORTH	Allison Harris, Akilah Easter Destiny Sisk, Tanya Hunigan	1:44.96

4	URBANDALE	Jaclyn Houghton, Sarah Turner Rachel Buescher, Diane Stratton	1:47.87
5	CR JEFFERSON	Sarah Wieneke, Lacy Blackhawk Krista Johnson, Dena Johnson	1:48.84
6	MUSCATINE	Kelly McConnaha, Colleen Schmitt Becca Aull, Marisol Santana	1:49.93
999	IOWA CITY WEST	Chineze Enekwechi, Jill Coan Misa Nakato, Keri Koser	DQ1:51.04
999	CLINTON	Lindsey Larson, Tracy Hayton Shauna Geronzin, Heather Covel	DQ1:51.36

HEAT 2

1	AMES	Tolu Fadeyi, Erin Maysent Jessica Wray, Amber Engelen	1:43.98
2	IOWA CITY HIGH	Angie Madlock, Kelli Chesnut Nicole Gatens, Kristin Knight	1:44.02
3	CR PRAIRIE	Katie George, Emily Riggle Tina Klith, Fiona Asigbee	1:45.35
4	SPENCER	Amanda Hentges, Sara Hornby Amy Wigen, Niki Jacobsen	1:48.68
5	NEWTON	Shelley Wright, Amanda Thomason Becky Bartello, Abby Townsend	1:48.84
6	SIOUX CITY WEST	Jana Irvin, Trayla Ramsey Erin Steffe, Kris Jenkins	1:51.25
7	INDIANOLA	Mary Woltz, Jennifer Campbell Kristin Lickiss, Aly Mikulanec	1:51.77
8	DUBUQUE SENIOR	Melissa Millman, Sabrina Weidenbacher Niki Munson, Liz Kaune	1:52.35

HEAT 3

1	ANKENY	Amber Moton, Stephanie Pearce Cori Verbeski, Erica Junod	1:44.17
2	OTTUMWA	Lori Rowland, Jamie Dalbey Kim Couch, Hillary Reed	1:44.76
3	DUBUQUE HEMPSTEAD	Laura Uthe, Brooke Gentzler Katie Meyer, Amy Comer	1:48.51
4	SOUTHEAST POLK	Tonya Hegland, Casee Constable Emily Johnson, Tesi Dawson	1:49.39
5	WDM DOWLING	Brook Haege, Melissa Dale Jena Murray, Temmy Reavis	1:49.40
999	PLEASANT VALLEY		DNF
999	WDM VALLEY	Alisha Menzies, Kristin Flood Christie Muenzenberger, Valerie Lucas	DNF
999	SIOUX CITY HEELAN	Julie Moeller, Sara Heying Laura Keane, Jill Fisher	DQ1:47.77

4x400-METER RELAY

1	INDIANOLA	Stephanie Suntken 59.5, Dondra Nichols 61.0 Nicole Bergman 61.1, Lacey Adams-Brown 56.4	3:57.96
2	IOWA CITY HIGH	Kelli Chesnut 60.1, Kelly Triplett 59.9 Teesa Price 60.4, Keely Barnett 58.7	3:59.20
3	DAVENPORT NORTH	Allison Harris 60.3, Ivory Lacy 61.9 Tanya Hunigan 58.6, Akilah Easter 60.5	4:01.35
4	WDM VALLEY	Christie Muenzenberger 59.8, Kristin Flood 60.8 Emily Borchardt 64.3, Cari Hoeman 57.7	4:02.63
5	PLEASANT VALLEY	Teresa Grothus 60.0, Mindy Reynolds 61.1 Jessie Adams 61.2, Kristin Hulbert 60.3	4:02.69
6	SIOUX CITY HEELAN	Alicia Koerner, Michelle Benson Jill Fisher, Julie Moeller	4:03.17
7	DUBUQUE SENIOR	Mary Garrett, Erin Strub Jenna Specht, Nicole Dougherty	4:05.98
8	WAVERLY-SHELL ROCK	Rochelle Anderson, Alyssa Rost Hannah Olson, Joy Dorenkamp	4:06.02

HEAT 1

1	INDIANOLA	Stephanie Suntken 60.3, Dondra Nichols 62.3 Nicole Bergman 61.1, Lacey Adams-Brown 55.6	3:59.27
2	WDM VALLEY	Christie Muenzenberger 60.5, Kristin Flood 60.6 Emily Borchardt 61.4, Cari Hoeman 57.3	3:59.81
3	IOWA CITY HIGH	Kelli Chesnut 60.7, Kelly Triplett 60.9 Teesa Price 59.2, Keely Barnett 60.0	4:00.80
4	SIOUX CITY HEELAN	Alissa Koerner 61.5, Michelle Benson 60.8 Jill Fisher 60.7, Julie Moeller 59.1	4:02.12
5	JOHNSTON	Tenisha Davis, Heidi Kiester Kelly Clarkson, Kyla Kiester	4:11.02
6	DUBUQUE WAHLERT	Lisa Tranel, Amanda Miller Amanda Hohmann, Laura Binz	4:13.47
7	DENISON-SCHLESWIG	Tara Boeck, Jessica Shives Jen Jepsen, Katie Lokken	4:13.89
8	DAVENPORT WEST	Aimee Anderson, Lindsey Ekblad Evelena Ornelas, Christine Vastine	4:17.33

HEAT 2

1	PLEASANT VALLEY	Teresa Grothus, Mindy Reynolds Jessie Adams 60.4, Kristin Hulbert 60.1	4:01.36
2	DUBUQUE SENIOR	Mary Garrett 59.4, Erin Strub 62.1 Jenna Specht 61.4, . Nicole Dougherty 59.4	4:02.31
3	DM ROOSEVELT	Christine Atkins. Christine Devore Ronnie Caldwell, Kristin Cavanagh 60.3	4:02.95
4	CEDAR FALLS	Kara Hulse 61.6, Jamie Nemmers 62.9 Nicole Doeden 62.0, Kelly Wenndt 59.4	4:05.17
5	NEWTON	Andrea Van Sickle, Amanda Manatt Abby Townsend, Amanda Thomason	4:05.87
6	CLINTON	Cristy Callahan, Renee Waddell Shauna Geronzin, Michelle Larson	4:11.19
7	DES MOINES HOOVER	Christy Meade, Maggie Beavers Tara Taylor, Stephanie Mann	4:11.86
8	OTTUMWA	Kim Couch, Shannon Leonard Amber Morrow, Jenny Rathe	4:15.66

HEAT 3

1	DAVENPORT NORTH	Allison Harris 60.2, Ivory Lacy 60.6 Tanya Hunigan 59.9, Akilah Easter 59.5	4:00.22
2	WAVERLY-SHELL ROCK	Rochelle Anderson, Alyssa Rost Hannah Olson. Joy Dorenkamp	4:02.37
3	MARSHALLTOWN	Teresa Wauters 63.7, Jessica Huff 60.3 Kirstin Bermudez 60.9, Nicole Chizek 57.8	4:02.75
4	CR REGIS-LASALLE	Marie Zach 61.6, Emily Putman 63.1 Carrie Van Sichel 60.9, Maria Johnson 59.5	4:04.10
5	AMES	Claire Gilchrist 61.8, Tiffany Belz 63.9 Krista Roosa 63.5, Molly McNertney 62.0	4:11.32
6	PELLA	Holly Goodyk, Steph Brown Amy Steenhoek, Jenny Versluys	4:13.07
7	URBANDALE	Susie Tofte, Rachel Buescher Jenny Reiter, Diane Stratton	4:14.27
8	CR PRAIRIE	Lisa Ungerer, Esther Stephen Tauni Mackey, Melissa Lanphere	4:19.78

4x800-METER RELAY

1	PLEASANT VALLEY	Teresa Grothus 2:20.8, Kristin Hulbert 2:24.2 Julie Wuorinen 2:24.4, Jessie Adams 2:22.6	09:32.08
2	CEDAR FALLS	Jocelyn Schaefer 2:24.5, Alex Cook 2:25.7 Ashley Kunkle 2:23.8, Sarah Gray 2:18.3	09:32.36
3	MARSHALLTOWN	Jessica Huff 2:18.5, Kirstin Bermudez 2:25.9 Jenni Markham 2:30.4, Nicole Chizek 2:26.6	09:41.52
4	ANKENY	Windy Clark 2:25.2, Lindsey Leonard 2:23.0 Kelsey Singletary 2:28.0, Michelle Kaiser 2:26.4	09:42.61
5	CLINTON	Jama Clark 2:25.9, Renee Waddell 2:23.6	

		Katie Weed 2:26.5, Michelle Larson 2:27.4	09:43.39
6	SIOUX CITY HEELAN	Mandi Blatchford, Jenny Small Sara Heying, Katie Berger	09:46.91
7	INDIANOLA	Abbie Archibald 2:23.6, Kelly Sinclair 2:30.1 Sara Luse 2:30.9, Nicole Bergman 2:25.0	09:49.63
8	URBANDALE	Jenny Reiter 2:23.7, Sarah Gosselink 2:26.5 Kelli Best 2:29.4, Lindsay Carpp 2:30.5	09:50.14
9	BETTENDORF	Cheyenne Aguilar 2:32.8, Renae Begyn 2:27.9 Ann Ruffcorn, Amanda Moeller	09:53.48
10	WAVERLY-SHELL ROCK	Hannah Olson, Tricia Coleman Colleen Bubb, Megan Magnall	09:54.30
11	SPENCER	Amy Wedel, Jamie Veiseth Natalie Anderson 2:28.8, Chelsi Auen 2:27.5	09:54.41
12	DUBUQUE SENIOR	Jenna Specht 2:27.6, Sarah Willems 2:29.3 Jennifer Fridlund 2:31.9, Sarah Lepp 2:26.5	09:55.22
13	CR REGIS-LASALLE	Marie Zach, Mary Hays Renae Raap, Amanda Glynn	09:55.35
14	FORT MADISON	Kate Basham, Katie Glasgow Brooke Hardin, Megan Rehm 2:22.6	09:55.37
15	CR PRAIRIE	Melicia Patik 2:29.6, Lisa Ungerer 2:29.3 Laura Ballard 2:28.6, Esther Stephen 2:29.6	09:57.17
16	NORTH SCOTT	Amanda Edlund, Carrie Shannon Jamie Payne, Angie Wakefield	09:57.90
17	NEWTON	Stacy Paget, Andrea Van Sickle Leah Pollastrini, Nicole Brooks	09:57.97
18	CB ABRHAM LINCOLN	Andrea Lapham, Melissa Hough Jeannie Mayotte, Sarah Hough	10:02.93
19	WDM VALLEY	Kristin Flood, Leah Lemale Becca Synhorst, Lexi Isaacson	10:07.97
20	DENISON-SCHLESWIG	Katie Lokken, Melissa Coleman Sara Mendlik, JoAnn Ford	10:09.82
21	PELLA	Holly Goodyk, Keri De Prenger Steph Brown, Amy Steenhoek	10:11.32
22	IOWA CITY HIGH	Anne Heefner, Jenny Mulder Molly Meng, Lindsey Wetzell	10:15.65
23	DUBUQUE WAHLERT	Emily Komiskey, Kate Weeber Jenny Klein, Lisa Tranel	10:18.76
24	FAIRFIELD	Emily Sieber, Jill Engbrecht Niki Sieber, Beth Brown	10:25.04
SPRINT MEDLEY RELAY			
1	INDIANOLA	Mary Woltz, Holly Warren Stephanie Suntken, Lacey Adams-Brown	1:48.25
2	WDM VALLEY	Alisha Menzies, Angie Maupin Christie Muenzenberger, Cari Hoeman	1:48.79
3	DAVENPORT NORTH	Lakeisha Lee, Destiny Sisk Ivory Lacy, Allison Harris	1:48.98
4	IOWA CITY HIGH	Angie Madlock, Erica Davis Kelli Chesnut, Teesa Price	1:48.99
5	WAVERLY-SHELL ROCK	Alisa Steffen, Jenny Kapler Katie Clipperton, Holly Dorenkamp	1:49.77
6	ANKENY	Stephanie Pearce, Erica Junod Amber Moton, Cori Verbeski	1:51.13
7	DAVENPORT CENTRAL	Melissa Conklin, Korie Phillips Josie Campese, Wendy Shaw	1:51.92
8	CR REGIS-LASALLE	Casey Novy, Carrie Van Sickel Leilani Smith, Maria Johnson	1:52.36
HEAT 1			
1	INDIANOLA	Mary Woltz, Holly Warren Stephanie Suntken, Lacey Adams-Brown 55.7	1:47.90
2	IOWA CITY HIGH	Angie Madlock, Erica Davis Kelli Chesnut, Teesa Price 58.6	1:49.99
3	DAVENPORT NORTH	Lakeisha Lee, Allison Harris Destiny Sisk, Ivory Lacy 58.7	1:50.77
4	CR REGIS-LASALLE	Casey Novy, Carrie Van Sickel Leilani Smith, Maria Johnson 58.1	1:50.85
5	OSKALOOSA	Sarah Sinclair, Sarah Wellings	

		Sarah Harned, Candi Jones 58.9	1:51.80
6	AMES	Johanna DeWinter, Erin Johnson Tolu Fadeyi, Erin Maysent 58.8	1:52.06
7	FAIRFIELD	Sara Rebling, Megan Kaska Sami Allison, Aimee Heisel	1:54.93
8	MUSCATINE	Kelly McConnaha, Katie Brooker Becca Aull, Marisol Santana	1:56.50
HEAT 2			
1	ANKENY	Stephanie Pearce, Erica Junod Amber Moton, Cori Verbeski 58.7	1:50.31
2	WAVERLY-SHELL ROCK	Alisa Steffen, Jenny Kapler Katie Clipperton, Holly Dorenkamp 58.5	1:50.35
3	JOHNSTON	Penny Nichols, Amy Young Heidi Kiestler, Kyla Kiestler 59.5	1:52.56
4	DUBUQUE WAHLERT	Lisa Walker, Sadie Uthe Theresa Kelly, Laura Binz 60.6	1:52.69
5	MOUNT PLEASANT	Lindsey Sinn, Channy Dary Lisa Naab, Kristin Kelly	1:53.09
6	MARSHALLTOWN	Karen Saylor, Diane Gaskill Jessie Noid, Katie Croker 63.7	1:56.49
7	SIOUX CITY HEELAN	Mandi Blatchford, Jenny Small Laura Keane, Katie Berger	1:58.45
8	WDM DOWLING	Brook Haege, Michelle Marcouiller Melissa Dale, Angie Brees 64.8	1:58.87
HEAT 3			
1	WDM VALLEY	Alisha Menzies, Angie Maupin Christie Muenzenberger, Cari Hoeman 58.6	1:51.52
2	DAVENPORT CENTRAL	Melissa Conklin, Korie Phillips Josie Campese, Wendy Shaw 59.1	1:51.68
3	CEDAR FALLS	Theresa Liu, Anna Ziegenhorn Kelly Wenndt, Kara Hulse 60.0	1:52.20
4	PELLA	Stacey Van Vark, Wendy Marlow Andrea Roush, Jenny Versluys 59.0	1:52.31
5	WATERLOO EAST	Keya Jackson, Nicole Sallis Rasheedah Jones, Natalie Curran 61.4	1:53.85
6	CR PRAIRIE	Carissa Salwey, Lindsey Rudd Katie George, Emily Riggie	1:56.18
7	MASON CITY	Heather Coburn, Krystal Berding Lena Hoard, Cassie Broome	1:57.45
999	DM ROOSEVELT	Arena Butts, Lo Lo Jones Taylor Ewald, Christine Devore 59.9	DQ-1:51.85
DISTANCE MEDLEY RELAY			
1	WDM DOWLING	Jena Murray, Melissa Dale Tammy Reavis 58.7, Katie Reichardt 2:16.7	4:08.89
2	CEDAR FALLS	Kara Hulse, Anna Ziegenhorn Kelly Wenndt 59.1, Jocelyn Schaefer 2:17.1	4:10.21
3	IOWA CITY HIGH	Nicole Gatens, Kelly Triplett Anessa Sloan 60.7, Keely Barnett 2:15.6	4:10.33
4	DES MOINES HOOVER	Christy Meade, Maggie Beavers Tara Taylor, Stephanie Mann	4:10.73
5	DAVENPORT CENTRAL	Melissa Conklin, Janelle Hester Josie Campese, Wendy Shaw	4:12.35
6	DM ROOSEVELT	Taylor Ewald, Kristin Cavanagh Christine Devore, Christine Atkins	4:12.61
7	BETTENDORF	Abbey Nimmer, Shley Guffey Christa Teplicky, Ann Ruffcorn	4:14.88
8	SIOUX CITY HEELAN	Jill Fisher, Sara Heying Julie Moeller 59.6, Michelle Benson 2:23.4	4:15.31
9	PLEASANT VALLEY	Adrea Hensel, Mindy Reynolds Kristin Hulbert 60.4, Jessie Adams 2:20.0	4:15.65
10	AMES	Johanna DeWinter, Erin Johnson Krista Roosa 62.5, Claire Gilchrist 2:19.5	4:16.55
11	URBANDALE	Jaclyn Houghton, Sarah Turner Rachel Buescher, Jenny Reiter	4:19.36
12	PELLA	Andrea Roush, Wendy Marlow	

		Jenny Versluys 59.3, Amy Steenhoek 2:26.3	4:19.60
13	WAVERLY-SHELL ROCK	Alisa Steffen, Alyssa Rost Hannah Olson, Megan Magnall	4:19.61
14	BURLINGTON	Haley Beyer, Sara Sudbeck Amy Oleson 62.1, Amanda Stiefel 2:24.0	4:20.14
15	DENISON-SCHLESWIG	Jessica Shives, Pam Hargens Jen Jepsen, Katie Lokken	4:20.84
16	LEWIS CENTRAL	Molly Parrott, Jennifer Keefe Nikki Poloncic 64.8, Karen McCormick 2:23.54:22.71	
17	OTTUMWA	Amber Morrow, Kim Couch Shannon Leonard, Jenny Rathe	4:24.94
18	SPENCER	Jami Willfong, Gretchen Vetter Jill Hoffman 64.0, Molly Wedel 2:26.8	4:24.99
19	CR REGIS-LASALLE	Casey Novy, Maura Pilcher Rena Raap, Mary Hays	4:26.59
20	DAVENPORT WEST	Marie Lewellen, Anna Friedrichs Lindsey Ekblad, Aimee Anderson	4:27.22
21	DUBUQUE HEMPSTEAD	Katie Meyer, Tara Biedermann Laura Biedermann, Andria Salucka	4:30.10
22	WATERLOO EAST	Rasheedah Jones, Nicole Sallis Natalie Curran 61.3, Allison Patterson 2:284:31.31	
23	IOWA CITY WEST	Abby Matthews, Alicia Reddick Melissa Matthews, Brittany Keith	4:34.40
999	INDIANOLA	Mary Woltz, Dondra Nichols Nicole Bergman, Abbie Archibald	DNF
SHUTTLE HURDLE RELAY			
1	AMES	Jessica Wray 15.8, Sarah Kitchell 16.3 Megan Popelka 16.4, Julie Ollila 14.6	1:03.06
2	MOUNT PLEASANT	Lindsey Sinn 16.1, Shawna Shappell 17.4 Jennie Brauman 16.2, Dee Wear 14.4	1:03.93
3	BURLINGTON	Liz Navntoft 16.6, Amy Oleson 16.7 Katie Boney 15.1, Vanessa Beyer 16.0	1:04.42
4	IOWA CITY WEST	Jill Arganbright 16.2, Misa Nakato 15.9 Keri Koser 16.2, Kerri Scholl 15.7	1:04.45
5	NEWTON	Jessi Dillman 16.3, Allison Kempenaar 16.7 Amanda Manatt 16.2, Jill George 15.3	1:04.47
6	INDIANOLA	Holly Warren 16.7, Liz Cooper 15.3 Erica Cooper 17.0, Jenny Matzen 15.8	1:04.82
7	CLINTON	Heather Covell 16.6, Cristy Callahan 16.2 Amanda Koester 16.7, Erin Land 15.4	1:04.91
8	DUBUQUE HEMPSTEAD	Laura Uthe 15.8, Jenni Moser 17.5 Susan Baylor 15.9, Amy Comer 16.2	1:05.37
HEAT 1			
1	BURLINGTON	Liz Navntoft 16.3, Amy Oleson 17.4 Katie Boney 15.1, Vanessa Beyer 16.0	1:04.84
2	ANKENY	Rachel Deirenfield 16.0, Traci Jones 16.9 Natalie Rose 16.6, Lynette Heinauer 15.9	1:05.47
3	WDM VALLEY	Jennifer Maupin, Colleen Hogan Heidi Hetzler, Cori Ambrose	1:07.74
4	MASON CITY	Maria Hardinger, Kathy Squier Emily Vold, April Vorwald	1:09.13
HEAT 2			
1	CLINTON	Heather Covell 16.9, Cristy Callahan 16.1 Amanda Koester 15.8, Erin Land 15.9	1:04.72
2	NEWTON	Allison Kempenaar 16.0, Jessi Dillman 17.1 Amanda Manatt 16.2, Jill George 15.5	1:04.81
3	CR WASHINGTON	Jodi Cobb, Robin Nurre Jill Winegarden, Kiley Fidler	1:08.94
999	DUBUQUE WAHLERT	Beth Herbst, Melanie Spiegel Aimee Reichel, Kelly Pickel	dq1:08.57
HEAT 3			
1	INDIANOLA	Holly Warren 16.4, Liz Cooper 15.8 Erica Cooper 16.2, Jenny Matzen 16.2	1:04.60
2	CEDAR FALLS	Theresa Liu 16.6, Jenny Mitchell 16.8	

		Kellie Smith 16.6, Jamie Nemmers 16.5	1:05.93
3	MARSHALLTOWN	Jessie Bowman, Kendra Crow Megan Miller, Ann Waters	1:08.87
4	OSKALOOSA	Janelle Edmundson, Lindsey Fleener Diana Moller, Sarah Harned	1:12.30
HEAT 4			
1	AMES	Jessica Wray 15.3, Sarah Kitchell 17.1 Megan Popelka 16.8, Julie Ollila 14.8	1:04.01
2	WAVERLY-SHELL ROCK	Candace Ford, Joy Dorenkamp Holly Long, Jenny Kapler	1:08.46
3	DUBUQUE SENIOR	Lori Smothers 17.2, Tabethe Galle 18.1 Abbie Hoelscher 16.9, Lisa Boelk 17.5	1:09.76
4	DENISON-SCHLESWIG	Jessica Shives, Lori Argotsinger Pam Hargens, Maggie Gorman	1:10.18
HEAT 5			
1	MOUNT PLEASANT	Lindsey Sinn 16.2, Shawna Shappell 17.3 Jennie Brauman 16.2, Dee Wear 14.7	1:04.44
2	DUBUQUE HEMPSTEAD	Laura Uthe 15.3, Jenni Moser 17.8 Susan Baylor 15.6, Amy Comer 16.6	1:05.33
3	WEST DELAWARE	Angie Baumgartner, Kasey Hutchinson Katie Johannes, Brenda Weibel	1:08.44
4	FORT MADISON	Corinn Brockman, Erin Hope Sara Wolf, Rhianna Vincent	1:11.21
HEAT 6			
1	IOWA CITY WEST	Jill Arganbright 15.8, Misa Nakato 16.4 Keri Koser 15.9, Kerri Scholl 17.0	1:05.18
2	PELLA	Shelly McCulla, Angela Vander Werf Christine Van Zante, Stacey Van Vark	1:07.03
3	IOWA CITY HIGH	Katie Divelbiss, Jill Tiemeyer Lisa Croker, Laura Haas	1:08.06
4	FAIRFIELD	Megan Kaska, Julie Burnham Kyra Kunkle, Mandy Thomas	1:09.87
WHEELCHAIR 100-METERS			
1	Cheri Blauwet	West Lyon	JR 22.46 *
2	Susan Tillman	Clarion-Goldfield	JR 23.98
*-STATE MEET RECORD--old mark, 23.12, Cheri Blauwet, West Lyon, 1996			
WHEELCHAIR 400-METERS			
1	Cheri Blauwet	West Lyon	JR 1:16.16 *
2	Susan Tillman	Clarion-Goldfield	JR 1:28.52
*-STATE MEET RECORD--old mark, 1:22.19, Cheri Blauwet, West Lyon, 1996			
WHEELCHAIR SHOT PUT			
1	Susan Tillman	Clarion-Goldfield	JR 14'07"
2	Cheri Blauwet	West Lyon	JR 12'03.50"