

Iowa Girls & Boys State Track Meet 2019 - 5/16/2019 to 5/18/2019

Des Moines, Iowa
Drake Stadium
Performance List

Event 5 Girls 100 Meter Dash 3A (24) Prelims

Thursday 5/16/2019 - 12:57 PM

State Record: 12.08 2017 Keaton Kester, ADM
All-Time: 11.49 2018 Syndey Milani, Southeast Polk

Name	Year	School	Seed Time	
1 King, Carly	12	Assumption	12.26	1
2 Wedewer, Libby	11	Wahlert, Dub	12.46	1
3 Ailes, Miracle	10	Keokuk	12.61	2
4 Gullekson, Rose	12	Decorah	12.73	1
5 Jackson, Amaya	12	Assumption	12.75	3
6 Hopkins, Kailee	12	Spencer	12.82	1
7 Buresh, Brielle	09	Decorah	12.87	2
8 Stephens, Katy	09	W Burlington/ND	12.90	4
9 Yaklich, Ariana	10	Wahlert, Dub	12.92	2
10 McMartin, Emily	09	Pella	12.93	1
11 Kenkel, Emma	12	Storm Lake	13.01	2
12 Klostermann, Colleen	10	Central DeWitt	13.07	3
13 Chase, Alexa	10	Algona	13.07	3
14 Nissen, Katelyn	12	Spencer	13.09	3
15 Armstrong, Evie	12	Pella	13.11	2
16 Kline, Ally	11	Gilbert	13.13	3
17 Jackson, Abbey	11	Knoxville	13.18	1
18 Ostrander, Bailey	12	Glenwood	13.19	1
19 Campbell, Lindsey	10	Keokuk	13.20	5
20 Newell, Rachel	12	Ballard	13.26	4
21 Wolff, Ellie	10	Solon	13.27	1
22 Skoumal, Kaylie	11	Xavier, CR	13.29	2
23 Thompson, Carlie	11	Humboldt	13.38	2
24 Hjelden, Maya	12	Norwalk	13.50	2

Event 13 Girls 200 Meter Dash 3A (24) Prelims

Thursday 5/16/2019 - 10:50 AM

State Record: 24.59 5/21/2015 Kari Dufoe, ADM
All-Time: 23.68 2018 Sydney Milani, Southeast Polk

Name	Year	School	Seed Time	
1 Wedewer, Libby	11	Wahlert, Dub	25.04	1
2 King, Carly	12	Assumption	25.39	1
3 Berns, Brooke	11	Decorah	25.81	1
4 Miller, Metsje	12	Pella	26.16	1
5 Ailes, Miracle	10	Keokuk	26.21	2
6 Jackson, Amaya	12	Assumption	26.23	3
7 Martensen, Grace	12	Benton Comm	26.24	1
8 Nebergall, Olivia	11	Anamosa	26.25	2
9 Wischmeyer, Ella	11	Mt Vernon	26.37	3
10 DeCosta, Ellie	09	Bond-Farrar	26.38	2
11 Rasmussen, Haley	10	Atlantic	26.41	1
12 Tollari, Olivia	09	ADM, Adel	26.44	1
13 Ryan, Taylor	12	Solon	26.51	2
14 Derby, Alyssa	10	Atlantic	26.76	2
15 DeWinter, Paige	09	Humboldt	26.85	3
16 Jackson, Abbey	11	Knoxville	26.89	2

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Event 13 ... (Girls 200 Meter Dash 3A (24) Prelims)

Name	Year	School	Seed Time	
17 Schmidt, Alaina	11	Wahlert, Dub	27.05	4
18 Kenkel, Emma	12	Storm Lake	27.09	1
19 Blum, Lizzy	11	Boy-Hul/Rock Val	27.19	2
20 Piercy, Allison	09	Spencer	27.23	3
21 Thomas, Radaisya	09	Algona	27.30	2
22 Levi, Raegan	09	Norwalk	27.36	3
23 Kerndt, Calla	09	Pella	27.39	3
24 Petig, Addy	11	Grinnell	27.40	3

Event 21 Girls 400 Meter Dash 3A (24)

Thursday 5/16/2019 - 1:30 PM

State Record: 54.73 5/19/2016 Dianna Slight, Boone
 All-Time: 52.90 2018 Sydney Milani, Southeast Polk

Name	Year	School	Seed Time	
1 Jochum, Madison	12	Bishop Heelan	58.29	1
2 King, Carly	12	Assumption	59.01	1
3 Kerkhoff, Erin	12	Solon	59.89	1
4 Kenkel, Emma	12	Storm Lake	1:00.41	2
5 Huberty, Brooklyn	12	SB-Luton	1:00.42	3
6 Heuer, Cara	11	Gilbert	1:00.48	1
7 Wiseman, Darci	09	Winterset	1:00.97	1
8 Erzen, Ainsley	09	Carlisle	1:01.08	2
9 Pross, Pluma	11	Atlantic	1:01.52	1
10 Horst, Grace	12	Vinton-Shellbrg	1:01.55	2
11 Wilson, Jaeda	11	Glenwood	1:01.57	2
12 Hosch, Kaylee	12	Independence	1:01.60	1
13 Hadley, Haleigh	11	Gilbert	1:01.69	2
14 Miller, Hadyn	11	Ia Falls-Alden	1:01.97	1
15 Holtkamp, Kaia	09	Solon	1:01.98	3
16 Tranel, Nicole	10	Wahlert, Dub	1:02.67	2
17 Conley, Mia	09	Bishop Heelan	1:03.12	4
18 Rice, Peyton	10	Creston	1:03.33	3
19 Lein, Kennedy	10	Carroll	1:03.34	4
20 Gasper, Makayla	09	W Delaware	1:03.48	3
21 Fick, Alyssa	10	Bond-Farrar	1:03.54	3
22 Jackson, Abbey	11	Knoxville	1:03.58	3
23 Lynch, Olivia	10	Assumption	1:03.85	2
24 VanGorkem, Dionna	10	Algona	1:04.42	2

Event 29 Girls 800 Meter Run 3A (24)

Saturday 5/18/2019 - 10:50 AM

State Record: 2:07.51 5/21/2016 Joy Ripslinger, Assumption
 All-Time: 2:07.18 2016 Joy Ripslinger, Assumption

Name	Year	School	Seed Time	
1 Aesoph, Amber	11	Bishop Heelan	2:21.03	1
2 Juhl, Maddy	12	Ia Falls-Alden	2:21.61	1
3 Schraft, Janette	12	Glenwood	2:21.68	1
4 Juhl, Grace	12	Ia Falls-Alden	2:22.11	2
5 Jochum, Madison	12	Bishop Heelan	2:22.27	2
6 Erzen, Ainsley	09	Carlisle	2:23.48	1

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Event 29 ... (Girls 800 Meter Run 3A (24))

Name	Year	School	Seed Time
7	Gadient, Corinne	12 Anamosa	2:23.97 1
8	Bock, Emma	09 Solon	2:24.06 1
9	Sterbenz, Megan	10 DC-Grimes	2:24.30 2
10	Horst, Grace	12 Vinton-Shellbrg	2:25.05 2
11	Baker, Brielle	12 Creston	2:25.26 2
12	Keitges, Katie	11 Knoxville	2:25.44 3
13	McMartin, Caroline	11 Pella	2:25.61 1
14	Fitzpatrick, Laney	10 Assumption	2:26.27 1
15	Katcher, Kora	09 CPU	2:26.53 3
16	Hinkel, Maddie	09 SB-Luton	2:26.60 3
17	Wiseman, Darci	09 Winterset	2:26.81 4
18	Jennings, Morgan	09 Assumption	2:26.89 2
19	Anderson, Audrey	09 DC-Grimes	2:27.10 5
20	Rush, Karsyn	12 Atlantic	2:27.27 3
21	Frey, Aubrey	11 Mt Vernon	2:27.45 2
22	Wittenberg, Tirzah	11 Pella	2:27.93 2
23	Hamilton, Grace	11 Spencer	2:28.17 4
24	Claussen-Tubbs, Ava	09 Anamosa	2:28.37 3

Event 37 Girls 1500 Meter Run 3A (24)

Saturday 5/18/2019 - 3:00 PM

State Record: 4:39.00 2017

Joy Ripslinger, Assumption

All-Time: 4:26.39 2011

Shelby Houlihan, SC East

Name	Year	School	Seed Time
1	Ryon, Abby	11 Mt Pleasant	4:54.93 1
2	Sterbenz, Megan	10 DC-Grimes	4:58.03 1
3	Erzen, Ainsley	09 Carlisle	4:58.04 2
4	Schraft, Janette	12 Glenwood	4:58.74 1
5	Meyer, Ellie	10 Ia Falls-Alden	4:59.98 1
6	Juhl, Maddy	12 Ia Falls-Alden	5:00.08 2
7	Baker, Brielle	12 Creston	5:01.59 2
8	Katcher, Adrianna	11 CPU	5:01.62 1
9	Horst, Grace	12 Vinton-Shellbrg	5:02.48 2
10	McCreedy, Taylor	10 Atlantic	5:02.57 3
11	Lackmann, Torin	10 Norwalk	5:02.89 3
12	Rhoads, Rachel	12 Newton	5:03.98 1
13	Rewerts, Kacie	11 Nevada	5:04.22 2
14	Quick, Taylor	11 Assumption	5:04.46 2
15	Hoins, Emma	10 Waverly-SR	5:06.11 3
16	Baker, Braelyn	10 Creston	5:06.59 4
17	Welch, Hannah	10 ADM, Adel	5:06.61 4
18	Maher, Caitlin	10 Ballard	5:06.78 3
19	Aesoph, Amber	11 Bishop Heelan	5:06.82 1
20	Keitges, Katie	11 Knoxville	5:07.20 5
21	Jones, Anjali	11 Grinnell	5:07.55 3
22	Oliver, Alixandra	10 Wahlert, Dub	5:08.15 1
23	Steffen, Peyton	09 Marion	5:09.11 2
24	Hurt, Maddie	12 LeMars	5:09.66 2

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Event 45 Girls 3000 Meter Run 3A (24)

Thursday 5/16/2019 - 9:55 AM

State Record: 9:55.37 2017 Joy Ripslinger, Assumption

All-Time: 9:24.67 5/22/2014 Stephanie Jenks, Linn-Mar

Name	Year	School	Seed Time
1 Juhl, Grace	12	Ia Falls-Alden	10:32.97 1
2 Ryon, Abby	11	Mt Pleasant	10:46.29 1
3 Meyer, Ellie	10	Ia Falls-Alden	10:46.73 2
4 Katcher, Adrianna	11	CPU	10:50.11 1
5 Conway, Kiersten	10	Solon	10:54.20 2
6 McMartin, Caroline	11	Pella	10:58.27 1
7 Hoins, Emma	10	Waverly-SR	10:58.80 3
8 Schraft, Janette	12	Glenwood	11:00.69 1
9 Bloomquist, Ashley	12	Fairfield	11:01.93 2
10 Jones, Anjali	11	Grinnell	11:02.28 3
11 Twedt, Ellie	11	Ballard	11:05.46 2
12 Connell, Kiki	10	Charles City	11:05.47 4
13 Gidel, Bryce	11	Humboldt	11:06.60 2
14 Delperdang, Kourtney	12	Spirit Lake Park	11:12.11 1
15 Fisher, Brenna	09	Spencer	11:13.34 2
16 Hurt, Maddie	12	LeMars	11:15.22 3
17 Oliver, Alixandra	10	Wahlert, Dub	11:17.30 1
18 Borkowski, Lucy	11	Harlan	11:22.16 3
19 Quick, Taylor	11	Assumption	11:22.69 3
20 Barker, Kaylie	12	Clear Crk-Amana	11:25.48 4
21 Kruse, Makayla	12	Pella	11:28.89 3
22 Kephart, Hallie	09	Marion	11:37.58 2
23 Sievers, Megan	12	Carlisle	11:41.67 1
24 Paulson, Natalie	12	DC-Grimes	11:47.64 2

Event 51 Girls 100 Meter Hurdles 3A (24) Prelims

Friday 5/17/2019 - 10:10 AM

State Record: 14.51 2018 Grace Martensen, Benton Community

All-Time: 13.90 4/13/2010 Alex Gochenour, Logan-Mag.

Name	Year	School	Seed Time
1 Martensen, Grace	12	Benton Comm	15.03 1
2 Jones, Aubrey	11	Xavier, CR	15.38 2
3 Tynismaa, JoJo	09	S Tama Cty	15.52 3
4 Kenny, Anna	12	ADM, Adel	15.53 1
5 Leopold, Annie	11	Mt Vernon	15.75 1
6 Holmes, Abigail	11	Algona	15.78 1
7 Frett, Sarah	11	DC-Grimes	15.85 2
8 Scarborough, Elle	10	Glenwood	15.86 1
9 Yanga, Brianna	11	Xavier, CR	15.88 4
10 Arnold, Audrey	11	Glenwood	15.95 2
11 Haack, Jocelyn	12	Carlisle	16.01 3
12 Anderson, Kendall	09	Bond-Farrar	16.04 1
13 Young, Britney	11	Waverly-SR	16.04 2
14 Neighbors, Kylee	11	Grinnell	16.12 5
15 Zoet, Emma	10	Boy-Hul/Rock Val	16.22 1
16 Borth, Abby	11	Spencer	16.25 2

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Event 51 ... (Girls 100 Meter Hurdles 3A (24) Prelims)

Name	Year	School	Seed Time	
17 Baker, Olivia	11	W Burlington/ND	16.28	1
18 Eckerman, Haley	11	Waverly-SR	16.29	3
19 Syverson, Grace	12	Decorah	16.31	4
20 Gunderson, Vanessa	12	Denison-Schlswg	16.32	3
21 Holterhaus, Emily	12	Pella	16.33	2
22 Sands, Peyton	11	Solon	16.42	6
23 Lamm, Karsyn	10	Mt Pleasant	16.54	2
24 Rhomberg, Annie	12	Mt Vernon	16.70	2

Event 59 Girls 400 Meter Hurdles 3A (24)

Friday 5/17/2019 - 11:50 AM

State Record: 1:02.53 5/19/2010 Holly Salzbrenner, Mount Vernon-Lisbon
 All-Time: 57.30 1975 Debbie Esser, Woodbine

Name	Year	School	Seed Time	
1 Kelderman, Emma	12	Oskaloosa	1:03.73	1
2 Kenny, Anna	12	ADM, Adel	1:04.93	2
3 Cristoforo, Maggie	11	Mt Pleasant	1:05.55	1
4 Thoreson, Elsie	11	Pella	1:06.09	1
5 Gunderson, Vanessa	12	Denison-Schlswg	1:07.11	1
6 Zoet, Emma	10	Boy-Hul/Rock Val	1:07.13	2
7 Tyynismaa, JoJo	09	S Tama Cty	1:07.13	1
8 McQuillen, Maggie	11	Anamosa	1:07.34	1
9 Schraft, Janette	12	Glenwood	1:07.44	1
10 Holterhaus, Emily	12	Pella	1:07.67	2
11 Davitt, Abbie	11	Norwalk	1:08.06	3
12 Danner, Madyln	12	Boone	1:08.14	2
13 Pickup, Carolyn	11	Maquoketa	1:08.22	2
14 Prier, Madison	09	Marion	1:08.36	3
15 Bullard, Gabbi	11	Solon	1:08.43	2
16 Groat, Lily	10	Humboldt	1:09.46	3
17 Jenness, Emma	11	Spirit Lake Park	1:09.76	3
18 Dunlap, Anna	09	Fairfield	1:09.86	2
19 Folkmann, Callie	11	Gilbert	1:09.96	3 Conv
20 Gonzalez, Abby	10	ADM, Adel	1:10.08	4
21 Williams, Heidi	12	Atlantic	1:10.39	4
22 Gilroy, Riley	10	Bond-Farrar	1:10.70	4 Conv
23 Pipho, Ambria	11	Decorah	1:11.70	1
24 Barr, McKenzie	12	Ia Falls-Alden	1:11.91	2

Event 68 Girls 4x100 Meter Shuttle Hurdle 3A (24) Prelims

Thursday 5/16/2019 - 9:20 AM

State Record: 1:03.13 5/21/2016 Pella, Pella
 K Pingel, E Holterhaus, E Thoreson, C McKinstrey
 All-Time: 1:00.61 2017 Waukee, Waukee
 S Winger, M Gray, L Nelson, H Schau

Team	Relay	Seed Time	
1 Glenwood		1:06.25	1
1) Arnold, Audrey 11	2) Ausdemore, Marissa 10	3) Parr, Sami 11	4) Scarborough, Elle 10
5) Jones, Kennedy 09	6) Bertini, Taryn 11		

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	Team	Relay	Seed Time
2	Benton Comm		1:06.94 1
	1) Lohrer, Ashtynn 11	2) Slouha, Lauren 12	3) Thys, Mallory 11
	5) Thys, Jaden 10	6) Schroeder, Parker 10	4) Martensen, Grace 12
3	ADM, Adel		1:07.13 1
	1) Baier, Kristen 12	2) Calligan, Abigail 12	3) Zwank, Holland 11
	5) Gonzalez, Abby 10	6) Meyer, Morgan 11	4) Kenny, Anna 12
4	S Tama Cty		1:07.16 2
	1) Tyynismaa, JoJo 09	2) Slaven, Stacey 12	3) Vest, Gracie 09
	5) Graham, Ashton 12	6) Haughey, Morgan 10	4) Stochl, Caitlyn 11
5	Waverly-SR		1:07.80 1
	1) Dahlquist, Reagan 10	2) Bechtel, Abby 12	3) Eckerman, Haley 11
	5) Bates, Laura 12	6) Seward, Emma 10	4) Young, Britney 11
6	Denison-Schlswg		1:07.92 1
	1) Mohr, Alex 12	2) Neemann, Hannah 10	3) Ibarra, Jaime 10
	5) Langenfeld, Kira 09	6) Kastner, Cierra 10	4) Gunderson, Vanessa 12
7	Solon		1:07.98 3
	1) Sands, Peyton 11	2) Nelson, Rachael 12	3) Buffington, Jada 09
	5) Lindemann, Shawna 09	6) Feaker, Bella 09	4) Bullard, Gabbi 11
8	Humboldt		1:08.06 2
	1) Hajek, Jori 10	2) Varangkounh, Claire 11	3) Dettmann, Kailee 10
	5) Satern, Rylie 09	6) DeWinter, Paige 09	4) Groat, Lily 10
9	DC-Grimes		1:08.10 2
	1) Luebke, Katherine 09	2) Knudsen, Katelyn 11	3) Miles, Dakota 12
	5) Guttenfelder, Alexis 09	6) Berger, Lillian 10	4) Frett, Sarah 11
10	Xavier, CR		1:08.10 4
	1) Jones, Aubrey 11	2) Shoger, Julia 11	3) Triplett, Samantha 11
	5) Schmitt, Bridget 09	6) Arnold, Libby 11	4) Yanga, Brianna 11
11	Mt Vernon		1:08.28 1
	1) Ryan, Lauren 10	2) Keaton, Aliyah 10	3) Welch, Natalie 10
	5) Telecky, Nadia 09	6) Rhomberg, Annie 12	4) Leopold, Annie 11
12	Carlisle		1:08.52 3
	1) Schnathorst, Delaney 11	2) Lose, Morgan 11	3) Mesecher, Cameron 12
	5) Viers, Tristine 11	6) Tudor, Tyrilyn 09	4) Haack, Jocelyn 12
13	Boy-Hul/Rock Val		1:08.69 2
	1) Vermeer, Kylie 11	2) Zoet, Emma 10	3) Bergstrom, Jewel 09
	5) Ribbens, Sadie 11	6) Koerselman, Laiken 10	4) Woelber, Ellie 09
14	Spencer		1:08.75 3
	1) Morony, Maddie 09	2) Stave, Madi 11	3) Schon, Leah 11
	5) Johnson, Lexi 09	6) Nissen, Ashlyn 12	4) Borth, Abby 11
15	Charles City		1:09.35 2
	1) Hoeft, Lynn 12	2) Litterer, Alex 11	3) Fiser, Liz 11
	5) Hennick, Kaylee 09	6) Lincoln, Madi 11	4) Lahner, Hannah 09
16	Mt Pleasant		1:09.62 1
	1) Williamson, Maddie 12	2) Lamm, Kenna 09	3) Keomanivong, Serenity 11
	5) Cristoforo, Maggie 11	6) Gilmore, Jenna 09	4) Lamm, Karsyn 10
17	Decorah		1:09.76 3
	1) Syverson, Grace 12	2) Lovstuen, Anya 09	3) Mincks, Kallie 09
	5) Holtz, Chelsey 09	6) Bjergum, Katie 11	4) Piphoo, Ambria 11
18	LeMars		1:09.78 4
	1) Leusink, Kady 11	2) Alesch, Brooke 12	3) McNaughton, Lilly 09
	5) Pippett, Maddi 11	6) Schietler, Shaunna 11	4) Schiff, Karlee 10

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Team	Relay	Seed Time
19 Gilbert		1:09.79 1
1) Berns-Schweingruber, Lydia 12)	Lopez, Eleanor 11	3) Barrientos, Bailey 11
5) Ellingson, Grace 09	6) Folkmann, Callie 11	4) Clark, Tyzha 12
20 Harlan		1:09.97 3
1) Curren, Ally 09	2) Buman, Justine 10	3) Hendricks, Zophi 09
5) Schmitz, Maci 09	6) Metzger, Lucy 10	4) Hansen, Chloe 12
21 North Polk		1:09.98 2
1) Springer, Marlee 09	2) Schumann, Mia 10	3) Demmon, Reagan 10
5) Cam, Kali 09	6) Drent, Alex 10	4) Drent, Bailey 12
22 Clear Crk-Amana		1:10.24 5
1) Mathis, Emma 09	2) Jiras, Kayla 10	3) Cullen, Meghan 09
5) Schultz, Liz 09	6) LeFleur, Katelyn 10	4) Smiddy, Cileigh 10
23 Fort Madison		1:10.37 2
1) Lampe, Reyna 10	2) Barnes, Taylor 10	3) Williams, Olivia 12
5) Klesner, Aleaya 10	6) Hellman, Claire 12	4) Schneider, Raquel 09
24 Central DeWitt		1:12.70 2
1) Peterson, Maddie 12	2) Morris, Ava 09	3) Schlimmer, Cassidy 11
5) Walrod, Sydney 12	6) Fox, Katie 12	4) Jansen, Keeley 09

Event 74 Girls 4x100 Meter Relay 3A (24) Prelims

Friday 5/17/2019 - 12:50 PM

State Record: 48.21 2018 Wahlert, Dubuque, Wahlert, Dubuque
L Wedewer, A Sherman, C Broderick, B Hasken
All-Time: 47.55 4/28/2012 Roosevelt, Roosevelt
CR Jefferson Tied in 2015

Team	Relay	Seed Time
1 Pella		49.54 1
1) Miller, Metsje 12	2) Vanderhoff, Roselande 10	3) Armstrong, Evie 12
5) Renaud, Maggie 12	6) VanHeukelom, Andrea 10	4) McMartin, Emily 09
2 Decorah		49.81 1
1) Syverson, Grace 12	2) Berns, Brooke 11	3) Gullekson, Rose 12
5) Thompson, Grace 10	6) Wyatt, Cassie 10	4) Buresh, Brielle 09
3 Wahlert, Dub		49.87 1
1) Yaklich, Ariana 10	2) Wallace, Abigail 10	3) Broderick, Clare 11
5) Wedewer, Libby 11	6) Hingtgen, Kate 09	4) Carter, Aliyah 11
4 Spencer		50.12 1
1) Nissen, Ashlyn 12	2) Hopkins, Kailee 12	3) Johnson, Nadine 12
5) Piercy, Allison 09	6) Lagunes-Cervantes, Nichelle 1	4) Nissen, Katelyn 12
5 Solon		50.13 1
1) Wolff, Ellie 10	2) Fleck, Khaylor 11	3) Annis, Cayley 11
5) Sands, Peyton 11	6) Levin, Makinley 09	4) Kerkhoff, Erin 12
6 Bond-Farrar		50.40 2
1) Hall, Abby 11	2) Fuller, Rebekah 09	3) Anderson, Kendall 09
5) Culbertson, Cierra 10	6) Culbertson, Brielle 10	4) DeCosta, Ellie 09
7 Assumption		50.43 1
1) McConnell, Alaina 09	2) Moore, Natalie 11	3) Possehl, Anna 11
5) Combs, Amil 10	6) Lynch, Olivia 10	4) Nelson, Lea 12
8 Marion		50.72 2
1) Wright, Riley 10	2) Knapp, Maddie 12	3) Redmond, Maddy 12
5) Donohue, Allie 11	6) Mundy, Kay 11	4) Draves, Livvy 12

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Team	Relay			Seed Time
9 Benton Comm				51.04 2
1) Lamer, Shakayla 10	2) Lohrer, Ashtynn 11	3) Slouha, Lauren 12	4) Martensen, Grace 12	
5) Schulte, Megan 10	6) Spina, Alyssa 11			
10 S Tama Cty				51.04 3
1) Stochl, Caitlyn 11	2) Graham, Ashton 12	3) Slaven, Stacey 12	4) Tyynismaa, JoJo 09	
5) Chyma, Alyssa 10	6) Slaven, Shelby 10			
11 W Burlington/ND				51.07 2
1) Ward, Hope 11	2) Schwenker, Amelia 09	3) Marlow, Sydney 10	4) Stephens, Katy 09	
5) Belger, Kerrigan 10	6) Richards, Riley 09			
12 DC-Grimes				51.08 1
1) Paup, Tristyn 12	2) Knudsen, Katelyn 11	3) Ashley, Hannah 12	4) Frett, Sarah 11	
5) Nelsen, Elle 09	6) Roshek, Anna 12			
13 Glenwood				51.17 1
1) Allgood, Sadey 12	2) Ostrander, Bailey 12	3) Ausdemore, Marissa 10	4) Arnold, Audrey 11	
5) Wilson, Jaeda 11	6) Scarborough, Elle 10			
14 Washington				51.18 3
1) Marek, Leah 11	2) Bailey, Isabel 12	3) Greiner, Jenah 12	4) Pacha, Kelsey 09	
5) Telleen, Ashley 12	6) Marek, Olivia 10			
15 Harlan				51.26 2
1) Musich, Savanna 09	2) Wegner, Delaney 09	3) Alberti, Abby 11	4) Hansen, Chloe 12	
5) Kjergaard, Kennedy 10	6) Smith, Aubri 10			
16 Charles City				51.39 2
1) Litterer, Alex 11	2) Chambers, Rachel 09	3) Heyer, Sami 12	4) Fiser, Liz 11	
5) Hoeft, Lynn 12	6) Staudt, Lydia 09			
17 Boy-Hul/Rock Val				51.40 2
1) Bomgaars, Charli 11	2) Blum, Lizzy 11	3) Bomgaars, Kyler 09	4) Damstra, Sydney 11	
5) Zoet, Emma 10	6) Woelber, Ellie 09			
18 Norwalk				51.50 2
1) Hjelden, Maya 12	2) Belizzi, Gianna 12	3) Onken, Summer 11	4) Levi, Raegan 09	
5) Bunch, Abby 12	6) Randall, Marin 09			
19 Xavier, CR				51.60 4
1) Jansen, Jordan 09	2) Shoger, Julia 11	3) Yanga, Brianna 11	4) Jones, Aubrey 11	
5) Skoumal, Kaylie 11	6) Junge, Jordan 09			
20 Algona				51.62 3
1) Thomas, Radaisyia 09	2) Chase, Alexa 10	3) Groen, Abby 12	4) Hoover, Sydney 11	
5) Wille, Brooklynn 11	6) Johnson, Baylyn 12			
21 Central DeWitt				51.70 3
1) Klostermann, Colleen 10	2) Machovec, Morgan 10	3) Ginter, Lauryn 10	4) Morris, Ava 09	
5) Small, Carly 11	6) Meadows, Allison 09			
22 Waverly-SR				51.91 4
1) Cherry, Leah 09	2) Hemer, Sarah 09	3) Downing, Ashley 11	4) Folkerts, Brylee 11	
5) Janssen, Mattie 10	6) Thier, Isabel 10			
23 Spirit Lake Park				52.03 3
1) Ahrenstorff, Payton 12	2) Elser, Grace 12	3) Latham, Emerson 12	4) Grau, Lindsay 09	
5) Gulick, Catherine 11	6) Trucksess, Deanna 10			
24 Nevada				52.06 3
1) Sharp, Samara 11	2) Sharp, Caitlyn 12	3) Plate, Emily 12	4) Thomsen, Hannah 10	
5) Mosinski, Sydney 10	6) Stevens, Madison 12			

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Event 82 Girls 4x200 Meter Relay 3A (24)**Friday 5/17/2019 - 11:05 AM****State Record: 1:40.93 2018****Wahlert, Dubuque, Wahlert, Dubuque
L Wedewer, A Sherman, C Broderick, B Hasken****All-Time: 1:39.24 5/22/2015****CR Jefferson, CR Jefferson
A Ranschau, J Blue, M Meese, L Schneekloth**

Team	Relay				Seed Time
1	Wahlert, Dub 1) Broderick, Clare 11 5) Wallace, Abigail 10	2) McDonald, Molly 11 6) Yaklich, Ariana 10	3) Schmidt, Alaina 11	4) Wedewer, Libby 11	1:41.96 1
2	Pella 1) Miller, Metsje 12 5) Kerndt, Calla 09	2) Armstrong, Evie 12 6) Holterhaus, Emily 12	3) Vanderhoff, Roselande 10	4) McMartin, Emily 09	1:45.30 1
3	Assumption 1) Jackson, Amaya 12 5) Combs, Amil 10	2) Nelson, Lea 12 6) McConnell, Alaina 09	3) Moore, Natalie 11	4) Seberg, Peyton 10	1:45.44 1
4	W Burlington/ND 1) Schwenker, Amelia 09 5) Ward, Hope 11	2) Stephens, Katy 09 6) Jackson, Katie 12	3) Richards, Riley 09	4) Marlow, Sydney 10	1:45.92 2
5	Solon 1) Ryan, Taylor 12 5) Kerkhoff, Erin 12	2) Smith, Abby 12 6) Annis, Cayley 11	3) Levin, Makinley 09	4) Fleck, Khaylor 11	1:46.43 1
6	Marion 1) Wright, Riley 10 5) Donohue, Allie 11	2) Knapp, Maddie 12 6) Mundy, Kay 11	3) Redmond, Maddy 12	4) Draves, Livvy 12	1:46.62 2
7	Spencer 1) Nissen, Ashlyn 12 5) Piercy, Allison 09	2) Nissen, Katelyn 12 6) Williams, Mollie 11	3) Johnson, Nadine 12	4) Hopkins, Kailee 12	1:46.70 1
8	Harlan 1) Musich, Savanna 09 5) Eckermann, Grace 10	2) Wegner, Delaney 09 6) Leinen, Caitlyn 09	3) Alberti, Abby 11	4) Hansen, Chloe 12	1:46.91 1
9	Boy-Hul/Rock Val 1) Damstra, Sydney 11 5) Bomgaars, Charli 11	2) Zoet, Emma 10 6) Bergstrom, Jewel 09	3) Bomgaars, Kyler 09	4) Blum, Lizzy 11	1:46.92 2
10	Glenwood 1) Allgood, Sadey 12 5) Wilson, Jaeda 11	2) Ostrander, Bailey 12 6) Schultz, Abi 12	3) Ausdemore, Marissa 10	4) Matheny, Coryl 09	1:46.97 2
11	Decorah 1) Kuehner, Amanda 11 5) Wyatt, Cassie 10	2) Gullekson, Rose 12 6) Thompson, Grace 10	3) Buresh, Brielle 09	4) Berns, Brooke 11	1:47.14 1
12	Bond-Farrar 1) Hall, Abby 11 5) Culbertson, Cierra 10	2) Fuller, Rebekah 09 6) Anderson, Kendall 09	3) Walke, Paige 12	4) DeCosta, Ellie 09	1:47.44 2
13	ADM, Adel 1) Lonneman, Josi 11 5) Case, Julia 10	2) Juergens, Sadie 12 6) Hook, Elle 11	3) Lohmann, Lizzy 11	4) Tollari, Olivia 09	1:47.79 1
14	Norwalk 1) Belizzi, Gianna 12 5) Hjelden, Maya 12	2) Randall, Marin 09 6) Downe, Haley 10	3) Levi, Raegan 09	4) Davitt, Abbie 11	1:48.23 2
15	Mt Vernon 1) Rhomberg, Annie 12 5) Rhomberg, Sara 09	2) Wischmeyer, Ella 11 6) Welch, Natalie 10	3) Ryan, Lauren 10	4) Dougherty, Liz 09	1:48.28 3

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Event 82 ... (Girls 4x200 Meter Relay 3A (24))

	Team	Relay	Seed Time
16	SB-Luton		1:48.42 3
	1) Black, Chloe 11	2) Hinkel, Maddie 09	3) Lenz, Isabelle 09
	5) Huberty, Brooklyn 12	6) Gamet, Mia 10	4) Salker, Emma 09
17	Gilbert		1:48.83 3
	1) Barrientos, Bailey 11	2) Hawthorne, Ava 09	3) Milhous, Jordyn 11
	5) Heuer, Cara 11	6) Hadley, Haleigh 11	4) Kline, Ally 11
18	Central DeWitt		1:48.83 4
	1) Klostermann, Colleen 10	2) Machovec, Morgan 10	3) Small, Carly 11
	5) Meyne, Savannah 10	6) Meadows, Allison 09	4) Ginter, Lauryn 10
19	Algona		1:49.11 2
	1) Thomas, Radaisyia 09	2) Chase, Alexa 10	3) Groen, Abby 12
	5) Smidt, Nicole 12	6) Bradley, Peyton 09	4) Hoover, Sydney 11
20	CPU		1:49.11 2
	1) Fox, Callyn 12	2) Clark, Rylee 12	3) Thomas, Nicki 11
	5) Dufoe, Lauren 11	6) Engen, Haley 12	4) Daubs, Kari 12
21	Grinnell		1:49.24 3
	1) Hart, Lexi 12	2) Luther, Madison 12	3) Harris, Daysi 10
	5) Benning-Shorb, Micah 11	6) Green, Paige 09	4) Petig, Addy 11
22	Washington		1:49.37 3
	1) Bailey, Isabel 12	2) Marek, Leah 11	3) Telleen, Ashley 12
	5) Hunt, Elyse 09	6) Marek, Olivia 10	4) Greiner, Jenah 12
23	LeMars		1:49.41 4
	1) Cunningham, Katie 09	2) Cooper, Haylee 12	3) Carlson, Emily 11
	5) Calhoun, Chloe 11	6) Pratt, Avery 09	4) Temple, Shaniah 10
24	Independence		1:50.45 5
	1) Larson, Alyssa 09	2) Zieser, Allie Jo 11	3) Wendt, Taylor 12
	5) Hosch, Kaylee 12	6) Hearn, Sydney 12	4) Larson, Madison 12

Event 90 Girls 4x400 Meter Relay 3A (24) Prelims

Friday 5/17/2019 - 1:40 PM

State Record: 3:53.05 5/24/2014 MOC-FV, MOC-FV
R Muilenburg, D Heimensen, K Landhuis, A Conaway
All-Time: 3:48.39 5/23/2009 Sioux City, East, Sioux City, E
S Houlihan, R Mikulicz, E McCarthy, E Dougherty

	Team	Relay	Seed Time
1	Bishop Heelan		4:01.83 1
	1) Hutchinson, Hannah 12	2) Aesoph, Amber 11	3) Conley, Mia 09
	5) Verzal, Joslyn 09	6) Bleeker, Dayle 12	4) Jochum, Madison 12
2	Independence		4:05.20 1
	1) Hosch, Kaylee 12	2) Wendt, Taylor 12	3) Larson, Alyssa 09
	5) Kremer, Melody 09	6) Schultz, Jadyne 11	4) Larson, Madison 12
3	Wahlert, Dub		4:06.39 2
	1) Schmidt, Alaina 11	2) McDonald, Molly 11	3) Knapp, Rian 11
	5) Tranel, Nicole 10	6) Welbes, Hayley 10	4) Broderick, Clare 11
4	Anamosa		4:06.46 3
	1) Gadiant, Gabby 11	2) Nebergall, Olivia 11	3) Gadiant, Corinne 12
	5) Fairbanks, Abby 11	6) Martensen, Lauren 10	4) McQuillen, Maggie 11
5	Atlantic		4:06.77 1
	1) Derby, Alyssa 10	2) Pross, Pluma 11	3) McCreedy, Taylor 10
	5) Rush, Karsyn 12	6) Williams, Heidi 12	4) Rasmussen, Haley 10

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Event	Team	Relay	Seed Time
6	SB-Luton		4:06.99 2
	1) Salker, Emma 09	2) Black, Chloe 11	3) Hinkel, Maddie 09
	5) Garrett, Linkynn 10	6) Lenz, Isabelle 09	4) Huberty, Brooklyn 12
7	Oskaloosa		4:07.29 1
	1) Czerwinski, Jordan 09	2) Coon, Lauren 12	3) Wiltse, Savannah 12
	5) Adam, Sage 09	6) Carter, Addison 09	4) Kelderman, Emma 12
8	Pella		4:08.06 1
	1) Blommers, Ashley 10	2) Blommers, Lindsey 12	3) Thoreson, Elsie 11
	5) Holterhaus, Emily 12	6) Wittenberg, Tirzah 11	4) McMartin, Caroline 11
9	ADM, Adel		4:08.45 2
	1) Kenny, Anna 12	2) Lohmann, Lizzy 11	3) Case, Julia 10
	5) Tollari, Olivia 09	6) Louvan, Jada 09	4) Juergens, Sadie 12
10	Glenwood		4:09.18 2
	1) Wilson, Jaeda 11	2) Hughes, Abby 09	3) Schultz, Abi 12
	5) Becker, Lauren 10	6) Roenfeldt, Lauren 09	4) Matheny, Coryl 09
11	LeMars		4:09.42 3
	1) Cunningham, Katie 09	2) Cooper, Haylee 12	3) Carlson, Emily 11
	5) Albrecht, Kara 11	6) Schiff, Karlee 10	4) Calhoun, Chloe 11
12	Ia Falls-Alden		4:10.69 1
	1) Miller, Hadyn 11	2) Juhl, Grace 12	3) Juhl, Maddy 12
	5) Juhl, Lauren 12	6) Gillespie, Addison 09	4) Meyer, Ellie 10
13	DC-Grimes		4:11.37 3
	1) Mikota, Grace 10	2) Muhlstein, Miranda 10	3) Angus, Emma 10
	5) Sterbenz, Megan 10	6) Lampe, Ella 09	4) Sterbenz, Sami 12
14	Gilbert		4:11.91 2
	1) Heuer, Cara 11	2) Milhous, Jordyn 11	3) Hawthorne, Ava 09
	5) Folkmann, Callie 11	6) Nelson, Bella 09	4) Hadley, Haleigh 11
15	Spencer		4:12.12 4
	1) Weeks, Abby 12	2) Halverson, Allie 12	3) Morey, Jenna 11
	5) Williams, Mollie 11	6) Johnson, Lexi 09	4) Hamilton, Grace 11
16	Assumption		4:12.12 1
	1) Nelson, Lea 12	2) Moore, Natalie 11	3) Lansing, Olivia 12
	5) Jennings, Morgan 09	6) King, Carly 12	4) Fitzpatrick, Laney 10
17	Mt Vernon		4:12.36 4
	1) Ryan, Lauren 10	2) Wischmeyer, Ella 11	3) Rhomberg, Sara 09
	5) Telecky, Nadia 09	6) Santee, Addisen 11	4) Dougherty, Liz 09
18	W Burlington/ND		4:12.88 2
	1) Jackson, Katie 12	2) Richards, Riley 09	3) Chng, Kelyin 12
	5) Schwenker, Amelia 09	6) Flowers, Morgan 12	4) Marlow, Sydney 10
19	Creston		4:13.50 3
	1) Baker, Braelyn 10	2) Rice, Peyton 10	3) Baker, Brielle 12
	5) Linch, Brittany 11	6) Fields, Brianna 09	4) Hudson, Makenna 11
20	Solon		4:14.63 1
	1) Ryan, Taylor 12	2) Levin, Makinley 09	3) Smith, Abby 12
	5) Holtkamp, Kaia 09	6) Bock, Emma 09	4) Kerkhoff, Erin 12
21	Grinnell		4:15.40 2
	1) Harris, Daysi 10	2) Luther, Madison 12	3) Hart, Lexi 12
	5) Conner, Nola 11	6) Furness, Abbi 11	4) Petig, Addy 11
22	Harlan		4:16.34 4
	1) Bieker, Kaia 09	2) Freund, Liv 10	3) Metzger, Lilly 09
	5) Burchett, Makayla 09	6) Heithoff, Kate 09	4) Alberti, Abby 11

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Team	Relay			Seed Time
23 Charles City				4:16.43 2
1) Hagarty, Marley 10	2) Staudt, Lydia 09	3) Martin, Whitney 12	4) Connell, Kiki 10	
5) Hoeft, Ashlyn 09	6) Heyer, Sami 12			
24 Winterset				4:16.63 4
1) Gurwell, Ainsley 11	2) Carter, Lauren 09	3) Fairchild, Caitlin 12	4) Wiseman, Darci 09	
5) Wasden, Brittany 12	6) Benshoof, Abby 10			

Event 98 Girls 4x800 Meter Relay 3A (24)

Thursday 5/16/2019 - 11:45 AM

State Record: 9:17.72 5/18/2010 Mount Vernon/Lisbon, Mount Vernon/Lisbon

All-Time: 9:09.09 2001 Iowa City West, Iowa City West

Team	Relay			Seed Time
1 Ia Falls-Alden				9:36.11 1
1) Juhl, Lauren 12	2) Juhl, Maddy 12	3) Meyer, Ellie 10	4) Juhl, Grace 12	
5) Gillespie, Addison 09	6) Miller, Hadyn 11			
2 Anamosa				9:41.29 1
1) McQuillen, Maggie 11	2) Claussen-Tubbs, Ava 09	3) Gadiant, Gabby 11	4) Gadiant, Corinne 12	
5) Heims, Madalyn 10	6) Jess, Alexa 12			
3 Creston				9:50.93 1
1) Baker, Braelyn 10	2) Rice, Peyton 10	3) Hudson, Makenna 11	4) Baker, Brielle 12	
5) Sickels, Molly 10	6) Davis, Paige 10			
4 DC-Grimes				9:51.03 1
1) Muhlstein, Miranda 10	2) Little, Hannah 09	3) Mikota, Grace 10	4) Sterbenz, Megan 10	
5) Anderson, Audrey 09	6) Paulson, Natalie 12			
5 Central DeWitt				9:53.65 2
1) Small, Carly 11	2) Meadows, Allison 09	3) Lange, Mason 09	4) Fox, Katie 12	
5) Burke, Crystal 11	6) Irwin, Kyleen 11			
6 Spencer				9:53.85 1
1) Hamilton, Grace 11	2) Fisher, Elisa 11	3) Morey, Jenna 11	4) Weeks, Abby 12	
5) Fisher, Brenna 09	6) Woodall, Kaiden 09			
7 Harlan				9:55.68 2
1) Bieker, Kaia 09	2) Freund, Liv 10	3) Alberti, Abby 11	4) Kaster, Greichaly 12	
5) Gross, Ellie 09	6) Andersen, Olivia 10			
8 Benton Comm				9:56.27 1
1) King, Paige 12	2) Woeste, Lauren 11	3) Ricklefs, Hailee 10	4) Thys, Jaden 10	
5) Rinderknecht, Abby 09	6) Wilson, Olivia 12			
9 Pella				9:56.28 1
1) Wittenberg, Tirzah 11	2) Blommers, Ashley 10	3) Blommers, Lindsey 12	4) Jorgensen, Chelsea 10	
5) McMartin, Caroline 11	6) Kruse, Makayla 12			
10 Wahlert, Dub				9:57.25 4
1) Duggan, Alana 09	2) Klauer, Abigail 10	3) Meyer, Ellie 09	4) Schmid, Jamie 09	
5) Welbes, Hayley 10	6) Oliver, Alixandra 10			
11 Independence				9:57.25 3
1) Hosch, Kaylee 12	2) Larson, Alyssa 09	3) Schultz, Jady 11	4) Wendt, Taylor 12	
5) Kremer, Melody 09	6) Larson, Madison 12			
12 Norwalk				9:58.15 2
1) Lackmann, Torin 10	2) Balk, Annie 12	3) Kehoe, Emily 11	4) Wallace, Annika 10	
5) Wendl, Kennedy 09	6) Chase, Emma 10			
13 Assumption				9:58.48 1
1) Jennings, Morgan 09	2) Lansing, Olivia 12	3) Hanley, Peyton 12	4) McMullen, Erin 11	
5) Fitzpatrick, Laney 10	6) Quick, Taylor 11			

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	Team	Relay	Seed Time
14	Charles City		9:58.49 2
	1) Martin, Whitney 12	2) Staudt, Lydia 09	3) Hagarty, Marley 10
	5) Hoeft, Ashlyn 09	6) Neve, Mindi 12	4) Bilharz, Mackenzy 11
15	Atlantic		9:58.92 3
	1) Rush, Karsyn 12	2) Goergen, Kennedy 10	3) Botos, Madison 10
	5) Pross, Pluma 11	6) Altman, Abby 11	4) McCreedy, Taylor 10
16	Glenwood		9:59.11 4
	1) McIntyre, Abby 10	2) Becker, Lauren 10	3) Schultz, Erin 10
	5) Mullennax, Rachel 09	6) Hardcastle, Danielle 12	4) Hughes, Emma 10
17	Solon		9:59.94 2
	1) Foster, Aira 11	2) Holtkamp, Kaia 09	3) Haasl, Calista 12
	5) Bullard, Gabbi 11	6) Conway, Kiersten 10	4) Bock, Emma 09
18	Winterset		10:02.61 3
	1) Carter, Lauren 09	2) Gurwell, Ainsley 11	3) Fairchild, Caitlin 12
	5) Hiatt, Megan 11	6) Wildin, Dakota 10	4) Wiseman, Darci 09
19	CPU		10:03.16 3
	1) Katcher, Kora 09	2) Woods, Sydney 12	3) Millikin, Karly 12
	5) Katcher, Adrianna 11	6) Abodeely, Jady 12	4) Neighbor, Chloe 12
20	Mt Vernon		10:05.11 5
	1) Frey, Aubrey 11	2) Randall, Jorie 10	3) Brand, Summer 11
	5) Conroy, Alice 10	6) Klawiter, Isabel 09	4) Dougherty, Liz 09
21	Decorah		10:07.51 3
	1) Johnson, Leila 10	2) Courtney, Brooke 11	3) Swanson, Britta 11
	5) Halverson, Abby 09	6) See, Samantha 10	4) Carolan, Cassidy 12
22	North Polk		10:08.10 2
	1) Schaffer, Lucy 09	2) Wendel, Kennedy 12	3) Schaffer, Sophie 11
	5) Patterson, Emily 12	6) Mandernach, Elli 10	4) Hill, Abby 11
23	SB-Luton		10:09.75 2
	1) TenHulzen, Madison 09	2) Brester, Halle 11	3) Brester, Ella 09
	5) Hinkel, Maddie 09	6) Laureano, Leila 11	4) Orduno, Liliana 11
24	Mt Pleasant		10:41.27 2
	1) Carthey, Cristina 10	2) Dascher, Kendall 11	3) Ryon, Abby 11
	5) Cristoforo, Maggie 11	6) Seberg, Ralyn 09	4) Jennings, Maggie 11

Event 112 Girls 800 Sprint Medley 3A (24)

Saturday 5/18/2019 - 9:24 AM

State Record: 1:46.46 5/21/2016 Wahlert, Dub, Wahlert, Dub
J Ganshirt, A Osterberger, L Sherman, K Fricano
All-Time: 1:43.64 2018 Linn-Mar, Linn-Mar
A Rolle, O Hubler, J Bennett, P Wensel

	Team	Relay	Seed Time
1	Assumption		1:46.80 1
	1) Jackson, Amaya 12	2) Moore, Natalie 11	3) Nelson, Lea 12
	5) Combs, Amil 10	6) Possehl, Anna 11	4) King, Carly 12
2	Wahlert, Dub		1:48.34 1
	1) Yaklich, Ariana 10	2) Wallace, Abigail 10	3) Wedewer, Libby 11
	5) Broderick, Clare 11	6) Schmidt, Alaina 11	4) McDonald, Molly 11
3	Solon		1:49.90 1
	1) Fleck, Khaylor 11	2) Levin, Makinley 09	3) Ryan, Taylor 12
	5) Annis, Cayley 11	6) Sands, Peyton 11	4) Kerkhoff, Erin 12

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Event	Team	Relay	Seed Time
4	Pella		1:50.11 1
	1) Miller, Metsje 12	2) McMartin, Emily 09	3) Vanderhoff, Roselande 10
	5) Kerndt, Calla 09	6) Armstrong, Evie 12	4) Thoreson, Elsie 11
5	Decorah		1:51.04 1
	1) Syverson, Grace 12	2) Buresh, Brielle 09	3) Gullekson, Rose 12
	5) Kuehner, Amanda 11	6) Thompson, Grace 10	4) Berns, Brooke 11
6	Mt Pleasant		1:51.50 2
	1) Lamm, Kenna 09	2) Lamm, Karsyn 10	3) Vantiger, Lyndi 12
	5) Williamson, Maddie 12	6) Sutter, Avery 10	4) Cristoforo, Maggie 11
7	Independence		1:51.97 2
	1) Kremer, Melody 09	2) Hearn, Sydney 12	3) Hosch, Kaylee 12
	5) Zieser, Allie Jo 11	6) Larson, Alyssa 09	4) Larson, Madison 12
8	Storm Lake		1:52.04 1
	1) Louwagie, Sam 11	2) Mulgae, Anny 11	3) Lalone, Samantha 12
	5) Kolpin, Rowan 12	6) Cole, Skyler 11	4) Kenkel, Emma 12
9	W Burlington/ND		1:52.10 3
	1) Ward, Hope 11	2) Schwenker, Amelia 09	3) Richards, Riley 09
	5) Jackson, Katie 12	6) Belger, Kerrigan 10	4) Marlow, Sydney 10
10	Boy-Hul/Rock Val		1:52.37 2
	1) Bomgaars, Charli 11	2) Damstra, Sydney 11	3) Blum, Lizzy 11
	5) Strubbe, Madi 10	6) Zomer, Kenzie 11	4) Bomgaars, Kyler 09
11	LeMars		1:52.55 3
	1) Cooper, Haylee 12	2) Temple, Shaniah 10	3) Cunningham, Katie 09
	5) Pratt, Avery 09	6) Leusink, Kady 11	4) Calhoun, Chloe 11
12	Xavier, CR		1:52.57 2
	1) Jansen, Jordan 09	2) Skoumal, Kaylie 11	3) Shoger, Julia 11
	5) Junge, Jordan 09	6) Barreto, Dora 09	4) Jones, Aubrey 11
13	Bond-Farrar		1:52.92 2
	1) Anderson, Kendall 09	2) DeCosta, Ellie 09	3) Fuller, Rebekah 09
	5) Walke, Paige 12	6) Hall, Abby 11	4) Fick, Alyssa 10
14	Denison-Schlschw		1:52.92 4
	1) Mohr, Alex 12	2) Andersen, Paige 10	3) Kastner, Cierra 10
	5) Araujo, Isabella 10	6) Slater, Hannah 09	4) Andersen, Raegan 12
15	Norwalk		1:52.94 1
	1) Hjelden, Maya 12	2) Belizzi, Gianna 12	3) Levi, Raegan 09
	5) Schulz, Annika 11	6) Bunch, Abby 12	4) Davitt, Abbie 11
16	DC-Grimes		1:53.15 2
	1) Paup, Tristyn 12	2) Knudsen, Katelyn 11	3) Ashley, Hannah 12
	5) Frett, Sarah 11	6) Mikota, Grace 10	4) Sterbenz, Sami 12
17	Marion		1:53.17 3
	1) Wright, Riley 10	2) Knapp, Maddie 12	3) Redmond, Maddy 12
	5) Mundy, Kay 11	6) Donohue, Allie 11	4) Draves, Livvy 12
18	ADM, Adel		1:53.33 3
	1) Osgood, Carley 10	2) Lonneman, Josi 11	3) Lohmann, Lizzy 11
	5) Case, Julia 10	6) Louvan, Jada 09	4) Juergens, Sadie 12
19	Grinnell		1:53.48 3
	1) Luther, Madison 12	2) Hart, Lexi 12	3) Petig, Addy 11
	5) Benning-Shorb, Micah 11	6) Kenkel, Sydney 09	4) Harris, Daysi 10
20	Glenwood		1:53.68 1
	1) Ausdemore, Marissa 10	2) Arnold, Audrey 11	3) Ostrander, Bailey 12
	5) Allgood, Sadey 12	6) Matheny, Coryl 09	4) Wilson, Jaeda 11

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Team	Relay	Seed Time
21 Gilbert		1:53.87 3
1) Nelson, Riley 12	2) Strong, Tori 12	3) Hawthorne, Ava 09
5) Milhous, Jordyn 11	6) Kline, Ally 11	4) Heuer, Cara 11
22 Oskaloosa		1:54.09 4
1) Allen, Brooke 11	2) DeRonde, Faith 09	3) Wiltse, Savannah 12
5) Muir, Madison 12	6) Adam, Sage 09	4) Czerwinski, Jordan 09
23 Creston		1:54.88 2
1) Rice, Peyton 10	2) Reynard, Ashley 11	3) Fields, Brianna 09
5) Dryden, Hannah 09	6) Chuong, Angelina 10	4) Hudson, Makenna 11
24 Ia Falls-Alden		1:55.16 2
1) Gillespie, Addison 09	2) Barr, McKenzie 12	3) Meyer, Katie 12
5) Buresh, Avery 09	6) Wibholm, Jenny 10	4) Miller, Hadyn 11

Event 120 Girls High Jump 3A (24)

Thursday 5/16/2019 - 11:30 AM

State Record: 5-09 5/22/2014 Alexis Conaway, MOC-FV

All-Time: 6-01 2010 Hannah Wilms, Dike-NH

Name	Year	School	Seed Mark
1 Dahlquist, Reagan	10	Waverly-SR	5-07.00 1
2 Carter, Aliyah	11	Wahlert, Dub	5-06.00 1
3 Ailes, Miracle	10	Keokuk	5-05.00 1
4 Stephens, Katy	09	W Burlington/ND	5-04.00 2
5 Hadley, Haleigh	11	Gilbert	5-04.00 1
6 Neighbors, Kylee	11	Grinnell	5-04.00 1
7 Todd, Rylie	11	W Burlington/ND	5-04.00 3
8 Ahartz, Adelynn	12	Carlisle	5-03.00 1
9 Banning, Thea	09	Winterset	5-03.00 2
10 Harms, Madison	12	SB-Luton	5-03.00 1
11 Slaven, Stacey	12	S Tama Cty	5-03.00 2
12 Jochum, Taylor	09	Bishop Heelan	5-02.00 2
13 Smith, Abby	12	Solon	5-01.00 3
14 Seberg, Peyton	10	Assumption	5-01.00 4
15 Pipho, Ambria	11	Decorah	5-00.00 2
16 Long, Sadie	10	North Polk	5-00.00 2
17 Nebergall, Olivia	11	Anamosa	5-00.00 2
18 Kelderman, Emma	12	Oskaloosa	5-00.00 3
19 Ribbens, Sadie	11	Boy-Hul/Rock Val	5-00.00 4
20 Mohr, Taylor	12	Carroll	5-00.00 1
21 Matheny, Coryl	09	Glenwood	5-00.00 2
22 Nilles, Mallory	11	Boy-Hul/Rock Val	5-00.00 3
23 Bulman, Emma	10	Gilbert	5-00.00 3
24 Guthridge, Kyleigh	12	Bond-Farrar	5-00.00 4

Event 128 Girls Long Jump 3A (24)

Friday 5/17/2019 - 11:30 AM

State Record: 18-02.75 5/18/2007 Jennie Clark, Norwalk

All-Time: 19-10.25 2014 Lexus Lovan, Urbandale

Name	Year	School	Seed Mark
1 Carter, Aliyah	11	Wahlert, Dub	17-05.50 1
2 Rasmussen, Haley	10	Atlantic	17-02.00 1
3 Fiser, Liz	11	Charles City	17-01.00 1

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Event 128 ... (Girls Long Jump 3A (24))

Name	Year	School	Seed	Mark
4	Ailes, Miracle	10 Keokuk	16-10.50	1
5	Greiner, Jenah	12 Washington	16-09.50	2
6	Frett, Sarah	11 DC-Grimes	16-07.50	1
7	Vantiger, Lyndi	12 Mt Pleasant	16-06.75	3
8	Tollari, Olivia	09 ADM, Adel	16-06.50	2
9	Young, Britney	11 Waverly-SR	16-06.00	2
10	Berns-Schweingruber, Lydia	11 Gilbert	16-05.50	1
11	McNaughton, Lilly	09 LeMars	16-05.00	1
12	Mosier, Addy	09 SB-Luton	16-04.00	2
13	Levin, Makinley	09 Solon	16-03.00	1
14	Castle, Ellen	12 Boone	16-02.25	2
15	Ahartz, Adelynn	12 Carlisle	15-11.25	3
16	Wischmeyer, Ella	11 Mt Vernon	15-11.00	2
17	Hay, Ashlyn	11 Webster City	15-11.00	3
18	Bieker, Kaia	09 Harlan	15-10.50	3
19	Machovec, Morgan	10 Central DeWitt	15-10.00	3
20	Berja, Ysabella	10 Centerville	15-10.00	4
21	Bailey, Isabel	12 Washington	15-08.75	5
22	Hefel, Sophie	10 Wahlert, Dub	15-08.50	4
23	Treimer, Isabel	11 Pella	15-07.50	2
24	Fleck, Khaylor	11 Solon	15-05.50	2

Event 136 Girls Discus Throw 3A (24)

Thursday 5/16/2019 - 9:00 AM

State Record: 154-07 5/17/2012 Katelyn Weimerskirch, Wahlert, Dub

All-Time: 179-07 2014 Kiana Phelps, KP-WC

Name	Year	School	Seed	Mark
1	Meester, Lily	11 Mt Vernon	134-07	1
2	Clark, Kendal	10 Humboldt	132-07	1
3	Dykstra, Sophia	10 Oskaloosa	129-00	1
4	Fields, Kelsey	10 Creston	128-02	2
5	Upmeyer, Lauren	11 Vinton-Shellbrg	127-07	1
6	Biermann, Sydney	12 Glenwood	126-03	3
7	Onken, Ashley	11 Carroll	125-07	4
8	DeRonde, Faith	09 Oskaloosa	125-01	2
9	Kinney, Talbot	10 Central DeWitt	124-06	2
10	Palmer, Jaydyn	12 CPU	120-00	2
11	Stevenson, Carly	10 Charles City	118-04	1
12	Becicka, Elli	12 Solon	117-04	3
13	Springer, Paige	12 Hampton-Dumont-CAL	116-06	2
14	Schrock, Ainsley	11 Clear Crk-Amana	116-01	4
15	Etherington, Kameryn	11 Algona	115-03	3
16	Striegel, Alyssa	11 Mt Pleasant	115-02	1
17	Conrad, Ava	10 Solon	114-05	5
18	Andersen, Lauren	10 Harlan	113-06	5
19	Smith, Tessa	10 SB-Luton	113-02	1
20	Heisinger, Josie	12 Spencer	113-01	2
21	Montgomery, Morgan	12 Wahlert, Dub	112-08	3
22	Lappe, Katelyn	09 Bond-Farrar	112-05	1

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Event 136 ... (Girls Discus Throw 3A (24))

Name	Year	School	Seed	Mark
23 Fritz, Julia	12	Fairfield	112-03	2
24 Cairney, Elly	12	Pella	110-02	2

Event 144 Girls Shot Put 3A (24)

Friday 5/17/2019 - 9:00 AM

State Record: 45-05 5/18/2007 Brooke Gritters, Pella
 All-Time: 53-03.50 1992 Paulette Mitchell, Council Bluffs AL

Name	Year	School	Seed	Mark
1 Fields, Kelsey	10	Creston	41-05.00	1
2 Magnani, Lexie	11	Mt Pleasant	41-02.75	1
3 Meester, Lily	11	Mt Vernon	40-05.50	1
4 Biermann, Sydney	12	Glenwood	39-01.00	2
5 Heisinger, Josie	12	Spencer	38-00.75	1
6 Palmer, Jaydyn	12	CPU	37-11.75	1
7 Willson, Morgan	12	CPU	37-09.00	2
8 Upmeyer, Lauren	11	Vinton-Shellbrg	37-06.50	3
9 Miles, Dakota	12	DC-Grimes	37-03.50	1
10 Skinner, Ella	11	Bishop Heelan	37-02.25	2
11 Bennett, Sara	12	Pella	36-07.75	1
12 McWhorter, Kasi	12	Benton Comm	36-05.00	4
13 Onken, Ashley	11	Carroll	36-04.25	3
14 Brumbaugh, Jadan	09	Mt Pleasant	36-03.75	2
15 Lappe, Katelyn	09	Bond-Farrar	36-02.50	2
16 Bartz, Abby	09	Vinton-Shellbrg	36-02.50	5
17 Etherington, Kameryn	11	Algona	35-10.75	1
18 Baker, MacKenzie	11	Newton	35-10.50	3
19 Weston, Aanaiya	09	Decorah	35-08.00	2
20 Vorm, Addi	10	Nevada	35-07.75	4
21 Dighton, Emma	10	Boone	35-06.50	4
22 Wohlens, Anna	10	Assumption	35-06.50	3
23 Ketchum, MacKenzie	12	Mt Vernon	35-04.50	2
24 DeRonde, Faith	09	Oskaloosa	34-08.25	2

Event 150 Girls Distance Medley 3A (24)

Friday 5/17/2019 - 9:20 AM

State Record: 4:03.14 5/19/2006 Fairfield, Fairfield
 A Bowers, A Bandy, A Kuiken, J Kuiken

All-Time: 3:55.82 2017 Assumption, Assumption

Team	Relay	Seed	Time
1 Carlisle		4:12.38	1
1) Viers, Tristine 11	2) Mercer, Paige 12	3) Sievers, Megan 12	4) Erzen, Ainsley 09
5) Haack, Jocelyn 12	6) Mesecher, Cameron 12		
2 Pella		4:14.37	1
1) Holterhaus, Emily 12	2) Vanderhoff, Roselande 10	3) Thoreson, Elsie 11	4) McMartin, Caroline 11
5) Miller, Metsje 12	6) Kerndt, Calla 09		
3 Bishop Heelan		4:14.82	1
1) Sokolowski, Hope 11	2) Verzal, Joslyn 09	3) Hutchinson, Hannah 12	4) Aesoph, Amber 11
5) Jochum, Madison 12	6) Conley, Mia 09		
4 Assumption		4:17.17	1
1) McConnell, Alaina 09	2) Combs, Amil 10	3) Lansing, Olivia 12	4) Fitzpatrick, Laney 10
5) Nelson, Lea 12	6) Moore, Natalie 11		

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Event	Team	Relay	Seed Time
5	Atlantic		4:17.81 1
	1) Hansen, Taylor 12	2) Derby, Alyssa 10	3) Rasmussen, Haley 10
	5) Pross, Pluma 11	6) Rush, Karsyn 12	4) McCreedy, Taylor 10
6	Mt Pleasant		4:18.66 2
	1) Sutter, Avery 10	2) Vantiger, Lyndi 12	3) Cristoforo, Maggie 11
	5) Lamm, Kenna 09	6) Dascher, Kendall 11	4) Jennings, Maggie 11
7	Newton		4:19.75 2
	1) Callaghan, Kate 10	2) Terpstra, Kynnedei 10	3) Malow, Ashay 10
	5) Barr, Abbie 12	6) Davis, Nya 09	4) Rhoads, Rachel 12
8	Creston		4:21.16 2
	1) Reynard, Ashley 11	2) Fields, Brianna 09	3) Hudson, Makenna 11
	5) Chuong, Angelina 10	6) Christensen, Ali 10	4) Baker, Braelyn 10
9	DC-Grimes		4:21.44 2
	1) Mikota, Grace 10	2) Sterbenz, Sami 12	3) Angus, Emma 10
	5) Frett, Sarah 11	6) Ferguson, Ashley 11	4) Sterbenz, Megan 10
10	Oskaloosa		4:23.25 3
	1) Czerwinski, Jordan 09	2) Wiltse, Savannah 12	3) Kelderman, Emma 12
	5) Muir, Madison 12	6) Allen, Brooke 11	4) Coon, Lauren 12
11	Spencer		4:23.97 2
	1) Hamilton, Grace 11	2) Piercy, Allison 09	3) Halverson, Allie 12
	5) Nissen, Katelyn 12	6) Morey, Jenna 11	4) Weeks, Abby 12
12	Anamosa		4:24.05 1
	1) Gadiant, Gabby 11	2) Nebergall, Olivia 11	3) Gadiant, Corinne 12
	5) Frasher, Jessie 12	6) Prybil, Sammy 12	4) McQuillen, Maggie 11
13	Charles City		4:24.44 1
	1) Connell, Kiki 10	2) Chambers, Rachel 09	3) Hagarty, Marley 10
	5) Staudt, Lydia 09	6) Heyer, Sami 12	4) Martin, Whitney 12
14	Nevada		4:24.54 3
	1) Sharp, Caitlyn 12	2) Mosinski, Sydney 10	3) Thomsen, Hannah 10
	5) Tuhn, Elie 09	6) Scott, Chasitty 09	4) Rewerts, Kacie 11
15	Ballard		4:25.26 4
	1) Newell, Rachel 12	2) Wilson, Carley 10	3) Maher, Natalie 10
	5) Twedt, Ellie 11	6) Fleischmann, Josie 10	4) Maher, Caitlin 10
16	Marion		4:25.35 2
	1) Wright, Riley 10	2) Draves, Livvy 12	3) Mundy, Kay 11
	5) Donohue, Allie 11	6) Redmond, Maddy 12	4) Steffen, Peyton 09
17	Solon		4:25.69 1
	1) Smith, Abby 12	2) Nelson, Rachael 12	3) Bullard, Gabbi 11
	5) Kerkhoff, Erin 12	6) Levin, Makinley 09	4) Bock, Emma 09
18	Waverly-SR		4:26.00 2
	1) Folkerts, Brylee 11	2) Dix, Libby 12	3) Hoins, Emma 10
	5) Fincher, Katelyn 12	6) Bates, Laura 12	4) Hoins, Anna 12
19	Boy-Hul/Rock Val		4:26.47 3
	1) Bomgaars, Charli 11	2) Damstra, Sydney 11	3) Bergstrom, Jewel 09
	5) Kleinwolterink, Faith 09	6) Woelber, Ellie 09	4) Strubbe, Madi 10
20	Fairfield		4:26.51 3
	1) Dunlap, Jillian 12	2) Jones, Alexis 12	3) Dunlap, Anna 09
	5) Ferrel, Carly 11	6) Lyon, Mallory 09	4) Bloomquist, Ashley 12
21	Denison-Schlschw		4:28.21 4
	1) Araujo, Isabella 10	2) Kastner, Cierra 10	3) Andersen, Paige 10
	5) Mohr, Alex 12	6) Gunderson, Vanessa 12	4) Andersen, Raegan 12

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	Team	Relay		Seed Time
22	CPU			4:28.29 2
	1) Thomas, Nicki 11	2) Dufoe, Lauren 11	3) Neighbor, Chloe 12	4) Katcher, Adrianna 11
	5) Fox, Callyn 12	6) Katcher, Kora 09		
23	Ia Falls-Alden			4:28.62 3
	1) Mulford, Ally 10	2) Meyer, Katie 12	3) Barr, McKenzie 12	4) Gillespie, Addison 09
	5) Ford, Allie 11	6) Juhl, Lauren 12		
24	Humboldt			4:28.64 3
	1) Lange, Mady 11	2) Varangkounh, Claire 11	3) Beaman, Kirstyn 11	4) Gidel, Bryce 11
	5) DeWinter, Paige 09	6) Groat, Lily 10		