

## STATE COED TRACK MEET – 2017

Girls' State Meet Records & All-Time Bests through State Qualifying Meets.  
Performances recorded in tenths are hand-timed; those in hundredths are fully automatic. Converted yardage time to a metric time appears in parenthesis.

### 100 METER DASH

**Iowa State Meet Record:** 11.8, Pam Wilcoxson, Grand Valley, 1969

**Iowa All-time Best:** 11.5, Natasha Kaiser, Des Moines Roosevelt, 1985

**Class 4-A Record:** 11.95, Briyana Carter, Des Moines Roosevelt, 2015 (prelims)

**Regional Leaders:** Kerris Roberts, Waterloo East, 11.85; Darby Thomas, Council Bluffs Abraham Lincoln, 11.95; Khenadi Jones, Sioux City West, 11.95.

**Highest Returnee from 2016 State Meet:** 2. Kerris Roberts, Waterloo East, 12.06; 3. Khenadi Jones, Sioux City West, 12.13; 7. Darby Thomas, Council Bluffs Abraham Lincoln, 12.58

**Class 3-A Record:** 24.85, Rose Ripslinger, Davenport Assumption, 2014

**Regional Leaders:** Keaton Kester, ADM Adel, 12.10; Emily Vos, Pella, 12.12; Elizabeth Masten, Benton Community, 12.13

**Highest Returnees from 2016:** 1. Carly King, Assumption, 12.26; 3. Annika Pingel, 12.51; 4. Bailey Hasken, Dubuque Wahlert, 12.57;

**(Note:** Keaton Kester was the 2A 100 meter champion in 2016)

**Class 2-A Record:** :12.14, Natalie Halfman, St. Ansgar, 2015 (Prelims)

**Regional Leaders:** Rylan Santi, Madrid, 12.50; Krayton Allen, Sumner-Fredericksburg, 12.60; Augusta Hamaker, Davis County, 12.73.

**Highest Returnee from 2016:** Rylan Santi, Madrid, 12.88; 7. Krayton Allen, Sumner-Fredericksburg, 12.96; 8. Allison Birks, South Central Calhoun, 13.15.

**Class 1A Record:** :12.15, Katie Maschmann, Montezuma, 2015 (Prelims)

**Regional Leaders:** :Autumn Barthelman, Sigourney, 12.58; Kaylee Linder, Pekin, 12.64; Haley Heitman, Clayton Ridge, 12.72.

**Highest Returnee from 2016:** 2. Lindsey Flammig, Lawton-Bronson, 12.74; 3. Autumn Barthelman, Sigourney, 13.10; 4. Haley Heitman, Clayton Ridge, 13.17

**2017 Drake Relays Champion:** Kerris Roberts, Waterloo East, :11.87 (2<sup>nd</sup>-straight Drake 100 crown)

## 200 METER DASH

**Iowa State Meet Record:** 24.4, Natasha Kaiser, Des Moines Roosevelt, 1984

**Iowa All-time Best:** 24.0, Debbie Esser, Woodbine, 1975

**Class 4-A Record:** 24.45, Jalyynn Roberts-Lewis, Des Moines Roosevelt, 2014

**Regional Leaders:** Darby Thomas, Council Bluffs Abraham Lincoln, 24.33; Kerris Roberts, Waterloo East, 24.71; Khenadi Jones, Sioux City West, 25.04

**Highest Returnee from 2016:** 1. Kerris Roberts, Waterloo East, 24.74; 2. Khenadi Jones, Sioux City West, 24.81; 3. Sydney Milani, Southeast Polk, 25.06

**Class 3-A Record:** 24.59, Kari Dufoe, ADM, 2015 (Prelims)

**Regional Leaders:** Keaton Kester, ADM Adel, 24.81, Anna Garwood, Union LaPorte County, 25.30, Annika Pingel Pella, 25.33

**Highest Returnee from 2016:** 2. Carly King, Assumption, 25.00, 4. Annika Pingel, Pella, 25.37, 7. Maddie Brown, Bishop Heelan, 26.91

**Note:** ADM's Keaton Kester was the 2A 200-meter dash champion at Earlham in 2016

**Class 2-A Record:** 24.49, Hannah Willms, Dike-New Hartford, 2009 (Prelims)

**Regional Leaders:** Rylan Santi, Madrid, 26.03; Allison Hilleman, West Marshall, 26.09; Celine Rickels, Cascade, 26.19.

**Highest Returnee from 2016:** 3. Erika Feenstra, Western Christian, 25.83; 6. Lani Hillard, Louisa-Muscatine, 25.99; 8. Rylan Santi, Madrid, 26.53.

**Class 1-A Record:** 24.48, Alex Gochenour, Logan-Magnolia, 2010

**Regional Leaders:** Rylee Menster, Springville, 25.52; Alyssa Pfofenhauer, Danville, 26.75; 3. Kathryn Luers, Danville, 26.79.

**Highest Returnee from 2016:** 4. Haley Heitman, Clayton Ridge, 26.70; 7. Kaylee Hudspeth, West Hancock, 26.85; 8. Kathryn Luers, Danville, 27.08.

## 400 METER DASH

**Iowa State Meet Record:** 53.96, Hannah Willms, Dike-New Hartford, 2010

**Iowa All-time Best:** 53.96, Hannah Willms, Dike-New Hartford, 2010

**Class 4-A Record:** 55.41, Ellen Dougherty, Sioux City East 2009

**Regional Leaders:** Payton Wensel, Linn-Mar, 55.23; Sydney Milani, Southeast Polk, 56.22, Darby Thomas, Council Bluffs Abraham Lincoln, 56.96

**Highest Returnee from 2016:** 1. Payton Wensel, Linn-Mar, :55.87; 5. Alli Wroblewski, Bettendorf, 58.20; 6. Riawna Hunter, 58.27.

**Class 3-A Record:** 54.73, Dianna Slight, Boone, 2016

**Regional Leaders:** Carly King, Assumption, 56.56, Joy Ripslinger, Assumption, 56.58, Madison Jochum, Bishop Heelan, 57.55

**Highest Returnee from 2016:** 1. Dianna Slight, Boone, 54.73; 2. Carly King, Assumption, 57.19, 6. Erin Kerkhoff, Solon, 58.97

(Note: Boone's Dianna Slight set the 3A record at last year's race)

**Class 2-A Record:** 53.96, Hannah Willms, Dike-New Hartford, 2010

**Regional Leaders:** Grace Proesch, North Cedar, 58.56; Cassie Cox, North Cedar, 59.13; Noel James, Treynor, 59.58.

**Highest Returnees from 2016:** 2. Lily Peterson, Alta/Aurelia, 58.03; 3. Kayla Cripps, West Marshall, 58.51; 5. Grace Proesch, North Cedar, 58.85.

**Class 1-A Record:** 55.75, Ellie Herzberg, Manson-NW Webster, 2013

**Regional Leaders:** Jordyn Pester, Maple Valley-AO, 57.95; Alyssa Pfadenhauer, Danville, 58.72; Shateah Weterling, Montezuma, 59.01.

**Highest Returnee from 2016:** 2. Alyssa Pfadenhauer, Danville, 58.36; 4. Hannah Johnson, Dunkerton, 59.74; 8. Regan Sylvester, Sioux Central, 1:00.69

## 800 METER RUN

**Iowa State Meet Record:** 2:07.51, Joy Ripslinger, Davenport Assumption, 2016

**Iowa All-time Best:** 2:07.35, Shelby Houlihan, Sioux City East 2009

**Class 4-A Record:** 2:08.15, Shelby Houlihan, Sioux City East, 2011

**Regional Leaders:** Lily Campbell, Waukee, 2:17:04; Logan Akason, Waukee, 2:17:92, Mackenzie Michael, Cedar Falls, 2:18.88

**Highest Returnee from 2016:** 4. Lily Campbell, Waukee, 2:15.34, 5. Baily Nock, Iowa City West, 2:15:45, 6. Logan Akason, Waukee, 2:15.46

**Class 3-A Record:** 2:07.51, Joy Ripslinger, Davenport Assumption, 2016

**Regional Leaders:** Carly Rahn, Gilbert, 2:18.65, Dianna Slight, Boone, 2:20.97, Joy Ripslinger, Davenport Assumption, 2:21.07

**Highest Returnee from 2016:** 1. Joy Ripslinger, Davenport Assumption, 2:07.51 (3A record); 2. Julia Schmucacher, Davenport Assumption, 2:14.57, 4. Brett Schneider, Fort Madison, 2:17.59

**Note:** Davenport Assumption's Joy Ripslinger set the overall and state meet record of 2:07.51 at last year's 800 meter race.

**Class 2-A Record:** 2:12.12, Ashley Miller, Tipton, 2007

**Regional Leaders:** Anna Hostetler, Mid-Prairie, 2:17.16; Corinne Gadiant, Monticello, 2:18.91; Paige Holub, Monticello, 2:19.19.

**Highest Returnee from 2016:** 4. Corinne Gadiant, Monticello, 2:15.74; 5. Paige Holub, Monticello, 2:16.34; 6. Jordan Winke, Albia, 2:16.81.

**Class 1-A Record:** 2:09.60, Brooke Dinsdale, North Tama, 2006

**Regional Leaders:** 2:22.86, Emma Harper, East Union, 2:22.86; Morgan Todd, Maple Valley-A-O, 2:24.26; Regan Sylvester, Sioux Central, 2:26.22.

**Highest Returnee from 2016:** 2. Janette Schraft, East Mills, 2:20.58; 4. Haley Pullman, West Sioux, 2:22.63; 5. Aubrie Fisher, AGWSR, 2:22.91

**2017 DRAKE RELAYS CHAMPION: Joy Ripslinger, Davenport Assumption, 2:10.47 (2<sup>nd</sup>-straight Drake 800 title)**

## 1,500 METER RUN

**Iowa State Meet Record:** 4:27.76, Stephanie Jenks, Linn-Mar, 2015

**Iowa All-time Best:** 4:26.39, Shelby Houlihan, Sioux City East, 2011

**Class 4-A Record:** 4:27.76, Stephanie Jenks, Linn-Mar, 2015

**Regional Leaders:** Bailey Nock, Iowa City West, 4:49.35, Logan Akason, Waukee, 4:52.18, Sydney Schaffer, Waukee, 4:52.38

**Highest Returnees from 2016:** 6. Brina Kraft, Muscatine, 4:44.88, 8. Bailey Nock, Iowa City West, 4:48.03, 9. Sierra Mitchell, Southeast Polk, 4:52.08

**Class 3-A Record:** 4:39.02, Grace Gibbons, Gilbert, 2014

**Regional Leaders:** Ellie Friesen, Crestwood, 4:50.82, Adrianna Katcher, Center Point-Urbana, 4:52.42, Joy Ripslinger, Davenport Assumption, 4:58.22

**Highest Returnee from 2016:** 1. Joy Ripslinger, Davenport Assumption, 4:39.03, 5. Julia Schumacher Davenport Assumption, 4:49.41, 9. Amelia Leshar, North Polk, 4:52.93

**Class 2-A Record:** 4:38.23, Tiffany Christensen, Eagle

**Regional Leaders:** Anna Hostetler, Mid-Prairie, 4:48.00; Marie Hostetler, Mid-Prairie, 4:50.69; Corinne Gadiant, Monticello, 4:57.80.

**Highest Returnee from 2016:** 1. Anna Hostetler, Mid-Prairie, 4:38.96; 3. Jordan Winke, Albia, 4:45.09; 6. Karly Larson, Underwood, 4:49.54.

**Class 1-A Record:** 4:35.87, Rebekah Topham, Griswold, 2014

**Regional Leaders:** 1. Aubrie Fisher, AGWSR, 5:07.98; Janette Schraft, East Mills, 5:08.61; Elise Emmick, Southeast Warren, 5:10.00

**Highest Returnee from 2016:** 2. Janette Schraft, East Mills, 4:56.14; 4. Hailey Pullman, West Sioux 4:57.99; 5. Aubrie Fisher, AGWSR, 4:59.31.

**2017 DRAKE RELAYS CHAMPION: Joy Ripslinger, Davenport Assumption, 4:31.91**

### **3,000 METER RUN**

**Iowa State Meet Record:** 9:24.67, Stephanie Jenks, Linn-Mar, 2014

**Iowa All-time Best:** 9:24.67, Stephanie Jenks, Linn-Mar, 2014

**Class 4-A Record:** 9:24.67, Stephanie Jenks, Linn-Mar, 2014

**Regional Leaders:** Jessica McKee, Johnston, 10:28.49, Brooklyn McKee, Johnston, 10:32.36, Ally Gallagher, Bettendorf, 10:39.44

**Highest Returnee from 2016:** 5. Ally Gallagher, Bettendorf, 10:26.48, 6. Jessica McKee, Johnston, 10:26.74; 8. Reagan Gorman, CR Washington, 10:28.67

**Class 3-A Record:** 9:58.45, Alana Enabit, Clear Lake, 2011

**Regional Leaders:** Adrianna Katcher, Center Point, 10:22.39, Ellie Friesen, Crestwood, 10:35.93, Katie Tallett, Cedar Rapids Xavier, 10:44.69

**Highest Returnees from 2016:** 2. Joy Ripslinger, Davenport Assumption, 10:11.43, 12. Sierra Howardson, Fort Madison, 10:51.86, 13. Megan Sievers, Carlisle, 10:52.70

**Class 2-A Record:** 10:02.10, Morgan Casey, Northeast, 2010

**Regional Leaders:** Anna Hostetler, Mid-Prairie, 10:41.22; Marie Hostetler, Mid-Prairie, 10:41.41; Jill Vonnahme, Pocahontas Area, 10:51.41.

**Highest Returnee from 2016:** 3. Anna Hostetler, Mid-Prairie, 10:24.42; 4. Megan Mooberry, Osage, 10:32.71; 6. Karley Larson, Underwood, 10:39.70.

**Class 1-A Record:** 9:56.54, Leah Sievert, Sibley-Ocheyedan, 2013

**Regional Leaders:** Kori Wedeking, Clarksville, 10:59.06; Janette Schraft, East Mills, 11:04.18; Katie Brennan, Kee, 11:07.05.

**Highest Returnee from 2016:** 1. Janette Schraft, East Mills, 10:48.20; 2. Bethany Lippert, AGWSR, 11:09.19; 3. Kyla Wilkening, GMG, 11:21.63.

**2017 DRAKE RELAYS CHAMPION: Anna Hostetler, Mid-Prairie, 9:51.08**

## 100 METER HURDLES

**Iowa State Meet Record:** 14.07, Alex Gochenour, Logan-Magnolia, 2010

**Iowa All-time Best:** 13.9, Alex Gochenour, Logan-Magnolia, 2010

**Class 4-A Record:** 14.27, Mary Young, Urbandale, 2014

**Regional Leaders:** Hannah Schau, Waukee, 14.55, Valerie Welch, Iowa City West, 14.69, Sydney Winger, Waukee, 14.74

**Highest Returnee from 2016:** 3. Valerie Welch, Iowa City West, 14.66, 5. Hannah Schau, Waukee, 15.02, 7. Isabel Ingram, Ames, 15.14.

**Class 3-A Record:** 14.70, Rachel Peth, Waverly-Shell Rock, 2011 & Kelsi Phipps, Mt. Pleasant, 2015 (Prelims)

**Regional Leaders:** Grace Martensen, Benton Community, 14.58, Emma Thoreson, Pella, 14.69, Megan Hudson, Union LaPorte County, 15.03

**Highest Returnees from 2016:** 2. Emma Thoreson, Pella, 15.27, 3. Grace Martensen, Benton Community, 15.28, 5. Sienna Durr, Grinnell, 15.64

**Class 2-A Record:** 14.33, Alex Gochenour, Logan-Magnolia, 2009

**Regional Leaders:** Lisa Tucker, Cascade, 15.77; Kristin Culp, West Central Valley, 15.83; Faith Meyer, Pocahontas Area, 15.83.

**Highest Returnees from 2016:** 5. Lisa Tucker, Cascade, 15.93; 7. Morgan Johnk, Panorama, 16.09.

**Class 1-A Record:** 14.07, Alex Gochenour, Logan-Magnolia, 2010 (Prelims)

**Regional Leaders:** Autum Barthelman, Sigourney, 15.52; Lexi Groe, Lake Mills, 15.99; Gabrielle Moellers, Starmont, 16.02.

**Highest Returnees from 2016:** 3. Kylan Straight, Logan-Magnolia, 15.55; 4. Autum Barthelman, Sigourney, 15.99; 5. Charissa Mogler, Bedford, 16.28.

**2017 DRAKE RELAYS CHAMPION: Valerie Welch, Iowa City West, 14.43**

## 400 METER HURDLES

**Iowa State Meet Record:** 1:00.82, AG Bradford, Davenport North, 2008

**Iowa All-time Best:** 57.3, Debbie Esser, Woodbine, 1975

**Class 4-A Record:** 1:00.82, AG Bradford, Davenport North,

**Regional Leaders:** Addie Swanson, Pleasant Valley, 1:03.87, Amara Taylor, Cedar Rapids Washington, 1:04.62, Sydney Davis, Cedar Falls, 1:04.95

**Highest Returnee from 2016:** 3. Valerie Welch, Iowa City West, 1:03.29; 5. Mary Gray, Waukee, 1:05.39, 8. Hailey Behning, Bettendorf, 1:06.05

**Class 3-A Record:** 1:02.53, Holly, Salzbrenner, Mount Vernon-Lisbon, 2010

**Regional Leaders:** Kiki Pingel, Pella, 1:04.91, Katie Nimrod, Decorah, 1:05.62, Allison Yuska, South Tama City, 1:06.32

**Highest Returnee from 2016:** 2. Katie Nimrod, Decorah, 1:04.09, 3. Allison Yuska, South Tama City, 4. Olivia Hamilton, Spencer, 1:06.28

**Class 2-A Record:** 1:02.62, Alex Gochenour, Logan-Magnolia, 2011

**Regional Leaders:** Paige Miller, West Branch, 1:06.34; Annika Wall, Jesup, 1:06.93; Morgan Fopma, Pella Christian, 1:04.42.

**Highest Returnee from 2016:** 2. Hannah Wagner, Central Spring, 1:05.27; 3. Jayci Vos, PCM, 1:05.69; 4. Sarah Vorwerk, Mediapolis, 1:05.87.

**Class 1-A Record:** 1:02.14, Sara Stoakes, North Tama, 2009

**Regional Leaders:** Summer Barthelman, Sigourney, 1:04.46; Carson McSorley, New London, 1:04.51; Macie Boots, HLV, 1:07.32

**Highest Returnee from 2016:** 4. Carson McSorley, New London, 1:05.31; 6. Kaitlyn Murphy, East Buchanan, 1:06.87; 7. Summer Barthelman, Sigourney, 1:07.40.

**2017 DRAKE RELAYS CHAMPION: Payton Wensel, Linn-Mar, 1:02.17**

## SHUTTLE HURDLE RELAY

**Iowa State Meet Record:** 1:01.26, Pleasant Valley, 2016

**Iowa All-time Best:** 1:00.95, Waukee, 2017

**Class 4-A Record:** 1:01.26, Pleasant Valley, 2016

**Regional Leaders:** Waukee, 1:02.34, Dowling Catholic West Des Moines, 1:03.34, Iowa City West, 1:03.96

**Highest Returnee from 2015:** 1. Pleasant Valley, 1:01.26, 2. Waukee, 1:01.96, 3. Ames, 1:03.56

**Class 3-A Record:** 1:03.13, Pella, 2016

**Regional Leaders:** Benton Community, 1:05.03, Pella, 1:05.19, Mt. Vernon, 1:05.61

**Highest Returnee from 2016:** 1. Pella, 1:03.13, 3. Mt. Vernon, 1:06.10, 4. ADM Adel, 1:06.22

**Class 2-A Record:** 1:05.29, West Fork, 2011

**Regional Leaders:** Cascade, 1:06.22; Pocahontas Area, 1:06.81; West Branch, 1:08.51.

**Highest Returnees from 2016:** 2. Cascade, 1:06.74; 4. West Branch, 1:07.30; 5. Sioux Center, 1:09.21.

**Class 1-A Record:** 1:05.44, Gehlen Catholic, 1:05.44, 2012 (prelims)

**Regional Leaders:** 1. Sigourney, 1:08.70; Logan-Magnolia, 1:09.15; Belle Plaine, 1:09.49.

**Highest Returnee from 2016:** 1. Sioux Central, 1:06.86; 2. Belle Plaine, 1:07.01; 5. Fremont-Mills, 1:09.54.

**2017 DRAKE RELAYS CHAMPION: Waukee, 1:00.95 (Drake Relays & Iowa all-time record)**

## **4 x 100 METER RELAY**

**Iowa State Meet Record:** 47.89, Iowa City West, 2010

**Iowa All-time Best:** 47.55, Des Moines Roosevelt, 2012 & Cedar Rapids Jefferson, 2015

**Class 4-A Record:** 47.89, Iowa City West, 2010 (Prelims)

**Regional Leaders:** Waterloo East, 48:57, Dubuque Senior, 48.84, Pleasant Valley, 48:97  
**Highest Returnee from 2016:** 1. Waterloo East, 48.16, 3. Waukee, 48.35, 5. Ankeny Centennial, 48.81

**Class 3-A Record:** 48.47, Davenport Assumption, 2014 (Prelims)

**Regional Leaders:** Dubuque Wahlert, 49.07, Benton Community, 49.27, Pella, 49.38

**Highest Returnees from 2016:** 1. Davenport Assumption, 48.72, 2. Dubuque Wahlert, 49.05, 3. Pella, 49.55

**Class 2-A Record:** 49.30, North Polk, 2008

**Regional Leaders:** Cascade, 50.23; Sumner-Fredericksburg, 50.86; Madrid, 50.95.

**Highest Returnee from 2016:** 2. Madrid, 50.35; 3. Cascade, 50.59; 4. Pella Christian, 50.64

**Class 1-A Record:** 49.95, Ventura, 2007

**Regional Leaders:** Pekin, 51.07; Alburnett, 51.61; Sigourney, 51.70.

**Highest Returnee from 2016:** 5. North Union, 51.60; 7. Sigourney, 52.07.

**2017 DRAKE RELAYS CHAMPION: Davenport Assumption, :48.97**

## **4 x 200 METER RELAY**

**Iowa State Meet Record:** 1:39.24, Cedar Rapids Jefferson, 2015

**Iowa All-time Best:** 1:39.24, Cedar Rapids Jefferson, 2015

**Class 4-A Record:** 1:39.24, Cedar Rapids Jefferson, 2015

**Regional Leaders:** Dubuque Senior, 1:43.09, Des Moines Hoover, 1:43:43, Waterloo East, 1:43.85

**Highest Returnee from 2016:** 2. Waukee, 1:41.01, 3. Southeast Polk, 1:41.22, 4. Des Moines Roosevelt, 1:41.23

**Class 3-A Record:** 1:41.50, Davenport Assumption, 2016

**Regional Leaders:** Dubuque Wahlert, 1:42.75, Pella, 1:44.55, Davenport Assumption (Jasmine Harris & Mary Grace Carroll return from 2016 state record setting 4x200 team), 1:46.59

**Highest Returnee from 2016:** 1. Davenport Assumption, 1:41.50 (state record), 2. Dubuque Wahlert, 1:41.51, 3. Decorah, 1:44.66

**Class 2-A Record:** 1:42.94, North Polk, 2008

**Regional Leaders:** Cascade, 1:45.90 (all four runners, Celine Ricks, Anne Ryan, Annie Meyer & Rachel Trumm, return from last year's state champ 4x200 team); Western Christian, 1:46.85; Sumner-Fredericksburg, 1:47.06

**Highest Returnee from 2016:** 1. Cascade, 1:45.22 ; 2. Madrid, 1:45.38; 3. Western Christian, 1:45.46.

**Class 1-A Record:** 1:44.79, Ar-We-Va, 2004 (Prelims)

**Regional Leaders** Alburnett, 1:48.52; Maquoketa Valley, 1:48.70; Grundy Center, 1:48.84

**Highest Returnee from 2016:** 3. BGM, 1:32.37; 4. Central Lyon, 1:51.89; 5. Montezuma, 1:32.74.

**2017 DRAKE RELAYS CHAMPION: Dubuque Wahlert, 1:42.24**

## **4 x 400 METER RELAY**

**Iowa State Meet Record:** 3:48.39, Sioux City East, 2009

**Iowa All-time Best:** 3:48.39, Sioux City East, 2009

**Class 4-A Record:** 3:48.39, Sioux City East, 2009

**Regional Leaders:** Southeast Polk, 3:58.92, Cedar Falls, 4:00.57, Ottumwa 4:01.34

**Highest Returnee from 2016:** 1. Pleasant Valley, 3:53.22, 2. Johnston, 3:55.24, Cedar Rapids Jefferson, 3:55.65

**Class 3-A Record:** , 3:53.05, MOC-Floyd Valley, 2014

**Regional Leaders:** Dubuque Wahlert, 4:03.71, Decorah, 4:04.62, Solon, 4:05.04

**Highest Returnee from 2016:** 1. Decorah, 3:54.36, 2. Dubuque Wahlert, 3:57.22, 3. Pella, 3:57.35

**Class 2-A Record:** 3:55.52, Cascade, 2012

**Regional Leaders:** North Cedar, 4:04.95; Pocahontas Area, 4:05.83; Monticello, 4:06.75

**Highest Returnee from 2016:** 1. Western Christian, 3:58.52; Pocahontas Area, 3:58.71; 3. North Cedar, 4:01.27.

**Class 1-A Record:** 3:58.28, Valley Community, 2007

**Regional Leaders:** Maple Valley-Anthon-Oto, 4:11.31; Springville, 4:12.15; Maquoketa Valley, 4:12.31.

**Highest Returnees from 2016:** 1. Central Elkader, 4:02.56; 2. West Hancock, 4:06.22; 5. Northwood-Kensett, 4:12.76.

**2017 DRAKE RELAYS CHAMPION: Southeast Polk, 3:51.24**

## **4 x 800 METER RELAY**

**Iowa State Meet Record:** 9:09.90, Urbandale, 2016

**Iowa All-time Best:** 9:09.09, Iowa City West, 2001

**Class 4-A Record:** 9:09.90, Urbandale, 2016

**Regional Leaders:** Cedar Falls, 9:26.66, Ottumwa, 9:36.46, Bettendorf, 9:37.33

**Highest Returnees from 2016:** 1. Urbandale, 9:09.90, 2. Waukee, 9:17.24, 3. Iowa City, West

**Class 3-A Record:** 9:17.72, Mount Vernon-Lisbon, 2010

**Regional Leaders:** Dubuque Wahlert, 9:42.72, Spencer, 9:50.52, Bishop Heelan, 9:50.76

**Highest Returnees from 2016:** 1. Davenport Assumption, 9:22.20, 2. Fort Madison, 9:25.73, 3. Dubuque Wahlert, 9:43.71

**Class 2-A Record:** 9:25.23, Monticello, 2016

**Regional Leaders:** Sioux Center, 9:47.91; Okoboji, 9:48.68; Monticello, 9:50.09 (Paige Holub, Jordyn Patterson, Corinne Gadiant return from 2016 record setting relay)

**Highest Returnees from 2016:** 1. Monticello, 9:25.34; 3. Cascade, 9:38.13; 4. Unity Christian, 9:48.38.

**Class 1-A Record:** 9:28.33, Valley Community, 2007

**Regional Leaders:** Marquette Catholic, 10:04.32; Central Elkader, 10:07.48; AGWSR, 10:15.31.

**Highest Returnee from 2016:** 1. Central Elkader, 9:44.69; 7. AGWSR, 10:09.93; 9. Griswold, 10:16.20.

**2017 DRAKE RELAYS CHAMPION: Dowling Catholic, 9:25.81**

## **Sprint Medley Relay**

**Iowa State Meet Record:** 1:44.89, Pleasant Valley, 2015

**Iowa All-time Best:** 1:44.89, Pleasant Valley, 2015

**Class 4-A Record:** 1:44.89, Pleasant Valley, 2015

**Regional Leaders:** Linn-Mar, 1:46.10, Pleasant Valley, 1:47.15, Waukee, 1:47.91

**Highest Returnees from 2016:** 2. Southeast Polk, 1:46.20, 3. Pleasant Valley, 1:46.21, 4. Waukee, 1:46.38

**Class 3-A Record:** 1:46.46, Dubuque Wahlert, 2016

**Regional Leaders:** Davenport Assumption, 1:48.49, Bishop Heelan, 1:48.57, Pella, 1:48.61

**Highest Returnee from 2016:** 1. Dubuque Wahlert, 1:46.46 (state record), 2. Davenport Assumption, 1:46.51, 3. Pella, 1:47.87

**Class 2-A Record:** 1:46.35, Dike-New Hartford, 2010

**Regional Leaders:** West Marshall, 1:51.25 (Emma Meyer, Allison Hilleman, Kayla Cripps return from 2016 State Champion SMR team); Davis County, 1:51.38; Treynor, 1:51.49

**Highest Returnees from 2016:** 1. West Marshall, 1:49.84; 2. Cascade, 1:51.04; 3. Alta-Aurelia, 1:51.04.

**Class 1-A Record:** 1:48.80, Hudson, 2015

**Regional Leaders:** Maple Valley-Anthon-Oto, 1:50.15; Sioux Central, 1:50.82; Danville, 1:51.90.

**Highest Returnees from 2016** 1. Central Elkader, 1:51.09; 2. West Hancock, 1:51.89; 4. Danville, 1:52.26.

**2017 DRAKE RELAYS CHAMPION: Linn-Mar, 1:46.16**

## **Distance Medley Relay**

**Iowa State Meet Record:** 4:00.39, Sioux City East, 2009

**Iowa All-time Best:** 3:58.46, Davenport Assumption, 2016

**Class 4-A Record:** 4:00.39, Sioux City East, 2009

**Regional Leaders:** Iowa City West, 4:06.15; Ottumwa, 4:09.32; Cedar Falls, 4:15.66

**Highest Returnee from 2016:** 1. Ankeny Centennial, 4:05.21; 2. Waukee, 4:05.25;

**Class 3-A Record:** 4:03.14, Fairfield, 2006

**Regional Leaders:** Dubuque Wahlert, 4:16.23, Decorah, 4:16.68, Central DeWitt, 4:16.81

**Highest Returnee from 2016:** 1. Davenport Assumption, 4:03.25, 2. Decorah, 4:08.88, 5. Pella, 4:15.56

**Class 2-A Record:** 4:06.86, Tipton, 2006

**Regional Leaders:** Cascade, 4:15.76; Monticello, 4:18.92; Albia, 4:19.05

**Highest Returnee from 2016:**

**Class 1-A Record:** 4:05.37, North Tama, 2007

**Regional Leaders:** Maple Valley-Anthon-Oto, 4:22.28; Logan-Magnolia, 4:23.00; North Linn, 4:24.71.

**Highest Returnees from 2016:** Maple Valley-Anthon-Oto, 4:12.50 (Karlee Wolf, JoHannah McKibben and Morgan Todd return from last year state champ team); 2. Nodaway Valley, 4:19.33; 3. East Mills, 4:29.20.

## DISCUS

**Iowa State Meet Record:** 172-00, Kiana Phelps, Kingsley-Pierson/WC, 2016

**Iowa All-time Best:** 179-7, Kiana Phelps, Kingsley-Pierson/WC, 2014

**Class 4-A Record:** 156-04, Taylor Freeman, Iowa City West, 2008

**Regional Leaders:** Anna Hoyman, Indianola, 151-01, Leah Dusterhoft, Iowa City West, 134-08, Kayla Slowick, North Scott, 127-06

**Highest Returnee from 2016:** 2. Anna Hoyman, Indianola, 139-09, 5. Leah Dusterhoft, Iowa City West, 133-07, 9. Chandler Haight, Iowa City West, 118-0.

**Class 3-A Record:** 154-07, Katelyn Weimerskirch, Dubuque Wahlert, 2012

**Regional Leaders:** Sara Martin, Charles City, 126-03, Gillian Streit, Harlan, 124-02, Alexis Westercamp, Oskaloosa, 124-01

**Highest Returnees from 2016:** 5. Alexis Westercamp, Oskaloosa, 124-04, 7. Cassidy Nerland, Webster City, 118-04, 10. Julia Naber, Winterset, 114-06

**Class 2-A Record:** 172-00, Kiana Phelps, Kingsley-Pierson, 2016.

**Regional Leaders:** Elizabeth Van Manen, Pella Christian, 129-00; Regan Plendl, Kingsley-Pierson/Woodbury Central, 128-08; Jamie Kofron, Tipton, 125-10.

**Highest Returnee from 2016:** 2. Kenzie Sullivan, Pocahontas Area, 131-07; 6. Elizabeth Van Manen, 125-08; 7. Regan Plendl, Kingsley-Pierson/WC, 123-04.

**Class 1-A Record:** 137-11, Wendy Ausdemore, Tri-Center, 2004

**Regional Leaders:** Alyssa Corkery, Don Bosco, 134-10; Nicole Heeren, North Butler, 124-10; Kennedy Morris, Earlham, 124-05.

**Highest Returnees from 2016:** 4. Lauren Murray, Hudson, 119-06; 6. Caitlin Thilges, Bishop Garrigan, 118-03; 8. Alyssa Corkery, Don Bosco, 116-03.

**2017 DRAKE RELAYS CHAMPION: Leah Dusterhoft, Iowa City West, 129-03**

## SHOT PUT

**Iowa State Meet Record:** 48-08.75, Kiana Phelps, Kingsley-Pierson/WC, 2016

**Iowa All-time Best:** 53-3.5 Paulette Mitchell, Council Bluffs, 1992

**Class 4-A Record:** 46-11.75, Danielle Frere, Muscatine, 2008

**Regional Leaders:** Kat Moody, Waukee, 45-00, Chandler Haight, Iowa City West, 44-07, Moe Nealey, Waukee, 42-10.5

**Highest Returnees from 2016:** 2. Anna Hoyman, Indianola, 41-11, 3. Chandler Haight, Iowa City West, 41-03, 6. Moe Nealey, Waukee, 40-06.75.

**Class 3-A Record:** 45-5, Brooke Gritters, Pella, 2007

**Regional Leaders:** Brandi Botcher, Spencer, 42-02.5, Sara Martin, Charles City, 40-00.25, Hannah Hood, Creston, 40-00

**Highest Returnees from 2016:** 1. Brandi Botcher, Spencer, 41-04.75, 5. Hannah Hood, Creston, 39-06, 8. Cassidy Nerland, Webster City, 37-09.75

**Class 2-A Record:** 48-08.75, Kiana Phelps, Kingsley-Pierson/WC, 2016

**Regional Leaders:** Courtney Schnoor, Camanche, 40-08; Kenzie Sullivan, Pocahontas Area, 39-7.5; Jamie Kofron, Tipton, 39-4.50.

**Highest Returnee from 2016:** 2. Jamie Kofron, Tipton, 42-09; 7 Brenna Seeser, Northeast, 36-7, 8. Marin Ehler, North Fayette Valley, 37-07.

**1-A Record:** 42-01.25, NiCole Dobernecker, Charter Oak-Ute, 2011

**Regional Leaders:** Jadin Wagner, Lawton-Bronson, 41-03.25; Abby Marr, Riceville, 39-07; Becca Krueger, Manson-NW Webster, 39-07.

**Highest Returnees from 2015:** 2. Libertie Uppena, Midland, 39-04.25; Caitlin Thlges, Bishop Garrigan, 38-06.5; 4. Becca Krueger, Manson-NW Webster, 38-00.75

**2017 DRAKE RELAYS CHAMPION: Kat Moody, Waukee, 43-10**

## HIGH JUMP

**Iowa State Meet Record:** 5-11, Hannah Willms, Dike-New Hartford, 2009

**Iowa All-time Best:** 6-1, Hannah Willms, Dike-New Hartford, 2010

**Class 4-A Record:** 5-8.25, Khanishah Williams, Burlington, 2009

**Regional Leaders:** Skyler Presler, Linn-Mar, 5-06, Ellie Roquet, Johnston, 5-05, Alexis Hayes, North Scott, 5-04

**Highest Returnee from 2016:** 2. Grace Gudenkauf, Dubuque Senior, 5-05, 3. Ellie Roquet, Johnston, 5-03, T5. Auriona Kimbrough, Cedar Falls, 5-03

**Class 3-A Record:** 5-7.50, Alexis Conaway, MOC-Floyd Valley, 2011

**Regional Leaders:** Sunday Faya, Denison-Schlswg, 5-06, Madison Harms, SB-Luton, 5-05, Megan Durbin, Greene County, 5-05

**Highest Returnee from 2016:** 1. Megan Durbin, Greene County, 5-05, 2. Sunday Faya, Denison-Schlswg, 5-05, 3. Maria Gorham, North Polk, 5-05

**Class 2-A Record:** 5-11, Hannah Willms, Dike-New Hartford

**Regional Leaders:** Cori DeJong, Western Christian, 5-5; Morgan Johnk, Panorama, 5-4; Sydney Durbin, OABCIG, 5-3; Hannah Isley, Albia, 5-3.

**Highest Returnees from 2015:** 1. Sydney Durbin, OABCIG, 5-4; 2. Mary Shepard, Albia, 5-3; T3. Cori DeJong, Western Christian, 5-1; T3. Hannah Isley, Albia, 5-1.

**Note:** Pekin's Kaysha Dawson of Pekin was the 2015 1A state high jump champion.

**Class 1-A Record:** 5-08.25; Chaley Rath, Treynor, 2012

**Regional Leaders:** Alyssa Staudt, Rockford, 5-03; Bailey Hauschild, Fremont-Mills, 5-03; Charissa Mogler, Bedford, 5-2; Kenzie Mantz, Belle Plaine, 5-2.

**Highest Returnees from 2015:** 6. Alyssa Staudt, Rockford, 5-1; 11. Mackenzie Speer, Danville, 4-11; 13. Mackenzie Shields, Mount Ayr, 4-9

**2017 DRAKE RELAYS CHAMPION: Maria Gorham, North Polk, 5-7**

## LONG JUMP

**Iowa State Meet Record:** 19-5, LaNeisha Waller, Cedar Rapids Jefferson, 2003

**Iowa All-time Best:** 19-10.25, Lexux Lovan, Urbandale, 2014

**Class 4-A Record:** 19-05, LaNeisha Waller, Cedar Rapids Jefferson, 2003

**Regional Leaders:** Darby Thomas, Council Bluffs Abraham Lincoln, 18-04.5, Valerie Welch, Iowa City West, 18-03.75, Kenna Sauer, Ankeny Centennial, 18-03.5

**Highest Returnee from 2016:** 1. Darby Thomas, Council Bluffs Abraham Lincoln, 18-07.75, 2. Kenna Sauer, Ankeny Centennial, 18-04.75, 3. Valerie Welch, Iowa City West, 18-02.75

**Class 3-A Record:** 18-02.50, Jennie Clark, Norwalk, 2007

**Regional Leaders:** Macy Johnson, Winterset, 17-11, Shae Campbell, Norwalk, 17-10.5, Jayda Tolentino, Saydel, 17-09.25

**Highest Returnee from 2016:** 2. Ellie Cropley, Bishop Heelan, 17-05, 3. Paighton Malek, Pella, J17-05, 5. Sienna Durr, Grinnell, 16-10

**Class 2-A Record:** 18-11.5, Dani Stipe, Kuemper Catholic, 2006

**Regional Leaders:** Meagan Blomgren, Van Meter, 17-05.25; Darian Wegner, New Hampton, 17-02.5; Ashlyn Albrecht, Sheldon, 17-01.

**Highest Returnees from 2016:** 2. Mikayla Turek, Unity Christian, 17-04.5; 3. Ashlyn Albrecht, Sheldon, 17-01; 4. Lani Hillard, Louisa-Muscatine, 16-11.25.

**Class 1-A Record:** 18-08.5, Jennifer Jorgensen, SE Webster-Grand, 2008

**Regional Leaders:** Kyah Luhring, Grundy Center, 17-07; Cherisse Ward, Iowa Valley, 17-04.25; Summer Barthelman, Sigoourney, 17-04.25.

**Highest Returnee from 2016:** 3. Haylee Fortune, Wayne. 16-08.25; 4. Summer Barthelman, Sigoourney, 16-04.5; 6. Reegan Happel, Lisbon, 16-02.75.

**2017 DRAKE RELAYS CHAMPION:** Darby Thomas, Council Bluffs Abraham Lincoln, 18-04

**TOTAL GIRLS COMPETING: 2,593 athletes, representing 301 Schools**