

STATE COED TRACK MEET – 2019

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: 11.49, Sydney Milani, Southeast Polk, 2018

Iowa All-time Best: 11.49, Sydney Milani, Southeast Polk, 2018

Class 4-A Record: 11.49, Sydney Milani, Southeast Polk, 2018

State Qualifying Leaders: Kerris Roberts, Waterloo East, 11.82; Darby Thomas, CB AL, 12.05; Holly Duax, Sioux City West, 12.07.

Highest Returnee from 2018 State Meet: 2: Darby Thomas, CB AL, 11.86; 4. Kerris Roberts, Waterloo East, 11.95; 5. Jill Bennett, Linn-Mar, 12.23

Notes: Roberts' 11.69 time in 2017 ranks third on the all-time list; Roberts won the 2017 4A 100 meter title; Darby Thomas' best of 11.83 in 2017 ranks 13th on the Iowa all-time list.

Class 3-A Record: 12.08, Keaton Kester, ADM, 2017 (Prelims)

State Qualifying Leaders: Carly King, Davenport Assumption, 12.26; Libby Wedewer, Wahlert, 12.46; Miracle Ailes, Keokuk, 12.61.

Highest Returnees from 2018 State Meet: 2. Carly King, Davenport Assumption, 12.16; 3. Libby Wedewer, Wahlert, 12.25.

Notes: Carly King's career best of 11.99 ranks 24th on the Iowa all-time list. King won the 3A 100 as a freshman in 2016. King was the 2018 Drake Relays 100-meter dash champion.

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

State Qualifying Leaders: Anna Winterrowd, OABCIG, 12.71; Katie Saner, Crestwood, 12.78; Melinda Puumala, East Marshall, 12.80.

Highest Returnee from 2017: 2. Kiersten Fisher, SE Valley, 12.81; 4. Natalee Greenfield, Sioux Center, 13.15; 6. Anna Winterrowd, OABCIG, 13.22

Notes: Crestwood's Katie Saner placed sixth in the 2018 Class 3A 100 meters.

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

State Qualifying Leaders: Madison Osborn, Alburnett, 12.50; Samantha Wall, Maquoketa Valley, 12.66; Shaylee Siebens, Akron-Westfield, 12.78.

Highest Returnee from 2018: 2. Ellie Loesch, South Winneshiek, 12.65; 3. Emily Yahnke, Highland, 12.73; 4. Shaylee Siebens, Akron-Westfield, 12.74.

Notes: Madrid's Rylan Santi was the 2017 100 meter champion in 2017 (12.49) ... South Winneshiek's Ellie Loesch placed seventh in 2A in 2017 (13.13).

2019 Drake Relays Champion: Kerris Roberts, Waterloo Eastm 11.82.

Note: Roberts set a Drake Relays record with an 11.74 time in the Relays' 100 meter prelim. Robert is a three-time Drake Relays 100 meter champion).

200 METER DASH

Iowa State Meet Record: 23.68, Sydney Milani, Southeast Polk, 2018

Iowa All-time Best: 23.68, Sydney Milani, Southeast Polk, 2018.

Class 4-A Record: 23.68, Sydney Milani, Southeast Polk, 2018

State Qualifying Leaders: Darby Thomas, CB AL, 24.86; Holly Duaz, Sioux City West, 24.92; Kerris Roberts, Waterloo East, 25.22.

Highest Returnee from 2018: 2. Darby Thomas, CB AL, 24.64; 3. Jill Bennett, Linn-Mar, 24.64; 7. Juru Okwaramoi, Dowling Catholic, 26.68

Notes: *Kerris Roberts' 24.09 time ranks third on Iowa's all-time list ... Kerris Roberts is seeking her third 4A 200 meter title, winning 2016 & 17 ... Darby Thomas' best time of 24.33 ranks 8th on the Iowa all-time list.*

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

State Qualifying Leaders: Libby Wedewer, Wahlert, 25.04; Carly King, Davenport Assumption, 25.39; Brooke Berns, Decorah, 25.81.

Highest Returnee from 2018: 2. Carly King, Davenport Assumption, 24.75; 4. Libby Ledewer, Dubuque Wahlert, 25.07.

Note: *ADM's Keaton Kester was the 2A 200-meter dash champion at Earlham in 2016 and is seeking her third 200 title ... Carly King's best time of 24.70 ranks tied for 25th on Iowa's all-time best list.*

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

State Qualifying Leaders: Katie Saner, Crestwood, 26.30; Anna Winterrowd, OABCIG, 26.37; Alysa Shirkey, Davis County, 26.41.

Highest Returnee from 2018: 2. Alysa Shirkey, Davis County, 25.75; 4. Megan Carley, Treynor, 26.01.

Note: *Crestwood's Katie Saner placed sixth in the 3A 100-meter dash in 2018 (25.43).*

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

State Qualifying Leaders: Madison Osborn, Alburnett, 25.89; Samantha Wall, Maquoketa Valley, 26.00; Ellie Loesch, South Winneshiek, 26.53

Highest Returnee from 2018: 2. Ellie Loesch, South Winneshiek, 25.52; 4. Madison Osborn, Alburnett, 25.99; 6. Shaylee Siebens, Akron-Westfield, 26.25

400 METER DASH

Iowa State Meet Record: 52.90, Sydney Milani, Southeast Polk, 2018

Iowa All-time Best: 52.90, Sydney Milani, Southeast Polk, 2018

Class 4-A Record: 52.90, Sydney Milani, Southeast Polk, 2018

State Qualifying Leaders: Mackenzie Michael, Cedar Falls, 57.11; Allison Bookin-Nosbisch, Ottumwa, 57.50; Auriona Kimbrough, Cedar Falls, 58.00

Highest Returnee from 2018: 7. Riawna Hunter, Des Moines North, 58.98; 8. Grace Bookin-Nosbisch, Ottumwa, 59.34.

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

State Qualifying Leaders: Madison Jochum, Bishop Heelan, 58.29; Carly King, Davenport Assumption, 59.01; Erin Kerkhoff, Solon, 59.89.

Highest Returnee from 2018: 1. Carly King, Davenport Assumption, 56.09; 2. Madison Jochum, Bishop Heelan, 56.50; 5. Erin Kerkhoff, Solon, 58.75

Notes: *Carly King is the defending Class 3A state champion. A King win would mark the third-straight year an Assumption runner has captured the 3A 400 meters (Joy Ripslinger won the 400 in 2017). King also won the inaugural running of the 400 meters at the 2019 Drake Relays (56.55)*

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

State Qualifying Leaders: Kennedy Kramer, West Lyon, 58.72; Erika Kuntz, KP-WC, 58.95; Sophia Jungling, Aplington-Parkersburg, 59.23.

Highest Returnees from 2017: 3. Kennedy Kramer, West Lyon, 58.07; 7. Kortney Drake, Wilton, 1:01.04.

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

State Qualifying Leaders: Shateah Weterling, Montezuma, 58.49; Rachel Fehr, West Bend-Mallard; Reagan Weinheimer, Nodaway Valley, 59.31.

Highest Returnee from 2018: 2. Rachel Fehr, West Bend-Mallard, 57.22; 3 Shateah Wetering, Montezuma, 58.72; 6. Maddy Duncan, Sidney, 59.71.

800 METER RUN

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

Iowa All-time Best: 2:07.18, Joy Ripslinger, Davenport Assumption, 2017

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

State Qualifying Leaders: Mackenzie Michael, Cedar Falls, 2:14.13; Ashlyn Keeney, Iowa City Liberty, 2:15.39; Allison Bookin-Nosbisch, Ottumwa, 2:15.85.

Highest Returnee from 2018: 6. Allison Bookin-Nosbisch, Ottumwa, 2:15.38; 8. Mackenzie Micahel, Cedar Falls, 2:17.66.

Note: Cedar Falls' Mackenzie Michael owns the 10th-fastest 800 meter time at 2:09.88. Iowa City Liberty's Ashlyn Keeney's 2:09.99 time ranks 11th on the Iowa all-time list. Michael won the 2017 4A 800 meter title in 2:09.39.

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

State Qualifying Leaders: Amber Aesoph, Bishop Heelan, 2:21.03; Maddy Juhl, Iowa Falls-Alden, 2:21.61; Janette Schraft, Glenwood, 2:21.68.

Highest Returnee from 2018: 3. Madison Jochum, Bishop Heelan, 2:17.26; 4. Corinne Gadiant, Anamosa, 2:17.67; 5. Maddy Juhl, Iowa Falls-Alden, 2:18.04.

Note: Glenwood's Janette Schraft was a two-time 1A 800 state champion for East Mills in 2017 & 2018. Schraft ranks 25th on the Iowa all-time list with a 2:11.55 time. 800 qualifier Ainsley Erzen of Carlisle ranks 20th on the Iowa all-time list with a 2:11.16 time.

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

State Qualifying Leaders: Natalie O'Connor, Jesup, 2:20.10; Amanda Treptow, Jesup, 2:20.22; Madeline Rhomberg, Cascade, 2:20.65.

Highest Returnee from 2018: 3. Marie Hostetler, Mid-Prairie, 2:18.55; 6. Sophia Jungling, Aplington-Parkersburg, 2:21.02; 10. Kate Crawford, ACGC, 2:23.68

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

State Qualifying Leaders: Katie Brennan, Kee, 2:24.49; Aubrie Fisher, AGWSR, 2:24.64; Jalyssa Blazek, Turkey Valley, 2:24.93.

Highest Returnee from 2018: 2. Emma Lucas, Bedford, 2:18.73; 3. Emily Staal, Central City, 2:21.34; 5. Bailey Sievers, Newell-Fonda, 2:21.73.

2019 DRAKE RELAYS CHAMPION: Mackenzie Michael, Cedar Falls, 2:09.88

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

State Qualifying Leaders: Claire Edmondson, Dubuque Senior, 4:49.21; Micah Poellet, Linn-Mar, 4:50.46; Ashlyn Keeney, Iowa City Liberty, 4:50.57.

Highest Returnees from 2018: 3. Helen Gould, WDM Valley, 4:43.63; 6. Sydney Schaffer, Waukee, 4:48.07; 7. Brooklyn McKee, Johnston, 4:48.14

Notes: *Iowa City Liberty freshman Ashlyn Keeney's best time of 4:32.98 ranks 11th on the Iowa all-time list.*

Class 3-A Record: 4:39.00, Joy Ripslinger, Davenport Assumption, 2017

State Qualifying Leaders: Abby Ryon, Mount Pleasant, 4:54.93; Megan Sterbenz, Dallas Center-Grimes, 4:58.03; Ainsley Erzen, Carlisle, 4:58.04.

Highest Returnee from 2018: 3. Adrianna Katcher, CP-Urbana, 4:50.09; 4. Amber Aesoph, Bishop Heelan, 4:50.10; 10. Kacie Rewerts, Nevada, 4:56.60

Notes: *1500 3A qualifier Janette Schraft of Glenwood won the last two Class 1A 1500 meter titles running for East Mills in 2017 & 18.*

Class 2-A Record: 4:33.41, Anna Hostetler, Mid-Prairie, 2017

State Qualifying Leaders: Marie Hostetler, Mid-Prairie, 4:47.16; Sophia Jungling, Aplington-Parkersburg, 4:56.32; Natalie O'Connor, Jesup, 4:57.55.

Highest Returnee from 2018: 2. Marie Hostetler, Mid-Prairie, 4:42.88; 3. Sophia Jungling, Aplington-Parkersburg, 4:49.19; 4. Katie Crawford, ACGC, 4:49.79.

Notes: *Marie Hostetler will look to make four straight 1500 meter titles for the Hostetler family. Marie's sister Anna won the last three 2A 1500 meter titles for Mid-Prairie*

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

State Qualifying Leaders: Aubrie Fisher, AGWSR, 4:59.68; Emily Staal, Central City, 5:00.19; Emma Lucas, Bedford, 5:05.35.

Highest Returnee from 2018: 2. Emma Lucas, Bedford, 4:48.46; 3. McKenna Weaver, West Fork, 4:53.50; 4. Aubrie Fisher, AGWSR, 4:54.29.

2019 DRAKE RELAYS CHAMPION: Marie Hostetler, Mid-Prairie, 4:38.14

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

State Qualifying Leaders: Claire Edmondson, Dubuque Senior, 10:19.35; Micah Poellet, Linn-Mar, 10:24.03; Brooklyn McKee, Johnston, 10:24.40.

Highest Returnee from 2018: 4. Brooklyn McKee, Johnston, 10:23.65; 5. Reagan Gorman, Cedar Rapids Washington, 10:28.17; 7. Helan Gould, WDM Valley, 10:36.30.

Notes: *Iowa City Liberty's Ashlyn Keeney's Drake Relays winning time of 9:39.64 ranks fourth on the Iowa all-time list.*

Class 3-A Record: 9:55.37, Joy Ripslinger, Davenport Assumption, 2017

State Qualifying Leaders: Grace Juhl, Iowa Falls-Alden, 10:32.97; Abby Ryon, Mount Pleasant, 10:46.29; Ellie Meyer, Iowa Falls-Alden, 10:46.73.

Highest Returnees from 2018: 2. Adrianna Katcher, Center Point-Urbana, 10:35.27; 6. Kourtney Delperding, Spirit Lake, 10:48.28; 7. Megan Sievers, Carlisle, 10:51.72.

Notes: *Center Point-Urbana's Adrianna Katcher's best time of 9:56.10 ranks 25th on the Iowa all-time list. The junior has been 3A runner-up in the 3,000 the last two seasons ... state qualifier Janette Schraft of Glenwood won two 1A state titles in the 3000 in 2016 & 2017 for East Mills.*

Class 2-A Record: 9:47.52, Anna Hostetler, Mid-Prairie 2017

State Qualifying Leaders: Marie Hostetler, Mid-Prairie, 10:47.44; Kate Crawford, ACGC, 10:50.63; Peyton Pogge, Tri-Center, 10:54.02.

Highest Returnee from 2018: 1. Marie Hostetler, Mid-Prairie, 10:25.78; 2. Kate Crawford, ACGC, 10:26.99; 5. Ella Waddle, Panorama, 11:02.28.

Notes: *Marie Hostetler is the defending 2A 3,000 meter champion. Her career-best time of 9:52.50 ranks 15th-fastest on the Iowa all-time list ... Tri-Center's Peyton Pogge placed fourth last year in the 1A 3,000 meters.*

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

State Qualifying Leaders: Emma Lucas, Bedford, 10:39.09; Aubrie Fisher, AGWSR, 10:52.10; Taylor Sporrer, Logan-Magnolia, 10:54.39.

Highest Returnee from 2018: 1. Emma Lucas, Bedford, 10:04.31; 3. Emily Staal, Central City, 10:13.25; 5. Aubrie Fisher, AGWSR, 11:00.25.

2019 DRAKE RELAYS CHAMPION: Ashlyn Keeney, Iowa City Liberty, 9:39.64.

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: Sydney Winger, Waukee, 14.12, 2018

State Qualifying Leaders: Peyton Steva, Iowa City West, 14.54; Darby Thomas, CB AL, 14.56; Taylor Cannon, Iowa City Liberty, 14.59.

Highest Returnee from 2018: 3. Juru Okwaramoi, Dowling Catholic, 14.71; 4. Mira Bacille, Dowling Catholic, 14.92; 8. Esther Ubadigbo, Des Moines Roosevelt, 15.15.

Notes: *Five state qualifiers have PR times listed in the Iowa all-time list ... Darby Thomas ranks eighth at 14.30; Peyton Steva ranks ninth all-time at 14.33; Iowa City Liberty's Taylor Cannon's PR of 14.62 ranks 18th; Cedar Rapids Kennedy's Kajsa Gerken's ranks 19th with a 14.63 time and Ankeny Centennial's Katie Petersen's 14.70 time ranks 24th all-time ... Iowa City Liberty's Taylor Cannon was the Class 3A runner-up in the 100 hurdles in 2018.*

Class 3-A Record: 14.51, Grace Martensen, Benton Community, 2018

State Qualifying Leaders: Grace Martensen, Benton, 15.03; Aubrey Jones, CR Xavier, 15.38; JoJo Tynnismaa, South Tama, 15.52.

Highest Returnees from 2018: 1. Grace Martensen, Benton Community, 14.51; 3. Emily Holterhaus, Pella, 15.40; 8. Annie Leopold, Mount Vernon, 15.75.

Notes: *Benton's Grace Martensen will attempt to win her third straight 3A 100 meter hurdle crown ... Martensen's PR of 14.50 ranks 13th on Iowa's all-time list.*

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

State Qualifying Leaders: Paige Kisley, Osage, 15.27; Heather Boeckenstedt, Beckman Catholic, 15.34; Kelsey Koch, Forest City, 15.59.

Highest Returnees from 2018. 1. Heather Boeckenstedt, Beckman Catholic, 15.33; 3. Kiersten Fisher, Southeast Valley, 15.54; 4. Kelsey Koch, Forest City, 15.71; 5. Madeline Hinz, Garner-Hayfield/Ventura, 15.90; 7. Hannah Irlbeck, Kuemper Catholic, 16.17.

Notes: *Beckman Catholic's Hannah Boeckenstedt is the defending 2A champion.*

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

State Qualifying Leaders: Lexi Shike, Nodaway Valley, 15.83; Emma Atwood, Central Decatur, 15.87; Olivia Diggins, Logan-Magnolia, 15.99.

Highest Returnees from 2018: 3. Emma Atwood, Central Decatur, 15.93; 5. Marian Coover, BGM, 16.04; 6. Olivia Miller, Tripoli, 16.13; 7. Leslie Luft, Ar-We-Va, 16.44; 8. Lexi Shike, Nodaway Valley, 21.37.

2019 DRAKE RELAYS CHAMPION: Darby Thomas, Council Bluffs Abraham Lincoln, 14.30
(ties Urbandale's Mary Young's Drake Relay record set in 2014)

400 METER HURDLES

Iowa State Meet Record: 1:00.15, Payton Wensel, Linn-Mar, 2018

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

Class 4-A Record: 1:00.15, Payton Wensel, Linn-Mar, 2018

State Qualifying Leaders: Caroline Schaeckenbach, Iowa City High, 1:04.12; Kate Bannister, Waukee, 1:05.81; Kajsa Gerkens, Cedar Rapids Kennedy, 1:06.66.

Highest Returnee from 2018: 4. Caroline Schaeckenbach, Iowa City High, 1:04.99; 5. Grace Larkins, Southeast Polk, 1:06.01.

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

State Qualifying Leaders: Emma Kelerman, Oskaloosa, 1:03.73; Anna Kenney, ADM, 1:04.93; Maggie Cristoforo, Mount Pleasant, 1:05.55.

Highest Returnee from 2018: 2. Maggie Cristoforo, Mount Pleasant, 1:05.70; 4. Emily Holterhaus, Pella, 1:06.03; 5. Emma Kelderman, Oskaloosa, 1:06.21.

Note: *Glenwood's Janette Schraft was the Class 1A state champion in the 400 hurdles in 2018 running for East Mills. Schraft won the 2019 Drake Relays 400 meter hurdle title.*

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

State Qualifying Leaders: Mikayla Turek, Unity Christian, 1:04.71; Melinda Puumala, East Marshall, 1:05.17; Taylor Kvale, Dike-New Hartford, 1:06.39.

Highest Returnee from 2018: 2. Mikayla Turek, Unity Christian, 1:04.67; 3. Margo Chipps, PCM, 1:04.71; 5. Jaylen Votroubek, West Branch, 1:07.14.

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

State Qualifying Leaders: Holly Hoepner, AHSTW, 1:06.38; Tara Peterson, Stanton, 1:07.34; Summer Barthelman, Sigourney, 1:07.49.

Highest Returnee from 2018: 4. Summer Barthelman, Sigourney, 1:06.18; 5. Ciera Deitchler, Central Elkader, 1:07.35; 6. Tara Peterson, Stanton, 1:07.64

2019 DRAKE RELAYS CHAMPION: Janette Schraft, Glenwood, 1:03.21.

SHUTTLE HURDLE RELAY

Iowa State Meet Record: 1:00.61, Waukee, 2017

Iowa All-time Best: 1:00.61, Waukee, 2017

Class 4-A Record: 1:00.61, Waukee, 2017

State Qualifying Leaders: Waukee, 1:02.73; Ames, 1:03.83; Iowa City West, 1:03.93.

Highest Returnee from 2018: 1. Waukee, 1:01.09; 2. Ames, 1:02.30; 3. Dowling Catholic, 1:02.88; 4. Iowa City West, 1:04.75; 5. Ankeny Centennial, 1:05.29; 6. Cedar Falls, 1:05.42;

Notes: *Waukee will shoot for its third-straight shuttle hurdle crown and its title in the event in nine years ... Waukee Drake winning time of 1:02.73 ranks 11th on the Iowa all time list.*

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

State Qualifying Leaders: Glenwood, 1:06.25; Benton, 1:06.94; ADM, 1:07.13.

Highest Returnee from 2018: 1. Benton Community, 1:04.84; 2. Mount Vernon, 1:05.04; 3. Xavier, 1:06.35; 4. Solon, 1:06.88; 5. Decorah, 1:07.27.

Notes: *Benton is the two-time defending 3A Champion.*

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

State Qualifying Leaders: Beckman Catholic, 1:06.21; Emmetsburg, 1:07.60; Cascade, 1:08.14.

Highest Returnees from 2018: 1. Beckman, 1:07.10; 2. Panorama, 1:07.53; 4. PCM, 1:08.61; 5. West Branch, 1:09.50; 7. Shenandoah, 1:11.74.

Notes: Beckman Catholic is the defending champion.

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

State Qualifying Leaders: BCLUW, 1:07.57; Belle Plaine, 1:07.96; Gehlen Catholic, 1:07.96.

Highest Returnee from 2018: 1. Sigourney, 1:07.21; 3. Sioux Central, 1:09.73; 4. Nodaway Valley, 1:10.41; 5. BGM, 1:10.47; 6. Earlham, 1:10.65.

Note: *Sigourney is the two-time defending 1A champion. Returnees Sloane Magill and Summer Barthelman were members of both 2017 & 18 state champion SHR relay teams*

2019 DRAKE RELAYS CHAMPION: Ames: 1:03.19

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)

State Qualifying Leaders: 1. Waterloo East, 48.00; 2. Ankeny, 48.62;

Highest Returnee from 2018: 1. Linn-Mar, 48.00; 2. Waukee, 48.26; 3. Ankeny, 48.29.

Class 3-A Record: 48.21, Dubuque Wahlert, 2018

State Qualifying Leaders: Pella, 49.54; Decorah, 49.81; 3. Dubuque Wahlert, 49.87,

Highest Returnees from 2018: 1. Dubuque Wahlert, 48.21; 2. Pella, 48.60; 3. Benton, 49.84;

Notes: Dubuque Wahlert seeks its third-straight 4x100 meter 3A title and its fourth in five years. Clare Broderick ran on the Golden Eagles' 2017 & 18 state championship teams.

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

State Qualifying Leaders: OABCIG, 50.62; Mid-Prairie, 50.70; Estherville-LC, 50.81.

Highest Returnee from 2018: 1. Sumner-Fredericksburg, 49.72; 2. Williamsburg, 51.05; 3. Treynor, 51.09; 4. Beckman, 51.16; 5. OABCIG, 51.21; 6. Osage, 51.31.

Class 1-A Record: 49.95, Ventura, 2007

State Qualifying Leaders: South O'Brien, 51.86; Collins-Maxwell, 52.04; Highland, 52.11.

Highest Returnee from 2018: 3. Alburnett, 51.36; 4. Highland, 51.69; 5. Akron-Westfield, 51.74; 7. Lynnville-Sully, 52.80.

2019 DRAKE RELAYS CHAMPION: Ankeny, 49.83

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

State Qualifying Leaders: Pleasant Valley, 1:42.71; Ames, 1:43.69; Waukee, 1:43.71.

Highest Returnee from 2018: 1. Pleasant Valley, 1:41.28; 2. Waukee, 1:41.85; 3. Dowling Catholic, 1:42.69.

Note: *Pleasant Valley is seeking its second-straight 4x200 meter title. Harmony Creasy & Adrea Arthofer are returning members of last year's state champion team.*

Class 3-A Record: 1:40.93, Dubuque Wahlert, 2018

State Qualifying Leaders: Dubuque Wahlert, 1:41.96; Pella, 1:45.30; Davenport Assumption, 1:45.30

Highest Returnee from 2019: 1. Dubuque Wahlert, 1:40.93; 3. Pella, 1:45.30; 6. Decorah, 1:47.14.

Notes: *Dubuque Wahlert is seeking its eighth 4x200 meter title in 12 years and the third straight. straight ... Libby Wedewer has been a part of the last two Wahlert state champion relay teams. ... Wahlert's season best time of 1:41.96 ranks 23rd on the Iowa all-time list.*

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

State Qualifying Leaders: Estherville-LC, 1:46.57; Treynor, 1:47.76; Sumner-Fredericksburg, 1:47.99

Highest Returnee from 2018: 1. Sumner-Fredericksburg, 1:44.15; 2. PCM, 1:45.23; 3. Pella Christian, 1:47.02; 4. Sioux Center, 1:48.02; 5. OABCIG, 1:47.61; 6. Cascade, 1:47.61;

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

State Qualifying Leaders Central Lyon, 1:48.70; Central Springs, 1:48.72; Alburnett, 1:48.76.

Highest Returnee from 2018: 2. Alburnett, 1:48.76; 3. Highland, 1:51.39; 5. Montezuma, 1:48.49; 6. South Winneshiek, 1:48.97; 7. Easton Valley, 1:49.09; 8. Central Elkader, 1:49.59.

2019 DRAKE RELAYS CHAMPION: Waukee, 1:42.45

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

State Qualifying Leaders: Linn-Mar, 3:58.11; Southeast Polk, 3:59.65; Cedar Falls, 4:01.54

Highest Returnee from 2018: 1. Waukee, 3:53.21; 2. Southeast Polk, 3:53.67; 3. Ames, 3:56.53; 4. Des

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

State Qualifying Leaders: Bishop Heelan, 4:01.83; Independence, 4:05.20; Dubuque Wahlert, 4:06.39.

Highest Returnee from 2018: 2. Solon, 3:58.37; 3. Pella, 3:59.30; 4. Dubuque Wahlert, 4:04.14.

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

State Qualifying Leaders: KP/WC: 4:07.91; Sioux Center, 4:09.80; Dike-New Hartford, 4:10.65

Highest Returnee from 2018: 2. Treynor, 4:03.98; 3. PCM, 4:04.83; 4. Cascade, 4:06.44; 6. Panorama, 4:08.76

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

State Qualifying Leaders: Kee, 4:10.33; Montezuma, 4:12.93; Newell-Fonda, 4:13.14.

Highest Returnees from 2018: 2. Kee, 4:08.83; 5. South Winneshiek, 4:10.17; 6. Central Lyon, 4:11.36; 7. Grundy Center, 4:13.62; 8. Midland, 4:14.38

2019 DRAKE RELAYS CHAMPION: Linn-Mar, 4:00.00

4 x 800 METER RELAY

Iowa State Meet Record: 9:09.09. Iowa City West, 2001

Iowa All-time Best: 9:09.34. Waukee, 2018

Class 4-A Record: 9:09.34. Waukee, 2018

State Qualifying Leaders: Dowling Catholic, 9:36.24; Ottumwa, 9:36.35; Southeast Polk, 9:37.91.

Highest Returnees from 2018: 1. Waukee, 9:09.34; 2. Iowa City West, 9:20.20; 3. Southeast Polk, 9:21.60.

***Note:** Three schools have times that rank among the top 25 on the Iowa all-time list ... Southeast Polk's Drake Relays winning time of 9:10.38 ranks fourth ... Dowling Catholic's 9:16.45 ranks 17th ... Ottumwa's 9:17.44 time ranks 23rd ... Waukee will be shooting for its third-straight 4x800 meter relay title.*

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

State Qualifying Leaders: Iowa Falls-Alden, 9:36.11; Anamosa, 9:41.29; Creston, 9:50.93.

Highest Returnees from 2018: 1. Iowa Falls-Alden, 9:21.70; 2. Dubuque Wahlert, 9:30.75; 3. Anamosa, 9:32.98; 4. Decorah, 9:34.68; 5. Pella, 9:42.97; 6. North Polk, 9:46.84; 7. Dallas Center-Grimes, 9:49.85; 8. Spencer: 9:50.08.

***Note:** All four runners: Maddy Juhl, Ellie Meyer, Lauren Juhl & Grace Juhl return for defending state champs Iowa Falls-Alden.*

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

State Qualifying Leaders: Western Christian, 9:36.65; Jesup, 9:43.88; Sioux Center, 9:51.84.

Highest Returnees from 2018: 3. Western Christian, 9:40.18; 4. Williamsburg, 9:51.99; 5. Cascade, 9:55.69

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

State Qualifying Leaders: Kee, 10:07.95; Central City, 10:09.20; Earlham, 10:12.54

Highest Returnee from 2018: 3. South Winneshiek, 10:08.00; 4. Hudson, 10:08.19; 5. IKM-Manning, 10:15.81

2019 DRAKE RELAYS CHAMPION: Southeast Polk, 9:10.38 (New Drake Relays Record)

Sprint Medley Relay

Iowa State Meet Record: 1:43.64, Linn-Mar, 2018

Iowa All-time Best: 1:43.64, Linn-Mar, 2018

Class 4-A Record: 1:43.64, Linn-Mar, 2018

State Qualifying Leaders: Linn-Mar, 1:43.64; Waukee, 1:47.22; Pleasant Valley, 1:48.78.

Highest Returnees from 2018: 1. Waukee, 1:45.77; 2. Linn-Mar, 1:46.03; 3. Pleasant Valley, 1:46.99;

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

State Qualifying Leaders: Davenport Assumption, 1:46.80; Dubuque Wahlert, 1:48.34; Solon, 1:49.9

Highest Returnee from 2018: 2. Decorah, 1:47.69; 3. Pella, 1:47.74; 4. Solon, 1:49.24

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

State Qualifying Leaders: KP-WC, 1:49.56; West Lyon, 1:50.30; Unity Christian, 1:51.28

Highest Returnees from 2018: 4. Denver, 1:51.06; 5. West Lyon, 1:51.21; 7. Unity Christian, 1:52.73.

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

State Qualifying Leaders: Montezuma, 1:51.30; Alburnett, 1:51.42; Nodaway Valley, 1:52.43

Highest Returnees from 2018 2. Alburnett, 1:52.09; 3. West Bend-Mallard, 1:52.16; 5. St. Ansgar, 1:52.49.

2019 DRAKE RELAYS CHAMPION: Davenport Assumption (1:46.90)

Distance Medley Relay

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

Iowa All-time Best: 3:55.82, Davenport Assumption, 2016

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

State Qualifying Leaders: Southeast Polk, 4:11.15; Iowa City Liberty, 4:13.11; Waukee, 4:14.54.

Highest Returnee from 2018: 1. Cedar Falls, 4:04.91; 2. Waukee, 4:04.96; 3. Southeast Polk, 4:08.98.

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

State Qualifying Leaders: Carlisle, 4:12.38; Pella, 4:14.37; Bishop Heelan, 4:14.82.

Highest Returnee from 2018: 3. Bishop Heelan, 4:10.84; 6. Iowa Falls-Alden, 4:13.60; 7. Anamosa, 4:13.74

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

State Qualifying Leaders: Mid-Prairie, 4:16.37; Cascade, 4:19.37; Aplington-Parkersburg, 4:19.95.

Highest Returnees from 2018: 1. Mid-Prairie, 4:10.96; 2. Aplington-Parkersburg, 4:11.59; 4. Cascade, 4:14.35.

Note: *Three runners from Mid-Prairie's 2018 state champion DMR, Cassidy Rourke, Amber Swart and Marie Hostetler, return.*

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

State Qualifying Leaders: Kee, 4:21.15; AGWSR, 4:35.22; Grundy Center, 4:26.05

Highest Returnees from 2018: 1. New London, 4:14.59; Bedford, 4:21.28; 3. Kee, 4:21.43.

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

State Qualifying Leaders: Alivia Bauer, Indianola, 139-00; Lauren Payne, Lewis Central, 137-02; Kat Moody, Waukee, 133-11.

Highest Returnee from 2018: 3. Kat Moody, Waukee, 129-06; 7. Lauren Payne, Lewis Central, 123-03; 10. Zanilla Terrell, Davenport North, 109-07.

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

State Qualifying Leaders: Lily Meester, Mount Vernon, 134-07; Kendal Clark, Humboldt, 132-07; Sophia Dykstra, Oskaloosa, 129-00.

Highest Returnees from 2018: 1. Ainsley Schrock, Clear Creek-Amana, 116-01; 5. Lily Meester, Mount Vernon, 118-04; 8. Morgan Montgomery, Dubuque Wahlert, 116-07.

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

State Qualifying Leaders: Brylie Zeisneiss, South Hardin, 142-01; Jamie Kofron, Tipton, 132-09; Negan Niewoehner, Sumner-Fredericksburg, 132-09.

Highest Returnee from 2018: 1. Jamie Kofron, Tipton, 140-05; 3. Brylie Zeisneiss, South Hardin, 130-02; 4. Lydia Knapp, Panorama, 130-02.

Notes: *Tipton's Jamie Kofron is seeking her second-straight discus state titles. Kofron also is a two-time Drake Relays champion in the event.*

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

State Qualifying Leaders: Kaitlyn Wilder, Dunkerton, 139-02; Abigayle Angell, Central Springs, 130-04; Kerrigan Pope, Pekin, 129-00.

Highest Returnees from 2018: 2. Kaitlyn Wilder, Dunkerton, 132-10; 9. Brenna Paulson, North Iowa, 114-03; 10. Abby Marr, Riceville, 113-04.

2019 Drake Relays Champion: Jamie Kofron, Tipton, 147-08

(2nd-straight Drake title for Kofron in the discus)

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: 47-01.50, Erika Hammond, Clinton, 2016

State Qualifying Leaders: Kat Moody, Waukee, 44-00; Salima Omari, Iowa City West, 42-01; Alivia Bauer, Indianola, 40-10.75.

Highest Returnees from 2018: 1. Kat Moody, 44-07.5; 3. Lauren Payne, Lewis Central, 40-11.25; 8. Salima Omari, Iowa City West, 38-03.50

Note: Waukee's Kat Moody was the 2017 Drake Relays state champion and the defending 4A state champion in the shot put. Her PR of 47-03, set in 2018, ranked eighth on the Iowa all-time list.

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

State Qualifying Leaders: Kelsey Fields, Creston, 41-05; Lexie Magnani, Mount Pleasant, 41-02.75; Lily Meester, Mt. Vernon, 40-05.50.

Highest Returnees from 2018: 3. Lexie Magnani, Mount Pleasant, 39-11.75; 6. Kelsey Fields, Creston; 38-01; 7. Jayden Palmer, Center Point-Urbana, 37-08.50.

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

State Qualifying Leaders: Jamie Kofron, Tipton, 46-03.25; Brylie Zeisneiss, South Hardin, 45-02.00

Highest Returnee from 2016: 1. Brylie Zeisneiss, South Hardin, 45-01; 2. Jamie Kofron, Tipton, 44-01.25; 4. Logan Hughes, Shenandoah, 39-08.

Notes: *Zeisneiss, the defending champion, ranks third on Iowa's all-time list with a personal-best 48-10 throw ... Tipton's Jamie Kofron, a two-time Drake Relays champion in the shot put, seeks her first state title in the shot put ... her PR best throw 46-03.25, ranks 16th on Iowa's all-time list.*

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

State Qualifying Leaders: Kaitlyn Wilder, Dunkerton, 41-09.75; Vanessa Hamlett, Starmont, 41-01; Abby Marr, Ricevill, 39-08.00.

Highest Returnees from 2018: 1. Abby Marr, Riceville, 40-08.50; 2. Vanessa Hamlett, Starmont, 39-07.25; 4. Kaitlyn Wilder, Dunkerton, 38-05.50.

2019 DRAKE RELAYS CHAMPION: Jamie Kofron, Tipton, 147-8

(2nd-straight Drake Relays title)

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

State Qualifying Leaders: Layanna Green, Waukee, 5-6.25; Sara Hoskins, Pleasant Valley, 5-4; Mira Baccile, Dowling Catholic, 5-4.

Highest Returnee from 2018: 1. Auriona Kimbrough, Cedar Falls, 5-5; T3. Sara Hoskins, Pleasant Valley, 5-4; T3. Calea Jones, Ankeny Centennial, 5-3.

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

State Qualifying Leaders: Reagan Dahlquist, Waverly-Shell Rock, 5-7; Aliyah Carter, Dubuque Wahlert, 5-6; Miracle Ailes, Keokuk, 5-5.

Highest Returnee from 2018: 1. Madison Harms, Sergeant Bluff-Luton, 5-6; 2. Miracle Ailes, Keokuk, 5-6; 3. Reagan Dahlquist, Waverly-Shell Rock, 5-3.

Note: Keokuk's Miracle Ailes is tied for 25th on the Iowa all-time list at 5-8.

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

State Qualifying Leaders: Kiersten Fisher, Southeast Valley, 5-5; Jaedynn Evans, Iowa City Regina, 5-5; Morgan Johnk, Panorama, 5-5.

Highest Returnees from 2018: 4. Morgan Johnk, Panorama, 5-5; 5. Kiersten Fisher, Southeast Valley, 5-3; 6. Sydney Durbin, OABCIG, 5-3.

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

State Qualifying Leaders: Emma Atwood, Central Decatur, 5-4; Kenzie Mantz, Belle Plaine, 5-3; Lauryn Hill, Colo-Nesco, 5-3.

Highest Returnees from 2018: T2. Emma Atwood, Central Decatur, 5-3; T2. Lauryn Hill, Colo-Nesco; 5. Shelby Conger, Montezuma, 5-1.

2019 DRAKE RELAYS CHAMPION: Miracle Ailes, Keokuk, 5-8

LONG JUMP

Iowa State Meet Record: 19-5, LaNeisha Waller, Cedar Rapids Jefferson, 2003 & Darby Thomas, Council Bluffs Abraham Lincoln, 2018

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

Class 4-A Record: 19-05, LaNeisha Waller, Cedar Rapids Jefferson, 2003 & Darby Thomas, Council Bluffs Abraham Lincoln, 2018

State Qualifying Leaders: Darby Thomas, CB AL, 18-07; Emerson Green, Cedar Falls, 18-06.75; Dimia Burrell, Linn-Mar, 18-03.75.

Highest Returnee from 2018: 1. Darby Thomas, Council Bluffs Abraham Lincoln, 19-05; 2. Harmony Creasy, Pleasant Valley, 17-06.50; 3. Emerson Green, Cedar Falls, 17-06.50.

Notes: *Darby Thomas seeks her third state long jump title to go along with her three Drake Relays crowns. She is tied with Cedar Rapids Jefferson's LeNeisha Waller for the 4A state record at 19-5. Her 19-5 PR ranks tied for third on Iowa's all-time best list.*

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

State Qualifying Leaders: Aliyah Carter, Dubuque Wahlert, 17-05.50; Haley Rasmussen, Atlantic, 17-02; Liz Fiser, Charles City, 17-01.

Highest Returnee from 2018: 1. Aliyah Carter, Dubuque Wahlert, 18-00; 3. Ellen Castle, 17-06

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

State Qualifying Leaders: Bailey Beckman, Panorama, 17-01; Melinda Puumala, East Marshall, 16-11.25; Kasey Pelzer, Pleasantville, 16-10.5.

Highest Returnees from 2018: 1. Ashlyn Albrecht, Sheldon, 17-10.50; 2. Mallory Badding, Kuemper Catholic, 17-09.75; 3. Mikayla Turek, Unity Christian, 17-02.75; 4. Rachel Rincken, New Hampton, 17-02; 5. Ivy Hirsch, Sumner-Fredericksburg, 17-00.25.

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

State Qualifying Leaders: Kylee Sallee, Hudson, 17-04.75; Emily Yahnke, Highland, 17-02.25; Summer Barthelman, Sigourney, 16-08.50.

Highest Returnee from 2018: 1. Emily Yahnke, Highland, 17-08.5; 5. Kyah Luhring, Grundy Center, 16-06.50; 7. Bella Johnson, Lawton-Bronson, 16-08.

2019 DRAKE RELAYS CHAMPION: Darby Thomas, Council Bluffs Abraham Lincoln, 19-00 (Third straight Drake crown for Thomas)

Class 1A Totals – 685 girls representing 106 schools

Class 2A Totals – 644 girls representing 86 schools

Class 3A Totals – 653 girls representing 60 schools

Class 4A Totals– 627 girls representing 47 schools

Overall Totals – 2609 girls representing 299 schools