

*This is the second report of Friday's session of the Iowa High School Track & Field Championships from Drake Stadium.*

**Weather:** Afternoon session started at 3:25 p.m. under partly sunny skies and temperature at 79 degrees. Winds from south at 18 mph with runners facing a strong headwind approaching the finish line.... Temperature reached a high of 81 degrees at 5 p.m.

For live results <https://results.wayzatatiming.com/meets/9825>

See attachment for complete Friday results from all four classes

## ***Team Scoring is Completed for Friday in Classes 1A & 4A***

### **Girls Class 1A Scoring-Thru 10 Events**

1. Bishop Garrigan, Algona 20  
Tri Center, Neola 20
3. Fort Dodge St. Edmond 18
4. Danville & Nashua-Plainfield 14
7. West Bend-Mallard & South Winneshiek, Calmar 12
9. Newell-Fonda & South O'Brien, Paullina 11

### **Girls Class 4A Scoring-Thru 10 Events**

1. Waukee 49
2. Pleasant Valley 39
3. Ames 26
4. Ankeny 24
5. Cedar Rapids Prairie 23
6. Dubuque Hempstead 19
7. Sioux City East & Southeast Polk 18
9. Ankeny Centennial; North Scott, Eldridge; Iowa City Liberty 15 & Cedar Falls 15

## **GIRLS NOTES**

### **RECORDS**

Class 1A 4x100 -- Madrid, 49.57 (prelims). Old record 49.95, Ventura, 2007.

### **MULTIPLE CHAMPIONSHIPS**

#### **Two Titles**

—Emma Bock and Kaia Holtkamp, Solon, Class 3A 4x800 and distance medley relays.

—Peyton Pogge of Tri-Center won the Class 1A 3200 and anchored the winning distance medley relay.

#### **REPEATING**

—Dubuque Wahlert won the Class 3A 4x200 relay for the fourth straight year.

—Mid-Prairie won the Class 2A distance medley relay for the third straight year.

## **TOP 25 ALL-TIME BEST**

### **Thursday**

Holly Duax, Sioux City West, Class 4A 200 prelims, 24.43, No. 10

Audrey Biermann, Western Dubuque, Class 3A 400, 55.80, No. 17

### **Friday**

*Maddie Olson, Sheldon, Class 2A high jump, 5-9, No. 15*

*Waukee, Class 4A 4x200 relay, 1:41.24, No. 16*

## **NOTES**

### **POGGE PACES TRI-CENTER**

Tri-Center's Peyton Pogge picked up her second gold of the meet and helped her school earn its second state championship in a relay. Pogge raced into the lead coming out of the final curve and anchored the Trojans to a victory in the Class 1A distance medley relay. Pogge, the 3000 champion on Thursday, ran her 800 leg in 2:14.98 as Tri-Center finished in 4:16.00. Fort Dodge St. Edmond, which won the 4x800 on Thursday, was second in the medley at 4:16.76 and Newell-Fonda, running four athletes from its state championship basketball team, took third in 4:16.76.

### **FRANTIC FINISH FOR SECOND PLACE**

Dubuque Hempstead freshman Keelee Leitzen sprinted past the leaders with an impressive kick to carry her team across the finish line first in the final section of the Class 4A distance medley relay. But all it did was get Hempstead second overall. That's because Cedar Rapids Prairie ran faster in the second section and thus became the state champion. Prairie finished in 4:09.10, while Hempstead ran 4:11.78. Southeast Polk seemed headed for a victory in the third section with Jenna Francois leading the pack for most of the final two laps. But Francois had no answer for Leitzen's late surge and Southeast Polk finished third overall in 4:11.05. Leitzen ran her 800 leg in 2:17.1. Lily Johannes anchored Prairie in 2:18.47.

### **NOTEWORTHY WIN FOR WAUKEE**

Waukee's 4x200 relay team joined the state's all-time list with an impressive showing in winning the Class 4A race. Anchor runner Natalie Harris roared into the lead at the top of the curve, pulled away from her pursuers and brought the Warriors to the finish in 1:41.24. That puts this Waukee team at No. 16 on the all-time list. Ames, the leader going into the final carry, finished second in 1:42.30. The Little Cyclones had won that event at the Drake Relays last month.

### **A HURDLING UPSET**

It was a surprise that Waukee's Mackenzie Carney did not win the Class 4A 400 hurdles. But it should be no surprise that it was a Pleasant Valley runner who beat her. PV's Emily Wood took charge late in the race and pulled away from the Waukee ace to win in 1:03.80. Carney, the Drake Relays champion and season leader in the event, held on to finish second in 1:04.46. This is the fifth time in the last nine state meets that a Pleasant Valley runner has won the 4A 400 hurdles. Four different runners have accounted for those five titles.

### **GROUNDBREAKING VICTORY**

Thanks to Kelly Proesch, North Cedar now has a state track champion. Proesch became school's first state titlist in track and field when she won the Class 1A 400 hurdles. Running in the second of the three sections, Proesch finished in 1:04.97 for her groundbreaking win and

could give her school a second championship on Saturday. Proesch ran the fastest qualifying time in the 100 hurdles and will be the favorite in Saturday's final.

### **THESE ARE SOME FAST TIGERS**

Madrid sprinters Lilly Ostert, Ella Santi, Jillian Dodds and Erin Schieltz ran impressively in their two specialties. First they sped to the Class 1A championship in the 4x200 relay, winning handily in 1:44.82. That same group returned to the track less than two hours later and set a meet record in the preliminaries of the 4x100 relay, winning their heat in 49.57 to break Ventura's 14-year-old record in the event. The Madrid foursome missed the meet record in the 4x200 by just three-hundredths of a second. That victory was just the second state relay championship for Madrid, which won the 4x100 in 2018.