

Iowa Girls & Boys State Track Meet 2021 - 5/20/2021 to 5/22/2021

Des Moines, Iowa
Drake Stadium
Performance List

Event 7 Girls 100 Meter Dash 4A (24) Prelims

Thursday 5/20/2021 - 7:27 PM

State Record: 11.49 2018 Sydney Milani, Southeast Polk

All-Time: 11.49 2018 Sydney Milani, Southeast Polk

Name	Year	School	Seed	Time
1 Holly Duax	11	Sioux City, West	12.25	1
2 Claire Farrell	10	Norwalk	12.46	1
3 Jessica Kyne	09	Des Moines, Hoover	12.46	1
4 Mytika Mayberry	12	Ankeny	12.58	2
5 Athena Nelson	11	North Scott, Eldridge	12.66	1
6 Grace Gioffredi	11	Indianola	12.67	3
7 Lindsey Sires	12	Cedar Falls	12.77	1
8 Madison Bunton	12	Burlington	12.85	3
9 Mercie Hansel	09	North Scott, Eldridge	12.85	2
10 Lily Juhnke	11	Sioux City, West	12.87	2
11 Jada Williams	11	Mason City	12.91	2
12 Jayda Holder	11	Urbandale	12.99	3
13 Anisia Smith	11	Cedar Falls	13.02	2
14 Nyla Norman	10	Waterloo, East	13.08	3
15 Lillian Smith	09	Ankeny	13.16	4
16 Kanijah Angel	09	Clinton	13.21	4
17 Anastasia Drexler	11	Bettendorf	13.25	5
18 Katie Girsch	12	Bettendorf	13.28	6
19 Mary Gustason	11	Linn-Mar, Marion	13.28	4
20 Maddie Bergman	10	Lewis Central	13.30	3
21 Kaliyah Johnson	12	Dubuque, Senior	13.30	1
22 Dennon Rew	10	Urbandale	13.30	4
23 Allison Malone	10	Pleasant Valley	13.35	7
24 Ava Andrews	12	Prairie, Cedar Rapids	13.39	2

Event 15 Girls 200 Meter Dash 4A (24) Prelims

Thursday 5/20/2021 - 5:20 PM

State Record: 23.68 2018 Sydney Milani, Southeast Polk

All-Time: 23.68 2018 Sydney Milani, Southeast Polk

Name	Year	School	Seed	Time
1 Holly Duax	11	Sioux City, West	25.06	1
2 Claire Farrell	10	Norwalk	25.10	1
3 Natalie Harris	11	Waukee	25.51	2
4 Jessica Kyne	09	Des Moines, Hoover	25.66	1
5 Lindsey Sires	12	Cedar Falls	26.18	1
6 Lily Juhnke	11	Sioux City, West	26.27	2
7 Brooklyn Johnson	11	Davenport, Central	26.47	1
8 Alexis Boord	10	Southeast Polk	26.48	2
9 Jada Williams	11	Mason City	26.51	3
10 Lineya Wells	12	Sioux City, East	26.56	3
11 Sarah Jordan	10	Prairie, Cedar Rapids	26.63	1
12 Lina Newland	11	Ottumwa	26.70	2
13 Danielle Socarras	12	Valley, West Des Moines	26.75	4
14 Lauren Gorsich	12	Linn-Mar, Marion	27.07	2
15 Raegan Levi	11	Norwalk	27.14	3
16 Atziri Medina	12	Lewis Central	27.15	5

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Event 15 ... (Girls 200 Meter Dash 4A (24) Prelims)

Name	Year	School	Seed Time	
17	Elaina Deardorff	10 Ames	27.24	4
18	Jillian Shanks	12 Council Bluffs, Abe Lincoln	27.24	6
19	Eva Van de Mortel	12 Ankeny	27.31	4
20	Marissa Griffin	11 Burlington	27.40	2
21	Sydney Hodges	09 Johnston	27.41	5
22	Mytika Mayberry	12 Ankeny	27.45	6
23	Katie Baerenwald	11 Southeast Polk	27.50	5
24	Aleaha Pommer	11 Fort Dodge	27.55	7

Event 23 Girls 400 Meter Dash 4A (24)

Thursday 5/20/2021 - 8:00 PM

State Record: 52.90 2018 Sydney Milani, Southeast Polk
 All-Time: 52.90 2018 Sydney Milani, Southeast Polk

Name	Year	School	Seed Time	
1	Gabby Cortez	11 Prairie, Cedar Rapids	56.94	1
2	Claire Farrell	10 Norwalk	57.24	1
3	Jayce Blanchard	10 Johnston	57.87	2
4	Cameron Moon	10 Ames	58.26	1
5	Maya Williams	09 Bettendorf	59.23	1
6	Olivia Jones	12 Ames	1:00.54	2
7	Addison Swartzendruber	09 Cedar Rapids, Kennedy	1:00.72	1
8	Samantha Strauss	12 Johnston	1:00.86	3
9	Amanda Scott	11 Bettendorf	1:01.12	2
10	Erinn Varga	09 Iowa City, West	1:01.21	2
11	Izzy Gorton	12 Dubuque, Senior	1:01.51	3
12	Libby Hartz	09 Southeast Polk	1:02.01	3
13	Josie Bearden	12 Ankeny Centennial	1:02.17	4
14	Tina Liu	12 Waukee	1:02.31	4
15	Annika Wallace	12 Norwalk	1:02.33	5
16	Brooke Maxwell	12 Des Moines, Lincoln	1:02.51	6
17	Iris Wedemeyer	10 Iowa City, City	1:02.66	4
18	Hailey Noel	10 Iowa City, Liberty	1:02.87	5
19	Ameriz Nielsen	10 Linn-Mar, Marion	1:03.08	2
20	Felicity Severs	09 Southeast Polk	1:03.43	5
21	Ava Carder	11 Waukee	1:03.58	7
22	Crystal Castellano	11 Dowling Catholic, WDM	1:03.76	1
23	Vanessa Simmons	09 Ottumwa	1:04.06	6
24	Ainsley Marso	09 Dowling Catholic, WDM	1:05.28	2

Event 31 Girls 800 Meter Run 4A (24)

Saturday 5/22/2021 - 2:50 PM

State Record: 2:08.15 5/21/2011 Shelby Houlihan, SC, East
 All-Time: 2:07.18 2017 Joy Ripslinger, Assumption

Name	Year	School	Seed Time	
1	Kaia Downs	11 Sioux City, East	2:17.04	1
2	Lauren Schulze	12 Valley, West Des Moines	2:17.29	2
3	Ashlyn Keeney	11 Iowa City, Liberty	2:18.13	1
4	Mattison Plummer	12 Southeast Polk	2:19.04	1
5	Arianna Jackson	10 Des Moines, Roosevelt	2:19.18	2
6	Kathryn Vortherms	12 Ankeny Centennial	2:19.49	3

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Event 31 ... (Girls 800 Meter Run 4A (24))

Name	Year	School	Seed Time		
7	Lily Johannes	11	Prairie, Cedar Rapids	2:19.92	2
8	Jenna Francois	10	Southeast Polk	2:19.98	4
9	Emily Naughton	10	Indianola	2:20.97	1
10	Molly Bannister	11	Waukee	2:21.01	2
11	Sarah DeFauw	11	Bettendorf	2:21.93	1
12	Alexis Moses	11	Prairie, Cedar Rapids	2:22.38	3
13	Julia Gehl	09	Dubuque, Hempstead	2:22.93	4
14	Krissy Spear	09	Johnston	2:22.97	3
15	Lydia Sommer	10	Pleasant Valley	2:23.15	2
16	Sidney Swartzendruber	09	Cedar Rapids, Kennedy	2:23.22	1
17	Leah Klapatauskas	09	Dubuque, Senior	2:23.26	5
18	Brooke O'Brien	10	Dubuque, Hempstead	2:23.27	6
19	Cori Mac	09	Iowa City, Liberty	2:23.61	7
20	Madilyn Lynch	12	Urbandale	2:24.20	5
21	Mya DouBrava	10	Valley, West Des Moines	2:25.56	3
22	Breelie Mauro	10	Norwalk	2:25.95	4
23	Jade Anderson	10	Des Moines, Lincoln	2:26.74	5
24	Lilly Geelan	12	Linn-Mar, Marion	2:27.04	2

Event 39 Girls 1500 Meter Run 4A (24)

Saturday 5/22/2021 - 5:12 PM

State Record: 4:27.76 5/23/2015 Stephanie Jenks, Linn-Mar

All-Time: 4:26.39 2011 Shelby Houlihan, SC East

Name	Year	School	Seed Time		
1	Emily Naughton	10	Indianola	4:47.64	1
2	Lauren McMahan	12	Ankeny	4:47.92	2
3	Kaia Downs	11	Sioux City, East	4:48.36	1
4	Abi Hahn	10	Des Moines, Roosevelt	4:51.57	1
5	Ashlyn Keeney	11	Iowa City, Liberty	4:52.27	1
6	Rondi Quass	10	Ankeny Centennial	4:52.89	2
7	Aleah Tenpas	11	Johnston	4:53.27	3
8	Olivia Verde	09	Johnston	4:53.66	4
9	Lauren Schulze	12	Valley, West Des Moines	4:53.86	2
10	Keelee Leitzen	09	Dubuque, Hempstead	4:53.91	2
11	Julia Gehl	09	Dubuque, Hempstead	4:55.04	3
12	Hannah Beintema	11	Bettendorf	4:55.08	1
13	Addison Dorenkamp	09	Valley, West Des Moines	4:56.30	3
14	Micah Poellet	12	Linn-Mar, Marion	4:56.93	1
15	Lillian Schmidt	12	Dubuque, Senior	4:57.45	4
16	Lily Johannes	11	Prairie, Cedar Rapids	4:58.34	5
17	Camille Mac	12	Iowa City, Liberty	4:58.44	6
18	Katie Jensen	12	Ankeny Centennial	4:58.77	3
19	Margaux Basart	12	Waukee	4:58.89	5
20	Lydia Sommer	10	Pleasant Valley	5:00.79	2
21	Elena Gentry	09	Des Moines, Roosevelt	5:01.44	4
22	Sarah Murphy	12	Linn-Mar, Marion	5:01.75	2
23	Peyton Kelderman	12	Waukee	5:06.43	6
24	Emily See	09	Bettendorf	5:06.76	3

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Event 47 Girls 3000 Meter Run 4A (24)

Thursday 5/20/2021 - 4:25 PM

State Record: 9:24.67 5/22/2014 Stephanie Jenks, Linn-Mar

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

Name	Year	School	Seed Time
1	Lauren Schulze	12 Valley, West Des Moines	10:18.55 1
2	Lauren McMahan	12 Ankeny	10:19.03 1
3	Ashlyn Keeney	11 Iowa City, Liberty	10:20.94 1
4	Julia Gehl	09 Dubuque, Hempstead	10:21.21 2
5	Keelee Leitzen	09 Dubuque, Hempstead	10:21.33 3
6	Addison Dorenkamp	09 Valley, West Des Moines	10:21.41 2
7	Kaia Downs	11 Sioux City, East	10:29.08 3
8	Olivia Verde	09 Johnston	10:33.88 2
9	Rondi Quass	10 Ankeny Centennial	10:33.91 1
10	Margaux Basart	12 Waukee	10:39.53 3
11	Lillian Schmidt	12 Dubuque, Senior	10:40.21 4
12	Camille Mac	12 Iowa City, Liberty	10:48.05 5
13	Aleah Tenpas	11 Johnston	10:49.05 4
14	Mattison Plummer	12 Southeast Polk	10:49.37 2
15	Micah Poellet	12 Linn-Mar, Marion	10:57.19 1
16	Kylie Daily	09 Davenport, West	10:57.95 1
17	Emily See	09 Bettendorf	10:57.97 2
18	Camryn Sattler	09 Clinton	10:58.00 3
19	Laurdyn Meyer	12 Prairie, Cedar Rapids	10:59.14 6
20	Rowan Boulter	11 Iowa City, City	10:59.45 7
21	Maddy Negley	12 Iowa City, West	11:00.56 8
22	Ivy Glendenning	09 Southeast Polk	11:04.48 3
23	Peyton Kelderman	12 Waukee	11:06.13 5
24	Maddie Gallagher	09 Cedar Falls	11:18.61 2

Event 55 Girls 100 Meter Hurdles 4A (24) Prelims

Friday 5/21/2021 - 4:40 PM

State Record: 14.12 2018 Sydney Winger, Waukee

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

Name	Year	School	Seed Time
1	Mackenzie Carney	11 Waukee	14.99 1
2	Maddy McFarland	11 Cedar Falls	15.20 1
3	Kynzi Winger	12 Waukee	15.44 2
4	Shelby Romig	12 Ankeny	15.50 3
5	Nacari Bryant	12 Davenport, Central	15.51 1
6	McKenzie Borden	11 Bettendorf	15.61 2
7	Alina Markutsya	10 Ames	15.62 1
8	Esaba Okwaramoi	10 Dowling Catholic, WDM	15.73 1
9	Ella Woods	11 Iowa City, West	15.84 1
10	Jordan Sekafetz	12 Iowa City, City	15.87 2
11	Julia Shonka	12 Dowling Catholic, WDM	15.92 2
12	Grace Braden	10 Cedar Rapids, Kennedy	15.98 2
13	Addison Powell	11 Southeast Polk	15.99 2
14	Grace Graham	11 North Scott, Eldridge	16.07 3
15	Noelani Mattson	12 Cedar Falls	16.08 3
16	Brie Klein	11 Iowa City, Liberty	16.40 3

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Event 55 ... (Girls 100 Meter Hurdles 4A (24) Prelims)

Name	Year	School	Seed Time	
17	Sierra Pruessner	09 Iowa City, City	16.45	4
18	Ciara Wheeler	12 Johnston	16.46	4
19	Rosa Monarch	10 Mason City	16.48	3
20	Alexis Brown	11 Des Moines, East	16.57	4
21	Isabelle Severs	12 Southeast Polk	16.68	5
22	Addy Patten	10 Pleasant Valley	16.74	4
23	Ali Frandsen	10 Ames	16.87	6
24	Emma Nau	12 Valley, West Des Moines	16.97	3

Event 60 Girls 400 Meter Hurdles 4A (24)

Friday 5/21/2021 - 6:20 PM

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

All-Time: 57.30 1975 Debbie Esser, Woodbine

Name	Year	School	Seed Time	
1	Emily Wood	12 Pleasant Valley	1:05.02	1
2	Mackenzie Carney	11 Waukee	1:05.71	1
3	Maddy McFarland	11 Cedar Falls	1:06.01	1
4	Grace Larkins	12 Southeast Polk	1:06.51	1
5	Lillian Reynolds	12 Iowa City, City	1:06.59	1
6	Erinn Varga	09 Iowa City, West	1:06.75	2
7	Mallory Drake	11 Waukee	1:06.80	2
8	Millie Hill	12 Ankeny Centennial	1:07.43	2
9	Kaitlyn Powell	11 Davenport, West	1:07.47	2
10	Madison Bunton	12 Burlington	1:07.50	3
11	Isabelle Woody	11 Iowa City, Liberty	1:07.99	3
12	Hattie Aanestad	10 Bettendorf	1:08.05	4
13	Mya Curry	09 Dubuque, Hempstead	1:08.52	4
14	Abby LaSale	10 Council Bluffs, Abe Lincoln	1:08.89	1
15	Meghan Coulter	12 Ottumwa	1:09.02	5
16	Ashley Smith	11 Davenport, West	1:09.52	5
17	Ali Frandsen	10 Ames	1:09.78	3
18	Reese Ervin	10 Dowling Catholic, WDM	1:09.84	2
19	Crystal Castellano	11 Dowling Catholic, WDM	1:09.87	3
20	Molly Joyner	11 Cedar Rapids, Kennedy	1:10.01	2
21	Martha Hamilton	11 Iowa City, City	1:10.19	6
22	Ellie Dalton	12 Ankeny	1:10.61	3
23	Carli Bennett	09 Southeast Polk	1:10.88	4
24	Arriana Johnson	10 Des Moines, Roosevelt	1:11.00	5

Event 69 Girls 4x100 Meter Shuttle Hurdle 4A (24) Prelims

Thursday 5/20/2021 - 8:50 PM

State Record: 1:00.61 2017 Waukee, Waukee
S Winger, M Gray, L Nelson, H SchauAll-Time: 1:00.61 2017 Waukee, Waukee
S Winger, M Gray, L Nelson, H Schau

Team	Relay	Seed Time	
1	Waukee	1	1:00.76 1
2	Ames	1	1:05.20 1
3	Cedar Falls	1	1:05.62 1
4	North Scott, Eldridge	1	1:06.77 1

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Event 69 ... (Girls 4x100 Meter Shuttle Hurdle 4A (24) Prelims)

	Team	Relay	Seed Time	
5	Bettendorf	1	1:07.63	2
6	Iowa City, Liberty	1	1:08.17	1
7	Prairie, Cedar Rapids	1	1:08.35	2
8	Davenport, West	1	1:08.38	3
9	Cedar Rapids, Kennedy	1	1:08.39	2
10	Dowling Catholic, WDM	1	1:08.52	1
11	Southeast Polk	1	1:08.70	2
12	Pleasant Valley	1	1:08.80	4
13	Iowa City, City	1	1:09.31	3
14	Ankeny	1	1:09.46	2
15	Valley, West Des Moines	1	1:09.55	2
16	Johnston	1	1:09.82	3
17	Indianola	1	1:09.86	4
18	Mason City	1	1:10.13	3
19	Ankeny Centennial	1	1:10.80	4
20	Iowa City, West	1	1:11.38	4
21	Davenport, Central	1	1:12.42	5
22	Norwalk	1	1:12.57	5
23	Sioux City, East	1	1:13.13	3
24	Linn-Mar, Marion	1	1:13.92	3

Event 76 Girls 4x100 Meter Relay 4A (24) Prelims

Friday 5/21/2021 - 7:20 PM

State Record: 47.89 5/19/2010 Iowa City West, Iowa City West
 All-Time: 47.55 4/28/2012 Roosevelt, Roosevelt
 CR Jefferson Tied in 2015

	Team	Relay	Seed Time	
1	Ankeny	1	49.11	1
2	Waukee	1	49.25	2
3	Ames	1	49.32	1
4	Pleasant Valley	1	49.35	1
5	North Scott, Eldridge	1	49.77	2
6	Sioux City, West	1	49.95	1
7	Dowling Catholic, WDM	1	49.97	2
8	Waterloo, East	1	49.97	1
9	Prairie, Cedar Rapids	1	50.40	1
10	Valley, West Des Moines	1	50.49	3
11	Bettendorf	1	50.54	3
12	Des Moines, Hoover	1	50.54	2
13	Linn-Mar, Marion	1	50.54	2
14	Indianola	1	50.88	3
15	Iowa City, Liberty	1	51.02	2
16	Cedar Falls	1	51.04	3
17	Dubuque, Hempstead	1	51.06	3
18	Ankeny Centennial	1	51.12	3
19	Johnston	1	51.19	4
20	Sioux City, East	1	51.20	4
21	Urbandale	1	51.31	4
22	Mason City	1	51.43	5

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Event 76 ... (Girls 4x100 Meter Relay 4A (24) Prelims)

Team	Relay	Seed Time
23 Des Moines, Roosevelt	1	52.17 6
24 Fort Dodge	1	52.35 5

Event 84 Girls 4x200 Meter Relay 4A (24)

Friday 5/21/2021 - 5:35 PM

State Record: 1:39.24 5/22/2015 CR Jefferson, CR Jefferson
A Ranschau, J Blue, M Meese, L Schneekloth
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 Waukee	1	1:43.55 1
2 Pleasant Valley	1	1:44.46 1
3 Ames	1	1:44.99 1
4 Dowling Catholic, WDM	1	1:45.56 1
5 Ankeny Centennial	1	1:45.58 2
6 Waterloo, East	1	1:45.83 1
7 Linn-Mar, Marion	1	1:46.39 2
8 North Scott, Eldridge	1	1:46.98 2
9 Bettendorf	1	1:47.11 3
10 Lewis Central	1	1:47.12 2
11 Des Moines, Hoover	1	1:47.21 3
12 Iowa City, City	1	1:47.57 1
13 Sioux City, East	1	1:47.58 3
14 Iowa City, Liberty	1	1:47.72 2
15 Waterloo, West	1	1:47.91 3
16 Ankeny	1	1:48.06 2
17 Urbandale	1	1:48.28 4
18 Prairie, Cedar Rapids	1	1:48.42 3
19 Dubuque, Hempstead	1	1:48.45 4
20 Johnston	1	1:49.06 3
21 Cedar Falls	1	1:49.99 4
22 Southeast Polk	1	1:50.31 5
23 Davenport, North	1	1:50.33 4
24 Norwalk	1	1:50.80 4

Event 92 Girls 4x400 Meter Relay 4A (24) Prelims

Friday 5/21/2021 - 8:10 PM

State Record: 3:48.49 5/20/2009 Sioux City East, Sioux City East
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 Ames	1	4:02.27 1
2 Linn-Mar, Marion	1	4:04.81 1
3 Prairie, Cedar Rapids	1	4:04.84 1
4 Waukee	1	4:06.23 1
5 Bettendorf	1	4:07.18 1
6 Johnston	1	4:07.97 2
7 Iowa City, City	1	4:07.97 2
8 North Scott, Eldridge	1	4:08.53 2
9 Pleasant Valley	1	4:08.59 3

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Event 92 ... (Girls 4x400 Meter Relay 4A (24) Prelims)

	Team	Relay	Seed Time	
10	Cedar Falls	1	4:08.86	2
11	Ankeny Centennial	1	4:09.05	2
12	Dowling Catholic, WDM	1	4:09.56	1
13	Lewis Central	1	4:10.63	2
14	Urbandale	1	4:11.05	3
15	Ankeny	1	4:11.24	3
16	Waterloo, West	1	4:11.32	3
17	Norwalk	1	4:11.34	4
18	Iowa City, Liberty	1	4:11.93	3
19	Mason City	1	4:13.64	4
20	Valley, West Des Moines	1	4:13.69	3
21	Iowa City, West	1	4:14.00	4
22	Indianola	1	4:16.08	5
23	Des Moines, Roosevelt	1	4:17.25	5
24	Cedar Rapids, Kennedy	1	4:18.21	4

Event 100 Girls 4x800 Meter Relay 4A (24)

Thursday 5/20/2021 - 6:15 PM

State Record: 9:09.34 2018

Waukee, Waukee

L Campbell, J Caraway, M Groathouse, L Akason

All-Time: 9:09.09 2001

Iowa City West, Iowa City West

	Team	Relay	Seed Time	
1	Southeast Polk	1	9:29.74	1
2	Waukee	1	9:35.25	1
3	Johnston	1	9:35.57	2
4	Linn-Mar, Marion	1	9:36.68	1
5	Ankeny Centennial	1	9:37.75	2
6	Des Moines, Roosevelt	1	9:41.07	3
7	Prairie, Cedar Rapids	1	9:46.27	1
8	Bettendorf	1	9:47.81	1
9	Iowa City, Liberty	1	9:50.86	2
10	Cedar Rapids, Kennedy	1	9:51.37	2
11	Dubuque, Senior	1	9:53.18	3
12	Iowa City, City	1	9:53.22	4
13	Dubuque, Hempstead	1	9:57.22	5
14	Urbandale	1	9:57.47	4
15	Pleasant Valley	1	9:58.47	2
16	Iowa City, West	1	9:59.00	6
17	Ames	1	10:00.36	5
18	Davenport, Central	1	10:01.63	3
19	Norwalk	1	10:02.48	3
20	Marshalltown	1	10:02.71	3
21	Valley, West Des Moines	1	10:02.74	1
22	Cedar Falls	1	10:03.80	4
23	Ankeny	1	10:06.21	4
24	Dowling Catholic, WDM	1	10:08.97	2

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Event 102 Girls 100 Meter Run WC (2)

Saturday 5/22/2021 - 3:45 PM

State Record: 21.48 1998

Cheri Blauwet, West Lyon

All-Time: 21.48 1998

Cheri Blauwet, West Lyon

Name	Year	School	Seed Time
1 Mia Doebelin	12	Lewis Central	43.15 1
2 Rylie Lewis		Valley, West Des Moines	NT

Event 104 Girls 200 Meter Run WC (2)

Saturday 5/22/2021 - 4:35 PM

State Record: 43.28 2006

Tasha DeGroot, Aplington-Parkersburg

All-Time: 43.28 2006

Tasha DeGroot, Aplington-Parkersburg

Name	Year	School	Seed Time
1 Mia Doebelin	12	Lewis Central	1:28.70 1
2 Rylie Lewis		Valley, West Des Moines	NT

Event 106 Girls 400 Meter Run WC (1)

Saturday 5/22/2021 - 5:20 PM

State Record: 1:15.14 1998

Cheri Blauwet, West Lyon

All-Time: 1:15.14 1998

Cheri Blauwet, West Lyon

Name	Year	School	Seed Time
1 Mia Doebelin	12	Lewis Central	3:18.74 1

Event 114 Girls 800 Sprint Medley 4A (24)

Saturday 5/22/2021 - 2:10 PM

State Record: 1:43.64 2018

Linn-Mar, Linn-Mar

All-Time: 1:43.64 2018

A Rolle, O Hubler, J Bennett, P Wensel

Linn-Mar, Linn-Mar

A Rolle, O Hubler, J Bennett, P Wensel

Team	Relay	Seed Time
1 Pleasant Valley	1	1:48.29 1
2 Bettendorf	1	1:48.83 2
3 Prairie, Cedar Rapids	1	1:49.02 1
4 Ames	1	1:49.33 1
5 Norwalk	1	1:49.68 1
6 Dowling Catholic, WDM	1	1:49.98 1
7 Southeast Polk	1	1:50.26 2
8 Linn-Mar, Marion	1	1:50.93 1
9 Waterloo, East	1	1:50.96 2
10 Waukee	1	1:51.02 2
11 Iowa City, City	1	1:51.20 2
12 Johnston	1	1:51.27 3
13 Cedar Rapids, Kennedy	1	1:51.28 3
14 Sioux City, West	1	1:52.48 2
15 Dubuque, Hempstead	1	1:52.48 3
16 North Scott, Eldridge	1	1:52.50 3
17 Ankeny Centennial	1	1:53.15 3
18 Cedar Falls	1	1:53.23 4
19 Burlington	1	1:54.04 4
20 Ankeny	1	1:54.83 4
21 Ottumwa	1	1:55.10 4
22 Des Moines, Roosevelt	1	1:55.59 4

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Team	Relay	Seed Time
23 Lewis Central	1	1:55.72 3
24 Valley, West Des Moines	1	1:56.11 4

Event 122 Girls High Jump 4A (24)

Thursday 5/20/2021 - 4:30 PM

State Record: 5-08.25 5/19/2009 Khanishah Williams, Burlington

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

Name	Year	School	Seed Mark
1 Layanna Green	12	Waukee	5-07.00 1
2 Anne Guest	12	Ottumwa	5-04.00 1
3 Abbi Webb	12	Des Moines, East	5-03.00 1
4 Claire Galvin	11	Ames	5-03.00 2
5 Grace Graham	11	North Scott, Eldridge	5-03.00 1
6 Sydney Skarich	09	North Scott, Eldridge	5-02.00 2
7 Crystal Ruden	11	Urbandale	5-02.00 3
8 Lauren Blake	11	Indianola	5-01.00 2
9 Arianna Jackson	10	Des Moines, Roosevelt	5-01.00 4
10 Kambria Leazer	09	Ankeny Centennial	5-01.00 5
11 Kyley Vondrak	11	Sioux City, East	5-00.00 1
12 Lucie Lambe	11	Dubuque, Senior	5-00.00 2
13 Hannah Abbey	09	Johnston	5-00.00 3
14 Elizabeth Jaeger	11	Iowa City, Liberty	4-10.00 4
15 Lanesha McNeal	09	Davenport, North	4-10.00 3
16 Alia Vanderhoef	12	Iowa City, City	4-10.00 3
17 Atziri Medina	12	Lewis Central	4-10.00 4
18 Stacy Merksick	10	Lewis Central	4-10.00 5
19 Sierra Emison Clair	10	Valley, West Des Moines	4-10.00 2
20 Baling Tang	11	Sioux City, East	4-10.00 3
21 Katy Hand	10	Linn-Mar, Marion	4-10.00 1
22 Allison Harris	11	Cedar Rapids, Kennedy	4-10.00 2
23 Josie Moreland	10	Waukee	4-10.00 4
24 Haley Hartshorne	12	Linn-Mar, Marion	4-10.00 3

Event 130 Girls Long Jump 4A (24)

Friday 5/21/2021 - 4:30 PM

State Record: 19-05 Waller/Thomas, CRW/CBAL

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

Name	Year	School	Seed Mark
1 Shelby Romig	12	Ankeny	17-08.00 1
2 Marin Randall	11	Norwalk	17-05.00 2
3 Lina Newland	11	Ottumwa	17-03.75 1
4 Anna Gossling	11	Johnston	17-03.75 3
5 Kaylee Bunn	09	Linn-Mar, Marion	17-02.50 1
6 Valieghja Wright	11	Waterloo, East	17-01.00 2
7 Mytika Mayberry	12	Ankeny	17-01.00 4
8 Harmony Creasy	12	Pleasant Valley	17-00.75 1
9 Shelby Wilfong	12	Council Bluffs, Abe Lincoln	16-11.75 1
10 Jasmine Barney	10	Cedar Falls	16-10.75 3
11 Taylor Lee	11	Prairie, Cedar Rapids	16-10.50 2
12 Madelyn Houk	10	Ottumwa	16-09.50 3

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Name	Year	School	Seed	Mark
13 Brooklyn Johnson	11	Davenport, Central	16-09.25	2
14 Lineya Wells	12	Sioux City, East	16-09.00	2
15 Kaliyah Johnson	12	Dubuque, Senior	16-08.50	4
16 Jordan Su	12	Ankeny Centennial	16-07.50	1
17 Madison Ahrens	12	North Scott, Eldridge	16-05.50	3
18 Isabelle Woody	11	Iowa City, Liberty	16-05.00	5
19 Maddie Bergman	10	Lewis Central	16-04.25	3
20 Ava Andrews	12	Prairie, Cedar Rapids	16-03.50	6
21 Zamauri Bates	11	Waukee	16-03.50	5
22 Ciara Wheeler	12	Johnston	16-02.00	6
23 Kambria Leazer	09	Ankeny Centennial	16-01.00	2
24 Calla Brunkan	11	North Scott, Eldridge	15-11.50	4

Event 138 Girls Discus Throw 4A (24)

Thursday 5/20/2021 - 2:00 PM

State Record: 156-04 5/17/2008 Taylor Freeman, Iowa City We

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

Name	Year	School	Seed	Mark
1 Phoebe Burt	12	Iowa City, West	135-11	1
2 Hannah Baier	10	Ankeny	125-04	1
3 Avelyn Burger	12	Waukee	125-01	2
4 Alex Buscher	11	Waukee	124-08	3
5 Emily Ball	12	Dowling Catholic, WDM	122-01	1
6 Riley Vice	12	Pleasant Valley	119-07	1
7 Myah Brinker	11	Cedar Falls	119-04	1
8 Kady Vandemark	11	Norwalk	118-10	4
9 Megann Rentz	12	Cedar Falls	117-04	2
10 Macie Mays	12	Indianola	117-03	5
11 Caitlyn Miller	12	Sioux City, North	117-01	2
12 Julie Coffey	11	Indianola	116-01	6
13 Emma Joens	11	Prairie, Cedar Rapids	115-02	2
14 Kierra Schmiedling	11	Lewis Central	115-00	3
15 Elise Thramer	10	Lewis Central	113-06	4
16 Anna Johnson	12	Dowling Catholic, WDM	110-06	5
17 Darya Acas	11	Iowa City, Liberty	109-00	3
18 Lilly Duff	11	Marshalltown	107-03	3
19 Gwen Gaffney	09	Linn-Mar, Marion	105-04	4
20 Courtney Johnson	12	Sioux City, North	105-01	6
21 Caelan Long	12	North Scott, Eldridge	104-11	2
22 Morgan Newmeyer	12	Davenport, North	104-07	3
23 Ena Zerajic	11	Urbandale	100-11	1
24 Attiyah Lazard	11	Urbandale	94-05	2

Event 146 Girls Shot Put 4A (24)

Friday 5/21/2021 - 2:00 PM

State Record: 47-01.50 5/20/2016 Erika Hammond, Clinton

All-Time: 53-03.50 1992 Paulette Mitchell, Council Bluffs AL

Name	Year	School	Seed	Mark
1 Riley Vice	12	Pleasant Valley	40-01.25	1
2 Myah Brinker	11	Cedar Falls	38-08.00	1

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	Name	Year	School	Seed	Mark
3	Macie Mays	12	Indianola	38-06.00	1
4	Kierra Schmiedling	11	Lewis Central	38-02.50	1
5	Elise Thramer	10	Lewis Central	38-01.00	2
6	Ella Stagg	11	Ames	37-03.00	1
7	Kendra Winfrey	10	Ankeny	36-06.50	2
8	Courtney Johnson	12	Sioux City, North	36-03.00	3
9	Kady Vandemark	11	Norwalk	36-02.75	3
10	Kennedy Evans	10	Linn-Mar, Marion	36-00.50	2
11	Ariannah Sonii	11	Iowa City, West	36-00.25	1
12	Kendall McDaniel	09	Indianola	36-00.00	4
13	Phoebe Burt	12	Iowa City, West	35-10.50	2
14	Anna Johnson	12	Dowling Catholic, WDM	35-09.00	4
15	Ava Smith	10	Waukee	35-06.25	5
16	Jacee Tindall	11	Council Bluffs, Abe Lincoln	35-04.25	5
17	Jorie Hanenburg	10	North Scott, Eldridge	35-03.00	2
18	Ellie Erpelding	10	Bettendorf	35-02.50	3
19	Caitlyn Cox	11	Valley, West Des Moines	34-11.00	6
20	Megann Rentz	12	Cedar Falls	34-04.25	3
21	Alex Buscher	11	Waukee	34-01.75	6
22	Portia Jones	12	Des Moines, East	34-01.00	2
23	Ali House	11	Clinton	34-00.00	4
24	Breen Duffy	11	Dubuque, Senior	33-09.50	3

Event 151 Girls Distance Medley 4A (24)

Friday 5/21/2021 - 3:50 PM

State Record: 4:00.19 5/17/2019

Cedar Falls, Cedar Falls

E Green, M Sterrett, S Stokes, M Michael

All-Time: 3:55.82 2017

Assumption, Assumption

	Team	Relay	Seed	Time
1	Iowa City, Liberty	1	4:11.38	1
2	Dubuque, Hempstead	1	4:11.78	2
3	Indianola	1	4:13.97	1
4	Waukee	1	4:15.89	2
5	Southeast Polk	1	4:16.86	1
6	Ankeny	1	4:16.88	3
7	Pleasant Valley	1	4:17.46	1
8	Iowa City, City	1	4:18.20	3
9	Bettendorf	1	4:18.79	2
10	Prairie, Cedar Rapids	1	4:20.36	4
11	Cedar Falls	1	4:21.29	1
12	Norwalk	1	4:24.02	4
13	Johnston	1	4:25.08	5
14	Linn-Mar, Marion	1	4:25.13	2
15	Ankeny Centennial	1	4:25.16	2
16	Davenport, North	1	4:25.67	3
17	Valley, West Des Moines	1	4:26.00	1
18	Ames	1	4:28.49	3
19	Sioux City, North	1	4:29.69	2
20	Ottumwa	1	4:30.19	5

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	Team	Relay	Seed Time	
21	Davenport, West	1	4:30.21	4
22	Dubuque, Senior	1	4:30.74	6
23	North Scott, Eldridge	1	4:30.88	5
24	Urbandale	1	4:33.86	4

Event 152 Girls Shot Put WC (1)**Saturday 5/22/2021 - 2:00 PM****State Record: 20-07.50 5/21/2016 Marhaya Bradford, Mormon Trail****All-Time: 20-07.50 5/21/2016 Marhaya Bradford, Mormon Trail**

	Name	Year	School	Seed Mark	
1	Mia Doebelin	12	Lewis Central	6-04.50	1