

Iowa Girls & Boys State Track Meet 2022 - 5/19/2022 to 5/21/2022

Des Moines, Iowa

Drake Stadium

Performance List

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

Thursday 5/19/2022 - 6:37 PM

| | Name | Year | School | Seed | Time |
|----|------------------|------|-----------------|-------|------|
| 1 | Audrey Biermann | 12 | Epworth, WD | 12.31 | 1 |
| 2 | Hallie Henfling | 12 | ADM, Adel | 12.46 | 1 |
| 3 | Makayla Crannell | 10 | ADM, Adel | 12.62 | 2 |
| 4 | Allison Koontz | 09 | Glenwood | 12.65 | 1 |
| 5 | Meghan McDonald | 11 | Wahlert, Dub | 12.69 | 2 |
| 6 | Brielle Buresh | 12 | Decorah | 12.76 | 3 |
| 7 | Brynn Walters | 10 | Epworth, WD | 12.85 | 4 |
| 8 | Mackenzie Harder | 09 | Storm Lake | 12.87 | 2 |
| 9 | Laine Hadsall | 11 | CPU | 13.01 | 5 |
| 10 | Morgan Lyons | 12 | Boone | 13.03 | 3 |
| 11 | Zoie Carda | 10 | Glenwood | 13.03 | 3 |
| 12 | Ashlyn Herrig | 11 | Denison-Schlswg | 13.05 | 4 |
| 13 | Hayley Stowe | 10 | Decorah | 13.05 | 6 |
| 14 | Kenna Lamm | 12 | Mt Pleasant | 13.18 | 1 |
| 15 | JoJo Tyynismaa | 12 | S Tama Cty | 13.20 | 1 |
| 16 | Alaina McConnell | 12 | Assumption | 13.23 | 2 |
| 17 | Maleah Walker | 11 | Oskaloosa | 13.24 | 2 |
| 18 | Ava Parkins | 11 | W Burlington | 13.24 | 3 |
| 19 | Tierney Huss | 10 | MOC-FV | 13.32 | 1 |
| 20 | Jaslynn Dagel | 11 | Ia Falls-Alden | 13.45 | 1 |
| 21 | Mia Duckett | 10 | Solon | 13.50 | 1 |
| 22 | Kenzie Lovell | 09 | Marion | 13.64 | 2 |
| 23 | Madi Huls | 10 | LeMars | 13.71 | 2 |
| 24 | Madilyn Simoens | 09 | North Polk | 13.78 | 2 |

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

Thursday 5/19/2022 - 4:30 PM

| | Name | Year | School | Seed | Time |
|----|--------------------|------|----------------|-------|------|
| 1 | Audrey Biermann | 12 | Epworth, WD | 24.89 | 1 |
| 2 | Rylee Steffen | 10 | Wahlert, Dub | 25.45 | 2 |
| 3 | Hallie Henfling | 12 | ADM, Adel | 25.62 | 1 |
| 4 | Ayda Den Herder | 12 | Sioux Center | 25.64 | 1 |
| 5 | Olivia Tollari | 12 | ADM, Adel | 25.77 | 2 |
| 6 | Tierney Huss | 10 | MOC-FV | 25.85 | 2 |
| 7 | Maleah Walker | 11 | Oskaloosa | 25.96 | 1 |
| 8 | Lani Hubka | 11 | Decorah | 26.08 | 3 |
| 9 | Mackenzie Kauffman | 11 | Spirit Lake | 26.09 | 3 |
| 10 | Sammy Recker | 12 | Epworth, WD | 26.19 | 4 |
| 11 | Jena Young | 11 | Winterset | 26.20 | 3 |
| 12 | Aly Stahle | 09 | Solon | 26.46 | 1 |
| 13 | JoJo Tyynismaa | 12 | S Tama Cty | 26.53 | 2 |
| 14 | Anna Dunlap | 12 | Fairfield | 26.56 | 1 |
| 15 | Allison Piercy | 12 | Spencer | 26.75 | 4 |
| 16 | Amiya Davis | 11 | W Burlington | 26.82 | 2 |
| 17 | Alaina McConnell | 12 | Assumption | 26.83 | 3 |
| 18 | Leah Cherry | 12 | Waverly-SR | 26.87 | 5 |
| 19 | Hannah Jorgensen | 12 | Carroll | 26.96 | 1 |
| 20 | Jaslynn Dagel | 11 | Ia Falls-Alden | 27.04 | 1 |

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

| | Name | Year | School | Seed Time | |
|----|------------------|------|-----------------|-----------|---|
| 21 | Danika Arnold | 10 | Glenwood | 27.04 | 2 |
| 22 | Josey Dunbar | 11 | Clarke | 27.07 | 4 |
| 23 | Leah Hendrickson | 12 | Vinton-Shellbrg | 27.42 | 2 |
| 24 | Kylie Rasmussen | 10 | North Polk | 27.52 | 2 |

Event 21 Girls 400 Meter Dash 3A (24)

Thursday 5/19/2022 - 7:10 PM

| | Name | Year | School | Seed Time | |
|----|-------------------|------|------------------|-----------|---|
| 1 | Audrey Biermann | 12 | Epworth, WD | 56.37 | 1 |
| 2 | Ainsley Erzen | 12 | Carlisle | 57.40 | 1 |
| 3 | Rylee Steffen | 10 | Wahlert, Dub | 57.85 | 2 |
| 4 | Emma Bock | 12 | Solon | 58.10 | 1 |
| 5 | Alyssa Larson | 12 | Independence | 59.22 | 3 |
| 6 | Gracie Federspiel | 10 | Solon | 59.47 | 2 |
| 7 | Morgan Jennings | 12 | Assumption | 59.53 | 1 |
| 8 | Jacie Trine | 10 | Pella | 59.58 | 2 |
| 9 | Emma Arnold | 11 | Xavier, CR | 1:00.19 | 3 |
| 10 | Annika Kotula | 11 | Assumption | 1:00.41 | 2 |
| 11 | Reese Kuhlman | 10 | Maquoketa | 1:00.74 | 4 |
| 12 | Natalee Danner | 11 | Boone | 1:00.95 | 1 |
| 13 | Leah Cherry | 12 | Waverly-SR | 1:01.12 | 4 |
| 14 | Alex Hofbauer | 09 | DC-Grimes | 1:01.99 | 2 |
| 15 | Kyler Bomgaars | 12 | Boy-Hul/Rock Val | 1:02.16 | 1 |
| 16 | Makinze Rensink | 09 | Boy-Hul/Rock Val | 1:02.22 | 2 |
| 17 | Madeline Fidone | 10 | Lewis Central | 1:02.25 | 1 |
| 18 | Gracie Hays | 11 | Lewis Central | 1:02.41 | 2 |
| 19 | Ava Hawthorne | 12 | Gilbert | 1:02.54 | 1 |
| 20 | Alivia Schulte | 11 | W Delaware | 1:02.55 | 5 |
| 21 | Lauren Carter | 12 | Winterset | 1:03.35 | 3 |
| 22 | Morgan Mann | 09 | Humboldt | 1:03.52 | 2 |
| 23 | Lydia Olejniczak | 11 | Perry | 1:03.68 | 4 |
| 24 | Allison Meadows | 12 | Central DeWitt | 1:03.97 | 5 |

Event 29 Girls 800 Meter Run 3A (24)

Saturday 5/21/2022 - 10:50 AM

| | Name | Year | School | Seed Time | |
|----|------------------|------|--------------|-----------|---|
| 1 | Kaia Bieker | 12 | Harlan | 2:18.36 | 1 |
| 2 | Brenna Fisher | 12 | Spencer | 2:22.99 | 1 |
| 3 | Ainsley Erzen | 12 | Carlisle | 2:24.16 | 1 |
| 4 | Liza Schaffer | 11 | North Polk | 2:25.23 | 1 |
| 5 | Emma Bock | 12 | Solon | 2:25.50 | 1 |
| 6 | Kaia Holtkamp | 12 | Solon | 2:25.60 | 2 |
| 7 | Tatum Schmalbeck | 11 | Sioux Center | 2:26.28 | 2 |
| 8 | Katelyn Krieger | 11 | Spirit Lake | 2:26.31 | 3 |
| 9 | Marie Dea | 10 | Carroll | 2:26.31 | 2 |
| 10 | Alyssa Larson | 12 | Independence | 2:27.88 | 1 |
| 11 | Macie Ripslinger | 10 | Assumption | 2:28.01 | 1 |
| 12 | Peyton Steffen | 12 | Marion | 2:28.68 | 3 |
| 13 | Kaitlyn Thole | 09 | Epworth, WD | 2:29.05 | 2 |
| 14 | Abigail Kleese | 10 | Washington | 2:29.34 | 2 |

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

| | Name | Year | School | Seed Time | |
|----|--------------------|------|-----------|-----------|---|
| 15 | Macy Schroeder | 10 | Pella | 2:29.46 | 2 |
| 16 | Skyler Blessman | 12 | DC-Grimes | 2:29.68 | 1 |
| 17 | Kayla Sieck | 12 | Grinnell | 2:30.51 | 3 |
| 18 | Kate Huisinga | 12 | Ballard | 2:30.59 | 2 |
| 19 | Clare Stahr | 10 | Gilbert | 2:31.47 | 2 |
| 20 | Hannah Little | 12 | DC-Grimes | 2:32.75 | 3 |
| 21 | Maddie Jones | 10 | Fairfield | 2:33.00 | 3 |
| 22 | Alyssa Shannon | 12 | Newton | 2:33.17 | 4 |
| 23 | Elin Van Der Werff | 09 | MOC-FV | 2:33.37 | 4 |
| 24 | Claire Pellett | 10 | Atlantic | 2:33.69 | 3 |

Event 37 Girls 1500 Meter Run 3A (24)

Saturday 5/21/2022 - 3:00 PM

| | Name | Year | School | Seed Time | |
|----|------------------|------|-----------------|-----------|---|
| 1 | Paityn Noe | 11 | Ballard | 4:44.63 | 1 |
| 2 | Annika Larson | 09 | Ballard | 4:45.27 | 2 |
| 3 | Geneva Timmerman | 11 | ADM, Adel | 4:51.77 | 3 |
| 4 | Emily Haverdink | 12 | MOC-FV | 4:55.57 | 1 |
| 5 | Brenna Fisher | 12 | Spencer | 4:57.39 | 2 |
| 6 | Ainsley Erzen | 12 | Carlisle | 5:04.72 | 1 |
| 7 | Peyton Morey | 09 | Spencer | 5:05.31 | 3 |
| 8 | Ava Rush | 11 | Atlantic | 5:08.68 | 1 |
| 9 | Ellie Meyer | 12 | Wahlert, Dub | 5:09.85 | 1 |
| 10 | Lola Mendlik | 09 | Denison-Schlswg | 5:10.57 | 2 |
| 11 | Addison Holt | 10 | Lewis Central | 5:10.81 | 3 |
| 12 | Alyssa Shannon | 12 | Newton | 5:10.98 | 2 |
| 13 | Raegan Snieder | 09 | Pella | 5:11.65 | 3 |
| 14 | Liza Schaffer | 11 | North Polk | 5:12.29 | 1 |
| 15 | Claire Pellett | 10 | Atlantic | 5:13.47 | 4 |
| 16 | Kora Katcher | 12 | CPU | 5:15.95 | 2 |
| 17 | Kayla Young | 11 | Solon | 5:16.36 | 1 |
| 18 | Maddy Stevens | 09 | DC-Grimes | 5:16.77 | 4 |
| 19 | Teah Miller | 11 | Ia Falls-Alden | 5:17.14 | 2 |
| 20 | Alyssa Klein | 10 | Epworth, WD | 5:17.70 | 3 |
| 21 | Madelyn Berglund | 09 | Glenwood | 5:18.90 | 5 |
| 22 | Kira Barker | 09 | Clear Crk-Amana | 5:19.11 | 1 |
| 23 | Kendall Orozco | 10 | Marion | 5:21.47 | 2 |
| 24 | Skylar Hoffman | 12 | Assumption | 5:22.09 | 2 |

Event 45 Girls 3000 Meter Run 3A (24)

Thursday 5/19/2022 - 3:35 PM

| | Name | Year | School | Seed Time | |
|---|-----------------------|------|-----------|-----------|---|
| 1 | Paityn Noe | 11 | Ballard | 10:22.28 | 1 |
| 2 | Geneva Timmerman | 11 | ADM, Adel | 11:01.71 | 2 |
| 3 | Maddy Stevens | 09 | DC-Grimes | 11:25.62 | 3 |
| 4 | Emily Haverdink | 12 | MOC-FV | 11:29.53 | 1 |
| 5 | Alyssa Shannon | 12 | Newton | 11:31.08 | 1 |
| 6 | Gracelyn Martens Sinn | 10 | ADM, Adel | 11:32.86 | 4 |
| 7 | Peyton Morey | 09 | Spencer | 11:33.24 | 2 |
| 8 | Raegan Snieder | 09 | Pella | 11:35.21 | 2 |

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Event 45 ... (Girls 3000 Meter Run 3A (24))

| | Name | Year | School | Seed Time | |
|----|-------------------|------|-----------------|-----------|---|
| 9 | Kayla Young | 11 | Solon | 11:37.65 | 1 |
| 10 | Abby Blint | 12 | Mt Pleasant | 11:40.25 | 1 |
| 11 | Lola Mendlik | 09 | Denison-Schlswg | 11:43.62 | 1 |
| 12 | Emerson Quick | 10 | Assumption | 11:44.24 | 2 |
| 13 | Avelyn Vance | 10 | Ballard | 11:46.88 | 5 |
| 14 | Kora Katcher | 12 | CPU | 11:48.77 | 1 |
| 15 | Moriah Knapp | 11 | Algona | 11:48.87 | 1 |
| 16 | Lindsey Sonderman | 09 | Harlan | 11:50.36 | 2 |
| 17 | Quincy Griffis | 09 | Washington | 11:51.53 | 3 |
| 18 | Autumn Blink | 10 | Pella | 11:53.81 | 3 |
| 19 | Emma Wilkerson | 10 | CPU | 11:59.40 | 2 |
| 20 | Teah Miller | 11 | Ia Falls-Alden | 12:04.99 | 2 |
| 21 | Myka Schut | 11 | Sioux Center | 12:12.70 | 3 |
| 22 | Lilly Irwin | 10 | Spirit Lake | 12:14.03 | 4 |
| 23 | Madelyn Berglund | 09 | Glenwood | 12:14.96 | 3 |
| 24 | Emrie Johnson | 09 | Mt Vernon | 12:19.79 | 2 |

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

Friday 5/20/2022 - 3:50 PM

| | Name | Year | School | Seed Time | |
|----|------------------|------|--------------------|-----------|---|
| 1 | Addisyn Terpstra | 11 | Newton | 15.05 | 1 |
| 2 | JoJo Tyynismaa | 12 | S Tama Cty | 15.25 | 2 |
| 3 | Darci Wiseman | 12 | Winterset | 15.26 | 1 |
| 4 | Silvana Kabolo | 11 | Clear Crk-Amana | 15.26 | 1 |
| 5 | Kelsey Pacha | 12 | Fairfield | 15.54 | 2 |
| 6 | Jerra Merchant | 11 | Spencer | 15.73 | 1 |
| 7 | Kendall Anderson | 12 | Bond-Farrar | 15.74 | 3 |
| 8 | Anna Dunlap | 12 | Fairfield | 15.98 | 3 |
| 9 | Claire Miller | 11 | Denison-Schlswg | 16.23 | 1 |
| 10 | Carlie Clemmer | 10 | Glenwood | 16.30 | 2 |
| 11 | Tory Henry | 10 | Clarke | 16.35 | 2 |
| 12 | Hannah Quang | 10 | Oskaloosa | 16.35 | 4 |
| 13 | Emma Mathis | 12 | Clear Crk-Amana | 16.40 | 4 |
| 14 | Maddie Morony | 12 | Spencer | 16.42 | 2 |
| 15 | Tiana Gehling | 11 | North Polk | 16.55 | 1 |
| 16 | Juliette Weber | 12 | W Delaware | 16.64 | 1 |
| 17 | Alyssa Tegeler | 12 | Benton Comm | 16.66 | 1 |
| 18 | Ali Henry | 10 | Clarke | 16.68 | 3 |
| 19 | Keely Collins | 10 | Charles City | 16.83 | 2 |
| 20 | Allie Soderberg | 11 | Winterset | 16.86 | 4 |
| 21 | Avery Beckett | 12 | Waverly-SR | 16.86 | 3 |
| 22 | Kenna Lamm | 12 | Mt Pleasant | 16.87 | 5 |
| 23 | Naomi Durin | 11 | Xavier, CR | 17.06 | 2 |
| 24 | Abigail Drier | 09 | Hampton-Dumont-CAL | 17.64 | 2 |

Event 59 Girls 400 Meter Hurdles 3A (24)

Friday 5/20/2022 - 5:30 PM

| | Name | Year | School | Seed Time | |
|---|----------------|------|------------|-----------|---|
| 1 | Darci Wiseman | 12 | Winterset | 1:06.09 | 1 |
| 2 | JoJo Tyynismaa | 12 | S Tama Cty | 1:06.47 | 1 |

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Event 59 ... (Girls 400 Meter Hurdles 3A (24))

| Name | Year | School | Seed | Time |
|----------------------|------|------------------|------|---------|
| 3 Abby Hughes | 12 | Glenwood | 1 | 1:06.59 |
| 4 Alivia Schulte | 11 | W Delaware | 1 | 1:07.29 |
| 5 Emma Arnold | 11 | Xavier, CR | 1 | 1:07.39 |
| 6 Jerra Merchant | 11 | Spencer | 1 | 1:07.46 |
| 7 Melody Kremer | 12 | Independence | 2 | 1:08.06 |
| 8 Sophia Stahle | 11 | Solon | 2 | 1:08.54 |
| 9 Kelsey Pacha | 12 | Fairfield | 1 | 1:08.79 |
| 10 Raquel Schneider | 12 | Fort Madison | 2 | 1:08.87 |
| 11 Jordan Czerwinski | 12 | Oskaloosa | 2 | 1:09.10 |
| 12 Mia Stahle | 10 | Solon | 3 | 1:09.25 |
| 13 Chloe Mullenix | 11 | Atlantic | 2 | 1:09.41 |
| 14 Laura Swart | 11 | Mt Vernon | 4 | 1:09.61 |
| 15 Adeline Tesdahl | 10 | Webster City | 1 | 1:10.09 |
| 16 Meredith Rowe | 12 | Pella | 3 | 1:10.39 |
| 17 Maddie Morony | 12 | Spencer | 2 | 1:10.55 |
| 18 Madison Prier | 12 | Marion | 5 | 1:10.61 |
| 19 Madi James | 09 | ADM, Adel | 2 | 1:10.74 |
| 20 Kaylea Bruxvoort | 10 | MOC-FV | 3 | 1:10.81 |
| 21 Ellie Woelber | 12 | Boy-Hul/Rock Val | 4 | 1:10.87 |
| 22 Josie McMahon | 09 | W Delaware | 3 | 1:10.89 |
| 23 Andi Jensen | 09 | Algona | 2 | 1:11.20 |
| 24 Abby Broeckelman | 09 | Harlan | 3 | 1:11.37 |

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

Thursday 5/19/2022 - 8:00 PM

| Team | Relay | Seed | Time |
|------------------------|------------------------|-----------------------|------------------------|
| 1 Clear Crk-Amana | 1 | 1 | 1:05.23 |
| 1) Emma Mathis 12 | 2) Mari Cetta 12 | 3) Meghan Cullen 12 | 4) Silvana Kabolo 11 |
| 5) Teagan Schreiber 12 | 6) Kylie Koehn 09 | | |
| 2 Spencer | 1 | 1 | 1:06.22 |
| 1) Maddie Morony 12 | 2) Corinne Stave 11 | 3) Aliza Edwards 11 | 4) Jerra Merchant 11 |
| 5) Ivy Hamilton 11 | | | |
| 3 Fairfield | 1 | 2 | 1:06.65 |
| 1) Anna Dunlap 12 | 2) Maya Lane 10 | 3) Mallory Lyon 12 | 4) Kelsey Pacha 12 |
| 5) Lilly Bergren 09 | 6) Sarah McAvan 12 | | |
| 4 Winterset | 1 | 1 | 1:07.22 |
| 1) Jaya Kleemeier 10 | 2) Allie Soderberg 11 | 3) Lauren Carter 12 | 4) Darci Wiseman 12 |
| 5) Haelynn Forsyth 10 | 6) Gigi Hanselman 09 | | |
| 5 Solon | 1 | 1 | 1:07.27 |
| 1) Mia Stahle 10 | 2) Calla Foster 11 | 3) Sophia Stahle 11 | 4) Aly Stahle 09 |
| 5) Jada Buffington 12 | 6) Tatum Holtkamp 10 | | |
| 6 Newton | 1 | 1 | 1:07.65 |
| 1) Chloe Rorabaugh 10 | 2) JaQuay Priest 11 | 3) Macy Lampe 09 | 4) Addisyn Terpstra 11 |
| 5) Alyssa Beerends 10 | 6) Emma Rogers 12 | | |
| 7 Mt Pleasant | 1 | 3 | 1:08.60 |
| 1) Kenna Lamm 12 | 2) Allie Westercamp 11 | 3) Abby Blint 12 | 4) Jenna Gilmore 12 |
| 5) Josie Gilmore 10 | 6) Thanh Phung 12 | | |
| 8 Decorah | 1 | 1 | 1:09.31 |
| 1) Kallie Mincks 12 | 2) Sydney Kipp 10 | 3) Autumn Schaller 11 | 4) Anya Lovstuen 12 |
| 5) Leslie Campbell 11 | 6) Chelsey Holtz 12 | | |

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

| Team | Relay | Seed Time |
|---------------------------|----------------------------|---------------------------|
| 9 Bond-Farrar | 1 | 1:09.35 2 |
| 1) Faith Carlson 12 | 2) Sasha Comegys 10 | 3) Erica Lyle 09 |
| 5) Claire Meislahn 09 | 6) Kaiya Cameron 09 | 4) Kendall Anderson 12 |
| 10 W Delaware | 1 | 1:09.42 2 |
| 1) Juliette Weber 12 | 2) Josie McMahon 09 | 3) Katelin Ante 12 |
| 5) Kate Loecke 10 | 6) Abigail O'Rear 10 | 4) Alivia Schulte 11 |
| 11 Benton Comm | 1 | 1:09.55 2 |
| 1) Alyssa Tegeler 12 | 2) Kiah Coffin 12 | 3) Janelle Morris 12 |
| 5) Haiden Moore 09 | 6) Mabry Sadler 09 | 4) Hope Moore 11 |
| 12 Xavier, CR | 1 | 1:09.69 3 |
| 1) Sierra Durin 11 | 2) Naomi Durin 11 | 3) Ava Van Berkem 09 |
| 5) Olivia Nasution 12 | 6) Nora Maloney 10 | 4) Emma Arnold 11 |
| 13 Carlisle | 1 | 1:09.81 3 |
| 1) Reagan Roling 11 | 2) Katie Keeney 11 | 3) Cece Fett 11 |
| 5) Tegan Stoner 09 | 6) Addy Eginore 10 | 4) Laura Downs 11 |
| 14 LeMars | 1 | 1:09.87 2 |
| 1) Savannah Manley 11 | 2) Liberty Larson 10 | 3) Aubree Leusink 09 |
| 5) Sophie Buhman 10 | | 4) Lilly McNaughton 12 |
| 15 Denison-Schlswg | 1 | 1:10.52 1 |
| 1) Kaitlyn Bruhn 11 | 2) Kamden Bruhn 09 | 3) Taya Adams 10 |
| 5) Jordyn Linn 10 | 6) Lauren Bowker 11 | 4) Claire Miller 11 |
| 16 DC-Grimes | 1 | 1:10.98 2 |
| 1) Mara Redenius 09 | 2) Ellie Schmitz 11 | 3) Katherine Luebke 12 |
| 5) Olivia Curtis 10 | 6) Sophia Bauman 09 | 4) Bailey Macumber 11 |
| 17 ADM, Adel | 1 | 1:11.11 3 |
| 1) Josi Dufoe 09 | 2) Sophia Chesney 11 | 3) Brianna Young 11 |
| 5) Alexa Seidl 11 | 6) Madi James 09 | 4) Lauren Case 11 |
| 18 Sioux Center | 1 | 1:11.18 3 |
| 1) Ella Jahn 12 | 2) Margo Schuiteman 09 | 3) Alivia Johnston 09 |
| 5) Carli Siebrandt 09 | 6) Averi Heie 09 | 4) Carly Dunn 09 |
| 19 Independence | 1 | 1:11.28 3 |
| 1) Melody Kremer 12 | 2) Madison Micheal 12 | 3) Mackenzie Christian 10 |
| 5) Alison Trimble 12 | 6) Natalie Doyle 11 | 4) Sydney Schwartz 11 |
| 20 Charles City | 1 | 1:11.50 4 |
| 1) Kaylee Hennick 12 | 2) Lauren Staudt 10 | 3) Olivia Litterer 11 |
| 5) Anya Ruzicka 09 | 6) Mackenzie Zweibohmer 10 | 4) Keely Collins 10 |
| 21 North Polk | 1 | 1:11.56 1 |
| 1) Marlee Springer 12 | 2) Tiana Gehling 11 | 3) Aubrie Kiesling 11 |
| 5) Kali Cam 12 | 6) Jaida Gibbons 09 | 4) Layla Arp 09 |
| 22 Oskaloosa | 1 | 1:11.69 4 |
| 1) Hayley VanArkel 10 | 2) Gracie DeRonde 09 | 3) Lydia VanVeldhuizen 10 |
| 5) Emmalee Wells-Stout 09 | | 4) Hannah Quang 10 |
| 23 Glenwood | 1 | 1:11.74 2 |
| 1) Destiny Yale 11 | 2) Abby Hughes 12 | 3) Kennedy Jones 12 |
| 5) Allison Koontz 09 | 6) Kate Hughes 11 | 4) Carlie Clemmer 10 |
| 24 Nevada | 1 | 1:13.07 2 |
| 1) Kylie Taylor 10 | 2) Abigail French 09 | 3) Lilly Goos 11 |
| 5) Alexis Muschick 09 | 6) Avery Hinson 11 | 4) Shelbi Hazlitt 12 |

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

Friday 5/20/2022 - 6:30 PM

| | Team | Relay | Seed Time | |
|----|--------------------------|-----------------------------|-----------------------------|-----------------------|
| 1 | ADM, Adel | 1 | 48.80 | 1 |
| | 1) Makayla Crannell 10 | 2) Jada Grove 09 | 3) Olivia Tollari 12 | 4) Hallie Henfling 12 |
| | 5) Ella Grossman 11 | 6) Josi Dufoe 09 | | |
| 2 | Wahlert, Dub | 1 | 49.32 | 1 |
| | 1) Rylee Steffen 10 | 2) Emma Donovan 11 | 3) Tessa Berning 12 | 4) Meghan McDonald 11 |
| | 5) Lauren McClimon 09 | 6) Olivia Donovan 09 | | |
| 3 | Spencer | 1 | 49.75 | 1 |
| | 1) Jaelyn Johnson 12 | 2) Erika Amendt 11 | 3) Jada Piercy 11 | 4) Allison Piercy 12 |
| | 5) Tyriana Vail 10 | 6) Jerra Merchant 11 | | |
| 4 | Decorah | 1 | 49.92 | 2 |
| | 1) Brinley Krivachek 11 | 2) Lani Hubka 11 | 3) Kailyn O'Gara 11 | 4) Brielle Buresh 12 |
| | 5) Chloe Reiser 11 | 6) Hayley Stowe 10 | | |
| 5 | Bond-Farrar | 1 | 49.94 | 1 |
| | 1) Makenna West 11 | 2) Rebekah Fuller 12 | 3) Kendall Anderson 12 | 4) Ellie DeCosta 12 |
| | 5) Mea Bell 11 | 6) Sienna Lewis 09 | | |
| 6 | Pella | 1 | 49.96 | 2 |
| | 1) Delanie Reynolds 11 | 2) Calla Kerndt 12 | 3) Marissa Hackman 11 | 4) Emily McMartin 12 |
| | 5) Kylie Tauke 11 | 6) Mollie Renaud 10 | | |
| 7 | Solon | 1 | 49.98 | 1 |
| | 1) Aly Stahle 09 | 2) Makinley Levin 12 | 3) Mia Duckett 10 | 4) Emma Wolff 11 |
| | 5) Mia Stahle 10 | 6) Addie McQuinn 12 | | |
| 8 | MOC-FV | 1 | 50.07 | 2 |
| | 1)Carolynn Meines 11 | 2) Payton Kleinhesselink 10 | 3) Addison Wierda 12 | 4) Tierney Huss 10 |
| | 5) Kady Hoekstra 11 | 6) Anna Evink 12 | | |
| 9 | W Burlington | 1 | 50.15 | 1 |
| | 1) McKenna Marlow 11 | 2) Ava Parkins 11 | 3) Amiya Davis 11 | 4) Katy Stephens 12 |
| | 5) Jenna Bentz 12 | 6) Ady Lamm 09 | | |
| 10 | Epworth, WD | 1 | 50.19 | 3 |
| | 1) Ava Ramler 10 | 2) Sammy Recker 12 | 3) Erica Ernzen 11 | 4) Brynn Walters 10 |
| | 5) Lucy Ehlers 09 | 6) Katie McKenna 09 | | |
| 11 | Glenwood | 1 | 50.27 | 1 |
| | 1) Zoie Carda 10 | 2) Jaylynn Floyd 09 | 3) Lauren Roenfeldt 12 | 4) Danika Arnold 10 |
| | 5) Charley Hernandez 09 | 6) Elaina Dougherty 09 | | |
| 12 | Boone | 1 | 50.41 | 2 |
| | 1) Morgan Lyons 12 | 2) Natalee Danner 11 | 3) Kelsea Moorman 11 | 4) Sydney Adams 09 |
| | 5) Britni Blackburn 12 | 6) Audrey Castle 12 | | |
| 13 | Carlisle | 1 | 50.48 | 3 |
| | 1) Danica Penman 09 | 2) Aubrey McDaniel 09 | 3) Sage Austin 11 | 4) Isabelle Noring 11 |
| | 5) Laura Downs 11 | 6) Sydney Light 09 | | |
| 14 | Assumption | 1 | 50.52 | 2 |
| | 1) Alaina McConnell 12 | 2) Bella Motley 12 | 3) Annika Kotula 11 | 4) Kelly Grobstich 09 |
| | 5) Dru Dorsey 09 | 6) Maggie Johnson 10 | | |
| 15 | Spirit Lake | 1 | 50.53 | 3 |
| | 1) Mikayla Farmer 12 | 2) Abby Scott 09 | 3) Carlie Jo Ahrenstorff 12 | 4) Addison Avery 10 |
| | 5) Mackenzie Kauffman 11 | 6) Fran Travis 10 | | |
| 16 | Sioux Center | 1 | 50.68 | 4 |
| | 1) Annika Jahn 12 | 2) Ayda Den Herder 12 | 3) Ella Jahn 12 | 4) Willow Bleeker 11 |
| | 5) Emalee Vermeer 10 | 6) Cori Harald 10 | | |
| 17 | Fairfield | 1 | 50.88 | 3 |
| | 1) Kiya Robertson 11 | 2) Danielle Breen 12 | 3) Coty Engle 11 | 4) Anna Dunlap 12 |
| | 5) Sarah McAvan 12 | 6) Maya Lane 10 | | |

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

| Team | Relay | Seed Time |
|-------------------------|------------------------|-----------------------|
| 18 Mt Pleasant | 1 | 50.90 4 |
| 1) Courtney Raub 10 | 2) Kenna Lamm 12 | 3) Tristian Shull 11 |
| 5) Josie Gilmore 10 | 6) Bailey Jalas 10 | 4) Andi Scott 10 |
| 19 North Polk | 1 | 51.07 1 |
| 1) Alexis Dorsett 12 | 2) Ashley Owen 11 | 3) Madilyn Simoens 09 |
| 5) Lola Austin 10 | 6) Tiana Gehling 11 | 4) Kylie Rasmussen 10 |
| 20 CPU | 1 | 51.14 4 |
| 1) Ava Maloney 10 | 2) Laine Hadsall 11 | 3) Maya Burkhart 09 |
| 5) Grace Kramer 11 | 6) Tayler Reaves 11 | 4) Ryley Goebel 12 |
| 21 Marion | 1 | 51.17 2 |
| 1) Sydney Burlage 12 | 2) Autumn Poston 12 | 3) Alexis Piper 12 |
| 5) Emily Meth 12 | 6) Emma Mike 11 | 4) Kenzie Lovell 09 |
| 22 Clear Crk-Amana | 1 | 51.20 5 |
| 1) Prisca Kalala 11 | 2) Silvana Kabolo 11 | 3) Bailey Olerich 12 |
| 5) Emma Descourouez 11 | 6) Bliss Beck 10 | 4) Emma Mathis 12 |
| 23 Carroll | 1 | 51.57 2 |
| 1) Elizabeth Perkins 10 | 2) Hannah Jorgensen 12 | 3) Madison Tunning 11 |
| 5) Marasyn Wittrock 09 | 6) Brenna Goins 10 | 4) Shay Sinnard 11 |
| 24 Gilbert | 1 | 52.12 2 |
| 1) Laurel Mizerak 09 | 2) Bella Nelson 12 | 3) Averie Bruner 10 |
| 5) Tayanna Streigle 12 | 6) Taylor Banning 10 | 4) Ava Hawthorne 12 |

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

Friday 5/20/2022 - 4:45 PM

| Team | Relay | Seed Time |
|------------------------|------------------------|-------------------------|
| 1 ADM, Adel | 1 | 1:42.30 1 |
| 1) Makayla Crannell 10 | 2) Jada Grove 09 | 3) Hallie Henfling 12 |
| 5) Aniston Tollari 09 | 6) Josi Dufoe 09 | 4) Olivia Tollari 12 |
| 2 Decorah | 1 | 1:44.91 1 |
| 1) Lani Hubka 11 | 2) Brielle Buresh 12 | 3) Sami Mount 11 |
| 5) Hayley Stowe 10 | 6) Kailyn O'Gara 11 | 4) Brinley Krivachek 11 |
| 3 Spencer | 1 | 1:45.15 1 |
| 1) Jerra Merchant 11 | 2) Erika Amendt 11 | 3) Jada Piercy 11 |
| 5) Tyriana Vail 10 | 6) Corinne Stave 11 | 4) Allison Piercy 12 |
| 4 Assumption | 1 | 1:45.33 1 |
| 1) Alaina McConnell 12 | 2) Bella Motley 12 | 3) Maggie Johnson 10 |
| 5) Annika Kotula 11 | 6) Morgan Jennings 12 | 4) Kelly Grobstich 09 |
| 5 CPU | 1 | 1:45.71 2 |
| 1) Ava Maloney 10 | 2) Laine Hadsall 11 | 3) Addy Tupa 09 |
| 5) Grace Kramer 11 | 6) Sophie Gaffney 12 | 4) Ryley Goebel 12 |
| 6 Sioux Center | 1 | 1:45.82 2 |
| 1) Annika Jahn 12 | 2) Willow Bleeker 11 | 3) Ella Jahn 12 |
| 5) Emalee Vermeer 10 | 6) Cori Harald 10 | 4) Ayda Den Herder 12 |
| 7 Bond-Farrar | 1 | 1:46.03 1 |
| 1) Makenna West 11 | 2) Rebekah Fuller 12 | 3) Mea Bell 11 |
| 5) Lauren Tegeler 09 | 6) Kendall Anderson 12 | 4) Ellie DeCosta 12 |
| 8 Epworth, WD | 1 | 1:46.17 3 |
| 1) Lucy Ehlers 09 | 2) Sammy Recker 12 | 3) Ava Ramler 10 |
| 5) Erica Ernzen 11 | 6) Haylee DeLong 12 | 4) Brynn Walters 10 |
| 9 Pella | 1 | 1:46.43 2 |
| 1) Delanie Reynolds 11 | 2) Calla Kerndt 12 | 3) Mara Schiebout 09 |
| 5) Jacie Trine 10 | 6) Kelsey Tauke 09 | 4) Emily McMartin 12 |

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

| Event | Team | Relay | Seed Time |
|-------|-------------------------|-------------------------|-----------------------------|
| 10 | W Burlington | 1 | 1:46.53 2 |
| | 1) Katy Stephens 12 | 2) Jenna Bentz 12 | 3) Amiya Davis 11 |
| | 5) McKenna Marlow 11 | 6) Ady Lamm 09 | 4) Ava Parkins 11 |
| 11 | Oskaloosa | 1 | 1:46.56 3 |
| | 1) Macie Krier 12 | 2) Jordan Czerwinski 12 | 3) Faith DeRonde 12 |
| | 5) Maddy Moorman 11 | 6) Addison Beane 10 | 4) Maleah Walker 11 |
| 12 | Wahlert, Dub | 1 | 1:46.58 4 |
| | 1) Meghan McDonald 11 | 2) Tessa Berning 12 | 3) Mia Kunnert 12 |
| | 5) Rylee Steffen 10 | 6) Emma Donovan 11 | 4) Lauren McClimon 09 |
| 13 | LeMars | 1 | 1:47.19 3 |
| | 1) Allie Kruse 09 | 2) Madi Huls 10 | 3) Jenna Allen 11 |
| | 5) Aubree Leusink 09 | 6) Holly McNaughton 09 | 4) Stella Hector 10 |
| 14 | Solon | 1 | 1:47.29 1 |
| | 1) Makinley Levin 12 | 2) Sophia Stahle 11 | 3) Mia Duckett 10 |
| | 5) Callie Levin 10 | 6) Emma Wolff 11 | 4) Aly Stahle 09 |
| 15 | North Polk | 1 | 1:47.86 1 |
| | 1) Megan Elliott 11 | 2) Madilyn Simoens 09 | 3) Ashley Owen 11 |
| | 5) Alana Doonan 12 | 6) Oliva Warner 11 | 4) Kylie Rasmussen 10 |
| 16 | Bishop Heelan | 1 | 1:48.87 4 |
| | 1) Alize Rau 09 | 2) Paula Codo Molins 11 | 3) Kenley Meis 11 |
| | 5) Maddie LaFleur 09 | | 4) Maddie Demke 10 |
| 17 | MOC-FV | 1 | 1:48.96 5 |
| | 1) Carolyn Meines 11 | 2) Anna Evink 12 | 3) Eden Koedam 09 |
| | 5) Kady Hoekstra 11 | 6) Jada Abrahamson 11 | 4) Payton Kleinhesselink 10 |
| 18 | Clarke | 1 | 1:49.40 2 |
| | 1) Tory Henry 10 | 2) Kya Thornton 09 | 3) Ali Henry 10 |
| | 5) Astazia Watson 11 | 6) Bailey Buckingham 11 | 4) Josey Dunbar 11 |
| 19 | Fairfield | 1 | 1:49.49 3 |
| | 1) Kiya Robertson 11 | 2) Mallory Lyon 12 | 3) Lilly Bergren 09 |
| | 5) Coty Engle 11 | 6) Anna Dunlap 12 | 4) Maya Lane 10 |
| 20 | Glenwood | 1 | 1:49.79 1 |
| | 1) Zoie Carda 10 | 2) Jaylynn Floyd 09 | 3) Jenna Hopp 11 |
| | 5) Courtney Crawford 09 | 6) Lauren Roenfeldt 12 | 4) Danika Arnold 10 |
| 21 | Carlisle | 1 | 1:49.91 4 |
| | 1) Laura Downs 11 | 2) Aubrey McDaniel 09 | 3) Sage Austin 11 |
| | 5) Sydney Light 09 | 6) Kira Fisk 09 | 4) Isabelle Noring 11 |
| 22 | Marion | 1 | 1:50.18 2 |
| | 1) Sydney Burlage 12 | 2) Emily Meth 12 | 3) Alexis Piper 12 |
| | 5) Emma Mike 11 | | 4) Kenzie Lovell 09 |
| 23 | Carroll | 1 | 1:51.60 2 |
| | 1) Brenna Goins 10 | 2) Madison Tunning 11 | 3) Elizabeth Perkins 10 |
| | 5) Hannah Jorgensen 12 | 6) Marasyn Wittrock 09 | 4) Shay Sinnard 11 |
| 24 | Ia Falls-Alden | 1 | 1:52.54 2 |
| | 1) Kenley Chaplin 11 | 2) Liliana Sanchez 12 | 3) Avery Buresh 12 |
| | | | 4) Jaslynn Dage 11 |

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

Friday 5/20/2022 - 7:20 PM

| Event | Team | Relay | Seed Time |
|-------|----------------------|---------------------|-------------------------|
| 1 | Solon | 1 | 4:00.93 1 |
| | 1) Meghan O'Neill 12 | 2) Kaia Holtkamp 12 | 3) Gracie Federspiel 10 |
| | 5) Makinley Levin 12 | 6) Kobi Lietz 09 | 4) Emma Bock 12 |

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

| | Team | Relay | Seed Time | |
|----|-------------------------|--------------------------|------------------------|------------------------|
| 2 | SB-Luton | 1 | 4:08.09 | 1 |
| | 1) Taylor Prosser 10 | 2) Dani Rodriguez 12 | 3) Jayden Kneifl 09 | 4) Emma Salker 12 |
| | 5) Isabelle Lenz 12 | 6) Ella Brester 12 | | |
| 3 | Wahlert, Dub | 1 | 4:08.68 | 1 |
| | 1) Jamie Schmid 12 | 2) Mia Kunnert 12 | 3) Olivia Donovan 09 | 4) Lauren McClimon 09 |
| | 5) Rylee Steffen 10 | 6) Alana Duggan 12 | | |
| 4 | Independence | 1 | 4:09.46 | 2 |
| | 1) Alyssa Larson 12 | 2) Bella Ressler 11 | 3) Melody Kremer 12 | 4) Reaghan Ressler 09 |
| | 5) Marleigh Louvar 11 | 6) Sydney Schwartz 11 | | |
| 5 | Mt Vernon | 1 | 4:09.64 | 2 |
| | 1) Kate Dougherty 10 | 2) Elizabeth Quam 12 | 3) Kameron Brand 11 | 4) Emma Meester 11 |
| | 5) Liz Dougherty 12 | 6) Laura Swart 11 | | |
| 6 | Harlan | 1 | 4:09.91 | 1 |
| | 1) Dani Smith 10 | 2) Lilly Metzger 12 | 3) Abby Broeckelman 09 | 4) Kaia Bieker 12 |
| | 5) Lauren McLaughlin 11 | 6) Ella Plagman 11 | | |
| 7 | Atlantic | 1 | 4:10.15 | 2 |
| | 1) Nicole Middents 10 | 2) Mariah Huffman 09 | 3) Chloe Mullenix 11 | 4) Ava Rush 11 |
| | 5) Claire Pellett 10 | 6) Morgan Botos 09 | | |
| 8 | Glenwood | 1 | 4:10.17 | 3 |
| | 1) Jenna Hopp 11 | 2) Allison Koontz 09 | 3) Danika Arnold 10 | 4) Abby Hughes 12 |
| | 5) Brooklyn Schultz 09 | 6) Lauren Hughes 10 | | |
| 9 | Sioux Center | 1 | 4:10.72 | 2 |
| | 1) Cori Harald 10 | 2) Blair Bandstra 10 | 3) Maci Schmalbeck 09 | 4) Willow Bleeker 11 |
| | 5) Mya Romero 10 | 6) Tatum Schmalbeck 11 | | |
| 10 | LeMars | 1 | 4:11.03 | 3 |
| | 1) Madi Huls 10 | 2) Jenna Allen 11 | 3) Allie Kruse 09 | 4) Sienna Kass 09 |
| | 5) Aubree Leusink 09 | 6) Holly McNaughton 09 | | |
| 11 | Lewis Central | 1 | 4:11.71 | 4 |
| | 1) Gracie Hays 11 | 2) Madeline Fidone 10 | 3) Irelynn James 10 | 4) Maddie Bergman 11 |
| | 5) Gracie Jans 12 | 6) Addison Holt 10 | | |
| 12 | DC-Grimes | 1 | 4:11.87 | 1 |
| | 1) Elle Nelsen 12 | 2) Meredith McDermott 11 | 3) Mara Redenius 09 | 4) Maddie Schmitz 09 |
| | 5) Olivia Curtis 10 | 6) Alex Hofbauer 09 | | |
| 13 | Pella | 1 | 4:12.63 | 1 |
| | 1) Maddie Schmitz 11 | 2) Mara Schiebout 09 | 3) Macy Schroeder 10 | 4) Jacie Trine 10 |
| | 5) Abby Teagarden 10 | 6) Kelsey Tauke 09 | | |
| 14 | Decorah | 1 | 4:12.89 | 3 |
| | 1) Sami Mount 11 | 2) McKenzie Riley 09 | 3) Danielle Losen 10 | 4) Lily Sandhorst 09 |
| | 5) Lani Hubka 11 | 6) Abby Halverson 12 | | |
| 15 | ADM, Adel | 1 | 4:14.92 | 2 |
| | 1) Aniston Tollari 09 | 2) Madi James 09 | 3) Madison Siefken 10 | 4) Hannah Desmarais 09 |
| | 5) Calli Seehase 09 | 6) Alexis Nemechek 11 | | |
| 16 | Bond-Farrar | 1 | 4:14.97 | 2 |
| | 1) Lauren Tegeler 09 | 2) Courtney Kiley 10 | 3) Sienna Lewis 09 | 4) Mea Bell 11 |
| | 5) Bridget Johnson 11 | 6) Kaylen Torrence 09 | | |
| 17 | Assumption | 1 | 4:15.06 | 1 |
| | 1) Morgan Jennings 12 | 2) Bella Motley 12 | 3) Kelly Grobstich 09 | 4) Annika Kotula 11 |
| | 5) Ella O'Neill 12 | 6) Maggie Johnson 10 | | |
| 18 | Clear Crk-Amana | 1 | 4:15.37 | 2 |
| | 1) Kiera Rogers 10 | 2) Sam Schrage 10 | 3) Sara Kinzenbaw 09 | 4) Bliss Beck 10 |
| | 5) Kalin Rotzoll 12 | 6) Kylie Koehn 09 | | |

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

| | Team | Relay | Seed Time |
|----|-------------------------|--------------------------|-----------------------------|
| 19 | Carroll | 1 | 4:16.57 5 |
| | 1) Marasyn Wittrock 09 | 2) Katelyn Aden 09 | 3) Madison Tunning 11 |
| | 5) Emily Puck 09 | 6) Averi Burke 10 | 4) Marie Dea 10 |
| 20 | MOC-FV | 1 | 4:17.07 4 |
| | 1) Akeyma Fedders 12 | 2) Maya Immeker 10 | 3) Payton Kleinhesselink 10 |
| | 5) Addison Wierda 12 | 6) McKenna Cleveringa 10 | 4) Kennedy Fernstrum 09 |
| 21 | North Polk | 1 | 4:17.38 1 |
| | 1) Megan Elliott 11 | 2) Elyse Engebretson 09 | 3) Alana Doonan 12 |
| | 5) Ava Ferneding 09 | 6) Mia Doonan 09 | 4) Liza Schaffer 11 |
| 22 | Bishop Heelan | 1 | 4:17.54 5 |
| | 1) Maddie Demke 10 | 2) Ava Wiltgen 09 | 3) Kenley Meis 11 |
| | 5) Scarlett Walsh 10 | | 4) Maddie LaFleur 09 |
| 23 | Carlisle | 1 | 4:18.60 3 |
| | 1) Tessa Erzen 11 | 2) Kira Fisk 09 | 3) Sydney Light 09 |
| | 5) Laura Downs 11 | 6) Reagan Roling 11 | 4) Cassandra Miller 11 |
| 24 | Gilbert | 1 | 4:22.10 2 |
| | 1) Julianne Lundvall 11 | 2) Abigail Staudt 12 | 3) Claire Grandgenette 09 |
| | 5) Taylor Banning 10 | 6) Rebecca Schrader 10 | 4) Ava Hawthorne 12 |

Event 98 Girls 4x800 Meter Relay 3A (24)**Thursday 5/19/2022 - 5:25 PM**

| | Team | Relay | Seed Time |
|----|--------------------------|------------------------|-------------------------|
| 1 | DC-Grimes | 1 | 9:53.58 1 |
| | 1) Hannah Little 12 | 2) Skyler Blessman 12 | 3) Tess Meggison 10 |
| | 5) Meredith McDermott 11 | 6) Maddy Stevens 09 | 4) Maddie Schmitz 09 |
| 2 | Sioux Center | 1 | 9:53.90 1 |
| | 1) Maci Schmalbeck 09 | 2) Mya Romero 10 | 3) Cori Harald 10 |
| | 5) Corinne McCord 09 | 6) Blair Bandstra 10 | 4) Tatum Schmalbeck 11 |
| 3 | Carlisle | 1 | 9:56.39 1 |
| | 1) Tessa Erzen 11 | 2) Marie Daggett 10 | 3) Maya Bergstrom 10 |
| | 5) Cassandra Miller 11 | 6) Kira Fisk 09 | 4) Ainsley Erzen 12 |
| 4 | ADM, Adel | 1 | 9:56.50 2 |
| | 1) Hannah Desmarais 09 | 2) Madi James 09 | 3) Madison Siefken 10 |
| | 5) Aniston Tollari 09 | 6) Holly Mattes 12 | 4) Geneva Timmerman 11 |
| 5 | Ballard | 1 | 9:59.39 3 |
| | 1) Kate Huisinga 12 | 2) Annika Larson 09 | 3) Ava Richardson 09 |
| | 5) Mya Ehresman 12 | 6) Brynn Wilson 09 | 4) Paityn Noe 11 |
| 6 | SB-Luton | 1 | 10:03.40 2 |
| | 1) Sophia Karras 11 | 2) Ella Brester 12 | 3) Jayden Kneifl 09 |
| | 5) Maddie Hinkel 12 | 6) Addie Brown 12 | 4) Dani Rodriguez 12 |
| 7 | Wahlert, Dub | 1 | 10:03.83 1 |
| | 1) Olivia Donovan 09 | 2) Alana Duggan 12 | 3) Jamie Schmid 12 |
| | 5) Josie Belken 11 | 6) Ellie Kirby 12 | 4) Ellie Meyer 12 |
| 8 | MOC-FV | 1 | 10:04.90 3 |
| | 1) Elin Van Der Werff 09 | 2) Akeyma Fedders 12 | 3) Maya Immeker 10 |
| | 5) Emily Haverdink 12 | 6) Kaylea Bruxvoort 10 | 4) Kennedy Fernstrum 09 |
| 9 | Bishop Heelan | 1 | 10:06.80 4 |
| | 1) Scarlett Walsh 10 | 2) Ellie Ritz 11 | 3) Delaney Saulsbury 09 |
| | 5) Ava Wiltgen 09 | | 4) Maddie Demke 10 |
| 10 | Winterset | 1 | 10:08.76 4 |
| | 1) Sami Craven 10 | 2) Morgan Sutton 10 | 3) Avary Darling 11 |
| | 5) Lauren Carter 12 | 6) Dyllan Kaufman 11 | 4) Darci Wiseman 12 |

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

| Event | Team | Relay | Seed Time |
|-------|-------------------------|--------------------------|-------------------------|
| 11 | Solon | 1 | 10:10.79 1 |
| | 1) Kaia Holtkamp 12 | 2) Grace Hoepfer 09 | 3) Anna Quillin 10 |
| | 5) Meghan O'Neill 12 | 6) Ashlyn Williams 10 | 4) Gracie Federspiel 10 |
| 12 | Mt Vernon | 1 | 10:13.37 2 |
| | 1) Abbie Moss 09 | 2) Sam Schoff 09 | 3) Kameron Brand 11 |
| | 5) Emrie Johnson 09 | 6) Emma Meester 11 | 4) Laura Swart 11 |
| 13 | Pella | 1 | 10:17.22 2 |
| | 1) Abby Teagarden 10 | 2) Maddie Schmitz 11 | 3) Abbey Bogaards 11 |
| | 5) Raegan Snieder 09 | 6) Autumn Blink 10 | 4) Macy Schroeder 10 |
| 14 | Assumption | 1 | 10:18.31 1 |
| | 1) Macie Ripslinger 10 | 2) Skylar Hoffman 12 | 3) Jada Hoffman 09 |
| | 5) Morgan Jennings 12 | 6) Emerson Quick 10 | 4) Ella O'Neill 12 |
| 15 | Decorah | 1 | 10:20.63 2 |
| | 1) Danielle Losen 10 | 2) Madison Tollefson 11 | 3) Lily Sandhorst 09 |
| | 5) Paige Werner 11 | 6) Annika Franzen 12 | 4) Abby Halverson 12 |
| 16 | Atlantic | 1 | 10:23.42 1 |
| | 1) Claire Pellett 10 | 2) Aubrey Guyer 11 | 3) Mariah Huffman 09 |
| | 5) Addie Dearment 12 | 6) Hailey Huffman 09 | 4) Ava Rush 11 |
| 17 | Harlan | 1 | 10:26.16 2 |
| | 1) Jenna Gessert 11 | 2) Taylor Bieker 10 | 3) Ellie Gross 12 |
| | 5) Lindsey Sonderman 09 | 6) Brylee Schechinger 09 | 4) Kaia Bieker 12 |
| 18 | Clear Crk-Amana | 1 | 10:27.54 2 |
| | 1) Sam Schrage 10 | 2) Haidyn Barker 11 | 3) Kalin Rotzoll 12 |
| | 5) Kira Barker 09 | 6) Sara Kinzenbaw 09 | 4) Kiera Rogers 10 |
| 19 | Glenwood | 1 | 10:30.02 3 |
| | 1) Lauren Hughes 10 | 2) Brooklyn Schultz 09 | 3) Neyla Nanfita 10 |
| | 5) Madelyn Berglund 09 | 6) Rachel Mullennax 12 | 4) Breckyn Petersen 09 |
| 20 | Epworth, WD | 1 | 10:32.06 3 |
| | 1) Alyssa Klein 10 | 2) Kaitlyn Thole 09 | 3) Gabby Kaiser 11 |
| | 5) Isabella Graber 11 | 6) Isabel Ernzen 11 | 4) Bella Meyers 09 |
| 21 | Marion | 1 | 10:32.29 3 |
| | 1) Peyton Steffen 12 | 2) Natalie McAllister 10 | 3) Madison Prier 12 |
| | 5) Kyra Cordes 09 | | 4) Sydney Andresen 10 |
| 22 | W Delaware | 1 | 10:32.46 4 |
| | 1) Makayla Gasper 12 | 2) Faith Rich 11 | 3) Faith Litterer 11 |
| | 5) Kennedy Kolbet 09 | 6) Abby Kass 09 | 4) Kirstyn Kolbet 09 |
| 23 | Gilbert | 1 | 10:35.12 1 |
| | 1) Nora Kalvik 11 | 2) Abby McGuire 11 | 3) Clare Stahr 10 |
| | 5) Abigail Staudt 12 | 6) Mia Kautman 09 | 4) Sophia Bleich 09 |
| 24 | Algona | 1 | 10:47.85 2 |
| | 1) Andi Jensen 09 | 2) Kaitlyn Burns 09 | 3) Malyn Davis 09 |
| | 5) Allison Casey 11 | 6) Moriah Knapp 11 | 4) Lauren McLaughlin 09 |

Event 112 Girls 800 Sprint Medley 3A (24)

Saturday 5/21/2022 - 9:25 AM

| Event | Team | Relay | Seed Time |
|-------|-------------------------|-----------------------|-----------------------|
| 1 | Epworth, WD | 1 | 1:46.38 1 |
| | 1) Ava Ramler 10 | 2) Sammy Recker 12 | 3) Brynn Walters 10 |
| | 5) Ashley Willenborg 10 | 6) Erica Ernzen 11 | 4) Audrey Biermann 12 |
| 2 | Wahlert, Dub | 1 | 1:46.83 2 |
| | 1) Meghan McDonald 11 | 2) Lauren McClimon 09 | 3) Tessa Berning 12 |
| | 5) Emma Donovan 11 | 6) Olivia Donovan 09 | 4) Rylee Steffen 10 |

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Event 112 ... (Girls 800 Sprint Medley 3A (24))

| Event | Team | Relay | Seed Time |
|-------|--------------------------|-----------------------------|--------------------------|
| 3 | Spencer | 1 | 1:49.69 1 |
| | 1) Jaelyn Johnson 12 | 2) Allison Piercy 12 | 3) Jada Piercy 11 |
| | 5) Tyriana Vail 10 | 6) Jerra Merchant 11 | 4) Erika Amendt 11 |
| 4 | DC-Grimes | 1 | 1:50.50 1 |
| | 1) Abby Osborn 11 | 2) Brinn Johnson 11 | 3) Elle Nelsen 12 |
| | 5) Meredith McDermott 11 | 6) Asia Jahangir 10 | 4) Maddie Schmitz 09 |
| 5 | Decorah | 1 | 1:50.87 3 |
| | 1) Brinley Krivachek 11 | 2) Brielle Buresh 12 | 3) Sami Mount 11 |
| | 5) Kailyn O'Gara 11 | 6) McKenzie Riley 09 | 4) Lani Hubka 11 |
| 6 | Assumption | 1 | 1:51.22 1 |
| | 1) Kelly Grobstich 09 | 2) Bella Motley 12 | 3) Annika Kotula 11 |
| | 5) Maggie Johnson 10 | 6) Dru Dorsey 09 | 4) Morgan Jennings 12 |
| 7 | ADM, Adel | 1 | 1:51.77 2 |
| | 1) Ella Grossman 11 | 2) Josi Dufoe 09 | 3) Jada Grove 09 |
| | 5) Calli Seehase 09 | 6) Hannah Desmarais 09 | 4) Aniston Tollari 09 |
| 8 | Solon | 1 | 1:52.10 1 |
| | 1) Mia Stahle 10 | 2) Mia Duckett 10 | 3) Sophia Stahle 11 |
| | 5) Gracie Federspiel 10 | 6) Emma Wolff 11 | 4) Emma Bock 12 |
| 9 | Spirit Lake | 1 | 1:52.22 2 |
| | 1) Mikayla Farmer 12 | 2) Carlie Jo Ahrenstorff 12 | 3) Mackenzie Kauffman 11 |
| | 5) Addison Avery 10 | 6) Emma Henrickson 11 | 4) Abby Scott 09 |
| 10 | Independence | 1 | 1:52.32 4 |
| | 1) Marleigh Louvar 11 | 2) Alexis Hearn 12 | 3) Melody Kremer 12 |
| | 5) Dakota Whitman 11 | 6) Reaghan Ressler 09 | 4) Alyssa Larson 12 |
| 11 | Pella | 1 | 1:52.52 1 |
| | 1) Emily McMartin 12 | 2) Marissa Hackman 11 | 3) Delanie Reynolds 11 |
| | 5) Calla Kerndt 12 | 6) Macy Schroeder 10 | 4) Jacie Trine 10 |
| 12 | Winterset | 1 | 1:52.75 3 |
| | 1) Jaya Kleemeier 10 | 2) Ashlynn Devine 09 | 3) Jena Young 11 |
| | 5) Alyvia Young 09 | 6) Makayla Nichols 10 | 4) Avary Darling 11 |
| 13 | Boone | 1 | 1:52.83 4 |
| | 1) Morgan Lyons 12 | 2) Natalee Danner 11 | 3) Sydney Adams 09 |
| | 5) Audrey Castle 12 | 6) Kelsea Moorman 11 | 4) Carly Busch 09 |
| 14 | Carroll | 1 | 1:53.09 1 |
| | 1) Marasyn Wittrock 09 | 2) Shay Sinnard 11 | 3) Hannah Jorgensen 12 |
| | 5) Brenna Goins 10 | 6) Katelyn Aden 09 | 4) Marie Dea 10 |
| 15 | Waverly-SR | 1 | 1:53.39 5 |
| | 1) Lilly Betts 10 | 2) Sally Gade 10 | 3) Keiri Holmquist 11 |
| | 5) Lucy Korth 10 | 6) Camryn Buseman 11 | 4) Leah Cherry 12 |
| 16 | Xavier, CR | 1 | 1:53.41 2 |
| | 1) Naomi Durin 11 | 2) Braylen Conlon 09 | 3) Kate Weiss 11 |
| | 5) Jordan Jansen 12 | 6) Elena Schmit 10 | 4) Emma Arnold 11 |
| 17 | Glenwood | 1 | 1:53.50 2 |
| | 1) Zoie Carda 10 | 2) Jaylynn Floyd 09 | 3) Allison Koontz 09 |
| | 5) Danika Arnold 10 | 6) Lauren Roenfeldt 12 | 4) Abby Hughes 12 |
| 18 | LeMars | 1 | 1:53.53 3 |
| | 1) Allie Kruse 09 | 2) Stella Hector 10 | 3) Jenna Allen 11 |
| | 5) Lilly McNaughton 12 | | 4) Madi Huls 10 |
| 19 | CPU | 1 | 1:53.63 6 |
| | 1) Ava Maloney 10 | 2) Laine Hadsall 11 | 3) Ryley Goebel 12 |
| | 5) Addilyn Wade 09 | 6) Ali Zittergruen 12 | 4) Addy Tupa 09 |

Iowa Girls & Boys State Track Meet 2022 - 5/19/2022 to 5/21/2022

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Performance List

Event 112 ... (Girls 800 Sprint Medley 3A (24))

| Team | Relay | Seed Time |
|------------------------|-----------------------|------------------------|
| 20 Mt Vernon | 1 | 1:53.70 3 |
| 1) Elizabeth Quam 12 | 2) Addison Gookin 10 | 3) Kara Swantz 09 |
| 5) Isabel Hawker 11 | 6) Elsa Appleton 10 | 4) Kate Dougherty 10 |
| 21 W Burlington | 1 | 1:53.80 2 |
| 1) McKenna Marlow 11 | 2) Ava Parkins 11 | 3) Amiya Davis 11 |
| 5) Ady Lamm 09 | 6) Audrey Brockway 09 | 4) Jenna Bentz 12 |
| 22 North Polk | 1 | 1:54.54 1 |
| 1) Madilyn Simoens 09 | 2) Ashley Owen 11 | 3) Kylie Rasmussen 10 |
| 5) Alexis Dorsett 12 | 6) Anna Noble 10 | 4) Megan Elliott 11 |
| 23 Bond-Farrar | 1 | 1:55.39 2 |
| 1) Makenna West 11 | 2) Ellie DeCosta 12 | 3) Kendall Anderson 12 |
| 5) Rebekah Fuller 12 | 6) Courtney Kiley 10 | 4) Sienna Lewis 09 |
| 24 Gilbert | 1 | 1:56.61 2 |
| 1) Tayanna Streigle 12 | 2) Bella Nelson 12 | 3) Laurel Mizerak 09 |
| 5) Taylor Banning 10 | 6) Averie Bruner 10 | 4) Ava Hawthorne 12 |

Event 120 Girls High Jump 3A (24)

Thursday 5/19/2022 - 11:30 PM

| Name | Year | School | Seed Mark |
|---------------------|------|-----------------|-----------|
| 1 London Warmuth | 09 | ADM, Adel | 5-05.00 2 |
| 2 Thea Banning | 12 | Winterset | 5-05.00 1 |
| 3 Lauren Carter | 12 | Winterset | 5-04.00 3 |
| 4 Katy Stephens | 12 | W Burlington | 5-04.00 1 |
| 5 Keely Collins | 10 | Charles City | 5-04.00 1 |
| 6 Taylor Jochum | 12 | Bishop Heelan | 5-04.00 1 |
| 7 Soren Maricle | 11 | Central DeWitt | 5-03.00 1 |
| 8 Avery Beckett | 12 | Waverly-SR | 5-03.00 2 |
| 9 Aija Jenkins | 10 | Fort Madison | 5-02.00 2 |
| 10 Ava Van Berkem | 09 | Xavier, CR | 5-02.00 2 |
| 11 Bliss Beck | 10 | Clear Crk-Amana | 5-02.00 3 |
| 12 Brooklyn Leusink | 12 | MOC-FV | 5-01.00 2 |
| 13 Noelle Johnson | 09 | Boone | 5-00.00 4 |
| 14 Keisi Duran | 09 | Glenwood | 5-00.00 1 |
| 15 Stacy Merksick | 11 | Lewis Central | 5-00.00 2 |
| 16 Josie Gilmore | 10 | Mt Pleasant | 5-00.00 4 |
| 17 Josie Bentz | 12 | W Burlington | 5-00.00 4 |
| 18 Emma Hackbarth | 12 | Spirit Lake | 5-00.00 3 |
| 19 Kamryn Hilsabeck | 11 | North Polk | 4-10.00 1 |
| 20 Morgan Mann | 09 | Humboldt | 4-10.00 2 |
| 21 Emma Harwick | 11 | S Tama Cty | 4-10.00 1 |
| 22 Lilly Towne | 10 | Solon | 4-10.00 3 |
| 23 Ramey Dahlquist | 10 | Waverly-SR | 4-10.00 3 |
| 24 Jasmine Namminga | 11 | Pella | 4-09.00 2 |

Event 128 Girls Long Jump 3A (24)

Friday 5/20/2022 - 4:30 PM

| Name | Year | School | Seed Mark |
|-------------------|------|-----------|------------|
| 1 Olivia Tollari | 12 | ADM, Adel | 18-10.00 1 |
| 2 Isabelle Noring | 11 | Carlisle | 18-06.00 1 |
| 3 Shay Sinnard | 11 | Carroll | 18-04.00 1 |
| 4 Maleah Walker | 11 | Oskaloosa | 18-00.75 2 |

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

| | Name | Year | School | Seed | Mark |
|----|-------------------|------|-----------------|----------|------|
| 5 | Jenna Hopp | 11 | Glenwood | 17-09.75 | 2 |
| 6 | Makayla Crannell | 10 | ADM, Adel | 17-07.00 | 2 |
| 7 | Ava Maloney | 10 | CPU | 17-07.00 | 1 |
| 8 | Charley Hernandez | 09 | Glenwood | 17-05.50 | 3 |
| 9 | Ayda Den Herder | 12 | Sioux Center | 17-05.00 | 1 |
| 10 | Mackenzie Harder | 09 | Storm Lake | 17-01.00 | 4 |
| 11 | Kelsey Pacha | 12 | Fairfield | 17-01.00 | 1 |
| 12 | Lydia Staudt | 12 | Charles City | 17-00.50 | 2 |
| 13 | Lilly McNaughton | 12 | LeMars | 17-00.00 | 2 |
| 14 | Josey Dunbar | 11 | Clarke | 16-11.00 | 3 |
| 15 | Kenley Meis | 11 | Bishop Heelan | 16-11.00 | 3 |
| 16 | Emma Descourouez | 11 | Clear Crk-Amana | 16-08.25 | 2 |
| 17 | Maddie Bergman | 11 | Lewis Central | 16-07.50 | 5 |
| 18 | Rebekah Fuller | 12 | Bond-Farrar | 16-06.25 | 3 |
| 19 | Emma Henrickson | 11 | Spirit Lake | 16-06.00 | 4 |
| 20 | Kylie Tauke | 11 | Pella | 16-04.75 | 4 |
| 21 | Makinley Levin | 12 | Solon | 16-04.50 | 1 |
| 22 | Tiana Gehling | 11 | North Polk | 16-04.00 | 1 |
| 23 | Jaclyn Meyer | 11 | Xavier, CR | 16-02.25 | 2 |
| 24 | Anna Noble | 10 | North Polk | 15-02.25 | 2 |

Event 136 Girls Discus Throw 3A (24)

Thursday 5/19/2022 - 2:00 PM

| | Name | Year | School | Seed | Mark |
|----|-------------------|------|--------------------|--------|------|
| 1 | Katelyn Lappe | 12 | Bond-Farrar | 140-04 | 1 |
| 2 | Elise Thramer | 11 | Lewis Central | 135-10 | 1 |
| 3 | Jadan Brumbaugh | 12 | Mt Pleasant | 134-01 | 1 |
| 4 | Faith DeRonde | 12 | Oskaloosa | 131-10 | 2 |
| 5 | Charlee Morton | 09 | Hampton-Dumont-CAL | 131-04 | 1 |
| 6 | Vanessa Ayala | 12 | Carroll | 126-05 | 2 |
| 7 | Julia Alberts | 11 | Decorah | 125-09 | 1 |
| 8 | A'Lailah Perry | 11 | Algona | 124-10 | 2 |
| 9 | Makenna Walhof | 11 | Sioux Center | 124-08 | 1 |
| 10 | Kileigh Lachacz | 11 | DC-Grimes | 123-00 | 1 |
| 11 | Libby Dix | 09 | Mt Vernon | 120-05 | 1 |
| 12 | Kierra Schmieding | 12 | Lewis Central | 117-07 | 3 |
| 13 | Elliana Heisinger | 11 | Spencer | 117-00 | 2 |
| 14 | Olivia Huckfelt | 10 | Spencer | 116-10 | 3 |
| 15 | Fran Travis | 10 | Spirit Lake | 115-04 | 4 |
| 16 | Ciara Heffron | 10 | Knoxville | 115-02 | 3 |
| 17 | Maddie Kneifl | 09 | SB-Luton | 115-01 | 5 |
| 18 | Ashlynn Works | 10 | Humboldt | 114-11 | 3 |
| 19 | Madison Maahs | 12 | Epworth, WD | 113-03 | 2 |
| 20 | Erin Ades | 10 | Boone | 112-03 | 2 |
| 21 | Taylor Luscomb | 11 | CPU | 111-05 | 3 |
| 22 | Ashlyn Gomez | 11 | MOC-FV | 111-00 | 6 |
| 23 | Brylee Bruce | 11 | Vinton-Shellbrg | 109-11 | 2 |
| 24 | Maisey Belger | 12 | W Burlington | 107-06 | 2 |

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Event 144 Girls Shot Put 3A (24)

Friday 5/20/2022 - 2:00 PM

| Name | Year | School | Seed | Mark |
|------------------------|------|--------------------|----------|------|
| 1 Jadan Brumbaugh | 12 | Mt Pleasant | 48-04.25 | 1 |
| 2 Katelyn Lappe | 12 | Bond-Farrar | 43-03.50 | 1 |
| 3 Taryn Penney | 12 | Epworth, WD | 41-06.75 | 1 |
| 4 Faith DeRonde | 12 | Oskaloosa | 41-01.00 | 2 |
| 5 Chloe Reiser | 11 | Decorah | 41-00.75 | 2 |
| 6 Carolyn Miller | 11 | Bond-Farrar | 39-09.75 | 3 |
| 7 Madison Maahs | 12 | Epworth, WD | 39-04.50 | 3 |
| 8 Jori Harskamp | 12 | Sioux Center | 39-00.50 | 1 |
| 9 Kileigh Lachacz | 11 | DC-Grimes | 38-11.25 | 1 |
| 10 Kirsten Kilker | 12 | ADM, Adel | 38-08.50 | 2 |
| 11 Kierra Schmieding | 12 | Lewis Central | 38-05.00 | 1 |
| 12 Ashlyn Finarty | 11 | Knoxville | 38-03.25 | 4 |
| 13 A'Lailah Perry | 11 | Algona | 38-02.75 | 1 |
| 14 Abby Bartz | 12 | Vinton-Shellbrg | 38-01.00 | 1 |
| 15 Vanessa Vande Vegte | 11 | MOC-FV | 37-09.50 | 2 |
| 16 Sophia Kreutner | 11 | Vinton-Shellbrg | 37-07.50 | 2 |
| 17 Elliana Heisinger | 11 | Spencer | 37-06.00 | 3 |
| 18 Rylee Coyle | 10 | Humboldt | 37-05.75 | 2 |
| 19 Kylie Krumm | 10 | Grinnell | 37-04.00 | 5 |
| 20 Elise Thramer | 11 | Lewis Central | 37-03.00 | 2 |
| 21 Charlee Morton | 09 | Hampton-Dumont-CAL | 36-09.25 | 3 |
| 22 Hannah Kling | 11 | Grinnell | 36-09.00 | 6 |
| 23 Kortney Babinat | 11 | S Tama Cty | 36-08.50 | 7 |
| 24 Lexi Whaley | 10 | Fort Madison | 33-11.50 | 2 |

Event 150 Girls Distance Medley 3A (24)

Friday 5/20/2022 - 3:00 PM

| Team | Relay | Seed | Time |
|------------------------|--------------------------|--------------------------|------------------------|
| 1 Spencer | 1 | 4:17.02 | 1 |
| 1) Erika Amendt 11 | 2) Jada Piercy 11 | 3) Tyriana Vail 10 | 4) Brenna Fisher 12 |
| 5) Allison Piercy 12 | 6) Jerra Merchant 11 | | |
| 2 ADM, Adel | 1 | 4:19.53 | 1 |
| 1) Aniston Tollari 09 | 2) Jada Grove 09 | 3) Hannah Desmarais 09 | 4) Geneva Timmerman 11 |
| 5) Josi Dufoe 09 | 6) Lauren Case 11 | | |
| 3 Spirit Lake | 1 | 4:20.24 | 2 |
| 1) Mikayla Farmer 12 | 2) Abby Scott 09 | 3) Mackenzie Kauffman 11 | 4) Katelyn Krieger 11 |
| 5) Emma Henrickson 11 | 6) Lilly Irwin 10 | | |
| 4 Ballard | 1 | 4:22.00 | 2 |
| 1) Kate Miller 11 | 2) Katie Tollefson 10 | 3) Kate Husinga 12 | 4) Paityn Noe 11 |
| 5) Noel Boettger 11 | 6) Annika Larson 09 | | |
| 5 DC-Grimes | 1 | 4:22.89 | 3 |
| 1) Elle Nelsen 12 | 2) Meredith McDermott 11 | 3) Maddie Schmitz 09 | 4) Maddy Stevens 09 |
| 5) Skyler Blessman 12 | 6) Mara Redenius 09 | | |
| 6 Carroll | 1 | 4:23.13 | 1 |
| 1) Marasyn Wittrock 09 | 2) Hannah Jorgensen 12 | 3) Katelyn Aden 09 | 4) Marie Dea 10 |
| 5) Madison Tunning 11 | 6) Brenna Goins 10 | | |
| 7 Harlan | 1 | 4:23.23 | 2 |
| 1) Kami Stork 10 | 2) Samantha Ineson 10 | 3) Lilly Metzger 12 | 4) Kaia Bieker 12 |
| 5) Dani Smith 10 | 6) Jaci Broeckelman 12 | | |

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Event 150 ... (Girls Distance Medley 3A (24))

| Event | Team | Relay | Seed Time |
|-------|--------------------------|-----------------------------|-----------------------|
| 8 | Wahlert, Dub | 1 | 4:24.45 1 |
| | 1) Emma Donovan 11 | 2) Tessa Berning 12 | 3) Olivia Donovan 09 |
| | 5) Mia Kunnert 12 | 6) Ellie Meyer 12 | 4) Jamie Schmid 12 |
| 9 | MOC-FV | 1 | 4:24.90 3 |
| | 1) Addison Wierda 12 | 2) Kady Hoekstra 11 | 3) Akeyma Fedders 12 |
| | 5) Tierney Huss 10 | 6) Anna Evink 12 | 4) Emily Haverdink 12 |
| 10 | North Polk | 1 | 4:25.56 1 |
| | 1) Megan Elliott 11 | 2) Ashley Owen 11 | 3) Alana Doonan 12 |
| | 5) Lola Austin 10 | 6) Ava Ferneding 09 | 4) Liza Schaffer 11 |
| 11 | Solon | 1 | 4:25.90 1 |
| | 1) Makinley Levin 12 | 2) Callie Levin 10 | 3) Kaia Holtkamp 12 |
| | 5) Emma Bock 12 | 6) Mia Stahle 10 | 4) Meghan O'Neill 12 |
| 12 | Pella | 1 | 4:26.08 1 |
| | 1) Delanie Reynolds 11 | 2) Emily McMartin 12 | 3) Kelsey Tauke 09 |
| | 5) Jacie Trine 10 | 6) Macy Schroeder 10 | 4) Raegan Snieder 09 |
| 13 | Clear Crk-Amana | 1 | 4:26.35 1 |
| | 1) Bailey Olerich 12 | 2) Bliss Beck 10 | 3) Kiera Rogers 10 |
| | 5) Amanda Weih 12 | 6) Prisca Kalala 11 | 4) Haidyn Barker 11 |
| 14 | Independence | 1 | 4:27.07 2 |
| | 1) Alexis Hearn 12 | 2) Dakota Whitman 11 | 3) Reaghan Ressler 09 |
| | 5) Bella Ressler 11 | 6) Bailie Hookom 09 | 4) Marleigh Louvar 11 |
| 15 | Mt Vernon | 1 | 4:28.40 2 |
| | 1) Paige Schurbon 09 | 2) Kara Swantz 09 | 3) Emma Meester 11 |
| | 5) Kate Dougherty 10 | 6) Elizabeth Quam 12 | 4) Laura Swart 11 |
| 16 | Mt Pleasant | 1 | 4:28.59 2 |
| | 1) Tristian Shull 11 | 2) Andi Scott 10 | 3) Elsie Lange 10 |
| | 5) Jenna Gilmore 12 | 6) Bailey J alas 10 | 4) Abby Blint 12 |
| 17 | Carlisle | 1 | 4:29.34 2 |
| | 1) Aubrey McDaniel 09 | 2) Isabelle Noring 11 | 3) Kira Fisk 09 |
| | 5) Cassandra Miller 11 | 6) Abby Barry 09 | 4) Maya Bergstrom 10 |
| 18 | Decorah | 1 | 4:29.82 3 |
| | 1) Hayley Stowe 10 | 2) Kailyn O'Gara 11 | 3) McKenzie Riley 09 |
| | 5) Dahlyn Headington 11 | 6) Abby Halverson 12 | 4) Danielle Losen 10 |
| 19 | Maquoketa | 1 | 4:30.64 3 |
| | 1) Jordan Armbruster 11 | 2) Taylor Wing 09 | 3) Kalyn Hackman 09 |
| | 5) Allison Bean 10 | 6) Kylie Trentz 09 | 4) Clare Hackman 11 |
| 20 | Atlantic | 1 | 4:31.00 3 |
| | 1) Madison Huddleson 11 | 2) Chloe Mullenix 11 | 3) Nicole Middents 10 |
| | 5) Mariah Huffman 09 | 6) Claire Pellett 10 | 4) Ava Rush 11 |
| 21 | Bond-Farrar | 1 | 4:32.86 3 |
| | 1) Lauren Tegeler 09 | 2) Sienna Lewis 09 | 3) Courtney Kiley 10 |
| | 5) Bridget Johnson 11 | 6) Mea Bell 11 | 4) Kaylen Torrence 09 |
| 22 | Assumption | 1 | 4:33.16 3 |
| | 1) Alyce Jett-Ryan 11 | 2) Dru Dorsey 09 | 3) Ella O'Neill 12 |
| | 5) Maggie Johnson 10 | 6) Julia DeVries 10 | 4) Skylar Hoffman 12 |
| 23 | Marion | 1 | 4:34.18 4 |
| | 1) Sydney Burlage 12 | 2) Alexis Piper 12 | 3) Peyton Steffen 12 |
| | 5) Natalie McAllister 10 | 6) Kyra Cordes 09 | 4) Madison Prier 12 |
| 24 | Nevada | 1 | 4:34.29 2 |
| | 1) Kylie Taylor 10 | 2) Stefany Riera Ramones 09 | 3) Madalyn Gibson 10 |
| | 5) Ava Vanderheyden 09 | 6) Stephanie Lopez 11 | 4) Tori Meinecke 10 |