

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

Des Moines, Iowa
Drake Stadium
Performance List

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

Thursday 5/19/2022 - 12:57 PM

Name	Year	School	Seed	Time
1 Holly Duax	12	SC, West	12.13	1
2 Avery Horner	12	Bettendorf	12.42	1
3 Claire Farrell	11	Norwalk	12.66	1
4 Jessica Kyne	10	DSM, Hoover	12.76	2
5 Kenzie Newton	12	SE Polk	12.77	2
6 Ellasa Horton	12	WAT East	12.81	1
7 Lily Juhnke	12	SC, West	12.83	3
8 Kanijah Angel	10	Clinton	12.85	2
9 Avery Schroeder	10	Muscatine	12.88	2
10 Elliana Harris	10	SC, East	12.93	4
11 Savanna Bruck	12	North Scott	12.94	3
12 Olivia Kramer	11	Dowling Cath	12.94	3
13 Grace Gioffredi	12	Indianola	12.94	1
14 Keira Alliss	12	Waukee NW	13.04	2
15 Athena Nelson	12	North Scott	13.06	4
16 Carson Bohonek	09	Bettendorf	13.07	6
17 Nazayda Bloch	09	DVPT, Central	13.07	5
18 Amira Coleman	10	IC, Liberty	13.13	1
19 Shariah Hart	10	Burlington	13.13	7
20 Christella Boyer	11	Burlington	13.18	8
21 Giada Grimes	10	Johnston	13.19	4
22 Jada Williams	12	Mason City	13.20	5
23 Esaba Okwaramoi	11	Dowling Cath	13.20	5
24 Asia Russell	09	Prairie, CR	13.24	2

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

Thursday 5/19/2022 - 10:50 AM

Name	Year	School	Seed	Time
1 Holly Duax	12	SC, West	24.75	1
2 Claire Farrell	11	Norwalk	25.09	1
3 Jessica Kyne	10	DSM, Hoover	25.09	2
4 Nyla Norman	11	WAT East	25.52	1
5 Avery Horner	12	Bettendorf	25.52	1
6 Emily Klein	12	DUB Hempstead	25.96	2
7 Olivia Kramer	11	Dowling Cath	26.04	3
8 Natalie Harris	12	Waukee NW	26.11	1
9 Giada Grimes	10	Johnston	26.29	4
10 Elliana Harris	10	SC, East	26.31	2
11 Addison Swartzendruber	10	CR Kennedy	26.41	1
12 Mercie Hansel	10	North Scott	26.50	2
13 Avery Schroeder	10	Muscatine	26.82	3
14 Mary Gustason	12	Linn-Mar	26.82	2
15 Kiana Carnes	11	Waukee NW	26.82	2
16 Neveah Jones	12	WAT East	26.85	3
17 Quinn Nielsen	10	Clinton	26.86	4
18 Emily Schmidt	12	Linn-Mar	26.91	3
19 Kanijah Angel	10	Clinton	26.92	5
20 Eva Fulk	12	Ankeny	26.93	5

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

	Name	Year	School	Seed Time	
21	Alexis Boord	11	SE Polk	26.94	3
22	Ke'Ayla Madison	11	DSM, Roosevelt	26.97	6
23	Jada Williams	12	Mason City	27.06	4
24	Emily Heitzman	09	Dowling Cath	27.09	7

Event 23 Girls 400 Meter Dash 4A (24)

Thursday 5/19/2022 - 1:30 PM

	Name	Year	School	Seed Time	
1	Gabby Cortez	12	Prairie, CR	56.19	1
2	Sidney Swartzendruber	10	CR Kennedy	57.45	2
3	Addison Swartzendruber	10	CR Kennedy	57.64	3
4	Ani Wedemeyer	09	IC, City High	57.78	1
5	Claire Farrell	11	Norwalk	57.88	1
6	Maya Williams	10	Bettendorf	58.19	1
7	Mya Crawford	09	Cedar Falls	59.12	2
8	Morgan Engels	12	Waukee NW	59.60	1
9	Yanelli Luna	11	SC, North	59.86	1
10	Anna Van Kooten	10	SE Polk	1:00.10	2
11	Jayce Blanchard	11	Johnston	1:00.12	2
12	Iris Wedemeyer	11	IC, City High	1:00.13	3
13	Nyadio Chan	12	Ames	1:00.35	3
14	Camdyn Kay	10	DUB Hempstead	1:00.71	4
15	Erinn Varga	10	IC, West	1:00.78	5
16	Julia Flick	09	Ankeny Cent	1:01.18	4
17	Jaida Bell	09	Johnston	1:01.49	3
18	Carli Bennett	10	SE Polk	1:01.52	5
19	Ke'Ayla Madison	11	DSM, Roosevelt	1:01.64	4
20	Hannah Ramsey	11	IC, Liberty	1:01.85	4
21	Morgan Johnson	10	Ankeny	1:01.89	5
22	Annie Schwartz	11	IC, West	1:01.92	6
23	Sophie Brown	09	Burlington	1:02.36	2
24	Lizzie Sorensen	12	Waukee	1:02.67	2

Event 31 Girls 800 Meter Run 4A (24)

Saturday 5/21/2022 - 11:00 AM

	Name	Year	School	Seed Time	
1	Grace Boleyn	09	Pleasant Valley	2:18.69	1
2	Ani Wedemeyer	09	IC, City High	2:18.79	1
3	Ashlyn Keeney	12	IC, Liberty	2:19.10	1
4	Kaia Downs	12	SC, East	2:20.74	1
5	Emily Naughton	11	Indianola	2:20.75	1
6	Addison Dorenkamp	10	Valley, WDM	2:20.92	2
7	Lily Johannes	12	Prairie, CR	2:20.96	2
8	Lydia Sommer	11	Pleasant Valley	2:22.27	2
9	Alli Macke	09	Ankeny	2:22.55	1
10	Mya DouBrava	11	Valley, WDM	2:22.80	3
11	Anna Sheriff	09	Waukee NW	2:23.10	4
12	Taylor Barbour	09	SE Polk	2:23.56	2
13	Alexis Moses	12	Prairie, CR	2:24.12	3
14	Adrienne Buettner-Cable	11	DSM, Roosevelt	2:24.49	2

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

Name	Year	School	Seed Time	
15 Sydney Turk	11	Ames	2:25.43	3
16 Lois Blackman	12	DVPT, Central	2:25.77	3
17 Sally Gaskell	11	Dowling Cath	2:26.73	3
18 Sadie Maas	10	Waukee NW	2:26.74	5
19 Julia Gehl	10	DUB Hempstead	2:26.90	2
20 Tatum Frazier	12	IC, City High	2:27.90	3
21 Ava Zediker	09	Dowling Cath	2:28.04	4
22 Micah Blevins	11	Marshalltown	2:28.78	4
23 Claire Hoyer	09	DUB Senior	2:29.08	4
24 Josee Simonson	09	Cedar Falls	2:29.55	5

Event 39 Girls 1500 Meter Run 4A (24)

Saturday 5/21/2022 - 3:07 PM

Name	Year	School	Seed Time	
1 Kaia Downs	12	SC, East	4:47.82	1
2 Addison Dorenkamp	10	Valley, WDM	4:49.72	1
3 Julia Gehl	10	DUB Hempstead	4:49.86	1
4 Keelee Leitzen	10	DUB Hempstead	4:49.88	2
5 Leah Klapatauskas	10	DUB Senior	4:49.91	3
6 Grace Boleyn	09	Pleasant Valley	4:50.80	1
7 Lydia Sommer	11	Pleasant Valley	4:51.24	2
8 Abi Hahn	11	DSM, Roosevelt	4:51.40	1
9 Aleah Tenpas	12	Johnston	4:51.90	2
10 Rondi Quass	11	Ankeny Cent	4:52.22	2
11 Claire Helmers	09	Ames	4:53.09	3
12 Kaitlyn Miller	10	DUB Senior	4:54.21	4
13 Kamryn Ensley	12	Valley, WDM	4:54.56	2
14 Drew Beason	09	Ankeny	4:54.80	3
15 Olivia Verde	10	Johnston	4:55.53	4
16 Marley Turk	09	Ames	4:58.35	4
17 Rowan Boulter	12	IC, City High	4:59.07	5
18 Adrienne Buettner-Cable	11	DSM, Roosevelt	4:59.93	5
19 Bella Hodges	09	Ankeny Cent	5:00.91	5
20 Kariin Roush	12	Waukee NW	5:01.62	3
21 Audra Mulholland	10	Mason City	5:02.33	6
22 Ashlyn Keeney	12	IC, Liberty	5:02.42	1
23 Jordyn Brown	09	Indianola	5:03.94	4
24 Bethany Smeed	12	CR Kennedy	5:05.61	2

Event 47 Girls 3000 Meter Run 4A (24)

Thursday 5/19/2022 - 9:55 AM

Name	Year	School	Seed Time	
1 Julia Gehl	10	DUB Hempstead	10:36.33	1
2 Leah Klapatauskas	10	DUB Senior	10:36.66	2
3 Rowan Boulter	12	IC, City High	10:37.70	3
4 Addison Dorenkamp	10	Valley, WDM	10:42.20	1
5 Abi Hahn	11	DSM, Roosevelt	10:49.76	1
6 Kamryn Ensley	12	Valley, WDM	10:56.73	2
7 Olivia Verde	10	Johnston	11:00.37	2
8 Adrienne Buettner-Cable	11	DSM, Roosevelt	11:00.46	3

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Event 47 ... (Girls 3000 Meter Run 4A (24))

Name	Year	School	Seed Time	
9	Drew Beason	09 Ankeny	11:02.48	4
10	Rondi Quass	11 Ankeny Cent	11:04.96	1
11	Ashlyn Keeney	12 IC, Liberty	11:07.43	1
12	Cori Mac	10 IC, Liberty	11:13.92	2
13	Kaia Downs	12 SC, East	11:14.37	2
14	Georgia Harms	11 DUB Senior	11:15.71	4
15	Dylan Moeller	09 DVPT, Central	11:16.51	1
16	Evie Henneberry	09 DUB Hempstead	11:18.13	5
17	Kylie Daily	10 DVPT, West	11:23.88	2
18	Anika Mohrhauser	09 Ankeny Cent	11:24.45	3
19	Bethany Smeed	12 CR Kennedy	11:24.52	3
20	Maddie Gallagher	10 Cedar Falls	11:24.69	6
21	Liv Hall	10 Dowling Cath	11:27.62	5
22	Lexi Minard	10 Pleasant Valley	11:30.56	3
23	Katherine Pagorek	09 Waukee NW	11:38.04	3
24	Elizabeth Jordan	11 SC, North	11:41.20	4

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

Friday 5/20/2022 - 10:10 AM

Name	Year	School	Seed Time	
1	Mackenzie Carney	12 Waukee NW	14.62	1
2	Natalie Harris	12 Waukee NW	14.68	2
3	Maddy McFarland	12 Cedar Falls	15.47	1
4	McKenzie Borden	12 Bettendorf	15.56	1
5	Sydney Skarich	10 North Scott	15.58	2
6	Ella Woods	12 IC, West	15.62	2
7	Esaba Okwaramoi	11 Dowling Cath	15.80	1
8	Ruby Leman	09 Dowling Cath	15.83	2
9	Grace Braden	11 CR Kennedy	16.02	1
10	Ali Frandsen	11 Ames	16.05	1
11	Alexis Brown	12 DSM, East	16.09	3
12	Grace Graham	12 North Scott	16.11	3
13	Addy Patten	11 Pleasant Valley	16.15	4
14	Arriana Johnson	11 DSM, Roosevelt	16.32	4
15	Ryann Decker	10 Prairie, CR	16.38	2
16	Emma Havighurst	09 Valley, WDM	16.40	3
17	Te'Nia Ansley	12 IC, City High	16.43	3
18	Ashley Smith	12 DVPT, West	16.47	5
19	Rosa Monarch	11 Mason City	16.66	2
20	Bailey Williamson	12 SE Polk	16.69	3
21	Alexandria Petersen	11 DVPT, West	16.70	6
22	Brie Klein	12 IC, Liberty	16.76	3
23	Martha Hamilton	12 IC, City High	16.80	4
24	Kaitlin Carr	12 DVPT, Central	16.84	7

Event 60 Girls 400 Meter Hurdles 4A (24)

Friday 5/20/2022 - 11:50 AM

Name	Year	School	Seed Time	
1	Mackenzie Carney	12 Waukee NW	1:04.36	1
2	Erinn Varga	10 IC, West	1:05.42	1

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Event 60 ... (Girls 400 Meter Hurdles 4A (24))

	Name	Year	School	Seed	Time
3	Abby LaSale	11	CB, A Lincoln	1:05.78	2
4	Ali Frandsen	11	Ames	1:06.07	1
5	Eva Reynolds	11	IC, City High	1:06.19	2
6	Avery Winter	09	Waukee NW	1:06.58	3
7	Lily McConnell	09	IC, West	1:06.59	3
8	Mallory Drake	12	Waukee	1:06.78	4
9	Maddy McFarland	12	Cedar Falls	1:06.78	4
10	Ashley Smith	12	DVPT, West	1:06.99	1
11	Martha Hamilton	12	IC, City High	1:07.02	5
12	Crystal Castellano	12	Dowling Cath	1:07.35	1
13	Kylin Smith	09	Ankeny Cent	1:08.18	2
14	Hannah McVey	10	Pleasant Valley	1:08.36	2
15	Reese Ervin	11	Dowling Cath	1:08.50	2
16	Mya Curry	10	DUB Hempstead	1:08.67	6
17	Aniah Smith	12	DVPT, Central	1:08.76	3
18	Lillian Smith	10	Ankeny	1:08.95	3
19	Arriana Johnson	11	DSM, Roosevelt	1:09.30	4
20	Olivia Kroska	09	Ankeny Cent	1:09.65	3
21	Campbell Dopler	09	Bettendorf	1:09.79	4
22	Jessie Clemons	10	Pleasant Valley	1:09.84	5
23	Maci Harder	12	Prairie, CR	1:11.03	1
24	Asta Hildebrand	09	IC, Liberty	1:11.83	2

Event 69 Girls 4x100 Meter Shuttle Hurdle 4A (24) Prelims**Thursday 5/19/2022 - 9:20 AM**

	Team	Relay	Seed	Time
1	Waukee NW	1	1:03.44	1
	1) Faith Millsap 12	2) Natalie Harris 12	3) Camryn Weers 12	4) Mackenzie Carney 12
	5) Addison Rayburn 09	6) Avery Winter 09		
2	Dowling Cath	1	1:04.57	1
	1) Alex Gaskell 09	2) Ruby Leman 09	3) Reese Ervin 11	4) Esaba Okwaramoi 11
	5) Olivia Kramer 11	6) Crystal Castellano 12		
3	IC, City High	1	1:05.83	1
	1) Te'Nia Ansley 12	2) Eva Reynolds 11	3) Martha Hamilton 12	4) Mia DePrenger 12
	5) Sierra Pruessner 10	6) Mackenzie Dvorsky 10		
4	Cedar Falls	1	1:07.42	2
	1) Johnna Dieken 11	2) Mattie Dieken 09	3) Paige Paup 10	4) Maddy McFarland 12
	5) Kayla Hurley 12	6) Lauren Waskow 10		
5	Ames	1	1:07.79	1
	1) Claire Galvin 12	2) Ireland Buss 11	3) Aker Yor 11	4) Ali Frandsen 11
	5) Sammi Schaben 12	6) Jada Britten 09		
6	CR Kennedy	1	1:08.05	1
	1) Allison Harris 12	2) Isabelle Presley 12	3) Molly Joyner 12	4) Grace Braden 11
	5) Alyssa Peck 10			
7	Valley, WDM	1	1:08.09	2
	1) Emma Havighurst 09	2) Ellen Mitchell 12	3) Nyankuer Arou 10	4) Keely Rizley 11
	5) Lourdes Moreno 12	6) Elle Peterson 11		
8	North Scott	1	1:08.22	1
	1) Grace Graham 12	2) Chloe Morrison 09	3) Alyssa Atzen 12	4) Sydney Skarich 10
	5) Bailey Boddicker 11	6) Jacque Carlson 09		

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

Event	Team	Relay	Seed Time
9	Mason City	1	1:08.49 2
	1) Rosa Monarch 11	2) Tara Backhaus 12	3) Ellea Lewerke 10
	5) Greta Lewerke 09	6) Ariel Lee 10	4) Gwen Fiser 10
10	Pleasant Valley	1	1:08.59 2
	1) Hannah McVey 10	2) Ava Kwak 12	3) Reagan Hassel 11
	5) Cecelia Fierce 12	6) Caroline Corcoran 11	4) Addy Patten 11
11	Prairie, CR	1	1:08.76 2
	1) Ryann Decker 10	2) Maci Harder 12	3) Kayla Sykes 10
	5) Hannah Hughes 09	6) Katie Slosiarek 09	4) Cici Gomez-Bryant 10
12	IC, West	1	1:09.19 3
	1) Hebah War 11	2) Erinah Carter 10	3) Sophia Olivo 09
	5) Evelyn Asay 09	6) Brynne Nock 12	4) Ella Woods 12
13	DVPT, West	1	1:09.25 3
	1) Alexandria Petersen 11	2) Abbey Smith 12	3) Isabelle Sinksen 11
	5) Grace Schneiderman 12	6) Ashanti Kolwey 09	4) Ashley Smith 12
14	Johnston	1	1:09.31 2
	1) Ava Smithson 12	2) Ella Smithson 10	3) Kinsley Theobald 10
	5) Jaida Bell 09	6) Sophie Ruddy 11	4) Taylor Arbuckle 11
15	SE Polk	1	1:09.64 3
	1) Grace Gustafson 12	2) Abby Gustafson 09	3) Addison Powell 12
	5) Sienna Larsen 10	6) Gwen Willeford 11	4) Bailey Williamson 12
16	Ankeny Cent	1	1:10.30 4
	1) Ella Jumper 10	2) Jordy Jumper 10	3) Olivia Kroska 09
	5) Layla Hughes 11	6) Maraye Breeding 12	4) Kylin Smith 09
17	IC, Liberty	1	1:10.33 3
	1) Brie Klein 12	2) Elizabeth Jaeger 12	3) Brityn Gryp 11
	5) Ava Roggy 11	6) Megan Brewer 09	4) Asta Hildebrand 09
18	Norwalk	1	1:11.06 3
	1) Kate Desmond 11	2) Shae Ung 11	3) Ella Johnson 09
	5) Bailey Birmingham 09	6) Chloe Martin 11	4) Juliana Warren 11
19	Indianola	1	1:11.25 3
	1) Anna Young 12	2) Sully Downey 09	3) Madison Rogers 09
	5) Keela Matthias 09		4) Josie McGraw 09
20	Linn-Mar	1	1:11.26 4
	1) Petra Sherman 10	2) Tera Thompson 12	3) Allison Kriegel 11
	5) Ava Tichel 11	6) Isabel Sherman 12	4) Erika Wagner 12
21	SC, East	1	1:11.63 5
	1) Addison Beasley 09	2) Brylee Hempey 12	3) Mia Rice 10
	5) Gabrielle Brown-Pinkleman 09	6) Meredith Westra 11	4) Baling Tang 12
22	Waukee	1	1:11.84 4
	1) Morgan Gach 11	2) Kendall Davey 09	3) Audrey Dyvig 11
	5) Hannah Wiemers 09		4) Nicole Sabatino 11
23	Bettendorf	1	1:12.69 4
	1) Gia McDermott 11	2) Alyssa O'Neal 09	3) McKenzie Borden 12
	5) Tatianna Day 11		4) Illesia Carter 10
24	Urbandale	1	1:13.25 5
	1) Lainey Drown 10	2) Camryn Johnson 09	3) Avery VanQuathem 10
	5) Omnyi Ojeke 09	6) Ashlyn Perry 12	4) Ela Tabakovic 09

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

Friday 5/20/2022 - 12:50 PM

	Team	Relay	Seed Time	
1	SC, West	1	48.56	1
	1) Kellesse Heard 11	2) Holly Duax 12	3) Bella Leon 12	4) Lily Juhnke 12
	5) Kenya Harris 09	6) Gabby Wagner 12		
2	Prairie, CR	1	49.04	1
	1) Asia Russell 09	2) Sarah Jordan 11	3) Taylor Lee 12	4) Gabby Cortez 12
	5) Catie Reitinger 10	6) Kamryn Grissel 12		
3	Dowling Cath	1	49.10	1
	1) Esaba Okwaramoi 11	2) Emily Heitzman 09	3) Shea Johnson 10	4) Olivia Kramer 11
	5) Julia Friedrich 12	6) Kate Nelson 09		
4	Ames	1	49.15	2
	1) Saylor Horras 09	2) Ireland Buss 11	3) Ellie Lynch 11	4) Cameron Moon 11
	5) Ali Frandsen 11	6) Elaina Deardorff 11		
5	Waukee NW	1	49.18	1
	1) Keira Alliss 12	2) Morgan Engels 12	3) Josie Vande Krol 10	4) Natalie Harris 12
	5) Za'mauri Bates 12	6) Aunya Van Zetten 09		
6	Norwalk	1	49.95	2
	1) Marin Randall 12	2) Raegan Levi 12	3) Savannah Welch 10	4) Noelle Sutcliffe 10
	5) Jaylynn Brandt 10	6) Nyah Hulbert 09		
7	DSM, Hoover	1	49.96	3
	1) Takira Smith 10	2) Deu Wal 10	3) Kim Karnga 10	4) Jessica Kyne 10
	5) Taysia Young 11	6) Andrea N'Goran 11		
8	SC, East	1	50.02	3
	1) Bella Gordon 11	2) Grace Erick 09	3) Alyssa Erick 11	4) Elliana Harris 10
	5) Brylee Hempey 12	6) Trinity Wagner 11		
9	North Scott	1	50.08	1
	1) Jorie Hanenburg 11	2) Savanna Bruck 12	3) Harmony Hansel 10	4) Mercie Hansel 10
	5) Maddie Gill 12	6) Natalie Naber 11		
10	SE Polk	1	50.08	4
	1) Alexis Boord 11	2) Avery Warren 09	3) Ericka Thielen 11	4) Kenzie Newton 12
	5) Laryssa Pritchard 12	6) Addison Powell 12		
11	Johnston	1	50.09	4
	1) Alyssa Miner 12	2) Karli Wagner 10	3) Miya Long 12	4) Giada Grimes 10
	5) Grace E Anderson 09	6) Mae Glass 10		
12	Linn-Mar	1	50.10	2
	1) Mary Gustason 12	2) Kaylee Bunn 10	3) Sydney Carsello 11	4) Emily Schmidt 12
	5) Katy Hand 11	6) Abigaelle Ishimwe 12		
13	Ankeny Cent	1	50.14	5
	1) Addison Arringdale 10	2) Morgan Posusta 10	3) Mariah Belzer 11	4) Maraye Breeding 12
	5) Layla Hughes 11	6) Crystal Opoku 10		
14	Clinton	1	50.31	1
	1) Quinn Nielsen 10	2) Hannah Malli 10	3) Makayla Howard 11	4) Kanijah Angel 10
	5) Greta Greenly 12	6) Kayla Krogmann 11		
15	Indianola	1	50.47	2
	1) Grace Ruelle 09	2) Kaydence Eaton 10	3) Josie McGraw 09	4) Grace Gioffredi 12
	5) Dana Blake 09	6) Kiley Kindlespire 09		
16	Bettendorf	1	50.56	2
	1) Brooke Magistrelli 11	2) Carson Bohonek 09	3) Mira Horner 09	4) Anna Ostrom 09
	5) Tessa Teagarden 11	6) Avery Horner 12		
17	Mason City	1	50.65	6
	1) Rosa Monarch 11	2) Ariel Lee 10	3) Gwen Fiser 10	4) Jada Williams 12
	5) Megan Tobin 10	6) Taia Hillhouse 12		

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

	Team	Relay	Seed Time
18	Burlington	1	50.66 3
	1) Kierah Wiseman 09	2) Christella Boyer 11	3) Sophie Brown 09
	5) Kaylin Purnell 12		4) Shariah Hart 10
19	Valley, WDM	1	50.78 3
	1) Gabby Clark 10	2) Bella Mavinga 09	3) Rowan Sandvig 10
	5) Kaylin Kiner 10	6) Avery Remsburg 10	4) Ashley Buchholz 10
20	Waukee	1	50.80 4
	1) Valerie Jepkosgei 11	2) Miranda Peters 11	3) Kaliyah Perry 12
	5) Ella McGee 10	6) Kylie Faber 09	4) Radaisyia Thomas 12
21	WAT East	1	50.81 2
	1) Jaleah Jones 12	2) Nyla Norman 11	3) Denia Willingham 10
	5) Valieghja Wright 12	6) Layla Dilley 10	4) Ellasa Horton 12
22	IC, West	1	50.97 3
	1) Stephanie Nuro-Gyina 11	2) Erinah Carter 10	3) Hebah War 11
	5) Marie Stier 09	6) Ella Woods 12	4) Avery Vest 12
23	IC, Liberty	1	50.97 3
	1) Brityn Gryp 11	2) Brynlee Slockett 10	3) Brie Klein 12
	5) Jenna Uden 12	6) Haley Schroeder 10	4) Amira Coleman 10
24	Pleasant Valley	1	50.98 4
	1) Mary Paige Withers 10	2) Kora Ruff 12	3) Addy Patten 11
	5) Allison Malone 11	6) Rhema Saddler 11	4) Malayna Albertson 11

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

Friday 5/20/2022 - 11:05 AM

	Team	Relay	Seed Time
1	Waukee	1	1:43.92 1
	1) Valerie Jepkosgei 11	2) Anjelena Carder 10	3) Jenna Jones 10
	5) Ella McGee 10	6) Radaisyia Thomas 12	4) Kaliyah Perry 12
2	Ames	1	1:44.45 1
	1) Elaina Deardorff 11	2) Ireland Buss 11	3) Cameron Moon 11
	5) Saylor Horras 09	6) Nika Cano Erfurth 10	4) Ellie Lynch 11
3	Waukee NW	1	1:44.67 2
	1) Kiana Carnes 11	2) Avery Winter 09	3) Josie Vande Krol 10
	5) Morgan Engels 12	6) Natalie Harris 12	4) Aunya Van Zetten 09
4	Dowling Cath	1	1:45.76 1
	1) Ashley Hall 11	2) Emily Heitzman 09	3) Kate Nelson 09
	5) Shea Johnson 10	6) Alex Gaskell 09	4) Olivia Kramer 11
5	WAT East	1	1:45.78 1
	1) Neveah Jones 12	2) Nyla Norman 11	3) Denia Willingham 10
	5) Addison Freeman 09	6) Savannah Payton 10	4) Ellasa Horton 12
6	Norwalk	1	1:46.27 2
	1) Kennedy Robbins 10	2) Raegan Levi 12	3) Marin Randall 12
	5) Savannah Welch 10	6) Hailey Gear 10	4) Noelle Sutcliffe 10
7	Linn-Mar	1	1:46.30 1
	1) Mary Gustason 12	2) Katy Hand 11	3) Gwen Gaffney 10
	5) Sydney Carsello 11	6) Rachel Hamling 12	4) Emily Schmidt 12
8	Bettendorf	1	1:46.70 1
	1) Amanda Scott 12	2) Brooke Magistrelli 11	3) Tessa Teagarden 11
	5) Maya Williams 10	6) Anna Ostrom 09	4) Avery Horner 12
9	North Scott	1	1:46.91 2
	1) Savanna Bruck 12	2) Mercie Hansel 10	3) Harmony Hansel 10
	5) Natalie Naber 11	6) Jorie Hanenburg 11	4) Maddie Gill 12

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

Event	Team	Relay	Seed Time
10	SE Polk	1	1:47.19 2
	1) Alexis Boord 11	2) Avery Warren 09	3) Felicity Severs 10
	5) Anna Van Kooten 10	6) Kendall Woods 11	4) Kenzie Newton 12
11	DSM, Hoover	1	1:47.23 3
	1) Takira Smith 10	2) Deu Wal 10	3) Kim Karnga 10
	5) Acown Kak 09	6) Jalina Jordan 10	4) Jessica Kyne 10
12	SC, East	1	1:47.26 3
	1) Bella Gordon 11	2) Grace Erick 09	3) Trinity Wagner 11
	5) Alyssa Erick 11	6) Mia Rice 10	4) Elliana Harris 10
13	Clinton	1	1:47.30 2
	1) Quinn Nielsen 10	2) Kayla Krogmann 11	3) Makayla Howard 11
	5) Hannah Malli 10	6) Callia Logan 10	4) Kanijah Angel 10
14	Prairie, CR	1	1:47.50 2
	1) Asia Russell 09	2) Catie Reitinger 10	3) Izzy McClure 10
	5) Gabby Cortez 12	6) Kamryn Grissel 12	4) Sarah Jordan 11
15	Urbandale	1	1:47.93 3
	1) Lauryn Bibbs 12	2) Precious Karyee 09	3) Lauren Nepper 11
	5) Julia Martinez-Lohf 12	6) Bri Tigges 10	4) Denman Rew 11
16	Pleasant Valley	1	1:48.06 3
	1) Kora Ruff 12	2) Malayna Albertson 11	3) Elodie Stroup 09
	5) Hannah McVey 10	6) Chloe Chamberlin 10	4) Mary Paige Withers 10
17	Johnston	1	1:48.40 4
	1) Miya Long 12	2) Karli Wagner 10	3) Grace E Anderson 09
	5) Paige Peterson 11	6) Kennedy Godfredsen 11	4) Alyssa Miner 12
18	Valley, WDM	1	1:48.59 4
	1) Avery Remsburg 10	2) Ashley Buchholz 10	3) Bella Mavinga 09
	5) Talshon Graham 10	6) Emma Havighurst 09	4) Makenna Paul 09
19	DVPT, North	1	1:49.19 4
	1) Vashanti Glover 11	2) Journey Houston 09	3) Kamryn Becker 11
	5) Kayla Overton 12	6) Geneva Stuart Neal 09	4) Sophia Tensley 12
20	Ankeny Cent	1	1:49.27 4
	1) Averi Porter 11	2) Charli Brady 10	3) Malin Vallejo 11
	5) Hannah Varangkounh 10	6) Elizabeth Mahama 10	4) Elle Street 12
21	IC, West	1	1:49.68 3
	1) Ivy Nuro-Gyina 09	2) Avery Vest 12	3) Hebah War 11
	5) Lindsey McKane 09	6) Erinn Varga 10	4) Stephanie Nuro-Gyina 11
22	IC, Liberty	1	1:49.85 3
	1) Brityn Gryp 11	2) Brynlee Slockett 10	3) Jasmine Barney 11
	5) Isabelle Woody 12	6) Cassidy Hartman 11	4) Amira Coleman 10
23	CR Kennedy	1	1:49.86 4
	1) Aleksyia LeClere 12	2) Quren Hullon 10	3) Molly Joyner 12
	5) Addison Swartzendruber 10		4) Jovie Veach 10
24	Ankeny	1	1:49.91 5
	1) Kaitlyn Braun 10	2) Karsen Jacks 10	3) Kari Peterson 09
	5) Leah Davis 12	6) Lexi Stephens 12	4) Jenna Pitz 11

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

Friday 5/20/2022 - 1:40 PM

Event	Team	Relay	Seed Time
1	IC, City High	1	3:58.18 1
	1) Iris Wedemeyer 11	2) Mia DePrenger 12	3) Eva Reynolds 11
	5) Ava Bell 10	6) Lucy Thompson 10	4) Ani Wedemeyer 09

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

	Team	Relay	Seed Time	
2	Prairie, CR	1	4:02.76	1
	1) Catie Reitinger 10	2) Hannah Roe 12	3) Lily Johannes 12	4) Gabby Cortez 12
	5) Alexis Moses 12	6) McKenna Murray 10		
3	SE Polk	1	4:03.03	1
	1) Anna Van Kooten 10	2) Carli Bennett 10	3) Taylor Barbour 09	4) Jenna Francois 11
	5) Libby Hartz 10	6) Felicity Severs 10		
4	DSM, Roosevelt	1	4:03.11	1
	1) Arianna Jackson 11	2) Mijara Robinson 09	3) Elle Green 12	4) Ke'Ayla Madison 11
	5) Olivia Taylor 12	6) Abi Hahn 11		
5	Ames	1	4:03.30	2
	1) Cameron Moon 11	2) Saylor Horras 09	3) Ellie Lynch 11	4) Ali Frandsen 11
	5) Nyadio Chan 12	6) Marley Turk 09		
6	Waukee NW	1	4:03.84	1
	1) Morgan Engels 12	2) Kiana Carnes 11	3) Aunya Van Zetten 09	4) Sadie Maas 10
	5) Mackenzie Carney 12	6) Avery Winter 09		
7	Johnston	1	4:04.35	2
	1) Paige Peterson 11	2) Jayce Blanchard 11	3) Aleah Tempas 12	4) Krissy Spear 10
	5) Maggie Burry 10	6) Jaida Bell 09		
8	DUB Hempstead	1	4:05.37	2
	1) Camdyn Kay 10	2) Brooke O'Brien 11	3) Maddie Digman 11	4) Keelee Leitzen 10
	5) Mya Curry 10	6) Isabel Brauhn 10		
9	Bettendorf	1	4:05.92	1
	1) Maya Williams 10	2) Amanda Scott 12	3) Hannah Beintema 12	4) Tessa Teagarden 11
	5) Tatianna Day 11	6) McKenzie Borden 12		
10	Ankeny	1	4:05.98	3
	1) Morgan Johnson 10	2) Eva Fulk 12	3) Sophie Loeffler 09	4) Zoe Shadravan 11
	5) Alli Macke 09	6) Gracie Lindaman 09		
11	Waukee	1	4:07.76	2
	1) Ava Carder 12	2) Molly Bannister 12	3) Lizzie Sorensen 12	4) Anjelena Carder 10
	5) Mallory Drake 12	6) Jenna Jones 10		
12	Cedar Falls	1	4:08.46	3
	1) Grace Knutson 10	2) Avery Berte 09	3) Apryl Halsor 09	4) Maddy McFarland 12
	5) Mya Crawford 09	6) Grace Hannam 09		
13	CR Kennedy	1	4:08.60	2
	1) Addison Swartzendruber 10	2) Molly Joyner 12	3) Jovie Veach 10	4) Sidney Swartzendruber 10
	5) Bethany Smeed 12	6) Riley Parker 11		
14	DVPT, Central	1	4:09.30	2
	1) Kendyl Smith 09	2) Aerielle Johnson 09	3) Lois Blackman 12	4) Brooklyn Johnson 12
	5) Aniah Smith 12	6) Hannah Ford 10		
15	Dowling Cath	1	4:09.38	4
	1) Crystal Castellano 12	2) Ava Zediker 09	3) Madeline Stevenson 10	4) Ashley Hall 11
	5) Sally Gaskell 11	6) Lauryn Frerichs 11		
16	North Scott	1	4:09.42	3
	1) Maddie Gill 12	2) Bailey Boddicker 11	3) Kaitlyn Knoche 11	4) Sydney Skarich 10
	5) Faith Nead 12	6) Harmony Hansel 10		
17	Norwalk	1	4:11.21	5
	1) Ashlyn Brown 10	2) Maya Butler 09	3) Kennedy Robbins 10	4) Breelie Mauro 11
	5) McKenzie Koerselman 12	6) Noelle Sutcliffe 10		
18	Pleasant Valley	1	4:11.60	4
	1) Jessie Clemons 10	2) Josie Case 10	3) Hannah McVey 10	4) Grace Boleyn 09
	5) Lydia Sommer 11	6) Caitlin Quinn 09		

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

Team	Relay	Seed Time
19 IC, West	1	4:12.29 4
1) Annie Schwartz 11	2) Lindsey McKane 09	3) Lily McConnell 09
5) Brynne Nock 12	6) Brianna Newton 12	4) Erinn Varga 10
20 Ankeny Cent	1	4:12.41 3
1) Julia Flick 09	2) Elle Street 12	3) Malin Vallejo 11
5) Kylin Smith 09	6) Olivia Kroska 09	4) Addie Pollock 10
21 Indianola	1	4:13.31 3
1) Camden Palmer 09	2) Lauren Blake 12	3) Aspen Nelson 09
5) Elyse Bierman 09	6) Josie McGraw 09	4) Emily Naughton 11
22 IC, Liberty	1	4:14.94 3
1) Jasmine Barney 11	2) Hannah Ramsey 11	3) Marissa Becker 09
5) Carlie Schroeder 12	6) Asta Hildebrand 09	4) Hailey Noel 11
23 Valley, WDM	1	4:15.41 4
1) Mya DouBrava 11	2) Taylor Burns 09	3) Finley Hancock 09
5) Klaire Lietz 09	6) Raneen Rheem 11	4) Makenna Paul 09
24 Urbandale	1	4:16.12 5
1) Elleana Lekkass 11	2) Lauren Nepper 11	3) Sarah Webster 09
5) Julia Martinez-Lohf 12	6) Elena Tysseling 11	4) Alex Mackie 10

Event 100 Girls 4x800 Meter Relay 4A (24)
Thursday 5/19/2022 - 11:45 AM

Team	Relay	Seed Time
1 DUB Hempstead	1	9:41.42 1
1) Camdyn Kay 10	2) Maddie Digman 11	3) Keelee Leitzen 10
5) Julia Gehl 10	6) Sophia Dallal 11	4) Brooke O'Brien 11
2 Ames	1	9:41.96 1
1) Claire Helmers 09	2) Nyadio Chan 12	3) Sydney Turk 11
5) Lauren Risdal 09	6) Payton Stewart 11	4) Marley Turk 09
3 SE Polk	1	9:45.43 2
1) Carli Bennett 10	2) Taylor Barbour 09	3) Libby Hartz 10
5) Alyssa Bartlett 09	6) Ivy Glendening 10	4) Jenna Francois 11
4 Pleasant Valley	1	9:46.20 1
1) Lydia Sommer 11	2) Sophia Foad 09	3) Kaylee Mowen 09
5) Grace Boleyn 09	6) Lexi Minard 10	4) Josie Case 10
5 Johnston	1	9:47.79 1
1) Marissa Pewe 09	2) Aleah Tenpas 12	3) Morgan Sullivan 09
5) Bailey Vaughan 12	6) Olivia Verde 10	4) Krissy Spear 10
6 Waukee NW	1	9:47.96 1
1) Anna Sheriff 09	2) Katie Rush 09	3) Kariin Roush 12
5) Hailey Davis 10	6) Megan Lanz 11	4) Sadie Maas 10
7 DSM, Roosevelt	1	9:48.01 2
1) Arianna Jackson 11	2) Elena Gentry 10	3) Abi Hahn 11
5) Ava Scott 10	6) Ivy McFetridge 10	4) Adrienne Buettner-Cable 11
8 DUB Senior	1	9:52.14 2
1) Julia Kilgore 11	2) Claire Hoyer 09	3) Emma Ward 11
5) Georgia Harms 11	6) Leah Klapatauskas 10	4) Kaitlyn Miller 10
9 Ankeny	1	9:52.22 3
1) Alli Macke 09	2) Lauren Jackson 09	3) Sophie Loeffler 09
5) Drew Beason 09	6) Brylee Moyer 11	4) Savannah Gage 09
10 DVPT, Central	1	9:53.38 2
1) Lois Blackman 12	2) Lily Tackett 12	3) Aerielle Johnson 09
5) Evelyn Barfels 10	6) Alexis Bruce 11	4) Merin Crowder 11

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

Event	Team	Relay	Seed Time
11	Bettendorf	1	9:55.02 3
	1) Hannah Beintema 12	2) Maya Williams 10	3) Calista Rasmer 09
	5) Emily See 10	6) Amanda Scott 12	4) Kennah Block 09
12	Waukee	1	10:02.39 2
	1) Molly Bannister 12	2) Mallory Wurth 09	3) Ava Carder 12
	5) Emma Baumgart 11	6) Taylor LeBlanc 10	4) Mallory Drake 12
13	Prairie, CR	1	10:03.95 1
	1) Catie Reittinger 10	2) Hannah Hughes 09	3) Alexis Moses 12
	5) Alyza Koppes 12	6) Gabby Cortez 12	4) Lily Johannes 12
14	Dowling Cath	1	10:06.37 4
	1) Sally Gaskell 11	2) Avery Muller 10	3) Lauryn Frerichs 11
	5) Anna Huss 09	6) Ella Anliker 10	4) Ava Zediker 09
15	Valley, WDM	1	10:06.47 3
	1) Coco Kooker 10	2) Mya DouBrava 11	3) Autumn Mills 09
	5) Kamryn Ensley 12	6) Addison Dorenkamp 10	4) Mandy Overton 11
16	IC, City High	1	10:06.54 3
	1) Lucy Corbin 12	2) Nina Peterson 09	3) Tatum Frazier 12
	5) Rowan Boulter 12	6) Erin Anderson 11	4) Iris Wedemeyer 11
17	North Scott	1	10:11.36 4
	1) Faith Nead 12	2) Kaitlyn Knoche 11	3) Ava Garrard 12
	5) Bailey Boddicker 11	6) Brooklyn Strief 11	4) Peyton Madison 10
18	Marshalltown	1	10:14.44 2
	1) Micah Blevins 11	2) Rachel Smith 12	3) Grace Rasmussen 10
	5) Sydney Hotchkiss 12	6) Lydia Blevins 10	4) Phoebe Hermanson 12
19	Ankeny Cent	1	10:18.64 3
	1) Julia Flick 09	2) Tillie Smith 09	3) Camden Hershberger 11
	5) Rondi Quass 11	6) Bella Hodges 09	4) Lauren Reimer 10
20	Linn-Mar	1	10:22.23 3
	1) Rachel Adamson 11	2) Bethany Northrup 11	3) Lucy Haars 10
	5) Shaye Sullivan 12	6) Jordyn Beck 11	4) Ally Buck 10
21	Cedar Falls	1	10:22.26 4
	1) Apryl Halsor 09	2) Josee Simonson 09	3) Brooklyn Francis 10
	5) Zoe Zylstra 09	6) Lucy Dunning 11	4) Rachel Mandt 11
22	Urbandale	1	10:36.97 4
	1) Norah Seeley 10	2) Crystal Ruden 12	3) Victoria Martinez-Lohf 09
	5) Sarah Webster 09	6) Lauren Peterson 12	4) Alex Mackie 10
23	IC, Liberty	1	10:37.84 4
	1) Hailey Noel 11	2) Clara Welch 09	3) Malia Taylor 11
	5) Cori Mac 10	6) Madelyn Johnson 09	4) Ashlyn Keeney 12
24	Mason City	1	10:42.43 4
	1) Audra Mulholland 10	2) Janae Hansen 09	3) Aspen Cole 10
	5) Olivia Schissel 11		4) Savannah Davis 09

Event 102 Girls 100 Meter Run WC (2)

Saturday 5/21/2022 - 12:40 PM

	Name	Year	School	Seed Time
1	Alayna Darter	09	DUB Hempstead	25.03 1
2	Rylie Lewis	11	Valley, WDM	40.51 1

Event 104 Girls 200 Meter Run WC (2)

Saturday 5/21/2022 - 1:45 PM

	Name	Year	School	Seed Time
1	Alayna Darter	09	DUB Hempstead	47.77 1

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Event 104 ... (Girls 200 Meter Run WC (2))

Name	Year	School	Seed	Time
2 Rylie Lewis	11	Valley, WDM	1	1:27.97

Event 106 Girls 400 Meter Run WC (1)

Saturday 5/21/2022 - 3:15 PM

Name	Year	School	Seed	Time
1 Alayna Darter	09	DUB Hempstead	1	1:32.83

Event 114 Girls 800 Sprint Medley 4A (24)

Saturday 5/21/2022 - 9:37 AM

Team	Relay	Seed	Time
1 Prairie, CR	1	1	1:45.90
1) Asia Russell 09	2) Catie Reittinger 10	3) Sarah Jordan 11	4) Gabby Cortez 12
5) Ryann Decker 10	6) Kaylee Tedrow 12		
2 IC, City High	1	1	1:49.19
1) Safia Almbrazi 11	2) Claire Brown 11	3) Mia DePrenger 12	4) Ani Wedemeyer 09
5) Ruth Cloyd 09	6) Eva Reynolds 11		
3 Norwalk	1	1	1:50.01
1) Marin Randall 12	2) McKenzie Koerselman 12	3) Raegan Levi 12	4) Claire Farrell 11
5) Jaylynn Brandt 10	6) Noelle Sutcliffe 10		
4 Waukee NW	1	1	1:50.35
1) Keira Alliss 12	2) Aunya Van Zetten 09	3) Kiana Carnes 11	4) Avery Winter 09
5) Morgan Engels 12	6) Josie Vande Krol 10		
5 Waukee	1	2	1:50.36
1) Radaisyia Thomas 12	2) Ella McGee 10	3) Kaliyah Perry 12	4) Anjelena Carder 10
5) Miranda Peters 11	6) Jenna Jones 10		
6 Bettendorf	1	1	1:50.41
1) Carson Bohonek 09	2) Avery Horner 12	3) Amanda Scott 12	4) Maya Williams 10
5) Tessa Teagarden 11	6) Brooke Magistrelli 11		
7 WAT East	1	2	1:50.62
1) Jaleah Jones 12	2) Denia Willingham 10	3) Ellasa Horton 12	4) Nyla Norman 11
5) Tia Waters 11	6) Jamaiya Bradford-Gates 09		
8 CR Kennedy	1	2	1:51.04
1) Grace Braden 11	2) Allison Harris 12	3) Addison Swartzendruber 10	4) Sidney Swartzendruber 10
5) Jovie Veach 10	6) Aleksyia LeClere 12		
9 DSM, Roosevelt	1	2	1:51.34
1) Dierra Coleman 12	2) Promise Zandy 10	3) Ke'Ayla Madison 11	4) Mijara Robinson 09
5) Naomi Borgar 09	6) Arriana Johnson 11		
10 Johnston	1	3	1:51.79
1) Alyssa Miner 12	2) Karli Wagner 10	3) Giada Grimes 10	4) Paige Peterson 11
5) Sydney Hodges 10	6) Emma Hattel 10		
11 Ames	1	1	1:52.32
1) Elaina Deardorff 11	2) Ireland Buss 11	3) Saylor Horras 09	4) Cameron Moon 11
5) Ellie Lynch 11	6) Asia Ross 11		
12 DUB Hempstead	1	3	1:52.57
1) Emma Hilkin 12	2) Natasha Freiburger 12	3) Emily Klein 12	4) Brooke O'Brien 11
5) Mya Curry 10	6) Gillian Jaeger 12		
13 Mason City	1	2	1:52.91
1) Rosa Monarch 11	2) Ariel Lee 10	3) Jada Williams 12	4) Megan Tobin 10
5) Gwen Fiser 10	6) Taia Hillhouse 12		
14 Pleasant Valley	1	2	1:52.96
1) Mary Paige Withers 10	2) Malayna Albertson 11	3) Kora Ruff 12	4) Jessie Clemons 10
5) Josie Case 10	6) Hannah McVey 10		

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Event 114 ... (Girls 800 Sprint Medley 4A (24))

Team	Relay	Seed Time
15 SE Polk	1	1:53.21 3
1) Ericka Thielen 11	2) Laryssa Pritchard 12	3) Avery Warren 09
5) Felicity Severs 10	6) Kendall Woods 11	4) Anna Van Kooten 10
16 Ankeny	1	1:53.34 4
1) Lillian Smith 10	2) Karsen Jacks 10	3) Zoe Shadravan 11
5) Macie Strnad 11	6) Alli Macke 09	4) Eva Fulk 12
17 CB, A Lincoln	1	1:53.44 4
1) Ava Watkins 10	2) Lydia Dix 09	3) Hutson Rau 09
5) Hailey Holcombe 10		4) Abby LaSale 11
18 Indianola	1	1:53.44 3
1) Kiley Kindlespire 09	2) Kaydence Eaton 10	3) Grace Gioffredi 12
5) Lauren Blake 12	6) Josie McGraw 09	4) Emily Naughton 11
19 North Scott	1	1:53.99 3
1) Maddie Gill 12	2) Savanna Bruck 12	3) Mercie Hansel 10
5) Jorie Hanenburg 11	6) Kaitlyn Knoche 11	4) Bailey Boddicker 11
20 SC, West	1	1:54.00 4
1) Kellesse Heard 11	2) Maya Augustine 11	3) Lily Juhnke 12
5) Kenya Harris 09	6) Caty Masua 10	4) Bella Leon 12
21 Linn-Mar	1	1:54.06 3
1) Kaylee Bunn 10	2) Sydney Carsello 11	3) Gwen Gaffney 10
5) Bethany Northrup 11	6) Petra Sherman 10	4) Emily Schmidt 12
22 Cedar Falls	1	1:54.98 4
1) Gillian McRae 11	2) Avery Berte 09	3) Sarah Albaugh 12
5) Sophia Mason 10	6) Emma Cawelti 12	4) Mya Crawford 09
23 Ankeny Cent	1	1:55.28 5
1) Layla Hughes 11	2) Morgan Posusta 10	3) Kylin Smith 09
5) Malin Vallejo 11	6) Liv Anderson 12	4) Elle Street 12
24 Valley, WDM	1	1:55.45 5
1) Gabby Clark 10	2) Bella Mavinga 09	3) Emma Havighurst 09
5) Ashley Buchholz 10	6) Mya DouBrava 11	4) Makenna Paul 09

Event 122 Girls High Jump 4A (24)

Thursday 5/19/2022 - 11:30 AM

Name	Year	School	Seed Mark
1 Reagan Hanfelt	09	Ankeny	5-05.25 1
2 Isabelle Woody	12	IC, Liberty	5-04.00 1
3 Josie Moreland	11	Waukee	5-04.00 1
4 Zoe Fisher	12	Waukee NW	5-02.00 2
5 Sydney Skarich	10	North Scott	5-02.00 1
6 Grace Graham	12	North Scott	5-01.00 2
7 Kambria Leazer	10	Ankeny Cent	5-01.00 1
8 Allison Kriegel	11	Linn-Mar	5-01.00 2
9 Lauren Blake	12	Indianola	5-00.00 3
10 Hannah Abbey	10	Johnston	5-00.00 2
11 Alex Gaskell	09	Dowling Cath	5-00.00 3
12 Alyssa O'Neal	09	Bettendorf	5-00.00 3
13 Crystal Ruden	12	Urbandale	5-00.00 4
14 Allison Harris	12	CR Kennedy	5-00.00 4
15 Mackenzie McIlrath	10	Fort Dodge	5-00.00 3
16 Eve Rust	09	Ottumwa	5-00.00 3
17 Maddy LaVoi	11	Ankeny Cent	5-00.00 2

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Event 122 ... (Girls High Jump 4A (24))

	Name	Year	School	Seed	Mark
18	Samantha Schroeder	12	Dowling Cath	5-00.00	4
19	Waad Ibrahim	11	IC, West	4-10.00	2
20	Ava Bruxvoort	09	IC, West	4-10.00	3
21	Addison Freeman	09	WAT East	4-10.00	1
22	Allison Burger	11	Waukee	4-10.00	5
23	Lanesha McNeal	10	DVPT, North	4-10.00	4
24	Claire Galvin	12	Ames	4-10.00	4

Event 130 Girls Long Jump 4A (24)

Friday 5/20/2022 - 11:30 AM

	Name	Year	School	Seed	Mark
1	Holly Duax	12	SC, West	19-01.00	1
2	Kambria Leazer	10	Ankeny Cent	18-00.50	2
3	Lauryn Bibbs	12	Urbandale	18-00.00	1
4	Sarah Albaugh	12	Cedar Falls	17-06.75	1
5	Kaylee Bunn	10	Linn-Mar	17-06.50	1
6	Za'mauri Bates	12	Waukee NW	17-06.50	2
7	Brooklyn Johnson	12	DVPT, Central	17-05.50	1
8	Emily Arling	11	IC, City High	17-04.50	2
9	Marin Randall	12	Norwalk	17-04.25	1
10	Jasmine Barney	11	IC, Liberty	17-03.00	2
11	Taylor Lee	12	Prairie, CR	17-02.50	3
12	Lina Newland	12	Ottumwa	17-01.50	4
13	Elodie Stroup	09	Pleasant Valley	17-01.00	2
14	Elaina Deardorff	11	Ames	17-00.50	3
15	Kendall Woods	11	SE Polk	17-00.50	4
16	Maya Augustine	11	SC, West	16-11.50	5
17	Valieghja Wright	12	WAT East	16-10.50	3
18	Claire Galvin	12	Ames	16-09.50	6
19	Lindsey McKane	09	IC, West	16-08.50	4
20	Ella McGee	10	Waukee	16-08.00	3
21	Petra Sherman	10	Linn-Mar	16-07.50	5
22	Grace Erick	09	SC, East	16-07.25	7
23	Josie Vande Krol	10	Waukee NW	16-07.00	4
24	Ashley Hall	11	Dowling Cath	16-01.75	2

Event 138 Girls Discus Throw 4A (24)

Thursday 5/19/2022 - 9:00 AM

	Name	Year	School	Seed	Mark
1	Reese Goodlet	10	Pleasant Valley	125-08	1
2	Emma Joens	12	Prairie, CR	122-11	1
3	Alex Buscher	12	Waukee	122-08	1
4	Emma Kluver	12	Indianola	122-01	2
5	Darya Acas	12	IC, Liberty	120-08	2
6	Kady Vandemark	12	Norwalk	119-01	1
7	Julie Coffey	12	Indianola	117-09	3
8	Lilly Duff	12	Marshalltown	117-05	3
9	Hannah Baier	11	Ankeny	115-05	2
10	Myah Brinker	12	Cedar Falls	111-06	1
11	Breen Duffy	12	DUB Senior	111-00	2

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Event 138 ... (Girls Discus Throw 4A (24))

	Name	Year	School	Seed	Mark
12	Hannah Stuelke	12	CR Washington	110-08	4
13	Katelyn Kiefer	11	Pleasant Valley	109-07	2
14	Ena Zerajic	12	Urbandale	108-11	4
15	Jorie Hanenburg	11	North Scott	107-05	3
16	Mackenzie Mohler	09	Valley, WDM	107-00	5
17	Aliyah Henry	11	Fort Dodge	106-07	1
18	Molly Joyner	12	CR Kennedy	106-02	5
19	Olivia Christie	11	Waukee NW	105-08	6
20	Attiyah Lazard	12	Urbandale	103-11	7
21	Ella McLaughlin	12	North Scott	103-05	4
22	Ellie Erpelding	11	Bettendorf	102-06	5
23	Yalayzah Lovan	11	Dowling Cath	102-05	3
24	Ella Stagg	12	Ames	98-06	2

Event 146 Girls Shot Put 4A (24)

Friday 5/20/2022 - 9:00 AM

	Name	Year	School	Seed	Mark
1	Caitlyn Cox	12	Valley, WDM	41-02.00	1
2	Jorie Hanenburg	11	North Scott	40-08.00	1
3	Kennedy Evans	11	Linn-Mar	40-05.75	1
4	Kady Vandemark	12	Norwalk	39-05.00	1
5	Ella Stagg	12	Ames	39-02.00	1
6	Ellie Erpelding	11	Bettendorf	38-08.00	2
7	Kendra Winfrey	11	Ankeny	37-09.25	2
8	Ja'Dein Madison	12	Ankeny	36-11.50	3
9	Katelyn Kiefer	11	Pleasant Valley	36-03.00	3
10	Marissa Stolfa	12	DVPT, North	36-02.00	4
11	Darya Acas	12	IC, Liberty	35-09.25	2
12	Attiyah Lazard	12	Urbandale	35-07.25	2
13	Alex Buscher	12	Waukee	35-05.25	3
14	Josianna Toingar	10	Linn-Mar	35-05.25	3
15	Deja Redmond	12	CR Washington	35-05.00	4
16	Ali House	12	Clinton	35-04.75	1
17	Lilly Duff	12	Marshalltown	35-03.00	5
18	Ava Smith	11	Waukee NW	35-02.25	4
19	Jolie Nordell	10	IC, Liberty	35-00.50	6
20	Mackenzie Dean	10	Dowling Cath	34-09.50	4
21	Rachel Vonderhaar	11	Pleasant Valley	34-07.50	5
22	Lainey Maehl	11	Fort Dodge	34-07.50	2
23	Jacee Tindall	12	CB, A Lincoln	34-05.50	5
24	Natalie See	11	WAT East	33-10.00	2

Event 151 Girls Distance Medley 4A (24)

Friday 5/20/2022 - 9:20 AM

	Team	Relay	Seed	Time
1	Ankeny	1	4:15.43	1
	1) Lillian Smith 10	2) Eva Fulk 12	3) Zoe Shadravan 11	4) Alli Macke 09
	5) Sophie Loeffler 09	6) Karsen Jacks 10		

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Event 151 ... (Girls Distance Medley 4A (24))

Event	Team	Relay	Seed Time
2	Pleasant Valley	1	4:16.00 1
	1) Kora Ruff 12	2) Malayna Albertson 11	3) Josie Case 10
	5) Lydia Sommer 11	6) Hannah McVey 10	4) Grace Boleyn 09
3	Ames	1	4:16.36 1
	1) Saylor Horras 09	2) Elaina Deardorff 11	3) Ellie Lynch 11
	5) Cameron Moon 11	6) Claire Helmers 09	4) Marley Turk 09
4	DUB Hempstead	1	4:16.44 1
	1) Emily Klein 12	2) Emma Hilkin 12	3) Brooke O'Brien 11
	5) Natasha Freiburger 12	6) Camdyn Kay 10	4) Keelee Leitzen 10
5	Johnston	1	4:16.67 2
	1) Sydney Hodges 10	2) Annemarie Scott 10	3) Paige Peterson 11
	5) Brenna Murphy 10	6) Morgan Sullivan 09	4) Aleah Tenpas 12
6	Indianola	1	4:18.85 1
	1) Josie McGraw 09	2) Grace Gioffredi 12	3) Lauren Blake 12
	5) Kaydence Eaton 10	6) Jordyn Brown 09	4) Emily Naughton 11
7	IC, City High	1	4:19.21 2
	1) Bella Skay 11	2) Mia DePrenger 12	3) Eva Reynolds 11
	5) Ruby McDonough 11	6) Ani Wedemeyer 09	4) Rowan Boulter 12
8	Waukee	1	4:19.37 2
	1) Lauren Billeter 11	2) Miranda Peters 11	3) Ava Carder 12
	5) Anjelena Carder 10	6) Molly Bannister 12	4) Mallory Drake 12
9	Waukee NW	1	4:19.42 3
	1) Za'mauri Bates 12	2) Aubree Lalone 09	3) Sadie Maas 10
	5) Anna Sheriff 09	6) Josie Vande Krol 10	4) Katie Rush 09
10	Ankeny Cent	1	4:22.21 2
	1) Addison Aringdale 10	2) Maraye Breeding 12	3) Addie Pollock 10
	5) Rondi Quass 11	6) Olivia Kroska 09	4) Bella Hodges 09
11	Valley, WDM	1	4:22.42 4
	1) Ashley Buchholz 10	2) Bella Mavinga 09	3) Taylor Burns 09
	5) Mya DouBrava 11	6) Makenna Paul 09	4) Kamryn Ensley 12
12	North Scott	1	4:22.90 2
	1) Jorie Hanenburg 11	2) Natalie Naber 11	3) Kaitlyn Knoche 11
	5) Maddie Gill 12	6) Mercie Hansel 10	4) Faith Nead 12
13	Bettendorf	1	4:23.17 3
	1) Amanda Scott 12	2) Brooke Magistrelli 11	3) Tessa Teagarden 11
	5) Maya Williams 10	6) Mira Horner 09	4) Hannah Beintema 12
14	Prairie, CR	1	4:23.35 1
	1) Sarah Jordan 11	2) Kamryn Grissel 12	3) McKenna Murray 10
	5) Gabby Cortez 12	6) Lily Johannes 12	4) Alyza Koppes 12
15	SE Polk	1	4:24.66 3
	1) Alexis Boord 11	2) Kenzie Newton 12	3) Taylor Barbour 09
	5) Anna Van Kooten 10	6) Libby Hartz 10	4) Jenna Francois 11
16	Dowling Cath	1	4:24.80 3
	1) Shea Johnson 10	2) Reese Ervin 11	3) Ashley Hall 11
	5) Ella Anliker 10	6) Ruby Leman 09	4) Ava Zediker 09
17	Cedar Falls	1	4:25.08 3
	1) Avery Berte 09	2) Sarah Albaugh 12	3) Apryl Halsor 09
	5) Mya Crawford 09	6) Grace Knutson 10	4) Zoe Zylstra 09
18	DUB Senior	1	4:26.24 4
	1) Sophie Link 10	2) Carly Hefel 11	3) Kaitlyn Miller 10
	5) Jayda Gooch 12	6) Emma Ward 11	4) Julia Kilgore 11

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Event 151 ... (Girls Distance Medley 4A (24))

	Team	Relay	Seed Time
19	CR Kennedy	1	4:26.33 2
	1) Aleksyia LeClere 12	2) Quren Hullon 10	3) Jovie Veach 10
	5) Alyssa Brandt 10		4) Anabel Bradley 11
20	DSM, Roosevelt	1	4:26.80 4
	1) Arianna Jackson 11	2) Dierra Coleman 12	3) Elle Green 12
	5) Ke'Ayla Madison 11	6) Nyamal Ding 12	4) Elena Gentry 10
21	CB, A Lincoln	1	4:27.82 5
	1) Ava Watkins 10	2) Hutson Rau 09	3) Abby LaSale 11
	5) Hailey Holcombe 10		4) Emma O'Neal 12
22	DVPT, North	1	4:29.59 4
	1) Vashansti Glover 11	2) Sophia Tensley 12	3) Elizabeth Olson 11
	5) Kamryn Becker 11	6) Journey Houston 09	4) Kayla Overton 12
23	Linn-Mar	1	4:31.33 3
	1) Rachel Hamling 12	2) Abigaelle Ishimwe 12	3) Breka Trapp 10
	5) Ameriz Nielsen 11	6) Sydney Carsello 11	4) Bethany Northrup 11
24	Urbandale	1	4:32.47 6
	1) Ava Ross 10	2) Leila Hotic-Musinovic 11	3) Elleana Lekkass 11
	5) Precious Karyee 09	6) Norah Seeley 10	4) Alex Mackie 10

Event 152 Girls Shot Put WC (1)
Saturday 5/21/2022 - 10:00 AM

	Name	Year	School	Seed Mark
1	Alayna Darter	09	DUB Hempstead	11-07.00 1