

Iowa Girls & Boys State Track Meet 2019 - 5/16/2019 to 5/18/2019

Des Moines, Iowa
Drake Stadium
Performance List

Event 3 Girls 100 Meter Dash 2A (24) Prelims

Thursday 5/16/2019 - 12:50 PM

State Record: 12.14 5/21/2015 Natalie Halfman, Saint Ansgar

All-Time: 11.49 2018 Sydney Milani, Southeast Polk

Name	Year	School	Seed	Time
1	Winterrowd, Anna	10 OABCIG	12.71	1
2	Saner, Katie	12 Crestwood	12.78	1
3	Puumala, Melinda	12 E Marshall	12.80	1
4	Zwiefel, Camille	09 Cherokee, Wash	12.81	2
5	Wedemeier, Hana	10 Sumner-Fredrksbg	12.83	1
6	Fisher, Kiersten	10 Southeast Valley	13.01	1
7	Greenfield, Natalee	11 Sioux Center	13.01	1
8	Ridgely, Jade	09 South Cent Cal	13.08	3
9	Proesch, Kelly	10 North Cedar	13.10	1
10	Blomgren, Mackenzie	12 Van Meter	13.13	2
11	Bush, Jasmyn	11 Union, LaPorte C	13.14	2
12	Pelzer, Kasey	11 Pleasantville	13.15	2
13	Shirkey, Alysa	11 Davis County, B	13.17	1
14	Lausen, Natalie	12 Estherville-LC	13.18	2
15	Nikkel, Erica	11 Pella Christian	13.19	2
16	Street, Meredith	09 Osage	13.19	2
17	Hildebrandt, Neveah	10 Northeast, GL	13.25	2
18	Hillyard, Helaina	11 Mediapolis	13.25	3
19	Hohenadel, McKenna	09 Louisa-Musc	13.27	3
20	Pfadenhauer, Alyssa	12 Danville	13.27	4
21	Harle, Courtney	11 Clarion-Goldd-Dows	13.29	3
22	Fuller, Savana	12 ACGC	13.30	3
23	Westphal, Emma	09 Western Christ	13.32	3
24	Holub, Leah	11 Monticello	13.35	3

Event 11 Girls 200 Meter Dash 2A (24) Prelims

Thursday 5/16/2019 - 10:40 AM

State Record: 24.49 5/21/2009 Hannah Willms, Dike-NH

All-Time: 23.68 2018 Sydney Milani, Southeast Polk

Name	Year	School	Seed	Time
1	Saner, Katie	12 Crestwood	26.30	1
2	Winterrowd, Anna	10 OABCIG	26.37	1
3	Shirkey, Alysa	11 Davis County, B	26.41	1
4	Carley, Megan	12 Treynor	26.65	2
5	Bremer, Cassidy	12 Panorama	26.70	1
6	Kramer, Kennedy	10 W Lyon, Inwood	26.74	1
7	Pfadenhauer, Alyssa	12 Danville	26.75	2
8	Koenig, Meg	11 Durant	26.83	1
9	Foster, Sierra	11 PCM, Monroe	26.87	3
10	Wedemeier, Hana	10 Sumner-Fredrksbg	26.88	1
11	Bandstra, Mary Kate	12 Pella Christian	26.88	4
12	Greenfield, Natalee	11 Sioux Center	26.92	2
13	Ridgely, Jade	09 South Cent Cal	26.94	3
14	Street, Meredith	09 Osage	27.00	2
15	Olson, Hannah	11 Estherville-LC	27.08	3
16	Schieltz, Erin	10 Madrid	27.10	1

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Event 11 ... (Girls 200 Meter Dash 2A (24) Prelims)

Name	Year	School	Seed Time	
17 Fisher, Kiersten	10	Southeast Valley	27.13	2
18 Barto, Jayde	11	KP-WC	27.16	4
19 Proesch, Kelly	10	North Cedar	27.20	2
20 Hillyard, Helaina	11	Mediapolis	27.21	5
21 Badding, Mallory	11	Kuemper Cath	27.28	4
22 Christoffer, Riley	11	Estherville-LC	27.34	5
23 Banowetz, Lindsey	11	Bellevue	27.56	2
24 Barrett, Eden	10	Dike-NH	27.65	2

Event 19 Girls 400 Meter Dash 2A (24)

Thursday 5/16/2019 - 1:20 PM

State Record: 53.96 5/20/2010 Hannah Willms, Dike-NH
 All-Time: 52.90 2018 Sydney Milani, Southeast Polk

Name	Year	School	Seed Time	
1 Kramer, Kennedy	10	W Lyon, Inwood	58.72	1
2 Kuntz, Erika	09	KP-WC	58.95	2
3 Jungling, Sophia	11	ApItn-Parksbg	59.23	1
4 Turek, Mikayla	12	Unity Chrst, OC	59.35	3
5 Heynen, Emilee	10	Western Christ	1:00.35	4
6 Jensen, Alexis	10	Dike-NH	1:00.96	1
7 Cox, Cassie	12	North Cedar	1:01.03	1
8 Pfadenhauer, Alyssa	12	Danville	1:01.12	1
9 Saner, Katie	12	Crestwood	1:01.14	2
10 Kvale, Taylor	09	Dike-NH	1:01.29	2
11 Herman, Maya	09	Van Meter	1:01.52	1
12 Bohr, Alyssa	09	N Fayette Val	1:01.56	1
13 Waterman, Allison	12	Denver	1:01.74	3
14 Bakke, Alayna	12	DSM Christian	1:01.84	3
15 Drake, Kortney	12	Wilton	1:01.91	2
16 Welter, Abby	11	Cascade	1:02.07	2
17 Ridgely, Jade	09	South Cent Cal	1:02.25	1
18 Snitker, Meridian	09	Waukon	1:02.78	3
19 Niewoehner, Megan	12	Sumner-Fredrksbg	1:02.84	4
20 Drake, Kelsey	09	Wilton	1:02.92	3
21 Dovre, Inga	10	Williamsburg	1:03.09	2
22 Ryan, Abby	10	Durant	1:03.11	4
23 Steffen, Olivia	10	Panorama	1:03.26	2
24 Gilpin, Jordyn	12	MO Valley	1:03.56	2

Event 27 Girls 800 Meter Run 2A (24)

Saturday 5/18/2019 - 10:40 AM

State Record: 2:12.12 5/19/2007 Ashley Miller, Tipton
 All-Time: 2:07.18 2016 Joy Ripslinger, Assumption

Name	Year	School	Seed Time	
1 O'Connor, Natalie	09	Jesup	2:20.10	1
2 Treptow, Amanda	09	Jesup	2:20.22	2
3 Rhomberg, Madeline	12	Cascade	2:20.65	3
4 Nelson, Bailey	12	Western Christ	2:22.35	1
5 Hostetler, Marie	11	Mid-Prairie, W	2:23.60	1
6 Kuntz, Erika	09	KP-WC	2:23.66	2

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Event 27 ... (Girls 800 Meter Run 2A (24))

Name	Year	School	Seed Time	
7	Kvale, Taylor	09 Dike-NH	2:23.91	1
8	Jungling, Sophia	11 Aplntn-Parksbg	2:24.04	1
9	Evans, Mitzi	09 Mid-Prairie, W	2:24.04	2
10	Duffy, Lexi	09 Okoboji, Milford	2:24.33	3
11	Schaefer, Grace	11 Williamsburg	2:26.26	3
12	Waterman, Allison	12 Denver	2:26.36	2
13	Van'tHul, Macay	11 Western Christ	2:26.44	4
14	Drake, Emma	11 Woodward-Grangr	2:27.11	2
15	Steffen, Gwen	10 Panorama	2:27.48	1
16	Squiers, Emma	12 Beckman	2:27.64	4
17	Engelson, Macy	09 South Hardin	2:28.24	3
18	Johnson, Megan	11 Aplntn-Parksbg	2:28.32	3
19	Crawford, Kate	11 ACGC	2:28.48	2
20	Spargur, Sophie	11 Davis County, B	2:29.16	4
21	Knaack, Kaylee	11 R View/R Valley	2:31.36	1
22	Anderson, Lily	12 Cherokee, Wash	2:32.12	2
23	Messerich, Miya	11 Northeast, GL	2:32.32	1
24	Smith, Amanda	12 Tipton	2:33.83	2

Event 35 Girls 1500 Meter Run 2A (24)

Saturday 5/18/2019 - 2:53 PM

State Record: 4:33.41 5/20/2017 Anna Hostetler, Mid-Prairie,
 All-Time: 4:26.39 2011 Shelby Houlihan, SC East

Name	Year	School	Seed Time	
1	Hostetler, Marie	11 Mid-Prairie, W	4:47.16	1
2	Jungling, Sophia	11 Aplntn-Parksbg	4:56.32	1
3	O'Connor, Natalie	09 Jesup	4:57.55	1
4	Rhomberg, Madeline	12 Cascade	5:04.18	2
5	Crawford, Kate	11 ACGC	5:05.37	1
6	Parrott, Addison	10 Danville	5:06.04	2
7	Waddle, Ella	10 Panorama	5:08.42	2
8	Treptow, Emily	12 Jesup	5:09.49	3
9	Haverdink, Emily	09 MOC-FV	5:12.40	1
10	Pogge, Peyton	10 Tri-Center	5:13.02	1
11	Duffy, Lexi	09 Okoboji, Milford	5:13.26	2
12	Minderhoud, Whitney	11 Western Christ	5:13.33	3
13	Ihns, Cassidy	12 Crestwood	5:14.51	2
14	Dohlman, Hope	12 Crestwood	5:15.29	3
15	Winegarden, Taylor	09 Williamsburg	5:16.21	3
16	Evans, Angelina	11 Mid-Prairie, W	5:16.73	4
17	Castle, Tori	11 Treynor	5:17.34	2
18	Girard, Grace	12 W Marshall	5:19.23	1
19	Schiernbeck, Madison	12 OABCIG	5:19.74	3
20	Jackson, Emily	09 New Hampton	5:19.85	4
21	Fierro, Jimena	11 West Liberty	5:20.22	1
22	Goering, Abbi	09 I-35, Truro	5:20.27	3
23	Johnson, Reece	09 Roland-Story	5:22.77	2
24	Smith, Amanda	12 Tipton	5:25.53	2

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Event 43 Girls 3000 Meter Run 2A (24)

Thursday 5/16/2019 - 9:40 AM

State Record: 9:47.52 5/18/2017 Anna Hostetler, Mid-Prairie,

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

Name	Year	School	Seed Time	
1	Hostetler, Marie	11 Mid-Prairie, W	10:47.44	1
2	Crawford, Kate	11 ACGC	10:50.63	1
3	Pogge, Peyton	10 Tri-Center	10:54.02	1
4	Ihns, Cassidy	12 Crestwood	10:59.11	1
5	Waddle, Ella	10 Panorama	11:02.28	2
6	Parrott, Addison	10 Danville	11:04.84	2
7	Minderhoud, Whitney	11 Western Christ	11:14.40	1
8	Haverdink, Emily	09 MOC-FV	11:15.80	2
9	Castle, Tori	11 Treynor	11:17.56	2
10	Fierro, Jimena	11 West Liberty	11:17.64	1
11	Schoo, Anessa	12 Sheldon	11:19.55	3
12	Bartles, Annalee	10 Regina, IC	11:19.59	2
13	Jennings, Ruth	09 Williamsburg	11:23.60	3
14	Girard, Grace	12 W Marshall	11:24.14	1
15	Kelchen, Madison	12 Cascade	11:24.41	1
16	Wille, Kaitlin	12 Williamsburg	11:24.80	4
17	Kramer, Karle	09 Monticello	11:26.00	2
18	Etzel, Triniti	09 Monticello	11:26.33	3
19	Renfro, Allison	12 Mediapolis	11:27.05	5
20	Chapman, Kiley	10 North Cedar	11:29.31	3
21	Schiernbeck, Madison	12 OABCIG	11:29.75	3
22	Goering, Abbi	09 I-35, Truro	11:31.43	3
23	Ristau, Chloe	09 Denver	11:43.65	2
24	McConeghey, Abbey	11 Colfax-Mingo	11:50.44	2

Event 50 Girls 100 Meter Hurdles 2A (24) Prelims

Friday 5/17/2019 - 10:00 AM

State Record: 14.33 5/23/2009 Alex Gochenour, Logan-Mag.

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

Name	Year	School	Seed Time	
1	Kisley, Paige	10 Osage	15.27	1
2	Boeckenstedt, Heather	12 Beckman	15.34	1
3	Koch, Kelsey	12 Forest City	15.59	2
4	Fisher, Kiersten	10 Southeast Valley	15.67	1
5	Hinz, Madeline	11 Garner-Hay/Vent	15.69	3
6	Puumala, Melinda	12 E Marshall	15.75	1
7	Denton, Roxy	11 Shenandoah	15.78	2
8	Johnk, Morgan	12 Panorama	15.80	3
9	Rickertsen, Ellie	09 Northeast, GL	15.84	1
10	Proesch, Kelly	10 North Cedar	16.06	2
11	Foxhoven, Hailey	11 Emmetsburg	16.08	4
12	McDermott, Addie	12 Beckman	16.15	2
13	Becker, Drew	12 Oelwein	16.17	3
14	Luneckas, Kaiya	11 West Branch	16.17	3
15	Ford, Linsey	12 Wilton	16.23	4
16	Sump, Jessica	11 Pocahon Area	16.27	5

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Event 50 ... (Girls 100 Meter Hurdles 2A (24) Prelims)

Name	Year	School	Seed Time
17 Flaherty, Jessica	12	Alta/Aurelia	16.29 1
18 Chipps, Margo	10	PCM, Monroe	16.33 1
19 Irlbeck, Hannah	12	Kuemper Cath	16.38 2
20 Cochran, Emma	12	Chariton	16.51 2
21 Simon, Jordan	11	Cascade	16.51 4
22 Cavan, Hailey	11	S Hamilton	16.57 2
23 Cabinboy, Keitra	12	Okoboji, Milford	16.77 1
24 Kleinhesselink, Makenna	09	Sheldon	16.79 2

Event 58 Girls 400 Meter Hurdles 2A (24)

Friday 5/17/2019 - 11:40 AM

State Record: 1:02.62 5/20/2011 Alex Gochenour, Logan-Mag
 All-Time: 57.30 1975 Debbie Esser, Woodbine

Name	Year	School	Seed Time
1 Turek, Mikayla	12	Unity Chrst, OC	1:04.71 1
2 Puumala, Melinda	12	E Marshall	1:05.17 1
3 Kvale, Taylor	09	Dike-NH	1:06.39 2
4 Lehmann, Ryin	12	N Fayette Val	1:06.61 1
5 Rickertsen, Ellie	09	Northeast, GL	1:06.75 1
6 Votroubek, Jaylen	11	West Branch	1:06.90 2
7 Cripps, Kayla	12	W Marshall	1:06.95 3
8 Pollock, Ireland	10	Denver	1:07.42 1
9 Gahan, Annie	10	Regina, IC	1:07.45 3
10 Joyce, Delaney	10	Emmetsburg	1:07.45 2
11 Gibbs, Elizabeth	09	Cascade	1:07.94 2
12 Miller, Zoe	11	Jesup	1:08.14 3
13 Olson, Sydney	11	Sheldon	1:08.16 2
14 Chipps, Margo	10	PCM, Monroe	1:08.30 1
15 Uhlenhopp, Morgan	12	PCM, Monroe	1:08.38 2
16 Leinenmann, Kendall	09	Clarion-Goldfd-Dows	1:08.39 3
17 Luneckas, Kaiya	11	West Branch	1:08.42 4
18 Juffer, Megan	09	Sioux Center	1:08.44 3
19 Shafer, Brooke	10	Eddyvl-Blakes/F	1:08.67 3
20 Yaw, Claire	09	MOC-FV	1:08.89 4
21 Barth, Natalie	11	Van Meter	1:08.91 1
22 Rowe, Erica	11	Underwood	1:09.19 1
23 Wedemeyer, Taylor	12	Clarinda	1:09.75 2
24 Pingel, Alexis	09	Cherokee, Wash	1:10.15 2

Event 67 Girls 4x100 Meter Shuttle Hurdle 2A (24) Prelims

Thursday 5/16/2019 - 9:00 AM

State Record: 1:05.29 5/21/2011 West Fork, S, West Fork, S
 S Weiland, B Fleshner, L Peterson, T Twedt
 All-Time: 1:00.61 2017 Waukee, Waukee
 S Winger, M Gray, L Nelson, H Schau

Team	Relay	Seed Time
1 Beckman		1:06.21 1
1) Schmitt, Kiersten 09	2) McDermott, Addie 12	3) Koelker, Addie 09
5) McDermott, Nell 10	6) Koelker, McKayla 10	4) Boeckenstedt, Heather 12

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Team	Relay	Seed Time
2 Emmetsburg		1:07.60 1
1) Laubenthal, Ali 12	2) Carter, Lindsay 11	3) Madden, Brielle 10
5) Joyce, Jenna 10	6) Joyce, Delaney 10	4) Foxhoven, Hailey 11
3 Cascade		1:08.14 2
1) Felton, Mae 12	2) Rhomberg, Rachel 10	3) Gibbs, Elizabeth 09
5) Felton, Libby 10	6) Ludwig, Julia 10	4) Simon, Jordan 11
4 West Branch		1:08.54 1
1) Votroubek, Jaylen 11	2) Koenig, Sasha 10	3) Sarver, Chloe 09
5) Baylor, Aubrey 11	6) Kolpin, Autumn 12	4) Luneckas, Kaiya 11
5 Garner-Hay/Vent		1:08.61 2
1) Anderson, Mara 12	2) Cash, Lorelei 10	3) Anderson, Kylie 09
5) Schmidt, Lucy 11	6) Hejlik, Rachel 12	4) Hinz, Madeline 11
6 PCM, Monroe		1:08.80 1
1) Uhlenhopp, Morgan 12	2) Cowman, Megan 12	3) Bird, Chelsea 09
5) Kuecker, Alexis 11	6) Hudnut, Belle 09	4) Chipps, Margo 10
7 Van Meter		1:09.07 1
1) Walton, Cari 11	2) Schlueter, Jenna 12	3) Archer, Abby 12
5) Thompson, Lilly 10	6) Vaught, Zoie 09	4) Barth, Natalie 11
8 Underwood		1:09.38 1
1) McMains, Erin 11	2) Joens, Logan 11	3) Rowe, Erica 11
5) Hackett, Ellie 09	6) Anderson, Laci 12	4) True, Avery 11
9 Sioux Center		1:09.39 1
1) DenHerder, Dana 11	2) Mouw, Sydney 12	3) Juffer, Megan 09
5) Mulder, Alyssa 12	6) Jahn, Ella 09	4) Schley, Ellie 12
10 Osage		1:09.73 3
1) Schwamman, Libby 11	2) Midlang, Sydney 12	3) Dodd, Ainsley 10
5) Mostek, Kate 12	6) Krebsbach, Megan 09	4) Kisley, Paige 10
11 North Linn		1:10.61 3
1) Rauch, Olivia 10	2) Letts, Desarae 12	3) Gallery, Natalie 11
5) Hopkins, Galaxy 10	6) Cherry, Madi 10	4) Caryl, Rachael 11
12 Sheldon		1:10.69 2
1) Kleinhesselink, Maliah 09	2) Barwick, Emma 09	3) Olson, Sydney 11
5) De Boer, Jayln 10		4) Kleinhesselink, Makenna 09
13 Oelwein		1:10.77 4
1) Becker, Drew 12	2) Hefel, Emma 12	3) Harrison, Lauren 11
5) Hamilton, Lauren 09	6) Parmely, Kylie 12	4) Kiel, Malayna 09
14 S Hamilton		1:10.80 1
1) Greenfield, Emily 11	2) Schlafke, Bridgit 12	3) Woodall, Rylee 12
5) Lewis, Emma 10	6) Newman, Zaielah 09	4) Cavan, Hailey 11
15 Cherokee, Wash		1:10.81 2
1) Timmerman, Alexa 12	2) Paulsrud, Anna 09	3) Jenness, Jena 09
5) Bainbridge, Rylie 10	6) Pingel, Cassidy 12	4) Pingel, Alexis 09
16 Panorama		1:11.26 2
1) Storesund, Shey 10	2) Brown, Abbi 11	3) Lindstrom, Lydia 11
5) Knapp, Lydia 12	6) Douglass, Payton 11	4) Johnk, Morgan 12
17 Tipton		1:11.50 2
1) Curry, Ashlyn 11	2) Petersen, Courtney 10	3) Bierman, Liz 10
5) Petersen, Mariah 10	6) Bierman, Jaydon 10	4) Barton, Sydney 09
18 Waukon		1:11.62 5
1) Regan, Hailey 11	2) Sherman, Alison 11	3) Griffith, Regan 10
5) Wasson, Brooke 12	6) O'Neill, Megan 12	4) Griffith, Lauren 12

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Team	Relay	Seed Time
19 Sumner-Fredrksbg		1:11.72 6
1) Meyer, Abby 10	2) Kime, Kiley 12	3) Allen, Kesly 11
5) Stimson, Racheal 10	6) Wilkens, Madison 09	4) Pagel, Kelsey 12
20 Greene County		1:11.73 3
1) Doran, Melanie 12	2) Bravard, Izzy 11	3) Kafer, Makala 10
5) Osterson, Brianna 10	6) VanPelt, Maddie 09	4) Muir, Lillian 10
21 Shenandoah		1:11.91 4
1) Denton, Roxy 11	2) Adkins, Claire 11	3) Hunter, Riley 09
5) Morales-Llan, Lydia 11	6) Manrose, Carlie 12	4) Kinghorn, Hadlee 09
22 Union, LaPorte C		1:12.04 7
1) Schmidt, Aubrey 11	2) Keegan, Grace 11	3) Hoppe, Carlie 11
5) Shirk, Emma 11	6) Rathe, Ellie 09	4) Asmussen, Grace 11
23 Central Lee		1:12.70 2
1) Tweedy, Hailey 10	2) Wellman, Abby 10	3) Myhre, Alivia 09
5) Jones, Sydney 09	6) Hall, Makenna 12	4) Eschman, Zoe 10
24 Pleasantville		1:15.00 2
1) Mull, Sayde 11	2) Dursky, Jordan 12	3) Entinger, Sam 11
5) Brent, Taryn 10	6) Marchant, Evie 09	4) Pelzer, Kennedy 09

Event 72 Girls 4x100 Meter Relay 2A (24) Prelims

Friday 5/17/2019 - 12:40 PM

State Record: 49.30 5/17/2008 North Polk, North Polk
S Humphrey, C Christensen, M Moeckly, J Andreassen
All-Time: 47.55 4/28/2012 Roosevelt, Roosevelt
CR Jefferson Tied in 2015

Team	Relay	Seed Time
1 OABCIG		50.62 1
1) Godbersen, Morgan 10	2) Winterrowd, Anna 10	3) Cotton, Sarah 12
5) Dausel, Kirsten 12	6) Petersen, Sarah 11	4) Durbin, Sydney 12
2 Mid-Prairie, W		50.70 1
1) Swart, Amber 10	2) Evans, Mitzi 09	3) Edgington, Maddie 10
5) Rourke, Cassidy 12	6) McDowell, Alyssa 09	4) Evans, Abigail 11
3 Estherville-LC		50.81 1
1) Christoffer, Riley 11	2) Moore, Jordyn 10	3) Olson, Hannah 11
5) Rosfjord, Adrienne 10	6) Armstrong, Neveah 10	4) Lausen, Natalie 12
4 Madrid		51.35 1
1) Miller, Jady 11	2) Dodds, Jillian 09	3) Bickham, Hannah 12
5) Henricksen, Hannah 12	6) Dean, Addy 09	4) Schieltz, Erin 10
5 Sioux Center		51.37 2
1) Schley, Ellie 12	2) Toering, Peytan 09	3) Mulder, Alyssa 12
5) Juffer, Megan 09	6) DenHerder, Dana 11	4) Greenfield, Natalee 11
6 Williamsburg		51.39 2
1) McAtee, Talia 12	2) Yenter, Maddie 11	3) Frederick, Haylee 10
5) Schmidt, Madison 09	6) Dovre, Inga 10	4) Ehret, Gracie 10
7 Cherokee, Wash		51.45 2
1) Brown, Megan 12	2) Nichols, JeMae 10	3) Zwiefel, Camille 09
5) Anderson, Grace 10	6) Jenness, Jena 09	4) Pingel, Cassidy 12
8 Pella Christian		51.46 3
1) Nikkel, Erica 11	2) Morgan, Chloe 11	3) Bandstra, Mary Kate 12
5) Natelborg, Kayla 10	6) Witzenberg, Emma 09	4) Amelse, Avey 09

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9	Panorama			51.47 1
	1) Beckman, Bailey 12	2) Johnk, Morgan 12	3) Arganbright, Hope 12	4) Bremer, Cassidy 12
	5) Storesund, Shey 10	6) Brown, Abbi 11		
10	Osage			51.48 1
	1) Halbach, Katelyn 12	2) Street, Meredith 09	3) Olson, Rylie 12	4) Kisley, Paige 10
	5) Cibrian, Nasvy 09	6) Adams, Madi 11		
11	Sumner-Fredrksbg			51.58 1
	1) Wedemeier, Hana 10	2) Burrows, Jordan 11	3) Hirsch, Ivy 12	4) Niewoehner, Megan 12
	5) Allen, Kesly 11	6) Peterson, Emma 09		
12	Pleasantville			51.80 2
	1) Smith, Emilee 11	2) Entinger, Sam 11	3) Speicher, Rae 11	4) Pelzer, Kasey 11
	5) Kish, Amy 09	6) Dursky, Jordan 12		
13	Van Buren			51.91 4
	1) Manning, Isabel 10	2) Davidson, Chloe 11	3) Bartholomew, Madison 11	4) Davidson, Grace 11
	5) Scott, Shea 09	6) Jirak, Lexi 11		
14	Treynor			51.95 3
	1) Shipley, Maddie 12	2) Carley, Megan 12	3) James, Noel 12	4) Shipley, Mia 10
	5) Gregory, Chloe 11	6) Kinsella, Rachel 09		
15	Union, LaPorte C			51.96 2
	1) Bush, Jasmyrn 11	2) Schmidt, Aubrey 11	3) Driscoll, Allie 10	4) Carlson, Emma 11
	5) Asmussen, Grace 11	6) Keegan, Grace 11		
16	Cascade			52.38 3
	1) McElmeel, Molly 11	2) Felton, Libby 10	3) Knapp, Maddie 10	4) Simon, Jordan 11
	5) Trumm, Rachel 12	6) Menster, Taylor 10		
17	Denver			52.51 2
	1) Mortenson, Katie 10	2) Laures, Bella 11	3) Wright, Tiffani 10	4) Pollock, Ireland 10
	5) Eggena, Sydney 09	6) Rizer, Cassie 11		
18	Northeast, GL			52.62 1
	1) Tarr, Madison 09	2) Rickertsen, Ellie 09	3) Ehlers, Alexis 10	4) Hildebrandt, Neveah 10
	5) Smith, Jaden 12	6) Erens, Jana 11		
19	Pocahon Area			52.63 3
	1) Smith, Puritie 09	2) Shivers, Kaylee 11	3) Powers, Sarah 11	4) Sump, Jessica 11
	5) Anderson, Ally 09	6) Hinners, Laura 09		
20	Greene County			52.70 2
	1) Sigler, Maddy 11	2) Doran, Melanie 12	3) Kafer, Makala 10	4) Osterson, Brianna 10
	5) Heaning, Paige 11	6) Twillie, Annie 10		
21	Beckman			52.78 4
	1) Koelker, McKayla 10	2) Boeckenstedt, Heather 12	3) McDermott, Addie 12	4) Koelker, Addie 09
	5) Meyer, Valery 09	6) Squiers, Emma 12		
22	Alta/Aurelia			53.01 4
	1) Flaherty, Jessica 12	2) Loring, Hannah 11	3) Kueny, Maria 09	4) Turnquist, Brittany 12
	5) Nielsen, Jenna 09	6) Lockin, Shea 09		
23	Dike-NH			53.02 3
	1) Jensen, Alexis 10	2) Bennett, Jadyon 10	3) Barrett, Alana 12	4) Barrett, Eden 10
	5) Nielsen, Margaret 11	6) Kennett, Crystal 11		
24	West Branch			53.48 2
	1) Henson, Nicki 10	2) Sarver, Chloe 09	3) Koenig, Sasha 10	4) Votroubek, Jaylen 11
	5) Braddock, Lauren 09	6) Worrell, Laikyn 09		

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Event 80 Girls 4x200 Meter Relay 2A (24)**Friday 5/17/2019 - 10:50 AM**

State Record: 1:42.94 5/16/2008 North Polk, North Polk
S Humphrey, C Christensen, M Moeckly, J Andreassen

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 Estherville-LC		1:46.57 1
1) Christoffer, Riley 11	2) Moore, Jordyn 10	3) Olson, Hannah 11
5) Rosfjord, Adrienne 10	6) Armstrong, Neveah 10	4) Lausen, Natalie 12
2 Treynor		1:47.76 1
1) Kinsella, Rachel 09	2) James, Noel 12	3) Shipley, Mia 10
5) Shipley, Maddie 12	6) Gregory, Chloe 11	4) Carley, Megan 12
3 Sumner-Fredrksbg		1:47.99 1
1) Wedemeier, Hana 10	2) Burrows, Jordan 11	3) Peterson, Emma 09
5) Allen, Kesly 11	6) Niewoehner, Molly 10	4) Hirsch, Ivy 12
4 Sioux Center		1:48.02 2
1) Greenfield, Natalee 11	2) Mulder, Alyssa 12	3) Toering, Peytan 09
5) Juffer, Megan 09	6) Jahn, Ella 09	4) Schley, Ellie 12
5 Williamsburg		1:48.07 1
1) McAtee, Talia 12	2) Yenter, Maddie 11	3) Frederick, Haylee 10
5) Schmidt, Madison 09	6) Dovre, Inga 10	4) Ehret, Gracie 10
6 OABCIG		1:48.08 2
1) Cotton, Sarah 12	2) Godbersen, Morgan 10	3) Durbin, Sydney 12
5) Dausel, Kirsten 12	6) Neville, Lexi 11	4) Winterrowd, Anna 10
7 Pocahon Area		1:48.33 1
1) Sump, Jessica 11	2) Shivers, Kaylee 11	3) Smith, Puritie 09
5) Anderson, Ally 09	6) Peterson, Jayden 10	4) Powers, Sarah 11
8 PCM, Monroe		1:48.33 2
1) Foster, Sierra 11	2) Freland, Regan 11	3) Uhlenhopp, Morgan 12
5) Chipps, Margo 10	6) Block, Kassidy 10	4) Schut, Paytan 12
9 Pella Christian		1:48.54 3
1) Nikkel, Erica 11	2) Morgan, Chloe 11	3) Bandstra, Mary Kate 12
5) Natelborg, Kayla 10	6) Fopma, Morgan 12	4) Amelse, Avey 09
10 Cherokee, Wash		1:48.69 3
1) Brown, Megan 12	2) Nichols, JeMae 10	3) Zwiefel, Camille 09
5) Timmerman, Alexa 12	6) Anderson, Grace 10	4) Pingel, Kassidy 12
11 Union, LaPorte C		1:48.80 2
1) Bush, Jasmyn 11	2) Asmussen, Grace 11	3) Driscoll, Allie 10
5) Rathe, Grace 09	6) Schmidt, Aubrey 11	4) Carlson, Emma 11
12 Denver		1:49.21 2
1) Mortenson, Katie 10	2) Pollock, Ireland 10	3) Laures, Bella 11
5) Wright, Tiffani 10	6) Liddle, Cylee 10	4) Waterman, Allison 12
13 Mid-Prairie, W		1:49.38 4
1) Swart, Amber 10	2) Rourke, Cassidy 12	3) Edgington, Maddie 10
5) Evans, Mitzi 09	6) Jones, Kessa 12	4) Evans, Abigail 11
14 Cascade		1:49.69 3
1) McElmeel, Molly 11	2) Trumm, Rachel 12	3) Knapp, Maddie 10
5) Knepper, Marie 12	6) Felton, Libby 10	4) Gibbs, Elizabeth 09
15 Wapello		1:49.70 1
1) Shafer, Serah 09	2) Gustison, Gracie 10	3) Massner, Holly 11
5) Ewart, Sam 10		4) Massner, Lindsey 09

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Event 80 ... (Girls 4x200 Meter Relay 2A (24))

	Team	Relay	Seed Time
16	Madrid		1:50.05 1
	1) Miller, Jadya 11	2) Henricksen, Hannah 12	3) Bickham, Hannah 12
	5) Schieltz, Erin 10	6) Dean, Addy 09	4) Dodds, Jillian 09
17	Dike-NH		1:50.36 2
	1) Barrett, Alana 12	2) Nielsen, Margaret 11	3) Bennett, Jadya 10
	5) Hauser, Katryna 10	6) Kennett, Crystal 11	4) Barrett, Eden 10
18	Van Buren		1:50.37 5
	1) Manning, Isabel 10	2) Davidson, Chloe 11	3) Bartholomew, Madison 11
	5) Nusbaum, Kadence 09	6) Jirak, Ella 10	4) Davidson, Grace 11
19	Van Meter		1:50.50 1
	1) Blomgren, Mackenzie 12	2) Rhodes, Shea 09	3) Matt, Norah 10
	5) Herman, Maya 09	6) Durflinger, Josie 10	4) Blomgren, Meagan 12
20	Osage		1:50.52 3
	1) Halbach, Katelyn 12	2) Olson, Rylie 12	3) Kisley, Paige 10
	5) Schwamman, Libby 11	6) Smith, Katie 10	4) Street, Meredith 09
21	Pleasantville		1:50.73 3
	1) Pelzer, Kasey 11	2) Speicher, Rae 11	3) Kish, Amy 09
	5) Chamberlain, Sydney 12	6) Smith, Emilee 11	4) Entinger, Sam 11
22	KP-WC		1:50.86 3
	1) Kuchel, Paige 10	2) Hannah, Skylar 11	3) Goodwin, Madison 12
	5) Goodwin, McKenzie 09	6) Ofert, Lillian 09	4) Barto, Jayde 11
23	Greene County		1:51.61 2
	1) Sigler, Maddy 11	2) Doran, Melanie 12	3) Kafer, Makala 10
	5) Heaning, Paige 11	6) Twillie, Annie 10	4) Osterson, Brianna 10
24	Tipton		1:52.60 2
	1) Hermsen, Emliy 12	2) Bierman, Rachel 10	3) Kamberling, Karlee 11
	5) Daniel, Sommer 11	6) Barton, Sydney 09	4) Bierman, Jaydon 10

Event 88 Girls 4x400 Meter Relay 2A (24) Prelims

Friday 5/17/2019 - 1:20 PM

State Record: 3:55.52 5/19/2012 Cascade, WD, Cascade, WD
A Green, A Meyer, T Helmle, A Gibbs
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	KP-WC		4:07.91 1
	1) Kuchel, Paige 10	2) Goodwin, Madison 12	3) Barto, Jayde 11
	5) Archer, Makayla 10	6) Hamann, Sarahy 09	4) Kuntz, Erika 09
2	Sioux Center		4:09.80 2
	1) Jahn, Ella 09	2) Vander Waal, Jacie 10	3) Juffer, Megan 09
	5) Arends, Hope 10	6) King, Jenna 10	4) Toering, Peyton 09
3	Dike-NH		4:10.65 1
	1) Sohn, Addy 09	2) Bennett, Jadya 10	3) Jensen, Alexis 10
	5) Hoehns, Taylor 09	6) Woodley, Olivia 10	4) Kvale, Taylor 09
4	Western Christ		4:11.05 3
	1) Heynen, Emilee 10	2) Van'tHul, Macay 11	3) Nelson, Bailey 12
	5) Minderhoud, Whitney 11	6) Zeutenhorst, Josie 09	4) Granstra, Olivia 11
5	Cascade		4:11.10 1
	1) Trumm, Rachel 12	2) Knepper, Marie 12	3) Welter, Abby 11
	5) Rhomberg, Rachel 10	6) Shaffer, Alexis 12	4) Gibbs, Elizabeth 09

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Event 88 ... (Girls 4x400 Meter Relay 2A (24) Prelims)

	Team	Relay	Seed Time
6	Van Meter		4:12.00 1
	1) Matt, Norah 10	2) Lauterbach, Clair 11	3) Herman, Maya 09
	5) Braun, Emma 10	6) Blomgren, Meagan 12	4) Barth, Natalie 11
7	Panorama		4:12.03 2
	1) Beckman, Bailey 12	2) Steffen, Olivia 10	3) Lindstrom, Lydia 11
	5) Beckman, Payton 09	6) Brown, Abbi 11	4) Steffen, Gwen 10
8	Williamsburg		4:12.19 1
	1) Rathjen, Megan 11	2) Ehret, Gracie 10	3) Eichhorn, Kendra 09
	5) Dovre, Inga 10	6) Winegarden, Taylor 09	4) Schaefer, Grace 11
9	North Linn		4:12.34 2
	1) Rauch, Olivia 10	2) Sommerfelt, Kaitlyn 10	3) Cherry, Madi 10
	5) Caryl, Rachael 11	6) VanEtten, Chloe 09	4) Bridgewater, Hannah 11
10	Waukon		4:12.49 3
	1) Snitker, Meridian 09	2) Griffith, Lauren 12	3) Griffith, Regan 10
	5) Berns, Brenna 09	6) Waters, Maddy 10	4) Armstead, Ellec 11
11	Jesup		4:12.54 4
	1) Treptow, Amanda 09	2) Larson, Alexis 09	3) Miller, Zoe 11
	5) Treptow, Emily 12	6) O'Connor, Natalie 09	4) VanderWerff, Alexis 09
12	Okoboji, Milford		4:12.57 4
	1) Sorenson, Leah 09	2) Meyer, Mia 12	3) Stumbo, Kallyn 11
	5) Duffy, Lexi 09	6) Jorgensen, Ethnee 09	4) Christopherson, Magan 11
13	Madrid		4:12.60 2
	1) Renze, Taylor 12	2) Dodds, Jillian 09	3) Miller, Jadyne 11
	5) Raymond, Shelbi 12	6) Hau, Arabella 12	4) Schieltz, Erin 10
14	Forest City		4:12.96 1
	1) Lehmann, Anna 11	2) Jones, Keevan 09	3) Good, Hannah 10
	5) Helgeson, Regan 09	6) Caylor, Ellie 10	4) Koch, Kelsey 12
15	Emmetsburg		4:13.36 2
	1) Joyce, Delaney 10	2) Brown, Raven 11	3) Schany, Abbie 10
	5) King, Mackenzie 10	6) Foxhoven, Hailey 11	4) Steinkamp, Taylor 10
16	Treynor		4:13.79 1
	1) Kinsella, Rachel 09	2) James, Noel 12	3) Shipley, Mia 10
	5) Shipley, Maddie 12	6) Gregory, Chloe 11	4) Carley, Megan 12
17	Tipton		4:13.96 1
	1) Wallick, Kallie 10	2) Bierman, Rachel 10	3) Kamberling, Karlee 11
	5) Hermsen, Emliy 12	6) Lieser, Kelley 10	4) Daniel, Sommer 11
18	Clarion-Goldfd-Dows		4:15.16 3
	1) Leinenmann, Kendall 09	2) Harle, Courtney 11	3) Kolb, Vanessa 12
	5) Heifner, Ezra 09	6) Baumeier, Shelly 12	4) Kinnetz, Raven 09
19	Louisa-Musc		4:15.45 2
	1) Sanders, Kylee 10	2) Hohenadel, McKenna 09	3) Downing, Raegan 10
	5) Schriener, Madison 11	6) McConaha, Hannah 10	4) Sanders, Hailey 11
20	Roland-Story		4:15.56 3
	1) Tjernagel, Kylie 11	2) Johnston, Taryn 12	3) Morton, Madeline 10
	5) Janssen, Bailey 09	6) Charlson, Ava 10	4) Clark, Juliann 11
21	N Fayette Val		4:15.88 5
	1) Lehmann, Ryn 12	2) Koch, Makenna 12	3) Gibson, Gina 11
	5) Halverson, Claire 11	6) McElree, Hailey 12	4) Bohr, Alyssa 09
22	New Hampton		4:16.26 4
	1) Quirk, Claire 10	2) McDonald, Hope 10	3) Usher, Maddie 10
	5) Wegner, Emma 09	6) Schumacher, Rylee 10	4) Rinken, Rachel 11

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Event 88 ... (Girls 4x400 Meter Relay 2A (24) Prelims)

Team	Relay	Seed Time
23 PCM, Monroe		4:16.52 2
1) Baird, Delaney 09	2) McCarthy, Kate 11	3) Foster, Sierra 11
5) McCarthy, Hannah 11	6) Uhlenhopp, Morgan 12	4) Schut, Paytan 12
24 Tri-Center		4:18.03 2
1) Brich, Amanda 11	2) Dahir, Lilly 12	3) Pogge, Presley 10
5) Corrin, Kyla 09	6) Nelson, Mollie 10	4) Hundt, Brooklyn 12

Event 96 Girls 4x800 Meter Relay 2A (24)

Thursday 5/16/2019 - 11:20 AM

State Record: 9:25.23 5/19/2016 Monticello, Monticello
P Holub, K Anderson, J Patterson, C Gadiant
All-Time: 9:09.09 2001 Iowa City West, Iowa City West

Team	Relay	Seed Time
1 Western Christ		9:36.65 1
1) Nelson, Bailey 12	2) Van'tHul, Macay 11	3) Heynen, Emilee 10
5) Minderhoud, Whitney 11	6) Gulker, Zoe 09	4) Granstra, Olivia 11
2 Jesup		9:43.88 1
1) O'Connor, Natalie 09	2) VanderWerff, Alexis 09	3) Treptow, Emily 12
5) Moore, Mara 10	6) Miller, Zoe 11	4) Treptow, Amanda 09
3 Sioux Center		9:51.84 2
1) Arends, Hope 10	2) Vander Waal, Jacie 10	3) Juffer, Megan 09
5) Zeutenhorst, Ellie 10	6) Jahn, Ella 09	4) Toering, Peytan 09
4 Tri-Center		9:55.17 1
1) Brich, Amanda 11	2) Dahir, Lilly 12	3) Pogge, Presley 10
5) Corrin, Karis 09	6) Corrin, Kyla 09	4) Pogge, Peyton 10
5 Cascade		9:58.06 2
1) Knepper, Marie 12	2) Welter, Abby 11	3) Kelchen, Madison 12
5) Bradtke, Harley 09	6) Boffeli, Maci 09	4) Rhomberg, Madeline 12
6 Okoboji, Milford		9:58.47 3
1) Sorenson, Leah 09	2) Duffy, Lexi 09	3) Meyer, Mia 12
5) Stumbo, Kallyn 11	6) Sandbulte, Olivia 09	4) Christopherson, Magan 11
7 Aplntn-Parksbg		9:58.86 1
1) Hovenga, Lily 09	2) Stotler, Sommer 10	3) Freund, Maci 10
5) Jungling, Sophia 11	6) Groen, Avery 12	4) Johnson, Megan 11
8 Underwood		9:59.88 2
1) Rowe, Erica 11	2) Justsen, Brianna 10	3) Nelson, Taylor 10
5) Pinchot, Rachel 10	6) Hackett, Ellie 09	4) Brown, Lauren 11
9 Cherokee, Wash		10:02.28 3
1) Anderson, Lily 12	2) Good, Emma 09	3) Pingel, Alexis 09
5) Kennebeck, Kiley 12	6) Slaughter, Teagan 10	4) Pitts, Molly 09
10 North Linn		10:02.59 3
1) Sommerfelt, Kaitlyn 10	2) Helms, Tessa 10	3) Bildstein, Kyla 09
5) VanEtten, Chloe 09		4) Bridgewater, Hannah 11
11 Bellevue		10:02.78 4
1) Roeder, Alexa 09	2) Michels, Giana 12	3) Miller, Kailey 12
5) Sprank, Grace 12		4) Williamson, Gabby 09
12 Williamsburg		10:04.32 1
1) Rathjen, Megan 11	2) Winegarden, Taylor 09	3) Eichhorn, Kendra 09
5) Jennings, Ruth 09	6) Ehret, Gracie 10	4) Schaefer, Grace 11
13 Panorama		10:04.51 1
1) Steffen, Olivia 10	2) Beckman, Payton 09	3) Lindstrom, Lydia 11
5) Waddle, Ella 10	6) Behrends, Brooklyn 12	4) Steffen, Gwen 10

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Event 96 ... (Girls 4x800 Meter Relay 2A (24))

	Team	Relay	Seed Time
14	New Hampton		10:05.09 2
	1) Usher, Maddie 10	2) Jackson, Emily 09	3) Gessner, Lydia 11
	5) McDonald, Hope 10	6) White, Brittney 12	4) Quirk, Claire 10
15	Waukon		10:06.48 5
	1) Waters, Maddy 10	2) Snitker, Meridian 09	3) Shafer, Bailey 10
	5) Benzing, Katelyn 11	6) Byrnes, Olivia 10	4) Griffith, Regan 10
16	Crestwood		10:06.84 3
	1) Steffen, Rachel 11	2) Dohlman, Hope 12	3) Slavin, Mattie 11
	5) Foster, Kyleigh 09	6) Labosky, Libby 11	4) Ihns, Cassidy 12
17	Roland-Story		10:08.97 1
	1) Tjernagel, Kylie 11	2) Morton, Madeline 10	3) Clark, Juliann 11
	5) Janssen, Bailey 09	6) Kilstofte, Kaitlyn 11	4) Johnson, Reece 09
18	Sumner-Fredrksbg		10:13.59 6
	1) Nederhoff, Madelyn 12	2) Niewoehner, Molly 10	3) Schult, Karee 10
	5) Gog, Franzi 11	6) Sassmann, Lillian 09	4) Niewoehner, Megan 12
19	Forest City		10:14.40 4
	1) Miller, Raina 09	2) Jones, Keevan 09	3) Good, Hannah 10
	5) Caylor, Ellie 10	6) Larson, Kallista 11	4) Lehmann, Anna 11
20	Mid-Prairie, W		10:14.46 2
	1) Evans, Angelina 11	2) Evans, Abbagail 11	3) Brase, Moriah 12
	5) Hostetler, Marie 11	6) Evans, Mitzi 09	4) Cavanagh, Kate 12
21	Woodward-Grangr		10:15.26 2
	1) Tague, Anna 12	2) Petersen, Ava 10	3) Noland, Josie 12
	5) Milosevich, Bella 10	6) Mann, Maddy 09	4) Drake, Emma 11
22	ACGC		10:16.24 2
	1) Stowe, Audrey 10	2) Hoover, Jorja 10	3) Embleton, Lauryn 12
	5) Danker, Sophie 10	6) Larsen, Chelsea 12	4) Sloss, Rylee 10
23	Tipton		10:29.33 1
	1) Wallick, Kallie 10	2) Smith, Amanda 12	3) Mente, Alyssa 09
	5) Hermsen, Emliy 12	6) Bierman, Rachel 10	4) Daniel, Sommer 11
24	Northeast, GL		10:37.34 2
	1) Friedrichsen, Amber 12	2) Petersen, Makenzie 10	3) Messerich, Madison 09
	5) Tarr, Madison 09	6) Rickertsen, Ellie 09	4) Messerich, Miya 11

Event 102 Girls 100 Meter Run WC (2)

Saturday 5/18/2019 - 12:40 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 Siebrecht, Keri	12	Sheldon	28.80 1
2 Shoemaker, Suzanne	11	W Central Valley	46.89 1

Event 104 Girls 200 Meter Run WC (1)

Saturday 5/18/2019 - 1:45 PM

State Record:	43.28	2006	Tasha DeGroote, Aplington-Parkersburg
All-Time:	43.28	2006	Tasha DeGroote, Aplington-Parkersburg
Name	Year	School	Seed Time
1 Shoemaker, Suzanne	11	W Central Valley	1:40.08 1

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Event 106 Girls 400 Meter Run WC (2)

Saturday 5/18/2019 - 3:15 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 Siebrecht, Keri	12	Sheldon	1:48.41 1
2 Shoemaker, Suzanne	11	W Central Valley	3:14.36 1

Event 110 Girls 800 Sprint Medley 2A (24)

Saturday 5/18/2019 - 9:12 AM

State Record: 1:46.35 5/22/2010 Dike-NH, Dike-NH

All-Time: 1:43.64 2018 A Dove, M Daley, N Hensley, H Willms

Linn-Mar, Linn-Mar

A Rolle, O Hubler, J Bennett, P Wensel

Team	Relay	Seed Time
1 KP-WC		1:49.56 1
1) Bell, Aubree 09	2) Goodwin, Madison 12	3) Barto, Jayde 11
5) Kuchel, Paige 10	6) Cameron, Kalyn 10	4) Kuntz, Erika 09
2 W Lyon, Inwood		1:50.30 2
1) Kruse, Hannah 12	2) Lenz, Avery 10	3) Meyer, Emma 10
5) Grotewold, Madysn 12	6) Rentschler, Taylor 10	4) Kramer, Kennedy 10
3 Unity Chrst, OC		1:51.28 3
1) Vanden Brink, Karli 11	2) Schoonhoven, Janie 10	3) Schrock, AJ 10
5) Blankespoor, Madison 11	6) Riebeling, Shelby 12	4) Turek, Mikayla 12
4 Mid-Prairie, W		1:51.52 1
1) Edgington, Maddie 10	2) Rourke, Cassidy 12	3) Evans, Mitzi 09
5) Jones, Kessa 12	6) Evans, Abbagail 11	4) Swart, Amber 10
5 Denver		1:51.76 1
1) Wright, Tiffani 10	2) Laures, Bella 11	3) Pollock, Ireland 10
5) Mortenson, Katie 10	6) Rizer, Cassie 11	4) Waterman, Allison 12
6 Williamsburg		1:52.10 2
1) Yenter, Maddie 11	2) Schmidt, Madison 09	3) McAtee, Talia 12
5) Ehret, Gracie 10	6) Dovre, Inga 10	4) Eichhorn, Kendra 09
7 Estherville-LC		1:52.52 4
1) Lausen, Natalie 12	2) Moore, Jordyn 10	3) Christoffer, Riley 11
5) Rosfjord, Adrienne 10	6) Armstrong, Neveah 10	4) Olson, Hannah 11
8 Regina, IC		1:52.61 1
1) Adam, Madeline 11	2) Simpson, Hope 09	3) Evans, Jaedynn 12
5) Hunter, Jess 12	6) Sueppel, Emma 10	4) Gahan, Annie 10
9 Western Christ		1:52.67 5
1) Westphal, Emma 09	2) Zeutenhorst, Josie 09	3) Granstra, Olivia 11
5) Minderhoud, Whitney 11	6) Van'tHul, Macay 11	4) Heynen, Emilee 10
10 North Cedar		1:52.85 2
1) Wachendorf, Andrea 11	2) Galloway, Kassidie 11	3) Proesch, Kelly 10
5) Dennis, Sydney 10	6) Koth, Sam 10	4) Cox, Cassie 12
11 Emmetsburg		1:53.41 2
1) Joyce, Jenna 10	2) Schany, Abbie 10	3) Steinkamp, Taylor 10
5) Foxhoven, Hailey 11	6) Schany, Molly 11	4) Joyce, Delaney 10
12 Northeast, GL		1:53.45 3
1) Ehlers, Alexis 10	2) Tarr, Madison 09	3) Hildebrandt, Neveah 10
5) Smith, Jaden 12	6) Erens, Jana 11	4) Rickertsen, Ellie 09
13 PCM, Monroe		1:53.58 3
1) Chipps, Margo 10	2) Freland, Regan 11	3) Foster, Sierra 11
5) Uhlenhopp, Morgan 12	6) McCarthy, Kate 11	4) Schut, Paytan 12

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Event 110 ... (Girls 800 Sprint Medley 2A (24))

Team	Relay	Seed Time
14 Pella Christian		1:53.74 4
1) Morgan, Chloe 11	2) Amelse, Avey 09	3) Nikkel, Erica 11
5) Natelborg, Kayla 10	6) Fopma, Morgan 12	4) Bandstra, Mary Kate 12
15 Dike-NH		1:53.89 1
1) Barrett, Alana 12	2) Bennett, Jady 10	3) Barrett, Eden 10
5) Sohn, Addy 09	6) Nielsen, Margaret 11	4) Jensen, Alexis 10
16 Danville		1:53.98 5
1) Pfdenhauer, Ashley 12	2) Eisenmann, Kaley 11	3) Moore, Jacey 09
5) Downing, Kenzi 11	6) Yaley, BreAnn 11	4) Pfdenhauer, Alyssa 12
17 Cascade		1:54.57 1
1) McElmeel, Molly 11	2) Felton, Libby 10	3) Knapp, Maddie 10
5) Welter, Abby 11	6) Knepper, Marie 12	4) Trumm, Rachel 12
18 Red Oak		1:54.65 1
1) Rengstorff, Ellie 11	2) Brummett, Araina 10	3) Bentley, Ashlynn 10
5) Bass, Camryn 09	6) McCunn, Alexa 10	4) Walker, Sophie 11
19 Madrid		1:54.69 2
1) Miller, Jady 11	2) Henricksen, Hannah 12	3) Dodds, Jillian 09
5) Bickham, Hannah 12	6) Hau, Arabella 12	4) Schieltz, Erin 10
20 Tri-Center		1:54.73 1
1) Dahir, Lilly 12	2) Fischer, Addy 12	3) McKee, Tatum 11
5) Nelson, Mollie 10	6) Corrin, Kyla 09	4) Hundt, Brooklyn 12
21 North Linn		1:54.81 2
1) Benesh, Jaden 09	2) Caryl, Rachael 11	3) Cherry, Madi 10
5) Gallery, Natalie 11	6) Rauch, Olivia 10	4) Bridgewater, Hannah 11
22 Davis County, B		1:54.89 6
1) Wetterich, Stacy 11	2) Schooley, Hannah 11	3) Shirkey, Alysa 11
5) Knobloch, Katriane 09	6) Hopkins, Kaylea 09	4) Spargur, Sophie 11
23 Cherokee, Wash		1:55.21 2
1) Nichols, JeMae 10	2) Zwiefel, Camille 09	3) Brown, Megan 12
5) Anderson, Grace 10	6) Jenness, Jena 09	4) Pingel, Kassidy 12
24 Greene County		1:55.23 2
1) Heaning, Paige 11	2) Sigler, Maddy 11	3) Kafer, Makala 10
5) Doran, Melanie 12	6) Ausberger, Sophia 11	4) Osterson, Brianna 10

Event 118 Girls High Jump 2A (24)

Friday 5/17/2019 - 11:30 AM

State Record: 5-11 5/22/2009 Hannah Willms, Dike-NH
 All-Time: 6-01 2010 Hannah Willms, Dike-New Hartford

Name	Year	School	Seed Mark
1 Fisher, Kiersten	10	Southeast Valley	5-05.00 2
2 Evans, Jaedynn	12	Regina, IC	5-05.00 1
3 Johnk, Morgan	12	Panorama	5-05.00 1
4 Patton, Rachel	11	Roland-Story	5-04.00 1
5 Durbin, Sydney	12	OABCIG	5-02.00 1
6 Vander Waal, Jacie	10	Sioux Center	5-02.00 1
7 Largent, Chloe	09	ACGC	5-02.00 3
8 Shivers, Kaylee	11	Pocahon Area	5-01.00 1
9 Lode, Payten	09	Sheldon	5-01.00 2
10 Shields, MacKenzie	12	Mount Ayr	5-01.00 4
11 Ridgely, Kaylynn	11	South Cent Cal	5-01.00 2
12 Schwamman, Libby	11	Osage	5-00.00 2
13 Bolton, Myra	12	Ogden	5-00.00 5

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Event 118 ... (Girls High Jump 2A (24))

Name	Year	School	Seed	Mark
14	Cripps, Kayla	12 W Marshall	5-00.00	2
15	Dausel, Kirsten	12 OABCIG	5-00.00	3
16	Schmitt, Kiersten	09 Beckman	5-00.00	2
17	Baird, Camrin	09 KP-WC	5-00.00	3
18	Prusha, Mikayla	11 West Branch	5-00.00	2
19	Hillyard, Helaina	11 Mediapolis	5-00.00	2
20	Dovre, Inga	10 Williamsburg	5-00.00	1
21	Guilford, Gabrielle	10 Monticello	5-00.00	1
22	Brandon, Africa	12 Davis County, B	4-10.00	3
23	Becker, Mallory	09 Jesup	4-10.00	3
24	Dillavou, Shae	09 Forest City	4-10.00	3

Event 126 Girls Long Jump 2A (24)

Thursday 5/16/2019 - 11:30 AM

State Record: 18-11.50 5/18/2006 Dani Stipe, Kuem Cath Carrol
All-Time: 19-10.25 2014 Lexus Lovan, Urbandale

Name	Year	School	Seed	Mark
1	Beckman, Bailey	12 Panorama	17-01.00	1
2	Puumala, Melinda	12 E Marshall	16-11.25	1
3	Pelzer, Kasey	11 Pleasantville	16-10.50	2
4	Turek, Mikayla	12 Unity Chrst, OC	16-09.25	1
5	Saner, Katie	12 Crestwood	16-08.50	1
6	Badding, Mallory	11 Kuemper Cath	16-07.50	1
7	Albrecht, Ashlyn	12 Sheldon	16-07.00	2
8	Hirsch, Ivy	12 Sumner-Fredrksbg	16-06.50	1
9	Boeckenstedt, Heather	12 Beckman	16-06.25	2
10	Bremer, Kassidy	12 Panorama	16-04.50	2
11	Daufeldt, Macy	09 West Liberty	16-04.50	1
12	Rinken, Rachel	11 New Hampton	16-04.00	2
13	Osterson, Brianna	10 Greene County	16-03.50	3
14	Sanders, Kylee	10 Louisa-Musc	16-03.00	2
15	Drake, Kelsey	09 Wilton	16-02.75	3
16	Miller, Zoe	11 Jesup	16-01.00	3
17	Kuecker, Alexis	11 PCM, Monroe	16-01.00	1
18	Seeser, Emy	10 Camanche	16-00.75	4
19	Meyer, Emma	10 W Lyon, Inwood	16-00.25	3
20	Ridgely, Kaylynn	11 South Cent Cal	15-11.75	2
21	Koch, Kelsey	12 Forest City	15-11.50	3
22	Bell, Aubree	09 KP-WC	15-10.00	4
23	Sump, Jessica	11 Pocahon Area	15-10.00	4
24	Murry, Olivia	10 Davis County, B	15-03.25	2

Event 134 Girls Discus Throw 2A (24)

Friday 5/17/2019 - 9:00 AM

State Record: 172-00 5/20/2016 Kiana Phelps, KP-WC
All-Time: 179-07 2014 Kiana Phelps, KP-WC

Name	Year	School	Seed	Mark
1	Zeisneiss, Brylie	12 South Hardin	142-01	1
2	Kofron, Jamie	12 Tipton	132-09	1
3	Niewoehner, Megan	12 Sumner-Fredrksbg	132-09	1

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Event 134 ... (Girls Discus Throw 2A (24))

Name	Year	School	Seed	Mark
4 Oster, Shayla	10	Bellevue	132-07	2
5 Knapp, Lydia	12	Panorama	127-02	1
6 Hughes, Logan	12	Shenandoah	126-08	2
7 Van Gorp, Allison	10	Pella Christian	126-05	1
8 Holub, Jill	11	Williamsburg	123-11	2
9 Goodman, Sharon	11	Crestwood	123-03	1
10 Pagel, Jenna	12	Sumner-Fredrksbg	122-00	3
11 Skartvedt, Lily	12	S Hamilton	121-07	2
12 Diez Pousa, Marina	10	Jesup	121-03	4
13 McDermott, Madison	12	ACGC	120-03	3
14 Gadbar, Hailey	12	Madrid	118-01	3
15 Olson, Brooklynn	10	Greene County	117-11	4
16 Schany, Molly	11	Emmetsburg	116-01	2
17 Boyse, Tori	10	Mid-Prairie, W	115-02	3
18 Seidler, Haylee	10	Underwood	114-07	1
19 Bierman, Liz	10	Tipton	114-06	2
20 Headington, Annika	10	Waukon	112-07	5
21 Mobley, Gracie	11	Mount Ayr	111-09	5
22 Kraft, Emily	11	KP-WC	105-10	1
23 Mallory, Ellen	11	MVAOCOU	104-06	2
24 Ruschy, Kendyl	10	Estherville-LC	103-05	2

Event 142 Girls Shot Put 2A (24)

Thursday 5/16/2019 - 9:00 AM

State Record: 48-08.75 5/19/2016 Kiana Phelps, KP-WC
 All-Time: 53-03.50 1992 Paulette Mitchell, Council Bluffs AL

Name	Year	School	Seed	Mark
1 Kofron, Jamie	12	Tipton	46-03.25	1
2 Zeisneiss, Brylie	12	South Hardin	45-02.00	1
3 Gadbar, Hailey	12	Madrid	40-08.75	2
4 Hughes, Logan	12	Shenandoah	40-08.50	1
5 Headington, Annika	10	Waukon	40-02.00	1
6 Boehm, Abby	10	N Fayette Val	39-08.50	2
7 Nail, Breanna	11	Williamsburg	39-06.00	1
8 Van Gorp, Allison	10	Pella Christian	39-05.00	2
9 Schaper, Renae	11	W Marshall	39-03.00	3
10 Jaeger, Payton	11	Monticello	39-00.00	3
11 Rus, Zoe	10	Underwood	38-08.00	1
12 Kraft, Emily	11	KP-WC	38-06.50	1
13 Rawlins, Braedynn	12	Colfax-Mingo	38-05.75	4
14 Knobloch, Riley	12	W Lyon, Inwood	38-03.00	2
15 McDermott, Madison	12	ACGC	37-08.50	2
16 McConahay, Samantha	12	Wapello	37-08.25	2
17 Brennan, Annie	11	Emmetsburg	37-07.75	1
18 Pope, Lauren	10	Williamsburg	37-05.00	3
19 Oster, Shayla	10	Bellevue	37-00.50	4
20 Reicks, Kristen	12	Crestwood	36-07.50	2
21 Vanfossan, Ashley	12	Underwood	36-03.00	2
22 Abbott, Claire	11	Northeast, GL	36-02.25	3

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	Name	Year	School	Seed	Mark
23	Skartvedt, Lily	12	S Hamilton	36-02.00	5
24	Morales, Sara	09	Shenandoah	36-01.25	3

Event 149 Girls Distance Medley 2A (24)

Friday 5/17/2019 - 9:00 AM

State Record: 4:06.86 5/19/2006 Tipton, Tipton
C Kotz, B Latare, M Miller, A Miller
All-Time: 3:55.82 2017 Assumption, Assumption

	Team	Relay	Seed	Time
1	Mid-Prairie, W		4:16.37	1
	1) Evans, Abigail 11	2) Rourke, Cassidy 12	3) Swart, Amber 10	4) Hostetler, Marie 11
	5) Jones, Kessa 12	6) Evans, Mitzi 09		
2	Cascade		4:19.37	1
	1) McElmeel, Molly 11	2) Knapp, Maddie 10	3) Trumm, Rachel 12	4) Rhomberg, Madeline 12
	5) Knepper, Marie 12	6) Welter, Abby 11		
3	Aplntn-Parksbg		4:19.95	1
	1) Stotler, Sommer 10	2) DeGroot, Karson 11	3) Hovenga, Lily 09	4) Jungling, Sophia 11
	5) Groen, Avery 12	6) Freund, Maci 10		
4	Williamsburg		4:21.12	2
	1) McAtee, Talia 12	2) Ehret, Gracie 10	3) Eichhorn, Kendra 09	4) Rathjen, Megan 11
	5) Schaefer, Grace 11	6) Frederick, Haylee 10		
5	Panorama		4:21.45	1
	1) Arganbright, Hope 12	2) Bremer, Cassidy 12	3) Beckman, Bailey 12	4) Steffen, Gwen 10
	5) Waddle, Ella 10	6) Steffen, Olivia 10		
6	Treynor		4:21.78	1
	1) Shipley, Maddie 12	2) Shipley, Mia 10	3) Gregory, Chloe 11	4) James, Noel 12
	5) Kinsella, Rachel 09	6) Carley, Megan 12		
7	Jesup		4:23.00	2
	1) Jensen, Alexis 12	2) McHone, Payton 11	3) Miller, Zoe 11	4) Treptow, Emily 12
	5) O'Connor, Natalie 09	6) VanderWerff, Alexis 09		
8	Tri-Center		4:23.13	2
	1) McKee, Tatum 11	2) Hundt, Brooklyn 12	3) Brich, Amanda 11	4) Pogge, Peyton 10
	5) Pogge, Presley 10	6) Nelson, Mollie 10		
9	Red Oak		4:23.78	2
	1) Brummett, Araina 10	2) Bentley, Ashlynn 10	3) Walker, Sophie 11	4) Rengstorf, Ellie 11
	5) Bass, Camryn 09	6) McCunn, Alexa 10		
10	Emmetsburg		4:24.27	2
	1) Joyce, Delaney 10	2) Foxhoven, Hailey 11	3) Schany, Abbie 10	4) Steinkamp, Taylor 10
	5) Schany, Molly 11	6) Janssen, Gabrielle 11		
11	Western Christ		4:24.42	1
	1) Granstra, Olivia 11	2) Zeutenhorst, Josie 09	3) Nelson, Bailey 12	4) Minderhoud, Whitney 11
	5) Van'tHul, Macay 11	6) Heynen, Emilee 10		
12	Okoboji, Milford		4:27.00	2
	1) Sorenson, Leah 09	2) Meyer, Mia 12	3) Stumbo, Kallyn 11	4) Christopherson, Magan 11
	5) Duffy, Lexi 09	6) Jorgensen, Ethnee 09		
13	ACGC		4:28.48	3
	1) Rumelhart, Reagan 11	2) Fuller, Savana 12	3) Stowe, Audrey 10	4) Crawford, Kate 11
	5) Hoover, Jorja 10	6) Sloss, Rylee 10		
14	Davis County, B		4:28.62	3
	1) Schooley, Hannah 11	2) Hopkins, Kaylea 09	3) Wetterich, Stacy 11	4) Spargur, Sophie 11
	5) Greever, Jersey 09	6) Murry, Olivia 10		

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Team	Relay			Seed Time
15 Forest City				4:29.29 3
1) Caylor, Ellie 10	2) Helgeson, Regan 09	3) Good, Hannah 10	4) Lehmann, Anna 11	
5) Dillavou, Shae 09	6) Jones, Keevan 09			
16 Tipton				4:29.65 1
1) Hermsen, Emliy 12	2) Bierman, Rachel 10	3) Wallick, Kallie 10	4) Daniel, Sommer 11	
5) Smith, Amanda 12	6) Kamberling, Karlee 11			
17 New Hampton				4:29.66 4
1) Quirk, Claire 10	2) Rinken, Rachel 11	3) McDonald, Hope 10	4) Usher, Maddie 10	
5) Roberson, Laney 11	6) Wegner, Emma 09			
18 Louisa-Musc				4:29.92 2
1) Downing, Raegan 10	2) Hohenadel, McKenna 09	3) Sanders, Kylee 10	4) Sanders, Hailey 11	
5) Schriener, Madison 11	6) McConaha, Hannah 10			
19 West Branch				4:30.18 3
1) Sarver, Chloe 09	2) Votroubek, Jaylen 11	3) Luneckas, Kaiya 11	4) Smith, Maycee 11	
5) Koenig, Sasha 10	6) Worrell, Laikyn 09			
20 Sheldon				4:30.77 3
1) Borer, Mary 12	2) Freeman, Raegan 11	3) Christians, Haley 10	4) Schoo, Anessa 12	
5) Olson, Sydney 11	6) Kleinhesselink, Makenna 09			
21 W Marshall				4:30.92 1
1) Young, Adisyn 09	2) Sinning, Avril 11	3) Cripps, Kayla 12	4) Girard, Grace 12	
5) Buck, Lilly 09	6) Randall, Avery 10			
22 South Hardin				4:31.36 2
1) Raska, Josie 10	2) Allison, Kennady 11	3) Carr, Jordan 12	4) Engelson, Macy 09	
5) Salvo, Emma 09	6) Winter, Cassidy 09			
23 North Linn				4:32.30 3
1) Caryl, Rachael 11	2) Cherry, Madi 10	3) Sommerfelt, Kaitlyn 10	4) Bridgewater, Hannah 11	
5) Helms, Tessa 10	6) Gallery, Natalie 11			
24 R View/R Valley				4:32.87 3
1) Else, Emerson 12	2) Bailey, Graff 10	3) Dutler, Kinzey 12	4) Knaack, Kaylee 11	
5) Albers, McKenna 11	6) Else, Madeline 12			

Event 152 Girls Shot Put WC (2)

Saturday 5/18/2019 - 10:00 AM

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 Siebrecht, Keri	12	Sheldon	12-09.00 1
2 Shoemaker, Suzanne	11	W Central Valley	9-06.25 1

Event 162 Girls 800 Meter Run WC (1)

Friday 5/17/2019 - 2:30 PM

Name	Year	School	Seed Time
1 Siebrecht, Keri	12	Sheldon	3:38.57