

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

Des Moines, Iowa  
Drake Stadium  
Performance List

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

Thursday 5/16/2019 - 6:37 PM

State Record: 11.49 2018 Sydney Milani, Southeast Polk

All-Time: 11.49 2018 Syndey Milani, Southeast Polk

Name	Year	School	Seed Time	
1	Roberts, Kerris	12 WAT East	11.82	1
2	Thomas`, Darby	12 CB, A Lincoln	12.05	1
3	Duax, Holly	09 SC, West	12.07	2
4	Mayberry, Mytika	10 Ankeny	12.16	1
5	Van De Mortel, Eva	10 Ankeny	12.33	2
6	Bennett, Jill	12 Linn-Mar	12.37	2
7	Hill, Ariana	12 DVPT, North	12.51	1
8	Hoskins, Janyla	11 DUB Hempstead	12.51	3
9	Hegelheimer, Melina	12 Ames	12.64	3
10	Andorf, Madie	12 Prairie, CR	12.67	1
11	Solomon, Madelyn	12 WAT West	12.69	4
12	Wilson, Hannah	11 Ankeny Cent	12.75	4
13	Stuelke, Hannah	09 CR Washington	12.77	2
14	Horner, Avery	09 Bettendorf	12.77	2
15	Mitchell, Cheyenne	12 CR Kennedy	12.78	3
16	Klein, Hailey	12 DUB Hempstead	12.80	5
17	Fuller, Sydney	12 North Scott	12.81	3
18	Canada, Erika	12 DSM Lincoln	12.82	5
19	Smith, Anisia	09 Cedar Falls	12.86	6
20	Girsch, Katie	10 Bettendorf	12.87	4
21	Baylark, Angel	11 Burlington	12.89	5
22	Wood, Kelsey	12 Pleasant Valley	12.92	6
23	Gioffredi, Grace	09 Indianola	12.96	1
24	Hunter, Riawna	12 DSM, North	13.02	2

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

Thursday 5/16/2019 - 4:30 PM

State Record: 23.69 2018 Sydney Milani, Southeast Polk

All-Time: 23.68 2018 Sydney Milani, Southeast Polk

Name	Year	School	Seed Time	
1	Thomas`, Darby	12 CB, A Lincoln	24.86	1
2	Duax, Holly	09 SC, West	24.92	2
3	Roberts, Kerris	12 WAT East	25.22	1
4	Bennett, Jill	12 Linn-Mar	25.54	2
5	Sidney, Mikala	12 Ankeny	25.83	1
6	Steva, Peyton	12 IC, West	25.90	1 Conv
7	Okwaramoi, Juru	12 Dowling Cath	26.12	3
8	Williams, Jada	09 Mason City	26.13	2
9	Mitchell, Cheyenne	12 CR Kennedy	26.16	2 Conv
10	Morris, Jocee	10 DSM, Roosevelt	26.28	3
11	Hill, Ariana	12 DVPT, North	26.33	1
12	Wells, Lineya	10 SC, East	26.33	4
13	Sires, Lindsey	10 Cedar Falls	26.35	3
14	Goods, Temira	11 DSM, Hoover	26.38	1
15	Lewis, Olivia	11 Bettendorf	26.48	2
16	Harris, Natalie	09 Waukee	26.55	5

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

Name	Year	School	Seed Time	
17 Schlicher, Ainsley	10	Waukee	26.56	6
18 Van De Mortel, Eva	10	Ankeny	26.68	4
19 Milani, Samantha	11	SE Polk	26.73	2
20 Lottie, Destiny	12	DSM, Hoover	26.76	3
21 Hunter, Riawna	12	DSM, North	26.78	4
22 Hartz, Gretta	11	SE Polk	26.82	5
23 Smith, Anisia	09	Cedar Falls	26.83	4
24 Wilson, Hannah	11	Ankeny Cent	26.88	5

## Event 23 Girls 400 Meter Dash 4A (24)

Thursday 5/16/2019 - 7:10 PM

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

Name	Year	School	Seed Time	
1 Michael, Mackenzie	11	Cedar Falls	57.11	1
2 Bookin-Nosbisch, Allison	11	Ottumwa	57.50	1
3 Kimbrough, Auriona	12	Cedar Falls	58.00	2
4 Cortez, Gabby	09	Prairie, CR	58.31	2
5 Nagel, Rachel	11	CR Jefferson	58.38	3
6 Larkins, Grace	10	SE Polk	58.68	1
7 Wells, Lineya	10	SC, East	58.90	1
8 Haars, Lily	09	Linn-Mar	59.05	3
9 Biermann, Audrey	09	Epworth, WD	59.08	4
10 Bookin-Nosbisch, Grace	11	Ottumwa	59.27	4
11 Blake, Bailey	11	Indianola	59.51	2
12 Hunter, Riawna	12	DSM, North	59.63	3
13 Timboe, Kate	12	Dowling Cath	59.90	2
14 Kamienski, Avery	12	Johnston	1:00.27	4
15 Powell, Kaitlyn	09	DVPT, West	1:01.01	1
16 Dunson, Devon	10	IC, Liberty	1:01.30	5
17 Skogman, Annika	10	Bettendorf	1:01.39	2
18 Maxwell, Brooke	10	DSM Lincoln	1:01.40	1
19 Tietjens, Leah	10	Ames	1:01.78	2
20 Wendling, Sydni	12	Ankeny	1:01.83	3
21 Schmidt, Emily	09	Linn-Mar	1:01.84	5
22 Utsinger, Sofia	10	Bettendorf	1:01.95	3
23 Bannister, Molly	09	Waukee	1:02.02	3
24 Martinez-Lohf, Julia	09	Urbandale	1:02.16	4

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

Saturday 5/18/2019 - 11:00 AM

State Record: 2:08.15 5/21/2011 Shelby Houlihan, SC, East  
All-Time: 2:07.18 2016 Joy Ripslinger, Assumption

Name	Year	School	Seed Time	
1 Michael, Mackenzie	11	Cedar Falls	2:14.13	1
2 Keeney, Ashlyn	09	IC, Liberty	2:15.39	1
3 Bookin-Nosbisch, Allison	11	Ottumwa	2:15.85	2
4 Bookin-Nosbisch, Grace	11	Ottumwa	2:17.23	3
5 Schaffer, Sydney	11	Waukee	2:17.88	1
6 Caraway, Jessica	11	Waukee	2:17.99	2

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

Name	Year	School	Seed Time	
7	Blackford, Paige	12 SE Polk	2:18.44	1
8	Edmondson, Claire	11 DUB Senior	2:19.45	2
9	McGowan, Magda	10 SE Polk	2:20.20	2
10	Downs, Kaia	09 SC, East	2:20.50	3
11	Malloy-Salgado, Kiara	10 IC, West	2:22.90	4
12	Radcliffe, Alex	09 SC, East	2:23.32	4
13	Leicht, Kaylee	11 DUB Hempstead	2:24.64	3
14	Tenpas, Aleah	09 Johnston	2:24.65	3
15	Riley, Abby	12 Pleasant Valley	2:24.86	1
16	DeFaux, Sarah	09 Bettendorf	2:25.11	2
17	Miller, Sydnee	12 Dowling Cath	2:25.39	5
18	Hamblin, Olivia	11 CR Kennedy	2:25.53	5
19	Burds, Elly	10 Epworth, WD	2:25.55	4
20	Holesinger, Emma	11 DUB Hempstead	2:25.55	5
21	Fleming, Megan	12 DSM, Roosevelt	2:26.24	1
22	Doran, Holyn	11 Pleasant Valley	2:26.39	3
23	Logan, McKenzie	10 IC, Liberty	2:26.76	6
24	Gaskill, Macy	10 Urbandale	2:28.83	2

## Event 39 Girls 1500 Meter Run 4A (24)

Saturday 5/18/2019 - 3:08 PM

State Record: 4:27.76 5/23/2015 Stephanie Jenks, Linn-Mar  
 All-Time: 4:26.39 2011 Shelby Houlihan, SC East

Name	Year	School	Seed Time	
1	Edmondson, Claire	11 DUB Senior	4:49.21	1
2	Poellet, Micah	10 Linn-Mar	4:50.46	2
3	Keeney, Ashlyn	09 IC, Liberty	4:50.57	1
4	McKee, Brooklyn	11 Johnston	4:52.10	1
5	Schmidt, Lillian	10 DUB Senior	4:52.45	3
6	Mac, Camille	10 IC, Liberty	4:52.89	2
7	Blackford, Paige	12 SE Polk	4:52.96	2
8	Gould, Helen	12 Valley, WDM	4:53.68	3
9	Schaffer, Sydney	11 Waukee	4:54.47	1
10	Jackson, Camille	11 Ames	4:55.02	1
11	Brown, Hannah	11 DUB Hempstead	4:56.48	4
12	Downs, Kaia	09 SC, East	4:56.86	2
13	Schulze, Lauren	10 Valley, WDM	4:57.11	4
14	Geelan, Lilly	10 Linn-Mar	4:57.15	5
15	Heikes, Isabella	10 Johnston	4:57.31	5
16	Schaffer, Isabelle	11 Waukee	4:59.37	3
17	Plummer, Mattison	10 SE Polk	5:00.63	6
18	Popenhagen, Ella	11 CR Kennedy	5:01.59	3
19	Lafever, Mallory	12 Pleasant Valley	5:02.77	1
20	Minard, Maddy	12 Pleasant Valley	5:02.91	2
21	Beintema, Hannah	09 Bettendorf	5:03.32	3
22	Buettner, Erica	10 IC, West	5:05.54	4
23	Mellin, Carolin	11 Ottumwa	5:07.15	5
24	Gaskill, Macy	10 Urbandale	5:09.94	2

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

Thursday 5/16/2019 - 3:35 PM

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

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

Name	Year	School	Seed Time	
1	Edmondson, Claire	11 DUB Senior	10:19.35	1
2	Poellet, Micah	10 Linn-Mar	10:24.03	2
3	McKee, Brooklyn	11 Johnston	10:24.40	1
4	Heikes, Isabella	10 Johnston	10:24.43	2
5	Keeney, Ashlyn	09 IC, Liberty	10:25.61	1
6	Schulze, Lauren	10 Valley, WDM	10:26.15	3
7	Gould, Helen	12 Valley, WDM	10:29.17	4
8	Plummer, Mattison	10 SE Polk	10:30.41	5
9	Popenhagen, Ella	11 CR Kennedy	10:30.72	2
10	Jackson, Camille	11 Ames	10:33.13	1
11	Schmidt, Lillian	10 DUB Senior	10:38.77	3
12	Skidmore, Chloe	10 Linn-Mar	10:39.02	4
13	Mac, Camille	10 IC, Liberty	10:41.96	3
14	Boulter, Rowan	09 IC, City High	10:42.56	4
15	Brown, Hannah	11 DUB Hempstead	10:49.07	5
16	Schaffer, Isabelle	11 Waukee	10:56.36	1
17	Wageman, Paige	09 Cedar Falls	10:58.01	6
18	White, Kendall	10 Prairie, CR	10:59.01	5
19	Gorman, Reagan	12 CR Washington	11:02.92	6
20	Boge, Lilly	09 Epworth, WD	11:07.12	7
21	Kelderman, Peyton	10 Waukee	11:08.17	2
22	Blake, Rylee	11 Muscatine	11:18.69	1
23	Greig, Chloe	12 Pleasant Valley	11:19.95	2
24	Graybill, Morgan	11 Ankeny Cent	11:36.44	2

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

Friday 5/17/2019 - 3:50 PM

State Record: 14.12 2018 Sydney Winger, Waukee

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

Name	Year	School	Seed Time	
1	Steva, Peyton	12 IC, West	14.54	1
2	Thomas', Darby	12 CB, A Lincoln	14.56	1
3	Cannon, Taylor	11 IC, Liberty	14.59	2
4	Gerken, Kajsa	11 CR Kennedy	14.63	3
5	Petersen, Katie	11 Ankeny Cent	14.73	1
6	Bresh, Najat	12 DSM, East	15.00	1
7	Schaeckenbach, Caroline	11 IC, City High	15.06	4
8	Okwaramoi, Juru	12 Dowling Cath	15.09	2
9	Drees, Addie	11 Waukee	15.10	3
10	Buss, Jewels	11 Ames	15.14	2
11	Carney, Mackenzie	09 Ames	15.33	3
12	Ubadigbo, Esther	11 DSM, Roosevelt	15.38	4
13	Baccile, Mira	11 Dowling Cath	15.41	4
14	Wulf, Kiya	12 DVPT, West	15.55	1
15	Curtis, Sophie	11 Pleasant Valley	15.61	2
16	Shonka, Julia	10 DSM, Hoover	15.62	2

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

Name	Year	School	Seed Time
17 Bowling, Jaeda	10	Bettendorf	15.64 3
18 Stark, Zoey	11	Waukee	15.66 5
19 Naylor, Matayah	11	Johnston	15.69 3
20 Northrup, Chana	11	Linn-Mar	15.78 1
21 Sickels, Rayna	10	Indianola	15.89 4
22 Romig, Shelby	10	Ankeny	15.92 5
23 Ridout, Meg	12	Ankeny Cent	15.96 6
24 McFarland, Maddy	09	Cedar Falls	16.27 2

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

Friday 5/17/2019 - 5:30 PM

State Record: 1:00.15 2018 Payton Wensel, Linn-Mar  
 All-Time: 57.30 1975 Debbie Esser, Woodbine

Name	Year	School	Seed Time
1 Schaeckenbach, Caroline	11	IC, City High	1:04.12 1
2 Bannister, Kate	12	Waukee	1:05.81 1
3 Gerkens, Kajsa	11	CR Kennedy	1:06.66 2
4 Hill, Millie	10	Ankeny Cent	1:06.85 1
5 Morken, Hope	12	Ames	1:06.93 2
6 Larkins, Grace	10	SE Polk	1:07.24 1
7 Thomas, Hannah	11	Mason City	1:07.94 3
8 Drake, Mallory	09	Waukee	1:08.35 2
9 Donovan, Ashley	12	DUB Senior	1:08.56 1
10 Bosch, Sarah	12	Ankeny	1:08.57 4
11 Moore, Mya	11	Valley, WDM	1:08.84 2
12 Schaben, Sammie	09	Ames	1:09.03 5
13 Liao, Amy	10	IC, West	1:09.11 3
14 Barney, Anaya	10	Cedar Falls	1:09.31 2
15 Staker, Sadie	11	Linn-Mar	1:09.34 3
16 Reynolds, Lillian	10	IC, City High	1:09.75 5
17 Malloy-Salgado, Kiara	10	IC, West	1:09.75 4
18 Dalton, Ellie	10	Ankeny	1:09.88 6
19 Baerenwald, Katie	09	SE Polk	1:10.12 3
20 Woody, Isabelle	09	IC, Liberty	1:10.16 6
21 Basala, Clare	10	Pleasant Valley	1:10.52 1
22 Werling, Joey	09	Indianola	1:10.86 4
23 Allen, Ashley	12	Dowling Cath	1:11.02 3
24 Buhr, Taylor	09	Pleasant Valley	1:11.33 2

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

Thursday 5/16/2019 - 8:00 PM

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

Team	Relay	Seed Time
1 Waukee		1:02.73 1
1) Peters, JanJay 12	2) Stark, Zoey 11	3) Drees, Addie 11
5) Weers, Camryn 09	6) Winger, Kynzi 10	4) Harris, Natalie 09

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

Team	Relay	Seed Time
2 Ames		1:03.83 1
1) Morken, Hope 12	2) Buss, Jewels 11	3) Conteh, Aisha 12
5) Peterson, Olivia 11	6) Brakke, Evan 09	4) Carney, Mackenzie 09
3 IC, West		1:03.93 1
1) Woods, Ella 09	2) Liao, Amy 10	3) Tellis, Matayia 10
5) Nuro-Gyina, Celestina 09	6) Loussaert, Clare 09	4) Steva, Peyton 12
4 IC, City High		1:04.87 2
1) Sekafetz, Jordan 10	2) Ansley, Te'Nia 09	3) DePrenger, Mia 09
5) Dancer, Jae 10	6) Swenning, Kate 12	4) Schaeckenbach, Caroline 11
5 Dowling Cath		1:05.29 2
1) Baccile, Mira 11	2) Kuestener-Burleson, Forest 10	3) Gehrke, Olivia 11
5) Wilson, Mallory 11	6) Strittmatter, Ellen 12	4) Okwaramoi, Juru 12
6 Ankeny		1:05.51 2
1) Daugherty, Malea 11	2) Wright, Calyssa 10	3) Dalton, Ellie 10
5) Filling, Jaydn 09	6) Kach, Emma 11	4) Romig, Shelby 10
7 Ankeny Cent		1:05.68 3
1) Ridout, Meg 12	2) Lampe, Sophie 10	3) Jones, Calea 11
5) Eilander, Kayla 11	6) Hill, Millie 10	4) Petersen, Katie 11
8 SE Polk		1:06.50 1
1) Pierce, Elizabeth 11	2) Powell, Addison 09	3) Plym, Alexis 12
5) Bui, Vina 12	6) Williamson, Bailey 09	4) Severs, Isabelle 10
9 IC, Liberty		1:06.66 3
1) Davis, Elizabeth 11	2) Schroeder, Gabbie 09	3) Murphy, Jada 10
5) Caston-Gonzalez, Dazzia 10	6) Dunson, Devon 10	4) Cannon, Taylor 11
10 Johnston		1:07.24 2
1) Wheeler, Ciara 10	2) Johnson, Leah 11	3) Abu-Assaf, Hala 11
5) Christofferson, Katina 10	6) Van Roekel, Halle 11	4) Naylor, Matayah 11
11 Cedar Falls		1:07.40 1
1) Barney, Anaya 10	2) Becker, Lily 12	3) McFarland, Maddy 09
5) Bennett, Lauryn 10	6) Skarlis, Kate 11	4) Mattson, Noelani 10
12 Valley, WDM		1:07.43 3
1) Blosser, Libby 11	2) Moore, Mya 11	3) Nau, Emma 10
5) Mitchell, Ellen 09	6) Moreno, Lourdes 09	4) Morrow, Ellie 09
13 CR Kennedy		1:07.93 4
1) Gerkens, Kajsa 11	2) Joyner, Molly 09	3) Petersmith, Jaelyn 09
5) Harris, Ally 09	6) Spurgeon, Hailey 10	4) Wieland, Hannah 11
14 DVPT, West		1:08.26 1
1) Negron, Tiana 10	2) Powell, Kaitlyn 09	3) Smith, Ashley 09
5) Peiffer, Jalissa 12	6) Kakert, Sarah 12	4) Wulf, Kiya 12
15 Pleasant Valley		1:08.61 2
1) Wood, Emily 10	2) Kwak, Ava 09	3) Basala, Clare 10
5) Fierce, Cecelia 09	6) Buhr, Taylor 09	4) Curtis, Sophie 11
16 Prairie, CR		1:09.37 5
1) Harder, Maci 09	2) Schmitt, Sarah 12	3) Alexander, Kianna 09
5) Crumbo, Emily 09	6) Day, Jessa 10	4) Millard, Anna 11
17 North Scott		1:09.77 3
1) Rowlands, Avery 12	2) Loussaert, Dana 12	3) Graham, Grace 09
5) Kuehl, Tarynn 11	6) Hansel, Glory 10	4) Atzen, Alyssa 09
18 Bettendorf		1:09.80 4
1) Johnson, Claudia 11	2) Borden, Gillian 11	3) Gasper, Grace 10
5) Speth, Delaney 09	6) Dykstra, Alli 12	4) Bowling, Jaeda 10

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Team	Relay	Seed Time
19 SC, East		1:09.84 3
1) Lul, Nya 10	2) Hempey, Brylee 09	3) Gardner, Laken 11
5) Callahan, Megan 09	6) Junck, Kilie 10	4) Vondrak, Kyley 09
20 DVPT, Central		1:10.02 5
1) Carr, Kaitlin 09	2) Senter, Hana 09	3) Dreyer, Hailie 11
5) Smith, Aniah 09		4) Bryant, Nacari 10
21 Linn-Mar		1:10.13 2
1) Northrup, Chana 11	2) Wilbanks, Sophie 11	3) Staker, Sadie 11
5) Scolaro, Allie 12	6) Thompson, Tera 09	4) Gehrls, Gretchen 11
22 Indianola		1:11.51 4
1) Young, Anna 09	2) Howe, Avery 10	3) McCombs, Ellie 10
5) Mathias, Kira 10	6) Werling, Joey 09	4) Sickels, Rayna 10
23 Marshalltown		1:12.07 5
1) Johnson, Erica 11	2) Becerra, Valeria 10	3) Himes, Gabby 11
5) Kammerer, Malena 09		4) Rasmusson, Mia 09
24 SC, West		1:12.25 4
1) Mozak, Makayla 12	2) Burge, Madison 11	3) Montes, Yuriczi 10
5) Gafo, Shewit 10	6) Jones, Kamari 11	4) Simpson, Akia 12

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

Friday 5/17/2019 - 6:30 PM

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

Team	Relay	Seed Time
1 WAT East		48.52 1
1) Clark, Amanee 12	2) Wright, Valieghja 09	3) Nichols, Jocelyn 10
5) See, Alivia 10	6) Dilparic, Doris 12	4) Roberts, Kerris 12
2 Ankeny		48.58 1
1) Sidney, Mikala 12	2) Van De Mortel, Eva 10	3) Fulk, Eva 09
5) Gibson, Eden 10	6) Filling, Macey 10	4) Mayberry, Mytika 10
3 Ames		48.93 2
1) Buckels, Hannah 12	2) Lipsey, Teagan 11	3) Sorrentino, Bianca 11
5) Buss, Jewels 11	6) Carney, Mackenzie 09	4) Hegelheimer, Melina 12
4 DSM, Hoover		49.00 1
1) Sakabu, Lina 12	2) Goods, Temira 11	3) Hurst, Zipporah 11
5) Shonka, Julia 10	6) Kelly, Deja 10	4) Lottie, Destiny 12
5 Pleasant Valley		49.03 1
1) Spelhaug, Carli 12	2) Ramirez, Morgan 11	3) Wood, Emily 10
5) Creasy, Harmony 10	6) Wood, Kelsey 12	4) Arthofer, Adrea 12
6 Waukee		49.43 1
1) Schossow, Emma 11	2) Taylor, Delaney 12	3) Perry, Kaliyah 09
5) Karunatilaka, Sehansa 10	6) Tornell, Charlize 12	4) Harris, Natalie 09
7 Linn-Mar		49.46 2
1) Gustason, Mary 09	2) Gorsich, Leah 10	3) Juergens, Cathi 11
5) Hubler, Alexa 09	6) Northrup, Chana 11	4) Huggins, Anna 11
8 Cedar Falls		49.64 3
1) Gee, Jenneh 11	2) Green, Emerson 11	3) Smith, Anisia 09
5) Longnecker, Leah 12	6) Sires, Lindsey 10	4) Sterrett, Morgan 12
9 Dowling Cath		49.72 2
1) Baccile, Mira 11	2) Wilson, Mallory 11	3) Gehrke, Olivia 11
5) Heuckendorf, Rozzie 12	6) Okwaramoi, Juru 12	4) Pierick, Kathryn 11

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Team	Relay			Seed Time
10 Bettendorf				49.75 2
1) Girsch, Katie 10	2) Lewis, Olivia 11	3) Horner, Avery 09	4) Erpelding, Maggie 11	
5) DelVecchio, Sofia 10	6) Skahill, Autumn 09			
11 SC, West				50.10 3
1) Mozak, Makayla 12	2) Duax, Holly 09	3) Downs, Braedyn 11	4) Juhnke, Lily 09	
5) Burge, Madison 11	6) Olivares, Virginia 10			
12 WAT West				50.13 4
1) Solomon, Madelyn 12	2) Allison, Claresa 12	3) Grimm, Maddie 09	4) Scott, Keeajah 10	
5) Burt, Amari 12	6) Huseinovic, Endrina 11			
13 SC, East				50.16 4
1) Parker, Myerra 12	2) Wells, Lineya 10	3) Smith, Allyson 12	4) Gardner, Laken 11	
5) Callahan, Megan 09	6) Junck, Kilie 10			
14 Ankeny Cent				50.27 3
1) Wilson, Hannah 11	2) Pruisner, Macee 10	3) Ridout, Meg 12	4) Petersen, Katie 11	
5) Northway, Halle 10	6) Lampe, Sophie 10			
15 IC, City High				50.33 1
1) Ansley, Te'Nia 09	2) Clark, Emma 12	3) Lindsey, Ayana 10	4) Cooper, Emma 12	
5) Sartini-Rideout, Azzura 11	6) DePrenger, Mia 09			
16 DUB Hempstead				50.69 5
1) Klein, Hailey 12	2) Ryder, Emalee 11	3) Hammerand, Megan 11	4) Hoskins, Janyla 11	
5) Hilkin, Emma 09	6) Freiburger, Natasha 09			
17 SE Polk				50.81 2
1) Mills, Kennady 10	2) Foster, Jaclyn 11	3) Milani, Samantha 11	4) Cataldo, Abbi 10	
5) Severs, Isabelle 10	6) Plym, Alexis 12			
18 Prairie, CR				50.83 2
1) Schmitt, Sarah 12	2) Hilderbrand, Raenice 12	3) Dodge, Mya 10	4) Andorf, Madie 12	
5) Grissel, Kamryn 09	6) Cortez, Gabby 09			
19 Epworth, WD				50.83 6
1) Brosius, Catie 12	2) Steffen, Carley 12	3) Schindler, Ella 10	4) Burds, Jenna 12	
5) Hollenback, Paige 12	6) Recker, Sammy 09			
20 Valley, WDM				51.23 3
1) Allen, Jayda 11	2) Hronich, Audrey 11	3) Shannon, Serina 11	4) Socarras, Danielle 10	
5) Allen, Mya 09	6) Gaddi, Shreya 10			
21 Johnston				51.30 4
1) Roethler, Emma 10	2) Studer, Jaden 11	3) Gossling, Anna 09	4) Hovey, Josie 12	
5) Miner, Alyssa 09	6) Long, Miya 09			
22 IC, Liberty				51.34 3
1) Murphy, Jada 10	2) McGee, Tayshauna 11	3) Davis, Elizabeth 11	4) Cannon, Taylor 11	
5) Schroeder, Carlie 09	6) Lange, Chaise 10			
23 North Scott				51.34 3
1) Rowlands, Avery 12	2) Bruck, Savanna 09	3) Kuehl, Tarynn 11	4) Kruse, Brooke 11	
5) Ahrens, Madison 10	6) Hanson, Camryn 11			
24 CR Jefferson				51.35 4
1) Kaba, Kanvee 11	2) Prohaska, Meghan 12	3) Hepker, Corrine 12	4) Nagel, Rachel 11	
5) Furaha, Sandrine 10	6) Peters, Maggie 12			



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

Friday 5/17/2019 - 4:45 PM

**State Record: 1:39.24 5/22/2015 CR Jefferson, CR Jefferson**  
**A Ranschau, J Blue, M Meese, L Schneekloth**

**All-Time: 1:39.24 5/22/2015 CR Jefferson, CR Jefferson**  
**A Ranschau, J Blue, M Meese, L Schneekloth**

Team	Relay				Seed Time
1 Pleasant Valley					1:42.71 1
1) Spelhaug, Carli 12	2) Arthofer, Adrea 12	3) Ramirez, Morgan 11	4) Creasy, Harmony 10		
5) Wood, Emily 10	6) Ruff, Kora 09				
2 Ames					1:43.69 1
1) Buckels, Hannah 12	2) Hegelheimer, Melina 12	3) Sorrentino, Bianca 11	4) Lipsey, Teagan 11		
5) Carney, Mackenzie 09	6) Diggins-Kennedy, Genessee 05				
3 Waukee					1:43.71 1
1) Schlicher, Ainsley 10	2) Perry, Kaliyah 09	3) Taylor, Delaney 12	4) Harris, Natalie 09		
5) Lewis, Laina 12	6) Schossow, Emma 11				
4 Linn-Mar					1:44.11 1
1) Bennett, Jill 12	2) Gorsich, Leah 10	3) Huggins, Anna 11	4) Burrell, Dimia 11		
5) Hanna, Meliah 10	6) Schmidt, Emily 09				
5 Bettendorf					1:44.12 2
1) McQuillen, Erin 12	2) Erpelding, Maggie 11	3) Girsch, Katie 10	4) Horner, Avery 09		
5) Johnson, Emma 12	6) Lewis, Olivia 11				
6 SE Polk					1:44.18 1
1) Milani, Samantha 11	2) Hartz, Gretta 11	3) Clement, Natalie 11	4) Hill, Tarryn 11		
5) Cataldo, Abbi 10	6) Foster, Jaclyn 11				
7 Ankeny					1:44.18 2
1) Van De Mortel, Eva 10	2) Gibson, Eden 10	3) Fulk, Eva 09	4) Sidney, Mikala 12		
5) Mayberry, Mytika 10	6) Davis, Leah 09				
8 DSM, Hoover					1:44.36 2
1) Hurst, Zipporah 11	2) Goods, Temira 11	3) Jones, Olivia 09	4) Lottie, Destiny 12		
5) Sakabu, Lina 12	6) Shonka, Julia 10				
9 Dowling Cath					1:45.11 2
1) Pierick, Kathryn 11	2) Heuckendorf, Rozzie 12	3) Gehrke, Olivia 11	4) Wilson, Mallory 11		
5) Tobias, Margaret 10	6) Okwaramoi, Juru 12				
10 Cedar Falls					1:45.28 2
1) Sires, Lindsey 10	2) Green, Emerson 11	3) Smith, Anisia 09	4) Sterrett, Morgan 12		
5) Longnecker, Leah 12	6) Stokes, Sydney 09				
11 WAT East					1:45.56 3
1) Clark, Amanee 12	2) Campbell, Jassmin 12	3) Nichols, Jocelyn 10	4) Roberts, Kerris 12		
5) Wright, Valieghja 09	6) Schellhorn, Emma 10				
12 Johnston					1:46.00 3
1) Roethler, Emma 10	2) Studer, Jaden 11	3) Fehn, Chloe 12	4) Strauss, Samantha 10		
5) Kamienski, Avery 12	6) Hovey, Josie 12				
13 DUB Hempstead					1:46.86 4
1) Klein, Hailey 12	2) Hammerand, Megan 11	3) Hilkin, Emma 09	4) Hoskins, Janyla 11		
5) Ryder, Emalee 11	6) Herman, Laney 11				
14 IC, City High					1:47.04 1
1) Ansley, Te'Nia 09	2) Cooper, Emma 12	3) Sartini-Rideout, Azzura 11	4) DePrenger, Mia 09		
5) Clark, Emma 12	6) Lindsey, Ayana 10				
15 Prairie, CR					1:47.18 2
1) Schmitt, Sarah 12	2) Dodge, Mya 10	3) Grissel, Kamryn 09	4) Andorf, Madie 12		
5) Hilderbrand, Raenice 12	6) Cortez, Gabby 09				

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

	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
16	CR Kennedy		1:47.26 3
	1) Clark, Jaylise 11	2) Lea, Victoria 10	3) Parker, Addy 10
	5) Hendrid, Calaisha 09	6) Wieland, Hannah 11	4) Mitchell, Cheyenne 12
17	IC, West		1:48.04 4
	1) Liao, Amy 10	2) Severt, Katie 12	3) Dillingham, Mia 11
	5) Nuro-Gyina, Celestina 09	6) Steva, Peyton 12	4) Tellis, Matayia 10
18	North Scott		1:48.10 3
	1) Rowlands, Avery 12	2) Fuller, Sydney 12	3) Bruck, Savanna 09
	5) Gill, Maddie 09	6) Kruse, Brooke 11	4) Corson, Brooke 12
19	Mason City		1:48.12 3
	1) Daugherty, Odeleine 12	2) van Aalst, Nienke 12	3) Thomas, Hannah 11
	5) Green, Zoe 12	6) Hillhouse, Taia 09	4) Williams, Jada 09
20	Valley, WDM		1:48.22 4
	1) Shannon, Serina 11	2) Hronich, Audrey 11	3) Socarras, Danielle 10
	5) Griffith, Reagan 09	6) Wright, Molly 11	4) Chappell, Hayley 10
21	Epworth, WD		1:48.46 5
	1) Burds, Jenna 12	2) Steffen, Carley 12	3) Hermsen, Caylee 11
	5) Goodman, Maddie 11	6) Ulrichs, Natalie 09	4) Brosius, Catie 12
22	WAT West		1:48.52 6
	1) Solomon, Madelyn 12	2) Burt, Amari 12	3) Allison, Claresa 12
	5) Grimm, Maddie 09	6) Domatob, Jaide 09	4) Scott, Keeajah 10
23	Indianola		1:48.72 5
	1) Steinfeldt, Patricia 09	2) Gioffredi, Grace 09	3) Forbes, Aryss 10
	5) McGraw, Lizzie 09	6) Howe, Avery 10	4) Blake, Leah 12
24	SC, East		1:48.83 3
	1) Parker, Myerra 12	2) Junck, Kilie 10	3) Smith, Allyson 12
	5) Wells, Lineya 10	6) Callahan, Megan 09	4) Gardner, Laken 11

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

Friday 5/17/2019 - 7:20 PM

**State Record: 3:48.49 5/20/2009 Sioux City East, Sioux City East**  
**All-Time: 3:48.39 5/23/2009 Sioux City, East, Sioux City, E**  
**S Houlihan, R Mikulicz, E McCarthy, E Dougherty**

	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
1	Linn-Mar		3:58.11 1
	1) Burrell, Dimia 11	2) Bennett, Jill 12	3) Schmidt, Emily 09
	5) Gorsich, Lauren 10	6) Huggins, Anna 11	4) Haars, Lily 09
2	SE Polk		3:59.65 1
	1) Hill, Tarryn 11	2) Larkins, Grace 10	3) McGowan, Magda 10
	5) Mills, Kennady 10	6) McNeeley, Sydney 10	4) Clement, Natalie 11
3	Cedar Falls		4:01.54 2
	1) Kimbrough, Auriona 12	2) Stokes, Sydney 09	3) Sires, Lindsey 10
	5) Michael, Mackenzie 11	6) Clark, Emma 10	4) Lenaerts, Madison 12
4	Dowling Cath		4:01.70 1
	1) Tobias, Margaret 10	2) Timboe, Kate 12	3) Meilander, Janey 12
	5) Allen, Ashley 12	6) Schweizer, Kelsey 12	4) Heuckendorf, Rozzie 12
5	Waukee		4:01.84 2
	1) Caraway, Jessica 11	2) Peters, JanJay 12	3) Schlicher, Ainsley 10
	5) Benson, Abby 12	6) Taylor, Delaney 12	4) Groathouse, Megan 12
6	IC, City High		4:02.38 1
	1) Kelly-Harvey, CeCe 10	2) DePrenger, Mia 09	3) Reynolds, Lillian 10
	5) Naeve, Peyton 09	6) Lindsey, Ayana 10	4) Schaeckenbach, Caroline 11

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

Event	Team	Relay	Seed Time
7	Ottumwa		4:03.14 2
	1) Bookin-Nosbisch, Grace 11	2) Bishop, Kierra 12	3) Mellin, Carollin 11
			4) Bookin-Nosbisch, Allison 11
8	Bettendorf		4:05.68 1
	1) McQuillen, Erin 12	2) Whitaker, Allison 12	3) Scott, Amanda 09
	5) Johnson, Emma 12	6) DeFaux, Sarah 09	4) Skogman, Annika 10
9	Johnston		4:06.30 2
	1) Kamienski, Avery 12	2) Heikes, Isabella 10	3) Strauss, Samantha 10
	5) Hutchins, Abby 10	6) Nead, Faith 09	4) Fehn, Chloe 12
10	Prairie, CR		4:08.84 3
	1) Reittinger, Carli 11	2) Copeland, Emma 12	3) Moses, Alexis 09
	5) Schmitt, Sarah 12	6) Koppes, Alyza 09	4) Cortez, Gabby 09
11	Epworth, WD		4:10.09 3
	1) Burds, Jenna 12	2) Burds, Elly 10	3) Burds, Jordan 12
	5) Hermsen, Caylee 11	6) Klein, Lauren 10	4) Biermann, Audrey 09
12	Ankeny Cent		4:10.19 1
	1) Vortherms, Kathryn 10	2) Street, Elle 09	3) Bearden, Josie 10
	5) Petersen, Katie 11	6) Rios, Emma 09	4) Hill, Millie 10
13	Pleasant Valley		4:10.31 2
	1) Wood, Emily 10	2) Arthofer, Adrea 12	3) Basala, Clare 10
	5) Spelhaug, Carli 12	6) Curtis, Sophie 11	4) Creasy, Harmony 10
14	Ames		4:10.35 2
	1) Lipsey, Teagan 11	2) Sorrentino, Bianca 11	3) Buckels, Hannah 12
	5) Morken, Hope 12	6) Tietjens, Leah 10	4) Carney, Mackenzie 09
15	CB, A Lincoln		4:11.95 3
	1) Schimmer, Hanna 09	2) LaSale, Kensi 12	3) Schleifman, Kayla 10
	5) Delezene, Kyla 10	6) Olson, Abbie 11	4) Shanks, Jillian 10
16	DSM, Hoover		4:13.90 3
	1) Jones, Olivia 09	2) Ding, Nyamal 09	3) Cheh, Melvina 10
	5) Goods, Temira 11	6) Lottie, Destiny 12	4) Kelly, Deja 10
17	Indianola		4:13.93 4
	1) Heuton, Haylee 09	2) Forbes, Jady 12	3) Blake, Lauren 09
	5) Werling, Joey 09	6) Blake, Leah 12	4) Blake, Bailey 11
18	IC, Liberty		4:13.98 4
	1) Dunson, Devon 10	2) Lange, Chaise 10	3) Luyeye, Christella 10
	5) Schroeder, Gabbie 09	6) Woody, Isabelle 09	4) Schroeder, Carlie 09
19	Ankeny		4:14.03 3
	1) Wendling, Sydney 12	2) Gibson, Eden 10	3) Fulk, Eva 09
	5) Becker, Kailey 11	6) Bosch, Megan 10	4) Trimble, Holly 11
20	DUB Hempstead		4:14.10 4
	1) Leicht, Kaylee 11	2) Ries, Grace 12	3) Holesinger, Emma 11
	5) Heim, Ella 10	6) Breiner, Laney 09	4) Blean, Micki 11
21	SC, North		4:14.57 4
	1) Enoch, Hailee 12	2) Norton, Mia 10	3) Zuehl, Nicole 09
	5) Phillips, Brenda 12	6) Olson, Monica 11	4) Sanchez, Michelle 11
22	Valley, WDM		4:15.35 5
	1) Moore, Mya 11	2) Chappell, Hayley 10	3) Schulze, Lauren 10
	5) Tawr, Soma 11	6) Christudoss, Abigail 10	4) Hollander, Maddie 09
23	SC, East		4:15.41 5
	1) Radcliffe, Alex 09	2) Phillips, Karlee 11	3) Smith, Allyson 12
	5) Gardner, Laken 11	6) Wells, Lineya 10	4) Downs, Kaia 09

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

Team	Relay	Seed Time
24 Mason City		4:16.05 4
1) Daugherty, Odeleine 12	2) Hanson, Brycelyn 10	3) Thomas, Hannah 11
5) Heller, Madisyn 10	6) van Aalst, Nienke 12	4) Williams, Jada 09

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

Thursday 5/16/2019 - 5:25 PM

State Record: 9:09.34 2018

Waukee, Waukee

L Campbell, J Caraway, M Groathouse, L Akason

All-Time: 9:09.09 2001

Iowa City West, Iowa City West

Team	Relay	Seed Time
1 Dowling Cath		9:36.24 1
1) Flood, Annie 11	2) Timboe, Kate 12	3) Miller, Sydnee 12
5) Osborn, Karleigh 10	6) Schweizer, Kelsey 12	4) Meilander, Janey 12
2 Ottumwa		9:36.65 1
1) Mellin, Carollin 11	2) Coulter, Meghan 10	3) Bookin-Nosbisch, Allison 11
		4) Bookin-Nosbisch, Grace 11
3 SE Polk		9:37.91 1
1) Hill, Tarryn 11	2) McGowan, Magda 10	3) Plummer, Mattison 10
5) Rosenboom, Grace 10	6) Larkins, Grace 10	4) Blackford, Paige 12
4 Waukee		9:40.71 2
1) Caraway, Jessica 11	2) Bannister, Molly 09	3) Shepard, Emma 11
5) Groathouse, Megan 12	6) Schaffer, Sydney 11	4) Kelderman, Lindsey 10
5 Johnston		9:44.28 2
1) Fehn, Chloe 12	2) Nead, Faith 09	3) Tenpas, Aleah 09
5) Kamienski, Avery 12	6) Heikes, Isabella 10	4) Strauss, Samantha 10
6 Linn-Mar		9:45.31 1
1) Geelan, Lilly 10	2) Murphy, Sarah 10	3) Kelley, Emma 12
5) Skidmore, Chloe 10	6) Toingar, Joyce 09	4) Poellet, Micah 10
7 DUB Senior		9:45.35 2
1) Donovan, Ashley 12	2) Miller, Lauren 12	3) Schmidt, Lillian 10
5) Gorton, Isabelle 10	6) Miron, Katie 11	4) Edmondson, Claire 11
8 Bettendorf		9:47.38 1
1) DeFaux, Sarah 09	2) Scott, Amanda 09	3) Beintema, Hannah 09
5) Bytnar, Peyton 11	6) Temple, Madison 11	4) Schmidt, Sarah 10
9 IC, West		9:47.61 2
1) Buettner, Erica 10	2) Hoefler, Katie 10	3) Kearney, Emma 10
5) Alaya, Sara 09	6) Westemeyer, Lucy 10	4) Malloy-Salgado, Kiara 10
10 Pleasant Valley		9:49.57 2
1) Riley, Abby 12	2) Lafever, Mallory 12	3) Doran, Holyn 11
5) Buechel, Lauren 11	6) Brandmeyer, Sydney 09	4) Minard, Maddy 12
11 Prairie, CR		9:50.27 3
1) Reittinger, Carli 11	2) Kilpatrick, Rachael 12	3) Moses, Alexis 09
5) Johannes, Lily 09	6) Meyer, Laurdyn 10	4) Koppes, Alyza 09
12 Epworth, WD		9:51.80 3
1) Burds, Jordan 12	2) Klein, Lauren 10	3) Wille, Leah 12
5) Meyers, Amber 12	6) Biermann, Audrey 09	4) Burds, Elly 10
13 Urbandale		9:52.27 1
1) Scharingson, Jaden 09	2) Martinez-Lohf, Julia 09	3) Dial, Sydney 09
5) Van Quathem, Erin 09	6) Peterson, Lauren 09	4) Gaskill, Macy 10
14 Cedar Falls		9:53.99 4
1) O'Loughlin, Devin 11	2) Clark, Emma 10	3) Freeman, Jayna 11
5) Wageman, Paige 09	6) Stokes, Sydney 09	4) Lenaerts, Madison 12

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

	Team	Relay			Seed Time
15	SC, East				9:54.28 3
	1) Lammers, Katie 10	2) Radcliffe, Alex 09	3) Phillips, Karlee 11	4) Downs, Kaia 09	
	5) Helt, Sydney 09	6) Heald, Lydia 10			
16	DUB Hempstead				9:55.32 5
	1) Leicht, Kaylee 11	2) Holesinger, Emma 11	3) Hostager, Shaelyn 11	4) Brown, Hannah 11	
	5) Franklin, Audrey 10	6) Ries, Grace 12			
17	IC, City High				9:55.35 4
	1) Reynolds, Lillian 10	2) Frazier, Tatum 09	3) Perril, Janie 10	4) Corbin, Lucy 09	
	5) Kelly-Harvey, CeCe 10	6) Hecker, Aly 12			
18	Ankeny				9:57.13 2
	1) Bosch, Sarah 12	2) Bosch, Megan 10	3) Murphy, Madeleine 10	4) Fillinger, Cierra 11	
	5) Loftus, Hannah 10	6) Blass, Maya 09			
19	SC, North				10:07.90 4
	1) Zuehl, Nicole 09	2) Garay, Lillian 09	3) Phillips, Brenda 12	4) Olson, Monica 11	
	5) Ly, Christina 11	6) Kelley, Emma 10			
20	IC, Liberty				10:08.08 5
	1) Reese, Anna 10	2) Woody, Isabelle 09	3) Logan, McKenzie 10	4) Mac, Camille 10	
	5) Keeney, Ashlyn 09	6) Schroeder, Carlie 09			
21	Ankeny Cent				10:11.11 3
	1) Gaumer, Jesslyn 12	2) Lee, Sydney 10	3) Smith, Brianna 12	4) Lee, Sophia 11	
	5) Peters, Jeanne 11	6) Jorgensen, Kendall 09			
22	CB, A Lincoln				10:13.60 5
	1) Bracker, Paige 09	2) O'Neal, Emma 09	3) Heilesen, Moriah 11	4) Keefer, Kerigan 11	
	5) hasbrouck, jaycie 09	6) James, Belinda 10			
23	DVPT, Central				10:24.35 3
	1) Blackman, Lois 09	2) Smith, Aniah 09	3) Goodwin, Tessa 12	4) Barfels, Elizabeth 11	
	5) Johnson, Jordyn 09	6) Locke, KyaSue 09			
24	Indianola				10:27.29 3
	1) Fuller, Alyvia 09	2) Werling, Joey 09	3) Seifrig, Hailey 10	4) Engelhardt, Rachel 10	
	5) Forbes, Jadyn 12	6) Borgmeyer, Ali 09			

## Event 102 Girls 100 Meter Run WC (3)

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	Frahm, Halie	11	Cedar Falls	29.24 1
2	Horn, Maria	11	Ottumwa	34.10 1
3	Doebelin, Mia	10	Lewis Central	39.32 1

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

Saturday 5/18/2019 - 1:45 PM

State Record: 43.28 2006 Tasha DeGroot, Aplington-Parkersburg

All-Time: 43.28 2006 Tasha DeGroot, Aplington-Parkersburg

	Name	Year	School	Seed Time
1	Frahm, Halie	11	Cedar Falls	54.58 1
2	Doebelin, Mia	10	Lewis Central	1:22.36 1

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**Event 106 Girls 400 Meter Run WC (1)**

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 Frahm, Halie	11	Cedar Falls	1:48.35 1

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

Saturday 5/18/2019 - 9:36 AM

State Record: 1:43.64 2018 Linn-Mar, Linn-Mar

All-Time: 1:43.64 2018 A Rolle, O Hubler, J Bennett, P Wensel

Linn-Mar, Linn-Mar

A Rolle, O Hubler, J Bennett, P Wensel

Team	Relay	Seed Time
1 Pleasant Valley		1:47.19 1
1) Spelhaug, Carli 12	2) Ramirez, Morgan 11	3) Arthofer, Adrea 12
5) Wood, Emily 10	6) Wood, Kelsey 12	4) Creasy, Harmony 10
2 Cedar Falls		1:47.74 1
1) Longnecker, Leah 12	2) Gee, Jenneh 11	3) Sterrett, Morgan 12
5) Green, Emerson 11	6) Kimbrough, Auriona 12	4) Michael, Mackenzie 11
3 Epworth, WD		1:48.29 2
1) Brosius, Catie 12	2) Steffen, Carley 12	3) Burds, Jenna 12
5) Hollenback, Paige 12	6) Hermsen, Caylee 11	4) Biermann, Audrey 09
4 Ames		1:49.18 1
1) Buckels, Hannah 12	2) Hegelheimer, Melina 12	3) Sorrentino, Bianca 11
5) Carney, Mackenzie 09	6) Spraggins, Brooke 10	4) Lipsey, Teagan 11
5 Dowling Cath		1:49.46 1
1) Wilson, Mallory 11	2) Heuckendorf, Rozzie 12	3) Gehrke, Olivia 11
5) Timboe, Kate 12	6) Okwaramoi, Juru 12	4) Tobias, Margaret 10
6 SE Polk		1:49.49 1
1) Milani, Samantha 11	2) Hartz, Gretta 11	3) Clement, Natalie 11
5) Cataldo, Abbi 10	6) Foster, Jaclyn 11	4) Larkins, Grace 10
7 Waukee		1:49.56 2
1) Karunatilaka, Sehansa 10	2) Schossow, Emma 11	3) Perry, Kaliyah 09
5) Groathouse, Megan 12	6) Schlicher, Ainsley 10	4) Taylor, Delaney 12
8 Linn-Mar		1:50.34 3
1) Northrup, Chana 11	2) Juergens, Cathi 11	3) Huggins, Anna 11
5) Shanahan, Kasey 10	6) Bennett, Jill 12	4) Haars, Lily 09
9 Prairie, CR		1:50.37 1
1) Schmitt, Sarah 12	2) Hilderbrand, Raenice 12	3) Andorf, Madie 12
5) Reitinger, Carli 11	6) Briggs, Ja'lyrial 09	4) Cortez, Gabby 09
10 Ankeny Cent		1:50.39 2
1) Wilson, Hannah 11	2) Pruisner, Macee 10	3) Petersen, Katie 11
5) Ridout, Meg 12	6) Street, Elle 09	4) Vortherms, Kathryn 10
11 North Scott		1:50.47 2
1) Bruck, Savanna 09	2) Kruse, Brooke 11	3) Corson, Brooke 12
5) Lafrenz, Abbi 11	6) Gill, Maddie 09	4) Fuller, Sydney 12
12 Bettendorf		1:50.49 3
1) Girsch, Katie 10	2) Horner, Avery 09	3) Erpelding, Maggie 11
5) Lange, Olivia 10	6) Skogman, Annika 10	4) Whitaker, Allison 12
13 Indianola		1:50.63 2
1) Blake, Leah 12	2) Gioffredi, Grace 09	3) Forbes, Aryss 10
5) Sickels, Rayna 10	6) Forbes, Jady 12	4) Blake, Bailey 11

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

Team	Relay			Seed Time
14 IC, City High				1:51.22 2
1) Clark, Emma 12	2) Cooper, Emma 12	3) Lindsey, Ayana 10	4) Kelly-Harvey, CeCe 10	
5) Ansley, Te'Nia 09	6) Sartini-Rideout, Azzura 11			
15 Mason City				1:51.35 3
1) Daugherty, Odeleine 12	2) Green, Zoe 12	3) van Aalst, Nienke 12	4) Williams, Jada 09	
5) Hillhouse, Taia 09	6) Quintero, Lizzy 10			
16 Ankeny				1:51.55 4
1) Daugherty, Malea 11	2) Mayberry, Mytika 10	3) Gibson, Eden 10	4) Wendling, Sydni 12	
5) Filling, Macey 10	6) Hartshorn, Izzy 10			
17 DUB Hempstead				1:51.58 4
1) Klein, Hailey 12	2) Hilkin, Emma 09	3) Hoskins, Janyla 11	4) Leicht, Kaylee 11	
5) Ries, Grace 12	6) Ryder, Emalee 11			
18 Burlington				1:51.97 4
1) Griffin, Marissa 09	2) Bunton, Madison 10	3) Baylark, Ariana 10	4) Baylark, Angel 11	
5) Bivens, Alli 12	6) Johnson, Alize 12			
19 IC, Liberty				1:52.11 3
1) Lange, Chaise 10	2) McGee, Tayshauna 11	3) Cannon, Taylor 11	4) Dunson, Devon 10	
5) Jaeger, Elizabeth 09	6) Schroeder, Carlie 09			
20 Johnston				1:53.05 3
1) Roethler, Emma 10	2) Studer, Jaden 11	3) Kamienski, Avery 12	4) Nead, Faith 09	
5) Hovey, Josie 12	6) Fehn, Chloe 12			
21 SC, East				1:53.11 3
1) Parker, Myerra 12	2) Callahan, Megan 09	3) Wells, Lineya 10	4) Smith, Allyson 12	
5) Gardner, Laken 11	6) Junck, Kilie 10			
22 CB, A Lincoln				1:54.68 4
1) Wohlers, Brooke 11	2) LaSale, Kensi 12	3) Shanks, Jillian 10	4) Schimmer, Hanna 09	
5) Hendrix, Jocelyn 11	6) hasbrouck, jaycie 09			
23 Valley, WDM				1:54.96 4
1) Allen, Jayda 11	2) Hronich, Audrey 11	3) Shannon, Serina 11	4) Chappell, Hayley 10	
5) Moore, Mya 11	6) Socarras, Danielle 10			
24 DSM Lincoln				1:55.26 5
1) Lohrman, Morgan 10	2) Canada, Erika 12	3) Littlejohn, Gracilove 09	4) Maxwell, Brooke 10	
5) Winters, Mya 10	6) Paye, Brandie 12			

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

Thursday 5/16/2019 - 4:30 PM

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

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

Name	Year	School	Seed Mark
1 Green, Layanna	10	Waukee	5-06.25 1
2 Hoskins, Sara	11	Pleasant Valley	5-04.00 1
3 Baccile, Mira	11	Dowling Cath	5-04.00 2
4 Johnson, Claudia	11	Bettendorf	5-03.00 3
5 Braaten, Annika	11	Bettendorf	5-03.00 2
6 Kimbrough, Auriona	12	Cedar Falls	5-02.00 1
7 Guest, Anne	10	Ottumwa	5-02.00 1
8 Vondrak, Kyley	09	SC, East	5-01.00 3
9 Morris, Jada	12	DSM, Roosevelt	5-01.00 1
10 Peterson, Taylor	12	Prairie, CR	5-01.00 2
11 Bahl, Meredith	09	Epworth, WD	5-01.00 2
12 Lampe, Sophie	10	Ankeny Cent	5-00.00 2
13 Boss, Carly	12	Waukee	5-00.00 5

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

Name	Year	School	Seed	Mark
14	Sykes, Kirstin	12 SC, East	5-00.00	4
15	Mills, Kennady	10 SE Polk	4-10.00	3
16	Krahn, Kara	12 Johnston	4-10.00	2
17	Tubbs, Grace	12 Clinton	4-10.00	3
18	Blake, Lauren	09 Indianola	4-10.00	1
19	Himes, Gabby	11 Marshalltown	4-10.00	3
20	Vanderhoef, Alia	10 IC, City High	4-10.00	3
21	Jones, Calea	11 Ankeny Cent	4-10.00	3
22	Wood, Emily	10 Pleasant Valley	4-10.00	4
23	Leistikow, Sabrina	11 Cedar Falls	4-10.00	4
24	Miller, Jalyiah	11 DSM Lincoln	4-10.00	4

## Event 130 Girls Long Jump 4A (24)

Friday 5/17/2019 - 4:30 PM

State Record: 19-08

Waller/Thomas, CRW/CBAL

All-Time: 19-10.25 2014

Lexus Lovan, Urbandale

Name	Year	School	Seed	Mark
1	Thomas', Darby	12 CB, A Lincoln	18-07.00	1
2	Green, Emerson	11 Cedar Falls	18-06.75	1
3	Burrell, Dimia	11 Linn-Mar	18-03.75	2
4	Baylark, Angel	11 Burlington	18-02.75	1
5	Spelhaug, Carli	12 Pleasant Valley	17-07.00	2
6	Severt, Katie	12 IC, West	17-02.25	1
7	Creasy, Harmony	10 Pleasant Valley	17-00.25	3
8	Albaugh, Sarah	09 Cedar Falls	17-00.00	3
9	Ansley, Te'Nia	09 IC, City High	16-11.50	2
10	Brosius, Catie	12 Epworth, WD	16-11.25	4
11	Romig, Shelby	10 Ankeny	16-10.75	1
12	McQuillen, Erin	12 Bettendorf	16-10.00	4
13	Johnson, Brooklyn	09 DVPT, Central	16-09.75	5
14	Wright, Valieghja	09 WAT East	16-09.50	5
15	Scheid, Isabella	12 Waukee	16-08.50	2
16	Ryder, Emalee	11 DUB Hempstead	16-07.75	6
17	Cook, Ella	10 IC, City High	16-06.50	3
18	Woods, Brooklyn	09 Waukee	16-06.00	3
19	Mills, Kennady	10 SE Polk	16-05.75	1
20	Johnson, Ella	09 DUB Hempstead	16-04.50	7
21	Williams, Aaliyah	10 DSM, East	16-02.75	2
22	Andrews, Ava	10 Prairie, CR	16-00.75	4
23	Merksick, Emily	12 Lewis Central	16-00.50	4
24	Thomas, Hannah	11 Mason City	15-11.75	2

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

Thursday 5/16/2019 - 2:00 PM

State Record: 156-04 5/17/2008

Taylor Freeman, Iowa City We

All-Time: 179-07 2014

Kiana Phelps, KP-WC

Name	Year	School	Seed	Mark
1	Bauer, Alivia	11 Indianola	139-00	1
2	Payne, Lauren	11 Lewis Central	137-02	1
3	Moody, Kat	12 Waukee	133-11	2



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

Name	Year	School	Seed	Mark
4	Burger, Avelyn	10	Waukee	130-11 3
5	Terrell, Zanila	12	DVPT, North	126-05 1
6	Czarnecki, April	12	Urbandale	122-01 1
7	Baker, Kassie	11	Indianola	120-00 2
8	Jones, Miranda	10	IC, Liberty	119-10 1
9	Brinker, Myah	09	Cedar Falls	118-10 1
10	Klinge, Kelly	11	DSM Lincoln	118-05 2
11	Hittner, Allie	12	Dowling Cath	116-00 4
12	Gray, Hanna	12	Johnston	115-02 3
13	Turner, Lucy	11	CB, A Lincoln	115-02 5
14	Breitsprecker, Sarah	10	SE Polk	113-07 4
15	Green, Madison	11	Valley, WDM	113-02 5
16	Gabriel-Flores, Cindy	12	DVPT, Central	112-07 2
17	Hoogers, Hailey	12	SC, North	112-06 6
18	Jones, Portia	10	DSM, East	111-00 6
19	Stuelke, Hannah	09	CR Washington	110-09 2
20	Stoelk, Kit	12	Urbandale	110-09 3
21	Sartell, Kaylee	11	SE Polk	110-05 7
22	Miller, Caitlyn	10	SC, North	110-01 7
23	Palmersheim, Ali	11	SC, East	108-06 8
24	Fleckenstein, Madison	12	DUB Hempstead	107-10 2

## Event 146 Girls Shot Put 4A (24)

Friday 5/17/2019 - 2:00 PM

State Record: 47-01.50 5/20/2016 Erika Hammond, Clinton  
 All-Time: 53-03.50 1992 Paulette Mitchell, Council Bluffs AL

Name	Year	School	Seed	Mark
1	Moody, Kat	12	Waukee	44-00.00 1
2	Omari, Salima	11	IC, West	42-01.00 1
3	Bauer, Alivia	11	Indianola	40-10.75 1
4	Payne, Lauren	11	Lewis Central	40-06.50 2
5	Sonii, Arionnah	09	IC, West	40-02.25 2
6	Tobin, Grace	11	Mason City	40-00.00 1
7	Czarnecki, April	12	Urbandale	39-08.50 2
8	Daley, Precious	11	DSM, Roosevelt	39-04.00 3
9	Perez-Johnson, Ilah	11	Pleasant Valley	39-00.00 1
10	Toingar, Jeany	11	Linn-Mar	38-09.50 1
11	Terrell, Zanila	12	DVPT, North	37-05.50 2
12	Powell, Kimberly	11	Clinton	37-05.25 2
13	Rumley, KeaVonna	11	DVPT, Central	37-05.00 3
14	Capistrano, Donna-Lyn	12	SE Polk	37-02.50 2
15	Wagner, Hope	11	SC, West	37-01.00 3
16	Turner, Lucy	11	CB, A Lincoln	36-08.00 4
17	Gray, Hanna	12	Johnston	36-04.50 3
18	Smith, Brooklynn	09	WAT West	36-01.00 3
19	Green, Madison	11	Valley, WDM	36-00.75 4
20	Mays, Macie	10	Indianola	36-00.25 5
21	Jellison, Grace	11	CR Jefferson	35-11.00 3
22	Stagg, Ella	09	Ames	35-10.50 4

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**Event 146 ... (Girls Shot Put 4A (24))**

	Name	Year	School	Seed	Mark
23	Jones, Portia	10	DSM, East	35-10.25	6
24	Gollob, Kacee	12	Fort Dodge	35-08.75	5

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

Friday 5/17/2019 - 3:00 PM

**State Record:** 4:00.39 2009 Sioux City East, Sioux City East  
**All-Time:** 3:55.82 2017 Assumption, Assumption

	Team	Relay	Seed	Time
1	SE Polk		4:11.15	1
	1) Hartz, Gretta 11	2) Hill, Tarryn 11	3) Clement, Natalie 11	4) Blackford, Paige 12
	5) Mills, Kennady 10	6) Plummer, Mattison 10		
2	IC, Liberty		4:13.11	1
	1) Lange, Chaise 10	2) McGee, Tayshauna 11	3) Schroeder, Carlie 09	4) Keeney, Ashlyn 09
	5) Cannon, Taylor 11	6) Dunson, Devon 10		
3	Waukee		4:14.54	1
	1) Karunatilaka, Sehansa 10	2) Schossow, Emma 11	3) Groathouse, Megan 12	4) Schaffer, Sydney 11
	5) Caraway, Jessica 11	6) Perry, Kaliyah 09		
4	IC, City High		4:14.87	2
	1) Cooper, Emma 12	2) Clark, Emma 12	3) Lindsey, Ayana 10	4) Kelly-Harvey, CeCe 10
	5) Reynolds, Lillian 10	6) DePrenger, Mia 09		
5	DSM, Roosevelt		4:15.01	1
	1) Ewing, Ziaire 09	2) Morris, Jocee 10	3) Ubadigbo, Esther 11	4) Fleming, Megan 12
	5) Morris, Jada 12	6) Morales, Jhamae 10		
6	Valley, WDM		4:18.07	2
	1) Shannon, Serina 11	2) Hronich, Audrey 11	3) Moore, Mya 11	4) Gould, Helen 12
	5) Schulze, Lauren 10	6) Socarras, Danielle 10		
7	Cedar Falls		4:20.08	1
	1) Green, Emerson 11	2) Sterrett, Morgan 12	3) Stokes, Sydney 09	4) Wageman, Paige 09
	5) Michael, Mackenzie 11	6) Smith, Anisia 09		
8	Ottumwa		4:20.09	3
	1) Schneckloth, Chloe 10	2) Nelson, Katie 11	3) Bishop, Kierra 12	4) Mellin, Carolin 11
9	Bettendorf		4:20.52	1
	1) McQuillen, Erin 12	2) Erpelding, Maggie 11	3) Whitaker, Allison 12	4) DeFaux, Sarah 09
	5) Beintema, Hannah 09	6) Skogman, Annika 10		
10	Johnston		4:20.53	3
	1) Fehn, Chloe 12	2) Strauss, Samantha 10	3) Nead, Faith 09	4) Heikes, Isabella 10
	5) Tenpas, Aleah 09	6) Kamienski, Avery 12		
11	Ankeny Cent		4:20.63	2
	1) Breeding, Maraye 09	2) Street, Elle 09	3) Hill, Millie 10	4) Vortherms, Kathryn 10
	5) Petersen, Katie 11	6) Pruisner, Macee 10		
12	Prairie, CR		4:20.99	4
	1) Dodge, Mya 10	2) Grissel, Kamryn 09	3) Copeland, Emma 12	4) Reittinger, Carli 11
	5) Andorf, Madie 12	6) Cortez, Gabby 09		
13	Indianola		4:22.77	4
	1) Forbes, Aryss 10	2) Blake, Leah 12	3) Blake, Lauren 09	4) Forbes, Jady 12
	5) Blake, Bailey 11	6) Gioffredi, Grace 09		
14	DUB Senior		4:23.12	2
	1) Busch, Imani 11	2) Stackis, Melia 12	3) Miron, Katie 11	4) Donovan, Ashley 12
	5) Weber, Bridget 11	6) Miller, Lauren 12		
15	Pleasant Valley		4:23.47	2
	1) Ruff, Kora 09	2) Meyer, Jessi 10	3) Buhr, Taylor 09	4) Lafever, Mallory 12
	5) Doran, Holyn 11	6) Crome, Caitlin 11		

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

	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
16	North Scott		4:23.86 3
	1) Ahrens, Madison 10	2) Hanson, Camryn 11	3) Gill, Maddie 09
	5) Kruse, Brooke 11	6) Kuehl, Tarynn 11	4) Lafrenz, Abbi 11
17	CR Kennedy		4:24.62 5
	1) Hendrid, Calaisha 09	2) Wieland, Hannah 11	3) Ryan, Kaelyn 12
	5) Grams, Sarah 10	6) Parker, Addy 10	4) Popenhagen, Ella 11
18	Dowling Cath		4:24.71 2
	1) Wilson, Mallory 11	2) Heuckendorf, Rozzie 12	3) Tobias, Margaret 10
	5) Timboe, Kate 12	6) Schweizer, Kelsey 12	4) Meilander, Janey 12
19	Linn-Mar		4:25.16 3
	1) Huggins, Anna 11	2) Juergens, Cathi 11	3) Gorsich, Lauren 10
	5) Geelan, Lilly 10	6) Schmidt, Emily 09	4) Skidmore, Chloe 10
20	DUB Hempstead		4:27.02 4
	1) Ryder, Emalee 11	2) Freiburger, Natasha 09	3) Ries, Grace 12
	5) Herman, Laney 11	6) Leicht, Kaylee 11	4) Holesinger, Emma 11
21	Marshalltown		4:27.76 5
	1) Trowbridge, Sarah 11	2) Chadderdon, Alyvia 12	3) Vergara, Priscilla 11
	5) Gardner, Kierra 11	6) Hermanson, Phoebe 09	4) Barajas, Mia 11
22	Epworth, WD		4:28.14 5
	1) Hollenback, Paige 12	2) Goodman, Maddie 11	3) Burds, Jordan 12
	5) Schindler, Ella 10	6) Burds, Elly 10	4) Klein, Lauren 10
23	WAT East		4:30.22 6
	1) Jones, Neveah 09	2) Wright, Valieghja 09	3) Carey, Sha'Lynn 09
	5) Clark, Amanee 12	6) Hart, Mya 09	4) See, Alivia 10
24	Ames		4:32.41 3
	1) Jackson, Alexa 10	2) Spraggins, Brooke 10	3) Chan, Nyadio 09
	5) Peterson, Olivia 11	6) VanDyke, Breanna 10	4) Ryken, Delaney 12

**Event 162 Girls 800 Meter Run WC (2)****Friday 5/17/2019 - 2:30 PM**

	<b>Name</b>	<b>Year</b>	<b>School</b>	<b>Seed Time</b>
1	Frahm, Halie	11	Cedar Falls	3:33.19
2	Horn, Maria	11	Ottumwa	4:58.45