

Iowa Girls & Boys State Track Meet 2016 - 5/19/2016 to 5/21/2016

Des Moines, Iowa

Drake Stadium

Performance List

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

Thursday 5/19/2016 - 10:47 AM

State Record: 12.20 5/24/2014 Rose Ripslinger, Assumption
 All-Time: 11.50 1985 Natasha Kaiser, Des Moines Roosevelt

Name	Year	School	Seed	Time
1 King, Carly	09	Assumption	12.34	1
2 Masten, Ellie	10	Benton Comm	12.36	1
3 Slight, Dianna	11	Boone	12.42	1
4 Osterberger, Alli	12	Wahlert, Dub	12.49	2
5 Hasken, Bailey	10	Wahlert, Dub	12.50	3
6 Pingel, Annika	10	Pella	12.62	1
7 Johnson, Macy	11	Winterset	12.69	1
8 Flaws, Allie	12	Webster City	12.71	2
9 Richardson, Kendrea	10	Knoxville	12.74	2
10 Vos, Emily	10	Pella	12.75	3
11 Haley, Lindsey	12	Nevada	12.83	3
12 Wheeler, Kelly	12	Washington	12.85	2
13 Dubois, Taylor	11	Carlisle	12.88	2
14 Hentges, Amanda	11	Algona	12.89	1
15 Tynismaa, Isabelle	12	S Tama Cty, Tama	12.95	4
16 Durbin, Megan	10	Greene County	12.96	3
17 Gullekson, Rose	09	Decorah	12.97	1
18 Weiss, Whitney	10	Denison-Schlswg	13.03	1
19 Ailes-Primes, Ya'Mia	10	Keokuk	13.03	3
20 Saner, Katie	09	Crestwood	13.04	2
21 Miller, Grace	10	Xavier, CR	13.09	4
22 Hoogeveen, Lona	10	Boy-Hul/Rock Val	13.15	2
23 Murrow, Ashley	10	DC-Grimes	13.18	4
24 Williams, Charity	10	Atlantic	13.44	2

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

Thursday 5/19/2016 - 12:50 PM

State Record: 24.59 5/21/2015 Kari Dufoe, ADM
 All-Time: 24.00 1975 Debbie Esser, Woodbine

Name	Year	School	Seed	Time
1 Slight, Dianna	11	Boone	25.19	1
2 Pingel, Annika	10	Pella	25.51	1
3 King, Carly	09	Assumption	25.72	1
4 Richardson, Kendrea	10	Knoxville	26.09	2
5 Tynismaa, Isabelle	12	S Tama Cty, Tama	26.44	3
6 Weddle, Abby	10	DC-Grimes	26.64	2
7 Dubois, Taylor	11	Carlisle	26.64	1
8 Dellamuth, Brianna	12	Williamsburg	26.76	4
9 Sherman, Laura	12	Wahlert, Dub	26.76	1
10 Holmes, Gabby	12	Algona	26.88	1
11 Flaws, Allie	12	Webster City	27.08	2
12 Brown, Maddie	11	Bishop Heelan	27.08	1
13 Rohlena, Amber	11	Benton Comm	27.22	2
14 Watson, Sarah	11	Central DeWitt	27.24	3
15 McAllister, Katie	10	LeMars	27.26	2
16 Ailes-Primes, Ya'Mia	10	Keokuk	27.35	2

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

Name	Year	School	Seed Time	
17 Quandahl, Kayla	11	Decorah	27.40	1
18 Albenesius, Anna	11	Bishop Heelan	27.63	2
19 Johnson, Nadine	09	Spencer	27.64	3
20 Mangold, Katelyn	11	W Delaware	27.65	2
21 Garrels, Marisa	10	Webster City	27.96	3
22 White, Morgan	10	Estherville-LC	27.99	4
23 Gall, Ana	12	Wahlert, Dub	28.01	4
24 Ertz, Allyssa	12	Denison-Schlswg	28.05	3

Event 21 Girls 400 Meter Dash 3A (24)

Thursday 5/19/2016 - 1:30 PM

State Record: 56.05 5/22/2014 Olivia Loy, Anamosa
All-Time: 53.96 5/20/2010 Hannah Willms, Dike-NH

Name	Year	School	Seed Time	
1 King, Carly	09	Assumption	56.46	1
2 Slight, Dianna	11	Boone	57.78	1
3 King, Mallory	12	Assumption	58.32	2
4 Tyynismaa, Isabelle	12	S Tama Cty, Tama	59.58	1
5 Jenkins, Sydney	12	Newton	1:00.20	2
6 Fricano, Katy	12	Wahlert, Dub	1:00.50	1
7 Kerkhoff, Erin	09	Solon	1:00.62	2
8 Perez, Katie	12	Decorah	1:00.66	1
9 Yuska, Allison	11	S Tama Cty, Tama	1:01.11	3
10 Jochum, Madison	09	Bishop Heelan	1:01.37	1
11 Mikkelson, Sarah	10	Decorah	1:01.58	2
12 Schneider, Brett	10	Fort Madison	1:02.19	3
13 Hill, Brey	12	Oskaloosa	1:03.12	4
14 Washington, Sydney	12	Knoxville	1:03.13	5
15 Kenkel, Emma	09	Storm Lake	1:03.18	1
16 Duffield, Beth	11	Humboldt	1:03.24	2
17 Weeks, Abby	09	Spencer	1:03.65	2
18 Blommers, Lindsey	09	Pella	1:03.80	6
19 Schmidt, Hailey	10	Algona	1:03.82	3
20 Ferguson, Ally	10	DC-Grimes	1:03.97	1
21 Gubbels, Molly	10	Harlan	1:04.08	2
22 Juhl, Maddy	09	Ia Falls-Alden	1:04.16	3
23 Brown, Alli	12	Algona	1:04.35	4
24 Olejniczak, Emma	11	Perry	1:04.54	2

Event 29 Girls 800 Meter Run 3A (24)

Saturday 5/21/2016 - 10:10 AM

State Record: 2:10.38 5/23/2015 Joy Ripslinger, Assumption
All-Time: 2:07.35 2009 Shelby Houlihan, Sioux City East

Name	Year	School	Seed Time	
1 Ripslinger, Joy	11	Assumption	2:19.48	1
2 Schumacher, Julia	10	Assumption	2:20.69	2
3 Schneider, Brett	10	Fort Madison	2:21.16	3
4 Hollensbe, Julie	12	Williamsburg	2:21.78	1
5 Galligan, Jenna	10	Decorah	2:22.86	1
6 Gerber, Bristi	12	Vinton-Shellbrg	2:22.86	2

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

Name	Year	School	Seed Time
7	Cole, McKayla	11 Charles City	2:22.98 3
8	Ertz, Andrea	12 Marion	2:23.72 1
9	Boge, Kelly	12 Wahlert, Dub	2:23.99 2
10	Mueller, Brianna	12 ADM, Adel	2:24.48 1
11	Kohut-Jackson, Abby	12 Ballard	2:24.80 1
12	Mendlik, Ellie	10 Denison-Schlswg	2:24.82 1
13	Hosch, Kaylee	09 Independence	2:25.58 4
14	Pollard, Maggie	10 Gilbert	2:26.42 2
15	McNamara, Brittany	12 Central DeWitt	2:26.48 3
16	Howardson, Sierra	10 Fort Madison	2:26.63 4
17	Baker, Brielle	09 Creston	2:26.80 2
18	Dickes, Jenny	12 Xavier, CR	2:26.87 4
19	Kivett, Baylee	12 Grinnell	2:27.06 2
20	Kampen, Maddie	12 Humboldt	2:27.21 3
21	Fritz, Sami	11 Fairfield	2:28.41 5
22	Juergens, Sadie	09 ADM, Adel	2:28.45 2
23	Rand, Sydney	11 LeMars	2:31.12 1
24	VanZante, Morgan	11 Algona	2:31.41 2

Event 37 Girls 1500 Meter Run 3A (24)

Saturday 5/21/2016 - 2:35 PM

State Record: 4:39.02 5/24/2014 Grace Gibbons, Gilbert
 All-Time: 4:28.30 4/17/2010 Katie Flood, Dowling Cath

Name	Year	School	Seed Time
1	Schumacher, Julia	10 Assumption	4:52.32 1
2	Ripplinger, Joy	11 Assumption	4:52.36 2
3	Steffensmeier, Sarah	12 Fort Madison	4:54.23 3
4	Kohut-Jackson, Abby	12 Ballard	4:55.36 1
5	Bach, Maddie	12 Marion	4:56.87 1
6	Rahn, Carly	11 Gilbert	4:57.18 2
7	Hollensbe, Julie	12 Williamsburg	4:57.47 1
8	Roorda, Tess	11 Pella	5:00.30 2
9	Leshner, Amelia	10 North Polk, A	5:00.83 3
10	Gilbert, Sophia	10 Benton Comm	5:03.09 2
11	Williams, Tiffany	12 Atlantic	5:03.49 1
12	Horst, Grace	09 Vinton-Shellbrg	5:03.60 1
13	Cole, McKayla	11 Charles City	5:05.38 2
14	Bloomquist, Ashley	09 Fairfield	5:05.56 4
15	Mendlik, Ellie	10 Denison-Schlswg	5:06.60 2
16	Andersen, Raegan	09 Denison-Schlswg	5:07.33 3
17	Sporkman, Allison	12 Fort Madison	5:07.76 5
18	Neighbor, Chloe	09 Center Point	5:08.25 3
19	Romagna, Jade	12 Wahlert, Dub	5:08.64 3
20	Roberts, Morgan	10 Spencer	5:08.78 1
21	Blommers, Kelcey	11 Pella	5:09.21 3
22	Dannewitz, Addie	12 DC-Grimes	5:09.62 1
23	Smith, Lexi	10 DC-Grimes	5:11.11 2
24	Delperdang, Kourtney	09 Spirit Lake	5:12.85 2

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Event 45 Girls 3000 Meter Run 3A (24)

Thursday 5/19/2016 - 9:55 AM

State Record: 9:58.45 5/19/2011 Alana Enabnit, Clear Lake
 All-Time: 9:27.25 5/20/2010 Katie Flood, Dowling Catholic

Name	Year	School	Seed Time	
1	Bach, Maddie	12 Marion	10:42.35	1
2	Gilbert, Sophia	10 Benton Comm	10:51.75	2
3	Cole, McKayla	11 Charles City	10:54.36	1
4	Roberts, Morgan	10 Spencer	10:54.89	1
5	Ripslinger, Joy	11 Assumption	10:57.05	1
6	Schumacher, Julia	10 Assumption	10:57.06	2
7	Howardson, Sierra	10 Fort Madison	10:57.93	3
8	Horst, Lily	12 Vinton-Shellbrg	10:59.05	2
9	Berlage, Josephine	11 Decorah	11:03.32	3
10	Ertz, Andrea	12 Marion	11:03.93	3
11	Delperdang, Kourtney	09 Spirit Lake	11:04.61	2
12	Hollensbe, Julie	12 Williamsburg	11:04.93	1
13	Kohut-Jackson, Abby	12 Ballard	11:07.93	1
14	Jeppson, Maren	12 Mt Vernon	11:09.35	4
15	Neighbor, Callie	10 Center Point	11:10.94	4
16	Hurt, Maddie	09 LeMars	11:13.82	3
17	Williams, Tiffany	12 Atlantic	11:16.82	1
18	Barker, Kaylie	09 Clear Crk-Amana	11:19.71	4
19	Coon, Lauren	09 Oskaloosa	11:21.27	2
20	DeJong, Sienna	11 Oskaloosa	11:21.82	3
21	Sievers, Megan	09 Carlisle	11:24.43	1
22	Pollard, Annie	12 Gilbert	11:25.13	2
23	Kaster, Greichaly	09 Harlan	11:25.39	2
24	Smith, Lexi	10 DC-Grimes	11:41.15	2

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

Friday 5/20/2016 - 10:10 AM

State Record: 14.70 5/22/2015 Kelsi Phipps, Mt. Pleasant
 All-Time: 13.90 4/13/2010 Alex Gochenour, Logan-Mag.

Name	Year	School	Seed Time	
1	Martensen, Grace	09 Benton Comm	15.07	1
2	Bjustrom, Maggi	12 ADM, Adel	15.11	1
3	Dean, Molly	12 Glenwood	15.42	1
4	Durr, Sienna	10 Grinnell	15.56	1
5	Thoreson, Emma	11 Pella	15.58	2
6	McKinstrey, Corin	12 Pella	15.68	3
7	Yeoman, Catherine	10 Mt Vernon	15.72	2
8	Schwartz, Amanda	12 LeMars	15.72	1
9	Sandvig, Olivia	12 Decorah	15.78	1
10	Masching, Maci	12 DC-Grimes	15.80	2
11	Saunders, Janey	11 Maquoketa	15.87	3
12	Lambson, Aricka	10 Carlisle	15.87	3
13	Sands, Alexis	11 Solon	15.89	4
14	Schwarting, Corrine	12 Clear Crk-Amana	15.92	1
15	Lampe, Theresa	10 Xavier, CR	15.93	5
16	Rolf, Mary	12 Assumption	15.96	2

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

Name	Year	School	Seed Time	
17 Garvey, Kenzie	12	Webster City	16.02	1
18 VanDeWalle, Sarah	12	Independence	16.16	2
19 Vance, Bailey	11	Wahlert, Dub	16.16	6
20 Moline, Claire	12	Boone	16.19	2
21 Hamilton, Olivia	10	Spencer	16.29	2
22 Castillo, Amber	12	Creston	16.35	2
23 Yuska, Lauren	11	S Tama Cty, Tama	16.38	4
24 Buchholz, Jessie	11	Washington	16.43	3

Event 59 Girls 400 Meter Hurdles 3A (24)

Friday 5/20/2016 - 11:50 AM

State Record: 1:02.53 5/19/2010 Holly Salzbrenner, Mount Vernon-Lisbon
 All-Time: 57.30 1975 Debbie Esser, Woodbine

Name	Year	School	Seed Time	
1 Dean, Molly	12	Glenwood	1:03.96	1
2 Nimrod, Katie	10	Decorah	1:05.71	1
3 Yuska, Allison	11	S Tama Cty, Tama	1:06.61	1
4 Hamilton, Olivia	10	Spencer	1:06.87	1
5 Hansen, Chloe	09	Harlan	1:07.54	2
6 Ruth, Miranda	12	Glenwood	1:07.71	3
7 Danner, Madyln	09	Boone	1:07.86	1
8 Olaniyi, Aluna	10	Fairfield	1:07.87	1
9 Beckert, Haley	11	Waverly-SR	1:07.95	2
10 Herber, Grace	10	Wahlert, Dub	1:08.17	1
11 Pingel, Kiki	11	Pella	1:08.42	2
12 Westercamp, Alexis	11	Oskaloosa	1:08.92	3
13 Rindone, Teylor	10	Algona	1:09.31	2
14 VanDerWeide, PJ	12	Gilbert	1:09.81	2
15 Brase, Sydney	11	Marion	1:10.02	2
16 Gunderson, Vanessa	09	Denison-Schlswg	1:10.57	4
17 Lambson, Aricka	10	Carlisle	1:10.72	1
18 Pavlich, Madison	12	Assumption	1:10.72	2
19 Ryan, Libby	11	Mt Vernon	1:10.90	3
20 Little, Lexie	11	Creston	1:10.94	5
21 Kelderman, Emma	09	Oskaloosa	1:11.24	4 Conv
22 Stout, Alexis	10	Newton	1:11.27	5
23 Platt, Payton	12	Estherville-LC	1:11.32	3
24 Haack, Jocelyn	09	Carlisle	1:11.57	2

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

Thursday 5/19/2016 - 9:20 AM

State Record: 1:03.39 5/22/2014 Mt Pleasant, Mt Pleasant
 S Taylor, L Taylor, H Becker, K Phipps
 All-Time: 1:03.20 5/19/2012 Waukee, Waukee
 E Drees, A Cunningham, M Smith, M Rouw

Team	Relay	Seed Time	
1 Pella		1:05.22	1
1) Pingel, Kiki 11	2) Holterhaus, Emily 09	3) Thoreson, Emma 11	4) McKinstrey, Corin 12
5) Wepler, Sydney 10	6) Dux, Rebecca 10		

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Team	Relay			Seed Time	
2 ADM, Adel	1) Hauf, Kylie 10	2) Baier, Kristen 09	3) Schepers, Sami 10	4) Bjustrom, Maggi 12	1:06.76 1
	5) Stine, Alexis 11				
3 Mt Vernon	1) Rhomberg, Annie 09	2) Ryan, Libby 11	3) Dahlstrom, Lily 12	4) Yeoman, Catherine 10	1:06.82 1
	5) Erlandson, Lyz 11	6) Light, Rory 09			
4 Decorah	1) Kerndt, Kylie 11	2) Syverson, Grace 09	3) Sexton, Madison 10	4) Sandvig, Olivia 12	1:07.11 1
	5) Ranum, Rylea 10	6) Dehning, Katie 11			
5 Benton Comm	1) Maschino, Laura 10	2) Martensen, Grace 09	3) Bonewitz, Makenna 10	4) Masten, Elizabeth 10	1:07.65 2
	5) Walker, Tanashia 09	6) Nolan, Marissa 12			
6 Maquoketa	1) Saunders, Janey 11	2) Bennis, Brie 09	3) Pettyjohn, Shelby 11	4) Schwenker, Hailey 11	1:08.11 3
	5) Harmon, Kailey 10	6) Martin, Jocelyn 09			
7 Washington	1) Hoffman, Carolan 12	2) Wood, Emma 12	3) Knutson, Mackenzie 12	4) Buchholz, Jessie 11	1:08.17 1
	5) Telleen, Ashley 09	6) Barber, Victoria 11			
8 Solon	1) Diersen, Ali 11	2) Nelson, Rachael 09	3) Duckett, Molly 10	4) Sands, Alexis 11	1:08.21 4
	5) Miller, McKenna 11	6) Smith, Abby 09			
9 Waverly-SR	1) Walsh, Kelsie 12	2) Beckert, Haley 11	3) Reyerson, Grace 11	4) Wosepka, Karlie 11	1:08.54 2
	5) Larson, Krissa 10	6) Bechtel, Abby 09			
10 Glenwood	1) Ruth, Miranda 12	2) Scarborough, Olivia 12	3) Smith, Nicole 11	4) Dean, Molly 12	1:08.57 1
	5) Wilwerding, Katelyn 09	6) Mixan, Savanna 10			
11 DC-Grimes	1) Ryan, Abby 10	2) Workman, Amber 12	3) Vance, Carsyn 10	4) Masching, Maci 12	1:08.61 2
	5) Miles, Dakota 09	6) Lundy, Brooke 09			
12 Mt Pleasant	1) Lance, Mikayle 12	2) Menke, Ashlee 10	3) Williamson, Maddie 09	4) Buckert, Allison 11	1:08.90 2
	5) Shelman, Brianna 11	6) McDowell, Delaney 10			
13 Boone	1) Moline, Claire 12	2) Danner, Madyln 09	3) Wyrick, Jada 11	4) Lyons, Payton 12	1:09.23 1
	5) Mitchell, Trinity 10	6) Braun, Tiffany 11			
14 Algona	1) Julius, Janna 11	2) Holmes, Gabby 12	3) Rindone, Teylor 10	4) Brown, McKenna 12	1:09.34 1
	5) Hjelle, Emma 10	6) Conteh, Aisha 09			
15 Independence	1) VanDeWalle, Sarah 12	2) Larson, Madison 09	3) Hupke, Mackenzie 09	4) Doyle, Allison 10	1:09.53 3
	5) Cashen, Ashlei 12	6) Main, Courtney 11			
16 Denison-Schlswg	1) Faya, Sunday 11	2) Kastner, Cara 11	3) Heilesen, Sarah 09	4) Mohr, Alex 09	1:09.58 2
	5) Pick, Kailey 09				
17 Charles City	1) Carey, Brianna 11	2) Schmidt, Tayler 10	3) Carolan, Shay 12	4) Ruzicka, Sadie 10	1:09.75 4
	5) Schultz, Charmy 10	6) Pleggenkuhle, Melany 12			
18 Carlisle	1) Kurimski, Bailey 11	2) Spitzer, Mia 12	3) Haack, Jocelyn 09	4) Lambson, Aricka 10	1:09.79 3
	5) Mesecher, Cameron 09	6) Dubois, Alyvia 09			

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Team	Relay	Seed Time
19 Clear Crk-Amana		1:10.34 3
1) Langridge, Madelynn 10	2) Hennes, Riley 10	3) Schwarting, Corrine 12
5) Lacina, Cierra 09	6) Drake, Lori 12	4) Roller, Andrea 10
20 LeMars		1:10.37 2
1) Utesch, Cassidy 12	2) Alesch, Brooke 09	3) Ellis, Annie 09
5) Zenk, Krista 11	6) Needs, Baylee 10	4) Schwartz, Amanda 12
21 Carroll		1:10.41 3
1) Dvorak, Emily 12	2) Renning, Sydney 11	3) Tunning, Marissa 10
5) Pettitt, Josie 09	6) Perrin, Ashtyn 11	4) Irlbeck, Bianca 12
22 Grinnell		1:11.28 2
1) Stille, Trystin 11	2) Robinson, Jayda 12	3) Durr, Sienna 10
5) Juni, Kamryn 11	6) Townsend, Alexis 09	4) Hart, Lexi 09
23 Newton		1:11.41 3
1) Stout, Alexis 10	2) Lucas, Audrey 10	3) Barr, Abbie 09
5) Boecker, Hannah 10	6) Lucas, Fran 12	4) Eide, Morgann 10
24 Gilbert		1:12.80 2
1) Jackson, Trinity 09	2) Tyler, Olivia 11	3) Richard, Bree 10
5) Daley, Andrea 12	6) Gustafson, Ella 12	4) VanDerWeide, PJ 12

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

Friday 5/20/2016 - 12:50 PM

State Record: 48.47 5/23/2014 Assumption, Assumption
E Bassier, R Ripslinger, M Mommsen, M Irmen
All-Time: 47.55 4/28/2012 Roosevelt, Roosevelt

Team	Relay	Seed Time
1 Assumption		50.28 1
1) Harris, Jasmine 11	2) Jennings, Rachel 12	3) Carroll, Mary Grace 10
5) Rolf, Mary 12	6) Pavlich, Madison 12	4) King, Carly 09
2 Wahlert, Dub		50.41 1
1) Ganshirt, Jackie 11	2) Sherman, Anna 10	3) Osterberger, Alli 12
5) Sherman, Laura 12	6) Gall, Ana 12	4) Hasken, Bailey 10
3 Pella		50.68 1
1) Tallman, Sara 12	2) Thoreson, Emma 11	3) Malek, Paighton 10
5) Rundle, Kristin 11	6) McKinstrey, Corin 12	4) Vos, Emily 10
4 Decorah		50.82 1
1) Gullekson, Rose 09	2) Perez, Katie 12	3) Quandahl, Kayla 11
5) Tappe, Monica 12	6) Mikkelson, Sarah 10	4) Valkosky, Brynne 10
5 Glenwood		50.97 1
1) Ruth, Miranda 12	2) Clark, Kaycee 12	3) Starner, Myranda 12
5) Bomer, Devon 10	6) Mixan, Gabriella 12	4) Dean, Molly 12
6 S Tama Cty, Tama		51.06 2
1) Slaven, Shae 11	2) Yuska, Lauren 11	3) Yuska, Allison 11
5) Slaven, Stacey 09	6) Mora, Marisol 09	4) Tyynismaa, Isabelle 12
7 DC-Grimes		51.26 1
1) Weddle, Abby 10	2) Masching, Maci 12	3) Ryan, Abby 10
5) Workman, Amber 12	6) Murrell, Ashley 10	4) Lowary, Rachel 11
8 Nevada		51.40 1
1) McKinney, Jordan 11	2) Stephenson, Abby 11	3) Fey, Alli 12
5) Plate, Emily 09	6) Sharp, Caitlyn 09	4) Haley, Lindsey 12
9 Webster City		51.46 2
1) Dawson, Kali 11	2) Flaws, Haley 10	3) Garvey, Kenzie 12
5) Ferrari, Abbey 11	6) Woodlee, Zoey 09	4) Flaws, Allie 12

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	Team	Relay	Seed Time
10	Washington		51.50 2
	1) Marek, Makenzi 11	2) Greiner, Jenah 09	3) Salow, Amber 12
	5) Knutson, Mackenzie 12	6) Hoffman, Carolan 12	4) Wheeler, Kelly 12
11	Benton Comm		51.51 2
	1) Wiebel, Alyssa 12	2) Masten, Ellie 10	3) Slouha, Lauren 09
	5) Garman, Gabbi 10	6) Rohlena, Amber 11	4) Masten, Elizabeth 10
12	Carlisle		51.67 2
	1) Reed, Marissa 11	2) McCormick, Natalie 10	3) Beier, Agatha 11
	5) Viers, Kirstin 10	6) Jackson, Chrissy 11	4) Dubois, Taylor 11
13	Denison-Schlschw		51.72 2
	1) Mohr, Alex 09	2) Branning, Sarah 11	3) Ertz, Allyssa 12
	5) Pick, Kailey 09		4) Weiss, Whitney 10
14	Xavier, CR		51.74 3
	1) Oakley, Sydney 12	2) Parr, Anna 10	3) Stanek, Kiana 11
	5) Sodawasser, Rachel 10	6) Lampe, Theresa 10	4) Miller, Grace 10
15	Boone		51.74 3
	1) Moline, Claire 12	2) Wyrick, Jada 11	3) Castle, Ellen 09
	5) Orsack, Jayde 11	6) Danner, Madyln 09	4) Lyons, Payton 12
16	ADM, Adel		51.79 3
	1) Anderson, Olivia 11	2) Bjustrom, Maggi 12	3) Schepers, Sami 10
	5) Kenny, Anna 09	6) Griebel, Maya 09	4) Bertman, Sydney 11
17	Creston		51.92 3
	1) Shepherd, Rachel 11	2) Maitlen, Cayla 10	3) Hemsworth, Stephanie 10
	5) Latham, Kiersten 10	6) Castillo, Danielle 10	4) Castillo, Amber 12
18	Harlan		51.97 4
	1) Craig, Sidney 10	2) Sotelo, Alyssa 10	3) Hansen, Chloe 09
	5) Riley, Cassidy 10	6) Bruck, Allison 11	4) Light, Cheyanne 12
19	Spencer		51.97 1
	1) Nissen, Katelyn 09	2) Hopkins, Kailee 09	3) Rost, Jalen 11
	5) Hamilton, Olivia 10	6) Nissen, Ashlyn 09	4) Johnson, Nadine 09
20	LeMars		52.11 2
	1) Benjamin, Chaise 12	2) Wilken, Allison 12	3) Schwartz, Halie 10
	5) McAllister, Katie 10	6) Cooper, Haylee 09	4) Williams, Stephanie 10
21	Center Point		52.12 2
	1) Fox, Callyn 09	2) Dagna, Emelie 11	3) Willson, Madison 09
	5) Husmann, Morgan 09	6) Daubs, Kari 09	4) Kinsella, Keely 12
22	Algona		52.14 3
	1) Goche, Shayla 11	2) Julius, Janna 11	3) Grein, Sami 12
	5) Hood, Sam 10	6) Groen, Abby 09	4) Hentges, Amanda 11
23	Newton		52.29 3
	1) Jenkins, Sydney 12	2) Hutchinson, Alex 12	3) McVey, Liz 10
	5) Allen, Morgan 11	6) Winther, Kenna 11	4) Spencer, Leela 12
24	Marion		52.30 4
	1) Miller-Baker, Skylar 12	2) Lee, Lauren 11	3) Draves, Livvy 09
	5) Trca, Chloe 09	6) Brase, Sydney 11	4) Coder, Gloria 12

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

Friday 5/20/2016 - 11:05 AM

State Record: 1:42.74 5/22/2015 Wahlert, Dub, Wahlert, Dub
A Denlinger, A Sherman, K Fricano, L Sherman
All-Time: 1:41.00 1975 Woodbine, Woodbine
State Record: 1:42.74 5/22/2015 Wahlert, Dub, Wahlert, Dub
A Denlinger, A Sherman, K Fricano, L Sherman

Team	Relay				Seed Time
1 Assumption					1:46.55 1
1) Carroll, Mary Grace 10	2) Jennings, Rachel 12	3) Harris, Jasmine 11	4) Nelson, Lea 09		
5) King, Carly 09	6) King, Mallory 12				
2 Wahlert, Dub					1:46.97 1
1) Hasken, Bailey 10	2) Osterberger, Alli 12	3) Sherman, Anna 10	4) Sherman, Laura 12		
5) Fricano, Katy 12	6) Smith, Sabrina 10				
3 DC-Grimes					1:47.19 1
1) Weddle, Abby 10	2) Murrow, Ashley 10	3) Jorgensen, Tatum 11	4) Lowary, Rachel 11		
5) Masching, Maci 12	6) Workman, Amber 12				
4 Decorah					1:47.35 1
1) Ranum, Rylea 10	2) Quandahl, Kayla 11	3) Gullekson, Rose 09	4) Solberg, Kalle 12		
5) Mikkelson, Sarah 10	6) Perez, Katie 12				
5 Pella					1:47.75 1
1) Vos, Emily 10	2) Pingel, Kiki 11	3) Bogaard, Makenna 12	4) Pingel, Annika 10		
5) Malek, Paighton 10	6) Kooker, Megan 12				
6 Bishop Heelan					1:47.78 1
1) Cropley, Ellie 10	2) Albenesius, Anna 11	3) Luft, Lauren 12	4) Brown, Maddie 11		
5) Rizk, Katie 10	6) Meis, Ely 10				
7 Algona					1:47.97 1
1) Hentges, Amanda 11	2) Grein, Sami 12	3) Rindone, Teylor 10	4) Holmes, Gabby 12		
5) Hood, Sam 10	6) Schmidt, Hailey 10				
8 Harlan					1:48.01 2
1) Craig, Sidney 10	2) Hansen, Chloe 09	3) Light, Cheyanne 12	4) Frederick, Taylor 12		
5) Larsen, Alexis 10	6) Sotelo, Alyssa 10				
9 Benton Comm					1:48.08 2
1) Wiebel, Alyssa 12	2) Masten, Ellie 10	3) Hulsebus, Shelby 10	4) Masten, Elizabeth 10		
5) Garman, Gabbi 10	6) Rohlena, Amber 11				
10 W Delaware					1:49.20 2
1) Welcher, Sabrina 09	2) Vaske, Kira 10	3) Collier, Lauren 10	4) Mangold, Katelyn 11		
5) Burke, Madalynn 10	6) Georgen, Maleah 11				
11 Waverly-SR					1:49.43 3
1) McCalla, Emily 12	2) Larson, Krissa 10	3) Beckert, Haley 11	4) Hoins, Grace 11		
5) Rediske, Madi 09	6) Grosse, Bobbie 12				
12 Glenwood					1:49.87 3
1) Ruth, Miranda 12	2) Clark, Kaycee 12	3) Starner, Myranda 12	4) Bomer, Devon 10		
5) Allgood, Sadey 09	6) Springer, Arianna 10				
13 Marion					1:49.94 3
1) Miller-Baker, Skylar 12	2) Lee, Lauren 11	3) Coder, Gloria 12	4) Draves, Livvy 09		
5) Trca, Chloe 09	6) Brase, Sydney 11				
14 LeMars					1:50.07 2
1) McAllister, Katie 10	2) Benjamin, Chaise 12	3) Schwartz, Halie 10	4) Wilken, Allison 12		
5) Cooper, Haylee 09	6) Williams, Stephanie 10				
15 Nevada					1:50.27 1
1) Sharp, Caitlyn 09	2) Stephenson, Abby 11	3) Fey, Alli 12	4) Haley, Lindsey 12		
5) McKinney, Jordan 11	6) Harwell, Rebecca 09				

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

	Team	Relay	Seed Time
16	Creston		1:50.30 4
	1) Hemsworth, Stephanie 10	2) Castillo, Amber 12	3) Sickels, Josie 12
	5) Latham, Kiersten 10	6) Little, Lexie 11	4) Maitlen, Cayla 10
17	ADM, Adel		1:50.86 2
	1) Anderson, Olivia 11	2) Mueller, Brianna 12	3) Kenny, Anna 09
	5) Schepers, Sami 10	6) Baier, Kristen 09	4) Bertman, Sydney 11
18	Mt Pleasant		1:50.93 2
	1) Ensminger, Katie 10	2) Shelman, Brianna 11	3) Patterson, D'Jannay 12
	5) Brooks, Willie Mae 10	6) Smith, Kirsten 11	4) Coffin, Peyton 12
19	Spencer		1:51.15 3
	1) Nissen, Katelyn 09	2) Botcher, Brandi 11	3) Johnson, Nadine 09
	5) Brown, Abbie 10	6) Nissen, Ashlyn 09	4) Hopkins, Kailee 09
20	Williamsburg		1:51.18 2
	1) Christenson, River 12	2) Gilbert, Brittni 11	3) Wardenburg, Madalyn 10
	5) McAtee, Talia 09	6) Grell, Jenna 09	4) Dellamuth, Brianna 12
21	Carlisle		1:51.26 3
	1) Reed, Marissa 11	2) Mercer, Paige 09	3) Beier, Agatha 11
	5) Viers, Kirstin 10	6) Jackson, Chrissy 11	4) Dubois, Taylor 11
22	Washington		1:51.40 3
	1) Salow, Amber 12	2) Bailey, Isabel 09	3) Greiner, Jenah 09
	5) Knutson, Mackenzie 12	6) Rich, Makenna 10	4) Wheeler, Kelly 12
23	Spirit Lake		1:51.45 4
	1) Parks, Emily 11	2) Boelter, Kaylee 12	3) Sieperda, Mady 10
	5) Murray, Makenna 11	6) Elser, Grace 09	4) Ahrenstorff, Payton 09
24	Webster City		1:51.91 2
	1) Dawson, Kali 11	2) Woodle, Zoey 09	3) Flaws, Haley 10
	5) Garrels, Marisa 10	6) Ferrari, Abbey 11	4) Flaws, Allie 12

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

Friday 5/20/2016 - 1:40 PM

State Record: 3:53.05 5/24/2014 MOC-FV, MOC-FV
R Muilenburg, D Heimensen, K Landhuis, A Conaway
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	Decorah		4:02.82 1
	1) Perez, Katie 12	2) Nimrod, Katie 10	3) Solberg, Kalle 12
	5) Mikkelson, Sarah 10	6) Quandahl, Kayla 11	4) Schuring, Taylor 12
2	Independence		4:06.40 2
	1) Price, Jenna 12	2) Hosch, Kaylee 09	3) Hupke, Mackenzie 09
	5) Wendt, Taylor 09	6) Dunlap, Izzy 10	4) Niedert, Kaitlin 11
3	Waverly-SR		4:09.39 3
	1) McCalla, Emily 12	2) Beckert, Haley 11	3) Willemsen, Jayme 10
	5) Tjebkes, Kayla 10	6) Buseman, Avery 10	4) Hoins, Grace 11
4	Bishop Heelan		4:09.90 1
	1) Albenesius, Anna 11	2) Doohen, Callie 10	3) Jochum, Madison 09
	5) Croypley, Ellie 10	6) Doohen, Brooke 10	4) Luft, Lauren 12
5	Wahlert, Dub		4:10.15 1
	1) Osterberger, Ellie 10	2) Boge, Kelly 12	3) Fricano, Katy 12
	5) Ganshirt, Jackie 11	6) Osterberger, Kaylee 10	4) Sherman, Laura 12

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Event	Team	Relay	Seed Time
6	Assumption		4:10.65 1
	1) Adams, Sarah 12	2) Rohlf, Grace 10	3) Nelson, Lea 09
	5) Carroll, Mary Grace 10	6) Jennings, Rachel 12	4) VanSeveren, Sophie 11
7	ADM, Adel		4:11.50 1
	1) Kenny, Anna 09	2) Juergens, Sadie 09	3) Anderson, Olivia 11
	5) Hauf, Kylie 10	6) Mueller, Ellise 10	4) Mueller, Brianna 12
8	Pella		4:11.94 1
	1) Pingel, Kiki 11	2) Bogaard, Makenna 12	3) Blommers, Lindsey 09
	5) Pingel, Annika 10	6) Murphy, Jenna 11	4) Holterhaus, Emily 09
9	LeMars		4:12.39 1
	1) Rand, Sydney 11	2) Engebretson, Katrina 12	3) Ellis, Annie 09
	5) Cooper, Haylee 09	6) Beitelspacher, Ellie 09	4) McAllister, Katie 10
10	Creston		4:12.69 2
	1) Vicker, Jesse 09	2) Hemsworth, Stephanie 10	3) Baker, Brielle 09
	5) Wallace, Breanna 10	6) Rice, Saige 09	4) Briley, Taylor 12
11	Algona		4:12.89 2
	1) Brown, Alli 12	2) Holmes, Gabby 12	3) Schmidt, Hailey 10
	5) VanZante, Morgan 11	6) Elbert, Cassie 12	4) Rindone, Teylor 10
12	Mt Vernon		4:13.20 2
	1) Brase, Ella 09	2) Brannaman, Jenna 12	3) Ryan, Libby 11
	5) Anton, Faith 11	6) Cranston, Marissa 10	4) Light, Rory 09
13	Oskaloosa		4:13.37 2
	1) Westercamp, Alexis 11	2) Howard, Paige 12	3) Kelderman, Emma 09
	5) Roquet, Cara 11	6) Coon, Lauren 09	4) Hill, Brey 12
14	Harlan		4:14.45 3
	1) Frederick, Taylor 12	2) Hoegh, Baylee 10	3) Feldman, Kaitlyn 10
	5) Gubbels, Molly 10	6) Parman, Savannah 09	4) Larsen, Alexis 10
15	DC-Grimes		4:14.54 2
	1) Borchers, Jenna 10	2) Sterbenz, Sami 09	3) Smith, Lexi 10
	5) Ferguson, Ally 10	6) Carlson, Hanna 09	4) Jorgensen, Tatum 11
16	Humboldt		4:14.57 1
	1) Duffield, Beth 11	2) Hildreth, Olivia 11	3) Kampen, Maddie 12
	5) Curran, Kate 11	6) Clark, Ashlyn 09	4) Kent, Gabby 10
17	Spencer		4:15.93 3
	1) Hamilton, Olivia 10	2) Bauermeister, Kendra 12	3) Botcher, Brandi 11
	5) Weeks, Abby 09	6) Roberts, Morgan 10	4) Dirx, Jenna 10
18	Fort Madison		4:16.20 2
	1) Bailey, Kamryn 10	2) Schneider, Brett 10	3) Sporkman, Allison 12
	5) Smith, Cayleigh 09	6) Mendez, Claire 10	4) Steffensmeier, Sarah 12
19	Central DeWitt		4:16.93 3
	1) McNamara, Brittany 12	2) Voss, Amber 12	3) Seitz, Haley 12
	5) Campbell, Julia 10	6) Saunders, Hailey 12	4) Watson, Sarah 11
20	Gilbert		4:17.36 2
	1) Jackson, Trinity 09	2) Nelson, Riley 09	3) Pollard, Maggie 10
	5) Willroth, Megan 12	6) Rahn, Carly 11	4) Miller, Kenzie 10
21	Fairfield		4:17.59 3
	1) Ferrel, Taylor 12	2) Buch, Nicole 10	3) Jeffrey, Kara 09
	5) Olaniyi, Aluna 10	6) Jones, Malory 09	4) Fritz, Sami 11
22	Carlisle		4:17.77 3
	1) Mesecher, Cameron 09	2) Viers, Kirstin 10	3) Haack, Jocelyn 09
	5) Hoekstra, Madi 10	6) Dubois, Taylor 11	4) Lambson, Aricka 10

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

Team	Relay	Seed Time
23 W Delaware		4:18.17 4
1) Welcher, Sabrina 09	2) Vaske, Kira 10	3) Collier, Lauren 10
5) Glanz, Jamie 11	6) Loecke, Abby 10	4) Mangold, Katelyn 11
24 Mt Pleasant		4:19.50 4
1) Ensminger, Katie 10	2) McDowell, Delaney 10	3) Murray, Taylor 10
5) Smith, Kirsten 11	6) Menke, Ashlee 10	4) Coffin, Peyton 12

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

Thursday 5/19/2016 - 11:35 AM

State Record: 9:17.72 5/18/2010 Mount Vernon/Lisbon, Mount Vernon/Lisbon

All-Time: 9:09.09 2001 Iowa City West, Iowa City West

Team	Relay	Seed Time
1 Fort Madison		9:41.67 1
1) Schneider, Brett 10	2) Sporkman, Allison 12	3) Howardson, Sierra 10
5) Smith, Cayleigh 09	6) Mendez, Claire 10	4) Steffensmeier, Sarah 12
2 Decorah		9:43.37 1
1) Galligan, Jenna 10	2) Nimrod, Katie 10	3) Perez, Katie 12
5) Solberg, Kalle 12	6) Betteridge, Sylvia 11	4) Schuring, Taylor 12
3 Assumption		9:43.68 2
1) King, Mallory 12	2) Marzen, Billi 11	3) Adams, Sarah 12
5) Schumacher, Julia 10	6) Nelson, Lea 09	4) Rohlf, Grace 10
4 Vinton-Shellbrg		9:50.10 2
1) Gerber, Bristi 12	2) Horst, Grace 09	3) Schmidt, Annika 12
5) Spies, Taylor 09	6) Davis, Elisabeth 10	4) Horst, Lily 12
5 Bishop Heelan		9:50.53 1
1) Doochen, Callie 10	2) Luft, Lauren 12	3) Aesoph, Ashley 09
5) Peck, Ashlyn 09	6) Cougill, Brooklyn 10	4) Jochum, Madison 09
6 Denison-Schlswg		9:54.14 2
1) Goslar, Morgan 09	2) Andersen, Raegan 09	3) Gunderson, Vanessa 09
5) Lora, Dayana 09		4) Mendlik, Ellie 10
7 Wahlert, Dub		9:54.59 1
1) Osterberger, Ellie 10	2) Boge, Kelly 12	3) Romagna, Jade 12
5) Hohmann, Holly 10	6) Meyer, Hanna 12	4) Osterberger, Kaylee 10
8 ADM, Adel		9:57.66 1
1) Kenny, Anna 09	2) Mueller, Ellise 10	3) Juergens, Sadie 09
5) Engleman, Sydney 10	6) Anderson, Olivia 11	4) Mueller, Brianna 12
9 Central DeWitt		9:59.26 2
1) McNamara, Brittany 12	2) O'Neil, Lauren 11	3) Roling, Kali 11
5) Voss, Amber 12	6) Watson, Sarah 11	4) Campbell, Julia 10
10 North Polk, A		10:00.35 1
1) Lambert, Sierra 10	2) Gorham, Maria 10	3) Blanchard, Sophie 10
5) Williams, Kayla 12	6) Wendel, Kennedy 09	4) Leshner, Amelia 10
11 Humboldt		10:01.60 2
1) Hildreth, Olivia 11	2) Duffield, Beth 11	3) Kent, Gabby 10
5) Kampen, Maddie 12	6) Hildreth, Elizabeth 09	4) Curran, Kate 11
12 Mt Vernon		10:02.23 3
1) Brase, Ella 09	2) Frey, Lydia 11	3) Jeppson, Maren 12
5) Davis, Maggie 11	6) Banwart, Shea 11	4) Anton, Faith 11
13 Creston		10:02.64 3
1) Briley, Taylor 12	2) Beatty, Jessica 12	3) Vicker, Jesse 09
5) Shepherd, Rachel 11	6) Sickels, Jami 12	4) Baker, Brielle 09

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

	Team	Relay	Seed Time	
14	Gilbert		10:02.70	3
	1) Miller, Kenzie 10	2) Pollard, Maggie 10	3) Powers, Tate 11	4) Rahn, Carly 11
	5) Pollard, Annie 12	6) Hampton, Livvy 10		
15	Charles City		10:03.45	3
	1) Bjelica, Hanna 12	2) Mitchell, Bailey 11	3) Rowlands, Kennedy 11	4) Martin, Whitney 09
	5) Nierling, Makayla 10	6) King, Gillian 10		
16	Spencer		10:07.53	1
	1) Guerrero, Myah 11	2) Bauermeister, Sara 12	3) Fratzke, Emma 11	4) Hamilton, Olivia 10
	5) Bauermeister, Kendra 12	6) Dirx, Jenna 10		
17	DC-Grimes		10:09.17	2
	1) Dannewitz, Addie 12	2) Sterbenz, Sami 09	3) Kramer, Brooke 11	4) Jorgensen, Tatum 11
	5) Smith, Lexi 10	6) Paulson, Natalie 09		
18	Waverly-SR		10:11.96	4
	1) Litterer, Ashlee 12	2) Dix, Libby 09	3) Tjebkes, Kayla 10	4) Willemsen, Jayme 10
	5) Hoins, Anna 09	6) Seward, Ellie 12		
19	Solon		10:12.17	4
	1) Nicol, Sophie 10	2) Haasl, Calista 09	3) Coberly, Trisha 12	4) Brokaw, Lorin 12
	5) Platz, Eva 12	6) Kerkhoff, Erin 09		
20	Pella		10:13.32	1
	1) Phelps, Payton 11	2) Murphy, Jenna 11	3) Halstead, Erica 10	4) Roorda, Tess 11
	5) Blommers, Kelcey 11	6) Schnebbe, Nicole 11		
21	Boy-Hul/Rock Val		10:14.99	2
	1) De Ruyter, Alexa 12	2) Alexander, Rachel 12	3) Van Der Brink, Morgan 10	4) Blum, Sammy 11
	5) Stiens, Court 12	6) De Ruyter, Emily 09		
22	Center Point		10:18.28	5
	1) Neighbor, Chloe 09	2) Woods, Sydney 09	3) Millikin, Karly 09	4) Abodeely, Jadyn 09
	5) Neighbor, Callie 10	6) Grundmeyer, Jessica 10		
23	Fairfield		10:20.66	3
	1) Ferrel, Taylor 12	2) Fritz, Sami 11	3) Ferrel, Maggie 11	4) Bloomquist, Ashley 09
	5) Drish, Danae 09	6) Buch, Nicole 10		
24	Williamsburg		10:23.63	2
	1) Walters, Kiaya 11	2) Wille, Kaitlin 09	3) Jensen, Emily 09	4) Kanagy, Belle 11
	5) Schlabaugh, Carly 12	6) Zuber, Dana 11		

Event 112 Girls 800 Sprint Medley 3A (24)**Saturday 5/21/2016 - 9:24 AM**

**State Record: 1:47.17 5/19/2007 Wahlert Dubuque, Wahlert Dubu
B Flynn, S Schadl, E Walker, J Ganshirt
All-Time: 1:44.98 1985 Des Moines Roosevelt, Des Moines Roosevelt**

	Team	Relay	Seed Time	
1	DC-Grimes		1:51.26	1
	1) Weddle, Abby 10	2) Masching, Maci 12	3) Lowary, Rachel 11	4) Jorgensen, Tatum 11
	5) Workman, Amber 12	6) Ryan, Abby 10		
2	Pella		1:51.40	1
	1) Thoreson, Emma 11	2) Malek, Paighton 10	3) Vos, Emily 10	4) Pingel, Annika 10
	5) Renaud, Maggie 09	6) Bogaard, Makenna 12		
3	Assumption		1:51.60	1
	1) Harris, Jasmine 11	2) Jennings, Rachel 12	3) Carroll, Mary Grace 10	4) King, Mallory 12
	5) Nelson, Lea 09	6) Rohlf, Grace 10		
4	Wahlert, Dub		1:53.37	1
	1) Ganshirt, Jackie 11	2) Osterberger, Alli 12	3) Sherman, Laura 12	4) Fricano, Katy 12
	5) Hasken, Bailey 10	6) Vance, Bailey 11		

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Event	Team	Relay	Seed Time
5	Newton		1:53.51 2
	1) McVey, Liz 10	2) Hutchinson, Alex 12	4) Jenkins, Sydney 12
	5) Allen, Morgan 11	6) Rhoads, Rachel 09	
6	Nevada		1:53.94 1
	1) McKinney, Jordan 11	2) Stephenson, Abby 11	4) Fey, Alli 12
	5) Storvick, Annie 09	6) Sharp, Caitlyn 09	
7	North Polk, A		1:53.95 2
	1) Ley, Rebecca 10	2) Lambert, Sierra 10	4) Gorham, Maria 10
	5) Ingersol, Mahlia 11	6) Steffen, Carolyn 09	
8	Decorah		1:53.99 1
	1) Gullekson, Rose 09	2) Valkosky, Brynne 10	4) Schuring, Taylor 12
	5) Quandahl, Kayla 11	6) Ranum, Rylea 10	
9	Greene County		1:54.01 2
	1) Doran, Melanie 09	2) Lyons, Laurin 10	4) Hansen, Olivia 11
	5) Brophy, Janelle 09	6) Cooklin, Hannah 12	
10	Solon		1:54.03 2
	1) Duckett, Molly 10	2) Sands, Alexis 11	4) Ryan, Taylor 09
	5) Prybil, Allison 11	6) Moore, Taylor 09	
11	Williamsburg		1:54.04 3
	1) McAtee, Talia 09	2) Wardenburg, Madalyn 10	4) Dellamuth, Brianna 12
	5) Christenson, River 12	6) Grell, Jenna 09	
12	Benton Comm		1:54.33 3
	1) Wiebel, Alyssa 12	2) Masten, Ellie 10	4) Hulsebus, Shelby 10
	5) Martensen, Grace 09	6) Slouha, Lauren 09	
13	Independence		1:54.63 2
	1) VanDeWalle, Sarah 12	2) Dunlap, Izzy 10	4) Price, Jenna 12
	5) Matteson, Jade 11	6) Hosch, Kaylee 09	
14	Mt Pleasant		1:54.65 2
	1) Shelman, Brianna 11	2) Ensminger, Katie 10	4) Coffin, Peyton 12
	5) Williamson, Maddie 09	6) Smith, Kirsten 11	
15	W Delaware		1:54.87 3
	1) Vaske, Kira 10	2) Collier, Lauren 10	4) Mangold, Katelyn 11
	5) Glanz, Jamie 11	6) Hoffmann, Bridget 12	
16	Creston		1:54.99 1
	1) Hemsworth, Stephanie 10	2) Maitlen, Cayla 10	4) Briley, Taylor 12
	5) Latham, Kiersten 10	6) Vicker, Jesse 09	
17	Knoxville		1:55.20 4
	1) Chambers, Carrie 12	2) Carter, Bailey 11	4) Washington, Sydney 12
	5) Burton, Bree 09	6) Nichols, Shaye 11	
18	Spencer		1:55.27 1
	1) Rost, Jalen 11	2) Hopkins, Kailee 09	4) Dirx, Jenna 10
	5) Johnson, Nadine 09	6) Roberts, Morgan 10	
19	Mt Vernon		1:55.28 4
	1) Rhomberg, Annie 09	2) Yeoman, Catherine 10	4) Anton, Faith 11
	5) Sherman, Taylor 12	6) Brannaman, Jenna 12	
20	Gilbert		1:55.31 3
	1) Tyler, Olivia 11	2) VanDerWeide, PJ 12	4) Willroth, Megan 12
	5) Nunez-Hiraldo, Xary 11	6) Strong, Tori 09	
21	ADM, Adel		1:55.42 3
	1) Bertman, Sydney 11	2) Anderson, Olivia 11	4) Kenny, Anna 09
	5) Schepers, Sami 10	6) Griebel, Maya 09	

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

Team	Relay				Seed Time
22 LeMars					1:55.54 2
	1) Benjamin, Chaise 12	2) Cooper, Haylee 09	3) Wilken, Allison 12	4) Ellis, Annie 09	
	5) Rand, Sydney 11	6) McAllister, Katie 10			
23 Marion					1:55.73 5
	1) Miller-Baker, Skylar 12	2) Trca, Chloe 09	3) Draves, Livvy 09	4) Lee, Lauren 11	
	5) Coder, Gloria 12	6) Ertz, Andrea 12			
24 Bishop Heelan					1:57.53 2
	1) Rizk, Katie 10	2) Cropley, Ellie 10	3) Brown, Maddie 11	4) Luft, Lauren 12	
	5) Jochum, Madison 09	6) Albenesius, Anna 11			

Event 120 Girls High Jump 3A (24)

Thursday 5/19/2016 - 11:30 AM

State Record:		5-09	5/22/2014	Alexis Conaway, MOC-FV	
All-Time:		6-01	2010	Hannah Wilms, Dike-NH	
Name	Year	School	Seed	Mark	
1 Faya, Sunday	11	Denison-Schlswg	5-04.00	1	
2 Durbin, Megan	10	Greene County	5-04.00	1	
3 Courneya, Caley	11	Williamsburg	5-03.00	1	
4 Gorham, Maria	10	North Polk, A	5-02.00	1	
5 Holterhaus, Emily	09	Pella	5-02.00	2	
6 Van Beek, Cassie	11	Boy-Hul/Rock Val	5-02.00	1	
7 Durr, Josie	11	Solon	5-02.00	1	
8 Jones, Malory	09	Fairfield	5-02.00	1	
9 Smith, Sabrina	10	Wahlert, Dub	5-01.00	2	
10 Ray, Emma	10	Ballard	5-01.00	2	
11 Delperdang, Kourtney	09	Spirit Lake	5-01.00	2	
12 Kelderman, Emma	09	Oskaloosa	5-01.00	3	
13 Roller, Andrea	10	Clear Crk-Amana	5-01.00	2	
14 Flaws, Haley	10	Webster City	5-00.00	3	
15 Ahartz, Adelynn	09	Carlisle	5-00.00	2	
16 Engebretson, Katrina	12	LeMars	5-00.00	4	
17 Juni, Kamryn	11	Grinnell	5-00.00	4	
18 Zenk, Krista	11	LeMars	5-00.00	3	
19 Glanz, Jamie	11	W Delaware	5-00.00	1	
20 Wallace, Breanna	10	Creston	4-10.00	4	
21 Ryan, Kelsi	10	SB-Luton	4-10.00	4	
22 Mohr, Taylor	09	Carroll	4-10.00	3	
23 Niedert, Kaitlin	11	Independence	4-10.00	2	
24 Harms, Madison	09	SB-Luton	4-10.00	2	

Event 128 Girls Long Jump 3A (24)

Friday 5/20/2016 - 11:30 AM

State Record:		18-02.75	5/18/2007	Jennie Clark, Norwalk	
All-Time:		19-05	2003	LaNeisha Waller, Cedar Rapids Jefferson	
Name	Year	School	Seed	Mark	
1 Moore, Jessica	11	Grinnell	17-07.00	1	
2 Slight, Dianna	11	Boone	17-06.00	1	
3 Malek, Paighton	10	Pella	17-06.00	2	
4 Durr, Sienna	10	Grinnell	17-01.75	3	
5 Johnson, Macy	11	Winterset	17-00.00	1	

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

	Name	Year	School	Seed	Mark
6	Rohlena, Amber	11	Benton Comm	16-11.50	1
7	Cropley, Ellie	10	Bishop Heelan	16-10.00	1
8	Harris, Jasmine	11	Assumption	16-07.75	1
9	Danner, Madyln	09	Boone	16-06.00	2
10	Hosch, Kaylee	09	Independence	16-05.75	1
11	Schuelke, Jaye	12	Storm Lake	16-04.25	1
12	Schwarting, Corrine	12	Clear Crk-Amana	16-04.00	2
13	Eyerly, Molly	12	Winterset	16-03.00	2
14	Watson, Sarah	11	Central DeWitt	16-02.50	2
15	Bertman, Sydney	11	ADM, Adel	16-02.00	3
16	Rost, Jalen	11	Spencer	16-01.75	2
17	Saner, Katie	09	Crestwood	15-11.00	2
18	Van Klompenburg, Molly	10	MOC-FV	15-10.75	3
19	Clark, Kaycee	12	Glenwood	15-10.00	2
20	Miller, Mariah	09	Bond-Farrar	15-09.00	4
21	Bailey, Isabel	09	Washington	15-09.00	3
22	Williams, Stephanie	10	LeMars	15-08.50	4
23	Ferrari, Abbey	11	Webster City	15-08.50	3
24	Latham, Emerson	09	Spirit Lake	15-07.75	5

Event 136 Girls Discus Throw 3A (24)**Thursday 5/19/2016 - 9:00 AM****State Record: 154-07 5/17/2012 Katelyn Weimerskirch, Wahlert, Dub****All-Time: 166-10 2008 Taylor Freeman, Iowa City West**

	Name	Year	School	Seed	Mark
1	Konfrst, Linnaea	12	Glenwood	142-09.50	1
2	Misel, Katy	12	Solon	135-04	1
3	Keahna, Tieranny	12	S Tama Cty, Tama	129-07	1
4	De Jong, Morgan	11	MOC-FV	125-06	1
5	Joens, Meghan	12	Xavier, CR	125-02	2
6	Liechty, Abbie	11	Mt Pleasant	120-06	1
7	Fox, Cassidy	12	Spencer	120-00	2
8	Shaw, Jordyn	12	Waverly-SR	119-09	1
9	Davis, LaVon	12	Gilbert	119-03	1
10	Seely, Carly	12	Algona	119-01	3
11	Westercamp, Alexis	11	Oskaloosa	115-09.75	2
12	Streit, Gillian	11	Harlan	115-02	2
13	Dedrick, Amanda	12	Vinton-Shellbrg	114-03	2
14	Cougill, Brooklyn	10	Bishop Heelan	113-08	3
15	Hood, Hannah	11	Creston	113-02	4
16	Beier, Agatha	11	Carlisle	111-02	1
17	Davis, Elizabeth	12	Benton Comm	110-10	3
18	Hoffmann, Bridget	12	W Delaware	110-09	3
19	Roller, Mariah	11	Clear Crk-Amana	109-05	2
20	Dicus, Delaney	12	Mt Vernon	109-05	4
21	Nerland, Cassidy	10	Webster City	109-00	2
22	Pearson, Cassidy	10	Knoxville	108-08.50	3
23	Joiner, Kylee	12	Centerville	108-02	3
24	Naber, Julia	11	Winterset	107-01	2

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Event 144 Girls Shot Put 3A (24)

Friday 5/20/2016 - 9:00 AM

State Record: 45-05 5/18/2007 Brooke Gritters, Pella
All-Time: 53-03.50 1992 Paulette Mitchell, Council Bluffs AL

Name	Year	School	Seed	Mark
1 Botcher, Brandi	11	Spencer	41-01.50	1
2 Hood, Hannah	11	Creston	41-01.25	1
3 Konfrst, Linnaea	12	Glenwood	40-04.00	2
4 Davis, LaVon	12	Gilbert	40-01.75	1
5 Misel, Katy	12	Solon	39-09.75	1
6 Nerland, Cassidy	10	Webster City	39-07.50	2
7 De Jong, Morgan	11	MOC-FV	39-04.25	2
8 Irlbeck, Bianca	12	Carroll	38-09.00	3
9 Brown, Mahlia	12	Marion	38-00.75	2
10 Keahna, Tieranny	12	S Tama Cty, Tama	37-09.50	1
11 Martin, Sara	11	Charles City	37-09.25	1
12 Seely, Carly	12	Algona	37-06.00	3
13 Revell, Haley	10	Newton	37-06.00	2
14 Hinkel, Bryce	11	Solon	37-04.25	3
15 Streit, Gillian	11	Harlan	37-04.00	4
16 Van Beek, Cassie	11	Boy-Hul/Rock Val	37-04.00	4
17 Hackett, Alex	09	Pella	37-02.00	3
18 Smith, Breanna	12	Marion	37-01.25	4
19 Wright, Katie	10	Waverly-SR	36-10.50	2
20 Holtz, Sabrina	11	S Tama Cty, Tama	36-08.50	4
21 Kruse, Brooke	10	Carlisle	36-03.50	1
22 Miller, McKayla	12	Washington	35-02.75	1
23 Bittle, Grace	09	Mt Pleasant	34-04.50	2
24 Lathrum, Taylor	12	Perry	34-01.50	2

Event 150 Girls Distance Medley 3A (24)

Friday 5/20/2016 - 9:20 AM

State Record: 4:03.14 5/19/2006 Fairfield, Fairfield
A Bowers, A Bandy, A Kuiken, J Kuiken
All-Time: 4:00.39 5/22/2009 Sioux City, East, Sioux City, E
K Watson, R Mikulicz, E McCarthy, S Houlihan

Team	Relay	Seed	Time
1 Williamsburg		4:17.36	1
1) McAtee, Talia 09	2) Gilbert, Brittni 11	3) Dellamuth, Brianna 12	4) Hollensbe, Julie 12
5) Christenson, River 12	6) Walters, Kiaya 11		
2 Denison-Schlswg		4:19.50	1
1) Mohr, Alex 09	2) Branning, Sarah 11	3) Mendlik, Ellie 10	4) Andersen, Raegan 09
5) Ertz, Allyssa 12	6) Weiss, Whitney 10		
3 Decorah		4:20.99	1
1) Quandahl, Kayla 11	2) Solberg, Kalle 12	3) Schuring, Taylor 12	4) Nimrod, Katie 10
5) Perez, Katie 12	6) Ranum, Rylea 10		
4 Pella		4:21.06	2
1) Rundle, Kristin 11	2) Malek, Paighton 10	3) Holterhaus, Emily 09	4) Blommers, Kelcey 11
5) Bogaard, Makenna 12	6) Phelps, Payton 11		
5 Spencer		4:22.65	1
1) Brown, Abbie 10	2) Rost, Jalen 11	3) Bauermeister, Kendra 12	4) Dirx, Jenna 10
5) Fratzke, Emma 11	6) Bauermeister, Sara 12		

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	Team	Relay	Seed Time
6	Wahlert, Dub		4:24.14 1
	1) Ganshirt, Jackie 11	2) Sherman, Anna 10	3) Osterberger, Ellie 10
	5) Boge, Kelly 12	6) Hasken, Bailey 10	4) Romagna, Jade 12
7	Assumption		4:24.20 1
	1) Carroll, Mary Grace 10	2) Jennings, Rachel 12	3) Adams, Sarah 12
	5) Ripslinger, Joy 11	6) Rohlf, Grace 10	4) Schumacher, Julia 10
8	Creston		4:24.24 2
	1) Maitlen, Cayla 10	2) Briley, Taylor 12	3) Vicker, Jesse 09
	5) Sickels, Josie 12	6) Castillo, Amber 12	4) Baker, Brielle 09
9	Fort Madison		4:24.51 2
	1) Hannum, Wendolyn 10	2) Bailey, Kamryn 10	3) Howardson, Sierra 10
	5) Steffensmeier, Sarah 12	6) Mendez, Claire 10	4) Sporkman, Allison 12
10	Central DeWitt		4:25.00 2
	1) Watson, Sarah 11	2) Voss, Amber 12	3) McNamara, Brittany 12
	5) Kinney, Callaway 12	6) Seitz, Haley 12	4) Campbell, Julia 10
11	Independence		4:25.05 2
	1) Dunlap, Izzy 10	2) Hosch, Kaylee 09	3) Niedert, Kaitlin 11
	5) VanDeWalle, Sarah 12	6) Meiborg, Abby 09	4) Price, Jenna 12
12	LeMars		4:25.67 2
	1) McAllister, Katie 10	2) Wilken, Allison 12	3) Engebretson, Katrina 12
	5) Hurt, Maddie 09	6) Beitelspacher, Ellie 09	4) Rand, Sydney 11
13	Xavier, CR		4:25.72 3
	1) Miller, Grace 10	2) Parr, Anna 10	3) Stanek, Kiana 11
	5) Hill, Jane 11	6) Oakley, Sydney 12	4) Dickes, Jenny 12
14	Boy-Hul/Rock Val		4:25.88 3
	1) Hooegeveen, Lona 10	2) Stiens, Court 12	3) Alexander, Rachel 12
	5) Van Beek, Cassie 11	6) Van Der Brink, Morgan 10	4) Blum, Sammy 11
15	Winterset		4:26.14 1
	1) Hansen, Natalie 10	2) Ramirez, Juanita 11	3) Eyerly, Molly 12
	5) Thornton, Abby 11	6) Johnson, Macy 11	4) Gurwell, Layken 11
16	Atlantic		4:26.86 3
	1) Bean, Sydney 10	2) Hansen, Taylor 09	3) Freund, Lexi 11
	5) Rush, Karsyn 09	6) Williams, Charity 10	4) Williams, Tiffany 12
17	Mt Vernon		4:27.04 4
	1) Rhomberg, Annie 09	2) Brannaman, Jenna 12	3) Light, Rory 09
	5) Anton, Faith 11	6) Ryan, Libby 11	4) Brase, Ella 09
18	DC-Grimes		4:27.81 2
	1) Ryan, Abby 10	2) Ashley, Lauren 12	3) Borchers, Jenna 10
	5) Smith, Lexi 10	6) Weddle, Abby 10	4) Sterbenz, Sami 09
19	ADM, Adel		4:27.91 3
	1) Schepers, Sami 10	2) Baier, Kristen 09	3) Hauf, Kylie 10
	5) Mueller, Ellise 10	6) Perkins, Olivia 09	4) Juergens, Sadie 09
20	Gilbert		4:28.30 1
	1) Houser, Makayla 10	2) Willroth, Megan 12	3) Pollard, Maggie 10
	5) Nunez-Hiraldo, Xary 11	6) Nelson, Riley 09	4) Rahn, Carly 11
21	Center Point		4:29.94 3
	1) Dagna, Emelie 11	2) Kinsella, Keely 12	3) Daubs, Katherine 10
	5) Woods, Sydney 09	6) Fox, Callyn 09	4) Neighbor, Chloe 09
22	Fairfield		4:29.96 3
	1) Bowman, Brynna 11	2) Jones, Alexis 09	3) Jeffrey, Kara 09
	5) Fritz, Sami 11	6) Dunlap, Jillian 09	4) Bloomquist, Ashley 09

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	Team	Relay	Seed Time
23	North Polk, A		4:30.15 2
	1) Rimathe, Rebecca 11	2) Lambert, Sierra 10	3) Gorham, Maria 10
	5) Rothfus, Julia 12	6) Patterson, Emily 09	4) Leshner, Amelia 10
24	Carlisle		4:30.22 4
	1) Reed, Marissa 11	2) Viers, Kirstin 10	3) Hoekstra, Madi 10
	5) Jackson, Chrissy 11	6) Mesecher, Cameron 09	4) Sievers, Megan 09