

Waukee Girls' Invitational - 3/30/2021

Waukee Stadium

Results - Waukee Girls Invitational

Event 1 Girls High Jump Varsity

| Name | School | Finals |
|------------------------|--------------|----------|
| Finals | | |
| 1 Green, Layanna | Waukee | 5-02.00 |
| 2 Vanderhoef, Alia | I.C. City | 5-00.00 |
| 3 Jackson, Arianna | Roosevelt | 4-10.00 |
| 4 Blake, Lauren | Indianola | J4-10.00 |
| 5 Galvin, Claire | Ames | J4-10.00 |
| 6 Burger, Allison | Waukee | 4-08.00 |
| 7 Stephens, Lexi | Ankeny | J4-08.00 |
| 8 Emison Clair, Sierra | Valley | J4-08.00 |
| 9 Rasmusson, Mia | Marshalltown | J4-08.00 |
| 10 Long, Miya | Johnston | 4-06.00 |
| 10 Blanchard, Jayce | Johnston | 4-06.00 |
| 10 Kuper, Ella | Ankeny | 4-06.00 |
| 13 Pruessner, Sierra | I.C. City | 4-04.00 |
| 13 Nahas, Olivia | Dowling | 4-04.00 |
| 13 Clark, Ellen | Dowling | 4-04.00 |
| 13 Weeks, Morgan | Norwalk | 4-04.00 |
| --- Martin, Chloe | Norwalk | NH |
| --- VanVoorst, Bailey | Pella | NH |

Event 2 Girls High Jump Junior Varsity

| Name | School | Finals |
|-----------------------|-----------|---------|
| Finals | | |
| 1 Moreland, Josie | Waukee | 4-08.00 |
| 2 Arou, Nyankuer | Valley | 4-04.00 |
| 2 Peterson, Paige | Johnston | 4-04.00 |
| 4 Gonzalez, Kaiya | Valley | 4-02.00 |
| 4 Braun, Kaitlyn | Ankeny | 4-02.00 |
| 4 Arling, Emily | I.C. City | 4-02.00 |
| 4 Webb, Caitlin | Dowling | 4-02.00 |
| 4 Oriho, Mary | Waukee | 4-02.00 |
| 4 Abbey, Hannah | Johnston | 4-02.00 |
| --- Roush, Tanith | Ankeny | NH |
| --- Kirschling, Grace | I.C. City | NH |

Event 3 Girls Discus Throw Varsity

| Name | School | Finals |
|-----------------------|--------------|--------|
| Finals | | |
| 1 Ball, Emily | Dowling | 107-09 |
| 2 Rentz, Megann | Cedar Falls | 106-11 |
| 3 Brinker, Myah | Cedar Falls | 106-04 |
| 4 Johnson, Anna | Dowling | 100-05 |
| 5 Baier, Hannah | Ankeny | 95-09 |
| 6 Burger, Avelyn | Waukee | 93-02 |
| 7 Duff, Lilly | Marshalltown | 91-04 |
| 8 Cox, Caitlin | Valley | 90-04 |
| 9 Ellis, Bailee | Indianola | 88-03 |
| 10 Madison, Ja'Dein | Ankeny | 85-09 |
| 11 Chittenden, Sierra | Norwalk | 85-07 |
| 12 Kluver, Emma | Indianola | 85-06 |
| 13 Pritchard, Justine | Waukee | 85-00 |
| 14 Vandemark, Kady | Norwalk | 83-00 |
| 15 Hartke, Alaina | Pella | 82-03 |

| | | |
|------------------------|--------------|----------|
| 16 Smithson, Ava | Johnston | 79-07 |
| 17 Hernandez, Klaudia | Marshalltown | 79-04 |
| 18 Coleman, Ava | Valley | 78-07 |
| 19 Hackett, Anna | Pella | 75-10 |
| 20 Knittle, Siba | Roosevelt | 70-09 |
| 21 Tilley, Amara | I.C. City | 67-06 |
| 22 Downs, Meredith | Johnston | 59-00.50 |
| 23 Longstreet, Rochell | I.C. City | 56-09 |
| 24 Clark, Adah | Roosevelt | 56-05 |

Event 4 Girls Discus Throw Junior Varsity

| Name | School | Finals |
|----------------------|--------------|--------|
| Finals | | |
| 1 Smith, Ava | Waukee | 95-10 |
| 2 Coffey, Julie | Indianola | 94-10 |
| 3 Buscher, Alex | Waukee | 92-09 |
| 4 Naig, Madison | Pella | 86-08 |
| 5 Smith, Kaylin | Marshalltown | 81-03 |
| 6 Elliott, Ella | Dowling | 80-08 |
| 7 Smithson, Ava | Johnston | 79-07 |
| 8 Roush, Tanith | Ankeny | 75-10 |
| 9 McDaniel, Kendall | Indianola | 75-02 |
| 10 Bedwell, Graci | Norwalk | 73-09 |
| 11 Singharaj, Athena | Ankeny | 72-04 |
| 12 Podmolik, Peyton | Pella | 70-00 |
| 13 Cremeans, Faith | Cedar Falls | 69-05 |
| 14 Mracek, Macy | Cedar Falls | 67-05 |
| 15 Black, Lauren | Norwalk | 66-08 |
| 16 Hurst, Ellie | Valley | 60-10 |
| 17 Janssen, Maeve | Marshalltown | 59-05 |
| 18 Payne, Ja'Qual | Johnston | 57-03 |
| 19 Taylor, Kassady | Johnston | x57-00 |
| 20 Olson, Isabella | Roosevelt | 42-10 |

Event 5 Girls Shot Put Varsity

| Name | School | Finals |
|------------------------|--------------|----------|
| Finals | | |
| 1 Stagg, Ella | Ames | 37-10.00 |
| 2 Brinker, Myah | Cedar Falls | 36-03.00 |
| 3 Madison, Ja'Dein | Ankeny | 35-07.50 |
| 4 Johnson, Anna | Dowling | 33-03.00 |
| 5 Smith, Ava | Waukee | 32-05.00 |
| 6 Rasmussen, Maren | Johnston | 32-02.75 |
| 7 Cox, Caitlin | Valley | 31-10.50 |
| 8 McDaniel, Kendall | Indianola | 31-08.50 |
| 9 Rentz, Megann | Cedar Falls | 30-09.75 |
| 10 Singharaj, Athena | Ankeny | 30-00.50 |
| 11 Naig, Madison | Pella | 29-03.50 |
| 12 Ball, Emily | Dowling | 29-01.50 |
| 13 Jackson, Grace | Indianola | 29-00.50 |
| 14 Peterson, Annika | Pella | 29-00.00 |
| 15 Duff, Lilly | Marshalltown | 28-11.75 |
| 16 Longstreet, Rochell | I.C. City | 28-11.00 |
| 17 Chittenden, Sierra | Norwalk | 28-08.00 |
| 18 Black, Lauren | Norwalk | 27-03.75 |
| 19 Burger, Avelyn | Waukee | 27-01.25 |

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Finals ... (Event 5 Girls Shot Put Varsity)

| Name | School | Finals |
|--------------------|--------------|----------|
| 20 Downs, Meredith | Johnston | 26-03.50 |
| 21 Knittle, Siba | Roosevelt | 26-01.25 |
| 22 Smith, Kaylin | Marshalltown | 25-09.00 |
| 23 Tilley, Amara | I.C. City | 23-07.75 |
| 24 Coleman, Ava | Valley | 21-04.50 |
| 25 Olson, Isabella | Roosevelt | 17-06.75 |

Event 6 Girls Shot Put Junior Varsity

| Name | School | Finals |
|-----------------------|--------------|----------|
| Finals | | |
| 1 Crandall, Rhayne | Waukee | 29-08.00 |
| 2 Buscher, Alexandra | Waukee | 29-07.00 |
| 3 VanderMolen, Emily | Pella | 28-06.25 |
| 4 Cremeans, Faith | Cedar Falls | 28-01.50 |
| 5 Hochberger, Sarah | Dowling | 27-06.75 |
| 6 Mosley, Aakiaya | Ames | 26-08.25 |
| 7 Lyons, Payton | Pella | 26-04.25 |
| 8 Turner, Paige | Indianola | 26-01.25 |
| 9 Hogan, Hannah | Ankeny | 25-11.50 |
| 10 Ott, Audrey | Dowling | 25-10.75 |
| 11 Bedwell, Graci | Norwalk | 25-05.00 |
| 12 Strubb, Carlee | Ankeny | 24-11.00 |
| 13 Taylor, Kassady | Johnston | 24-08.25 |
| 14 Mracek, Macy | Cedar Falls | 24-03.25 |
| 15 Vandemark, Kady | Norwalk | 24-02.00 |
| 16 Reed, Haley | Marshalltown | 23-04.00 |
| 17 Hurst, Ellie | Valley | 22-08.00 |
| 18 Payne, Ja'Qual | Johnston | 22-00.75 |
| 19 Lester, Sarah | Indianola | 19-00.00 |
| 20 Clark, Adah | Roosevelt | 17-06.00 |
| 21 Saldana, Alejandra | Marshalltown | 17-04.50 |

Event 8 Girls Long Jump Varsity

| Name | School | Finals |
|-----------------------|--------------|----------|
| Finals | | |
| 1 Romig, Shelby | Ankeny | 17-02.00 |
| 2 Gossling, Anna | Johnston | 16-05.50 |
| 3 Sekafetz, Jordan | I.C. City | 16-04.50 |
| 4 Bates, Za'mauri | Waukee | 15-04.50 |
| 4 Randall, Marin | Norwalk | 15-04.50 |
| 6 Carnes, Kiana | Waukee | 15-04.00 |
| 7 Wheeler, Ciara | Johnston | 15-02.00 |
| 8 Williams, Aaliyah | Valley | 15-00.00 |
| 9 Riesberg, Rylee | Ankeny | 14-08.00 |
| 10 Huffman, Sara | Marshalltown | 14-07.00 |
| 11 Gordon, Tristan | Pella | 14-06.75 |
| 12 Moore, Kate | Dowling | 14-03.00 |
| 13 Kalala, Prisca | I.C. City | 14-00.50 |
| 14 Gipple, Anna | Dowling | 13-11.00 |
| 15 Moore, Amaya | Marshalltown | 13-10.00 |
| 16 Baumgartel, Peyton | Roosevelt | 13-03.00 |
| 17 Schroeder, Adalyn | Norwalk | 12-08.50 |
| 18 Wisse, Thea | Pella | 12-05.50 |
| 19 Rizley, Keely | Valley | 12-00.00 |

Event 9 Girls Long Jump Junior Varsity

| Name | School | Finals |
|-------------------------|-----------|-----------|
| Finals | | |
| 1 Romig, Shelby | Ankeny | 17-02.00 |
| 2 Glass, Mae | Johnston | 15-02.00 |
| 2 Scheid, Ally | Waukee | 15-02.00 |
| 4 Amelse, Avey | Pella | 15-01.00 |
| 5 Arling, Emily | I.C. City | 14-10.00 |
| 6 Miner, Alyssa | Johnston | 14-06.50 |
| 7 Rubin, Avery | Ankeny | 14-02.00 |
| 8 Filling, Jady | Ankeny | x14-00.50 |
| 9 Raymond, Bella | Waukee | 14-00.00 |
| 10 Salami, Olivia | Valley | 13-09.50 |
| 11 Mordini, Maria | Roosevelt | 12-11.00 |
| 12 Rheem, Raneen | Valley | 12-04.50 |
| 13 Schnoebelen, Monique | I.C. City | 11-10.00 |
| 14 Curry, Ava | Pella | 11-00.00 |
| 15 White, Chloe | Roosevelt | 10-00.00 |

Event 10 Girls 800 Sprint Medley Varsity

| Team | Relay | Finals |
|--------------------------|--------------------------|---------|
| Finals | | |
| 1 Ames | A | 1:53.61 |
| 1) Deardorff, Elaina | 2) Engels, Morgan | |
| 3) Moon, Cameron | 4) Lynch, Ellie | |
| 2 Waukee | A | 1:54.29 |
| 1) Vande Krol, Josie | 2) Perry, Kaliyah | |
| 3) Karunatilaka, Sehansa | 4) Carder, Anjelena | |
| 3 Indianola | A | 1:56.45 |
| 1) Sickels, Rayna | 2) Gioffredi, Grace | |
| 3) Blake, Lauren | 4) Naughton, Emily | |
| 4 Cedar Falls | A | 1:57.15 |
| 1) Strelow, Carley | 2) Smith, Anisia | |
| 3) Sires, Lindsey | 4) McFarland, Maddy | |
| 5 Pella | A | 1:59.09 |
| 1) Reynolds, Delanie | 2) Vanderhoff, Roselande | |
| 3) Kerndt, Calla | 4) Trine, Jacie | |
| 6 Norwalk | A | 1:59.30 |
| 1) Randall, Marin | 2) Robbins, Kennedy | |
| 3) Levi, Raegan | 4) Downe, Haley | |
| 7 D.M. Roosevelt | A | 1:59.35 |
| 1) Williams, Jylian | 2) Fazio, Bianca | |
| 3) Johnson, Arriana | 4) Jackson, Arianna | |
| 8 Valley, W.D.M. | A | 1:59.58 |
| 1) Elneil, May | 2) Burchholz, Ashley | |
| 3) DouBrava, Mya | 4) Chappell, Hayley | |
| 9 Dowling Catholic | A | 2:00.25 |
| 1) Okwaramoi, Esaba | 2) Friedrich, Julia | |
| 3) Moore, Julia | 4) Anliker, Ella | |
| 10 Johnston | A | 2:00.56 |
| 1) Miner, Olivia | 2) Garcia, Isabel | |
| 3) Long, Miya | 4) Peterson, Paige | |
| 11 Ankeny | A | 2:02.54 |
| 1) Filling, Macey | 2) Strnad, Macie | |
| 3) Jacks, Karsen | 4) Shadravan, Zoe | |

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Finals ... (Event 10 Girls 800 Sprint Medley Varsity)

| Team | Relay | Finals |
|-------------------------|-----------------------|---------|
| 12 Iowa City High | A | 2:07.15 |
| 1) Phonphiboun, Jasmine | 2) Dvorsky, Mackenzie | |
| 3) Kalala, Prisca | 4) Bell, Ava | |
| 13 Marshalltown | A | 2:07.48 |
| 1) Augustine, Ava | 2) Collins, Grace | |
| 3) Stowe, Katelyn | 4) Gallegos, Mya | |

Event 11 Girls 800 Sprint Medley Junior Varsity

| Team | Relay | Finals |
|----------------------|-----------------------------|---------|
| Finals | | |
| 1 Ames | A | 1:59.51 |
| 1) Markutsya, Alina | 2) Diggins-Kennedy, Genesse | |
| 3) Buss, Ireland | 4) Frandsen, Ali | |
| 2 Waukee | A | 2:06.47 |
| 1) Coppola, Rylie | 2) Alliss, Keira | |
| 3) Wilson, Jade | 4) Jones, Jenna | |
| 3 Valley, W.D.M. | A | 2:06.84 |
| 1) Sandvig, Rowan | 2) Clark, Gabby | |
| 3) Remsburg, Avery | 4) Griffith, Reagan | |
| 4 Ankeny | A | 2:07.91 |
| 1) Johnson, Morgan | 2) Hayertz, Erin | |
| 3) Landmesser, Grace | 4) Winfrey, Kendra | |
| 5 Johnston | A | 2:08.18 |
| 1) Rigby, Ciaran | 2) Nwagbo, Paris | |
| 3) Lindgren, Sophie | 4) Burry, Maggie | |
| 6 Norwalk | A | 2:10.34 |
| 1) Warren, Julianna | 2) Ung, Shae | |
| 3) Brown, Ashlyn | 4) Vogel, Kiana | |
| 7 Cedar Falls | A | 2:11.29 |
| 1) Holbert, Haleigh | 2) Cawelti, Emma | |
| 3) Barney, Jasmine | 4) Ernst, Melanie | |
| 8 Iowa City High | A | 2:11.65 |
| 1) Green, Natalie | 2) Van Daele, Sophia | |
| 3) Skay, Bella | 4) Boulter, Aofie | |
| 9 Dowling Catholic | A | 2:14.05 |
| 1) Dueling, Peyton | 2) Ortiz, Melanie | |
| 3) Grindatti, Gina | 4) Bigelow, Suzanne | |
| 10 Pella | A | 2:20.96 |
| 1) Renaud, Mollie | 2) Bryan, Lexie | |
| 3) DeNooy, Anna | 4) Pollock, Katie | |
| 11 Marshalltown | A | 2:23.73 |
| 1) Hughes, Claire | 2) See, Kendall | |
| 3) Castillo, Carlye | 4) Gallegos, Thalia | |
| 12 Indianola | A | 2:25.40 |
| 1) Parker, Ellie | 2) Amos, Kennedy | |
| 3) Meling, Arianna | 4) Lester, Sarah | |
| 13 D.M. Roosevelt | A | 2:35.02 |
| 1) Gbagbo, Elizabeth | 2) Knittle, Siba | |
| 3) Lohmeier, Maddy | 4) Lint, Maya | |

Event 12 Girls 3000 Meter Run Varsity

| Name | School | Finals |
|-------------------|--------|----------|
| Finals | | |
| 1 Schulze, Lauren | Valley | 10:39.67 |

| | | |
|---------------------|-----------|----------|
| 2 Tenpas, Aleah | Johnston | 10:43.62 |
| 3 Verde, Olivia | Johnston | 10:44.48 |
| 4 Hahn, Abi | Roosevelt | 10:45.39 |
| 5 Ensley, Kamryn | Valley | 11:16.85 |
| 6 Kelderman, Peyton | Waukee | 11:23.07 |
| 7 Beason, Paige | Ankeny | 11:31.18 |
| 8 Dosh, Talia | Ankeny | 11:32.85 |
| 9 Basart, Miranda | Waukee | 11:56.32 |
| 10 Teagarden, Abby | Pella | 13:16.93 |
| 11 Spiker, Norma | Pella | 13:33.27 |
| 12 Ford, Sophia | Roosevelt | 13:40.68 |

Event 13 Girls 3000 Meter Run Junior Varsity

| Name | School | Finals |
|--------------------|----------|----------|
| Finals | | |
| 1 Vaughan, Bailey | Johnston | 11:17.33 |
| 2 Kooker, Cohen | Valley | 12:08.84 |
| 3 Trygstad, Cali | Valley | 12:19.40 |
| 4 McLaren, Abbie | Johnston | 12:22.18 |
| 5 Webb, Isabella | Waukee | 12:28.85 |
| 6 Habgood, Finley | Waukee | 13:03.44 |
| 7 Boonstra, Sophia | Pella | 13:49.91 |

Event 14 Girls 4x800 Meter Relay Varsity

| Team | Relay | Finals |
|-----------------------|------------------------|----------|
| Finals | | |
| 1 Waukee | A | 10:09.35 |
| 1) Drake, Mallory | 2) Bannister, Molly | |
| 3) Huisman, Ellie | 4) Basart, Margaux | |
| 2 Johnston | A | 10:12.40 |
| 1) Heikes, Isabella | 2) Strauss, Samantha | |
| 3) Spear, Krissy | 4) Nead, Faith | |
| 3 Ankeny | A | 10:31.83 |
| 1) Gloviak, Alex | 2) Bosch, Megan | |
| 3) Pitz, Jenna | 4) Proctor, Liz | |
| 4 Cedar Falls | A | 10:37.49 |
| 1) Mandt, Rachel | 2) Knutson, Grace | |
| 3) Dunning, Lucy | 4) Francis, Brooklyn | |
| 5 Ames | A | 10:38.72 |
| 1) Turk, Sydney | 2) Stewart, Payton | |
| 3) Chan, Nyadio | 4) Almquist, Leola | |
| 6 Dowling Catholic | A | 10:46.78 |
| 1) Gaskell, Sally | 2) Hall, Liv | |
| 3) Osborn, Karleigh | 4) Muller, Avery | |
| 7 Norwalk | A | 11:01.96 |
| 1) Wallace, Annika | 2) Lackmann, Torin | |
| 3) Chase, Emma | 4) Wendl, Kennedy | |
| 8 Valley, W.D.M. | A | 11:04.62 |
| 1) Hollander, Maddie | 2) Dorenkamp, Addi | |
| 3) White, Libby | 4) Thomas, Leah | |
| 9 Marshalltown | A | 11:07.88 |
| 1) Joya Flores, Odaly | 2) Blevins, Micha | |
| 3) Smith, Rachel | 4) Ainsworth, Mackenna | |
| 10 Pella | A | 11:45.75 |
| 1) Schroeder, Macy | 2) Paulson, Tess | |
| 3) Blink, Autumn | 4) Blommers, Ashley | |

Waukee Girls' Invitational - 3/30/2021

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Event 15 Girls 4x800 Meter Relay Junior Varsity

| Team | Relay | Finals |
|----------------------|----------------------|----------|
| Finals | | |
| 1 Waukee | A | 10:55.74 |
| 1) Carder, Ava | 2) Roush, Kariin | |
| 3) Hueser, Sophia | 4) Johnson, Jadyne | |
| 2 Cedar Falls | A | 11:15.99 |
| 1) Fromm, Jules | 2) Mallaro, Ava | |
| 3) Mallaro, Kendall | 4) Goodenbour, Sara | |
| 3 Johnston | A | 11:23.84 |
| 1) Hayes, Olivia | 2) Wharton, Abigail | |
| 3) Kriegel, Siena | 4) Woodsmall, Jenna | |
| 4 Valley, W.D.M. | A | 11:25.01 |
| 1) Overton, Amanda | 2) Bright, Emily | |
| 3) Carver, Elise | 4) Noll, Liz | |
| 5 Dowling Catholic | A | 11:25.12 |
| 1) Roeman, Ava | 2) Wainwright, Megan | |
| 3) O'Halloran, Clare | 4) Marso, Ainsley | |
| 6 Iowa City High | A | 11:37.62 |
| 1) Stumbo, Sophie | 2) Pugh, Mary Cate | |
| 3) Kuhlmann, Natalie | 4) Romero, Sophia | |
| 7 Indianola | A | 12:14.80 |
| 1) Eilers, Hannah | 2) Sams, Shae | |
| 3) Richards, Carly | 4) Dahl, Piper | |
| 8 Norwalk | A | 12:29.32 |
| 1) Winkler, Kiley | 2) Heckert, Elise | |
| 3) Soukup, Lexi | 4) Hunter, Payton | |
| 9 Marshalltown | A | 12:31.92 |
| 1) Augustine, Maggie | 2) Blevins, Lydia | |
| 3) Hotchkiss, Sydney | 4) Shipley, Khloe | |
| 10 Pella | A | 12:36.69 |
| 1) Bogaards, Abbey | 2) Vos, Lydia | |
| 3) VanZante, Livia | 4) Geetings, Kaina | |
| 11 Ankeny | A | 12:57.28 |
| 1) Graber, Olivia | 2) Behrens, Reagan | |
| 3) Hogan, Hannah | 4) Fast, Brenna | |

Event 16 Girls 4x100 Meter Shuttle Hurdle Varsity

| Team | Relay | Finals |
|------------------------------|----------------------|---------|
| Finals | | |
| 1 Waukee | A | 1:03.49 |
| 1) Weers, Camryn | 2) Winger, Kynzi | |
| 3) Harris, Natalie | 4) Carney, Mackenzie | |
| 2 Dowling Catholic | A | 1:09.02 |
| 1) Kuestner-Burleson, Forest | 2) Okwaramoi, Esaba | |
| 3) Kramer, Olivia | 4) Shonka, Julia | |
| 3 Cedar Falls | A | 1:10.58 |
| 1) Mattson, Noelani | 2) Hurley, Kayla | |
| 3) Dieken, Johnna | 4) McFarland, Maddy | |
| 4 Iowa City High | A | 1:11.43 |
| 1) DePrenger, Mia | 2) Morales, Maya | |
| 3) Pruessner, Sierra | 4) Sekafetz, Jordan | |
| 5 Ankeny | A | 1:11.93 |
| 1) Ellie, Dalton | 2) Stephens, Lexi | |
| 3) Wright, Calyssa | 4) Romig, Shelby | |

| | | |
|------------------------|----------------------|---------|
| 6 Johnston | A | 1:13.21 |
| 1) Wheeler, Ciara | 2) Smithson, Ava | |
| 3) Smithson, Ella | 4) Theobald, Kinsley | |
| 7 Indianola | A | 1:14.29 |
| 1) Young, Anna | 2) Matthias, Kira | |
| 3) McCombs, Ellie | 4) Sickels, Rayna | |
| 8 Valley, W.D.M. | A | 1:16.62 |
| 1) Nau, Emma | 2) Yant, Rylee | |
| 3) Mitchell, Ellen | 4) Arou, Nyankuer | |
| 9 Pella | A | 1:18.42 |
| 1) VanHeukelom, Andrea | 2) Namminga, Jasmine | |
| 3) Gordon, Tristan | 4) Rowe, Meridith | |
| 10 Marshalltown | A | 1:18.74 |
| 1) Rasmusson, Mia | 2) Becerra, Valeria | |
| 3) Huffman, Sara | 4) Kammerer, Malena | |

Event 17 Girls 4x100 Meter Shuttle Hurdle Junior Varsity

| Team | Relay | Finals |
|---------------------|-------------------------|---------|
| Finals | | |
| 1 Waukee | A | 1:14.02 |
| 1) Sabatino, Nicole | 2) Caldwell, Savannah | |
| 3) Millsap, Faith | 4) Gach, Morgan | |
| 2 Johnston | A | 1:23.00 |
| 1) Ruddy, Sophie | 2) Abbey, Hannah | |
| 3) Womacks, Addie | 4) Osborne, Gabrielle | |
| 3 Norwalk | A | 1:23.24 |
| 1) Desmond, Kate | 2) Arnold, Keara | |
| 3) Livingston, Jada | 4) McGinnis, Jacqueline | |
| 4 Valley, W.D.M. | A | 1:24.14 |
| 1) Peterson, Elle | 2) Block, Brittney | |
| 3) Khan, Lila | 4) Gonzalez, Kaiya | |
| 5 Marshalltown | A | 1:32.57 |
| 1) Moore, Amaya | 2) Montealegre, Denise | |
| 3) Roberts, Lily | 4) Swartz, Madison | |

Event 18 Girls 100 Meter Dash Varsity

| Name | School | Finals |
|-----------------------|-------------|--------|
| Finals | | |
| 1 Farrell, Claire | Norwalk | 12.29 |
| 2 Moon, Cameron | Ames | 12.69 |
| 3 Smith, Anisia | Cedar Falls | 12.85 |
| 4 Mayberry, Mytika | Ankeny | 12.92 |
| 5 Gioffredi, Grace | Indianola | 12.97 |
| 6 McMartin, Emily | Pella | 12.97 |
| 7 Van de Mortel, Eva | Ankeny | 13.26 |
| 8 Levi, Raegan | Norwalk | 13.32 |
| 9 Eaton, Kaydence | Indianola | 13.42 |
| 10 Williams, Jylian | Roosevelt | 13.49 |
| 11 Carnes, Kiana | Waukee | 13.54 |
| 12 Wagner, Karli | Johnston | 13.55 |
| 13 Penrith, Grace | Cedar Falls | 13.61 |
| 14 Johnson, Shea | Dowling | 13.77 |
| 15 Okwaramoi, Esaba | Dowling | 13.79 |
| 16 Kemmer, Mia | Johnston | 13.85 |
| 17 Gaddi, Shreya | Valley | 13.95 |
| 18 Dvorsky, Mackenzie | I.C. City | 13.99 |

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Results - Waukee Girls Invitational

Finals ... (Event 18 Girls 100 Meter Dash Varsity)

| Name | School | Finals |
|-------------------------|--------------|--------|
| 19 Phonphiboun, Jasmine | I.C. City | 14.15 |
| 20 Peters, Miranda | Waukee | 14.31 |
| 21 Allen, Mya | Valley | 14.34 |
| 22 Curry, Ava | Pella | 14.62 |
| 23 Diiorio, Anna | Marshalltown | 14.71 |
| 24 Fazio, Bianca | Roosevelt | 14.96 |
| 25 Ramirez, Mariana | Marshalltown | 16.13 |

Event 19 Girls 100 Meter Dash Junior Varsity

| Name | School | Finals |
|--------------------------|--------------|--------|
| Finals | | |
| 1 Strnad, Macie | Ankeny | 13.43 |
| 2 Ott, Breanna | Indianola | 13.59 |
| 3 Filling, Macey | Ankeny | 13.67 |
| 4 Amelse, Avey | Pella | 13.99 |
| 5 Kueter, Abi | Valley | 14.23 |
| 6 O'Brien, Ella | Johnston | 14.34 |
| 7 Stanley, Hope | Johnston | 14.48 |
| 8 Friedrich, Julia | Dowling | 14.51 |
| 9 Jepkosgei, Valerie | Waukee | 14.54 |
| 10 Ung, Shae | Norwalk | 14.55 |
| 10 Stewart, Dadrehana | I.C. City | 14.55 |
| 12 Paup, Paige | Cedar Falls | 14.57 |
| 13 Wilkins, Dayshia | I.C. City | 14.99 |
| 14 Ford, Reese | Valley | 15.05 |
| 15 Grindatti, Gina | Dowling | 15.14 |
| 16 Dalby, Kennedy | Indianola | 15.47 |
| 17 Youbor, Paula | Waukee | 15.49 |
| 18 Schroeder, Adalyn | Norwalk | 15.55 |
| 19 Boydston, Zoe | Marshalltown | 15.81 |
| 20 Thatcher, Tiffani | Pella | 17.55 |
| 21 Czerniewski, Danielle | Marshalltown | 18.34 |

Event 21 Girls Distance Medley Varsity

| Team | Relay | Finals |
|-----------------------|-----------------------|---------|
| Finals | | |
| 1 Iowa City High | A | 4:30.63 |
| 1) Sekafetz, Jordan | 2) DePrenger, Mia | |
| 3) Kelly-Harvey, CeCe | 4) Reynolds, Lilly | |
| 2 Waukee | A | 4:33.62 |
| 1) Akason, Lindsey | 2) Liu, Tina | |
| 3) Maas, Sadie | 4) Kelderman, Lindsey | |
| 3 Valley, W.D.M. | A | 4:47.51 |
| 1) Elneil, May | 2) Burchholz, Ashley | |
| 3) DouBrava, Mya | 4) Booth, Teghan | |
| 4 Johnston | A | 4:48.88 |
| 1) Garcia, Isabel | 2) Peterson, Paige | |
| 3) Miner, Alyssa | 4) Hayes, Olivia | |
| 5 Indianola | A | 4:52.21 |
| 1) Forbes, Aryss | 2) Howe, Avery | |
| 3) O'Neil, Katie | 4) Blake, Lauren | |
| 6 Pella | A | 4:52.25 |
| 1) Warner, Abby | 2) Wisse, Thea | |
| 3) Warner, Mia | 4) Cutler, Abby | |

| | | |
|------------------------------|------------------------|---------|
| 7 Marshalltown | A | 4:54.80 |
| 1) Stowe, Katelyn | 2) Augustine, Ava | |
| 3) Collins, Grace | 4) Rasmussen, Grace | |
| 8 Norwalk | A | 4:57.32 |
| 1) Koerselman, Kenzie | 2) Robbins, Kennedy | |
| 3) Mauro, Bree | 4) Weeks, Morgan | |
| 9 Ankeny | A | 4:57.49 |
| 1) Davis, Leah | 2) Jacks, Karsen | |
| 3) Rubin, Avery | 4) Loftus, Hannah | |
| 10 Dowling Catholic | A | 5:01.84 |
| 1) Kuestner-Burleson, Forest | 2) Moore, Julia | |
| 3) Moore, Kate | 4) Easter, Kate | |
| 11 Cedar Falls | A | 5:09.42 |
| 1) Holbert, Haleigh | 2) Jensen, Lauryn | |
| 3) Mandt, Rachel | 4) DeGabriele, Natalie | |
| 12 D.M. Roosevelt | A | 5:22.89 |
| 1) Adair, Eunique | 2) Coleman, Jonna | |
| 3) Owens, Maya | 4) Scott, Ava | |

Event 23 Girls 400 Meter Dash Varsity

| Name | School | Finals |
|----------------------|--------------|---------|
| Finals | | |
| 1 Farrell, Claire | Norwalk | 59.57 |
| 2 Socarras, Danielle | Valley | 1:03.04 |
| 3 Jackson, Arianna | Roosevelt | 1:04.96 |
| 4 Carder, Ava | Waukee | 1:07.05 |
| 5 Barney, Jasmine | Cedar Falls | 1:07.86 |
| 6 Palmer, Kennedy | Ankeny | 1:08.59 |
| 7 Riesberg, Rylee | Ankeny | 1:08.69 |
| 8 Osborne, Gabrielle | Johnston | 1:09.50 |
| 9 Boulter, Aofie | I.C. City | 1:09.51 |
| 10 Hamilton, Martha | I.C. City | 1:09.81 |
| 11 Sorensen, Lizzie | Waukee | 1:10.13 |
| 12 O'Halloran, Riley | Dowling | 1:10.72 |
| 13 Wendl, Kennedy | Norwalk | 1:11.07 |
| 14 Abbey, Hannah | Johnston | 1:11.83 |
| 15 Bigelow, Suzanne | Dowling | 1:12.13 |
| 16 Roundtree, Kayla | Roosevelt | 1:12.43 |
| 17 Dix, Cailee | Pella | 1:16.45 |
| 18 Wisse, Lily | Pella | 1:19.74 |
| 19 Herrera, Leticia | Marshalltown | 1:21.60 |

Event 26 Girls 4x200 Meter Relay Varsity

| Team | Relay | Finals |
|--------------------------|-----------------------|---------|
| Finals | | |
| 1 Waukee | A | 1:48.65 |
| 1) Karunatilaka, Sehansa | 2) Vande Krol, Josie | |
| 3) Perry, Kalayah | 4) Carder, Anjelena | |
| 2 Ankeny | A | 1:49.84 |
| 1) Fulk, Eva | 2) Smith, Lillian | |
| 3) Gibson, Eden | 4) Van de Mortel, Eva | |
| 3 Ames | A | 1:49.98 |
| 1) Deardorff, Elaina | 2) Jones, Olivia | |
| 3) Lynch, Ellie | 4) Engels, Morgan | |

Waukee Girls' Invitational - 3/30/2021

Waukee Stadium

Results - Waukee Girls Invitational

Finals ... (Event 26 Girls 4x200 Meter Relay Varsity)

| Team | Relay | Finals |
|-------------------------|--------------------------|---------|
| 4 Johnston | A | 1:52.87 |
| 1) Kamienski, Addi | 2) Blanchard, Jayce | |
| 3) Gossling, Anna | 4) Wagner, Karli | |
| 5 Pella | A | 1:53.43 |
| 1) Kerndt, Calla | 2) Vanderhoff, Roselande | |
| 3) Reynolds, Delanie | 4) McMartin, Emily | |
| 6 Norwalk | A | 1:57.07 |
| 1) Randall, Marin | 2) Koerselman, Kenzie | |
| 3) Robbins, Kennedy | 4) Levi, Raegan | |
| 7 Dowling Catholic | A | 1:57.36 |
| 1) Okwaramoi, Esaba | 2) Anliker, Ella | |
| 3) Johnson, Shea | 4) Tobias, Margaret | |
| 8 Indianola | A | 2:00.15 |
| 1) Ott, Breanna | 2) Dalby, Kennedy | |
| 3) Matthias, Kira | 4) Eaton, Kaydence | |
| 9 Cedar Falls | A | 2:00.62 |
| 1) Knutson, Grace | 2) Strelow, Carley | |
| 3) Cawelti, Emma | 4) Penrith, Grace | |
| 10 Valley, W.D.M. | A | 2:02.41 |
| 1) Griffith, Reagan | 2) Chappell, Hayley | |
| 3) Gaddi, Shreya | 4) Christudoss, Abby | |
| 11 Iowa City High | A | 2:03.08 |
| 1) Phonphiboun, Jasmine | 2) Dvorsky, Mackenzie | |
| 3) Kucera, Jordyn | 4) Kalala, Prisca | |
| 12 D.M. Roosevelt | A | 2:13.57 |
| 1) Adair, Eunique | 2) Coleman, Jonna | |
| 3) Owens, Maya | 4) Coleman, Dierra | |
| 13 Marshalltown | A | 2:16.43 |
| 1) Santana, Jolcey | 2) Jones, Kate | |
| 3) Diiorio, Anna | 4) Castillo, Carlye | |

Event 27 Girls 4x200 Meter Relay Junior Varsity

| Team | Relay | Finals |
|---------------------|-------------------------|---------|
| 1 Waukee | A | 1:58.24 |
| 1) Coppola, Rylie | 2) Alliss, Keira | |
| 3) Wilson, Jade | 4) Jones, Jenna | |
| 2 Johnston | A | 2:01.76 |
| 1) Grady, Alise | 2) Grimes, Giada | |
| 3) Scott, Annemarie | 4) Burry, Maggie | |
| 3 Ankeny | A | 2:01.78 |
| 1) Filling, Macey | 2) Stephens, Lexi | |
| 3) Filling, Jadyne | 4) Braun, Kaitlyn | |
| 4 Cedar Falls | A | 2:02.18 |
| 1) Hawbaker, Rosie | 2) Ernst, Melanie | |
| 3) Latusick, Ashlyn | 4) Dunning, Lucy | |
| 5 Norwalk | A | 2:03.73 |
| 1) Cary, Kaylee | 2) Seeley, Brooke | |
| 3) Brown, Ashlyn | 4) Schulz, Sydney | |
| 6 Valley, W.D.M. | A | 2:04.50 |
| 1) Sandvig, Rowan | 2) Clark, Gabby | |
| 3) Remsburg, Avery | 4) Emison Clair, Sierra | |

| | | |
|-----------------------|----------------------|---------|
| 7 Dowling Catholic | A | 2:04.71 |
| 1) Friedrich, Julia | 2) Moore, Sarah | |
| 3) Kronenberg, Izzy | 4) Ortiz, Melanie | |
| 8 Pella | A | 2:05.14 |
| 1) Curry, Ava | 2) Renaud, Mollie | |
| 3) Bryan, Lexie | 4) Dingeman, Kaylee | |
| 9 Iowa City High | A | 2:05.56 |
| 1) Skay, Bella | 2) Morales, Maya | |
| 3) Kirschling, Grace | 4) Bell, Ava | |
| 10 Indianola | A | 2:11.71 |
| 1) Garrison, Madeline | 2) Meling, Arianna | |
| 3) Amos, Kennedy | 4) Parker, Ellie | |
| 11 D.M. Roosevelt | A | 2:15.96 |
| 1) Knittle, Siba | 2) Lohmeier, Maddy | |
| 3) Lint, Maya | 4) Gbagbo, Elizabeth | |
| 12 Marshalltown | A | 2:22.81 |
| 1) See, Kendall | 2) Hays, Kristin | |
| 3) Ford, Regan | 4) Gallegos, Thalia | |

Event 28 Girls 100 Meter Hurdles Varsity

| Name | School | Finals |
|------------------------|--------------|--------|
| 1 Carney, Mackenzie | Waukee | 14.76 |
| 2 Harris, Natalie | Waukee | 15.03 |
| 3 McFarland, Maddy | Cedar Falls | 15.68 |
| 4 Shonka, Julia | Dowling | 15.77 |
| 5 Sickels, Rayna | Indianola | 16.42 |
| 6 Kramer, Olivia | Dowling | 16.48 |
| 7 Mattson, Noelani | Cedar Falls | 16.55 |
| 8 Romig, Shelby | Ankeny | 16.65 |
| 9 Sekafetz, Jordan | I.C. City | 16.68 |
| 10 Wheeler, Ciara | Johnston | 17.02 |
| 11 Nau, Emma | Valley | 17.19 |
| 12 Buss, Ireland | Ames | 17.42 |
| 13 Frandsen, Ali | Ames | 17.51 |
| 14 Howe, Avery | Indianola | 17.74 |
| 15 Mitchell, Ellen | Valley | 17.96 |
| 16 Theobald, Kinsley | Johnston | 18.51 |
| 17 Desmond, Kate | Norwalk | 18.63 |
| 18 VanHeukelom, Andrea | Pella | 18.69 |
| 19 Rowe, Meridith | Pella | 18.90 |
| 20 Rasmusson, Mia | Marshalltown | 18.97 |
| 21 Becerra, Valeria | Marshalltown | 19.02 |
| 22 Baumgartel, Peyton | Roosevelt | 20.56 |
| 23 Arnold, Keara | Norwalk | 20.67 |
| 24 Mordini, Maria | Roosevelt | 21.51 |

Event 29 Girls 100 Meter Hurdles Junior Varsity

| Name | School | Finals |
|-----------------------------|----------|--------|
| 1 Sabatino, Nicole | Waukee | 17.36 |
| 2 Kuestner-Burleson, Forest | Dowling | 17.97 |
| 3 Markutsya, Alina | Ames | 18.04 |
| 4 Millsap, Faith | Waukee | 18.11 |
| 5 Smithson, Ella | Johnston | 18.50 |
| 6 Castellano, Crystal | Dowling | 18.58 |

Waukee Girls' Invitational - 3/30/2021

Waukee Stadium

Results - Waukee Girls Invitational

Finals ... (Event 29 Girls 100 Meter Hurdles Junior Varsity)

| Name | School | Finals |
|-------------------------|--------------|--------|
| 6 Hurley, Kayla | Cedar Falls | 18.58 |
| 8 Ruddy, Sophie | Johnston | 18.68 |
| 9 Wright, Calyssa | Ankeny | 18.76 |
| 10 Morales, Maya | I.C. City | 18.89 |
| 11 Young, Anna | Indianola | 19.08 |
| 12 McCombs, Ellie | Indianola | 19.17 |
| 13 Gordon, Tristan | Pella | 19.19 |
| 14 Riddick, Aaliyah | Pella | 19.47 |
| 15 Paup, Paige | Cedar Falls | 19.61 |
| 16 Peterson, Elle | Valley | 19.76 |
| 17 Schnoebelen, Monique | I.C. City | 19.77 |
| 18 Kammerer, Malena | Marshalltown | 19.93 |
| 19 Arou, Nyankuer | Valley | 20.87 |
| 20 McGinnis, Jacqueline | Norwalk | 20.94 |
| 21 Moore, Amaya | Marshalltown | 21.29 |
| 22 Livingston, Jada | Norwalk | 21.83 |
| 23 White, Chloe | Roosevelt | 22.07 |

Event 30 Girls 800 Meter Run Varsity

| Name | School | Finals |
|----------------------|--------------|---------|
| Finals | | |
| 1 Schulze, Lauren | Valley | 2:30.30 |
| 2 Olney, Carly | Waukee | 2:33.68 |
| 3 Heikes, Isabella | Johnston | 2:33.96 |
| 4 Kelderman, Peyton | Waukee | 2:35.37 |
| 5 Gloviak, Alex | Ankeny | 2:37.15 |
| 6 Strauss, Samantha | Johnston | 2:37.86 |
| 7 Frazier, Tatum | I.C. City | 2:38.01 |
| 8 Bosch, Megan | Ankeny | 2:38.78 |
| 9 Boulter, Rowan | I.C. City | 2:39.53 |
| 10 Gaskell, Sally | Dowling | 2:39.57 |
| 11 Almquist, Leola | Ames | 2:40.77 |
| 12 Francis, Brooklyn | Cedar Falls | 2:44.33 |
| 13 Goodenbour, Sara | Cedar Falls | 2:46.00 |
| 14 Ensley, Kamryn | Valley | 2:46.48 |
| 15 Smith, Rachel | Marshalltown | 2:46.86 |
| 16 Boonstra, Sophia | Pella | 2:47.33 |
| 17 Schmitz, Maddie | Pella | 2:47.61 |
| 18 Blevins, Micha | Marshalltown | 2:47.79 |
| 19 Chase, Emma | Norwalk | 2:50.71 |
| 20 Osborn, Karleigh | Dowling | 3:10.34 |

Event 31 Girls 800 Meter Run Junior Varsity

| Name | School | Finals |
|---------------------|-------------|---------|
| Finals | | |
| 1 Verde, Olivia | Johnston | 2:32.33 |
| 2 Spear, Krissy | Johnston | 2:34.17 |
| 3 Fromm, Jules | Cedar Falls | 2:38.60 |
| 4 Baumgart, Emma | Waukee | 2:38.93 |
| 5 Pitz, Jenna | Ankeny | 2:40.81 |
| 6 Basart, Miranda | Waukee | 2:44.36 |
| 7 Proctor, Liz | Ankeny | 2:45.88 |
| 8 Wainwright, Megan | Dowling | 2:46.00 |
| 9 White, Libby | Valley | 2:46.33 |

| | | |
|--------------------|-----------|---------|
| 10 Easter, Kate | Dowling | 2:50.54 |
| 11 VanDyke, Bre | Ames | 2:56.94 |
| 12 Dahl, Piper | Indianola | 2:58.25 |
| 13 Pugh, Mary Cate | I.C. City | 2:58.97 |
| 14 Murphy, Erin | Ames | 3:00.94 |
| 15 Winkler, Kiley | Norwalk | 3:06.18 |
| 16 Bogaards, Abbey | Pella | 3:06.82 |
| 17 Sams, Shae | Indianola | 3:06.96 |
| 18 Thomas, Leah | Valley | 3:10.02 |
| 19 Spiker, Norma | Pella | 3:11.38 |
| 20 Ickowitz, Avery | Roosevelt | 3:11.88 |
| 21 Bellizzi, Emily | Norwalk | 3:14.22 |
| 22 Steinbach, Ava | Roosevelt | 3:14.91 |

Event 32 Girls 200 Meter Dash Varsity

| Name | School | Finals |
|-------------------------|--------------|--------|
| Finals | | |
| 1 Farrell, Claire | Norwalk | 26.04 |
| 2 Moon, Cameron | Ames | 26.32 |
| 3 Fulk, Eva | Ankeny | 27.37 |
| 4 Kramer, Olivia | Dowling | 27.49 |
| 5 Smith, Anisia | Cedar Falls | 27.67 |
| 6 Gioffredi, Grace | Indianola | 28.15 |
| 7 Forbes, Aryss | Indianola | 28.47 |
| 8 Green, Layanna | Waukee | 28.56 |
| 9 Winger, Kynzi | Waukee | 28.59 |
| 10 Kerndt, Calla | Pella | 28.60 |
| 11 Johnson, Shea | Dowling | 28.66 |
| 12 Van de Mortel, Eva | Ankeny | 28.84 |
| 13 Kelly-Harvey, CeCe | I.C. City | 28.97 |
| 14 Warner, Abby | Pella | 28.99 |
| 14 Godfredsen, Kennedy | Johnston | 28.99 |
| 16 Gaddi, Shreya | Valley | 29.05 |
| 17 Glass, Mae | Johnston | 29.44 |
| 18 Emison Clair, Sierra | Valley | 30.10 |
| 19 Pruessner, Sierra | I.C. City | 30.14 |
| 20 Baumgartel, Peyton | Roosevelt | 32.10 |
| 21 Santana, Jolcey | Marshalltown | 34.17 |
| 22 Hughes, Claire | Marshalltown | 34.84 |

Event 33 Girls 200 Meter Dash Junior Varsity

| Name | School | Finals |
|----------------------------|-------------|--------|
| Finals | | |
| 1 Strnad, Macie | Ankeny | 28.76 |
| 2 Akason, Lindsey | Waukee | 28.81 |
| 3 Diggins-Kennedy, Genesse | Ames | 29.09 |
| 4 O'Neil, Katie | Indianola | 29.44 |
| 5 Miller, Larissa | Ankeny | 29.46 |
| 6 Amelse, Avey | Pella | 29.48 |
| 7 Hawbaker, Rosie | Cedar Falls | 30.43 |
| 8 O'Halloran, Riley | Dowling | 30.57 |
| 9 O'Brien, Ella | Johnston | 30.68 |
| 10 Nwagbo, Paris | Johnston | 30.83 |
| 11 Fritz, Miah | Valley | 31.20 |
| 12 Wilkins, Dayshia | I.C. City | 31.58 |
| 13 Seeley, Brooke | Norwalk | 31.71 |

Waukee Girls' Invitational - 3/30/2021

Waukee Stadium

Results - Waukee Girls Invitational

Finals ... (Event 33 Girls 200 Meter Dash Junior Varsity)

| Name | School | Finals |
|----------------------|--------------|--------|
| 14 Shaffer, Alexa | I.C. City | 32.03 |
| 15 Paup, Lauren | Cedar Falls | 32.04 |
| 16 Fuller, Roselaure | Pella | 32.05 |
| 17 Salami, Olivia | Valley | 32.15 |
| 18 Schulz, Sydney | Norwalk | 32.17 |
| 19 Dalby, Kennedy | Indianola | 32.37 |
| 20 Hernandez, Judit | Marshalltown | 39.50 |
| 21 Duden, Ayva | Marshalltown | 43.79 |

Event 35 Girls 400 Meter Hurdles Varsity

| Name | School | Finals |
|------------------------|-------------|---------|
| Finals | | |
| 1 McFarland, Maddy | Cedar Falls | 1:09.70 |
| 2 Engels, Morgan | Ames | 1:12.56 |
| 3 Huisman, Ellie | Waukee | 1:13.07 |
| 4 Reynolds, Lilly | I.C. City | 1:13.17 |
| 5 Frandsen, Ali | Ames | 1:13.23 |
| 6 Weers, Camryn | Waukee | 1:14.87 |
| 7 Wright, Calyssa | Ankeny | 1:17.63 |
| 8 Desmond, Kate | Norwalk | 1:17.80 |
| 9 Hamilton, Martha | I.C. City | 1:19.79 |
| 10 Castellano, Carissa | Dowling | 1:20.12 |
| 11 Ervin, Reese | Dowling | 1:20.31 |
| 12 Hayes, Olivia | Johnston | 1:20.44 |
| 13 Nau, Emma | Valley | 1:21.23 |
| 14 Dieken, Johnna | Cedar Falls | 1:23.86 |
| 15 Yant, Rylee | Valley | 1:27.61 |
| 16 Kriegel, Siena | Johnston | 1:30.39 |

Event 37 Girls 1500 Meter Run Varsity

| Name | School | Finals |
|------------------------|--------------|---------|
| Finals | | |
| 1 McMahan, Lauren | Ankeny | 4:58.36 |
| 2 Naughton, Emily | Indianola | 5:01.13 |
| 3 Tenpas, Aleah | Johnston | 5:01.30 |
| 4 Basart, Margaux | Waukee | 5:07.51 |
| 5 Hahn, Abi | Roosevelt | 5:13.13 |
| 6 Nead, Faith | Johnston | 5:13.22 |
| 7 Dorenkamp, Addi | Valley | 5:16.87 |
| 8 Gentry, Elena | Roosevelt | 5:18.45 |
| 9 Kisgen, Marika | Ankeny | 5:24.03 |
| 10 Hall, Liv | Dowling | 5:27.08 |
| 11 Turk, Sydney | Ames | 5:28.41 |
| 12 Stewart, Payton | Ames | 5:30.64 |
| 13 Hollander, Maddie | Valley | 5:33.29 |
| 14 Roush, Kariin | Waukee | 5:35.60 |
| 15 Cutler, Abby | Pella | 5:46.56 |
| 16 Hoch, Eva | Norwalk | 5:51.47 |
| 17 Joya Flores, Odaly | Marshalltown | 5:51.53 |
| 18 Muller, Avery | Dowling | 5:54.54 |
| 19 Corbin, Lucy | I.C. City | 5:57.46 |
| 20 Tenges, Bree | Indianola | 6:01.24 |
| 21 Blink, Autumn | Pella | 6:01.76 |
| 22 Ainsworth, Mackenna | Marshalltown | 6:02.11 |

Event 38 Girls 1500 Meter Run Junior Varsity

| Name | School | Finals |
|----------------------|--------------|---------|
| Finals | | |
| 1 Spear, Krissy | Johnston | 5:25.62 |
| 2 Bird, Alyssa | Waukee | 5:38.00 |
| 3 Sundet, Lillian | Waukee | 5:48.97 |
| 4 Subba, Rabina | Valley | 5:53.17 |
| 5 McLaren, Abbie | Johnston | 5:54.30 |
| 6 Mallaro, Ava | Cedar Falls | 5:56.33 |
| 7 Stumbo, Sophie | I.C. City | 6:00.18 |
| 8 Romero, Sophia | I.C. City | 6:00.84 |
| 9 Graber, Olivia | Ankeny | 6:00.98 |
| 10 Gholson, Madisyn | Ankeny | 6:02.02 |
| 11 Ossman, Claudia | Valley | 6:13.36 |
| 12 Scott, Ava | Roosevelt | 6:14.69 |
| 13 Mallaro, Kendall | Cedar Falls | 6:18.31 |
| 14 Paulson, Tess | Pella | 6:19.29 |
| 15 Ruan, Abigail | Dowling | 6:23.54 |
| 16 Augustine, Maggie | Marshalltown | 6:23.87 |
| 17 Hotchkiss, Sydney | Marshalltown | 6:37.24 |
| 18 Hahn, Liz | Roosevelt | 6:42.25 |
| 19 Geetings, Kaina | Pella | 7:12.18 |

Event 39 Girls 4x100 Meter Relay Varsity

| Team | Relay | Finals |
|--------------------------|-----------------------------|--------|
| Finals | | |
| 1 Waukee | A | 50.56 |
| 1) Karunatilaka, Sehansa | 2) Vande Krol, Josie | |
| 3) Perry, Kaliyah | 4) Harris, Natalie | |
| 2 Ankeny | A | 50.83 |
| 1) Van de Mortel, Eva | 2) Fulk, Eva | |
| 3) Smith, Lillian | 4) Mayberry, Mytika | |
| 3 Pella | A | 52.54 |
| 1) Reynolds, Delanie | 2) Vanderhoff, Roselande | |
| 3) Warner, Abby | 4) McMartin, Emily | |
| 4 Ames | A | 52.87 |
| 1) Deardorff, Elaina | 2) Diggins-Kennedy, Genesse | |
| 3) Buss, Ireland | 4) Markutsya, Alina | |
| 5 Norwalk | A | 53.00 |
| 1) Levi, Raegan | 2) Randall, Marin | |
| 3) Downe, Haley | 4) Farrell, Claire | |
| 6 Indianola | A | 53.20 |
| 1) Forbes, Aryss | 2) Gioffredi, Grace | |
| 3) Eaton, Kaydence | 4) Sickels, Rayna | |
| 7 Dowling Catholic | A | 53.68 |
| 1) Shonka, Julia | 2) Kramer, Olivia | |
| 3) Tobias, Margaret | 4) Johnson, Shea | |
| 8 Valley, W.D.M. | A | 53.76 |
| 1) Elneil, May | 2) Burchholz, Ashley | |
| 3) Sandvig, Rowan | 4) Clark, Gabby | |
| 9 Johnston | A | 54.83 |
| 1) Grady, Alise | 2) Grimes, Giada | |
| 3) Long, Miya | 4) Kemmer, Mia | |

Waukee Girls' Invitational - 3/30/2021

Waukee Stadium

Results - Waukee Girls Invitational

Finals ... (Event 39 Girls 4x100 Meter Relay Varsity)

| Team | Relay | Finals |
|-------------------------|-----------------------|---------|
| 10 D.M. Roosevelt | A | 57.62 |
| 1) Williams, Jylian | 2) Fazio, Bianca | |
| 3) Owens, Maya | 4) Mordini, Maria | |
| 11 Iowa City High | A | 58.57 |
| 1) Phonphiboun, Jasmine | 2) Dvorsky, Mackenzie | |
| 3) Kucera, Jordyn | 4) Kirschling, Grace | |
| 12 Cedar Falls | A | 59.57 |
| 1) Sires, Lindsey | 2) Strelow, Carley | |
| 3) Cawelti, Emma | 4) Smith, Anisia | |
| 13 Marshalltown | A | 1:04.86 |
| 1) Stowe, Katelyn | 2) Huffman, Sara | |
| 3) Collins, Grace | 4) Kammerer, Malena | |

Event 40 Girls 4x100 Meter Relay Junior Varsity

| Team | Relay | Finals |
|------------------------|----------------------|---------|
| Finals | | |
| 1 Waukee | A | 54.21 |
| 1) Liu, Tina | 2) Carnes, Kiana | |
| 3) Motter, Mariah | 4) Peters, Miranda | |
| 2 Ankeny | A | 54.25 |
| 1) Filling, Macey | 2) Strnad, Macie | |
| 3) Jacks, Karsen | 4) Miller, Larissa | |
| 3 Indianola | A | 57.02 |
| 1) Young, Anna | 2) Ott, Breanna | |
| 3) McCombs, Ellie | 4) Matthias, Kira | |
| 4 Iowa City High | A | 58.21 |
| 1) Green, Natalie | 2) Van Daele, Sophia | |
| 3) Stewart, Dadrehana | 4) Vanderhoef, Alia | |
| 5 Norwalk | A | 58.39 |
| 1) Warren, Julianna | 2) Cary, Kaylee | |
| 3) Ung, Shae | 4) Sutcliffe, Noelle | |
| 6 Cedar Falls | A | 58.69 |
| 1) Jensen, Lauryn | 2) Barney, Jasmine | |
| 3) Latusick, Ashlyn | 4) Penrith, Grace | |
| 7 Johnston | A | 59.23 |
| 1) Stanley, Hope | 2) Womacks, Addie | |
| 3) Lindgren, Sophie | 4) Scott, Annemarie | |
| 8 Dowling Catholic | A | 59.26 |
| 1) Friedrich, Julia | 2) Grindatti, Gina | |
| 3) Ortiz, Melanie | 4) Dueling, Peyton | |
| 9 Marshalltown | A | 1:00.23 |
| 1) Augustine, Ava | 2) Jones, Kate | |
| 3) Montealegre, Denise | 4) Moore, Amaya | |
| 10 Valley, W.D.M. | A | 1:00.73 |
| 1) Fritz, Miah | 2) Allen, Mya | |
| 3) Rheem, Raneen | 4) Kueter, Abi | |
| 11 D.M. Roosevelt | A | 1:01.06 |
| 1) Gbagbo, Elizabeth | 2) White, Chloe | |
| 3) Hawkins, Neveah | 4) Lohmeier, Maddy | |
| 12 Pella | A | 1:02.78 |
| 1) Dingeman, Kaylee | 2) Rozenboom, Alaina | |
| 3) Villalobos, Kylie | 4) Galeazzi, Faith | |

Event 41 Girls 4x400 Meter Relay Junior Varsity

| Team | Relay | Finals |
|------------------------|----------------------|---------|
| Finals | | |
| 1 Waukee | A | 4:28.79 |
| 1) Kelderman, Lindsey | 2) Maas, Sadie | |
| 3) Johnson, Jadyne | 4) Olney, Carly | |
| 2 Johnston | A | 4:42.02 |
| 1) Godfredsen, Kennedy | 2) Burry, Maggie | |
| 3) Rigby, Ciaran | 4) Glass, Mac | |
| 3 Dowling Catholic | A | 4:45.81 |
| 1) Moore, Sarah | 2) Ervin, Reese | |
| 3) O'Halloran, Riley | 4) Moore, Kate | |
| 4 Cedar Falls | A | 4:45.91 |
| 1) Paup, Lauren | 2) Fromm, Jules | |
| 3) Francis, Brooklyn | 4) Mandt, Rachel | |
| 5 Pella | A | 4:46.99 |
| 1) Eekhoff, Giovy | 2) Warner, Mia | |
| 3) VanVoorst, Bailey | 4) Spurgeon, Emmalee | |
| 6 Iowa City High | A | 4:47.21 |
| 1) Frazier, Tatum | 2) Boulter, Rowan | |
| 3) Corbin, Lucy | 4) Boulter, Aofie | |
| 7 Indianola | A | 5:15.42 |
| 1) Eilers, Hannah | 2) Sams, Shae | |
| 3) Richards, Carly | 4) Dahl, Piper | |
| 8 Marshalltown | A | 5:53.58 |
| 1) Hays, Kristin | 2) Ford, Regan | |
| 3) Blevins, Lydia | 4) Shipley, Khloe | |

Event 42 Girls 4x400 Meter Relay Varsity

| Team | Relay | Finals |
|-----------------------|----------------------|---------|
| Finals | | |
| 1 Waukee | A | 4:19.65 |
| 1) Schlicher, Ainsley | 2) Carney, Mackenzie | |
| 3) Carder, Anjelena | 4) Drake, Mallory | |
| 2 Johnston | A | 4:20.39 |
| 1) Kamienski, Addi | 2) Gossling, Anna | |
| 3) Wagner, Karli | 4) Blanchard, Jayce | |
| 3 Ames | A | 4:22.64 |
| 1) Lynch, Ellie | 2) Moon, Cameron | |
| 3) Jones, Olivia | 4) Chan, Nyadio | |
| 4 Norwalk | A | 4:23.50 |
| 1) Wallace, Annika | 2) Downe, Haley | |
| 3) Koerselman, Kenzie | 4) Mauro, Bree | |
| 5 Dowling Catholic | A | 4:24.94 |
| 1) Shonka, Julia | 2) Gaskell, Sally | |
| 3) Tobias, Margaret | 4) Anliker, Ella | |
| 6 Iowa City High | A | 4:25.51 |
| 1) Kelly-Harvey, CeCe | 2) DePrenger, Mia | |
| 3) Bell, Ava | 4) Reynolds, Lilly | |
| 7 Valley, W.D.M. | A | 4:26.99 |
| 1) Socarras, Danielle | 2) DouBrava, Mya | |
| 3) Schulze, Lauren | 4) Chappell, Hayley | |
| 8 Indianola | A | 4:34.53 |
| 1) Blake, Lauren | 2) O'Neil, Katie | |
| 3) Howe, Avery | 4) Naughton, Emily | |

Waukee Girls' Invitational - 3/30/2021

Waukee Stadium

Results - Waukee Girls Invitational

Finals ... (Event 42 Girls 4x400 Meter Relay Varsity)

| Team | Relay | Finals |
|---------------------|---------------------|---------|
| 9 Pella | A | 4:35.39 |
| 1) Blommers, Ashley | 2) Trine, Jacie | |
| 3) Schroeder, Macy | 4) Schmitz, Maddie | |
| 10 Ankeny | A | 4:35.53 |
| 1) Riesberg, Rylee | 2) Rubin, Avery | |
| 3) Shadravan, Zoe | 4) Palmer, Kennedy | |
| 11 Cedar Falls | A | 4:38.19 |
| 1) Stokes, Sydney | 2) Knutson, Grace | |
| 3) Goodenbour, Sara | 4) Dunning, Lucy | |
| 12 Marshalltown | A | 4:57.21 |
| 1) Gallegos, Mya | 2) Rasmussen, Grace | |
| 3) Blevins, Micha | 4) Smith, Rachel | |

Women - Varsity - Team Rankings - 7 Events Scored

| | |
|---------------------|----|
| 1) Waukee | 66 |
| 2) Ames | 31 |
| 3) Johnston | 29 |
| 4) Ankeny | 26 |
| 5) Dowling Catholic | 19 |
| 6) Iowa City High | 18 |
| 6) Norwalk | 18 |
| 8) Pella | 17 |
| 8) Indianola | 17 |
| 10) Cedar Falls | 16 |
| 11) Valley, W.D.M. | 12 |
| 12) Marshalltown | 2 |
| 12) D.M. Roosevelt | 2 |