

Ron Werling Relays - 4/21/2022

Indianola Stadium

Results

Event 1 Girls High Jump Varsity

Name	School	Finals
Finals		
1 Fisher, Zoe	Waukee NW	5-03.50
2 Rust, Eve	Ottumwa	5-00.00
3 Blake, Lauren	Indianola	J5-00.00
4 Desmond, Kate	Norwalk	4-08.00
5 Weeks, Morgan	Norwalk	4-06.00
6 Maynes, Madelyn	SE Polk	J4-06.00
7 Woods, Kendall	SE Polk	4-04.00
7 Kendrick, Raylynn	Ottumwa	4-04.00
--- Espenmiller-McGraw, Lizzie	Indianola	NH

Event 2 Girls High Jump Junior Varsity

Name	School	Finals
Finals		
1 Sutcliffe, Noelle	Norwalk	4-04.00
2 Reinders, Annemieke	Waukee NW	4-02.00
2 Goldsberry, Ava	SE Polk	4-02.00
4 Hinze, Zoe	SE Polk	J4-02.00
--- Shewry, Katie	Ottumwa	NH

Event 3 Girls Long Jump Varsity

Name	School	Finals
Finals		
1 Newland, Lina	Ottumwa	16-11.50
2 Randall, Marin	Norwalk	16-07.75
3 Vande Krol, Josie	Waukee NW	16-01.75
4 Warren, Avery	SE Polk	15-10.50
5 Thielen, Ericka	SE Polk	14-10.50
6 Akien, Gabby	Indianola	14-04.75
7 Houk, Madelyn	Ottumwa	14-03.00
8 Bierman, Elyse	Indianola	14-02.50
9 Feuling, Olivia	Dsm Lincoln	13-07.50
10 Vansylalom, Trinity	Dsm Lincoln	13-03.00
11 Robinson, Addison	Norwalk	13-00.00

Event 4 Girls Long Jump Junior Varsity

Name	School	Finals
Finals		
1 Cameron, Trinity	SE Polk	12-05.00
2 Harlan, Lexi	Waukee NW	12-03.25
3 Underhill, Bailey	SE Polk	12-03.00
4 Jones, Brianna	Waukee NW	12-02.25
5 Morris, Rylee	SE Polk	x12-01.00
6 Damm, Autumn	Ottumwa	11-10.25
7 Owens, Aaniece	Dsm Lincoln	11-05.25
8 Reinders, Annemieke	Waukee NW	x11-02.00

Event 5 Girls Discus Throw Varsity

Name	School	Finals
Finals		
1 Vandemark, Kady	Norwalk	118-04
2 Coffey, Julie	Indianola	116-06
3 Kluver, Emma	Indianola	113-06
4 Wellings, Anna	Ottumwa	96-09

5 Princehouse, Abby	Waukee NW	93-09
6 Borud, Kennedy	SE Polk	88-06
7 Pauls, Jordan	Ottumwa	87-04
8 Gioffredi, Nadia	Indianola JV	83-08
9 Coates, Payten	Waukee NW	80-01
10 Black, Lauren	Norwalk	74-05
11 Boggs, Addie	Indianola JV	70-06
12 Neer, Hailey	Dsm Lincoln	59-09

Event 6 Girls Discus Throw Junior Varsity

Name	School	Finals
Finals		
1 Weeks, Sam	Ottumwa	91-00
2 Jackson, Grace	Indianola	88-04
3 Hawkins, Trysta	Indianola	80-09
4 Fincel, Heather	Waukee NW	77-00
5 Tichy, Ava	Indianola	x74-07
6 Elsbernd, Abby	Waukee NW	74-04
7 Cowie, Madison	SE Polk	69-03
8 VanDeVoorde, Alie	SE Polk	68-05
9 Bedwell, Graci	Norwalk	67-04
10 Guerts, Ella	Indianola	x66-01
11 Oriho, Olivia	Waukee NW	x55-07
12 Flores, Carolina	Norwalk	55-04
13 Ward, Erynn	Ottumwa	53-02
14 Sizemore, Emma	Norwalk	x51-01

Event 7 Girls Shot Put Varsity

Name	School	Finals
Finals		
1 Vandemark, Kady	Norwalk	39-04.25
2 Jackson, Grace	Indianola	35-04.50
3 Coffey, Julie	Indianola	32-09.75
4 Wellings, Anna	Ottumwa	32-04.50
5 Borud, Kennedy	SE Polk	32-03.50
6 Pauls, Jordan	Ottumwa	30-05.50
7 Princehouse, Abby	Waukee NW	30-00.00
8 Black, Lauren	Norwalk	27-10.50
9 Cowie, Madison	SE Polk	27-07.75
10 Tichy, Ava	Indianola JV	26-03.25
11 Gioffredi, Nadia	Indianola JV	25-08.50
12 Oriho, Olivia	Waukee NW	24-11.25
13 Neer, Hailey	Dsm Lincoln	21-06.00

Event 8 Girls Shot Put Junior Varsity

Name	School	Finals
Finals		
1 Weeks, Sam	Ottumwa	31-02.75
2 Fincel, Heather	Waukee NW	29-04.00
3 Sizemore, Emma	Norwalk	28-06.00
4 Coates, Payten	Waukee NW	26-05.50
5 Ward, Erynn	Ottumwa	25-00.25
6 Flores, Carolina	Norwalk	24-02.50
7 Guerts, Ella	Indianola	24-01.50
8 Bedwell, Graci	Norwalk	x24-00.50
9 VanDeVoorde, Alie	SE Polk	23-11.00

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Results

Finals ... (Event 8 Girls Shot Put Junior Varsity)

Name	School	Finals
10 Vallejo, Hallie	Waukee NW	x23-08.00
11 Turner, Paige	Indianola	23-00.50
12 Phan, Lexi	Waukee NW	x20-08.50
13 Hayes, Alyssa	Norwalk	x20-02.00

Event 10 Girls 800 Sprint Medley Junior Varsity

Team	Relay	Finals
Finals		
1 Norwalk	A	1:59.43
1) Brandt, Jaylynn	2) Robinson, Addison	
3) Hulbert, Nyah	4) Brown, Ashlyn	
2 Waukee NW	A	2:08.25
1) Amerison-Smith, Kalayah	2) Jones, Brianna	
3) Ury, Jocelyn	4) Sheriff, Amber	
3 SE Polk	A	2:09.82
1) Carr, Leah	2) Larsen, Sienna	
3) Morris, Rylee	4) Bodin, Nealy	
4 Ottumwa	A	2:18.54
1) Alvarez, Mikia	2) Ochoa, Daisy	
3) Hunger, Emma	4) Hunger, Sarah	
--- Dsm Lincoln	A	DQ
1) Owens, Aaniece	2) Cherniss, Tosh	
3) Briones, Lilliana	4) Cherniss, Jordan	

Event 11 Girls 800 Sprint Medley Varsity

Team	Relay	Finals
Finals		
1 Norwalk	A	1:48.19
1) Randall, Marin	2) Koerselman, McKenzie	
3) Levi, Raegan	4) Farrell, Claire	
2 Waukee NW	A	1:50.04
1) Alliss, Keira	2) Vande Krol, Josie	
3) Carnes, Kiana	4) Winter, Avery	
3 Indianola	A	1:53.32
1) Eaton, Kaydence	2) McGraw, Josie	
3) Gioffredi, Grace	4) Naughton, Emily	
4 SE Polk	A	1:53.45
1) Boord, Alexis	2) Powell, Addison	
3) Severs, Felicity	4) Van Kooten, Anna	
5 Ottumwa	A	1:59.52
1) Houk, Madelyn	2) Fuller, Miya	
3) Crouse, Camdyn	4) Jaeger, Brylee	
6 Indianola JV	A	2:01.36
1) Kindelspire, Kiley	2) Espenmiller-McGraw, Lizzie	
3) Blake, Dana	4) O'Neil, Katie	
7 Dsm Lincoln	A	2:13.71
1) Kennedy, Jade	2) Tumusifu, Deborah	
3) Irvin, Alyssen	4) Cuevas, Malia	

Event 13 Girls 3000 Meter Run Varsity

Name	School	Finals
Finals		
1 Foster, Gracie	Indianola	10:58.55
2 Glendenning, Ivy	SE Polk	11:36.88

3 Habgood, Finley	Waukee NW	11:42.07
4 Tenges, Bree	Indianola	12:00.31
5 Strawn, Paige	SE Polk	12:00.80
6 Baldwin, Avari	Waukee NW	12:13.41
7 Winkler, Kylie	Norwalk	12:58.68
8 Davitt, Andie	Norwalk	13:06.89
9 Lockwood, Kara	Ottumwa	14:11.83
10 Tanner, Mia	Ottumwa	16:25.40

Event 14 Girls 3000 Meter Run Junior Varsity

Name	School	Finals
Finals		
1 Plummer, Riley	SE Polk	13:11.91
2 Goode, Emma	Waukee NW	13:57.17

Event 15 Girls 4x800 Meter Relay Varsity

Team	Relay	Finals
Finals		
1 SE Polk	A	9:26.16
1) Barbour, Taylor	2) Bennett, Carli	
3) Hartz, Libby	4) Francois, Jenna	
2 Norwalk	A	10:28.69
1) Mauro, Breelie	2) Wendl, Kennedy	
3) Vogel, Kiana	4) Butler, Maya	
3 Indianola	A	10:29.03
1) Brown, Jordyn	2) Hoger, Taylor	
3) Dahl, Piper	4) Palmer, Camden	
4 Waukee NW	A	10:30.92
1) Pagorek, Katherine	2) Davis, Hailey	
3) Sundet, Lillian	4) Lanz, Megan	
5 Ottumwa	A	12:08.75
1) Carapia, Yaeli	2) Lord, Emily	
3) Addis, Brynn	4) Rust, Eve	

Event 16 Girls 4x800 Meter Relay Junior Varsity

Team	Relay	Finals
Finals		
1 Norwalk	A	11:16.94
1) Seeley, Brooke	2) Tice, Quinn	
3) Bellizzi, Emily	4) Warren, Audrey	
2 Waukee NW	A	11:31.26
1) Lehman, Avery	2) Rinehart, Grace	
3) Smith, Ellison	4) Thomason, Savanna	
3 SE Polk	A	11:32.98
1) Mitchell, Jacie	2) Merrifield, Jenna	
3) Crabb, Campbell	4) Nelson, Ashlyn	

Event 17 Girls 4x100 Meter Shuttle Hurdle Varsity

Team	Relay	Finals
Finals		
1 Waukee NW	A	1:04.10
1) Weers, Camryn	2) Harris, Natalie	
3) Millsap, Faith	4) Carney, Mackenzie	
2 Norwalk	A	1:09.98
1) Desmond, Kate	2) Warren, Juliana	
3) Martin, Chloe	4) Ung, Shae	

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Finals ... (Event 17 Girls 4x100 Meter Shuttle Hurdle Varsity)

Team	Relay	Finals
3 Indianola	A	1:11.05
1) Young, Anna	2) Downey, Sully	
3) Rogers, Madison	4) McGraw, Josie	
4 SE Polk	A	1:11.71
1) Williamson, Bailey	2) Gustafson, Grace	
3) Gustafson, Abby	4) Powell, Addison	
5 Ottumwa	A	1:15.39
1) Crouse, Camdyn	2) Morgan, Mallory	
3) Hunger, Sarah	4) Allar, Ella	

Event 18 Girls 4x100 Meter Shuttle Hurdle Junior Varsity

Team	Relay	Finals
Finals		
1 Norwalk	A	1:16.88
1) Iverson, Liz	2) Arnold, Keara	
3) Warren, Juliana	4) Birmingham, Bailey	

Event 19 Girls 100 Meter Dash Varsity

Name	School	Finals
Finals		
1 Newton, Kenzie	SE Polk	12.83
2 Gioffredi, Grace	Indianola	13.08
3 Alliss, Keira	Waukee NW	13.22
4 Sutcliffe, Noelle	Norwalk	13.46
5 Eaton, Kaydence	Indianola	13.52
6 Kindelspire, Kiley	Indianola JV	13.82
7 Fuller, Miya	Ottumwa	14.06
8 Gear, Hailey	Norwalk	14.15
9 Thielen, Ericka	SE Polk	14.16
10 Littlejohn, Gracilove	Dsm Lincoln	14.20
11 Sanchez-Crespo Larra, Iratxe	Dsm Lincoln	14.22

Event 20 Girls 100 Meter Dash Junior Varsity

Name	School	Finals
Finals		
1 Dahlhauser, Meadow	Dsm Lincoln	14.21
2 Almaguer-Buster, Miah	SE Polk	14.32
3 Carr, Leah	SE Polk	14.44
4 Ochoa, Daisy	Ottumwa	14.46
5 Kading, Mattea	SE Polk	x14.58
6 Romanin, Lillian	Waukee NW	14.61
7 Palmer, Camden	Indianola	14.67
8 Lo, Lana	Norwalk	14.74
9 Cleveland, Brinley	Indianola	15.15
10 Amerison-Smith, Kalayah	Waukee NW	15.22
11 Tumusifu, Deborah	Dsm Lincoln	15.52
12 Strayer, Emma	Ottumwa	15.66
13 Matthias, Keela	Indianola	x15.98
14 Jones, Greenlee	Waukee NW	x16.44
15 Hayes, Alyssa	Norwalk	16.74
16 Ruiz, Anissa	Norwalk	x16.96
17 Nunez, Sarah	Ottumwa	x17.38
18 Hancock, Kaydance	Ottumwa	x18.43
19 Gilmore, Jane	Norwalk	x18.93

Event 22 Girls Distance Medley Varsity

Team	Relay	Finals
Finals		
1 SE Polk	A	4:29.38
1) Woods, Kendall	2) Maynes, Madelyn	
3) Barbour, Taylor	4) Bartlett, Alyssa	
2 Dsm Lincoln	A	4:33.41
1) Hightshoe, Breanna	2) Feuling, Olivia	
3) Fong, Elizabeth	4) Anderson, Jade	
3 Waukee NW	A	4:34.13
1) Lalone, Aubree	2) Motter, Mariah	
3) Roush, Kariin	4) Pagorek, Katherine	
4 Indianola	A	4:43.11
1) Akien, Gabby	2) Blake, Dana	
3) Bierman, Elyse	4) Nelson, Aspen	
5 Norwalk	A	4:45.74
1) Welch, Savannah	2) Koerselman, McKenzie	
3) Hulbert, Nyah	4) Weeks, Morgan	
6 Ottumwa	A	5:19.74
1) Ehrman, Leah	2) Damm, Autumn	
3) Vanderheiden, Ashley	4) Carapia, Yaeli	

Event 23 Girls Distance Medley Junior Varsity

Team	Relay	Finals
Finals		
1 Norwalk	A	5:04.54
1) Robinson, Addison	2) Norton, Blayke	
3) Bellizzi, Emily	4) Tice, Mia	
2 Waukee NW	A	5:06.26
1) Blythe, Addison	2) Jones, Brianna	
3) Alliss, Lexi	4) Garcia, Gigi	
3 Ottumwa	A	5:44.00
1) Nunez, Sarah	2) Hancock, Kaydance	
3) Lockwood, Kara	4) Lord, Emily	
4 Dsm Lincoln	A	6:16.54
1) Cherniss, Tosh	2) Bryant, Dita	
3) Heiser, Delaney	4) Moyer, Isabella	

Event 24 Girls 400 Meter Dash Varsity

Name	School	Finals
Finals		
1 Hartz, Libby	SE Polk	1:02.49
2 Severs, Felicity	SE Polk	1:03.72
3 Davis, Hailey	Waukee NW	1:05.94
4 Jaeger, Brylee	Ottumwa	1:06.77
5 Sundet, Lillian	Waukee NW	1:08.56
6 Birmingham, Bailey	Norwalk	1:09.01
7 Gear, Hailey	Norwalk	1:11.20

Event 25 Girls 400 Meter Dash Junior Varsity

Name	School	Finals
Finals		
1 Seeley, Brooke	Norwalk	1:08.01
2 Ury, Jocelyn	Waukee NW	1:08.35
3 Irvin, Alyssen	Dsm Lincoln	1:11.31

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Finals ... (Event 25 Girls 400 Meter Dash Junior Varsity)

Name	School	Finals
4 Sams, Shae	Indianola	1:12.19
5 Bodin, Nealy	SE Polk	1:13.54
6 Morris, Leah	SE Polk	1:15.34
7 Briones, Lilliana	Dsm Lincoln	1:15.44
8 Sup, Emerson	Norwalk	1:16.14
9 Myers, Amari	Waukee NW	1:19.53

Event 27 Girls 4x200 Meter Relay Varsity

Team	Relay	Finals
Finals		
1 Waukee NW	A	1:43.69
1) Carnes, Kiana	2) Winter, Avery	
3) Carney, Mackenzie	4) Harris, Natalie	
2 SE Polk	A	1:45.57
1) Boord, Alexis	2) Van Kooten, Anna	
3) Warren, Avery	4) Newton, Kenzie	
3 Norwalk	A	1:47.25
1) Levi, Raegan	2) Robbins, Kennedy	
3) Koerselman, McKenzie	4) Farrell, Claire	
4 Indianola	A	1:48.76
1) Eaton, Kaydence	2) McGraw, Josie	
3) Blake, Lauren	4) Gioffredi, Grace	
5 Ottumwa	A	1:53.03
1) Crouse, Camdyn	2) Fuller, Miya	
3) Morgan, Mallory	4) Newland, Lina	

Event 28 Girls 4x200 Meter Relay Junior Varsity

Team	Relay	Finals
Finals		
1 SE Polk	A	1:57.30
1) Almaguer-Buster, Miah	2) Goldsberry, Ava	
3) Hayworth, Alixandria	4) Hinze, Zoe	
2 Norwalk	B	1:57.39
1) Welch, Savannah	2) Brandt, Jaylynn	
3) Robinson, Addison	4) Kingsley, Lily	
3 Indianola	A	2:01.89
1) Cambron, Hassie	2) Cleveland, Brinley	
3) Farrell, Sunny	4) Espenmiller-McGraw, Lizzie	
4 SE Polk	B	x2:02.16
1) Cameron, Kenadee	2) Kading, Mattea	
3) Underhill, Bailey	4) Morris, Rylee	
5 Waukee NW	A	2:03.94
1) Sander, Sydney	2) Laughery, Eve	
3) Mihura, Marina	4) Lindberg, Zoey	
6 Norwalk	A	x2:06.14
1) Litterer, Gabi	2) Handy, Syanne	
3) Swartzlander, Morgan	4) Cary, Kaylee	
7 Waukee NW	B	x2:09.70
1) Harlan, Lexi	2) Sheriff, Amber	
3) Myers, Amari	4) Reinders, Annemieke	
8 Ottumwa	A	2:10.61
1) Damm, Autumn	2) Ehrman, Leah	
3) Strayer, Emma	4) Hunger, Emma	

9 Dsm Lincoln	A	2:17.16
1) Cherniss, Tosh	2) Neer, Hailey	
3) Owens, Aaniece	4) Lorimor, Kenzie	

Event 29 Girls 100 Meter Hurdles Varsity

Name	School	Finals
Finals		
1 Weers, Camryn	Waukee NW	16.44
2 Powell, Addison	SE Polk	16.91
3 Williamson, Bailey	SE Polk	16.98
4 Allar, Ella	Ottumwa	17.10
5 Millsap, Faith	Waukee NW	17.30
6 Desmond, Kate	Norwalk	17.66
7 Ung, Shae	Norwalk	17.92
8 Downey, Sully	Indianola JV	18.02
9 McGraw, Josie	Indianola	18.09
10 Young, Anna	Indianola	18.47
11 Alvarez, Mikia	Ottumwa	21.71

Event 30 Girls 100 Meter Hurdles Junior Varsity

Name	School	Finals
Finals		
1 Gustafson, Grace	SE Polk	17.95
2 Rogers, Madison	Indianola	18.74
3 Warren, Juliana	Norwalk	18.87
4 Gustafson, Abby	SE Polk	19.44
5 Hightshoe, Breanna	Dsm Lincoln	19.89
6 Arnold, Keara	Norwalk	20.29
7 Matthias, Keela	Indianola	20.44

Event 31 Girls 800 Meter Run Varsity

Name	School	Finals
Finals		
1 Naughton, Emily	Indianola	2:19.39
2 Sheriff, Anna	Waukee NW	2:22.60
3 Foster, Gracie	Indianola	2:34.04
4 Glendenning, Ivy	SE Polk	2:39.64
5 Bartlett, Alyssa	SE Polk	2:40.15
6 Lanz, Megan	Waukee NW	2:40.85
7 Wendl, Kennedy	Norwalk	2:45.57
8 Rust, Eve	Ottumwa	2:47.10

Event 32 Girls 800 Meter Run Junior Varsity

Name	School	Finals
Finals		
1 Habgood, Finley	Waukee NW	2:42.33
2 Smith, Ellison	Waukee NW	2:44.92
3 Sams, Shae	Indianola	2:55.67
4 Merrifield, Jenna	SE Polk	3:02.75
5 Sup, Emerson	Norwalk	3:04.13
6 Baker, Kate	Indianola	3:05.69
7 Tanner, Mia	Ottumwa	3:07.29
8 Crabb, Campbell	SE Polk	3:08.29
9 Addis, Brynn	Ottumwa	3:12.69

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Event 33 Girls 200 Meter Dash Varsity

Name	School	Finals
Finals		
1 Levi, Raegan	Norwalk	26.52
2 Newland, Lina	Ottumwa	26.79
3 Warren, Avery	SE Polk	27.63
4 Blake, Lauren	Indianola JV	27.80
5 Welch, Savannah	Norwalk	28.12
6 Woods, Kendall	SE Polk	28.25
7 Kindlespire, Kiley	Indianola	29.04
8 Vansylalom, Trinity	Dsm Lincoln	29.24
9 Dahlhauser, Meadow	Dsm Lincoln	30.00
10 Ochoa, Daisy	Ottumwa	30.31

Event 34 Girls 200 Meter Dash Junior Varsity

Name	School	Finals
Finals		
1 Larsen, Sienna	SE Polk	29.60
2 Irvin, Alyssen	Dsm Lincoln	29.94
3 Romanin, Lillian	Waukee NW	30.11
4 Hayworth, Alixandria	SE Polk	30.49
5 Downey, Sully	Indianola	30.72
6 Ebert, Paige	Norwalk	30.84
7 Farrell, Sunny	Indianola	30.85
8 Briones, Lilliana	Dsm Lincoln	30.99
9 Caldwell, Hunter	Ottumwa	31.93
10 Cleveland, Brinley	Indianola	x32.35
11 Mihura, Marina	Waukee NW	32.88
12 Hunger, Emma	Ottumwa	33.11
13 Litterer, Gabi	Norwalk	33.29
14 Hayes, Alyssa	Norwalk	x34.34
15 Maudlin, Angelina	Ottumwa	x37.12

Event 36 Girls 400 Meter Hurdles Varsity

Name	School	Finals
Finals		
1 Winter, Avery	Waukee NW	1:04.35
2 Weers, Camryn	Waukee NW	1:11.75
3 Bennett, Carli	SE Polk	1:12.43
4 Crouse, Camdyn	Ottumwa	1:13.92
5 Birmingham, Bailey	Norwalk	1:14.19
6 Iverson, Liz	Norwalk	1:15.33
7 Bryant, Jaenelle	Dsm Lincoln	1:19.89

Event 37 Girls 400 Meter Hurdles Junior Varsity

Name	School	Finals
Finals		
1 Martin, Chloe	Norwalk	1:17.71
2 Gear, Hailey	Norwalk	1:20.76
3 Rinehart, Grace	Waukee NW	1:26.92

Event 38 Girls 1500 Meter Run Varsity

Name	School	Finals
Finals		
1 Barbour, Taylor	SE Polk	4:59.84
2 Roush, Kariin	Waukee NW	5:05.97

3 Brown, Jordyn	Indianola	5:07.72
4 Naughton, Emily	Indianola	5:09.39
5 Pagorek, Katherine	Waukee NW	5:27.06
6 Vogel, Kiana	Norwalk	5:32.90
7 Strawn, Paige	SE Polk	5:36.99
8 Tenges, Bree	Indianola JV	5:43.66
9 Winkler, Kylie	Norwalk	6:07.22
10 Lord, Emily	Ottumwa	6:18.79
11 Henderson, Isabelle	Ottumwa	6:54.63

Event 39 Girls 1500 Meter Run Junior Varsity

Name	School	Finals
Finals		
1 Nelson, Ashlyn	SE Polk	5:35.80
2 Dahl, Piper	Indianola	5:39.47
3 Mertz, Tenley	Waukee NW	5:40.78
4 Mitchell, Jacie	SE Polk	5:41.64
5 Plummer, Riley	SE Polk	x6:02.12
6 McConville, MacKenzie	Norwalk	6:02.25
7 Davitt, Andie	Norwalk	6:05.07
8 Warren, Audrey	Norwalk	x6:06.29
9 Goode, Emma	Waukee NW	6:19.48
10 Baker, Kate	Indianola	6:23.01

Event 40 Girls 4x100 Meter Relay Varsity

Team	Relay	Finals
Finals		
1 SE Polk	A	50.55
1) Boord, Alexis	2) Warren, Avery	
3) Thielen, Ericka	4) Newton, Kenzie	
2 Waukee NW	A	51.37
1) Alliss, Keira	2) Lalone, Aubree	
3) Bates, Za'mauri	4) Motter, Mariah	
3 Indianola	A	52.41
1) Eaton, Kaydence	2) McGraw, Josie	
3) Kindlespire, Kiley	4) Gioffredi, Grace	
4 Ottumwa	A	52.91
1) Houk, Madelyn	2) Fuller, Miya	
3) Morgan, Mallory	4) Newland, Lina	
5 Dsm Lincoln	A	54.96
1) Kennedy, Jade	2) Sanchez-Crespo Larra, Iratxe	
3) Dahlhauser, Meadow	4) Littlejohn, Gracilove	
6 Norwalk	A	56.48
1) Ung, Shae	2) Hulbert, Nyah	
3) Brandt, Jaylynn	4) Sutcliffe, Noelle	
7 Indianola JV	A	57.88
1) Ruelle, Grace	2) Blake, Dana	
3) Aiken, Gabby	4) Espenmiller-McGraw, Lizzie	

Event 41 Girls 4x100 Meter Relay Junior Varsity

Team	Relay	Finals
Finals		
1 SE Polk	A	55.64
1) Larsen, Sienna	2) Carr, Leah	
3) Kading, Mattea	4) Almaguer-Buster, Miah	

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Finals ... (Event 41 Girls 4x100 Meter Relay Junior Varsity)

Team	Relay	Finals
2 SE Polk	B	x56.05
1) Williamson, Bailey	2) Hayworth, Alixandria	
3) Maynes, Madelyn	4) Morris, Rylee	
3 Norwalk	A	57.65
1) Arnold, Keara	2) Norton, Blayke	
3) Ebert, Paige	4) Kingsley, Lily	
4 Indianola	B	58.76
1) Farrell, Sunny	2) Bierman, Elyse	
3) Matthias, Keela	4) Cleveland, Brinley	
5 Waukee NW	B	58.81
1) Ury, Jocelyn	2) Myers, Amari	
3) Jones, Greenlee	4) Lehman, Avery	
6 Ottumwa	A	59.43
1) Strayer, Emma	2) Ehrman, Leah	
3) Alvarez, Mikia	4) Ochoa, Daisy	
7 Norwalk	B	x1:00.31
1) Lo, Lana	2) Handy, Syanne	
3) Cary, Kaylee	4) Ruiz, Anissa	
8 Waukee NW	A	x1:01.86
1) Blythe, Addison	2) Laughery, Eve	
3) Lindberg, Zoey	4) Jones, Brianna	
9 Ottumwa	B	x1:04.99
1) Shewry, Katie	2) Vanderheiden, Ashley	
3) Lockwood, Kara	4) Tanner, Mia	
10 Dsm Lincoln	A	1:06.58
1) Owens, Aaniece	2) Cherniss, Jordan	
3) Neer, Hailey	4) Cherniss, Tosh	

Event 42 Girls 4x400 Meter Relay Junior Varsity

Team	Relay	Finals
1 SE Polk	A	4:26.92
1) Goldsberry, Ava	2) Severs, Felicity	
3) Hinze, Zoe	4) Bartlett, Alyssa	
2 Waukee NW	A	4:46.03
1) Alliss, Lexi	2) Mihura, Marina	
3) Sander, Sydney	4) Sheriff, Amber	
3 Indianola	A	4:47.22
1) Foster, Gracie	2) Brown, Jordyn	
3) Tenges, Bree	4) Hoger, Taylor	
4 Norwalk	A	4:53.65
1) Koerselman, McKenzie	2) Swartzlander, Morgan	
3) Tice, Mia	4) Tice, Quinn	
5 Dsm Lincoln	A	5:17.52
1) Cuevas, Malia	2) Heiser, Delaney	
3) Bryant, Dita	4) Moyer, Isabella	

Event 43 Girls 4x400 Meter Relay Varsity

Team	Relay	Finals
1 SE Polk	A	4:04.89
1) Van Kooten, Anna	2) Hartz, Libby	
3) Bennett, Carli	4) Francois, Jenna	

2 Waukee NW	A	4:11.54
1) Sheriff, Anna	2) Carnes, Kiana	
3) Lalone, Aubree	4) Motter, Mariah	
3 Norwalk	A	4:20.39
1) Mauro, Breelie	2) Brown, Ashlyn	
3) Butler, Maya	4) Robbins, Kennedy	
4 Indianola	A	4:25.51
1) O'Neil, Katie	2) Blake, Lauren	
3) Nelson, Aspen	4) Palmer, Camden	
5 Dsm Lincoln	A	4:33.66
1) Feuling, Olivia	2) Vansylalom, Trinity	
3) Anderson, Jade	4) Bryant, Jaenelle	

Women - Varsity - Team Rankings - 19 Events Scored

1) SE Polk	147
2) Waukee NW	142
3) Indianola	121
4) Norwalk	97
5) Ottumwa	60
6) DSM Lincoln	12
7) Indianola JV	6

Women - Junior Varsity - Team Rankings - 19 Events Scored

1) SE Polk	143
2) Waukee NW	131
3) Norwalk	118
4) Indianola	62
5) Ottumwa	42
6) DSM Lincoln	35