

2024 Girls Norsemen Relays - 4/18/2024

Dallas "Dal" Kray Track

Results

Event 101 Girls High Jump

Name	Team	Finals
Finals		
1 Eastvold, Avery	LAMI	5-01.00
2 Schuler, Kylee	WMAR	5-00.00
3 Henrichs, Madison	NPAL	4-10.00
4 Budach, Makenzie	LAMI	4-08.00
4 Motta, Matilde	R-S	4-08.00
4 Moenkhaus, Hallie	NPAL	4-08.00
7 Sterrenberg, Tori	LAMI	x4-06.00
8 Schmidt, Lucy	R-S	4-04.00
8 Edwards, Delaney	BOFR	4-04.00
8 Hester, Amiya	BOFR	4-04.00
--- Schoenberg, Anika	NPAL	NH

Event 106 Girls Long Jump

Name	Team	Finals
Finals		
1 Huether, Frankie	NPAL	16-04.00
2 Sporleder, Adalyn	R-S	16-03.50
3 Richards, Paige	MADR	15-09.00
4 Wolff, Emma	A-P	14-10.25
5 Martin, Maddie	BOFR	14-07.00
6 Hetzer, Holli	BOFR	14-05.50
7 Schoenberg, Krista	NPAL	13-11.50
7 Wertz, Arya	WMAR	13-11.50
9 Clark, Ella	PLEA	13-09.00
10 Sosa, Bella	WMAR	13-05.50
11 Muschick, Alexis	NEV	13-05.00
12 Petersen, Mackenzie	R-S	13-03.00
13 Wertz, Ella	WMAR	x13-02.00
14 Gallardo, Jacky	LAMI	12-08.75

Event 111 Girls Discus Throw

Lane Name	Team	Finals
Finals		
1 Menke, Ava	LAMI	96-01
2 Chappell, Ariana	NEV	94-05
3 Geise, Miley	R-S	88-06
4 Uhlenhopp, Zoey	A-P	86-08
4 Hiemstra, Emmy	PLEA	86-08
6 Schertz, Sam	BOFR	86-03.50
7 Jonas, Claire	R-S	85-05.50
8 Nikkel, Mallory	BOFR	83-04
9 Reed, Carlee	NEV	74-05
10 Richards, Brooklyn	MADR	73-05
11 Curtis, Payton	R-S	x71-07.50
12 Thompson, Maddy	WMAR	71-02
13 Thompson, Hadlee	LAMI	69-03
14 Melohn, Jady	NEV	x68-01
15 Paulson, Delaney	R-S	x67-02
15 Shaffar, Hope	WMAR	67-02
17 Hill, Hannah	BOFR	x65-10
18 Hofert, Faith	PLEA	62-02.50
19 deNeui, Josie	WMAR	x60-02
20 Soley, Chantell	LAMI	x54-07.50

21 Koenig, Adoniah	PLEA	x48-05
22 Heithoff, Stella	R-S	x43-02.50

Event 116 Girls Shot Put

Lane Name	Team	Finals
Finals		
1 Kula, Skylar	BOFR	33-06.00
2 Melohn, Jady	NEV	31-04.00
3 VanEllen, Allison	PLEA	31-01.00
4 Evertsen, Avery	WMAR	30-07.00
5 Uhlenhopp, Zoey	A-P	J30-07.00
6 Geise, Miley	R-S	29-10.50
7 Jonas, Claire	R-S	29-05.00
7 Wempen, Hayden	LAMI	29-05.00
9 Richards, Brooklyn	MADR	29-04.50
10 Chappell, Ariana	NEV	28-03.50
11 Martin, Maci	PLEA	27-09.00
12 deNeui, Josie	WMAR	27-03.50
13 Crist, JoHannah	BOFR	27-02.00
14 Thompson, Maddy	WMAR	x26-09.00
14 Meza, Sonia	NPAL	26-09.00
16 Menke, Ava	LAMI	26-01.50
17 Huff, Olivia	NEV	x25-06.50
18 Clark, Danika	BOFR	x25-06.00
19 Paulson, Delaney	R-S	x24-05.00
20 Tyson, Morgan	LAMI	x24-00.50
21 Strawn, Kaiya	NPAL	23-06.50
22 Curtis, Payton	R-S	x22-08.00
23 Hofert, Faith	PLEA	x20-07.50
24 Heithoff, Stella	R-S	x17-07.00

Event 119 Girls 800 Sprint Medley

Lane Team	Relay	Finals
Finals		
1 Roland-Story	A	1:54.67
	Sporleder, Adalyn	Petersen, Kennedy
	Kilstofte, Lauryn	Lande, Kamryn
2 Bond-Farrar	A	1:56.05
	Waterhouse, Aubri	Lewis, Sienna
	Kiley, Courtney	Kruse, Elliott
3 Nevada	A	2:02.45
	Riera Ramones, Stefany	Crain, Bryn
	Taylor, Kylie	Thompson, Aubrey
4 Lake Mills	A	2:03.15
	Leibeg, Brittany	Gallardo, Jacky
	Eastvold, Regan	Lary, Natalie
5 Pleasantville	A	2:04.60
	Mason, Lillian	Gripp, Carly
	Kennedy, Lainey	McConnell, Kyleigh
6 W Marshall	A	2:04.61
	Tollefson, Abby	Jacobson, Kamden
	Simms, Sophie	Storjohann, Ryleigh
7 North Polk	A	2:05.89
	Simoens, Katelyn	Bybee, Paige
	Alsager, Olivia	O'Brian, River

8 Aplntn-Parksbg	A	2:08.30
	Aswegen, Britnie	Mehmen, Hope
	Williamson, Aubrey	Junker, Megan
9 W Marshall	B	x2:08.75
	Hilleman, Jordan	Randall, Jenna
	Frost, Alivia	Young, Ava
10 Roland-Story	B	x2:08.98
	Reitano, Olivia	Willis, Makenna
	Janes, Alli	Schaben, Ruby
11 Bond-Farrar	B	x2:12.23
	Tegeler, Lauren	Hoover, Kimberly
	Guthrie, Jamesyn	Hudnall, Brenna
12 Madrid	B	2:13.19
	Snider, Stella	Sweet, Tilly
	Springer, Samantha	Olmstead, Jillian
13 Madrid	A	x2:16.23
	Hansen, Jaela	Sonnenfelt, Alyssa
	Benton, Lillie	Steward, Avery
14 North Polk	B	x2:18.58
	Jenkins, Josie	Noel, Adrian
	Maier, Lauren	Cory, Janessa
15 Pleasantville	B	x2:19.26
	Rowson, Madilyn	Brower, Addie
	Greene, Ava	Roe, Emily
16 Lake Mills	B	x2:20.70
	Soto, Emily	Schulz, Brooke
	Leonhardi, Kendall	Ingledue, Laylah

Event 121 Girls 3000 Meter Run

Name	Team	Finals
Finals		
1 Truesdell, Claire	R-S	11:35.05
2 Grothus, Mila	MADR	12:12.80
3 Meiners, Morgan	NPAL	12:59.82
4 Haselhoff, Clare	BOFR	13:38.45
5 Happ, Aubrey	NPAL	14:02.81
6 Van Ness, Ava	PLEA	14:05.50

Event 126 Girls 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 Bond-Farrar	A	10:27.86
	Meislahn, Claire	Guertin, Bethany
	Klinkenborg, Madelyn	Torrence, Kaylen
2 Madrid	A	10:32.71
	Brandhorst, Hannah	White, Adelyn
	Howard, Inna	Brandhorst, Katelyn
3 Nevada	A	11:02.27
	Axmear, Brooke	Colbeck, Giada
	Betting, Alexa	Martinez, Sophia
4 Roland-Story	A	11:27.33
	McGuigan, Chloe	Berggren, Kate
	Schmidt, Lucy	Truesdell, Emma
5 North Polk	A	11:32.03
	Haaland, Hannah	Robbins, Macie
	Lewis, Cambrie	Campbell, Sophia

2024 Girls Norsemen Relays - 4/18/2024

Dallas "Dal" Kray Track

Results

Finals ... (Event 126 Girls 4x800 Meter Relay)

Lane	Team	Relay	Finals
6	W Marshall	A	11:45.68
	Thompson, Addie	Kurth, Summer	
	Christianson, Mia	Case, Rachel	
7	Bond-Farrar	B	x12:02.50
	Maffin, Emily	Harter, Autumn	
	Wipperman, Caelyn	Webster, Matilda	
8	Lake Mills	A	12:26.49
	Renneker, Kara	Young, Lily	
	Sylvara, Kaylie	Bloedel, Annie	
9	W Marshall	B	x13:37.01
	Hilleman, Jordan	Fischer, Lillian	
	Davenport, Livia	Streeter, Ellee	

Event 131 Girls 4x100 Meter Shuttle Hurdle

Lane	Team	Relay	Finals
Finals			
1	Aplntn-Parksbg	A	1:08.52
	Mohwinkle, Kinsey	Eddy, Ava	
	Allan, Adri	Bellows, Olyvia	
2	Roland-Story	A	1:12.39
	Jondle, Brookelyn	Scarrow, Hope	
	Lucas, Maddi	Helgeson, Selah	
3	Bond-Farrar	A	1:15.46
	Cameron, Kaiya	Lyle, Erica	
	Solo, Beth	Pasker, Addy	
4	Lake Mills	A	1:18.43
	Anderson, Alexis	Sauer, Cora	
	Sterrenberg, Tori	Lary, Natalie	
5	North Polk	A	1:20.53
	Mart, Addison	Schoenberg, Anika	
	Bracelin, Leah	Petersen, Reagan	
6	Bond-Farrar	B	x1:22.03
	Berggren, Tiara	Cox, Ella	
	Parks, Avery	Berkenes, Elsie	
7	Roland-Story	B	x1:26.14
	Petersen, Mackenzie	Gessner, Jaclyn	
	Scarrow, Abbi	Zeisneiss, Sammi	
---	Lake Mills	B	DNF
	Gallardo, Jacky	Santiago, Gaby	
	Thompson, Ella	Rogstad, Katelyn	
---	W Marshall	A	DQ
	Ranson, Amelia	Randall, Jenna	
	Wertz, Ella	Tollefson, Abby	

Event 136 Girls 100 Meter Dash

Lane	Name	Team	Finals
Finals			
1	Girard, Audrey	WMAR	13.07
2	Eastvold, Avery	LAMI	13.57
3	Leibeg, Brittany	LAMI	13.62
4	Waterhouse, Aubri	BOFR	13.71
5	Eastvold, Regan	LAMI	x13.76
6	Thompson, Aubrey	NEV	13.99
7	Schuler, Kylee	WMAR	14.01
8	Aswegen, Lexi	A-P	14.14

9	Ackerman, Rayna	BOFR	14.14
10	Heppler, Lily	NPAL	14.23
11	Templeton, Maddie	R-S	14.52
12	Wittrig, Nicole	NEV	14.59
13	Williamson, Aubrey	A-P	14.65
14	Sonnenfelt, Alyssa	MADR	14.75
15	Simms, Sophie	WMAR	x14.90
16	Hoy, Maylee	R-S	15.03
17	Martin, Emma	R-S	x15.16
18	Bybee, Paige	NPAL	15.23
19	Van Ness, Addie	PLEA	15.34
20	Holtkamp, Amber	BOFR	x15.39
21	Johnson, Brynley	NPAL	x16.89
22	Roan, Makaela	PLEA	17.18
23	Chavarria, Jaslene	NEV	x18.59
24	Sarafimova, Stefaniija	PLEA	x19.02

Event 141 Girls Distance Medley

Lane	Team	Relay	Finals
Finals			
1	Bond-Farrar	A	4:48.95
	Kiley, Courtney	Lewis, Sienna	
	Martin, Maddie	Edwards, Delaney	
2	Roland-Story	A	4:54.20
	Reitano, Olivia	Willis, Makenna	
	Motta, Matilde	Johnson, Riley	
3	North Polk	A	5:01.51
	McGraw, Madison	Cory, Janessa	
	Alsager, Olivia	Bond, Mya	
4	Bond-Farrar	B	x5:04.80
	Frost, Brookelyn	Hester, Amiya	
	Kamman, Delaney	Neville, Abbie	
5	Aplntn-Parksbg	A	5:05.61
	Strickland, Elle	Aswegen, Britnie	
	Mehmen, Hope	Schipper, Ashley	
6	W Marshall	A	5:11.62
	Ranson, Amelia	Buck, Avery	
	Storjohann, Ryleigh	Christianson, Mia	
7	W Marshall	B	x5:14.15
	Hilleman, Jordan	Fischer, Lillian	
	Thompson, Addie	Case, Rachel	
8	Lake Mills	A	5:15.78
	Gallardo, Jacky	Leonhardi, Kendall	
	Sauer, Cora	Renneker, Kara	
9	North Polk	B	x5:18.28
	Petersen, Reagan	Bequeaith, Julia	
	Muhlbauer, Kathleen	Manock, Jenna	
10	Madrid	A	5:20.21
	Steward, Avery	Hansen, Jaela	
	Benton, Lillie	Grothus, Mila	
11	Nevada	A	5:29.58
	Jackson, Kyla	Vary, Alyssa	
	Colbeck, Giada	Hendricks, Dakota	
12	Roland-Story	B	x5:32.39
	Petersen, Mackenzie	Whitaker, Kennedy	
	Davis, Bella	Britten, Aubrey	

Event 146 Girls 400 Meter Dash

Lane	Name	Team	Finals
Finals			
1	Howard, Inna	MADR	1:03.10
2	Richards, Paige	MADR	1:04.55
3	Kalkwarf, Kennedy	A-P	1:06.29
4	Martinez, Sophia	NEV	1:07.71
5	Schmidt, Lucy	R-S	1:08.28
6	Gudenauf, Alyvia	NPAL	1:09.36
7	Ranson, Elyse	WMAR	1:12.04
8	Thompson, Ella	LAMI	1:12.33
9	Frost, Alivia	WMAR	1:12.36
10	Janes, Alli	R-S	1:12.38
11	McGuigan, Chloe	R-S	x1:12.98
12	Berggren, Kate	R-S	x1:13.28
13	Maffin, Emily	BOFR	1:14.46
14	Wipperman, Caelyn	BOFR	1:17.41
15	Ingledue, Laylah	LAMI	1:19.55
16	Solo, Beth	BOFR	x1:19.70
17	Martin, Mallory	NPAL	1:22.57
18	Davenport, Livia	WMAR	x1:27.48

Event 151 Girls 4x200 Meter Relay

Lane	Team	Relay	Finals
Finals			
1	Roland-Story	A	1:48.61
	Sporleder, Adalyn	Petersen, Kennedy	
	Kilstofte, Lauryn	Lande, Kamryn	
2	Aplntn-Parksbg	A	1:55.11
	Aswegen, Lexi	Schultz, Quinlyn	
	Wolff, Emma	Allan, Adri	
3	Nevada	A	1:56.92
	Taylor, Kylie	Thompson, Aubrey	
	Crain, Bryn	Riera Ramones, Stefany	
4	Lake Mills	A	1:57.36
	Leibeg, Brittany	Eastvold, Regan	
	Budach, Makenzie	Eastvold, Avery	
5	W Marshall	A	1:57.37
	Ranson, Amelia	Young, Ava	
	Davenport, Savanna	Girard, Audrey	
6	Bond-Farrar	A	1:58.01
	Ackerman, Rayna	Waterhouse, Aubri	
	Brown, Addison	Kruse, Elliott	
7	North Polk	A	2:00.08
	Westra, Peyton	Maserek, Brianna	
	Heppler, Lily	Haaland, Hannah	
8	Pleasantville	A	2:02.84
	Kennedy, Lainey	Greene, Ava	
	Clark, Ella	Hiemstra, Emmy	
9	North Polk	B	x2:09.26
	Mays, Mackensie	Noel, Adrian	
	Durnil, Story	Mohrman, Carly	
10	Roland-Story	B	x2:09.37
	Hoy, Maylee	Whitaker, Kennedy	
	Schmitz, Addison	Martin, Emma	

2024 Girls Norsemen Relays - 4/18/2024

Dallas "Dal" Kray Track

Results

Finals ... (Event 151 Girls 4x200 Meter Relay)

11	Nevada	B	x2:09.43
	Hill, Emma	Quandt, Lily	
	Vary, Alyssa	Wittrig, Nicole	
12	W Marshall	B	x2:09.44
	Simms, Sophie	Hilleman, Jordan	
	Jones, Halle	Popp, Baelah	
13	Bond-Farrar	B	x2:09.46
	Cox, Ella	Berkenes, Elsie	
	Guthrie, Jamesyn	Holtkamp, Amber	
14	Pleasantville	B	x2:11.67
	Benge, Miranda	Van Ness, Ava	
	Van Ness, Addie	Brower, Addie	
15	Madrid	A	2:12.79
	Snider, Stella	Sweet, Tilly	
	Olmstead, Jillian	Springer, Samantha	
16	Lake Mills	B	x2:14.26
	Soto, Emily	Wempen, Hayden	
	Thompson, Hadlee	Schulz, Brooke	

Event 156 Girls 100 Meter Hurdles

Lane Name	Team	Finals
Finals		
1	Helgeson, Selah	R-S 16.73
2	Tollefson, Abby	WMAR 17.10
3	Jondle, Brookelyn	R-S 17.17
4	Bellows, Olyvia	A-P 17.48
5	Pasker, Addy	BOFR 17.50
6	Schoenberg, Anika	NPAL 18.05
7	Lucas, Maddi	R-S x18.13
8	Phipps, Ariah	PLEA 18.15
9	Sterrenberg, Tori	LAMI 18.33
10	Allan, Adri	A-P 18.38
11	Anderson, Alexis	LAMI 18.55
12	Ranson, Amelia	WMAR 18.81
13	Wertz, Ella	WMAR x18.81
14	Muschick, Alexis	NEV 19.22
15	Klinkenborg, Madelyn	BOFR 19.24
16	Lyle, Erica	BOFR x19.27
17	Junker, Megan	A-P x19.40
18	Scarrow, Hope	R-S x19.68
19	Scarrow, Abbi	R-S x19.70
20	Bequeaith, Julia	NPAL 20.24
21	Bracelin, Leah	NPAL x21.14
22	Zeisneiss, Sammi	R-S x24.46

Event 161 Girls 800 Meter Run

Lane Name	Team	Finals
Finals		
1	Meislahn, Claire	BOFR 2:36.82
2	Johnson, Riley	R-S 2:39.71
3	Guertin, Bethany	BOFR 2:41.61
4	Truesdell, Emma	R-S 2:47.51
5	Harter, Autumn	BOFR x2:47.84
6	Betting, Alexa	NEV 2:50.27
7	Meiners, Morgan	NPAL 2:51.77

8	White, Adelyn	MADR	2:52.99
9	Campbell, Sophia	NPAL	2:54.26
10	Williamson, Aubrey	A-P	2:54.48
11	Robbins, Macie	NPAL	x2:55.62
12	Thompson, Addie	WMAR	2:55.87
13	Kurth, Summer	WMAR	2:55.93
14	Colbeck, Giada	NEV	2:56.50
15	Christianson, Mia	WMAR	x2:57.99
16	Mathieu, Candice	R-S	x3:16.18
17	Schaben, Ruby	R-S	x3:17.80
18	Young, Lily	LAMI	3:19.34
19	Davis, Bella	R-S	x3:21.16
20	Johnson, Madison	LAMI	3:46.62
21	Ingledue, Laylah	LAMI	x3:50.62

Event 166 Girls 200 Meter Dash

Lane Name	Team	Finals
Finals		
1	Kiley, Courtney	BOFR 26.42
2	Lande, Kamryn	R-S 26.48
3	Girard, Audrey	WMAR 27.20
4	Petersen, Kennedy	R-S 27.66
5	Richards, Paige	MADR 27.89
6	Martin, Maddie	BOFR 28.26
7	Mart, Addison	NPAL 29.03
8	Schoenberg, Krista	NPAL 29.05
9	Crain, Bryn	NEV 29.48
10	Reitano, Olivia	R-S x30.18
11	Hudnall, Brenna	BOFR x30.22
12	Davenport, Savanna	WMAR 30.76
13	Templeton, Maddie	R-S x30.83
14	Willis, Makenna	R-S x30.89
15	Thompson, Ella	LAMI 31.07
16	Mehmen, Hope	A-P 31.19
17	Strickland, Elle	A-P 31.27
18	Buck, Avery	WMAR x31.82
19	Wittrig, Nicole	NEV 31.87
20	Anderson, Alexis	LAMI 31.95
21	Roe, Emily	PLEA 32.59
22	Leonhardi, Kendall	LAMI x32.72
23	Mohrman, Carly	NPAL x33.44
24	Chavarria, Jaslene	NEV x40.58

Event 171 Girls 400 Meter Hurdles

Lane Name	Team	Finals
Finals		
1	Eddy, Ava	A-P 1:12.50
2	Lucas, Maddi	R-S 1:15.38
3	Lary, Natalie	LAMI 1:15.56
4	Sauer, Cora	LAMI 1:15.69
5	Cameron, Kaiya	BOFR 1:18.52
6	Gessner, Jaelyn	R-S 1:20.28
7	Berggren, Tiara	BOFR 1:21.89
8	Rowson, Madilyn	PLEA 1:25.12
9	Ranson, Elyse	WMAR 1:25.78
10	Sonnenfelt, Alyssa	MADR 1:27.75
---	Petersen, Reagan	NPAL DNF

Event 176 Girls 1500 Meter Run

Name	Team	Finals
Finals		
1	Brandhorst, Katelyn	MADR 4:57.07
2	Brandhorst, Hannah	MADR 5:14.46
3	Axmear, Brooke	NEV 5:32.82
4	Truesdell, Claire	R-S 5:38.06
5	Martinez, Sophia	NEV 5:39.90
6	Torrence, Kaylen	BOFR 5:48.70
7	Bond, Mya	NPAL 5:49.04
8	McConnell, Kyleigh	PLEA 5:51.97
9	Lewis, Cambrie	NPAL 5:55.65
10	Case, Rachel	WMAR 6:11.25
11	Neville, Abbie	BOFR 6:15.18
12	Schipper, Ashley	A-P 6:30.10
13	Happ, Aubrey	NPAL x6:32.83
14	Haselhoff, Clare	BOFR x6:38.71
15	Renneker, Kara	LAMI 6:40.10
16	Sylvara, Kaylie	LAMI 6:42.43
17	Bloedel, Annie	LAMI x6:42.64
18	Muilenburg, Ellie	A-P 7:09.13

Event 181 Girls 4x100 Meter Relay

Lane Team	Relay	Finals
Finals		
1	S Hamilton	A 52.37
	Flaugh, Sydnee	Galetich, Makena
	Erickson, Ashlyn	Thompson, Tanna
2	Lake Mills	A 53.60
	Leibeg, Brittany	Eastvold, Regan
	Budach, Makenzie	Eastvold, Avery
3	Roland-Story	A 53.77
	Sporleder, Adalyn	Reitano, Olivia
	Kilstofte, Lauryl	Jondle, Brookelyn
4	Pleasantville	A 53.86
	Mason, Lillian	Gripp, Carly
	Kennedy, Lainey	Furnal, Lauren
5	Aplntn-Parksbjg	A 54.14
	Mohwinkle, Kinsey	Aswegen, Lexi
	Schultz, Quinnlyn	Wolff, Emma
6	Bond-Farrar	A 54.44
	Tegeler, Lauren	Brown, Addison
	Lewis, Sienna	Hetzer, Holli
7	W Marshall	A 54.70
	Schuler, Kylee	Jacobson, Kamden
	Tollefson, Abby	Girard, Audrey
8	Nevada	A 55.06
	Taylor, Kylie	Thompson, Aubrey
	Crain, Bryn	Riera Ramones, Stefany
9	Madrid	A 56.86
	Steward, Avery	Hansen, Jaela
	Benton, Lillie	Richards, Brooklyn
10	North Polk	A 57.54
	Simoens, Katelyn	Maserek, Brianna
	Bracelin, Leah	Moenkhaus, Hallie

2024 Girls Norsemen Relays - 4/18/2024

Dallas "Dal" Kray Track

Results

Finals ... (Event 181 Girls 4x100 Meter Relay)

11	Bond-Farrar	B	x57.64
	Parks, Avery	Hoover, Kimberly	
	Kamman, Delaney	Frost, Brookelyn	
12	Pleasantville	B	x58.46
	Greene, Ava	Clark, Ella	
	Hiemstra, Emmy	Benge, Miranda	
13	Roland-Story	C	x58.88
	Paulson, Delaney	Gessner, Jaclyn	
	Scarrow, Abbi	Scarrow, Hope	
14	Roland-Story	B	x58.95
	Hoy, Maylee	Templeton, Maddie	
	Martin, Emma	Whitaker, Kennedy	
15	Aplntn-Parksbg	B	x58.97
	Aswegen, Britnie	Mehmen, Hope	
	Strickland, Elle	Williamson, Aubrey	
16	Madrid	B	x1:00.04
	Snider, Stella	Sweet, Tilly	
	Olmstead, Jillian	Springer, Samantha	
17	W Marshall	B	x1:00.40
	Frost, Alivia	Randall, Jenna	
	Jones, Halle	Wertz, Arya	
18	Nevada	B	x1:00.43
	Hill, Emma	Vary, Alyssa	
	Becvar, Gracelyn	Wittrig, Nicole	
19	Lake Mills	B	x1:02.59
	Rogstad, Katelyn	Leonhardi, Kendall	
	Soto, Emily	Peterson, Kennadee	
20	Roland-Story	D	x1:03.67
	Schmitz, Addison	Zeisneiss, Sammi	
	Curtis, Payton	Jonas, Claire	
21	North Polk	B	x1:05.50
	Mays, Mackensie	Maier, Lauren	
	Martin, Mallory	Johnson, Brynnley	

7	W Marshall	A	5:05.54
	Davenport, Savanna	Buck, Avery	
	Ranson, Elyse	Young, Ava	
8	North Polk	B	x5:23.38
	Manock, Jenna	Muhlbauer, Kathleen	
	Jenkins, Josie	Durnil, Story	
9	W Marshall	B	x5:34.77
	Fischer, Lillian	Popp, Baelah	
	Davenport, Livia	Streeter, Ellee	

Event 186 Girls 4x400 Meter Relay

Lane	Team	Relay	Finals
Finals			
1	Roland-Story	A	4:25.26
	Kilstofte, Lauryn	Motta, Matilde	
	Petersen, Kennedy	Lande, Kamryn	
2	Aplntn-Parksbg	A	4:35.99
	Allan, Adri	Kalkwarf, Kennedy	
	Uhlenhopp, Zoey	Junker, Megan	
3	North Polk	A	4:37.66
	Gudenkauf, Alyvia	Haaland, Hannah	
	Westra, Peyton	McGraw, Madison	
4	Lake Mills	A	4:47.57
	Sauer, Cora	Thompson, Ella	
	Budach, Makenzie	Lary, Natalie	
5	Pleasantville	A	4:49.28
	Phipps, Aariah	Hiemstra, Emmy	
	Benge, Miranda	Gripp, Carly	
6	Roland-Story	B	x4:57.56
	Truesdell, Emma	Janes, Alli	
	Petersen, Mackenzie	Jondle, Brookelyn	