

2026 Cowgirl Relays - 4/14/2026
Clarion-Goldfield-Dows High School
Results

Event 1 Girls High Jump B

Name	School	Finals
Finals		
1 Shearer, Isabelle	Pocahon Area	4-06.00
2 Schmidt, Josephine	West Fork	4-06.00
3 Witte, Embree	West Hancock	4-04.00
4 Wiseman, Adayr	West Fork	4-02.00
--- Wirth, Ruby	North Iowa	DQ

Event 2 Girls High Jump A

Name	School	Finals
Finals		
1 Heilskov, Madison	Hampton-Dumo	4-10.00
2 Howell, Adelynn	Clarion-Gold	4-08.00
2 Klooster, Carolina	Garner-Hay/V	4-08.00
4 Isebrand, Lexi	Forest City	4-08.00
5 Dagele, Carlea	Ia Falls-Ald	4-04.00
5 Eittreim, Addison	Eagle Grove	4-04.00
7 Bruckhoff, Alivia	Forest City	4-02.00
--- Kuper, Elsie	Hampton-Dumo	DQ
--- Glade, Lydia	Clarion-Gold	DQ
--- Schumacher, Grace	Garner-Hay/V	DQ

Event 3 Girls Long Jump B

Name	School	Finals
Finals		
1 Weiland, Iselle	West Hancock	15-11.00
2 Madson, Aubrey	West Hancock	15-09.00
3 Wood, Alyssa	West Fork	14-04.00
4 Egertsen, McKenna	Pocahon Area	13-05.00
4 Ulrich, Breckyn	St. Edmond,	13-05.00
6 Heyer, Kayla	North Iowa	13-04.00
7 Vandi, Ella	St. Edmond,	13-01.00
--- Martinez, Malaina	West Fork	DQ

Event 4 Girls Long Jump A

Name	School	Finals
Finals		
1 Isebrand, Lexi	Forest City	15-10.00
2 Bredlow, Hayden	Garner-Hay/V	15-05.00
3 Valley, MacKenzy	Hampton-Dumo	14-09.50
4 Gehling, Brooklyn	Ia Falls-Ald	14-03.50
5 Swieter, Aliyah	Hampton-Dumo	13-11.50
6 Sanders, Ivy	Ia Falls-Ald	13-06.25
7 Morgan, Mya	Eagle Grove	13-05.00
8 Blaser, Brinley	Forest City	12-10.00
9 Schoneman, Tori	Garner-Hay/V	12-06.50
10 Espinoza, Mynae	Clarion-Gold	12-00.00
11 Routh, Jewell	Clarion-Gold	9-11.00

Event 5 Girls Discus Throw JV

Name	School	Finals
Finals		
1 LaFrankie, Kaylee	West Fork	73-01
2 Martinez Santiago, Dianna	Clarion-Gold	71-00
3 Baker, Lily	West Fork	67-00

4 Cook, Desirae	Ia Falls-Ald	41-07
--- Niess, Isabel	Forest City	DQ
--- Meyer, Mollie	Forest City	DQ
--- Brandt, Janessa	North Iowa	DQ
--- Schumacher, Emma	Garner-Hay/V	DQ

Event 6 Girls Discus Throw B

Name	School	Finals
Finals		
1 Janssen, Josi	West Fork	95-07
2 Dickman, Brylee	West Fork	94-01
3 Myers, Rihanna	St. Edmond,	89-10
4 Newton, Maddie	North Iowa	83-02
5 Hadacek, Hayden	West Hancock	59-01
6 Dirks, Brooklyn	Belmond-Klem	58-05
7 Wubben, Khloe	North Iowa	48-03
8 Fox, Reagan	Belmond-Klem	45-04

Event 7 Girls Discus Throw A

Name	School	Finals
Finals		
1 Subbert, Maren	Hampton-Dumo	126-05
2 Weiskamp, Hannah	Garner-Hay/V	102-03
3 Dontje, Jenna	Forest City	97-06
4 Charlson, Lea	Clarion-Gold	89-11
5 Nerlien, Harper	Clarion-Gold	77-10
6 Ettinger, Rynn	Eagle Grove	76-07
7 Bridgewater, Ella	Ia Falls-Ald	63-11
8 Gutierrez, Milli	Garner-Hay/V	62-10
9 Yarbor, Raven	Forest City	62-06
10 collins, keylyee	Eagle Grove	57-02

Event 8 Girls Shot Put JV

Name	School	Finals
Finals		
1 Gutierrez, Milli	Garner-Hay/V	25-05.50
2 Charlson, Lea	Clarion-Gold	24-06.50
3 Janssen, Josi	West Fork	24-03.00
4 Green, Maggie	Eagle Grove	22-06.00
5 Obrien, Kiara	West Fork	22-04.50
6 Reyes, Isabel	North Iowa	21-04.50
7 Fox, Reagan	Belmond-Klem	20-02.50
8 Lamfers-Hill, Avery	Belmond-Klem	18-05.50
9 Cook, Desirae	Ia Falls-Ald	15-00.50
--- Meyer, Mollie	Forest City	DQ
--- Niess, Isabel	Forest City	DQ
--- Brandt, Janessa	North Iowa	DQ

Event 9 Girls Shot Put B

Name	School	Finals
Finals		
1 Hauswirth, Halee	Pocahon Area	39-09.00
2 Dickman, Brylee	West Fork	34-11.50
3 Myers, Rihanna	St. Edmond,	32-01.50
4 Eichenberger, Emma	North Iowa	30-05.50
5 Winfrey, Aizley	West Fork	29-00.50

2026 Cowgirl Relays - 4/14/2026
Clarion-Goldfield-Dows High School

Results

Finals ... (Event 9 Girls Shot Put B)

Name	School	Finals
6 Hadacek, Hayden	West Hancock	28-08.00
7 Morris, Kaylen	Belmond-Klem	26-11.50
8 Horstman, Ava	West Hancock	23-05.00
9 Dirks, Brooklyn	Belmond-Klem	22-03.50
10 Rivera Pacheco, Jeirianis	North Iowa	19-07.50

Event 10 Girls Shot Put A

Name	School	Finals
Finals		
1 Subbert, Maren	Hampton-Dumo	36-08.00
2 Dontje, Jenna	Forest City	33-02.00
3 Schumacher, Emma	Garner-Hay/V	31-11.50
4 Weiskamp, Hannah	Garner-Hay/V	30-05.50
5 Silvey, Aubree	Ia Falls-Ald	30-03.00
6 Nerlien, Harper	Clarion-Gold	27-09.00
7 Johnson, Taylor	Clarion-Gold	27-05.00
8 Yarbor, Raven	Forest City	26-01.00
9 Bridgewater, Ella	Ia Falls-Ald	25-08.00
10 collins, keylyee	Eagle Grove	23-04.00

Event 11 Girls 800 Sprint Medley JV

Team	Relay	Finals
Finals		
1 Forest City	A	2:12.61
1) Banta, Olivia	2) Wirtjes, Allison	
3) Raulie, Ava	4) Yarbor, Raven	
2 St. Edmond, FD	A	2:17.50
1) Johnson, Mia Bella	2) Christiansen, Ella	
3) Nolte, Kenzie	4) Bangert, Adelyn	
3 Ia Falls-Alden	A	2:21.16
1) Burgin, Kristina	2) White-Pierce, Sophia	
3) Sanders, Ivy	4) Cook, AnnaLeah	
4 North Iowa	A	2:21.72
1) Homsey, Harper	2) Winter, Lillian	
3) Kunkel, Azalea	4) Gray, Addison	
5 Clarion-Goldfd-Dows	A	2:24.96
1) Espinoza, Mynae	2) Glade, Lydia	
3) Langfitt, Lydia	4) Routh, Jewell	
6 Belmond-Klemme	A	2:36.44
1) Hansen, Summer	2) Ackerman, Piper	
3) Morris, Kaylen	4) Gauley, Arianna	

Event 12 Girls 800 Sprint Medley B

Team	Relay	Finals
Finals		
1 West Hancock	A	1:55.29
1) Madson, Aubrey	2) Keiper, Ava	
3) Weiland, Iselle	4) Nieto Mendez, Vanessa	
2 West Fork	A	1:57.16
1) Orton, Ryann	2) Eddy, Cadence	
3) Huff, Dazie	4) Pommrehn, Talia	
3 Pocahon Area	A	1:58.93
1) Sobotka, Emma	2) Mefferd, Khloe	
3) Sommerlot, Natalie	4) Lake, Alli	

4 Belmond-Klemme	A	2:05.91
1) Muhlenbruch, Jordyn	2) Swenson, Lila	
3) Gobeli, Macy	4) Boeshart, Avery	
5 North Iowa	A	2:10.46
1) Eichenberger, Emma	2) Langfald, Bella	
3) Langfald, Taylen	4) Ludewig, Maci	
6 St. Edmond, FD	A	2:11.93
1) Vandi, Ella	2) Kvale, McKenna	
3) Saathoff, Brianna	4) Leiteng, Alex	

Event 13 Girls 800 Sprint Medley A

Team	Relay	Finals
Finals		
1 Garner-Hay/Vent	A	1:56.56
1) Schisel, Isabella	2) Bredlow, Hayden	
3) Englin, Alayna	4) Britson, Sadie	
2 Forest City	A	2:00.17
1) Klaassen, Tess	2) Hennigar, Chloe	
3) Weaver, Isabel	4) Sletten, Cadence	
3 Clarion-Goldfd-Dows	A	2:06.08
1) Schaffer, Aleena	2) Morris, Kaylie	
3) Tijull Villatoro, Daphne	4) Eglund, Audrey	
4 Hampton-Dumont-CAL	A	2:07.01
1) Arends, Madison	2) Mphateng, Tshephang	
3) Horton, Drew	4) Gronewold, Adelee	
5 Ia Falls-Alden	A	2:07.13
1) Krueger, Andie	2) Harms, Sami	
3) Gehling, Brooklyn	4) Rieks, Dryver	
6 Eagle Grove	A	2:11.11
1) Morgan, Mya	2) Nunez, Janlis	
3) Alaniz, Alayna	4) Hoop, Kameya	

Event 14 Girls 3000 Meter Run B

Name	School	Finals
Finals		
1 Eslick, Lily	St. Edmond,	12:14.40
2 Bruggeman, Charlie	West Hancock	12:50.92
3 Storms, Sawyer	Pocahon Area	13:38.63
4 Schlegel, Grace	St. Edmond,	14:17.62
5 Crotty, Erica	Pocahon Area	14:29.16

Event 15 Girls 3000 Meter Run A

Name	School	Finals
Finals		
1 Valley, MacKenzy	Hampton-Dumo	12:12.60
2 Sharp, Muren	Forest City	12:56.78
3 Fritz, Erica	Garner-Hay/V	13:14.52
4 Sharp, Carmen	Forest City	14:32.16
5 Stauffer, Gabrielle	Ia Falls-Ald	15:26.15
6 Pull, Ingrid	Eagle Grove	15:36.09

2026 Cowgirl Relays - 4/14/2026
Clarion-Goldfield-Dows High School
Results

Event 16 Girls 4x800 Meter Relay B

Team	Relay	Finals
Finals		
1 North Iowa	A	10:40.44
1) Blodgett, Norah	2) Hillesland, Lauren	
3) Gray, Alexis	4) Meinders, Ava	
2 West Fork	A	12:21.44
1) Mayland, Maesy	2) Dick, Makenna	
3) Ramirez, Jennifer	4) Wiseman, Adayr	

Event 17 Girls 4x800 Meter Relay A

Team	Relay	Finals
Finals		
1 Forest City	A	10:37.67
1) Reese, Sophia	2) Weaver, Claire	
3) Aukes, Ashlee	4) Brown, Hayden	
2 Ia Falls-Alden	A	12:32.52
1) Holland, Sydney	2) Cook, AnnaLeah	
3) Heiden, Magdalen	4) Pluff, Laura	
3 Garner-Hay/Vent	A	12:32.74
1) Muff, Marissa	2) Brink, Ella	
3) Salz, Sophie	4) Klooster, Carolina	
4 Clarion-Goldfd-Dows	A	12:45.89
1) Perez, Johanna	2) Hoelsing, Kennedy	
3) Bobadilla, Yaquelin	4) Seaba, Samantha	
5 Hampton-Dumont-CAL	A	14:04.86
1) Kuper, Elsie	2) Storr, Alie	
3) Swieter, Aliyah	4) Maas, Marlee	

Event 18 Girls 4x100 Meter Shuttle Hurdle B

Team	Relay	Finals
Finals		
1 Pocahon Area	A	1:17.90
1) Sobotka, Grace	2) Sobotka, Emma	
3) Feilmeier, Linnie	4) Egertsen, McKenna	
2 North Iowa	A	1:22.57
1) Price, Brooklyn	2) Potter, Isla	
3) Ludewig, Maci	4) Heyer, Kayla	

Event 19 Girls 4x100 Meter Shuttle Hurdle A

Team	Relay	Finals
Finals		
1 Forest City	A	1:18.58
1) Eastvold, Elaina	2) Bahling, Kenley	
3) Thompson, Ellie	4) Weaver, Isabel	
--- Garner-Hay/Vent	A	DNF
1) Stearns, MacKenzie	2) Lynch, Kacie	
3) Larson, Nichole	4) Hejna, Alexis	

Event 20 Girls 100 Meter Dash JV

Name	School	Finals
Finals		
1 Orton, Ryann	West Fork	14.01
2 Eddy, Cadence	West Fork	14.62
3 Banta, Olivia	Forest City	14.74
4 Shearer, Isabelle	Pocahon Area	14.79

5 Burgin, Kristina	Ia Falls-Ald	15.09
6 Thompson, Ellie	Forest City	15.18
7 White-Pierce, Sophia	Ia Falls-Ald	15.20
8 Winter, Lillian	North Iowa	15.56
9 Eilderts, Kendall	Hampton-Dumo	15.64
10 Hansen, Summer	Belmond-Klem	15.87
11 Schmid, Paisley	West Hancock	15.89
12 Johnson, Hailey	Eagle Grove	15.96
13 Johnson, Mia Bella	St. Edmond,	16.09
14 Wubben, Khloe	North Iowa	17.15
15 Lamfers-Hill, Avery	Belmond-Klem	17.58
16 Schirmer, Tammy	Hampton-Dumo	18.33
17 Tiernan, Lizzy	St. Edmond,	20.56
--- Munoz, Sydney	Clarion-Gold	DQ

Event 21 Girls 100 Meter Dash B

Name	School	Finals
Finals		
1 Pommrehn, Talia	West Fork	13.12
2 Wood, Alyssa	West Fork	13.29
3 Saathoff, Brianna	St. Edmond,	13.65
4 Bradley, Ava	St. Edmond,	13.71
5 Hauswirth, Halee	Pocahon Area	13.97
6 Johnson, Lauryn	West Hancock	14.50
7 Morris, Kaylen	Belmond-Klem	15.41
8 Ackerman, Piper	Belmond-Klem	15.45
9 Gray, Addison	North Iowa	16.07
--- Egertsen, McKenna	Pocahon Area	DQ
--- Kuppinger, Lily	West Hancock	DQ
--- Andersen, Gabby	North Iowa	DQ

Event 22 Girls 100 Meter Dash A

Name	School	Finals
Finals		
1 Hinz, Malia	Garner-Hay/V	12.66
2 Hennigar, Chloe	Forest City	13.31
3 Klaassen, Tess	Forest City	13.62
4 Schoneman, Tori	Garner-Hay/V	13.67
5 Silvey, Aubree	Ia Falls-Ald	13.97
6 Morgan, Mya	Eagle Grove	14.12
7 Meyer, Jordyn	Ia Falls-Ald	14.23
8 Liem, Nevaeha	Hampton-Dumo	14.37
9 Alaniz, Alayna	Eagle Grove	14.65
10 Howell, Adelynn	Clarion-Gold	14.79
11 Arends, Madison	Hampton-Dumo	15.16
12 Meyers, Olivia	Clarion-Gold	17.58

Event 23 Girls Distance Medley B

Team	Relay	Finals
Finals		
1 Belmond-Klemme	A	4:50.97
1) Muhlenbruch, Jordyn	2) Gobeli, Macy	
3) Boeshart, Avery	4) Swenson, Lila	
2 West Hancock	A	5:09.26
1) Witte, Embree	2) Kuppinger, Lily	
3) Bruns, Dani	4) Marchand, Tara	

2026 Cowgirl Relays - 4/14/2026
Clarion-Goldfield-Dows High School

Results

Finals ... (Event 23 Girls Distance Medley B)

Team	Relay	Finals
3 St. Edmond, FD	A	5:12.65
1) Kvale, McKenna	2) Ulrich, Breckyn	
3) Leiting, Alex	4) Valles, Naomi	
4 West Fork	A	5:26.80
1) Martinez, Malaina	2) Winfrey, Aizley	
3) Wiseman, Adayr	4) Ramirez, Jennifer	

Event 24 Girls Distance Medley A

Team	Relay	Finals
Finals		
1 Ia Falls-Alden	A	4:43.52
1) Janssen, Isabelle	2) Dagele, Carlea	
3) Hoversten, Finley	4) Rieks, Danika	
2 Forest City	A	4:47.72
1) Raulie, Ava	2) Bruckhoff, Alivia	
3) Bahling, Kenley	4) Kingland, Ashlen	
3 Garner-Hay/Vent	A	4:54.10
1) Deacon, Sophie	2) Brink, Ella	
3) Schumacher, Emma	4) Larson, Nichole	
4 Eagle Grove	A	5:22.01
1) Nunez, Janlis	2) Eittreim, Addison	
3) Surber, Makenna	4) Hoop, Kameya	
5 Clarion-Goldfd-Dows	A	5:27.77
1) Matul, Rosa	2) Morris, Kaylie	
3) Hoelsing, Kennedy	4) Perez, Johanna	
--- Hampton-Dumont-CAL	A	DQ
1) Horton, Drew	2) Heilskov, Madison	
3) Gronewold, Adelee	4) Valley, MacKenzy	

Event 25 Girls 400 Meter Dash B

Name	School	Finals
Finals		
1 Hitzhusen, Evelyn	West Fork	1:04.21
2 Johnson, Lauryn	West Hancock	1:07.04
3 Blodgett, Norah	North Iowa	1:09.28
4 Mayland, Maesy	West Fork	1:11.21
5 Gray, Alexis	North Iowa	1:12.72
6 Bangert, Adelyn	St. Edmond,	1:15.13
7 Feilmeier, Linnie	Pocahon Area	1:15.65
8 Ackerman, Piper	Belmond-Klem	1:16.95
9 Kuppinger, Lily	West Hancock	1:20.75

Event 26 Girls 400 Meter Dash A

Name	School	Finals
Finals		
1 Weaver, Claire	Forest City	1:03.22
2 Maurer, Katie	Garner-Hay/V	1:05.41
3 Brown, Hayden	Forest City	1:05.99
4 Rieks, Dryver	Ia Falls-Ald	1:07.42
5 Schumacher, Grace	Garner-Hay/V	1:09.95
6 Hoop, Kameya	Eagle Grove	1:14.35
7 Espejo, Skarlett	Hampton-Dumo	1:14.36
8 Lorenz-Neumann, Tessa	Ia Falls-Ald	1:15.88
9 Storr, Alie	Hampton-Dumo	1:24.71

10 Johnson, Hailey	Eagle Grove	1:31.55
--- Seaba, Samantha	Clarion-Gold	DQ

Event 27 Girls 4x200 Meter Relay B

Team	Relay	Finals
Finals		
1 West Hancock	A	1:50.00
1) Madson, Aubrey	2) Weiland, Iselle	
3) Keiper, Ava	4) Nieto Mendez, Vanessa	
2 West Fork	A	1:54.18
1) Wood, Alyssa	2) Eddy, Cadence	
3) Huff, Dazie	4) Schmidt, Josephine	
3 St. Edmond, FD	A	1:55.45
1) Vandl, Ella	2) Bradley, Ava	
3) Ulrich, Breckyn	4) Saathoff, Brianna	
4 North Iowa	A	2:03.73
1) Langfald, Bella	2) Langfald, Taylen	
3) Newton, Maddie	4) Eichenberger, Emma	
5 Pocahon Area	A	2:08.49
1) Mumford, Dakota	2) Cook, Dani	
3) Stuart, Bailey	4) Feilmeier, Linnie	

Event 28 Girls 4x200 Meter Relay A

Team	Relay	Finals
Finals		
1 Garner-Hay/Vent	A	1:47.14
1) Schisel, Isabella	2) Britson, Sadie	
3) Maurer, Molly	4) Hinz, Malia	
2 Forest City	A	1:53.54
1) Klaassen, Tess	2) Sletten, Cadence	
3) Weaver, Isabel	4) Blaser, Brinley	
3 Clarion-Goldfd-Dows	A	2:00.61
1) Schaffer, Aleena	2) Howell, Adelynn	
3) Tijull Villatoro, Daphne	4) Eglund, Audrey	
4 Ia Falls-Alden	A	2:04.43
1) Warnecke, Elizabeth	2) Harms, Sami	
3) Meyer, Jordyn	4) Gehling, Brooklyn	
5 Hampton-Dumont-CAL	A	2:09.32
1) Kuper, Elsie	2) Horton, Drew	
3) Arends, Madison	4) Mphateng, Tshephang	

Event 29 Girls 100 Meter Hurdles B

Name	School	Finals
Finals		
1 Dreith, Danica	Pocahon Area	16.75
2 Sobotka, Grace	Pocahon Area	18.63
3 Schoning, Abby	West Fork	18.70
4 Price, Brooklyn	North Iowa	19.51
5 Swenson, Lila	Belmond-Klem	20.28
6 Potter, Isla	North Iowa	20.49
7 Orton, Ryann	West Fork	20.56
8 Boeshart, Avery	Belmond-Klem	20.95

2026 Cowgirl Relays - 4/14/2026
Clarion-Goldfield-Dows High School
Results

Event 30 Girls 100 Meter Hurdles A

Name	School	Finals
Finals		
1 Janssen, Isabelle	Ia Falls-Ald	15.08
2 Isebrand, Lexi	Forest City	16.20
3 Stearns, MacKenzie	Garner-Hay/V	18.04
4 Eastvold, Elaina	Forest City	18.42
5 Silvey, Aubree	Ia Falls-Ald	18.49
6 Schaffer, Aleena	Clarion-Gold	19.66
7 Anderson, Myka	Eagle Grove	21.73
8 Eittreim, Addison	Eagle Grove	22.79
9 Eilderts, Kendall	Hampton-Dumo	26.14
--- Hejna, Alexus	Garner-Hay/V	DQ
--- Swieter, Aliyah	Hampton-Dumo	DQ

Event 31 Girls 800 Meter Run B

Name	School	Finals
Finals		
1 Hillesland, Lauren	North Iowa	2:31.06
2 Lake, Alli	Pocahon Area	2:39.89
3 Marchand, Tara	West Hancock	2:40.28
4 Mayland, Maesy	West Fork	2:44.98
5 Johnson, Lauryn	West Hancock	2:58.79
6 Valles, Naomi	St. Edmond,	3:00.39
7 Eslick, Lily	St. Edmond,	3:16.78
8 Gauley, Arianna	Belmond-Klem	3:44.07
--- Storms, Sawyer	Pocahon Area	DQ
--- Ramirez, Jennifer	West Fork	DQ

Event 32 Girls 800 Meter Run A

Name	School	Finals
Finals		
1 Aukes, Ashlee	Forest City	2:42.69
2 Sharp, Muren	Forest City	2:43.05
3 Surber, Makenna	Eagle Grove	2:55.90
4 Pluff, Laura	Ia Falls-Ald	2:56.83
5 Olson, Hailey	Eagle Grove	3:01.45
6 Fritz, Erica	Garner-Hay/V	3:07.34
7 Stauffer, Gabrielle	Ia Falls-Ald	3:14.24
8 Bobadilla, Yaquelin	Clarion-Gold	3:16.84
9 Blakely, Kaelea	Garner-Hay/V	3:39.55
--- Valley, MacKenzy	Hampton-Dumo	DQ

Event 33 Girls 200 Meter Dash B

Name	School	Finals
Finals		
1 Nieto Mendez, Vanessa	West Hancock	26.98
2 Pommrehn, Talia	West Fork	27.39
3 Mefferd, Khloe	Pocahon Area	27.75
4 Hitzhusen, Evelyn	West Fork	27.77
5 Muhlenbruch, Jordyn	Belmond-Klem	28.10
6 Blodgett, Norah	North Iowa	29.48
7 Sobotka, Grace	Pocahon Area	29.81
8 Ulrich, Breckyn	St. Edmond,	30.11
9 Newton, Maddie	North Iowa	30.18

10 Witte, Embree	West Hancock	30.26
11 Nolte, Kenzie	St. Edmond,	30.83

Event 34 Girls 200 Meter Dash A

Name	School	Finals
Finals		
1 Maurer, Molly	Garner-Hay/V	27.30
2 Heilskov, Madison	Hampton-Dumo	27.39
3 Bahling, Kenley	Forest City	29.48
4 Blaser, Brinley	Forest City	29.56
5 Dage, Carlea	Ia Falls-Ald	29.76
6 Warnecke, Elizabeth	Ia Falls-Ald	30.15
7 Liem, Nevaeha	Hampton-Dumo	30.19
8 Malek, Josephine	Garner-Hay/V	30.96
9 Nunez, Janlis	Eagle Grove	31.59
10 Langfitt, Lydia	Clarion-Gold	32.79
--- Matul, Rosa	Clarion-Gold	DQ

Event 35 Girls 400 Meter Hurdles B

Name	School	Finals
Finals		
1 Schoning, Abby	West Fork	1:19.50
2 Orton, Ryann	West Fork	1:22.13
3 Gray, Alexis	North Iowa	1:26.82
4 Kuppinger, Lily	West Hancock	1:31.50
5 Heyer, Kayla	North Iowa	1:32.65

Event 36 Girls 400 Meter Hurdles A

Name	School	Finals
Finals		
1 Janssen, Isabelle	Ia Falls-Ald	1:15.48
2 Eastvold, Elaina	Forest City	1:16.56
3 Anderson, Myka	Eagle Grove	1:21.13
4 Lynch, Kacie	Garner-Hay/V	1:23.23
5 Weaver, Isabel	Forest City	1:28.74
6 Salz, Sophie	Garner-Hay/V	1:30.46

Event 37 Girls 1500 Meter Run B

Name	School	Finals
Finals		
1 Meinders, Ava	North Iowa	5:35.88
2 Schlegel, Grace	St. Edmond,	5:38.36
3 Marchand, Tara	West Hancock	5:48.12
4 Bruggeman, Charlie	West Hancock	6:01.39
5 Schilling, Autumn	West Fork	6:47.69
--- Crotty, Erica	Pocahon Area	DQ

Event 38 Girls 1500 Meter Run A

Name	School	Finals
Finals		
1 Kingland, Ashlen	Forest City	5:34.55
2 Reese, Sophia	Forest City	5:46.18
3 Larson, Nichole	Garner-Hay/V	5:47.40
4 Seaba, Samantha	Clarion-Gold	6:19.22
5 Maas, Marlee	Hampton-Dumo	6:21.97
6 Heiden, Magdalen	Ia Falls-Ald	6:40.88
7 Pull, Ingrid	Eagle Grove	6:58.13

2026 Cowgirl Relays - 4/14/2026
Clarion-Goldfield-Dows High School

Results

Finals ... (Event 38 Girls 1500 Meter Run A)		
Name	School	Finals
8 Page, Alizabeth	Eagle Grove	7:29.12
--- Hoversten, Finley	Ia Falls-Ald	DQ

Event 39 Girls 4x100 Meter Relay JV		
Team	Relay	Finals
Finals		
1 Garner-Hay/Vent	A	56.06
1) Schoneman, Tori	2) Muff, Marissa	
3) Malek, Josephine	4) Deacon, Sophie	
2 Forest City	A	57.89
1) Thompson, Ellie	2) Raulie, Ava	
3) Banta, Olivia	4) Wirtjes, Allison	
3 Pocahon Area	A	58.19
1) Mumford, Dakota	2) Cook, Dani	
3) Stuart, Bailey	4) Feilmeier, Linnie	
4 North Iowa	A	1:01.64
1) Homsey, Harper	2) Kunkel, Azalea	
3) Andersen, Gabby	4) Wirth, Ruby	
5 Hampton-Dumont-CAL	A	1:03.20
1) Eilderts, Kendall	2) Espejo, Skarlett	
3) Storr, Alie	4) Flores, Abigail	
6 Clarion-Goldfd-Dows	A	1:03.95
1) Langfitt, Lydia	2) Glade, Lydia	
3) Morales, Neveah	4) Routh, Jewell	
7 West Fork	A	1:05.39
1) Janssen, Josi	2) Baker, Lily	
3) LaFrankie, Kaylee	4) Dickman, Brylee	
8 Belmont-Klemme	A	1:07.04
1) Hansen, Summer	2) Dirks, Brooklyn	
3) Fox, Reagan	4) Lamfers-Hill, Avery	
9 St. Edmond, FD	A	1:07.68
1) Nolte, Kenzie	2) Johnson, Mia Bella	
3) Christiansen, Ella	4) Tiernan, Lizzy	
--- West Hancock	A	DQ
1) Witte, Embree	2) Schmid, Paisley	
3) Bruns, Dani	4) Kuppinger, Lily	

Event 40 Girls 4x100 Meter Relay B		
Team	Relay	Finals
Finals		
1 Pocahon Area	A	52.12
1) Dreith, Danica	2) Hauswirth, Halee	
3) Sommerlot, Natalie	4) Mefferd, Khloe	
2 West Hancock	A	52.41
1) Madson, Aubrey	2) Weiland, Iselle	
3) Keiper, Ava	4) Nieto Mendez, Vanessa	
3 West Fork	A	54.87
1) Wood, Alyssa	2) Eddy, Cadence	
3) Huff, Dazie	4) Schmidt, Josephine	
4 Belmont-Klemme	A	55.82
1) Swenson, Lila	2) Gobeli, Macy	
3) Boeshart, Avery	4) Muhlenbruch, Jordyn	

5 St. Edmond, FD	A	55.87
1) Vandt, Ella	2) Bradley, Ava	
3) Kvale, McKenna	4) Saathoff, Brianna	
6 North Iowa	A	58.17
1) Price, Brooklyn	2) Langfald, Bella	
3) Langfald, Taylen	4) Eichenberger, Emma	

Event 41 Girls 4x100 Meter Relay A		
Team	Relay	Finals
Finals		
1 Forest City	A	51.07
1) Klaassen, Tess	2) Sletten, Cadence	
3) Isebrand, Lexi	4) Hennigar, Chloe	
2 Garner-Hay/Vent	A	51.29
1) Schisel, Isabella	2) Bredlow, Hayden	
3) Englin, Alayna	4) Hinz, Malia	
3 Eagle Grove	A	56.99
1) Morgan, Mya	2) Hoop, Kameya	
3) Alaniz, Alayna	4) Anderson, Myka	
4 Ia Falls-Alden	A	57.49
1) Krueger, Andie	2) Harms, Sami	
3) Sanders, Ivy	4) Meyer, Jordyn	
5 Clarion-Goldfd-Dows	A	58.40
1) Matul, Rosa	2) Howell, Adelynn	
3) Schaffer, Aleena	4) Espinoza, Mynae	
6 Hampton-Dumont-CAL	A	59.46
1) Mphateng, Tshephang	2) Arends, Madison	
3) Kuper, Elsie	4) Liem, Nevaeha	

Event 42 Girls 4x400 Meter Relay B		
Team	Relay	Finals
Finals		
1 West Fork	A	4:31.24
1) Pommrehn, Talia	2) Huff, Dazie	
3) Schoning, Abby	4) Hitzhusen, Evelyn	
2 North Iowa	A	4:36.79
1) Blodgett, Norah	2) Ludewig, Maci	
3) Potter, Isla	4) Meinders, Ava	
3 West Hancock	A	4:42.27
1) Johnson, Lauryn	2) Marchand, Tara	
3) Bruggeman, Charlie	4) Keiper, Ava	
4 St. Edmond, FD	A	5:15.57
1) Leiting, Alex	2) Valles, Naomi	
3) Bangert, Adelyn	4) Eslick, Lily	
--- Pocahon Area	A	DQ
1) Sommerlot, Natalie	2) Dreith, Danica	
3) Lake, Alli	4) Mefferd, Khloe	

Event 43 Girls 4x400 Meter Relay A		
Team	Relay	Finals
Finals		
1 Garner-Hay/Vent	A	4:16.42
1) Britson, Sadie	2) Maurer, Katie	
3) Englin, Alayna	4) Maurer, Molly	

2026 Cowgirl Relays - 4/14/2026
Clarion-Goldfield-Dows High School
Results

Finals ... (Event 43 Girls 4x400 Meter Relay A)

Team	Relay	Finals
2 Forest City	A	4:26.20
1) Weaver, Claire	2) Brown, Hayden	
3) Blaser, Brinley	4) Sharp, Carmen	
3 Clarion-Goldfd-Dows	A	4:48.42
1) Morris, Kaylie	2) Tijull Villatoro, Daphne	
3) Hoelsing, Kennedy	4) Eglan, Audrey	
4 Eagle Grove	A	4:54.04
1) Surber, Makenna	2) Hoop, Kameya	
3) Alaniz, Alayna	4) Anderson, Myka	
5 Hampton-Dumont-CAL	A	4:57.76
1) Heilskov, Madison	2) Horton, Drew	
3) Swieter, Aliyah	4) Gronewold, Adelee	
6 Ia Falls-Alden	A	5:03.60
1) Pluff, Laura	2) Lorenz-Neumann, Tessa	
3) Rieks, Dryver	4) Holland, Sydney	

Women - A - Team Rankings - 19 Events Scored

1) Forest City	200
2) Garner-Hay/Vent	141
3) Ia Falls-Alden	75.5
4) Hampton-Dumont-CAL	69
5) Clarion-Goldfd-Dows	45
6) Eagle Grove	34.5

Women - B - Team Rankings - 19 Events Scored

1) West Fork	164
2) West Hancock	118
3) Pocahon Area	93
4) North Iowa	84
5) St. Edmond, FD	68
6) Belmont-Klemme	23