

CIC Conference Girls Track Meet 2017 - 5/4/2017

Dowling Catholic High School

Results

Event 1 Girls 800 Sprint Medley Varsity

Team	Relay	Finals
Finals		
1 Dowling Catholic	A	1:49.60 10
1) Coppola, Ashley	2) Heuckendorf, Roz	
3) Flood, Emily	4) Timboe, Kate	
2 Urbandale	A	1:51.20 8
1) Mottet, Bailey	2) Pryor, Dee Dee	
3) Johnson, Hope	4) Shellmyer, Skyler	
3 Johnston	A	1:53.70 6
1) Thompson, Macy	2) Studer, Jaden	
3) Kamienski, Avery	4) Fehn, Chloe	
4 Fort Dodge	A	1:55.58 4
1) Smith, Shariah	2) Mosley, Car'Maiya	
3) Smith, Shareece	4) Alstott, Daphne	
5 Mason City	A	2:00.79 2
1) Daugherty, Odeleine	2) Mariner, Erika	
3) Faktor, Hannah	4) Davison, Emma	
6 Marshalltown	A	2:04.59
1) Vergara, Vanessa	2) Daniel, Ariel	
3) Trowbridge, Sarah	4) Kremer, Madison	

Event 2 Girls 800 Sprint Medley Junior Varsity

Team	Relay	Finals
Finals		
1 Dowling Catholic	A	1:57.54
1) Odir, Nancy	2) Heuckendorf, Ella	
3) Kirchhoff, Anna	4) Teeling, Anne	
2 Dowling Catholic	B	x1:58.93
1) Ackermann, McKenna	2) Lentsch, Leah	
3) Pogemiller, Lauren	4) Danner, Alexis	
3 Johnston	A	2:06.54
1) Kueper, Paige	2) Brichetto, Gia	
3) Kielty, Amie	4) Miner, Gwynna	
4 Johnston	B	x2:07.46
1) Nyren, Emily	2) Abu-Assaf, Hala	
3) Currier, Katherine	4) Jendro, Mara	
5 Fort Dodge	A	2:10.44
1) Al-hameed-foy, Shania	2) Gully, Ashley	
3) Kirk, Kyanna	4) Thompson, Avery	
6 Mason City	A	2:13.64
1) Soto, Sierra	2) Kruse, Margaret	
3) Jones, Karynna	4) Miller, Sami	

Event 3 Girls 3000 Meter Run Varsity

Name	School	Finals
Finals		
1 McKee, Jessica	Johnston	10:40.09 10
2 McKee, Brooklyn	Johnston	10:41.60 8
3 Peterson, Avery	Urbandale	10:53.41 6
4 Van Dyk, Elzeine	Dowling Cath	10:54.95 4
5 Fink, Caroline	Dowling Cath	11:33.61 2
6 Huls, Abby	Urbandale	11:40.94 1
7 Jalukar, Maya	Mason City	13:33.82

Event 4 Girls 3000 Meter Run Junior Varsity

Name	School	Finals
Finals		
1 Toot, Clara	Johnston	11:10.11
2 Schmitt, Ankia	Johnston	x11:50.75
2 Urban, Lauren	Johnston	11:50.75
4 Erickson, Emily	Dowling Cath	11:53.60
4 McClure, Peyton	Johnston	x11:53.60
6 Hadley, Sasha	Marshalltown	14:59.54
7 Daniel, Veronica	Marshalltown	15:30.88

Event 5 Girls 4x800 Meter Relay Varsity

Team	Relay	Finals
Finals		
1 Dowling Catholic	A	9:46.59 10
1) Miller, Sydnee	2) Flood, Molly	
3) Reichart, Katelyn	4) Schweizer, Kelsey	
2 Johnston	A	9:50.67 8
1) Laughlin, Mackenzie	2) Swaim, Taryn	
3) Nead, Kendall	4) Hovey, Josie	
3 Urbandale	A	9:51.67 6
1) Dial, Reese	2) Rempe, Grace	
3) Reyes, Kimberly	4) Carver, Maddie	
4 Fort Dodge	A	10:25.57 4
1) Roberts, Baili	2) Mitchell, Olivia	
3) Ross, Alaysha	4) Klocko, Madelyn	
5 Marshalltown	A	11:20.98 2
1) Barajas, Mia	2) Johnson, Erica	
3) Vergara, Pricila	4) Uhde, Kaci	

Event 6 Girls 4x800 Meter Relay Junior Varsity

Team	Relay	Finals
Finals		
1 Johnston	A	10:30.92
1) Young, Kaya	2) Hapgood, Kate	
3) Lunn, Molly	4) Hapgood, Maggie	
2 Dowling Catholic	A	10:56.88
1) Riesburg, Alexis	2) Heidesch, Bella	
3) McGonegle, Laurel	4) Kelly, Mary	
3 Urbandale	A	11:20.59
1) Dixon, Kali	2) Cox, Carrie	
3) Carter, Zoe	4) Kaiser, Claire	
4 Johnston	B	x11:30.31
1) Ensign, Lindsey	2) Batkiewicz, Madsion	
3) Hostelter, Kendall	4) Woods, Megan	
5 Johnston	C	x11:39.99
1) Srail, Katherine	2) Andreasen, Sarah	
3) Siebert, Taylor	4) Hoss, Jamie	
6 Dowling Catholic	B	x12:03.91
1) Stanco, Mary Grace	2) Jaeger, Jillian	
3) Orewiler, Delaney	4) Hejkal, Julia	

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Event 7 Girls 4x100 Meter Shuttle Hurdle Varsity

Team	Relay	Finals
Finals		
1 Dowling Catholic	A	1:05.00 10
1) Abuyoum, SaMiya	2) Bacille, Mira	
3) Odir, Christina	4) Okwaramoi, Juru	
2 Urbandale	A	1:07.29 8
1) Shellmyer, Skyler	2) Pryor, Dee Dee	
3) Mottet, Billie	4) Mottet, Bailey	
3 Johnston	A	1:10.94 6
1) Roquet, Ellie	2) Johnson, Leah	
3) Abu-Assaf, Hala	4) Naylor, Matayah	
4 Mason City	A	1:14.14 4
1) Mariner, Erika	2) Johnson, Skyler	
3) Sgontz, Hailee	4) Thomas, Hannah	
5 Marshalltown	A	1:16.76 2
1) Trowbridge, Sami	2) Dean, Brianna	
3) Trowbridge, Alli	4) Himes, Gabby	

Event 8 Girls 4x100 Meter Shuttle Hurdle Junior Varsity

Team	Relay	Finals
Finals		
1 Dowling Catholic	A	1:12.07
1) Wilson, Mallory	2) Strittmatter, Ellen	
3) Kleppe, Erin	4) Eure, Maria	
2 Urbandale	A	1:14.51
1) Brownell, Elle	2) Wiest, Shauna	
3) Heiliger, Katie	4) Kistenmacher, Ashleigh	
3 Johnston	A	1:19.26
1) Carmine, Michaela	2) Van Roekel, Halle	
3) Cartwright, Breanne	4) Krahn, Kara	

Event 9 Girls 100 Meter Dash Varsity

Name	School	Finals
Finals		
1 Smith, Shariah	Fort Dodge	12.37 10
2 Johnson, Hope	Urbandale	12.85 8
3 Mosley, Car'Maiya	Fort Dodge	13.07 6
4 Thompson, Macy	Johnston	13.20 4
5 Gehrke, Olivia	Dowling Cath	13.26 2
6 Bacille, Mira	Dowling Cath	13.33 1
7 Trousdale, Serena	Mason City	13.72
8 Putz, Faith	Urbandale	13.84
9 Brichetto, Gia	Johnston	14.01

Event 10 Girls 100 Meter Dash Junior Varsity

Name	School	Finals
Finals		
1 Hempy, Saylor	Marshalltown	14.27
2 Ung, Hope	Johnston	14.29
3 Haus, Catherine	Dowling Cath	14.33
4 Sherman, Alyna	Fort Dodge	14.45
5 Jones, Karynna	Mason City	15.08
6 Chavez, Marissa	Urbandale	15.62
7 Larson, Keri	Mason City	15.70

8 Evans, Emily	Dowling Cath	15.74
9 Schweizer, Carly	Urbandale	15.79
10 Glidewell, Erin	Johnston	15.94
11 Solberg, Megan	Johnston	x15.99
12 Youngblood, Josephine	Dowling Cath	x16.22
13 Omayio, Considen	Fort Dodge	16.30
14 O'Hara, Gracie	Dowling Cath	x16.39
15 Morud, Jordan	Fort Dodge	x16.84
16 Beck, Mackenzie	Johnston	x17.05
17 Dominguez, Leeza	Urbandale	x17.47
18 Dianas, Sussie	Urbandale	x17.49

Event 11 Girls Distance Medley Varsity

Team	Relay	Finals
Finals		
1 Dowling Catholic	A	4:20.94 10
1) Heuckendorf, Roz	2) Cook, Naudica	
3) McLuen, Allie	4) Meilander, Janey	
2 Mason City	A	4:32.92 8
1) Daugherty, Odeleine	2) Faktor, Hannah	
3) Thomas, Hannah	4) Davison, Emma	
3 Urbandale	A	4:38.19 6
1) Adams, Aubri	2) Widlowski, Emory	
3) Bakker, Julia	4) Owens, Kayla	
4 Johnston	A	4:44.99 4
1) Roquet, Ellie	2) Anderson, Rylee	
3) McAllister, Katie	4) Swaim, Taryn	
5 Fort Dodge	A	5:09.07 2
1) Harvey, Maggie	2) Al-hameed-foy, Shania	
3) Thorson, Lehr	4) McKinney, Adyson	

Event 12 Girls Distance Medley Junior Varsity

Team	Relay	Finals
Finals		
1 Dowling Catholic	A	4:45.65
1) Pierick, Kathryn	2) Odir, Nancy	
3) Flood, Anne	4) Schweizer, Alexis	
2 Johnston	A	4:55.40
1) Van Roekel, Halle	2) Currier, Katherine	
3) Dixon, Lexie	4) Ness, Lindsey	
3 Johnston	B	x5:00.05
1) Hapgood, Maggie	2) Woods, Megan	
3) McClure, Peyton	4) Urban, Lauren	
4 Fort Dodge	A	5:20.76
1) Rork, Mylea	2) Niemeyer, Annie	
3) Roby, KeiMara	4) Smith, Kayla	
5 Dowling Catholic	B	x5:22.46
1) Riewer, Payton	2) Miller, Emily	
3) Mohan, Camaryn	4) Thilges, Beth	

Event 13 Girls 400 Meter Dash Varsity

Name	School	Finals
Finals		
1 Kamienski, Avery	Johnston	1:00.39 10
2 Giudici, Anna	Dowling Cath	1:02.46 8
3 Fehn, Chloe	Johnston	1:03.05 6

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Finals ... (Event 13 Girls 400 Meter Dash Varsity)

Name	School	Finals	
4 Teeling, Anne	Dowling Cath	1:03.09	4
5 Hampe, Kerry	Urbandale	1:03.49	2

Event 14 Girls 400 Meter Dash Junior Varsity

Name	School	Finals	
Finals			
1 Allen, Ashley	Dowling Cath	1:05.00	
2 Lunn, Molly	Johnston	1:06.52	
3 Kistenmacher, Ashleigh	Urbandale	1:08.37	
4 Garang, Abouk	Dowling Cath	1:08.47	
5 Orewiler, Delaney	Dowling Cath	x1:11.60	
6 Garang, Ajak	Dowling Cath	x1:11.81	
7 Sullivan, Susie	Johnston	1:11.83	
8 Siebert, Taylor	Johnston	x1:13.93	

Event 15 Girls 4x200 Meter Relay Varsity

Team	Relay	Finals	
Finals			
1 Dowling Catholic	A	1:44.17	10
1) Okwaramoi, Juru	2) Coppola, Ashley		
3) Flood, Emily	4) Heuckendorf, Roz		
2 Johnston	A	1:48.25	8
1) Thompson, Macy	2) Studer, Jaden		
3) Jackson, Christina	4) Kien, Victoria		
3 Fort Dodge	A	1:53.27	6
1) Smith, Shariah	2) Harvey, Maggie		
3) Alstott, Daphne	4) Mosley, Car'Maiya		
4 Marshalltown	A	1:54.95	4
1) Gardner, Kierra	2) Chadderdon, Alyvia		
3) Trowbridge, Sarah	4) Mazour, Regan		
5 Mason City	A	1:57.91	2
1) Trousdale, Serena	2) Watson, Piper		
3) Nelsen, Heather	4) Deets, Anna		
6 Urbandale	A	1:59.85	
1) Adams, Aubri	2) Jackson, Morghan		
3) Wiest, Shauna	4) Putz, Faith		

Event 16 Girls 4x200 Meter Relay Junior Varsity

Team	Relay	Finals	
Finals			
1 Dowling Catholic	A	1:54.31	
1) Heuckendorf, Ella	2) Pogemiller, Lauren		
3) Kirchhoff, Anna	4) Lentsch, Leah		
2 Johnston	A	2:01.53	
1) Blanchard, Juliana	2) Mays, Sarah		
3) Dixon, Lexie	4) Anderson, Rylee		
3 Fort Dodge	A	2:03.19	
1) Casarez, Mia	2) Bishop, McKenna		
3) Thompson, Avery	4) Kirk, Kyanna		
4 Johnston	B	x2:05.03	
1) Lundholm, Mia	2) Glidewell, Erin		
3) Jendro, Mara	4) Nyren, Emily		

5 Dowling Catholic	B	x2:05.92	
1) Riewer, Payton	2) Miller, Emily		
3) Janeczko, Maddie	4) Timmerman, Emma		
6 Mason City	A	2:07.88	
1) Soto, Sierra	2) Burton, Madeline		
3) Hoeft, Alicia	4) Kruse, Margaret		

Event 17 Girls 100 Meter Hurdles Varsity

Name	School	Finals	
Finals			
1 Mottet, Bailey	Urbandale	15.68	10
2 Abuyoum, SaMiya	Dowling Cath	15.75	8
3 Bacille, Mira	Dowling Cath	15.99	6
4 Mottet, Billie	Urbandale	16.02	4
5 Roquet, Ellie	Johnston	17.24	2
6 Naylor, Matayah	Johnston	17.34	1
7 Mariner, Erika	Mason City	17.37	
8 Trowbridge, Sami	Marshalltown	17.98	
9 Johnson, Skyler	Mason City	17.99	
10 Thorson, Lehr	Fort Dodge	19.67	

Event 18 Girls 100 Meter Hurdles Junior Varsity

Name	School	Finals	
Finals			
1 Odir, Christina	Dowling Cath	16.81	
2 Wilson, Mallory	Dowling Cath	17.30	
3 Johnson, Leah	Johnston	17.50	
4 Brownell, Elle	Urbandale	17.81	
5 Strittmatter, Ellen	Dowling Cath	x18.02	
6 Carnine, Michaela	Johnston	18.14	
7 Kleppe, Erin	Dowling Cath	x18.19	
8 Abu-Assaf, Hala	Johnston	x18.35	
9 Sgontz, Hailee	Mason City	18.69	
10 Heiliger, Katie	Urbandale	18.87	
11 Van Roekel, Halle	Johnston	x19.67	
12 Trowbridge, Alli	Marshalltown	19.75	
13 Himes, Gabby	Marshalltown	19.77	
14 Lester, Kaitlyn	Mason City	19.92	
15 Kalvig, Brittany	Fort Dodge	20.08	
16 Willmann, Morgan	Mason City	x20.70	

Event 19 Girls 800 Meter Run Varsity

Name	School	Finals	
Finals			
1 Timboe, Kate	Dowling Cath	2:21.40	10
2 Miller, Sydnee	Dowling Cath	2:22.50	8
3 Hovey, Josie	Johnston	2:23.61	6
4 Carver, Maddie	Urbandale	2:26.91	4
5 Laughlin, Mackenzie	Johnston	2:31.62	2
6 Bakker, Julia	Urbandale	2:39.66	1
7 Barajas, Mia	Marshalltown	2:41.57	
8 Jones, Karynna	Mason City	2:42.38	
9 Klocko, Madelyn	Fort Dodge	2:46.16	
10 Vergara, Pricila	Marshalltown	2:53.08	

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Event 20 Girls 800 Meter Run Junior Varsity

Name	School	Finals
Finals		
1 Toot, Clara	Johnston	2:37.28
2 Ensign, Lindsey	Johnston	2:37.48
3 Reyes, Kimberly	Urbandale	2:43.44
4 Huls, Abby	Urbandale	2:47.41
5 McGonegle, Laurel	Dowling Cath	2:47.97
6 Carter, Zoe	Urbandale	x2:54.09
7 Stanco, Mary Grace	Dowling Cath	2:57.16
8 Kaiser, Claire	Urbandale	x3:00.04
9 Srail, Julie	Johnston	x3:01.02
10 Uhde, Kaci	Marshalltown	3:01.46
11 Thilges, Beth	Dowling Cath	x3:05.04
12 Voight, Gesa	Marshalltown	3:09.52
13 Hadley, Sasha	Marshalltown	x3:10.40
14 Daniel, Veronica	Marshalltown	x3:15.99
15 Grady, Brylea	Fort Dodge	3:23.14

Event 21 Girls 200 Meter Dash Varsity

Name	School	Finals
Finals		
1 Okwaramoi, Juru	Dowling Cath	25.54 10
2 Flood, Emily	Dowling Cath	26.01 8
3 Smith, Shareece	Fort Dodge	26.72 6
4 Gardner, Kierra	Marshalltown	27.52 4
5 Jackson, Christina	Johnston	27.79 2
6 Widlowski, Emory	Urbandale	28.59 1

Event 22 Girls 200 Meter Dash Junior Varsity

Name	School	Finals
Finals		
1 Odir, Nancy	Dowling Cath	28.09
2 Presswood, Jada	Fort Dodge	28.62
3 Ackermann, McKenna	Dowling Cath	28.97
4 Kilty, Amie	Johnston	29.89
5 Beck, Mackenzie	Johnston	30.38
6 Daniel, Ariel	Marshalltown	30.76
7 Niemeyer, Annie	Fort Dodge	31.02
8 Johnson, Skyler	Mason City	31.46
9 Larson, Keri	Mason City	32.85
10 Solberg, Megan	Johnston	x33.38
11 Chavez, Marissa	Urbandale	33.99
12 Youngblood, Josephine	Dowling Cath	x34.30
13 Glidewell, Erin	Johnston	x34.39
14 Schweizer, Carly	Urbandale	35.10
15 Hempy, Saylor	Marshalltown	36.68
16 Dianas, Sussie	Urbandale	x37.16
17 Dominguez, Leeza	Urbandale	x38.52

Event 23 Girls 400 Meter Hurdles Varsity

Name	School	Finals
Finals		
1 Shellmyer, Skyler	Urbandale	1:07.01 10
2 Giudici, Anna	Dowling Cath	1:07.92 8

3 Danner, Alexis	Dowling Cath	1:10.03 6
4 Pryor, Dee Dee	Urbandale	1:10.43 4
5 Swaim, Taryn	Johnston	1:14.08 2

Event 24 Girls 400 Meter Hurdles Junior Varsity

Name	School	Finals
Finals		
1 Kleppe, Erin	Dowling Cath	1:13.78
2 Kistenmacher, Ashleigh	Urbandale	1:15.46
3 Eure, Maria	Dowling Cath	1:16.22
4 Strittmatter, Ellen	Dowling Cath	x1:19.23
5 Timmerman, Taylor	Johnston	1:19.70
6 Allen, Ashley	Dowling Cath	x1:22.05
7 Sullivan, Susie	Johnston	1:22.24
8 Miner, Gwynna	Johnston	x1:25.67

Event 25 Girls 1500 Meter Run Varsity

Name	School	Finals
Finals		
1 McKee, Brooklyn	Johnston	5:00.34 10
2 Meilander, Janey	Dowling Cath	5:05.59 8
3 Flood, Molly	Dowling Cath	5:06.45 6
4 Davison, Emma	Mason City	5:10.18 4
5 Peterson, Avery	Urbandale	5:18.35 2
6 Owens, Kayla	Urbandale	5:18.38 1
7 Roberts, Baili	Fort Dodge	5:48.81
8 McKinney, Adyson	Fort Dodge	6:19.33

Event 26 Girls 1500 Meter Run Junior Varsity

Name	School	Finals
Finals		
1 Toot, Clara	Johnston	5:14.22
2 Reichart, Katelyn	Dowling Cath	5:14.52
3 Heidesch, Bella	Dowling Cath	5:27.84
4 Hapgood, Maggie	Johnston	5:28.93
5 Dial, Reese	Urbandale	5:29.17
6 Kelly, Mary	Dowling Cath	x5:32.07
7 Cox, Carrie	Urbandale	5:36.10
8 Rempe, Grace	Urbandale	x5:38.39
9 Schweizer, Alexis	Dowling Cath	x5:46.35
10 Schmitt, Ankia	Johnston	x5:52.99
11 Smith, Kayla	Fort Dodge	6:38.83

Event 27 Girls 4x100 Meter Relay Varsity

Team	Relay	Finals
Finals		
1 Dowling Catholic	A	49.76 10
1) Okwaramoi, Juru	2) Heuckendorf, Roz	
3) Flood, Emily	4) Coppola, Ashley	
2 Urbandale	A	51.01 8
1) Mottet, Bailey	2) Pryor, Dee Dee	
3) Johnson, Hope	4) Shellmyer, Skyler	
3 Fort Dodge	A	51.35 6
1) Smith, Shariah	2) Mosley, Car'Maiya	
3) Alstott, Daphne	4) Smith, Shareece	

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Finals ... (Event 27 Girls 4x100 Meter Relay Varsity)

Team	Relay	Finals
4 Johnston	A	52.29 4
1) Thompson, Macy	2) Studer, Jaden	
3) Fehn, Chloe	4) Jackson, Christina	
5 Marshalltown	A	56.61 2
1) Vergara, Vanessa	2) Dean, Brianna	
3) Trowbridge, Alli	4) Trowbridge, Sami	
6 Mason City	A	58.32
1) Daugherty, Odeleine	2) Watson, Piper	
3) Faktor, Hannah	4) Mariner, Erika	

Event 28 Girls 4x100 Meter Relay Junior Varsity

Team	Relay	Finals
1 Dowling Catholic	D	52.36
1) Heckendorf, Ella	2) Bacille, Mira	
3) Pierick, Kathryn	4) Gehrke, Olivia	
2 Dowling Catholic	A	x52.41
1) Ackermann, McKenna	2) Wilson, Mallory	
3) Pogemiller, Lauren	4) Lentsch, Leah	
3 Johnston	B	56.20
1) Mays, Sarah	2) Blanchard, Juliana	
3) Beck, Mackenzie	4) Roquet, Ellie	
4 Johnston	A	x56.86
1) Naylor, Matayah	2) Kueper, Paige	
3) Ung, Hope	4) Bricchetto, Gia	
5 Fort Dodge	A	57.53
1) Casarez, Mia	2) Bishop, McKenna	
3) Kirk, Kyanna	4) Rork, Mylea	
6 Urbandale	A	57.93
1) Adams, Aubri	2) Jackson, Morghan	
3) Wiest, Shauna	4) Heiliger, Katie	
7 Dowling Catholic	B	x58.22
1) Kirchhoff, Anna	2) Haus, Catherine	
3) Miller, Emily	4) Timmerman, Emma	
8 Fort Dodge	B	x1:00.25
1) Rodriguez, Sarah	2) Roby, KeiMara	
3) Morud, Jordan	4) Sherman, Alyna	
9 Johnston	C	x1:01.78
1) Glidewell, Erin	2) Jendro, Mara	
3) Solberg, Megan	4) Nyren, Emily	
10 Dowling Catholic	C	x1:02.24
1) Evans, Emile	2) O'Hara, Gracie	
3) Janeczko, Maddie	4) Youngblood, Josephine	

Event 29 Girls 4x400 Meter Relay Junior Varsity

Team	Relay	Finals
1 Dowling Catholic	A	4:29.38
1) Allen, Ashley	2) Kleppe, Erin	
3) Riesburg, Alexis	4) Haus, Catherine	
2 Johnston	B	4:35.98
1) Lundholm, Mia	2) Van Roekel, Halle	
3) Timmerman, Taylor	4) Currier, Katherine	

3 Dowling Catholic	B	x4:38.47
1) Eure, Maria	2) Flood, Anne	
3) Danner, Alexis	4) Strittmatter, Ellen	
4 Dowling Catholic	C	x4:41.01
1) Mohan, Camaryn	2) Garang, Ajak	
3) Garang, Abouk	4) Orewiler, Delaney	
5 Johnston	C	x4:49.16
1) Woods, Megan	2) Young, Kaya	
3) Lunn, Molly	4) Ness, Lindsey	
6 Marshalltown	A	4:49.25
1) Johnson, Erica	2) Vergara, Pricila	
3) Barajas, Mia	4) Voight, Gesa	
7 Johnston	A	x4:50.14
1) McAllister, Katie	2) Swaim, Taryn	
3) Anderson, Rylee	4) Jackson, Christina	
8 Mason City	A	4:56.30
1) Burton, Madeline	2) Miller, Sami	
3) Kruse, Margaret	4) Lester, Kaitlyn	

Event 30 Girls 4x400 Meter Relay Varsity

Team	Relay	Finals
1 Dowling Catholic	A	4:10.49 10
1) McLuen, Allie	2) Timboe, Kate	
3) Teeling, Anne	4) Schweizer, Kelsey	
2 Urbandale	A	4:20.37 8
1) Bakker, Julia	2) Carver, Maddie	
3) Hampe, Kerry	4) Widlowski, Emory	
3 Johnston	A	4:25.27 6
1) Kamienski, Avery	2) Laughlin, Mackenzie	
3) Hovey, Josie	4) Nead, Kendall	
4 Mason City	A	4:32.59 4
1) Trousdale, Serena	2) Deets, Anna	
3) Nelsen, Heather	4) Thomas, Hannah	
5 Marshalltown	A	4:33.86 2
1) Gardner, Kierra	2) Kremer, Madison	
3) Chadderdon, Alyvia	4) Trowbridge, Sarah	
6 Fort Dodge	A	4:41.98
1) Thorson, Lehr	2) Ross, Alaysha	
3) Widen, Tessa	4) Thompson, Avery	

Event 31 Girls High Jump Varsity

Name	School	Finals
1 Roquet, Ellie	Johnston	5-06.50 10
2 Watson, Piper	Mason City	5-02.00 8
3 Mazour, Regan	Marshalltown	4-10.00 5
3 Gaber, Emma	Dowling Cath	4-10.00 5
5 Krahn, Kara	Johnston	J4-10.00 2
6 Freeman, Liz	Dowling Cath	4-08.00 1
--- Widlowski, Emory	Urbandale	NH
--- Himes, Gabby	Marshalltown	NH

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Event 32 Girls High Jump Junior Varsity

Name	School	Finals
Finals		
1 Aywak, Monyjok	Dowling Cath	4-10.00
2 Gaber, Grace	Dowling Cath	4-08.00
--- Hempy, Saylor	Marshalltown	NH

Event 33 Girls Long Jump Varsity

Name	School	Finals
Finals		
1 Abuyoum, SaMiya	Dowling Cath	16-05.25 10
2 Thomas, Hannah	Mason City	14-10.25 8
3 Putz, Faith	Urbandale	14-06.75 6
4 Mazour, Regan	Marshalltown	14-05.25 4
5 Kieh, Victoria	Johnston	14-04.00 2
6 Chadderdon, Alyvia	Marshalltown	14-03.25 1
7 Odir, Christina	Dowling Cath	14-03.25
8 Johnson, Leah	Johnston	13-09.75
9 Dixon, Kali	Urbandale	12-11.75

Event 34 Girls Long Jump Junior Varsity

Name	School	Finals
Finals		
1 Pierick, Kathryn	Dowling Cath	15-00.00
2 Odir, Nancy	Dowling Cath	13-08.25
3 Kirk, Kyanna	Fort Dodge	12-07.75
4 Adams, Aubri	Urbandale	12-05.75
5 Miner, Gwynna	Johnston	12-05.50
6 Naylor, Matayah	Johnston	12-04.50
7 Jackson, Morghan	Urbandale	12-02.50
8 Ung, Hope	Johnston	x12-00.50

Event 35 Girls Discus Throw Varsity

Name	School	Finals
Finals		
1 Henze, Mallory	Marshalltown	125-04.50 10
2 Marnin, Jasmin	Urbandale	114-00 8
3 Podhajsky, Jill	Marshalltown	109-06.50 6
4 Daniels, CC	Dowling Cath	93-06.50 4
5 Seeck, Carly	Mason City	89-09 2
6 Hittner, Allie	Dowling Cath	89-04 1
7 Stoelk, Kit	Urbandale	88-04
8 Papouchis, Zaylyn	Johnston	72-03
9 Pattison, Olivia	Fort Dodge	70-10.50

Event 36 Girls Discus Throw Junior Varsity

Name	School	Finals
Finals		
1 Metzger, Grace	Marshalltown	97-10
2 Kuehl, Emma	Urbandale	92-03
3 Gorsche, Anna	Dowling Cath	83-09
4 Ancona, Jane	Dowling Cath	82-05
5 Blanchard, Juliana	Johnston	81-11.50
6 Czarnecki, April	Urbandale	80-09
7 Ruden, Sierra	Urbandale	x80-04

8 Liveringhouse, Blair	Urbandale	x78-04
9 Britnall, Olivia	Marshalltown	76-09
10 Jackson, McKenzie	Johnston	74-05
11 Ramirez, Avery	Fort Dodge	73-03
12 Rincon-Pinks, Mia	Johnston	x70-08.50
13 Mays, Sarah	Johnston	x63-00
14 Darnge, Regan	Dowling Cath	x62-09
15 Rekyte, Levo	Dowling Cath	x58-08.50
16 Peterson, Autumn	Fort Dodge	57-07.50
17 Grife, Liberty	Marshalltown	x56-05

Event 37 Girls Shot Put Varsity

Name	School	Finals
Finals		
1 Mosley, Car'Maiya	Fort Dodge	38-05.50 10
2 Marnin, Jasmin	Urbandale	38-01.50 8
3 Papouchis, Zaylyn	Johnston	35-08.50 6
4 Morris, Teddy	Dowling Cath	32-10.50 4
5 Metzger, Grace	Marshalltown	32-04.50 2
6 Britnall, Olivia	Marshalltown	30-04.00 1
7 Ruden, Sierra	Urbandale	30-03.75
8 Rincon-Pinks, Mia	Johnston	29-06.00
9 Daniels, CC	Dowling Cath	29-02.00
10 Recker, Sydney	Fort Dodge	28-03.00
11 Seeck, Carly	Mason City	26-06.00

Event 38 Girls Shot Put Junior Varsity

Name	School	Finals
Finals		
1 Czarnecki, April	Urbandale	38-05.00
2 Henze, Mallory	Marshalltown	30-01.00
3 Kuehl, Emma	Urbandale	28-09.00
4 Stoelk, Kit	Urbandale	x28-04.50
5 Gray, Hanna	Johnston	28-03.50
6 Ancona, Jane	Dowling Cath	27-11.50
7 Jackson, McKenzie	Johnston	27-11.25
8 Podhajsky, Jill	Marshalltown	26-09.00
9 Anderson, Erin	Johnston	x26-08.00
10 Darnge, Regan	Dowling Cath	25-06.00
11 Liveringhouse, Blair	Urbandale	x24-10.00
12 Klahn, Allison	Johnston	x24-03.50
13 Orewiler, Delaney	Dowling Cath	x23-11.00
14 Gorsche, Anna	Dowling Cath	x23-04.00
15 Grife, Liberty	Marshalltown	x21-08.25
16 Pattison, Olivia	Fort Dodge	21-07.00
17 Peterson, Autumn	Fort Dodge	20-00.50
18 Ramirez, Avery	Fort Dodge	x19-09.00

Women - Varsity - Team Rankings - 19 Events Scored

1) Dowling Catholic	194
2) Johnston	125
3) Urbandale	120
4) Fort Dodge	54
5) Marshalltown	45
6) Mason City	42