

## Waukee HS Girls Early Bird Meet - 3/28/2023

## Waukee Stadium

## Results

## Girls 100 Meter Dash Varsity

Name	Yr	School	Finals
<b>Finals</b>			
1 Kyne, Jessica	11	Dsm, Hoover	12.46
2 Moon, Cameron	12	Ames	12.86
3 Smith, Lillian	11	Ankeny	13.22
4 Jacks, Karsen	11	Ankeny	13.33
5 Peters, Miranda	12	Waukee	13.59
6 Smith, Takira	11	Dsm, Hoover	13.70
7 Nichols, Summer	11	Waukee	13.84
8 Welch, Savannah	11	Norwalk	13.87
9 Woods, Jadyn	09	SE Polk	13.88
10 Osborn, Abby	12	Dc-Grimes	13.96
11 Kennedy, Jade	11	Dsm Lincoln	13.98
12 Tabakovic, Ela	10	Urbandale	14.01
13 Strnad, Macie	12	Ankeny	x14.05
14 Ross, Ava	11	Urbandale	14.07
15 Vansylalom, Trinity	10	Dsm Lincoln	14.11
16 Trask, Machaela	10	Mason City	14.17
17 Small, Samiyah	09	Waukee	x14.34
18 Almaguer-Buster, Miah	10	SE Polk	14.35
19 Theilen, Josie	10	Ames	14.46
20 Johnson, Brinn	12	Dc-Grimes	14.57
21 N'Goran, Andrea	12	Dsm, Hoover	x14.65
22 Peters, Danielle	09	Norwalk	14.66
23 Chayee, Futurlyne	11	Waukee	x14.70
24 Jennings, Nalynn	09	Mason City	15.30
25 Fleener, Quinn	09	Waukee NW	15.73
26 Srivastava, Sanskriti	09	Waukee	x15.90

## Girls 200 Meter Dash Varsity

Name	Yr	School	Finals
<b>Finals</b>			
1 Kyne, Jessica	11	Dsm, Hoover	26.09
2 Boord, Alexis	12	SE Polk	26.18
3 Schmitz, Maddie	10	Dc-Grimes	26.76
4 Moon, Cameron	12	Ames	26.77
5 Jahangir, Asia	11	Dc-Grimes	27.95
6 Kress, Lilah	10	Waukee NW	28.19
7 Rew, Dennon	12	Urbandale	28.32
8 Conklin, Morgan	10	Ankeny	28.34
9 Myers, Brooke	09	SE Polk	28.65
10 Neyens, Hannah	12	Urbandale	28.78
11 Welch, Olivia	09	Norwalk	28.96
12 Karga, Kim	11	Dsm, Hoover	29.19
13 Braun, Kaitlyn	11	Ankeny	29.26
14 Billeter, Lauren	12	Waukee	29.30
15 Vansylalom, Trinity	10	Dsm Lincoln	29.74
16 Attinger, Angelica	09	Ames	29.79
17 Gage, Savannah	10	Ankeny	x30.05
18 Wiggins, Jamiah	11	Dsm Lincoln	30.15
19 Kingsley, Lily	10	Norwalk	30.97
20 Sheriff, Amber	12	Waukee NW	31.06
21 Kennedy, Ernestine	09	Dsm, Hoover	x31.09
22 Powell, JaKya	10	Dsm, Hoover	x31.63

## Girls 400 Meter Dash Varsity

Name	Yr	School	Finals
<b>Finals</b>			
1 Francois, Jenna	12	SE Polk	1:01.36
2 Turk, Marley	10	Ames	1:02.79
3 Lekkas, Elleana	12	Urbandale	1:03.02
4 Bennett, Carli	11	SE Polk	1:03.09
5 Tobin, Megan	11	Mason City	1:04.26
6 Shadravan, Zoe	12	Ankeny	1:04.30
7 Gloviak, Alex	12	Ankeny	1:06.87
8 Webster, Sarah	10	Urbandale	1:07.42
9 Anderson, Jade	12	Dsm Lincoln	1:07.80
10 Fong, Elizabeth	10	Dsm Lincoln	1:09.67
11 Landmesser, Grace	11	Ankeny	x1:10.88
12 Baker, Jillian	09	Waukee NW	1:11.38
13 Saldana, Andrea	09	Dsm, Hoover	1:14.84

## Girls 800 Meter Run Varsity

Name	Yr	School	Finals
<b>Finals</b>			
1 Hartz, Libby	11	SE Polk	2:24.73
2 Stevens, Maddy	10	Dc-Grimes	2:31.62
3 Risdal, Lauren	10	Ames	2:32.40
4 Evans, Brogan	09	Mason City	2:32.71
5 Mackie, Alex	11	Urbandale	2:32.98
6 McConkey, Michelle	09	Waukee	2:33.57
7 Wurth, Mallory	10	Waukee	2:34.02
8 Helmets, Claire	10	Ames	2:36.59
9 Johnson, Morgan	11	Ankeny	2:37.07
10 Severs, Felicity	11	SE Polk	2:37.19
11 McDermott, Emerson	09	Dc-Grimes	2:39.20
12 Gholson, Madisyn	11	Ankeny	2:43.34
13 Cole, Aspen	11	Mason City	2:43.55
14 Seeley, Norah	11	Urbandale	2:43.78
15 Webb, Isabella	12	Waukee	x2:44.64
16 Baldwin, Avari	11	Waukee NW	2:46.74
17 Oleson, Alice	10	Ankeny	x2:46.94
18 Carlson, Ava	09	Norwalk	2:57.44
19 Schissel, Olivia	12	Mason City	x3:01.85

## Girls 1500 Meter Run Varsity

Name	Yr	School	Finals
<b>Finals</b>			
1 Turk, Marley	10	Ames	4:52.61
2 Prendergast, Reagan	09	Ankeny	5:12.28
3 Risdal, Lauren	10	Ames	5:12.71
4 Glendening, Ivy	11	SE Polk	5:17.48
5 Mulholland, Audra	11	Mason City	5:17.55
6 Graber, Olivia	12	Ankeny	5:19.02
7 Jackson, Lauren	10	Ankeny	x5:25.32
8 Graber, Sophia	10	Ankeny	x5:26.10
9 Carmell, Megan	12	Urbandale	5:35.29
10 Angus, Abbey	11	Dc-Grimes	5:39.94
11 DeRocher, Grace	09	Norwalk	5:42.10
12 Schulte, Macy	11	Waukee	5:44.55

## Waukee HS Girls Early Bird Meet - 3/28/2023

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## Results

**Finals ... (Girls 1500 Meter Run Varsity)**

Name	Yr	School	Finals
13 Rueber, Grace	09	SE Polk	5:47.42
14 Alliss, Lexi	10	Waukee NW	5:47.68
15 Swanson, Grace	10	Waukee NW	5:50.58
16 Barry, Megan	12	Waukee	6:02.84

**Girls 3000 Meter Run Varsity**

Name	Yr	School	Finals
<b>Finals</b>			
1 Beason, Drew	10	Ankeny	10:11.25
2 McConkey, Michelle	09	Waukee	10:55.71
3 Beason, Paige	12	Ankeny	11:00.02
4 Glendening, Ivy	11	SE Polk	11:00.81
5 Stevens, Maddy	10	Dc-Grimes	11:01.32
6 Webb, Isabella	12	Waukee	11:12.46
7 Berger, Sydney	11	Waukee	x11:15.40
8 Turk, Sydney	12	Ames	11:20.25
9 Huber, Sophia	12	Urbandale	11:52.88
10 Angus, Abbey	11	Dc-Grimes	11:54.30
11 Wiegand, Ivy	09	Ankeny	x11:59.52
12 Barry, Anna	12	Waukee	x12:04.54
13 McDermott, Emerson	09	Dc-Grimes	x12:04.90
14 Moyer, Brylee	12	Ankeny	x12:06.88
15 Baumgart, Emma	12	Waukee	x12:15.29
16 Baldwin, Avari	11	Waukee NW	12:17.34
17 Purvis, Alyx	10	Waukee NW	12:23.03
18 Fowler, Maya	11	Ames	12:51.34
19 Johnson, Adela	11	Ames	x13:20.53
20 Plummer, Riley	11	SE Polk	13:23.99
21 Meyer, Kate	12	Waukee NW	x13:30.55
22 Doubleday, Abby	10	Ankeny	x15:04.08
23 Schuchart, Eden	10	Ankeny	x15:04.08

**Girls 100 Meter Hurdles Varsity**

Name	Yr	School	Finals
<b>Finals</b>			
1 Frandsen, Ali	12	Ames	15.12
2 Monarch, Rosa	12	Mason City	16.73
3 Drown, Lainey	11	Urbandale	16.92
4 Ung, Shae	12	Norwalk	17.30
5 Lewerke, Ellea	11	Mason City	17.34
6 Desmond, Kate	12	Norwalk	17.35
7 Fiser, Gweneth	11	Mason City	x17.80
8 Pooch, Madeline	11	Ankeny	17.88
9 Gustafson, Abby	10	SE Polk	18.15
10 Severs, Gabiella	09	SE Polk	18.22
11 Rayburn, Addison	10	Waukee NW	18.26
12 Gach, Morgan	12	Waukee	18.45
13 Sitzmann, Natalie	09	Waukee	18.46
14 Schmitz, Ellie	12	Dc-Grimes	18.75
15 Davey, Kendall	10	Waukee	x18.76
16 Dyvig, Audrey	12	Waukee	x18.85
17 Jumper, Ella	11	Ankeny	18.87
18 Miller, Kaylyn	10	Ankeny	x19.05
19 Britten, Jada	10	Ames	19.78

20 Powell, JaKya	10	Dsm, Hoover	20.17
21 Ugwuanyi, Victoria	11	Dsm, Hoover	20.42
22 Spencer, Dayna	11	Urbandale	20.49

**Girls 400 Meter Hurdles Varsity**

Name	Yr	School	Finals
<b>Finals</b>			
1 Frandsen, Ali	12	Ames	1:04.77
2 Smith, Lillian	11	Ankeny	1:08.47
3 Lindaman, Gracie	10	Ankeny	1:12.71
4 Johnson, Margaret	10	SE Polk	1:14.36
5 Bartlett, Alyssa	10	SE Polk	1:14.84
6 Iverson, Elizabeth	10	Norwalk	1:18.45
7 Martin, Chloe	12	Norwalk	1:19.59
8 Frandsen, Meredith	09	Ames	1:20.01
9 Lee, Ariel	11	Mason City	1:26.49
10 Shull, Kaidyn	11	Urbandale	1:34.98

**Girls 4x100 Meter Relay Varsity**

Team	Relay	Finals
<b>Finals</b>		
1 Ames	A	50.73
2 SE Polk	A	51.02
3 Waukee	A	51.11
4 Dsm, Hoover	A	52.36
5 Urbandale	A	52.90
6 Dc-Grimes	A	53.24
7 Mason City	A	53.75
8 Norwalk	A	54.59
9 Ankeny	A	54.77
10 Waukee NW	A	56.00

**Girls 4x200 Meter Relay Varsity**

Team	Relay	Finals
<b>Finals</b>		
1 Ames	A	1:45.72
2 Waukee	A	1:46.12
3 SE Polk	A	1:46.18
4 Urbandale	A	1:52.47
5 Dc-Grimes	A	1:52.70
6 Norwalk	A	1:52.73
7 Ankeny	A	1:56.93
8 Waukee NW	A	1:56.99
9 Dsm, Hoover	A	2:00.88

**Girls 4x400 Meter Relay Varsity**

Team	Relay	Finals
<b>Finals</b>		
1 Ames	A	4:05.50
2 SE Polk	A	4:07.40
3 Dc-Grimes	A	4:22.74
4 Ankeny	A	4:23.85
5 Mason City	A	4:25.04
6 Norwalk	A	4:34.89
7 Waukee	A	4:46.56
8 Waukee NW	A	4:51.29

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## Finals ... (Girls 4x400 Meter Relay Varsity)

Team	Relay	Finals
9 Dsm, Hoover	A	5:05.16

## Girls 4x800 Meter Relay Varsity

Team	Relay	Finals
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## Finals

1 SE Polk	A	9:47.26
2 Ankeny	A	10:14.83
3 Mason City	A	10:26.80
4 Urbandale	A	10:34.34
5 De-Grimes	A	10:44.27
6 Waukee NW	A	11:08.20
7 Norwalk	A	11:32.31
8 Waukee	A	11:45.65

## Girls 800 Sprint Medley Varsity

Team	Relay	Finals
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## Finals

1 Ames	A	1:49.36
2 Waukee	A	1:51.37
3 SE Polk	A	1:53.97
4 Ankeny	A	1:54.42
5 Urbandale	A	1:58.77
6 Norwalk	A	1:59.55
7 De-Grimes	A	1:59.85
8 Mason City	A	2:03.31
9 Waukee NW	A	2:04.82
10 Dsm, Hoover	A	2:14.48

## Girls Distance Medley Varsity

Team	Relay	Finals
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## Finals

1 Ames	A	4:26.25
2 SE Polk	A	4:32.59
3 Ankeny	A	4:41.67
4 Waukee	A	4:43.22
5 Norwalk	A	4:45.43
6 De-Grimes	A	4:52.67
7 Waukee NW	A	4:54.34
8 Urbandale	A	4:56.52
9 Dsm, Hoover	A	5:05.77

## Girls 4x100 Meter Shuttle Hurdle Varsity

Team	Relay	Finals
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## Finals

1 Mason City	A	1:09.60
2 Norwalk	A	1:12.07
3 Waukee	A	1:13.20
4 Ankeny	A	1:13.97
5 SE Polk	A	1:14.77
6 Ames	A	1:15.71
7 De-Grimes	A	1:15.89
8 Urbandale	A	1:19.67
9 Dsm, Hoover	A	1:24.45

## Girls High Jump Varsity

Name	Yr	School	Finals
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## Finals

1 Moreland, Josie	12	Waukee	5-06.00
2 Williams, Jayla	09	Ankeny	5-02.00
2 Hanfelt, Reagan	10	Ankeny	5-02.00
4 Percival, Anisa	10	Ames	5-00.00
5 Woods, Kendall	12	SE Polk	4-10.00
5 Burger, Allison	12	Waukee	4-10.00
5 Akol, Ayak	09	Ames	4-10.00
8 Goad, Helena	12	Waukee NW	4-08.00
8 Twitty, Vanessa	09	Urbandale	4-08.00
10 Hammond, Jillian	09	Norwalk	4-04.00
10 Spencer, Hannah	10	Waukee NW	4-04.00
10 Catalano, Ellie	09	SE Polk	4-04.00
10 Drown, Lainey	11	Urbandale	4-04.00
10 Kingsley, Lily	10	Norwalk	4-04.00
15 Bauman, Sophia	10	De-Grimes	4-02.00
15 Sesker, Kaia	09	De-Grimes	4-02.00
--- Baker, Jillian	09	Waukee NW	NH

## Girls Long Jump Varsity

Name	Yr	School	Finals
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## Finals

1 Woods, Kendall	12	SE Polk	16-00.50
2 Powell, Ellie	09	SE Polk	15-08.75
3 Karnga, Kim	11	Dsm, Hoover	15-08.00
4 Kress, Lilah	10	Waukee NW	15-04.00
5 Bauman, Sophia	10	De-Grimes	15-01.25
6 Hoeft, Alexis	12	Mason City	14-09.00
6 Kyne, Monah	09	Dsm, Hoover	14-09.00
8 Walker, Maggie	09	Urbandale	14-07.00
9 Hatcher, Sophia	09	Ames	14-06.25
10 Strnad, Macie	12	Ankeny	14-03.00
10 Leinen, Ava	10	Ankeny	14-03.00
12 Tysseling, Elena	12	Urbandale	14-01.50
13 Curtis, Olivia	11	De-Grimes	14-01.00
14 Sheriff, Amber	12	Waukee NW	14-00.50
15 Brown, Ashlyn	11	Norwalk	14-00.00
16 Jumper, Ella	11	Ankeny	x13-07.75
17 Burger, Allison	12	Waukee	13-04.75
18 DeWaard, Mareena	10	Waukee NW	x13-02.00
19 Stanley, Ella	10	Waukee NW	x12-03.50
20 Cary, Kaylee	12	Norwalk	11-10.00
--- Deardorff, Elaina	12	Ames	FOUL
--- Durbin-Wilson, Maya	10	Ankeny	FOUL

## Girls Shot Put Varsity

Name	Yr	School	Finals
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## Finals

1 Winfrey, Kendra	12	Ankeny	39-03.00
2 Lachacz, Kileigh	12	De-Grimes	37-07.00
3 Johnson, Tatum	09	Urbandale	34-08.00
4 Smith, Lydia	11	Waukee	33-06.00
5 Adoobe, Kaanakia (Katie)	12	Dsm, Hoover	33-05.00

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## Results

## Finals ... (Girls Shot Put Varsity)

Name	Yr	School	Finals
6 Evans, Adyson	11	Mason City	32-04.50
7 Valenta, Zoey	12	Dc-Grimes	32-01.50
8 Borud, Kennedy	10	SE Polk	31-07.00
9 Falls, Jaelyn	11	Mason City	30-10.00
9 Fincel, Heather	12	Waukee NW	30-10.00
11 Christie, Olivia	12	Waukee NW	29-11.00
12 Stobbe, Ella	09	Waukee	29-10.50
13 Salmon, Lauren	10	Urbandale	29-08.00
14 Singharaj, Athena	12	Ankeny	x29-07.00
14 Tomlinson, Ava	11	Ankeny	29-07.00
16 Jarrett, Alexia	12	Dsm, Hoover	29-02.00
17 Miller, Riley	09	SE Polk	29-00.00
18 Strotman, Katie	12	Ames	28-03.00
19 Sizemore, Emma	10	Norwalk	28-02.00
20 Otundo, Daisy	12	Waukee	x28-01.50
21 Matthews, Elayna	10	Waukee	x28-00.00
22 Clark, Allee	10	Norwalk	27-04.00
23 Buchan, Praze	12	Ankeny	x27-00.50
24 Tharp, Alex	11	Ames	25-08.00
25 Poock, Sam	10	Ankeny	x25-07.00
26 Delyjah, Annika	12	Dsm, Hoover	x20-09.00

## Girls Discus Throw Varsity

Name	Yr	School	Finals
<b>Finals</b>			
1 Baier, Hannah	12	Ankeny	125-07
2 Lachacz, Kileigh	12	Dc-Grimes	124-09
3 Christie, Olivia	12	Waukee NW	111-10
4 Stobbe, Ella	09	Waukee	107-10
5 Singharaj, Athena	12	Ankeny	107-00.50
6 Woodruff, Dharma	12	Urbandale	103-05
7 Fincel, Heather	12	Waukee NW	98-02
8 Hoeft, Alexis	12	Mason City	97-04
9 Valenta, Zoey	12	Dc-Grimes	96-05
9 Falls, Jaelyn	11	Mason City	96-05
11 Poock, Sam	10	Ankeny	x96-03
12 Borud, Kennedy	10	SE Polk	95-09
13 Matthews, Elayna	10	Waukee	93-06
14 Winfrey, Kendra	12	Ankeny	x92-10
15 Hoffman, Kelly	10	Waukee	x91-04.50
16 Tomlinson, Ava	11	Ankeny	x86-10
17 Saili, Dawn	11	Ames	83-10
18 Salmon, Lauren	10	Urbandale	79-05
19 Bristow, Keirra	10	Ames	77-08
20 Jarrett, Alexia	12	Dsm, Hoover	76-03
21 Sizemore, Emma	10	Norwalk	74-11
22 Buchan, Praze	12	Ankeny	x72-02.50
23 Steele, Lexi	09	SE Polk	69-09.50
24 Adoobe, Kaanakia (Katie)	12	Dsm, Hoover	69-03
25 Clark, Allee	10	Norwalk	68-11

## Girls 100 Meter Dash Junior Varsity

Name	Yr	School	Finals
<b>Finals</b>			
1 Karyee, Precious	10	Urbandale	13.47
2 Harris, Jaide	09	Dsm Lincoln	14.03
3 Walker, Maggie	09	Urbandale	14.19
4 Williams, Ashlin	11	SE Polk	14.42
5 Smit, Avery	09	Urbandale	x14.43
6 Christenson, Morgan	09	SE Polk	14.55
7 Catalano, Ellie	09	SE Polk	x14.61
8 Fetters, Delaney	09	Dc-Grimes	14.76
9 Peterson, Stella	09	Waukee NW	14.92
10 Brown, Raelynn	09	Ames	14.97
11 Schroeder, Adalyn	11	Norwalk	15.02
12 Greene, Mariana	09	Dsm Lincoln	15.06
13 Larkin, Caitlin	09	Waukee	15.18
14 Van Syoc, Kasey	11	Mason City	15.20
15 Eide, Kayla	09	Mason City	15.25
16 Smith, Emma	09	Urbandale	x15.27
17 Felt, Abi	09	Waukee	15.34
18 Almquist, Ivy	09	Ames	15.45
19 Adams, Jaclynn	12	Norwalk	15.58
20 Mansaray, Makemae	10	Dsm, Hoover	15.76
21 Dorn, Aishah	09	Waukee NW	15.81
22 Quintana, Patricia	10	Waukee	x15.82
23 Mosier, Olivia	09	Dc-Grimes	15.89
24 Carroll, Madelyn	09	Norwalk	x15.98
25 Nandurhura, Daniella	10	Waukee	x16.05
26 Martin, Danysha	09	Waukee	x16.11
27 Basler, Addison	09	Dc-Grimes	x16.22
28 Dahn, Bernice	09	Waukee NW	x16.24
29 Derby, Emily	09	Dc-Grimes	x16.32
30 Roberts, Lylliana	11	Ankeny	16.33
31 Fortmann, Ella	09	Ankeny	16.51
32 Assa, Dina	09	Dsm Lincoln	x16.62
33 Hickenbottom, Hayden	09	Waukee	x16.73
34 Williams, Camari	09	Dsm, Hoover	16.77
35 Klepczarek, Wiktoria	11	Ames	x16.77
36 Wigton, Sarah	09	Waukee NW	x16.79
37 Owens, Aaniece	10	Dsm Lincoln	x16.89
38 Halstead, Savannah	10	Norwalk	x16.91
39 Luther, Ella	09	Ankeny	x16.98
40 Carlson, Elyse	09	SE Polk	x16.98
41 Foat, Nettie	09	Mason City	x17.02
42 Goods, Brea	09	Dsm, Hoover	x17.44
43 Grove, Shelby	09	Dsm Lincoln	x20.20

## Girls 200 Meter Dash Junior Varsity

Name	Yr	School	Finals
<b>Finals</b>			
1 Hatcher, Sophia	09	Ames	27.25
2 Sitzmann, Natalie	09	Waukee	27.98
3 Roberts, Barbara	10	Waukee	28.91
4 Deardorff, Natalya	09	Ames	29.21
5 Harris, Jaide	09	Dsm Lincoln	29.97

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## Results

## Finals ... (Girls 200 Meter Dash Junior Varsity)

Name	Yr	School	Finals
6 Maynes, Madelyn	11	SE Polk	29.97
7 Sams, Payton	11	SE Polk	30.11
8 Kennedy, Jade	11	Dsm Lincoln	30.30
9 Herteen, Madelyn	10	Urbandale	30.63
10 Schwaller, Rilynn	09	SE Polk	x30.93
11 Levang, Addison	12	Urbandale	31.00
12 Fong, Elizabeth	10	Dsm Lincoln	x31.02
13 Courcier, Megyn	09	Norwalk	31.09
14 Hall, Maddie	09	SE Polk	x31.18
15 Acosta, Gabriela	09	Waukee	x31.18
16 Ury, Jocelyn	12	Waukee NW	31.38
17 Unguec, Joy	10	Ankeny	32.08
18 Richardson, Payton	10	Ames	x32.10
19 Felt, Abi	09	Waukee	x32.18
20 Wood, Jaida	10	Norwalk	32.24
21 Vaughan, Ashtyn	09	Dc-Grimes	32.41
22 Waller, Maddie	09	Waukee NW	32.51
23 Van Syoc, Kasey	11	Mason City	32.54
24 Sander, Sydney	10	Waukee NW	x32.65
25 O'Donnell, Kennedi	10	Urbandale	x32.79
26 Owens, Deonna	10	Ames	x33.39
27 Smith, Imanie	12	Waukee	x33.62
28 Pack, Aiyana	09	Dsm Lincoln	x34.50
29 Carroll, Madelyn	09	Norwalk	x34.51
30 Kur, Achol	09	Ankeny	34.56
31 Christensen, Mya	09	Dc-Grimes	34.62
32 Foat, Nettie	09	Mason City	35.61
33 Assa, Dina	09	Dsm Lincoln	x35.71
34 Halstead, Savannah	10	Norwalk	x36.32
35 Lundgren, Kendra	10	Waukee NW	x36.53
36 Hoffman-Muff, Tarynn	09	Ankeny	x37.28
37 Irvin, Alyssen	12	Dsm Lincoln	x39.29

## Girls 400 Meter Dash Junior Varsity

Name	Yr	School	Finals
<b>Finals</b>			
1 Harris, Jaide	09	Dsm Lincoln	1:08.07
2 Campbell, Katie	09	Ames	1:09.80
3 Baldwin, Gracyn	09	Waukee NW	1:10.60
4 Cibula, Charlee	09	Ankeny	1:11.20
5 Blass, Anya	10	Ankeny	1:11.46
6 Anthony, Maya	10	SE Polk	1:11.79
7 Dayton, Emelia	09	SE Polk	1:11.99
8 Spoelstra, Paige	10	Ankeny	x1:12.71
9 Hernandez, Britania	10	Waukee	1:13.70
10 Mayer, Zoey	10	Waukee NW	1:15.24
11 Cherniss, Jordan	10	Dsm Lincoln	1:15.85
12 Cherniss, Tosh	10	Dsm Lincoln	x1:17.63
13 Cheatham, Jovi	09	Waukee NW	x1:18.94
14 Bogert, Brodi	09	Waukee	1:20.71
15 Adhikari, Diya	12	Dsm, Hoover	1:29.90
16 Achan, Naissah	09	Waukee NW	x1:37.25
17 Quiah, Carolyn	09	Waukee	x1:38.42

## Girls 800 Meter Run Junior Varsity

Name	Yr	School	Finals
<b>Finals</b>			
1 Martinez-Lohf, Victoria	10	Urbandale	2:43.09
2 Berger, Sydney	11	Waukee	2:46.10
3 Meyers, Emily	10	Dc-Grimes	2:47.13
4 Seeley, Brooke	11	Norwalk	2:48.67
5 Livingston, Cambry	09	Norwalk	2:52.32
6 Mortvedt, Julia	09	Ames	2:54.45
7 Nguyen, Sophie	09	Waukee NW	2:54.76
8 Johnson, Adela	11	Ames	2:58.46
9 Ford, Aubree	10	Waukee	2:58.66
10 Voynov, Lily	11	Waukee	x3:00.19
11 Kuennen, Maggie	09	Waukee NW	3:01.32
12 Olson, Halle	09	Dc-Grimes	3:02.29
13 Plummer, Riley	11	SE Polk	3:08.36
14 Meyer, Kate	12	Waukee NW	x3:08.99
15 Purvis, Alyx	10	Waukee NW	x3:09.28
16 Manning, Ava	11	Dsm Lincoln	3:11.31
17 Wilson, Elly	11	Waukee	x3:12.88
18 Blythe, Addison	10	Waukee NW	x3:13.24
19 Swartzlander, Morgan	11	Norwalk	x3:14.01
20 Devrapu, Sritha	09	Waukee	x3:14.62
21 Beals, Ella	11	SE Polk	3:24.37
22 Yaryshkina, Yelyzaveta	12	Waukee	x3:27.67
23 Goad, Helena	12	Waukee NW	x3:29.46
24 Thattankandy, Anjali	09	Waukee	x3:31.45
25 Yousef, Mira	12	Waukee	x3:31.92
26 Ormushova, Kanykey	12	Waukee	x3:32.56

## Girls 1500 Meter Run Junior Varsity

Name	Yr	School	Finals
<b>Finals</b>			
1 Dooley, Addison	09	Dc-Grimes	5:40.48
2 Heaberlin, Kylie	09	Dc-Grimes	5:53.33
3 Strawn, Paige	10	SE Polk	5:53.93
4 Busby, Kate	10	Dc-Grimes	x5:58.81
5 Fleming, Eva	09	Waukee NW	6:07.68
6 Tice, Quinn	10	Norwalk	6:10.84
7 Stewart, Sophia	12	Waukee	6:11.22
8 Schueller, Addisyn	09	Waukee	6:12.04
9 Miller, Sophie	11	Waukee NW	6:15.74
10 Thompson, Anna	11	Urbandale	6:16.34
11 Walby, Alaina	12	Waukee	x6:19.79
12 Lehman, Avery	10	Waukee NW	x6:20.07
13 Park, Hasom	09	Ames	6:20.53
14 Olson, Halle	09	Dc-Grimes	x6:22.42
15 Martins, Cece	10	Waukee NW	x6:22.68
16 Holt, Annie	09	Waukee NW	x6:24.81
17 Howard, Hannah	11	Ankeny	6:25.35
18 Tekinalp, Defne	11	Waukee	x6:29.62
19 McConville, Kenzie	10	Norwalk	6:31.40
20 Hoskinson, Sloan	09	Waukee	x6:32.10
21 Davitt, Andie	10	Norwalk	x6:35.03
22 Klaas, Elaina	09	Urbandale	6:36.97

## Waukee HS Girls Early Bird Meet - 3/28/2023

## Waukee Stadium

## Results

**Finals ... (Girls 1500 Meter Run Junior Varsity)**

Name	Yr	School	Finals
23 Merrifield, Jenna	11	SE Polk	6:39.48
24 Thompson, Brooke	10	Waukee	x6:42.85
25 Duhn, Alaina	09	Ames	6:47.71
26 Dillon, Lilly	09	Dsm Lincoln	6:51.26
27 Klinefeldt, Ally	11	Waukee	x6:51.67
28 Gyure, Lilian	09	Urbandale	x6:56.09
29 Walker, McKenna	10	Urbandale	x7:01.30
30 Breuer, Ella	09	Ankeny	7:24.03
31 Young, Simona	09	Ankeny	x7:30.18
32 Lewis, Finney	09	Ankeny	x7:37.96
33 Fast, Brenna	11	Ankeny	x7:39.35

**Girls 100 Meter Hurdles Junior Varsity**

Name	Yr	School	Finals
<b>Finals</b>			
1 Johnson, Ella	10	Norwalk	17.97
2 Varghese, Elia	09	Ames	18.11
3 Lewerke, Greta	10	Mason City	18.35
4 Williams, Brooke	09	SE Polk	18.37
5 Stagg, Isabelle	09	Ames	18.58
6 Warren, Juliana	12	Norwalk	18.69
7 Hintz, Kendall	09	Waukee	18.76
8 Crabbs, Isabel	10	Ankeny	18.85
9 Arnold, Keara	12	Norwalk	x19.13
10 Sorensen, Emilie	10	Waukee	19.27
11 Johnson, Camryn	10	Urbandale	19.28
12 Pesek, Sophia	09	SE Polk	19.29
13 Ladu, Nyachudier	10	Waukee	x19.33
14 Buch, Grace	10	Ankeny	19.46
15 Hinze, Zoe	10	SE Polk	x19.56
16 Stephenson, Elise	09	Waukee	x19.62
17 Akol, Ayak	09	Ames	x19.68
18 Pruitt, Rylie	09	Urbandale	19.84
19 DeBord, Bryn	09	Waukee	x20.02
20 Cowie, Madison	11	SE Polk	x20.18
21 Cowles, Edyn	09	Ames	x20.47
22 Fandeh, Ruth	11	Dsm, Hoover	20.68
23 Schlitter, Macy	10	Mason City	20.79
24 Bryant, Jaenelle	12	Dsm Lincoln	20.98
25 Davis, Mary-Kate	09	Norwalk	x21.26
26 Vaughan, Ashtyn	09	Dc-Grimes	22.09
27 Christensen, Mya	09	Dc-Grimes	22.22
28 Shull, Kaidyn	11	Urbandale	x24.36

**Girls 400 Meter Hurdles Junior Varsity**

Name	Yr	School	Finals
<b>Finals</b>			
1 Van Cleave, Brenna	09	Ames	1:15.35
2 Carr, Leah	10	SE Polk	1:19.06
3 Buch, Grace	10	Ankeny	1:19.23
4 Bryant, Jaenelle	12	Dsm Lincoln	1:22.58
5 Gustafson, Abby	10	SE Polk	1:22.67
6 Wiemers, Hannah	10	Waukee	1:23.59
7 Moyer, Kirsten	12	Waukee	1:34.08

**Girls 4x100 Meter Relay Junior Varsity**

Team	Relay	Finals
<b>Finals</b>		
1 SE Polk	A	53.84
2 Urbandale	A	55.46
3 Waukee	A	56.15
4 Dc-Grimes	A	56.15
5 Ankeny	A	56.37
6 SE Polk	B	x56.59
7 Mason City	A	57.73
8 Waukee NW	B	58.08
9 Ames	B	58.20
10 Dc-Grimes	B	x58.32
11 Ames	A	x58.39
12 Norwalk	B	58.69
13 Norwalk	A	x1:00.50
14 Dsm, Hoover	A	1:00.81
15 Ankeny	B	x1:01.39
16 Waukee	B	x1:01.54
17 Ames	C	x1:01.56
18 Waukee NW	A	x1:01.94
19 Waukee NW	C	x1:02.27
20 Urbandale	B	x1:02.79
21 Waukee	D	x1:03.60
22 Waukee	C	x1:04.51
23 Mason City	B	x1:05.13

**Girls 4x200 Meter Relay Junior Varsity**

Team	Relay	Finals
<b>Finals</b>		
1 Ames	A	1:57.73
2 SE Polk	A	1:58.86
3 Norwalk	A	1:59.99
4 Urbandale	A	2:02.39
5 Waukee NW	A	2:06.31
6 Dc-Grimes	A	2:06.41
7 Ankeny	A	2:07.00
8 Waukee	A	2:07.69
9 Norwalk	B	x2:08.27
10 Urbandale	B	x2:11.03
11 Waukee	C	x2:11.90
12 Waukee	B	x2:12.07
13 Ames	B	x2:13.51
14 Waukee NW	B	x2:14.35
15 Mason City	A	2:15.09
16 Dsm Lincoln	A	2:19.84

**Girls 4x400 Meter Relay Junior Varsity**

Team	Relay	Finals
<b>Finals</b>		
1 SE Polk	A	4:20.76
2 Dc-Grimes	A	4:33.12
3 Ankeny	A	4:34.16
4 Dsm Lincoln	A	4:42.89
5 Ames	A	4:43.65

## Waukee HS Girls Early Bird Meet - 3/28/2023

## Waukee Stadium

## Results

**Finals ... (Girls 4x400 Meter Relay Junior Varsity)**

Team	Relay	Finals
6 Waukee NW	B	4:45.44
7 Norwalk	A	4:49.16
8 Mason City	A	4:56.39
9 Waukee	A	4:56.87
10 Dc-Grimes	B	x4:57.92
11 Waukee NW	A	x5:01.48
12 Waukee	B	x5:05.51
13 Waukee	C	x5:38.11
14 Dsm Lincoln	B	x6:09.61

**Girls 4x800 Meter Relay Junior Varsity**

Team	Relay	Finals
1 Ames	B	11:12.19
2 Waukee NW	A	11:25.73
3 Waukee NW	B	x11:35.56
4 Ames	A	x11:35.78
5 Waukee	A	11:55.60
6 SE Polk	A	11:56.24
7 Urbandale	A	12:30.78
8 Norwalk	A	12:31.12
9 Dsm Lincoln	A	12:58.71

**Girls 800 Sprint Medley Junior Varsity**

Team	Relay	Finals
1 Ames	A	2:00.51
2 SE Polk	A	2:04.41
3 Ankeny	B	2:05.32
4 Waukee	A	2:08.21
5 Waukee	B	x2:09.23
6 Ames	B	x2:11.71
7 Dc-Grimes	A	2:12.11
8 Ankeny	A	x2:13.22
9 Waukee NW	A	2:13.36
10 Waukee NW	B	x2:14.18
11 Urbandale	A	2:16.61
12 Waukee	C	x2:20.62
13 Dsm Lincoln	A	2:23.86
14 Dsm, Hoover	A	2:36.32

**Girls Distance Medley Junior Varsity**

Team	Relay	Finals
1 Waukee	A	4:51.73
2 SE Polk	A	5:01.21
3 Ames	A	5:10.96
4 Norwalk	A	5:16.49
5 Waukee NW	A	5:22.67
6 Dsm, Hoover	A	6:10.82

**Girls 4x100 Meter Shuttle Hurdle Junior Varsity**

Team	Relay	Finals
1 Norwalk	A	1:13.79
2 SE Polk	A	1:17.61
3 Waukee	A	1:18.32
4 Norwalk	B	x1:18.56

**Girls High Jump Junior Varsity**

Name	Yr	School	Finals
1 Woods, Jady	09	SE Polk	4-08.00
2 Maynes, Madelyn	11	SE Polk	4-06.00
3 Hinze, Zoe	10	SE Polk	x4-04.00
3 Wood, Ellie	10	SE Polk	x4-04.00
3 Shull, Kaidyn	11	Urbandale	4-04.00
3 Almquist, Ivy	09	Ames	4-04.00
3 Herteen, Madelyn	10	Urbandale	4-04.00
--- Wood, Jaida	10	Norwalk	NH
--- Willeford, Gwen	12	SE Polk	NH

**Girls Long Jump Junior Varsity**

Name	Yr	School	Finals
1 Wanat, Chloe	09	Dc-Grimes	15-04.50
2 Cowles, Edyn	09	Ames	15-03.00
3 Christenson, Morgan	09	SE Polk	14-09.50
4 Harvey, Paige	09	Dc-Grimes	14-08.00
5 Macumber, Bailey	12	Dc-Grimes	x14-04.00
6 James, Deja	11	Waukee	14-00.50
7 Peters, Danielle	09	Norwalk	13-10.00
8 Zeleke, Zana	11	Waukee	13-07.25
9 Fetters, Delaney	09	Dc-Grimes	x13-04.50
10 Buch, Grace	10	Ankeny	13-04.25
11 Hall, Maddie	09	SE Polk	13-01.25
12 Robinson, Addison	11	Norwalk	12-11.00
12 McFarland, Jacey	09	Dc-Grimes	x12-11.00
14 Schroeder, Adalyn	11	Norwalk	x12-10.00
15 Buss, Ashleigh	11	Norwalk	x12-05.50
16 Hanrahan-Klem, Taylor	09	Norwalk	x11-04.00

**Girls Shot Put Junior Varsity**

Name	Yr	School	Finals
1 Short, Emily	11	Dc-Grimes	30-05.50
2 Hoffman, Kelly	10	Waukee	29-09.00
3 Meekma, Hannah	09	Dc-Grimes	28-03.00
4 Praska, Brantley	11	Dc-Grimes	x28-02.50
5 Mosley, Aakiaya	12	Ames	27-04.00
6 Roush, Tanith	11	Ankeny	27-03.00
6 DeLayva, Alba	12	Dc-Grimes	x27-03.00
8 Cobb, Maliya	09	Ankeny	26-11.50
9 Bumgardner, Sophie	09	Waukee NW	25-11.00
9 Gonzalez, Nayelli	12	Mason City	25-11.00
11 Jeptoo, Valiant	10	Waukee NW	25-10.00

## Waukee HS Girls Early Bird Meet - 3/28/2023

## Waukee Stadium

## Results

## Finals ... (Girls Shot Put Junior Varsity)

Name	Yr	School	Finals
12 Oriho, Olivia	11	Waukee NW	x25-08.00
13 Bentz, Brette	09	Ankeny	x25-05.00
14 Christensen, Gwyn	09	Ankeny	x24-11.00
15 Miller, Abigail	11	Ankeny	x24-09.50
16 Buscher, Mya	11	Waukee	24-03.00
17 Hayslett, Samiah	10	Waukee NW	x24-02.00
18 Carlson, Elyse	09	SE Polk	24-01.00
19 Basset, Elizabeth	10	Waukee	x23-09.50
20 Steele, Lexi	09	SE Polk	23-09.00
21 North, Olivia	09	Ankeny	x23-07.00
22 Dietz, Madison	09	Ankeny	x23-03.00
23 Ellis, Cynthia	12	Ames	23-00.50
24 Medici, Sophie	09	Ankeny	x22-03.50
25 Barlow, Kiya	11	Waukee	x22-00.50
26 Clayton, Aniston	11	Waukee NW	x21-07.50
27 Orr, Caroline	11	Ames	x21-07.00
28 Kloster, Sophia	09	Mason City	21-02.00
29 Johnson, Angelique	09	Urbandale	18-11.00
30 Yadav, Anika	11	Waukee	x18-06.00
31 Deignan, Madison	11	Waukee NW	x17-07.00
32 Babcock, Josie	11	Ankeny	x17-05.00
33 Bueso, Illiana	09	Dsm, Hoover	17-03.00
34 Thompson, Arianna	09	Dsm, Hoover	13-01.00

28 Miller, Riley	09	SE Polk	49-09
29 Riordan, Ava	11	Mason City	x47-11
30 Babcock, Josie	11	Ankeny	x44-08
31 Dietz, Madison	09	Ankeny	x44-04
32 Orr, Caroline	11	Ames	x44-03
33 Johnson, Angelique	09	Urbandale	44-01.50
34 Medici, Sophie	09	Ankeny	x43-03.50
35 Bueso, Illiana	09	Dsm, Hoover	43-03
36 Deignan, Madison	11	Waukee NW	x42-07
37 Thompson, Arianna	09	Dsm, Hoover	39-06.50
38 Hayslett, Samiah	10	Waukee NW	x36-05

## Girls Discus Throw Junior Varsity

Name	Yr	School	Finals
1 Black, Lauren	11	Norwalk	93-01
2 Short, Emily	11	Dc-Grimes	89-08.50
3 Oriho, Olivia	11	Waukee NW	89-06
4 Cobb, Maliya	09	Ankeny	88-04
5 Bumgardner, Sophie	09	Waukee NW	82-08
6 Praska, Brantley	11	Dc-Grimes	79-05
7 Strotman, Katie	12	Ames	78-05
8 Buscher, Mya	11	Waukee	75-07.50
9 Jeptoo, Valiant	10	Waukee NW	x74-04
10 Roush, Tanith	11	Ankeny	73-02.50
11 North, Olivia	09	Ankeny	x71-08.50
12 Gonzalez, Nayelli	12	Mason City	69-05
13 Basset, Elizabeth	10	Waukee	67-08
14 Metschke, Allison	11	Ames	67-05.50
15 Miller, Abigail	11	Ankeny	x64-08
16 Calhoun, Skylar	10	Ames	x64-01.50
17 Otundo, Daisy	12	Waukee	x63-07
18 Christensen, Gwyn	09	Ankeny	x63-04
19 Smith, Lydia	11	Waukee	x61-04.50
20 Meekma, Hannah	09	Dc-Grimes	x60-02
21 Kloster, Sophia	09	Mason City	59-02
22 Bentz, Brette	09	Ankeny	x58-08
23 Clayton, Aniston	11	Waukee NW	x57-10
24 Beaudet, Halley	10	Dc-Grimes	x57-03
25 Barlow, Kiya	11	Waukee	x56-04
25 Jones, Ellian	10	Ames	x56-04
27 Hanson, Lauryn	12	SE Polk	50-02.50