

## 2009 CIML Iowa Conference Girls' Track Meet - 5/8/2009

## Waukee Stadium

## Results - CIML Iowa Conference Meet

## Girls 100 Meter Dash Varsity

Name	School	Finals
<b>Finals</b>		
1 Whitney Westrum	Waukee	12.37 10
2 Shelby Forsythe	Ft. Dodge	12.85 8
3 Julia Motz	Mason City	13.37 5
3 Ashlee Downs	Valley	13.37 5
5 Lauren Raike	Waukee	13.60 2
6 Tulika Biswas	Ames	13.69 1
7 Sam Horn	Marshalltown	13.84
8 Lennice Valentine	Mason City	13.94
9 Carrie Packer	Ames	14.05
10 Chelsey Krantz	Ft. Dodge	14.12
--- Christina Redd	Valley	DQ

## Girls 200 Meter Dash Varsity

Name	School	Finals
<b>Finals</b>		
1 Claire Johannesen	Waukee	26.97 10
2 Kaitlyn Nelson	Valley	27.41 8
3 Lauren Bonett	Ames	27.90 6
4 Stacia Nissen	Ft. Dodge	27.98 4
5 Katy Cavanaugh	Waukee	28.15 2
6 Alex Armitage	Valley	28.45 1
7 Julia Motz	Mason City	28.46
8 Jalessa Vopova	Marshalltown	29.17
9 Karen Bell	Ames	29.67
10 Danesha Loyd	Ft. Dodge	30.01
11 Mackenzie Beals	Marshalltown	30.04

## Girls 400 Meter Dash Varsity

Name	School	Finals
<b>Finals</b>		
1 Whitney Westrum	Waukee	58.13 10
2 Shelby Forsythe	Ft. Dodge	59.97 8
3 Kaitlyn Nelson	Valley	1:00.70 6
4 Maira Schaumburg	Marshalltown	1:03.32 4
5 Lindsey Langer	Valley	1:04.74 2
6 Miriah Houser	Ames	1:06.55 1
7 Maggie Miller	Ames	1:09.69

## Girls 800 Meter Run Varsity

Name	School	Finals
<b>Finals</b>		
1 Kelsey Galles	Valley	2:29.60 10
2 Molly Bramble	Waukee	2:31.20 8
3 Rebecca Miller	Ames	2:32.46 6
4 Maddie Bro	Ames	2:33.45 4
5 Marisa Wilson	Ft. Dodge	2:33.89 2
6 Emily Hunt	Marshalltown	2:38.86 1
7 Madison Wynes	Marshalltown	2:45.03
8 Chase Crain	Mason City	2:45.80
9 Miranda Paris	Valley	2:47.63
10 Avery Allison	Waukee	2:49.78
11 Elizabeth McCulloch	Mason City	2:51.11

## Girls 3000 Meter Run Varsity

Name	School	Finals
<b>Finals</b>		
1 Krista Thompson	Ft. Dodge	10:57.86 10
2 Lydia Martin	Marshalltown	11:13.92 8
3 Kate Maxcy	Valley	11:20.19 6
4 Tara Jackson	Ft. Dodge	11:21.41 4
5 Emily Hunt	Marshalltown	11:27.86 2
6 Emily Brush	Waukee	11:35.85 1
7 Miranda Reid	Valley	12:27.69
8 Brooke Schweikert	Ames	12:27.72
9 Callie Aunan	Waukee	12:36.56
10 Rachel Hauber	Ames	13:07.63

## Girls 100 Meter Hurdles Varsity

Name	School	Finals
<b>Finals</b>		
1 Emily James	Waukee	15.00 10
2 Ar'tiana Black-Scott	Waukee	15.10 8
3 Alice Weeks	Valley	15.49 6
4 Maddie Andersen	Ames	15.67 4
5 Leah Thiessen	Valley	16.30 2
6 Nicole Sliva	Ames	16.73 1
7 Melanie Carroll	Mason City	17.67
8 Kelsey McHenry	Marshalltown	18.51
9 Courtney Hemmen	Mason City	18.62
10 Kayliegh Eberline	Marshalltown	20.37

## Girls 400 Meter Hurdles Varsity

Name	School	Finals
<b>Finals</b>		
1 Ar'tiana Black-Scott	Waukee	1:09.19 10
2 Renee Freeman	Waukee	1:10.68 8
3 Emily Wandling	Ames	1:11.27 6
4 Rio Maxwell	Valley	1:13.74 4
5 Kelsey Dietrich	Ames	1:14.58 2
6 Taylor Foust	Valley	1:17.13 1
7 Wendy Matute	Ft. Dodge	1:17.34
8 Madi Johnson	Mason City	1:18.30
9 Kelly Carmichale	Marshalltown	1:18.94

## Girls 4x200 Meter Relay Varsity

Team	Relay	Finals
<b>Finals</b>		
1 Waukee	A	1:49.17 10
2 Valley	A	1:52.51 8
3 Ames	A	1:53.15 6
4 Marshalltown	A	1:55.31 4
5 Fort Dodge	A	1:57.93 2
6 Mason City	A	1:58.31

## Girls 4x800 Meter Relay Varsity

Team	Relay	Finals
<b>Finals</b>		
1 Ames	A	10:12.72 10

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## Finals ... (Girls 4x800 Meter Relay Varsity)

Team	Relay	Finals	
2 Waukee	A	10:31.29	8
3 Valley	A	10:34.04	6
4 Mason City	A	11:08.07	4
5 Marshalltown	A	11:43.33	2

## Girls 800 Sprint Medley Varsity

Team	Relay	Finals	
1 Waukee	A	1:49.95	10
2 Valley	A	1:55.34	8
3 Ames	A	1:57.21	6
4 Fort Dodge	A	1:58.17	4
5 Marshalltown	A	2:03.69	2
6 Mason City	A	2:10.63	

## Girls Distance Medley Varsity

Team	Relay	Finals	
1 Waukee	A	4:22.68	10
2 Fort Dodge	A	4:34.01	8
3 Valley	A	4:35.19	6
4 Mason City	A	4:48.70	4
5 Ames	A	4:49.94	2
6 Marshalltown	A	5:05.16	

## Girls 4x100 Meter Shuttle Hurdle Varsity

Team	Relay	Finals	
1 Waukee	A	1:07.00	10
2 Ames	A	1:08.53	8
3 Valley	A	1:09.02	6
4 Mason City	A	1:16.03	4

## Girls 100 Meter Dash Junior Varsity

Name	School	Finals
1 Tamara Empty	Valley	13.14
2 Maddie McLaughlin	Waukee	14.09
3 Lauren Naylor	Ames	14.17
4 Kelsey Pascke	Ft. Dodge	14.22
4 Ashley Davison	Valley	14.22
6 Kezia Knight	Ames	14.26
7 Kaylee Bell	Ft. Dodge	14.37
8 Hannah Lassise	Mason City	14.39
9 Stefanie Giudici	Waukee	14.50
10 Abby Keith	Marshalltown	14.69
11 Meaghan Wilson	Waukee	x14.82
12 Marissa Jackson	Ames	x14.88
13 Katie Saylor	Ames	x15.53
14 Amanda Richards	Valley	x15.67
15 Kayla Hendrickson	Mason City	16.51
16 Madison VanWey	Waukee	x16.76
17 Maddie Dodd	Mason City	x17.10
18 Brianna Rasmusen	Marshalltown	17.77

19 Alexis Gregerson	Ft. Dodge	x18.05
20 Lauren Grace	Valley	x19.66

## Girls 200 Meter Dash Junior Varsity

Name	School	Finals
1 Emily Klemme	Valley	28.73
2 Lindsey Langer	Valley	28.88
3 Tiyasha Wilson	Ft. Dodge	29.40
4 Lennice Valentine	Mason City	29.73
5 Caitlin Hickman	Valley	x30.16
6 Kaitlyn Devine	Valley	x30.66
7 Mellissa Shroyer	Ft. Dodge	30.74
8 Kezia Knight	Ames	31.14
9 Allie Seemuth	Waukee	31.24
10 Jazlyn Davis	Ames	31.31
11 Drew Smith	Ames	x31.36
12 Maggie Halverson	Marshalltown	32.46
13 Lea Alberson	Waukee	33.59
14 Lindsey Wyckoff	Ames	x34.41
15 Kayla Hendrickson	Mason City	36.62
16 Brianna Rasmusen	Marshalltown	40.50

## Girls 400 Meter Dash Junior Varsity

Name	School	Finals
1 Jessica Jacobson	Ames	1:08.60
2 Ayrin Hamner	Valley	1:12.65
3 Kali Cruse	Mason City	1:13.15
4 Katlyne Zarkowski	Waukee	1:13.16
5 Erin McLaughlin	Valley	1:17.39
6 Lauren Plummer	Valley	x1:17.76
7 Paige Gwiasda	Ames	1:19.81
8 Rachel Siple	Valley	x1:20.47
9 Kaitlyn Milligan	Ames	x1:26.68
10 Madison VanWey	Waukee	1:30.37

## Girls 800 Meter Run Junior Varsity

Name	School	Finals
1 Elly Hansen	Valley	2:40.53
2 Josie Kunze	Waukee	2:43.13
3 Austin Gerritson	Ames	2:43.14
4 Miranda Reid	Valley	2:46.99
5 Ashley Sill	Waukee	2:50.38
6 Ayrin Hamner	Valley	x2:55.21
7 Sara Shirar	Marshalltown	2:56.23
8 Loretta Kraling	Mason City	2:57.92
<del>9 Alexis</del>	Mason City	3:01.88
10 Dree Brakke	Ames	3:03.87
11 Missy Hall	Marshalltown	3:14.11
12 Emily Boydston	Ames	x3:19.37

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**Girls 3000 Meter Run Junior Varsity**

Name	School	Finals
<b>Finals</b>		
1 Samantha Lennon	Ft. Dodge	12:11.92 10
2 Kirsten Angus	Valley	12:36.05 8
3 Stephanie Canon	Ames	13:36.75 6

**Girls 100 Meter Hurdles Junior Varsity**

Name	School	Finals
<b>Finals</b>		
1 Jillian Carlberg	Waukee	16.75
2 Megan Hogg	Waukee	17.31
3 Judy Syrkin-Nikolau	Ames	17.45
4 Briana Stone	Valley	17.68
5 Alexis Storbeck	Valley	18.22
6 Lauren Wallace	Valley	x18.36
7 Abrey Alshouse	Valley	x18.93
8 Brittany Ballantine	Ames	19.02
9 Mariah Jurgena	Mason City	19.05
10 Ashley Cordle	Mason City	19.24
11 Sarah Kemp	Ames	x19.60
12 Allie Seemuth	Waukee	x20.31
13 Madi Johnson	Mason City	x20.89
14 Jacinta Misra	Ames	x20.97

**Girls 400 Meter Hurdles Junior Varsity**

Name	School	Finals
<b>Finals</b>		
1 Leah Jessen	Waukee	1:17.41
2 Brooke Farmer	Ames	1:17.57
3 Lauren Iversen	Waukee	1:17.90
4 Emily Hoffman	Valley	1:20.33
5 Erin McLaughlin	Valley	1:21.09
6 Alyssa Cunningham	Waukee	x1:22.82
7 Ashley Cordle	Mason City	1:23.79
8 Brooke Schweikert	Ames	1:24.60
9 Mary Schliesman	Ames	x1:27.40
10 Allia Yarrow	Mason City	1:27.97
11 Kristy Housholder	Waukee	x1:28.13

**Girls 4x200 Meter Relay Junior Varsity**

Team	Relay	Finals
<b>Finals</b>		
1 Valley	B	1:56.98
2 Ames	B	1:59.19
3 Waukee	B	1:59.95
4 Fort Dodge	B	2:00.24
5 Marshalltown	B	2:04.83
6 Ames	C	x2:06.03
7 Mason City	B	2:08.56
8 Valley	C	x2:09.56
9 Mason City	C	x2:11.87
10 Marshalltown	C	x2:16.50

**Girls 4x800 Meter Relay Junior Varsity**

Team	Relay	Finals
<b>Finals</b>		
1 Ames	B	11:16.59
2 Waukee	B	11:22.33
3 Mason City	B	11:27.03
4 Valley	B	11:38.71
5 Ames	C	x12:51.46

**Girls 800 Sprint Medley Junior Varsity**

Team	Relay	Finals
<b>Finals</b>		
1 Valley	C	2:08.27
2 Ames	B	2:10.37
3 Fort Dodge	B	2:10.71
4 Marshalltown	B	2:11.28
5 Mason City	B	2:13.14
6 Waukee	B	2:13.17
7 Valley	B	x2:14.01
8 Marshalltown	C	x2:17.16
9 Ames	C	x2:18.23

**Girls Distance Medley Junior Varsity**

Team	Relay	Finals
<b>Finals</b>		
1 Valley	B	5:01.83
2 Fort Dodge	B	5:06.78
3 Ames	B	5:08.78
4 Valley	C	x5:09.70
5 Mason City	B	5:13.19
6 Waukee	B	5:19.04
-- Ames	C	DQ

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

Team	Relay	Finals
<b>Finals</b>		
1 Ames	B	1:15.43
2 Valley	B	1:15.47
3 Waukee	B	1:17.93
4 Valley	C	x1:21.92

## 2009 CIML Iowa Conference Girls' Track Meet - 5/8/2009

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## Results - CIML Iowa Conference Meet

**Girls 1500 Meter Run Varsity**

Name	School	Finals
<b>Finals</b>		
1 Lydia Martin	Marshalltown	5:01.61 10
2 Courtney Martin	Ames	5:03.56 8
3 Krista Thompson	Ft. Dodge	5:05.23 6
4 Kate Maxcy	Valley	5:11.81 4
5 Rebecca Miller	Ames	5:15.04 2
6 Samantha Lennon	Ft. Dodge	5:33.60 1
7 Megan Crawford	Valley	5:47.35
8 Melanie Herbault	Waukee	5:51.47
9 Amanda Jackson	Waukee	5:55.03

**Girls 4x100 Meter Relay Varsity**

Team	Relay	Finals
<b>Finals</b>		
1 Waukee	A	50.41 10
2 Valley	A	51.74 8
3 Ames	A	52.51 6
4 Marshalltown	A	53.38 4
5 Fort Dodge	A	55.32 2
6 Mason City	A	57.48

**Girls 4x400 Meter Relay Varsity**

Team	Relay	Finals
<b>Finals</b>		
1 Valley	A	4:12.69 10
2 Fort Dodge	A	4:13.16 8
3 Waukee	A	4:15.42 6
4 Ames	A	4:17.61 4
5 Marshalltown	A	4:30.18 2
6 Mason City	A	4:32.51

**Girls 1500 Meter Run Junior Varsity**

Name	School	Finals
<b>Finals</b>		
1 Tara Jackson	Ft. Dodge	5:21.23
2 Monica Hughes	Marshalltown	5:52.10
3 Rachel Hauber	Ames	5:57.70
4 Kristin Upah	Ames	5:59.54
5 Cortney Watts	Marshalltown	6:03.31
6 Jordan Boland	Marshalltown	x6:09.65
7 Hannah McLean	Valley	6:12.81
8 Samantha Wipperman	Valley	6:15.41
9 Amy Hahn	Valley	x6:18.33
10 Sydney Brause	Ames	x6:25.36
11 Cali Duve	Valley	x6:28.03
12 Shauna DuCharme	Ames	x6:29.86
13 Killy Laughhead	Waukee	6:29.90

**Girls 4x100 Meter Relay Junior Varsity**

Team	Relay	Finals
<b>Finals</b>		
1 Valley	B	54.37
2 Ames	B	54.47

3 Waukee	B	55.83
4 Ames	C	x56.20
5 Fort Dodge	B	56.44
6 Marshalltown	B	56.50
7 Valley	C	x57.23
8 Waukee	C	x59.14
9 Mason City	B	59.42
10 Marshalltown	C	x1:05.05

**Girls 4x400 Meter Relay Junior Varsity**

Team	Relay	Finals
<b>Finals</b>		
1 Valley	B	4:35.69
2 Ames	B	4:41.02
3 Mason City	B	4:43.66
4 Fort Dodge	B	4:46.40
5 Marshalltown	B	4:46.44
6 Valley	C	x4:48.41
6 Waukee	B	4:48.41
8 Ames	C	x5:04.79

## 2009 CIML Iowa Conference Girls' Track Meet - 5/8/2009

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## Results - CIML Iowa Conference Meet

**Girls High Jump Varsity**

Name	School	Finals	
<b>Finals</b>			
1 Autumn Alitz	Mason City	5-01.00	10
2 Bailey Wilson	Valley	J5-01.00	8
3 Amy Nestingen	Waukee	4-10.00	6
4 Lauren Plummer	Valley	J4-10.00	4
5 Meganne Franks	Waukee	J4-10.00	2
6 Brea Alexander	Mason City	J4-10.00	1
7 Lauren Grant	Ames	J4-10.00	
8 Kendra Tott	Ames	4-08.00	
8 Tierny Potratz	Ft. Dodge	4-08.00	
10 Tiyasha Wilson	Ft. Dodge	4-06.00	

**Girls Long Jump Varsity**

Name	School	Finals	
<b>Finals</b>			
1 Ar'tiana Black-Scott	Waukee	16-11.75	10
2 Emily Wandling	Ames	16-09.25	8
3 Jazmine Dupee	Waukee	16-02.00	5
3 Jalessa Vopova	Marshalltown	16-02.00	5
5 Kristen Norris	Ames	16-00.75	2
6 Ashlee Downs	Valley	15-07.00	1
7 Taylor Sgontz	Mason City	15-04.00	
8 Jessie Vopova	Marshalltown	14-06.75	
9 Tierny Potratz	Ft. Dodge	14-06.50	
10 Lennice Valentine	Mason City	14-05.50	
11 Bailey Wilson	Valley	14-00.50	
12 Kelsey Pascke	Ft. Dodge	13-05.00	

**Girls Shot Put Varsity**

Name	School	Finals	
<b>Finals</b>			
1 Emily Messerly	Waukee	37-01.00	10
2 Valerie Veiock	Valley	36-00.50	8
3 Jordonna Wright	Ames	33-04.00	6
4 Maria Cortes	Waukee	33-03.50	4
5 Chelsey Feldman	Marshalltown	33-03.00	2
6 Megan Risetter	Ft. Dodge	33-01.00	1
7 Brie Pettigrew	Marshalltown	32-09.00	
8 Stephanie Hanson	Mason City	32-06.00	
9 Brianne Loughren	Ames	30-00.00	
10 Heather Knoke	Mason City	27-04.50	
11 Kylie Idso	Valley	24-11.00	

**Girls Discus Throw Varsity**

Name	School	Finals	
<b>Finals</b>			
1 Jordonna Wright	Ames	111-02	10
2 Rachel Burns	Waukee	111-01	8
3 Chelsey Feldman	Marshalltown	106-03.50	6
4 Brie Pettigrew	Marshalltown	100-09	4
5 Valerie Veiock	Valley	100-06	2
6 Molly Moore	Ames	94-04.50	1
7 Heather Knoke	Mason City	87-02	

8 Stephanie Hanson	Mason City	86-10.50
9 Maria Cortes	Waukee	84-09
10 Lauren Herting	Valley	84-02
11 Noel Constable	Ft. Dodge	75-11

**Girls High Jump Junior Varsity**

Name	School	Finals	
<b>Finals</b>			
1 Rachel Sipfle	Valley	4-10.00	
1 Briana Stone	Valley	4-10.00	
3 Allie Seemuth	Waukee	4-06.00	
4 Kezia Knight	Ames	4-04.00	
5 Drew Smith	Ames	x4-02.00	
5 Jazlyn Davis	Ames	4-02.00	
7 Emma Goetz	Mason City	J4-02.00	
--- Kristy Housholder	Waukee	NH	

**Girls Long Jump Junior Varsity**

Name	School	Finals	
<b>Finals</b>			
1 Jessica Jacobson	Ames	14-07.75	
2 Lauren Naylor	Ames	14-06.75	
3 Alyssa Cunningham	Waukee	14-02.25	
4 Tamara Empty	Valley	14-01.00	
5 Kristy Housholder	Waukee	13-10.00	
6 Yessi Chavez	Marshalltown	13-08.50	
7 Ayryn Hamner	Valley	12-11.00	
8 Ashley Barker	Marshalltown	12-09.00	
9 Page Byers	Mason City	12-02.00	
10 Kelsie Groth	Mason City	11-07.50	

**Girls Shot Put Junior Varsity**

Name	School	Finals	
<b>Finals</b>			
1 Kelsey Jenkins	Marshalltown	31-06.50	
2 Amanda Schremf	Marshalltown	30-03.00	
3 Allison Tim	Ames	28-09.00	
4 Lyndsey Feldman	Marshalltown	x28-04.00	
5 Cassie Pappas	Mason City	28-03.00	
6 Molly Moore	Ames	28-00.00	
7 Haley Moore	Ames	x27-06.00	
8 Kaytlin Tippin	Waukee	27-00.00	
9 Jessie Lounsbury	Waukee	25-05.50	
10 Cheltzie Miller-Bailey	Valley	25-04.50	
11 Kaitlyn Kennedy	Valley	25-04.00	
12 Kendra Coleman	Waukee	x24-11.00	
13 Katie Baum	Valley	x22-06.00	
14 Claire Mraz	Valley	x22-01.00	
14 Chloe Iles	Ames	x22-01.00	
16 Sam Hartman	Mason City	x22-00.00	
16 Amanda Carlson	Mason City	22-00.00	
18 Missy Parr	Marshalltown	x21-09.00	
19 Kiley Zeigler	Mason City	x21-03.00	
20 Maddie Dodd	Mason City	x21-02.00	
21 Kayla Barker	Waukee	x19-04.00	

## 2009 CIML Iowa Conference Girls' Track Meet - 5/8/2009

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## Girls Discus Throw Junior Varsity

Name	School	Finals
<b>Finals</b>		
1 Allison Tim	Ames	89-08
2 Kelsey Jenkins	Marshalltown	88-03
3 Lyndsey Feldman	Marshalltown	83-09
4 Brianna Loughren	Ames	83-01
5 Missy Parr	Marshalltown	x81-08
6 Kaytlin Tippin	Waukee	80-02
7 Kaitlyn Kennedy	Valley	79-10
8 Claire Mraz	Valley	78-07
9 Katie Baum	Valley	x78-05
10 Cassie Pappas	Mason City	77-00
11 Michelle Harris	Valley	x75-02
12 Amanda Schremf	Marshalltown	x73-11
13 Kendra Coleman	Waukee	73-08
14 Sam Hartman	Mason City	66-04
15 Jessie Lounsbury	Waukee	x65-06
16 Chloe Iles	Ames	x62-07
17 Brianna Yarrow	Mason City	x53-09