

**GIRLS MOHAWK RELAYS
TRACK AND FIELD MEET**

**Mason City High School
Mason City, IA
April 27, 2009**

4:55 Varsity Discus, JV Discus, Exhibition
JV Shot, Varsity Shot, Exhibition
Varsity Long Jump, JV Long Jump, Exhibition
JV and Varsity High Jump, Exhibition

5:00 National Anthem/Introduction of Middle School Athletes and Coaches

JV EVENTS WILL BE RUN FIRST IN ALL RUNNING EVENTS

5:25 PM 3000 M Run
5:40 PM 4 X 800 M Relay
5:55 PM Senior Recognition
6:10 PM Shuttle Hurdle Relay
6:20 PM 100 M Dash
6:35 PM Distance Medley
(200-200-400-800)
6:50 PM 400 M Dash
7:05 PM 4 X 200 M Relay
7:15 PM 100 M Hurdles
7:30 PM 800 M Run
7:40 PM 200 M Dash
7:55 PM 400 M Hurdles
8:05 PM Sprint Medley Relay
(100-100-200-400)
8:15 PM 1500 M Run
8:30 PM 4 X 100 M Relay
8:45 PM 1600 M Relay (4 X 400)

IF WE GET AHEAD OF THE ABOVE TIME TABLE WE WILL STAY AHEAD.

Welcome To Mason City:

***Ames
Clear Lake
Forest City
Fort Dodge
Marshalltown
Waverly-Shell Rock***

**MOHAWK GIRLS
INVITATIONAL RECORDS**

SHOT PUT (1996) Ashley Grundman, Ames	40'8"
DISCUS (2003) Amy Waggoner, Marshalltown	135'2"
HIGH JUMP (1991) Barb Franke, Cedar Falls	5'6"
LONG JUMP (1993) Nicole Baumgartner, Marshalltown	17'9"
3000 METER RUN (2003) Tracy Hauley, Ames	10:33.76
4X800 RELAY (1999) Marshalltown – Water, Huff, Croker, McMahan	9:49.21
SHUTTLE HURDLE RELAY (2003) Mason City – Carroll, Hill, Sellers, Sautter	1:02.45
100 M DASH (1996) Shynell Stender, Mason City	12.16
DISTANCE MEDLEY RELAY Marshalltown – Peshel, Westendorf, Smith, Miller	4:16.10
400 M DASH Sue Helfter, Osage	58.07
4X200 M RELAY (2006) Ames – PiersonKnuth, Soh, Palo, Thorgaard	1:46.84
100 M HURDLES (1996) Julie Ollila, Ames	14.63
800 M RUN (1999) Jessica Huff, Marshalltown	2:18.84
200 M DASH (2006) Kersten Thorgaard, Ames	25.51
400 M HURDLES (1996) Julie Ollila, Ames	1:06.39
SPRINT MEDLEY RELAY (2006) Ames – Metzger, Loughren, Williams, Woods	1:50.50
1500 M RUN (1996) Alienor Gilchrist, Ames	4:55.99
4X100 M RELAY (1996) Ames – Maysent, Ollila, Greenfield, Engelen	50.65
4X400 M RELAY Marshalltown – Peshel, Miller, Smith, Ray	4:03.45

Mohawk GirlsTrack Meet 2009 - 4/27/2009**Mason City****Results****Girls 100 Meter Dash Varsity**

Name	Year School	Seed	Finals	H#	Points
1 Peth, Rachel	Waverly Shell Rock	12.60	12.68	2	10
2 Forsythe, Shelby	Fort Dodge	12.57	12.92	2	8
3 Wandling, Emily	Ames High School	12.65	13.00	2	6
4 Krantz, Chelsy	Fort Dodge		13.59	1	4
5 Biswas, Tulika	Ames High School	13.56	13.60	1	2
6 Kwikkel, Holly	Waverly Shell Rock	13.50	13.67	2	1
7 Younker, Kaitlin	Mason City	13.60	13.88	1	
8 Brooks, Allese	Marshalltown	13.00	13.94	2	
9 Lundeen, Aspen	Clear Lake		14.21	2	
10 Roesburg, Laura	Clear Lake	13.31	14.29	2	
11 Jensen, Emily	Forest City	14.37	14.76	1	
12 Bacon, Abby	Marshalltown	15.00	17.53	1	

Girls 200 Meter Dash Varsity

Name	Year School	Seed	Finals	H#	Points
1 Nissen, Stacia	Fort Dodge	26.86	27.40	2	10
2 Schaumburg, Maria	Marshalltown	27.80	27.41	2	8
3 Kibbee, Camie	Mason City	27.60	27.72	2	6
4 Kwikkel, Holly	Waverly Shell Rock	28.90	28.64	2	4
5 Wilson, Tiyesha	Fort Dodge	28.00	29.30	2	2
6 Miller, Maggie	Ames High School		29.53	1	1
7 Knight, Kezia	Ames High School		30.17	1	
7 VanOverbeke, Alexis	Forest City	29.01	30.17	1	
9 McHenry, Kelsey	Marshalltown		30.33	1	
10 Borgman, Erin	Clear Lake		30.57	1	
11 Jensen, Emily	Forest City	29.87	30.73	1	
12 Peterson, Emma	Clear Lake		32.13	2	

Girls 400 Meter Dash Varsity

Name	Year School	Seed	Finals	H#	Points
1 Forsythe, Shelby	Fort Dodge	59.60	1:00.50	2	10
2 Kibbee, Camie	Mason City	1:02.00	1:04.09	2	8
3 Ashley, Anna	Ames High School	1:04.50	1:05.35	2	6
4 Houser, Miriah	Ames High School	1:04.50	1:05.61	2	4
5 Cashman, Sarah	Waverly Shell Rock	1:06.00	1:07.44	2	2
6 Chavez, Yessi	Marshalltown	1:00.00	1:07.89	2	1
7 Krull, Stacy	Waverly Shell Rock	1:06.00	1:08.84	1	
8 Roesburg, Laura	Clear Lake	1:06.00	1:09.53	1	
9 Ullrich, Jade	Clear Lake	1:10.00	1:15.78	1	
10 Jordal, Katie	Forest City	1:10.98	1:18.08	1	

Girls 800 Meter Run Varsity

Name	Year School	Seed	Finals	H#	Points
1 Martin, Lydia	Marshalltown	2:23.00	2:26.75	2	10
2 Bro, Maddie	Ames High School	2:32.00	2:30.78	2	8
3 Hansen, Ellen	Ames High School	2:24.60	2:30.80	2	6

Mohawk GirlsTrack Meet 2009 - 4/27/2009**Mason City****Results****....Girls 800 Meter Run Varsity**

4	Crane, Chase	Mason City	2:39.00	2:39.45	2	4
5	McCulloch, Elizabeth	Mason City	2:38.00	2:41.64	2	2
6	Ledford, Lisa	Marshalltown	2:50.00	2:43.17	1	1
7	Cashman, Sarah	Waverly Shell Rock	2:37.00	2:46.69	2	
8	Blake, Katie	Waverly Shell Rock	2:40.00	2:47.02	2	
9	Steen, Nicole	Forest City		3:11.42	1	
10	Jordal, Katie	Forest City	2:52.89	3:23.34	1	

Girls 1500 Meter Run Varsity

Name	Year	School	Seed	Finals	Points
1	Miller, Rebecca	Ames High School	5:02.10	5:06.99	10
2	Martin, Courtney	Ames High School	5:02.30	5:07.18	8
3	Enabnit, Alana	Clear Lake	5:18.00	5:15.21	6
4	Ausborn, Nicole	Mason City	5:31.00	5:32.96	4
5	Boland, Jordyn	Marshalltown	5:40.00	5:50.75	2
6	Olson, Liz	Forest City	5:49.59	5:53.50	1
7	Yunker, Kaitlin	Mason City	5:40.00	5:58.78	
8	Hughes, Monica	Marshalltown	5:45.00	6:03.00	
9	Haywood, Anna	Waverly Shell Rock	5:59.00	6:03.47	
10	Cash, Katie	Clear Lake	6:28.00	6:20.53	

Girls 3000 Meter Run Varsity

Name	Year	School	Seed	Finals	Points
1	Enabnit, Alana	Clear Lake	11:10.16	11:19.18	10
2	Lennon, Samantha	Fort Dodge	11:32.00	11:55.46	8
3	Schweikert, Brooke	Ames High School	11:21.00	12:12.15	6
4	Ausborn, Nicole	Mason City	12:02.00	12:14.81	4
5	Ledford, Lisa	Marshalltown	12:30.00	12:19.67	2
6	Hauber, Rachel	Ames High School	12:54.00	12:33.68	1
7	Krull, Stacy	Waverly Shell Rock	13:10.00	12:37.23	
8	Watts, Courtney	Marshalltown	12:50.00	12:54.62	
9	Haywood, Anna	Waverly Shell Rock	13:10.00	13:26.56	

Girls 100 Meter Hurdles Varsity

Name	Year	School	Seed	Finals	H#	Points
1	Carmichael, Kilei	Waverly Shell Rock	15.49	16.15	2	10
2	Ingersoll, Tricia	Waverly Shell Rock	16.63	16.79	2	8
3	Sliva, Nicole	Ames High School	16.20	16.97	2	6
4	Andersen, Maddie	Ames High School	15.80	17.48	2	4
5	Carroll, Melanie	Mason City	17.00	17.65	2	2
6	Kleveland, Jessica	Forest City	17.75	17.67	2	1
7	Sheahan, Hayley	Mason City	17.50	17.87	2	
8	Barteson, Miranda	Forest City	18.08	18.41	2	
9	McHenry, Kelsey	Marshalltown	18.50	18.68	1	
10	Shollenberger, Jessica	Marshalltown	18.50	19.28	1	
11	Borgman, Erin	Clear Lake	21.31	20.16	1	
12	Huntley, Mikaela	Clear Lake	20.67	20.57	1	

Mohawk GirlsTrack Meet 2009 - 4/27/2009**Mason City****Results****Girls 400 Meter Hurdles Varsity**

Name	Year School	Seed	Finals	Points
1 Wandling, Emily	Ames High School	1:08.60	1:09.37	10
2 Peth, Rachel	Waverly Shell Rock	1:11.00	1:09.62	8
3 Dietrich, Kelsey	Ames High School	1:13.40	1:14.59	6
4 Sgontz, Taylor	Mason City	1:13.00	1:16.26	4
5 Carmichael, Kelly	Marshalltown	1:18.00	1:16.43	2
6 Sheahan, Hayley	Mason City	1:13.00	1:17.41	1
7 Matute, Wendy	Fort Dodge	1:17.86	1:20.83	
8 Moniot, Janelle	Forest City	1:21.78	1:25.24	

Girls 4x100 Meter Relay Varsity

School	Seed	Finals	Points
1 Waverly Shell Rock 'A'	52.40	52.65	10
1) Peth, Rachel			
2) Rops, Sara			
3) Kwikkel, Holly			
4) Carmichael, Kilei			
2 Ames High School 'A'	52.90	53.14	8
1) Biswas, Tulika			
2) Houser, Miriah			
3) Grant, Lauren			
4) Banach, Bailey			
3 Marshalltown 'A'	52.30	53.16	6
1) Horn, Samantha			
2) Beals, Mackenzie			
3) Brooks, Allese			
4) Vopava, Jaleesa			
4 Mason City High School 'A'	53.25	54.53	4
1) Hegtvedt, Katlyn			
2) Kibbee, Camie			
3) Carroll, Melanie			
4) Motz, Julia			
5 Fort Dodge 'A'	51.70	54.87	2
6 Clear Lake 'A'	54.05	56.96	1
1) Ginapp, Katie			
2) Abbott, Alicia			
3) Roesburg, Laura			
4) Fabor, Rea			
7 Forest City 'A'	58.76	1:00.66	

Girls 4x200 Meter Relay Varsity

School	Seed	Finals	Points
1 Marshalltown 'A'	1:52.40	1:53.90	10
1) Horn, Samantha			
2) Beals, Mackenzie			
3) Hood, Kelsey			
4) Schaumburg, Maria			
2 Waverly Shell Rock 'A'	1:55.00	1:57.33	8
1) Arms, Hanna			
2) Rops, Sara			
3) Kwikkel, Holly			
4) Skillen, Jordan			
3 Ames High School 'A'	1:52.47	1:57.84	6
1) Biswas, Tulika			
2) Bonett, Lauren			
3) Grant, Lauren			
4) Banach, Bailey			
4 Fort Dodge 'A'	1:51.00	1:58.12	4
1) Lloyd, Danesha			
2) Holm, Sarah			
3) Potratz, Tieryn			
4) Preston, Tayloren			
5 Mason City High School 'A'	1:54.40	1:59.46	2
1) Hegtvedt, Katlyn			
2) Wubben, Kati			
3) Nelson, Jennifer			
4) Sanchez, Brooke			
6 Forest City 'A'	1:54.46	2:01.06	1
1) Coleman-Monson, Jaz			
2) Reece, McKenzie			
3) Reicks, Nicole			
4) VanOverbeke, Alexis			

Mohawk GirlsTrack Meet 2009 - 4/27/2009**Mason City****Results****....Girls 4x200 Meter Relay Varsity**

7 Clear Lake 'A'	2:09.55	2:09.63
1) Ginapp, Katie	2) Abbott, Alicia	
3) Harle, Caitlin	4) Faught, Steph	

Girls 4x400 Meter Relay Varsity

School	Seed	Finals	Points
1 Fort Dodge 'A'	4:22.00	4:20.12	10
1) Preston, Tayloren	2) Altman, Paige		
3) Nissen, Stacia	4) Forsythe, Shelby		
2 Waverly Shell Rock 'A'	4:20.00	4:24.02	8
1) Krull, Stacy	2) Cashman, Sarah		
3) Arms, Hanna	4) Carmichael, Kilei		
3 Ames High School 'A'	4:09.49	4:28.31	6
1) Houser, Miriah	2) Wandling, Emily		
3) Ashley, Anna	4) Hansen, Ellen		
4 Mason City High School 'A'		4:30.48	4
1) Kibbee, Camie	2) Nelson, Jennifer		
3) Sanchez, Brooke	4) Wubben, Kati		
5 Clear Lake 'A'	4:47.63	4:55.64	2
1) O'Brien, Casey	2) Ullrich, Jade		
3) Stephany, Sarah	4) Faught, Steph		
6 Forest City 'A'	4:40.00	5:03.23	1
1) Steen, Nicole	2) Kleveland, Jessica		
3) Moniot, Janelle	4) Moniot, Sarah		
-- Marshalltown 'A'	4:20.00	DQ	
1) Schaumburg, Maria	2) Hood, Kelsey		
3) Martin, Lydia	4) Hunt, Emily		

Girls 4x800 Meter Relay Varsity

School	Seed	Finals	Points
1 Ames High School 'A'	9:54.94	10:19.62	10
1) Martin, Courtney	2) Bro, Maddie		
3) Block, Annie	4) Hansen, Ellen		
2 Forest City 'A'	10:23.46	10:38.90	8
1) Barteson, Miranda	2) Jensen, Emily		
3) VanOverbeke, Alexis	4) Moniot, Sarah		
3 Mason City High School 'A'	10:42.53	10:58.00	6
1) McCulloch, Elizabeth	2) Crane, Chase		
3) Kaufman, Andi	4) Younker, Kaitlin		
4 Waverly Shell Rock 'A'	10:55.00	11:03.65	4
1) Arms, Hanna	2) Farrell, Alexia		
3) Blake, Katie	4) Cashman, Sarah		
5 Marshalltown 'A'	10:30.00	11:16.04	2
1) Boland, Jordyn	2) Blagg, Sara		
3) Hughes, Monica	4) Wynes, Madison		

Girls 800 Sprint Medley Varsity

School	Seed	Finals	Points
1 Fort Dodge 'A'	1:53.70	1:56.56	10

Mohawk GirlsTrack Meet 2009 - 4/27/2009**Mason City****Results****....Girls 800 Sprint Medley Varsity**

1) Krantz, Chelsy	2) Preston, Tayloren			
3) Nissen, Stacia	4) Forsythe, Shelby			
2 Forest City 'A'		2:00.21	2:01.67	8
1) Kafer, Amy	2) Farland, Courtney			
3) Friederich, Jenna	4) Sopko, Victoria			
3 Mason City High School 'A'		2:01.11	2:03.46	6
1) Hegtvedt, Katlyn	2) Nelson, Jennifer			
3) Wubben, Kati	4) Sanchez, Brooke			
4 Waverly Shell Rock 'A'		2:02.00	2:04.73	4
1) Ingersoll, Tricia	2) Rops, Sara			
3) Skillen, Jordan	4) Arms, Hanna			
5 Marshalltown 'A'			2:08.42	2
1) Brooks, Allese	2) Beals, Mackenzie			
3) Hay, Tara	4) Stiehl, Amy			
6 Ames High School 'A'		1:52.46	2:13.53	1
1) Biswas, Tulika	2) Andersen, Maddie			
3) Grant, Lauren	4) Bonett, Lauren			
7 Clear Lake 'A'		2:10.95	2:14.13	
1) Huntley, Mikaela	2) Ginapp, Katie			
3) Borgman, Erin	4) O'Brien, Casey			

Girls Distance Medley Varsity

School	Seed	Finals	Points
1 Fort Dodge 'A'	4:24.00	4:32.40	10
1) Nissen, Stacia			
2) Preston, Tayloren			
2 Ames High School 'A'	4:39.28	4:33.28	8
1) Norris, Kristen			
2) Jacobsen, Jessica			
3) Haverkamp, Tess			
4) Miller, Rebecca			
3 Marshalltown 'A'	4:20.00	4:38.50	6
1) Hay, Tara			
2) Vopava, Jaleesa			
3) Bruns, Lynsey			
4) Hunt, Emily			
4 Forest City 'A'	4:58.37	4:44.45	4
5 Mason City High School 'A'	4:47.92	4:54.56	2
1) Hegtvedt, Katlyn			
2) Wubben, Kati			
3) Nelson, Jennifer			
4) Bahls, Julia			
6 Waverly Shell Rock 'A'	4:55.00	4:57.24	1
1) Brandt, Shayna			
2) Skillen, Jordan			
3) Blake, Katie			
4) Farrell, Alexia			
7 Clear Lake 'A'	4:53.93	5:08.12	
1) Ginapp, Katie			
2) Schiller, Emma			
3) Abbott, Alicia			
4) Stephany, Sarah			

Girls 4x100 Meter Shuttle Hurdle Varsity

School	Seed	Finals	Points
1 Waverly Shell Rock 'A'	1:09.00	1:08.00	10
1) Peth, Rachel			
2) Ingersoll, Shanna			
3) Ingersoll, Tricia			
4) Carmichael, Kilei			
2 Ames High School 'A'	1:07.52	1:08.92	8
1) Banach, Bailey			
2) Sliva, Nicole			
3) Syrkin-Nikolau, Judy			
4) Andersen, Maddie			
3 Mason City High School 'A'	1:13.03	1:12.96	6

Mohawk GirlsTrack Meet 2009 - 4/27/2009**Mason City****Results****....Girls 4x100 Meter Shuttle Hurdle Varsity**

1) Sheahan, Hayley	2) Sgontz, Taylor			
3) Hemmen, Courtney	4) Carroll, Melanie			
4 Marshalltown 'A'		1:18.00	1:19.08	4

Girls High Jump Varsity

Name	Year School	Seed	Finals	Points
1 Wilson, Tiyesha	Fort Dodge	4-10.00	5-00.00	10
2 Alitz, Autumn	Mason City	5-02.00	J5-00.00	8
3 Alexander, Brea	Mason City	4-08.00	4-08.00	6
4 Rops, Sara	Waverly Shell Rock	4-06.00	J4-08.00	4
5 O'Brien, Casey	Clear Lake	4-08.00	J4-08.00	2
6 Tott, Kendra	Ames High School	4-08.00	4-06.00	1
7 Grant, Lauren	Ames High School	4-08.00	4-04.00	
8 Potratz, Tieryn	Fort Dodge	4-08.00	4-02.00	
-- Purnell, Mia	Waverly Shell Rock	4-06.00	NH	
-- Peterson, Emma	Clear Lake	4-04.00	NH	

Girls Long Jump Varsity

Name	Year School	Seed	Finals	Points
1 Wandling, Emily	Ames High School	17-06.00	15-11.50	10
2 Norris, Kristen	Ames High School	15-06.00	15-02.25	8
3 Potratz, Tieryn	Fort Dodge	15-00.00	14-08.75	6
4 Vopava, Jaleesa	Marshalltown	16-06.50	14-08.25	4
5 Purnell, Mia	Waverly Shell Rock	15-00.50	14-03.50	2
6 Sgontz, Taylor	Mason City	14-11.00	14-01.50	1
7 Valentine, Lennice	Mason City		14-00.00	
8 Chavez, Yessi	Marshalltown	14-08.00	13-09.25	
9 Lundeen, Aspen	Clear Lake		13-03.00	
10 Paschke, Kelsey	Fort Dodge	14-05.00	12-11.00	
11 Roesburg, Laura	Clear Lake	14-02.25	12-07.50	

Girls Shot Put Varsity

Name	Year School	Seed	Finals	Points
1 Feldmann, Chelsea	Marshalltown	34-06.00	34-02.25	10
2 Andreessen, Destinee	Waverly Shell Rock	33-03.00	33-03.75	8
3 Hanson, Stephanie	Mason City	32-00.00	32-00.00	6
4 Wright, Jordonna	Ames High School	33-00.00	31-09.25	4
5 Loughren, Brianne	Ames High School	32-00.00	31-07.00	2
6 Pettigrew, Brie	Marshalltown	33-00.00	31-02.50	1
7 Putney, Emily	Forest City	31-02.00	30-04.25	
8 Risetter, Megan	Fort Dodge	34-10.00	29-10.25	
9 Engels, Adrianna	Waverly Shell Rock	31-03.00	29-09.75	
10 Knowke, Heather	Mason City	28-00.00	26-02.00	
11 Datema, Taylor	Clear Lake	26-02.75	25-09.75	
12 Fredrickson, Lynea	Forest City	27-08.00	25-05.25	

Mohawk GirlsTrack Meet 2009 - 4/27/2009**Mason City****Results****Girls Discus Throw Varsity**

Name	Year School	Seed	Finals	Points
1 Pettigrew, Brie	Marshalltown	108-00	109-11	10
2 Wright, Jordonna	Ames High School	95-00	106-06	8
3 Feldmann, Chelsea	Marshalltown	113-08	105-11	6
4 Cannegieter, Cora	Waverly Shell Rock	85-11	99-07	4
5 Moore, Molly	Ames High School	102-00	92-00	2
6 Vorrie, Hannah	Fort Dodge	91-00	89-01	1
7 Andreessen, Destinee	Waverly Shell Rock	91-01	86-11	
8 Putney, Emily	Forest City	103-03	86-03	
9 Hanson, Stephanie	Mason City	90-07	84-04	
10 Constable, Noel	Fort Dodge	84-10	81-10	
11 Carlson, Amanda	Mason City	88-01	81-01	
12 Halvorsen, Gen	Forest City	81-02	72-00	

Girls 100 Meter Dash Junior Varsity

Name	Year School	Seed	Finals	H#	Points
1 Alexander, Brea	Mason City	13.70	13.65	2	10
2 Packer, Carrie	Ames High School	14.40	14.04	2	8
3 Naylor, Lauren	Ames High School	14.70	14.06	1	6
4 Wilson, Tiyesha	Fort Dodge	14.10	14.25	2	4
5 Alitz, Autumn	Mason City	14.50	14.29	2	2
6 MacDonald, Katelyn	Waverly Shell Rock	14.20	14.86	2	1
7 Halverson, Maggie	Marshalltown		15.09	1	
8 Gregerson, Alexis	Fort Dodge		17.59	2	
9 Sichanthongthip, Anna	Forest City	16.00	17.69	1	
10 Rasmussen, Brianna	Marshalltown	17.00	18.33	1	
-- Holt, Jessica	Waverly Shell Rock	14.60	NT	1	

Girls 200 Meter Dash Junior Varsity

Name	Year School	Seed	Finals	H#	Points
1 Krantz, Chelsy	Fort Dodge		28.78	2	10
2 Bahls, Julia	Mason City	28.40	29.21	2	8
3 Shroyer, Melissa	Fort Dodge		29.71	1	6
4 Packer, Carrie	Ames High School	29.60	29.85	2	4
5 Skillen, Jordan	Waverly Shell Rock	29.90	30.17	2	2
6 Alitz, Autumn	Mason City	31.00	30.29	2	1
7 Haywood, Anna	Waverly Shell Rock		32.64	2	
8 Cash, Katie	Clear Lake		32.87	2	
9 Bacon, Abby	Marshalltown	34.00	37.46	1	
10 Nosbisch, Nicole	Clear Lake	37.00	38.96	1	
11 Rasmussen, Brianna	Marshalltown	37.00	39.17	1	

Girls 400 Meter Dash Junior Varsity

Name	Year School	Seed	Finals	Points
1 Rathe, Emma	Ames High School	1:09.00	1:09.18	10
2 Smith, Drew	Ames High School	1:08.00	1:10.87	8
3 Yarrow, Allia	Mason City	1:06.00	1:11.60	6
4 Lichty, Kyla	Mason City	1:12.00	1:13.37	4

Mohawk GirlsTrack Meet 2009 - 4/27/2009**Mason City****Results****....Girls 400 Meter Dash Junior Varsity**

5	Haywood, Anna	Waverly Shell Rock	1:11.00	1:14.38	2
6	Nosbisch, Nicole	Clear Lake	1:20.00	1:36.21	1

Girls 800 Meter Run Junior Varsity

Name	Year	School	Seed	Finals	Points
1	Piper, Rachelle	Mason City	2:39.00	2:42.06	10
2	Brakke, Dree	Ames High School	2:53.00	2:56.89	8
3	Kraling, Molly	Mason City	2:55.00	3:02.67	6
4	Watts, Courtney	Marshalltown	2:50.00	3:09.46	4
5	Hall, Missy	Marshalltown	3:10.00	3:13.75	2
6	Rawlings, Hillary	Clear Lake	3:20.00	3:38.84	1

Girls 1500 Meter Run Junior Varsity

Name	Year	School	Seed	Finals	Points
1	Schweikert, Brooke	Ames High School	5:33.00	5:42.03	10
2	Upah, Kristin	Ames High School	5:50.00	5:44.81	8
3	Contreras, Brooklyn	Marshalltown		6:14.36	6
4	Huffman, Lisa	Mason City	6:45.00	6:35.21	4
5	Chase, Marissa	Marshalltown	6:40.00	7:03.54	2
6	Rawlings, Hillary	Clear Lake	7:30.00	7:38.73	1

Girls 3000 Meter Run Junior Varsity

Name	Year	School	Seed	Finals	Points
1	Hall, Missy	Marshalltown	13:30.00	13:50.15	10
2	Canon, Stephanie	Ames High School	13:10.00	13:53.62	8
3	Anderson, Emille	Mason City	14:00.00	14:05.90	6

Girls 100 Meter Hurdles Junior Varsity

Name	Year	School	Seed	Finals	Points
1	Syrkin-Nikolau, Judy	Ames High School	16.60	17.31	10
2	Norris, Kristen	Ames High School	17.20	17.49	8
3	Purnell, Mia	Waverly Shell Rock	17.63	17.94	6
4	Ingersoll, Shanna	Waverly Shell Rock	17.73	18.60	4
5	Hemmen, Courtney	Mason City	18.00	18.89	2
6	Eberline, Kayleigh	Marshalltown	18.80	19.47	1
7	Jurgena, Mariah	Mason City	18.50	19.53	

Girls 400 Meter Hurdles Junior Varsity

Name	Year	School	Seed	Finals	Points
1	Farmer, Brooke	Ames High School	1:16.00	1:16.80	10
2	Johnson, Madi	Mason City	1:15.00	1:21.40	8
3	Yarrow, Allia	Mason City	1:18.00	1:21.46	6
4	Schliesman, Mary	Ames High School	1:17.00	1:23.74	4

Mohawk GirlsTrack Meet 2009 - 4/27/2009**Mason City****Results****Girls 4x100 Meter Relay Junior Varsity**

School	Seed	Finals	Points
1 Mason City High School 'A'	54.20	56.43	10
1) Bahls, Julia	2) Alexander, Brea		
3) Sheahan, Hayley	4) Sgontz, Taylor		
2 Ames High School 'A'	55.00	56.58	8
1) Sliva, Nicole	2) Packer, Carrie		
3) Andersen, Maddie	4) Smith, Drew		
3 Fort Dodge 'A'	56.40	57.44	6
1) Holm, Sarah	2) Shroyer, Melissa		
3) Paschke, Kelsey	4) Bell, Kaylee		
4 Marshalltown 'A'	57.00	58.97	4
1) Vopava, Jessie	2) Jackson, Tempestt		
3) Kilstrom, Brooke	4) Kramer, Amber		
5 Waverly Shell Rock 'A'	1:00.00	59.62	2
1) Brandt, Shayna	2) MacDonald, Katelyn		
3) Holt, Jessica	4) Ingersoll, Shanna		
6 Forest City 'A'	59.87	1:02.16	1
1) Kafer, Amy	2) Olson, Liz		
3) Coleman-Monson, Jaz	4) Reece, McKenzie		
7 Clear Lake 'A'	59.05	1:02.73	
1) Huntley, Mikaela	2) Peterson, Emma		
3) Harle, Caitlin	4) McLaughlin, McKenzie		

Girls 4x200 Meter Relay Junior Varsity

School	Seed	Finals	Points
1 Ames High School 'A'	1:56.00	1:59.28	10
1) Naylor, Lauren	2) Knight, Kezia		
3) Jacobsen, Jessica	4) Miller, Maggie		
2 Mason City High School 'A'	1:59.80	2:01.03	8
1) Deinhart, Mariah	2) Valentine, Lennice		
3) Lassise, Hannah	4) Schulte, TyAnne		
3 Fort Dodge 'A'	1:59.00	2:01.74	6
1) Newkirk, Carson	2) Schwendemann, Erica		
3) Schwendemann, Sarah	4) Bell, Kaylee		
4 Marshalltown 'A'	2:00.00	2:03.06	4
1) Vopava, Jessie	2) Kramer, Amber		
3) Stiehl, Amy	4) Kilstrom, Brooke		
5 Forest City 'A'	1:59.76	2:12.48	2
1) Moniot, Janelle	2) Moniot, Sarah		
3) Monsen, Hallie	4) Halvorsen, Gen		

Girls 4x400 Meter Relay Junior Varsity

School	Seed	Finals	Points
1 Marshalltown 'A'	4:35.00	4:36.43	10
1) Carmichael, Kelly	2) Bruns, Lynsey		
3) Chase, Marissa	4) Blagg, Sara		
2 Ames High School 'A'	4:25.00	4:42.25	8
1) Block, Annie	2) Gerritson, Austin		
3) Miller, Maggie	4) Jacobsen, Jessica		
3 Mason City High School 'A'	4:40.00	4:55.63	6

Mohawk GirlsTrack Meet 2009 - 4/27/2009**Mason City****Results****....Girls 4x400 Meter Relay Junior Varsity**

1) Groth, Kelsie	2) Alexander, Brea		
3) Bahls, Julia	4) McCulloch, Elizabeth		
-- Fort Dodge 'A'		4:34.00	NT
1) Shroyer, Melissa	2) Schwendemann, Sarah		
3) Schwendemann, Erica	4) Matute, Wendy		

Girls 4x800 Meter Relay Junior Varsity

School	Seed	Finals	Points
1 Mason City High School 'A'	11:05.50	11:19.00	10
1) Piper, Rachelle	2) Kraling, Loretta		
3) Johnson, Madi	4) Cruse, Kali		
2 Ames High School 'A'	10:58.00	11:24.27	8
1) Gerritson, Austin	2) Schliesman, Mary		
3) Brakke, Dree	4) Upah, Kristin		

Girls 800 Sprint Medley Junior Varsity

School	Seed	Finals	Points
1 Ames High School 'A'	2:01.00	2:04.12	10
1) Syrkin-Nikolau, Judy	2) Ballantine, Brittany		
3) Rathe, Emma	4) Haverkamp, Tess		
2 Waverly Shell Rock 'A'	2:08.00	2:09.40	8
1) Brandt, Shayna	2) Ingersoll, Tricia		
3) Purnell, Mia	4) Farrell, Alexia		
3 Fort Dodge 'A'	2:03.00	2:10.61	6
1) Bell, Kaylee	2) Schwendemann, Sarah		
3) Schwendemann, Erica	4) Shroyer, Melissa		
4 Marshalltown 'A'	2:05.00	2:11.24	4
1) Jackson, Tempestt	2) Thomae, Hillary		
3) Arnold, Sarah	4) Wynes, Madison		
5 Mason City High School 'A'	2:10.10	2:18.08	2
1) Birdsall, Teri	2) Byers, Page		
3) Valentine, Lennice	4) McEniry, Kelsey		
-- Forest City 'A'	2:20.00	DQ	
1) Fredrickson, Lynea	2) Sichanthongthip, Anna		
3) Jordal, Katie	4) Monsen, Hallie		

Girls Distance Medley Junior Varsity

School	Seed	Finals	Points
1 Mason City High School 'A'	5:00.00	4:55.56	10
1) Birdsall, Teri	2) Byers, Page		
3) Groth, Kelsie	4) Kaufman, Andi		
2 Ames High School 'A'	4:45.00	5:00.20	8
1) Tott, Kendra	2) Knight, Kezia		
3) Farmer, Brooke	4) Gerritson, Austin		
3 Marshalltown 'A'	5:02.00	5:28.78	6
1) Thomae, Hillary	2) Barker, Ashlee		
3) Arnold, Sarah	4) Contreras, Brooklyn		

Mohawk GirlsTrack Meet 2009 - 4/27/2009**Mason City****Results****Girls 4x100 Meter Shuttle Hurdle Junior Varsity**

School	Seed	Finals	Points
1 Ames High School 'A'	1:14.00	1:17.00	10
1) Dietrich, Kelsey	2) Ballantine, Brittany		
3) Fritzell, Stella	4) Norris, Kristen		
2 Mason City High School 'A'	1:18.22	1:19.33	8
1) Jurgena, Mariah	2) Schulte, TyAnne		
3) Deinhart, Mariah	4) Cordle, Ashley		

Girls High Jump Junior Varsity

Name	Year School	Seed	Finals	Points
1 Smith, Drew	Ames High School	4-08.00	4-06.00	10
2 Bonett, Lauren	Ames High School	4-08.00	4-04.00	8
-- Kaufman, Andi	Mason City	4-00.00	NH	
-- Goetz, Emmi	Mason City	4-00.00	NH	

Girls Long Jump Junior Varsity

Name	Year School	Seed	Finals	Points
1 Naylor, Lauren	Ames High School	14-02.00	14-00.00	10
2 Vopava, Jessie	Marshalltown	14-00.00	13-10.75	8
3 Tott, Kendra	Ames High School	14-06.00	13-10.00	6
4 Carroll, Melanie	Mason City	13-00.00	13-00.00	4
5 Groth, Kelsie	Mason City	13-00.00	12-06.75	2
6 Barker, Ashlee	Marshalltown	14-00.00	12-01.00	1
7 Holt, Jessica	Waverly Shell Rock	13-01.00	10-11.25	

Girls Shot Put Junior Varsity

Name	Year School	Seed	Finals	Points
1 Jenkins, Kelsey	Marshalltown	33-00.00	30-03.50	10
2 Kohagen, Ashley	Waverly Shell Rock	29-00.00	29-10.50	8
3 Keahna, Sarah	Marshalltown	32-00.00	29-05.25	6
4 Moore, Molly	Ames High School	31-00.00	28-07.25	4
5 Cannegieter, Cora	Waverly Shell Rock	29-08.75	28-05.75	2
6 Tim, Allison	Ames High School	32-00.00	28-01.50	1
7 Carlson, Amanda	Mason City	25-00.00	24-11.50	
8 Hendrickson, Kayla	Mason City	25-00.00	22-10.50	
9 Wagner, Liz	Fort Dodge	22-00.00	21-02.50	
10 Sichanthongthip, Anna	Forest City	20-11.00	19-08.50	

Girls Discus Throw Junior Varsity

Name	Year School	Seed	Finals	Points
1 Tim, Allison	Ames High School	90-00	89-09	10
2 Knowke, Heather	Mason City	80-00	87-06	8
3 Loughren, Brianne	Ames High School	85-00	85-05	6
4 Jenkins, Kelsey	Marshalltown		82-06	4
5 Feldmann, Lindsey	Marshalltown	84-00	77-08	2
6 Roggemann, Kelsey	Waverly Shell Rock	83-00	73-09	1

Mohawk GirlsTrack Meet 2009 - 4/27/2009**Mason City****Results****....Girls Discus Throw Junior Varsity**

7 Schweer, Jamie	Waverly Shell Rock	65-00	63-05
8 Sichanthongthip, Anna	Forest City	53-04	53-02

 Women - Varsity - Team Rankings - 19 Events Scored

1) Ames High School	166	2) Waverly Shell Rock	106
3) Fort Dodge	95	4) Marshalltown	87
5) Mason City High School	86	6) Forest City	24
7) Clear Lake	21		

 Women - Junior Varsity - Team Rankings - 19 Events Scored

1) Ames High School	219	2) Mason City High School	141
3) Marshalltown	84	4) Fort Dodge	38
5) Waverly Shell Rock	36	6) Forest City	3
6) Clear Lake	3		