

Iowa Girls & Boys 4A Qualifying Track Meet - 5/12/2016

MHS Track

Results - 4A District Track & Field Events

Girls 100 Meter Dash 4A

Name	Yr	School	Finals	
Finals				
1 Roberts, Kerris	09	WAT East	11.97	10
2 Harrington, Alicia	12	Cedar Falls	12.11	8
3 Waller, Amarri	12	CR Kennedy	12.75	6
4 Ward, Mariah	11	CR Washington	12.81	5
5 Papouchis, Samantha	12	Mason City	12.91	4
6 Glover, Trinity	10	CR Washington	12.92	3
7 Mitchell, Cheyenne	09	CR Kennedy	13.07	2
8 Daugherty, Odeleine	09	Mason City	13.23	1
9 Geerdes, Nicole	10	Cedar Falls	13.31	NWI
10 Robinson, Shiila	09	WAT West	13.38	NWI
11 Allison, Claressa	09	WAT West	13.45	NWI
12 Hernandez, Anna	10	Marshalltown	14.66	NWI
13 Trowbridge, Alli	09	Marshalltown	14.75	NWI

Girls 200 Meter Dash 4A

Name	Yr	School	Finals	
Finals				
1 Roberts, Kerris	09	WAT East	24.48	10
2 Harrington, Alicia	12	Cedar Falls	24.85	8
3 Muhammad, Alanna	10	WAT East	25.97	6
4 Kimbrough, Auriona	09	Cedar Falls	26.07	5
5 Solomon, Madelyn	09	WAT West	26.08	4
6 Waller, Amarri	12	CR Kennedy	26.36	3
7 Mitchell, Cheyenne	09	CR Kennedy	26.53	2
8 Peal, Lopou	10	CR Washington	27.96	1
9 Nelsen, Heather	10	Mason City	28.18	NWI
10 Trawick, Kayla	12	CR Jefferson	28.41	NWI
11 Knowling, Melinda	12	CR Washington	28.66	NWI

Girls 400 Meter Dash 4A

Name	Yr	School	Finals	
Finals				
1 Thune, Zoey	10	WAT West	59.43	10
2 Hall, Madison	12	Cedar Falls	59.54	8
3 Haan, Ellie	11	Cedar Falls	1:01.94	6
4 Williams, Shelby	11	CR Kennedy	1:03.71	5
5 Trawick, Kayla	12	CR Jefferson	1:04.10	4
6 Siebenga, Kirsten	12	CR Kennedy	1:04.16	3
7 Klopfenstein, Ava	10	CR Washington	1:05.51	2
8 Taylor, Ayla	09	CR Washington	1:09.00	1

Girls 800 Meter Run 4A

Name	Yr	School	Finals	
Finals				
1 Hanna, Sarah	12	CR Jefferson	2:23.83	10
2 Kvale, Paige	10	Cedar Falls	2:24.77	8
3 Christopher, Cassidy	11	Cedar Falls	2:25.84	6
4 Meyer, Camryn	09	WAT West	2:34.49	5
5 Beavers, Deidre	11	Mason City	2:37.20	4
6 Shares, Ruth	10	WAT West	2:37.59	3
7 Sheets, Sierra	12	CR Washington	2:39.35	2
8 Weekley, Autumn	12	WAT East	2:40.75	1

9 Meyer, Ali	11	CR Kennedy	2:42.21
10 Hargrove, Adrianna	11	CR Jefferson	2:44.88
11 Ratzner, Hannah	10	CR Kennedy	2:45.67
12 Kennedy, Olivia	09	CR Washington	2:46.42
13 Knebel, Jessica	11	WAT East	2:51.77
14 Hadley, Sasha	09	Marshalltown	2:57.06

Girls 1500 Meter Run 4A

Name	Yr	School	Finals	
Finals				
1 Fusselman, Hannah	10	CR Kennedy	4:56.00	10
2 Gorman, Reagan	09	CR Washington	4:56.07	8
3 Christopher, Cassidy	11	Cedar Falls	5:05.73	6
4 Davison, Emma	10	Mason City	5:11.11	5
5 Ross, Caroline	10	Cedar Falls	5:15.07	4
6 Altemeier, Sarah	10	CR Washington	5:19.22	3
7 Green, Olivia	11	CR Kennedy	5:26.81	2
8 Dunlavey, Julia	11	Mason City	5:38.78	1
9 Hargrove, Adrianna	11	CR Jefferson	5:40.52	
10 Uribe, Drucana	12	WAT West	5:44.05	
11 Brainard, Bekah	12	WAT West	5:59.80	
12 Daniel, Veronica	11	Marshalltown	6:33.65	

Girls 3000 Meter Run 4A

Name	Yr	School	Finals	
Finals				
1 Gorman, Reagan	09	CR Washington	10:48.77	10
2 Fusselman, Hannah	10	CR Kennedy	10:50.71	8
3 Ely, Megan	12	CR Jefferson	11:24.50	6
4 Hertz, Anna	10	Cedar Falls	11:33.58	5
5 Uribe, Drucana	12	WAT West	12:05.38	4
6 Sheyko, Kristin	11	CR Kennedy	12:06.49	3
7 Underhill, Tanna	09	Marshalltown	12:25.87	2
8 Smith, Abby	10	WAT West	13:54.63	1

Girls 100 Meter Hurdles 4A

Name	Yr	School	Finals	
Finals				
1 Ranschau, Abilene	12	CR Jefferson	15.03	10
2 Eniola, Vanessa	10	CR Washington	16.70	8
3 Peterson, Alexis	10	CR Kennedy	16.71	6
4 Alexander, Sammie	11	Cedar Falls	16.87	5
5 Lovell, Jayden	11	CR Kennedy	16.96	4
6 Prohaska, Meghan	09	CR Jefferson	17.27	3
7 Trowbridge, Sammi	09	Marshalltown	17.29	2
8 Taylor, Amara	11	CR Washington	17.56	1
9 DeRoy, Danielle	12	Mason City	17.59	NWI
10 Theroith, Jaela	09	WAT East	19.31	NWI
11 Becker, Lily	09	Cedar Falls	20.09	NWI
12 King, Jenni	12	Mason City	22.50	NWI

Girls 400 Meter Hurdles 4A

Name	Yr	School	Finals	
Finals				
1 Trosky, Ellie	12	CR Jefferson	1:09.27	10
2 Kitterman, Sam	12	CR Jefferson	1:09.50	8

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Results - 4A District Track & Field Events

Finals ... (Girls 400 Meter Hurdles 4A)

Name	Yr	School	Finals
3 Taylor, Amara	11	CR Washingto	1:10.78 6
4 Chestnut, Anna	11	Cedar Falls	1:11.94 5
5 Peterson, Alexis	10	CR Kennedy	1:12.57 4
6 Schmitz, Meg	10	Cedar Falls	1:13.19 3
7 Frisch, Ireland	09	WAT West	1:14.40 2
8 Stark, Gracie	09	CR Washingto	1:16.97 1
9 Trowbridge, Sammi	09	Marshalltown	1:17.43

Girls 4x100 Meter Relay 4A

Team	Relay	Finals
Finals		
1 WAT East		49.03 10
1) Jenkins, Shanya 10	2) Roberts, Kerris 09	
3) Dunn, Jasmine 10	4) Muhammad, Alanna 10	
2 CR Jefferson		49.54 8
1) Bergmann, MiAsia 10	2) Ranschau, Abilene 12	
3) Anderson, Autumn 11	4) Blue, Jasmine 12	
3 CR Washington		51.57 6
1) Eniola, Vanessa 10	2) Ward, Mariah 11	
3) Powers, Mya 09	4) Johnson, Jayla 10	
4 Mason City		51.90 5
1) Papouchis, Samantha 12	2) Daugherty, Odeleine 09	
3) Runge, Peyton 09	4) Meyer, Makenzie 12	
5 CR Kennedy		52.01 4
1) Drahn, Tianna 12	2) Mitchell, Cheyenne 09	
3) Rose-Johnson, Jurnee 11	4) Waller, Amarri 12	
6 WAT West		52.37 3
1) Solomon, Madelyn 09	2) Spencer, Jaclyn 12	
3) Allison, Claesa 09	4) Robinson, Shiila 09	
7 Marshalltown		56.43 2
1) Garth, Deshonna 12	2) Dean, Brianna 09	
3) Rosalez, Marina 09	4) Trowbridge, Alli 09	
--- Cedar Falls		DNF
1) Moody, Kate 12	2) Haan, Larissa 12	
3) Nichols, Makenzie 11	4) Sterrett, Morgan 09	

Girls 4x200 Meter Relay 4A

Team	Relay	Finals
Finals		
1 CR Jefferson		1:42.72 10
1) Ranschau, Abilene 12	2) Bergmann, MiAsia 10	
3) Anderson, Autumn 11	4) Blue, Jasmine 12	
2 WAT East		1:43.84 8
1) Roberts, Kerris 09	2) Harris, Chalea 11	
3) Ryan, McKayla 11	4) Muhammad, Alanna 10	
3 Cedar Falls		1:44.04 6
1) Kimbrough, Auriona 09	2) Moody, Kate 12	
3) Haan, Larissa 12	4) Harrington, Alicia 12	
4 WAT West		1:47.71 5
1) Solomon, Madelyn 09	2) Dillard, Jallea 09	
3) Bell, Kitra 10	4) Phillips, TaeAnna 11	
5 Mason City		1:48.70 4
1) Papouchis, Samantha 12	2) Daugherty, Odeleine 09	
3) Mariner, Erika 09	4) Meyer, Makenzie 12	

6 CR Kennedy	1:49.35 3
1) Mitchell, Cheyenne 09	2) Rose-Johnson, Jurnee 11
3) Drahn, Tianna 12	4) Waller, Amarri 12
7 CR Washington	1:50.33 2
1) Johnson, Jayla 10	2) Peal, Lopou 10
3) Glover, Trinity 10	4) Witt, Emma 10
8 Marshalltown	1:53.33 1
1) Feldman, Ciara 10	2) Chadderdon, Alyvia 09
3) Garth, Deshonna 12	4) Mazour, Regan 10

Girls 4x400 Meter Relay 4A

Team	Relay	Finals
Finals		
1 CR Jefferson		3:59.67 10
1) Belew, MaKayla 11	2) Koenigsfeld, Meredith 12	
3) Hanna, Sarah 12	4) Anderson, Autumn 11	
2 Cedar Falls		4:00.93 8
1) Kimbrough, Auriona 09	2) Hall, Madison 12	
3) Kvale, Paige 10	4) Harrington, Alicia 12	
3 WAT West		4:12.83 6
1) Bell, Kitra 10	2) Phillips, TaeAnna 11	
3) Dillard, Jallea 09	4) Thune, Zoey 10	
4 CR Washington		4:20.07 5
1) Powers, Mya 09	2) Klopfenstein, Ava 10	
3) Knowling, Melinda 12	4) Witt, Emma 10	
5 CR Kennedy		4:24.84 4
1) Siebenga, Kirsten 12	2) Ryan, Kaelyn 09	
3) Ratzer, Hannah 10	4) Williams, Shelby 11	
6 Mason City		4:29.22 3
1) Runge, Peyton 09	2) Beavers, Deidre 11	
3) Dunlavy, Julia 11	4) Wendel, Alyssa 12	
7 Marshalltown		4:31.51 2
1) Feldman, Ciara 10	2) Chadderdon, Alyvia 09	
3) Underhill, Deasha 12	4) Mazour, Regan 10	

Girls 4x800 Meter Relay 4A

Team	Relay	Finals
Finals		
1 CR Jefferson		9:40.72 10
1) Hanna, Sarah 12	2) Belew, MaKayla 11	
3) Meyer, Caleigh 12	4) Koenigsfeld, Meredith 12	
2 Cedar Falls		10:06.38 8
1) Christopher, Cassidy 11	2) Schmitz, Meg 10	
3) Larsen, Madison 10	4) Ross, Caroline 10	
3 CR Kennedy		10:21.29 6
1) Meyer, Ali 11	2) Ratzer, Hannah 10	
3) Green, Olivia 11	4) Joyner, Kayla 11	
4 CR Washington		10:30.54 5
1) Sheets, Sierra 12	2) Eck, Serena 10	
3) Altemeier, Sarah 10	4) Witt, Emma 10	
5 WAT West		11:19.73 4
1) Shares, Ruth 10	2) DeKoster, Katelyn 10	
3) Lichtey, Reiley 09	4) Graves, Haley 10	
6 Mason City		11:23.21 3
1) Beavers, Deidre 11	2) Wendel, Alyssa 12	
3) Dunlavy, Julia 11	4) Jones, Karynna 09	

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Results - 4A District Track & Field Events

Girls 800 Sprint Medley 4A

Team	Relay	Finals
Finals		
1 CR Jefferson		1:48.56 10
1) Bergmann, MiAsia 10	2) Anderson, Autumn 11	
3) Ranschau, Abilene 12	4) Blue, Jasmine 12	
2 Cedar Falls		1:52.23 8
1) Nichols, Makenzie 11	2) Haan, Larissa 12	
3) Moody, Kate 12	4) Hall, Madison 12	
3 CR Washington		1:53.43 6
1) Ward, Mariah 11	2) Powers, Mya 09	
3) Johnson, Jayla 10	4) Eniola, Vanessa 10	
4 WAT West		1:54.75 5
1) Bell, Kitra 10	2) Spencer, Jaclyn 12	
3) Solomon, Madelyn 09	4) Thune, Zoey 10	
5 Mason City		1:55.20 4
1) Papouchis, Samantha 12	2) Meyer, Makenzie 12	
3) Mariner, Erika 09	4) Meyer, Megan 09	
6 WAT East		1:56.44 3
1) Jenkins, Shanya 10	2) Muhammad, Alanna 10	
3) Ryan, McKayla 11	4) Kiewiet, Brielle 12	
7 CR Kennedy		2:02.19 2
1) Herold, Hannah 09	2) Rose-Johnson, Jurnee 11	
3) Borsay, Hannah 10	4) Dolphin, Hailey 10	
8 Marshalltown		2:13.26 1
1) Garth, Deshonna 12	2) Dean, Brianna 09	
3) Rosalez, Marina 09	4) Estrada, Guadalupe 12	

Girls Distance Medley 4A

Team	Relay	Finals
Finals		
1 Cedar Falls		4:20.63 10
1) Sterrett, Morgan 09	2) Nichols, Makenzie 11	
3) Clark, Olivia 10	4) Kvale, Paige 10	
2 CR Washington		4:24.34 8
1) Ward, Mariah 11	2) Johnson, Jayla 10	
3) Powers, Mya 09	4) Gorman, Reagan 09	
3 Mason City		4:28.07 6
1) Runge, Peyton 09	2) Nelsen, Heather 10	
3) Meyer, Megan 09	4) Davison, Emma 10	
4 WAT East		4:29.28 5
1) Jenkins, Shanya 10	2) Campbell, Shania 12	
3) Kiewiet, Brielle 12	4) Sage, Mallory 11	
5 CR Kennedy		4:37.44 4
1) Peterson, Alexis 10	2) Borsay, Hannah 10	
3) Ryan, Kaelyn 09	4) Dolphin, Hailey 10	
6 Marshalltown		5:08.51 3
1) Dean, Brianna 09	2) Underhill, Deasha 12	
3) Estrada, Guadalupe 12	4) Underhill, Tanna 09	

Girls 4x100 Meter Shuttle Hurdle 4A

Team	Relay	Finals
Finals		
1 CR Jefferson		1:08.17 10
1) Trosky, Ellie 12	2) Bergmann, MiAsia 10	
3) Prohaska, Meghan 09	4) Kitterman, Sam 12	
2 Cedar Falls		1:09.92 8
1) Becker, Lily 09	2) Chestnut, Anna 11	
3) Lynch, Taylor 10	4) Alexander, Sammie 11	
3 CR Kennedy		1:10.77 6
1) Beer, Katie 11	2) Haskin, Liz 12	
3) Peterson, Alexis 10	4) Lovell, Jayden 11	
4 Mason City		1:10.78 5
1) DeRoy, Danielle 12	2) Dvorak, Morgan 12	
3) Mariner, Erika 09	4) King, Jenni 12	

Girls High Jump 4A

Name	Yr	School	Finals
Finals			
1 Beer, Katie	11	CR Kennedy	5-02.00 10
2 Kimbrough, Auriona	09	Cedar Falls	5-00.00 8
3 Watson, Piper	10	Mason City	5-00.00 6
4 Meyer, Megan	09	Mason City	4-10.00 4.5
4 Mazour, Regan	10	Marshalltown	4-10.00 4.5
6 Anderson, Danielle	12	WAT West	4-08.00 3
7 Prohaska, Meghan	09	CR Jefferson	4-08.00 2

Girls Long Jump 4A

Name	Yr	School	Finals
Finals			
1 Bell, Kitra	10	WAT West	17-09.00 10
2 Eniola, Vanessa	10	CR Washington	17-09.00 8
3 Beer, Katie	11	CR Kennedy	16-07.50 6
4 Scott, Calese	10	WAT West	16-03.00 5
5 Becker, Lily	09	Cedar Falls	16-02.00 4
6 Chadderdon, Alyvia	09	Marshalltown	15-11.00 3
7 Mazour, Regan	10	Marshalltown	15-09.00 2
8 Drahm, Tianna	12	CR Kennedy	15-08.00 1

Girls Shot Put 4A

Name	Yr	School	Finals
Finals			
1 Halterman, Katie	11	Cedar Falls	38-11.00 10
2 Cook, Haile	11	CR Jefferson	37-09.50 8
3 Ceaser, Na'Tracia	09	WAT West	35-09.50 6
4 Cornick, Katrina	11	Mason City	35-05.00 5
5 Metzger, Grace	10	Marshalltown	32-01.50 4
6 Hernandez, Gabby	12	Marshalltown	31-02.50 3
7 Levy, Perisa	12	CR Washington	31-02.00 2
8 Thurmond, Shavian	11	CR Jefferson	30-03.00 1
9 Keiper, Amanda	11	CR Kennedy	29-07.50
10 Nus, Laura	09	CR Kennedy	28-06.00
11 Kime, Cat	10	Cedar Falls	28-02.00
12 Jones, Aviance	11	WAT West	27-04.00
13 Judon, Danajua	09	Mason City	26-07.00

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Results - 4A District Track & Field Events

Girls Discus Throw 4A

Name	Yr	School	Finals
Finals			
1 Halterman, Katie	11	Cedar Falls	113-06 10
2 Levy, Perisa	12	CR Washingto	106-08 8
3 Thurmond, Shavian	11	CR Jefferson	105-05 6
4 Milbrath, Brinley	12	CR Kennedy	105-00 5
5 Podhajsky, Jill	10	Marshalltown	104-09 4
6 Cornick, Katrina	11	Mason City	104-05 3
7 Schleder, Maddy	11	CR Kennedy	98-02 2
8 Seeck, Carly	09	Mason City	91-02 1
9 Henze, Malory	11	Marshalltown	86-09
10 Cook, Haile	11	CR Jefferson	76-07
11 Kime, Cat	10	Cedar Falls	62-01

Women - 4A - Team Rankings - 19 Events Scored

1) Cedar Falls	157
2) CR Jefferson	126
3) CR Kennedy	111
4) CR Washington	101
5) WAT West	76
6) Mason City	64.5
7) WAT East	53
8) Marshalltown	33.5

Men - 4A - Team Rankings - 18 Events Scored

1) CR Kennedy	182
2) Cedar Falls	170
3) CR Washington	117
4) WAT West	72
5) Mason City	69
6) CR Jefferson	34
7) Marshalltown	24
8) WAT East	22