

2011 Dr. Brooks Coed Valley Relays - 4/9/2011

Valley High School
Results - Coed Valley Relays**Event 3 Girls High Jump Varsity**

2009 Records: 5-06 1982 Lori McGraw

Name	School	Finals
Finals		
1 Autumn Alitz	Mason City	5-04.25
2 Bailey Wilson	Wdm Valley	5-00.00
3 Maddie Rouw	Waukee	J5-00.00
4 Brea Alexander	Mason City	J5-00.00
5 Jordan Donels	Southeast Po	4-10.00
6 Emily Kamm	Waukee	4-08.00
7 Maddie Foust	Wdm Valley	J4-08.00
8 Jessica Cole	Southeast Po	4-06.00
--- Tamara Empty	Valley Black	NH
--- Elizabeth Larsen	Ic- City Hig	NH

Event 4 Girls High Jump Junior Varsity

Name	School	Finals
Finals		
1 Katie Carpenter	Waukee	4-06.00
--- Katelyn Corcoran	Mason City	NH
--- Mara Mapes	Waukee	NH

Event 7 Girls Long Jump Varsity

2009 Records: 18-02.50 1990 Kim Carson

Name	School	Finals
Finals		
1 Ashlee Downs	Wdm Valley	17-06.00
2 Morgan Vorba	Mason City	16-03.00
3 Alyssa Cunningham	Waukee	15-05.00
4 Baylee Stoll	Southeast Po	15-01.25
5 Kiera Washpun	Ic- City Hig	14-09.00
5 Kristin Housholder	Waukee	14-09.00
5 Sydney Holland	Southeast Po	14-09.00
5 Mickey Hansche	Ic- City Hig	14-09.00
9 Jessie McCready	Mason City	14-05.00
9 Aubrie Einertson	Valley Black	14-05.00
11 Lilian Sanchez	Wdm Valley	13-11.00
12 Rachel Hammes	DM Roosevelt	11-11.50
13 Libby Hurley-Boyd	Valley Black	11-08.00

Event 8 Girls Long Jump Junior Varsity

Name	School	Finals
Finals		
1 Elizabeth Larsen	Ic- City Hig	14-07.25
2 Makenna Fisher	Southeast Po	14-00.25
3 Bre Marshall	Ic- City Hig	13-10.25
4 Gabrielle Magee	Waukee	13-08.00
5 Kaitlin Younker	Mason City	13-04.00
6 Katelyn Ficken	Mason City	13-01.00
7 Taylor Cork	Waukee	12-07.50
8 Adeline Barron	Southeast Po	12-05.25
9 Aliesa Mason	Hoover Girls	11-06.25

Event 11 Girls Discus Throw Varsity

2009 Records: 139-06 1994 Tracey Utley

Name	School	Finals
Finals		
1 Valerie Veiock	Wdm Valley	125-11
2 Rachel Burns	Waukee	112-11.50
3 Kayla Hyche	Ic- City Hig	110-05
4 Aliyah Gustafson	Ic- City Hig	106-05
5 Maria Cortes	Waukee	103-07.50
6 Dakota Taylor	Southeast Po	101-10.50
7 Sonni Greenfield	DM Roosevelt	98-10
8 Taylor Wells	DM Roosevelt	96-07
9 Katie Baum	Wdm Valley	95-05
10 Cassie Pappas	Mason City	93-00
11 Savannah Warburton	Southeast Po	69-11.50
12 Lexy Pederson	Mason City	65-08

Event 12 Girls Discus Throw Junior Varsity

Name	School	Finals
Finals		
1 Erin Bramble	Waukee	103-07
2 Amara Leman	Ic- City Hig	94-06
3 Carly Rusek	DM Roosevelt	82-08
4 Alyssa Cady	Waukee	75-03
5 Loshika Embery	Ic- City Hig	66-05
6 Jailyn Vrbn	DM Roosevelt	65-06
7 Cheryl Young	Wdm Valley	J65-06
8 Caitlin Wilson	Southeast Po	64-07.50
9 Sarah Hockenson	Mason City	59-05
10 Jackie Cullinan	Southeast Po	56-00
11 Alexis Spaw	Valley Black	53-06

Event 15 Girls Shot Put Varsity

2009 Records: 41-10.75 1995 Tracey Utley

Name	School	Finals
Finals		
1 Aliyah Gustafson	Ic- City Hig	39-00.00
2 Valerie Veiock	Wdm Valley	38-02.00
3 Alexa Hunt	DM Roosevelt	37-11.50
4 Kayla Hyche	Ic- City Hig	36-03.00
5 Maggie McClelland	Wdm Valley	35-11.75
6 Maria Cortes	Waukee	34-11.50
7 Taylor Wells	DM Roosevelt	33-09.50
8 Dakota Taylor	Southeast Po	30-10.50
9 Rachel Burns	Waukee	30-08.50
10 Ana Shurtz	Mason City	30-07.00
11 Justine Blanchard	Southeast Po	28-03.00
12 Cassie Pappas	Mason City	27-11.25

Event 16 Girls Shot Put Junior Varsity

Name	School	Finals
Finals		
1 Amara Leman	Ic- City Hig	33-05.50
2 Erin Bramble	Waukee	30-07.00
3 Savannah Warburton	Southeast Po	29-07.00

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Results - Coed Valley Relays

Finals ... (Event 16 Girls Shot Put Junior Varsity)

Name	School	Finals
4 Jackie Cullinan	Southeast Po	29-00.00
5 Alyssa Cady	Waukee	28-10.50
6 Cheryl Young	Wdm Valley	28-04.50
7 Courtney Williams	DM Roosevelt	27-11.00
8 Loshika Embery	Ic- City Hig	25-11.00
9 Essence Welch	DM Roosevelt	24-10.50
10 Sarah Hockenson	Mason City	21-11.00
11 Alexis Spaw	Wdm Valley	18-10.00

Event 18 Girls 3000 Meter Run Varsity

2009 Records: 10:29.09 1995 Summer Johnson

Name	School	Finals
Finals		
1 Rebecca Rethwisch	Ic- City Hig	10:22.01
2 Kate Maxcy	Wdm Valley	10:43.02
3 Nicole Criner	Wdm Valley	10:51.42
4 Emma Huston	DM Roosevelt	10:57.44
5 Katie Nelson	Waukee	11:35.03
6 Nicole Ausborn	Mason City	11:59.70
7 Christina Behrens	Waukee	12:13.42
8 Kirstin Angus	Valley Black	12:15.41
9 Kate Mendenhall	Ic- City Hig	12:20.61
10 Sarah Brandt	Valley Black	12:51.31

Event 19 Girls 3000 Meter Run Junior Varsity

Name	School	Finals
Finals		
1 Sophia Peterson	Ic- City Hig	12:22.27
2 Kim Sorenson	Wdm Valley	12:28.28
3 Maddie Hamborg	Valley Black	13:23.36

Event 22 Girls 4x800 Meter Relay Varsity

2009 Records: 9:48.02 2006

Team	Relay	Finals
Finals		
1 Wdm Valley	A	9:55.72
2 Waukee	A	10:00.72
3 Ic- City High	A	10:16.91
4 Mason City	A	10:20.99
5 Valley Black	A	10:43.95
6 Southeast Polk	A	10:46.57

Event 23 Girls 4x800 Meter Relay Junior Varsity

Team	Relay	Finals
Finals		
1 Southeast Polk	A	11:06.53
2 Waukee	A	11:36.36
3 Valley Black	A	11:55.52
4 Mason City	A	12:09.66
5 Wdm Valley	A	12:46.59

Event 28 Girls 4x100 Meter Shuttle Hurdle Varsity

2009 Records: 1:04.26 1983

Team	Relay	Finals
Finals		
1 Waukee	A	1:07.57
2 Southeast Polk	A	1:08.52
3 Wdm Valley	A	1:09.43
4 Ic- City High	A	1:10.44
5 DM Roosevelt	A	1:15.18
6 Valley Black	A	1:15.32
7 Mason City	A	1:15.80

Event 29 Girls 4x100 Meter Shuttle Hurdle Junior Varsity

Team	Relay	Finals
Finals		
1 Waukee	A	1:14.13
2 Southeast Polk	A	1:14.99
3 Valley Black	A	1:25.29
4 Wdm Valley	A	1:26.32

Event 30 Girls 100 Meter Dash Varsity

2009 Records: 12.02 1984 Lisa Simpson

Name	School	Finals
Finals		
1 Erin Hawkins	DM Roosevelt	12.09
2 Tori Giudici	Waukee	12.44
3 Ashlee Downs	Wdm Valley	12.45
4 Lindsey Payne	Waukee	13.22
5 Reanna Lewis	Hoover Girls	13.27
6 Artorria Jung	Hoover Girls	13.34
7 Sydney Holland	Southeast Po	13.51
8 Emma Negrete	Southeast Po	13.59
9 Kaitlin Younker	Mason City	13.81
10 Tamara Empty	Valley Black	13.84
11 Bre Marshall	Ic- City Hig	13.87
12 Sierra Thornton	Wdm Valley	13.88
13 Valerie Kooker	Ic- City Hig	14.20
14 Keegan Corcoran	DM Roosevelt	14.26
15 Kali Cruse	Mason City	14.41
16 Lauren Grace	Valley Black	17.79

Event 31 Girls 100 Meter Dash Junior Varsity

Name	School	Finals
Finals		
1 Kaci Schneiter	Waukee	12.99
2 Sydney Slagter	Waukee	13.25
3 Oliva Mann	DM Roosevelt	13.80
4 Adeline Barron	Southeast Po	13.83
5 Lauryn Alderson	Ic- City Hig	14.20
6 Elizabeth Larsen	Ic- City Hig	14.54
7 Jessica Negrete	Wdm Valley	14.55
8 Jasmine Lockett	Southeast Po	14.61
9 Ellie Geneser	Wdm Valley	14.85
10 Lesha Kelly	DM Roosevelt	15.61
11 Abby Colby	Valley Black	16.28

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Results - Coed Valley Relays

Finals ... (Event 31 Girls 100 Meter Dash Junior Varsity)

Name	School	Finals
12 Gen Anderson	Mason City	16.38
13 Christa Ewing	Mason City	16.72
14 Abby Edgar	Valley Black	16.79

Event 35 Girls Distance Medley Varsity**2009 Records: 4:13.40 1981**

Team	Relay	Finals
Finals		
1 Ic- City High	A	4:24.37
2 Wdm Valley	A	4:33.20
3 Waukee	A	4:37.98
4 Southeast Polk	A	4:40.69
5 Mason City	A	4:43.34
6 DM Roosevelt	A	4:47.09
7 Valley Black	A	4:57.72

Event 36 Girls Distance Medley Junior Varsity

Team	Relay	Finals
Finals		
1 Valley Black	A	4:54.83
2 DM Roosevelt	A	4:58.14
3 Hoover Girls	A	5:05.95
4 Waukee	A	5:06.12
5 Southeast Polk	A	5:13.36
6 Wdm Valley	A	5:14.71

Event 37 Girls 400 Meter Dash Varsity**2009 Records: 57.54 1984 Natasha Kaiser**

Name	School	Finals
Finals		
1 Clair Crew	Ic- City Hig	1:00.01
2 Taylor Officer	Waukee	1:00.63
3 Alex Armitage	Wdm Valley	1:02.47
4 Baylee Stoll	Southeast Po	1:04.62
5 Nicole Kuddes	Ic- City Hig	1:05.19
6 Lexi Koethe	Waukee	1:06.68
7 Cierra Hughes	DM Roosevelt	1:07.52
8 Emma Davis	DM Roosevelt	1:09.03
9 Jessie McCready	Mason City	1:09.39
10 Katya Lauer	Valley Black	1:11.39
11 Jo Sears	Valley Black	1:14.05
12 Ann Krois	Wdm Valley	1:14.06

Event 38 Girls 400 Meter Dash Junior Varsity

Name	School	Finals
Finals		
1 Megan White	Southeast Po	1:14.13
2 Receva Duos	DM Roosevelt	1:15.70
3 Luisa Almendra	Waukee	1:17.22
4 Carissa Just	Wdm Valley	1:18.24
5 Maddie Hamborg	Valley Black	1:18.48
6 Gabriella Bizzocchi	Ic- City Hig	1:19.73
7 Sophie Gunninck	Wdm Valley	1:21.04
8 Kelly Knoff	Valley Black	1:25.69

9 Alina Panina	Ic- City Hig	1:28.98
10 Madison VanWey	Waukee	1:30.52

Event 42 Girls 4x200 Meter Relay Varsity**2009 Records: 1:46.85 1982**

Team	Relay	Finals
Finals		
1 Waukee	A	1:46.97
2 Wdm Valley	A	1:47.61
3 Southeast Polk	A	1:47.66
4 Mason City	A	1:54.84
5 Hoover Girls	A	1:55.67
6 Valley Black	A	1:57.01
--- DM Roosevelt	A	DQ

Event 43 Girls 4x200 Meter Relay Junior Varsity

Team	Relay	Finals
Finals		
1 Southeast Polk	A	1:57.52
2 Waukee	A	2:00.89
3 Ic- City High	A	2:07.90
4 Wdm Valley	A	2:08.57
5 DM Roosevelt	A	2:13.56
6 Mason City	A	2:19.86
--- Valley Black	A	DQ

Event 46 Girls 100 Meter Hurdles Varsity**2009 Records: 14.00 2000 LoLo Jones**

Name	School	Finals
Finals		
1 Destani Welch	DM Roosevelt	15.27
2 Maddie Rouw	Waukee	15.50
3 Jessica Gardner	Southeast Po	15.51
4 Chloe Matthews	Wdm Valley	15.66
5 Courtney Young	Wdm Valley	15.94
6 Emma Drees	Waukee	16.25
7 Ashland Alitz	Southeast Po	16.54
8 Melanie Carroll	Mason City	16.68
9 Emma Young	Valley Black	17.15
10 Kirstin Feeney	Ic- City Hig	17.16
11 Samantha Kunc	Ic- City Hig	17.40
12 Briana Stone	Valley Black	17.80

Event 47 Girls 100 Meter Hurdles Junior Varsity

Name	School	Finals
Finals		
1 Mallory Smith	Waukee	16.45
2 Alyssa Cunningham	Waukee	17.43
3 Kylie Rabe	Southeast Po	17.49
4 Emma Davis	DM Roosevelt	17.50
5 Morgan Sammons	Ic- City Hig	17.81
6 Sydney Cline	Wdm Valley	17.91
7 Sydney Runkel	DM Roosevelt	17.92
8 Alexis Storbeck	Valley Black	18.80
9 Aspen Miller	Ic- City Hig	19.13
10 Maddie Foust	Valley Black	19.54

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Valley High School

Results - Coed Valley Relays

Finals ... (Event 47 Girls 100 Meter Hurdles Junior Varsity)

Name	School	Finals
11 Makaila Hendricks	Wdm Valley	20.28
12 Heather Hines	Mason City	20.34
13 Rylee Ames	Southeast Po	21.77

Event 52 Girls 800 Meter Run Varsity**2009 Records: 2:16.90 1981 Sue Nelson**

Name	School	Finals
Finals		
1 Kaitlyn Nelson	Wdm Valley	2:26.24
2 Lydia Saggau	Wdm Valley	2:26.66
3 Molly Bramble	Waukee	2:28.69
4 Melissa Shepherd	Valley Black	2:33.59
5 Emily Poppinga	Waukee	2:34.57
6 Jordan Summers	DM Roosevelt	2:37.39
7 Ashley Armantrout	Southeast Po	2:40.26
8 Chase Crane	Mason City	2:41.45
9 Megan Crawford	Valley Black	2:42.98

Event 53 Girls 800 Meter Run Junior Varsity

Name	School	Finals
Finals		
1 Kara Neustrom	Valley Black	2:39.25
2 Grace Bogart	DM Roosevelt	2:47.24
3 Haley Ruden	Southeast Po	2:47.33
4 Josey Caskey	Valley Black	2:48.52
5 Jordan Veatch	Southeast Po	2:49.86
6 Tianna Berard	Waukee	2:57.03
7 Kayli Flynn	Hoover Girls	2:57.75
8 Ana Miller	DM Roosevelt	3:00.51
9 Amanda Jackson	Waukee	3:01.78
10 Morgan Rafferty	Wdm Valley	3:09.68
11 Lena Schibrowski	Wdm Valley	3:15.90
12 Jonica Hernandez	Mason City	3:21.40

Event 54 Girls 200 Meter Dash Varsity**2009 Records: 24.46 1984 Natasha Kaiser**

Name	School	Finals
Finals		
1 Erin Hawkins	DM Roosevelt	25.49
2 Tori Giudici	Waukee	26.24
3 Alexis Sauls	DM Roosevelt	26.42
4 Carlyn LaGrone	Wdm Valley	26.92
5 Alex Armitage	Wdm Valley	27.70
6 Megan Quick	Southeast Po	27.72
7 Kaci Schneider	Waukee	28.07
8 Artorria Jung	Hoover Girls	28.29
9 Reanna Lewis	Hoover Girls	28.48
10 Baylee Stoll	Southeast Po	28.63
11 Aubrie Einertson	Valley Black	28.77
12 Hannah Sinclair	Valley Black	29.39
13 Jessie McCready	Mason City	30.03
14 Kali Cruse	Mason City	30.80

Event 55 Girls 200 Meter Dash Junior Varsity

Name	School	Finals
Finals		
1 Kaitlyn Sporleder	Southeast Po	28.08
2 Emma Davis	DM Roosevelt	29.43
3 Daja Smith	Hoover Girls	29.51
4 Kalason Weier	Wdm Valley	30.86
5 Bailey Canham	Wdm Valley	30.89
6 Jordan Summers	DM Roosevelt	30.92
7 Linda Kazane	Valley Black	30.93
8 Britney Crawford	Southeast Po	30.99
9 Hayley Eischeid	Waukee	34.38
10 Martine Graves	Hoover Girls	37.96
11 Lauren Grace	Valley Black	39.56

Event 59 Girls 400 Meter Hurdles Varsity**2009 Records: 1:06.88 1982 Alison Ehm**

Name	School	Finals
Finals		
1 Emily Sotelo	Ic- City Hig	1:09.08
2 Rio Maxwell	Wdm Valley	1:11.00
3 Courtney Young	Wdm Valley	1:11.86
4 Lori Lines	Ic- City Hig	1:12.19
5 Maddie Foust	Valley Black	1:13.42
6 Makenna Fisher	Southeast Po	1:14.64
7 Sydney Runkel	DM Roosevelt	1:15.07
8 Leah Jessen	Waukee	1:21.06
9 Taylor Foust	Valley Black	1:21.27
10 Katy Cavanaugh	Waukee	1:21.64

Event 60 Girls 400 Meter Hurdles Junior Varsity

Name	School	Finals
Finals		
1 Samantha Kunc	Ic- City Hig	1:11.56
2 Tera Perez	Ic- City Hig	1:14.18
3 Sydney Cline	Valley Black	1:18.85
4 Erin McLaughlin	Valley Black	1:20.81
5 Lexxi Fry	Southeast Po	1:21.62
6 Felicia Vlieger	Southeast Po	1:21.91
7 Emily Kamm	Waukee	1:33.23

Event 65 Girls 800 Sprint Medley Varsity**2009 Records: 1:48.02 1985**

Team	Relay	Finals
Finals		
1 Wdm Valley	A	1:55.97
2 Waukee	A	1:56.77
3 Ic- City High	A	1:59.47
4 Southeast Polk	A	2:02.64
5 DM Roosevelt	A	2:05.11
6 Mason City	A	2:05.63
7 Valley Black	A	2:13.56

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Team	Relay	Finals
Finals		
1 DM Roosevelt	A	2:07.35
2 Valley Black	A	2:13.41
3 Southeast Polk	A	2:14.87
4 Mason City	A	2:17.45
5 Waukee	A	2:17.92
6 Wdm Valley	A	2:21.23

Event 67 Girls 1500 Meter Run Varsity

2009 Records:	4:47.32	2007	Stephanie Mundt
Name	School	Finals	
Finals			
1 Meg Richardson	Ic- City Hig	5:02.16	
2 Kate Maxcy	Wdm Valley	5:04.12	
3 Emily Brush	Waukee	5:11.67	
4 Nicole Criner	Wdm Valley	5:15.87	
5 Emma Buchanan	DM Roosevelt	5:19.31	
6 Allison Siglin	Ic- City Hig	5:20.52	
7 Megan Shryack	Waukee	5:30.22	
8 Lydia Mahan	Valley Black	5:31.38	
9 Allison Wood	Valley Black	5:47.78	
10 Rachelle Piper	Mason City	6:08.58	

Event 68 Girls 1500 Meter Run Junior Varsity

Name	School	Finals
Finals		
1 Katherine Arch	Ic- City Hig	5:39.26
2 Katie Burdick	Southeast Po	5:51.54
3 Madi Flesch	Waukee	5:57.78
4 Lexi Duve	Wdm Valley	6:00.83
5 Jordan Sheehy	Waukee	6:05.01
6 Renee Lanham	Valley Black	6:08.98
7 Hannah Gillaspey	Wdm Valley	6:15.02
8 Amanda Rogers	Southeast Po	6:26.76
9 Jonica Hernandez	Mason City	7:08.21

Event 71 Girls 4x100 Meter Relay Varsity

2009 Records:	49.75	2009
Team	Relay	Finals
Finals		
1 DM Roosevelt	A	50.00
2 Wdm Valley	A	51.17
3 Ic- City High	A	51.26
4 Waukee	A	53.84
5 Southeast Polk	A	54.36
6 Valley Black	A	54.44
7 Mason City	A	58.95

Event 72 Girls 4x100 Meter Relay Junior Varsity

Team	Relay	Finals
Finals		
1 Southeast Polk	A	55.43
2 Waukee	A	57.30

3 Mason City	A	57.45
4 Ic- City High	A	58.20
5 Wdm Valley	A	58.74
6 Valley Black	A	1:00.75
--- DM Roosevelt	A	DQ

Event 75 Girls 4x400 Meter Relay Junior Varsity

Team	Relay	Finals
Finals		
1 Southeast Polk	A	4:23.02
2 DM Roosevelt	A	4:40.59
3 Ic- City High	A	4:46.45
4 Mason City	A	4:50.47
5 Waukee	A	5:00.16

Event 76 Girls 4x400 Meter Relay Varsity

2009 Records:	4:05.05	2006
Team	Relay	Finals
Finals		
1 Southeast Polk	A	4:06.93
2 Wdm Valley	A	4:07.79
3 Mason City	A	4:28.67
4 Waukee	A	4:28.80
5 Ic- City High	A	4:30.31
6 Valley Black	A	4:30.45
7 DM Roosevelt	A	4:40.50

Women - Varsity - Team Rankings - 19 Events Scored

1) WDM Valley	189
2) Waukee	154.5
3) IC- City High	120
4) DM Roosevelt	87
5) Southeast Polk	81.5
6) Mason City	55
7) Valley Black	31
8) Des Moines Hoover Girls	12

Women - Junior Varsity - Team Rankings - 19 Events Scored

1) Waukee	148
2) Southeast Polk	138
3) IC- City High	108
4) DM Roosevelt	82
5) Valley Black	76
6) WDM Valley	65
7) Mason City	31
8) Des Moines Hoover Girls	14