

Iowa Girls & Boys 4A Regional Track Meet

Dubuque Hempstead - Loras College

Dubuque, IA - 5/12/2011

Results - 4A District Track & Field Events

Girls 100 Meter Dash 4A

Heats against time

Prelim: Top 8 advance to finals

Name	Yr	School	Finals	
Finals				
1 Sara Davis	10	Epworth, WD	13.02	10
2 Zinka Duric	11	Waterloo West	13.06	8
3 Madison Hersom	10	Cedar Falls	13.36	6
4 Ashley Griffin	10	Cedar Falls	13.40	5
5 Jaclyn Riggins	11	Waterloo East	13.41	4
6 Jadyn Spencer	12	Waterloo West	13.43	3
7 Ashley Davidson	12	Epworth, WD	13.60	2
8 Laura Sampson	10	Dub. Hempstead	13.64	1
9 Brittany Sefton	09	Linn-Mar	13.70	
10 Dani Zeigler	09	Mason City	13.79	
11 Cristina Young	10	Dub. Senior	13.82	
12 Jordi Kent	10	Linn-Mar	13.91	
13 Sam Rannals	12	Dub. Senior	13.94	
14 Jordan Albrecht	10	Dub. Hempstead	14.04	
15 Simone Robinson	09	Waterloo East	14.20	
16 Kali Cruse	12	Mason City	14.57	

Girls 200 Meter Dash 4A

Heats against time

Prelim: Top 8 advance to finals

Name	Yr	School	Finals	
Finals				
1 Courtney Major	10	Linn-Mar	25.93	10
2 Cassie Crotty	12	Cedar Falls	26.05	8
3 Daianera Whitaker	10	Cedar Falls	26.61	6
4 Alyssa Miner	11	Dub. Hempstead	26.66	5
5 Jaclyn Riggins	11	Waterloo East	27.34	4
6 Rachael Billmeyer	09	Dub. Senior	27.43	3
7 Ellie Rizor	09	Linn-Mar	27.60	2
8 Laura Sampson	10	Dub. Hempstead	28.01	1
9 Quasha Gates	10	Waterloo West	28.11	
10 Van Phan	09	Waterloo West	28.35	
11 Kaitlin Younker	11	Mason City	28.58	
12 Trisha Broihahn	10	Dub. Senior	28.87	
13 Symone Robinson	09	Waterloo East	29.27	
14 Kali Cruse	12	Mason City	30.00	
15 Raegan Hoefler	09	Epworth, WD	30.99	
16 Erin Schroeder	10	Epworth, WD	32.10	

Girls 400 Meter Dash 4A

Heats against time

Name	Yr	School	Finals	
Finals				
1 Ashley Stow	12	Cedar Falls	58.91	10
2 Kaily Mohr	11	Dub. Senior	59.19	8
3 Zinka Duric	11	Waterloo West	1:00.16	6
4 Melissa Pakala	09	Waterloo West	1:02.24	5
5 Leah Kremer	10	Linn-Mar	1:02.59	4
6 Katie Penn	09	Mason City	1:03.51	3

7 Hannah Timmerman	09	Dub. Senior	1:03.58	2
8 Cara Strike	12	Cedar Falls	1:03.97	1
9 Nicole Schmitt	11	Dub. Hempstead	1:05.41	
10 Mackenzie Keil	09	Dub. Hempstead	1:06.64	
11 Nicole Ausborn	12	Mason City	1:07.31	
12 Josie Hollenback	09	Epworth, WD	1:08.84	
13 Whitney Derga	12	Epworth, WD	1:11.20	

Girls 800 Meter Run 4A

waterfall start

Name	Yr	School	Finals	
Finals				
1 Brianna King	10	Cedar Falls	2:17.85	10
2 Brette Correy	10	Epworth, WD	2:18.99	8
3 Hannah Savage	11	Cedar Falls	2:21.17	6
4 Alyssa Breitbach	12	Epworth, WD	2:26.46	5
5 Krista Laufenberg	12	Dub. Senior	2:29.87	4
6 Kelsey Strief	12	Dub. Hempstead	2:32.65	3
7 Andrea Arthoffer	10	Dub. Senior	2:36.29	2
8 Taylor Richards	09	Mason City	2:40.65	1
9 Brooklyn Kascel	11	Linn-Mar	2:41.24	
10 Dana Sublett	09	Linn-Mar	2:41.28	
11 Devon Garcia	11	Dub. Hempstead	2:43.62	
12 Samantha Storey	10	Waterloo West	2:45.53	
13 Haley Waschkat	11	Waterloo West	2:54.45	
14 Chase Crane	11	Mason City	2:58.02	
15 Rabeca Potter	09	Waterloo East	3:05.56	
16 Madison Hewitt	09	Waterloo East	3:05.76	

Girls 1500 Meter Run 4A

Waterfall Start

Name	Yr	School	Finals	
Finals				
1 Hannah Savage	11	Cedar Falls	4:49.34	10
2 Allison Gregg	10	Cedar Falls	4:51.64	8
3 Carolyn Newhouse	11	Linn-Mar	4:54.05	6
4 Morgan Uridil	09	Linn-Mar	5:05.69	5
5 Meredith Petty	11	Dub. Senior	5:11.57	4
6 Morgan Gerdes	12	Waterloo West	5:14.60	3
7 Becca Brimeyer	10	Dub. Hempstead	5:14.66	2
8 Erin Cram	10	Dub. Hempstead	5:21.22	1
9 Megan Rauhen	10	Epworth, WD	5:32.25	
10 Mariah Demmer	11	Epworth, WD	5:33.76	
11 Chase Crane	11	Mason City	5:43.61	
12 Rachelle Piper	11	Mason City	5:51.35	
13 Jackie Piper	11	Dub. Senior	5:57.32	
14 Ashley Babinat	11	Waterloo East	6:56.51	
15 Shelby Hockey	11	Waterloo East	6:58.43	

Girls 3000 Meter Run 4A

Waterfall start

Name	Yr	School	Finals	
Finals				
1 Allison Gregg	10	Cedar Falls	10:37.82	10
2 Carolyn Newhouse	11	Linn-Mar	10:48.05	8

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Name	Yr	School	Finals	
3 Morgan Gerdes	12	Waterloo West	11:06.62	6
4 Megan Rauhen	10	Epworth, WD	11:41.51	5
5 Nicole Ausborn	12	Mason City	11:43.40	4
6 Randi Westevelt	12	Dub. Senior	11:58.06	3
7 Jessica Bradley	09	Dub. Senior	12:02.16	2
8 Sarah Bowden	12	Dub. Hempstead	12:14.36	1
9 Molly Gettman	09	Cedar Falls	12:16.23	
10 Whitney Derga	12	Epworth, WD	12:28.22	
11 Mary Buchheit	09	Dub. Hempstead	12:56.08	
12 Keya Sylvester	10	Mason City	13:04.07	

Girls 100 Meter Hurdles 4A**Heats against time****Prelim: Top 8 to finals****33 "hurdles**

Name	Yr	School	Finals	
Finals				
1 Molly Youde	12	Cedar Falls	15.16	10
2 Samantha Osterberger	10	Dub. Senior	15.82	8
3 Kaitlyn Gillett	12	Cedar Falls	16.09	6
4 Mallory Young	11	Linn-Mar	16.17	5
5 Melanie Carroll	12	Mason City	16.73	4
6 Madyson Moore	12	Dub. Hempstead	17.28	3
7 Ellie Arnsdorf	11	Dub. Hempstead	17.36	2
8 Meghan Holdgrafer	11	Linn-Mar	17.40	1
9 Bre Fencil	11	Waterloo West	17.72	
10 Jessica Bradley	09	Dub. Senior	17.97	
11 Brittney Becker	10	Waterloo East	18.65	
12 Kylie O'Brien	10	Epworth, WD	18.74	
13 Bre Jackson	11	Waterloo West	19.20	

Girls 400 Meter Hurdles 4A**Heats against time****30" hurdles**

Name	Yr	School	Finals	
Finals				
1 Zinka Duric	11	Waterloo West	1:06.20	10
2 Sara Davis	10	Epworth, WD	1:07.64	8
3 Emily Neff	10	Cedar Falls	1:07.94	6
4 Madison Esker	11	Linn-Mar	1:10.96	5
5 Bailee Seger	09	Linn-Mar	1:12.75	4
6 Hannah Brummel	09	Cedar Falls	1:12.90	3
7 Mackenzi Hefel	10	Epworth, WD	1:13.81	2
8 Haley Zenner	11	Dub. Senior	1:14.58	1
9 Felicia Fischer	12	Dub. Hempstead	1:16.17	
10 Allison Sprague	10	Dub. Hempstead	1:20.45	

Girls 4x100 Meter Relay 4A**Heats against time**

Team	Relay	Finals	
Finals			
1 Cedar Falls		50.72	10
1) Daianera Whitaker 10	2) Madison Hersom 10		
3) Lizie Shimp 10	4) Ashley Griffin 10		
2 WAT West		50.93	8
1) Nikki Miles 11	2) Kate Worthington 12		
3) Alix Risse 11	4) Zinka Duric 11		
3 Epworth, WD		52.06	6
1) Morgan Breitbach 11	2) Michelle Fagerlind 10		
3) Ashley Davidson 12	4) Sara Davis 10		
4 DUB Senior		52.39	5
1) Sam Rannals 12	2) Ali Metcalf 11		
3) Alyssa Bauer 10	4) Cristina Young 10		
5 Mason City		52.57	4
1) Melanie Carroll 12	2) Brea Alexander 11		
3) Dani Zeigler 09	4) Tricia Notermann 09		
6 DUB Hempstead		52.74	3
1) Ellie Arnsdorf 11	2) Ali Dalton 12		
3) Jordan Albrecht 10	4) Mackenzie Digman 11		
7 Linn-Mar		53.11	2
1) Ellie Rizor 09	2) Meghan Holdgrafer 11		
3) Lauren Dalecky 10	4) Mallory Young 11		
8 WAT East		53.76	1
1) Brinesha McKinney 10	2) Aliyah Shavers 10		
3) Lori Riley 10	4) Symone Robinson 09		

Girls 4x200 Meter Relay 4A**Heats against time**

Team	Relay	Finals	
Finals			
1 Cedar Falls		1:44.45	10
1) Cassie Crotty 12	2) Katelyn Haan 10		
3) Daianera Whitaker 10	4) Kaz Brown 09		
2 DUB Senior		1:45.53	8
1) Samantha Osterberger 10	2) Ali Metcalf 11		
3) Allie Osterberger 10	4) Samantha Francois 12		
3 DUB Hempstead		1:49.70	6
1) Alyssa Miner 11	2) Ali Dalton 12		
3) Jenna Meehan 11	4) Mackenzie Digman 11		
4 WAT West		1:49.73	5
1) Nikki Miles 11	2) Kate Worthington 12		
3) Jadyn Spencer 12	4) Alix Risse 11		
5 Linn-Mar		1:50.51	4
1) Halley Morgan 09	2) Claire Meyer 12		
3) Lauren Dalecky 10	4) Emille Berg 11		
6 Mason City		1:52.91	3
1) Kaitlin Younker 11	2) Mariah Deinhart 11		
3) Morgan Vorba 10	4) Jessie McCready 10		
7 WAT East		1:53.31	2
1) Brinesha McKinney 10	2) Symone Robinson 09		
3) Brittney Becker 10	4) Jaclyn Riggins 11		

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Team	Relay	Finals
--- Epworth, WD		DQ
1) Morgan Breitbach 11	2) Michelle Fagerlind 10	
3) Ashley Davidson 12	4) Abigail Heiderscheid 10	

Girls 4x400 Meter Relay 4A**Final: Time basis**

Team	Relay	Finals
Finals		
1 Cedar Falls		4:01.12 10
1) Cassie Crotty 12	2) Ashley Stow 12	
3) Katelyn Haan 10	4) Brianna King 10	
2 DUB Senior		4:01.19 8
1) Samantha Francois 12	2) Samantha Osterberger 10	
3) Allie Osterberger 10	4) Kaily Mohr 11	
3 Linn-Mar		4:05.50 6
1) Audra Schminke 09	2) Emille Berg 11	
3) Courtney Major 10	4) Rachel Perry 09	
4 Mason City		4:09.23 5
1) Camie Kibbee 12	2) Katie Penn 09	
3) Mariah Deinhart 11	4) Cortni Rush 10	
5 Epworth, WD		4:13.31 4
1) Brette Correy 10	2) Heidi Hingtgen 11	
3) Andrea Winchell 11	4) Alyssa Breitbach 12	
6 DUB Hempstead		4:24.84 3
1) Nicole Schmitt 11	2) Emily Kelleher 09	
3) Ericka Wilson 11	4) Jenna Meehan 11	

Girls 4x800 Meter Relay 4A**waterfall start**

Team	Relay	Finals
Finals		
1 Cedar Falls		9:36.60 10
1) Hannah Savage 11	2) Katie Friedel 10	
3) Carrie Tractow 12	4) Cara Strike 12	
2 DUB Senior		9:47.46 8
1) Meredith Petty 11	2) Hannah Timmerman 09	
3) Andrea Arthoffer 10	4) Krista Laufenberg 12	
3 Epworth, WD		9:48.16 6
1) Alyssa Breitbach 12	2) Mariah Demmer 11	
3) Rachel Demmer 09	4) Abigail Heiderscheid 10	
4 Linn-Mar		9:55.41 5
1) Megan Johnston 12	2) Dana Sublett 09	
3) Brooklyn Kascel 11	4) Morgan Uridil 09	
5 DUB Hempstead		10:30.29 4
1) Jenna Meehan 11	2) Molly Denlinger 10	
3) Megan Ciesielski 12	4) Becca Brimeyer 10	
6 Mason City		10:38.18 3
1) Chase Crane 11	2) Rachelle Piper 11	
3) Taylor Richards 09	4) Danielle Davis 10	

Girls 800 Sprint Medley 4A**Heats against time****100/100/200/400**

Team	Relay	Finals
Finals		
1 Cedar Falls		1:51.73 10
1) Madison Hersom 10	2) Ashley Griffin 10	
3) Kaz Brown 09	4) Ashley Stow 12	
2 DUB Senior		1:52.93 8
1) Sam Rannals 12	2) Ali Metcalf 11	
3) Samantha Francois 12	4) Kaily Mohr 11	
3 DUB Hempstead		1:56.09 6
1) Alyssa Miner 11	2) Ellie Arnsdorf 11	
3) Mackenzie Digman 11	4) Ali Dalton 12	
4 Linn-Mar		1:58.61 5
1) Brittany Sefton 09	2) Lauren Dalecky 10	
3) Claire Meyer 12	4) Leah Kremer 10	
5 Mason City		2:03.01 4
1) Kaitlin Younker 11	2) Abbi Schupanitz 10	
3) Jessie McCreedy 10	4) Morgan Vorba 10	
6 Epworth, WD		2:05.76 3
1) Raegan Hoefler 09	2) Kalli Meyer 09	
3) Stephanie Niklasen 09	4) Rachel Demmer 09	
7 WAT East		2:16.66 2
1) Aliyah Shavers 10	2) Alycia Shavers 10	
3) Brittney Becker 10	4) Taylor Nielson 09	
--- WAT West		DQ
1) Jadyen Spencer 12	2) Kate Worthington 12	
3) Blaire Thomas 09	4) Melissa Pakala 09	

Girls Distance Medley 4A**Heats against time****200/200/400/800**

Team	Relay	Finals
Finals		
1 Cedar Falls		4:13.16 10
1) Cassie Crotty 12	2) Daianera Whitaker 10	
3) Katelyn Haan 10	4) Brianna King 10	
2 Epworth, WD		4:15.59 8
1) Michelle Fagerlind 10	2) Andrea Winchell 11	
3) Heidi Hingtgen 11	4) Brette Correy 10	
3 Linn-Mar		4:17.28 6
1) Ellie Rizor 09	2) Courtney Major 10	
3) Rachel Perry 09	4) Audra Schminke 09	
4 Mason City		4:20.20 5
1) Brea Alexander 11	2) Tricia Notermann 09	
3) Camie Kibbee 12	4) Cortni Rush 10	
5 DUB Hempstead		4:23.03 4
1) Alyssa Miner 11	2) Mackenzie Digman 11	
3) Ali Dalton 12	4) Kelsey Strief 12	
6 DUB Senior		4:36.24 3
1) Trisha Broihahn 10	2) Alyssa Bauer 10	
3) Rachael Billmeyer 09	4) Kendra Conforti 09	

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Team	Relay	Finals
7 WAT West		4:44.92 2
1) Sarah Gorsche 12	2) Quasha Gates 10	
3) Meghan Payne 10	4) Samantha Storey 10	
8 WAT East		5:36.19 1
1) Aliyah Shavers 10	2) Alycia Shavers 10	
3) Taylor Nielson 09	4) Shelby Hockey 11	

Girls 4x100 Meter Shuttle Hurdle 4A**Heats against time****Top 8 advance to finals****33" hurdles**

Team	Relay	Finals
Finals		
1 DUB Senior		1:07.90 10
1) Samantha Osterberger 10	2) Samantha Francois 12	
3) Haley Zenner 11	4) Allie Osterberger 10	
2 Linn-Mar		1:08.75 8
1) Ashley Jones 09	2) Meghan Holdgrafer 11	
3) Maleta Montague 10	4) Mallory Young 11	
3 DUB Hempstead		1:11.14 6
1) Ellie Arnsdorf 11	2) Madyson Moore 12	
3) Felicia Fischer 12	4) Hailey Koerprich 10	
4 Mason City		1:13.19 5
1) Melanie Carroll 12	2) Brittani Sanchez 10	
3) Morgan Vorba 10	4) Abbi Schupanitz 10	
--- Cedar Falls		DQ
1) Molly Youde 12	2) Megan Hartmann 12	
3) Madison Wood 09	4) Kaitlyn Gillett 12	

Girls High Jump 4A

Name	Yr	School	Finals
Finals			
1 Alexis Higgins	11	Cedar Falls	5-02.00 10
2 Autumn Alitz	12	Mason City	5-01.00 8
3 Brea Alexander	11	Mason City	5-00.00 6
4 Sara Strauel	10	Linn-Mar	4-10.00 5
5 Heather Splinter	09	Dub. Hempstead	J4-10.00 4
6 Hannah Riebkes	12	Cedar Falls	4-08.00 3
7 Meghan Payne	10	Waterloo West	4-06.00 1.5
7 Erin Schroeder	10	Epworth, WD	4-06.00 1.5
9 Claire Meyer	12	Linn-Mar	J4-06.00
--- Abbey Rhomberg	11	Dub. Senior	NH
--- Tracy Bauer	09	Dub. Hempstead	NH
--- Cristina Young	10	Dub. Senior	NH

Girls Long Jump 4A**3 preliminary jumps - Top 8 advance to finals****Final: 3 final jumps**

Name	Yr	School	Finals
Finals			
1 Morgan Vorba	10	Mason City	16-03.75 10
2 Meghan Payne	10	Waterloo West	15-11.25 8
3 Kate Worthington	12	Waterloo West	15-08.00 6

4 Jaclyn Riggins	11	Waterloo East	15-05.25 5
5 Morgan Breitbach	11	Epworth, WD	15-03.75 4
6 Cassy Herkelman	09	Cedar Falls	15-01.25 3
7 Alexis Angel	09	Linn-Mar	14-10.75 2
8 Raegan Hoefler	09	Epworth, WD	14-09.00 1
9 Heather Little	09	Dub. Hempstead	14-00.50
10 Jessie McCready	10	Mason City	14-00.00
11 Lea Dochterman	09	Linn-Mar	13-07.75
12 Haley Zenner	11	Dub. Senior	13-07.25
13 Liza Kramer	11	Dub. Hempstead	13-05.75
14 Lindsey Ploessl	12	Dub. Senior	13-05.00
15 Melanie Stoss	09	Cedar Falls	13-02.25
16 Lori Riley	10	Waterloo East	12-06.50

Girls Shot Put 4A**3 preliminary throws - Top 8 advance to finals****Final: 3 final throws**

Name	Yr	School	Finals
Finals			
1 Jady Spencer	12	Waterloo West	40-05.25 10
2 Allison Blaser	11	Epworth, WD	37-05.50 8
3 She She Bullock	11	Cedar Falls	37-02.00 6
4 Ashley Boelyn	12	Dub. Hempstead	36-09.50 5
5 Jessie Hoffmann	11	Epworth, WD	36-08.75 4
6 Senneca Harris	09	Dub. Senior	35-02.00 3
7 Blaire Thomas	09	Waterloo West	33-06.00 2
8 Taylor Riedel	12	Dub. Hempstead	33-03.25 1
9 Stephanie Schulz	12	Dub. Senior	30-05.50
10 Ana Shurtz	11	Mason City	29-08.50
11 Alexis Watts	10	Cedar Falls	29-05.00
12 Gwen Gardner	09	Linn-Mar	27-02.50
13 Cassie Pappas	12	Mason City	27-01.25
14 Ashley Babinat	11	Waterloo East	24-01.00
15 Torkelle Summerall	09	Waterloo East	23-07.50

Girls Discus Throw 4A**3 preliminary throws - Top 8 advance to finals****Final: 3 final throws**

Name	Yr	School	Finals
Finals			
1 Amanda Piche	12	Linn-Mar	145-04 10
2 Jessie Hoffmann	11	Epworth, WD	109-02 8
3 She She Bullock	11	Cedar Falls	104-04 6
4 Erica Johnson	11	Dub. Hempstead	103-04 5
5 Jessica Becker	12	Epworth, WD	103-02 4
6 Ashley Boelyn	12	Dub. Hempstead	99-00 3
7 Stephanie Schulz	12	Dub. Senior	97-05 2
8 Cassie Pappas	12	Mason City	89-11 1
9 Lexy Pederson	09	Mason City	89-09
10 Kaz Brown	09	Cedar Falls	89-01
11 Allison Waters-Kutsch	10	Dub. Senior	84-01
12 Rachel Ubbelohde	12	Waterloo West	78-09
13 Gwen Gardner	09	Linn-Mar	75-05
14 Ashley Babinat	11	Waterloo East	64-06
15 Torkelle Summerall	09	Waterloo East	51-06