

Iowa Girls & Boys State Track Meet 2026 - 5/21/2026 to 5/23/2026

Des Moines, Iowa
Drake Stadium
Performance List

Event 1 Girls 100 Meter Dash 1A Prelims

Thursday 5/21/2026 - 12:50 PM

State Meet: 12.05 5/16/2024 Jaidyn Sellers, Panorama
All-Time: 11.49 2018 Sydney Milani, Southeast Polk

Name	Year	School	Seed	Time
1 Leah Lambe	10	Bellevue	12.32	1
2 Tatum Huyser	12	Lynnvile-Sully	12.42	1
3 Ada Johnson	09	Easton Valley	12.58	2
4 McKenna Baker	11	W Monona	12.63	1
5 Morgan Hast	11	Boyer Valley	12.65	1
6 McKinzie Menefee	10	Lenox	12.72	1
7 Faith Dugan	10	Edgewd-Colesburg	12.74	1
8 Rya Scott	12	Hillcrest	12.79	1
9 Paige Richards	11	Madrid	12.84	1
10 Arabella Singleton	10	Riverside, Oak	12.85	2
11 Trista Hansaker	11	Melcher-Dallas	12.85	2
12 Belle Balichek	10	C-Wheatland	12.91	3
13 Ava Gehrking	11	English Valleys	12.95	2
14 Cate Birkey	10	Bishop Garrigan	12.96	1
15 Brynnley Patterson	10	Lisbon	12.96	4
16 Ellie Hagen	10	East Mills	13.02	3
17 Reese Gute	12	Fremont-Mills	13.03	4
18 Lilly Kraft	11	Maquoketa Valley	13.10	5
19 Ava Christofferson	12	Lone Tree	13.13	2
20 Allie Lansing	10	Don Bosco	13.13	6
21 Kaitlyn Hahn	12	Edgewd-Colesburg	13.14	2
22 Jacklyn Gallardo	11	Lake Mills	13.15	2
23 MeLayna Boeschen	09	Dunkerton	13.15	3
24 Ella Whitney	11	Wayne, Corydon	13.36	1

Event 9 Girls 200 Meter Dash 1A Prelims

Thursday 5/21/2026 - 10:40 AM

State Meet: 24.48 5/22/2010 Alex Gochenour, Logan-Magnolia
All-Time: 23.68 2018 Sydney Milani, Southeast Polk

Name	Year	School	Seed	Time
1 Lana Alley	12	Fremont-Mills	25.64	1
2 Tatum Huyser	12	Lynnvile-Sully	25.92	1
3 Jacey Johnston	12	Saint Ansgar	26.02	1
4 Regan Eastvold	11	Lake Mills	26.16	2
5 Leah Lambe	10	Bellevue	26.18	1
6 Emma Reynolds	10	Mount Ayr	26.19	1
7 Paige Richards	11	Madrid	26.23	1
8 Ada Johnson	09	Easton Valley	26.29	2
9 Emery Hall	11	HLV, Victor	26.35	2
10 Trista Hansaker	11	Melcher-Dallas	26.39	2
11 McKenna Baker	11	W Monona	26.55	1
12 Madelyn Tigges	10	Bishop Garrigan	26.76	3
13 Ava Christofferson	12	Lone Tree	26.77	1
14 Rya Scott	12	Hillcrest	26.80	2
15 Ava Gehrking	11	English Valleys	26.81	3
16 McKinzie Menefee	10	Lenox	26.82	2

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Event 9 ... (Girls 200 Meter Dash 1A Prelims)

Name	Year	School	Seed Time	
17 Morgan Hast	11	Boyer Valley	26.84	1
18 Rylee Atkinson	12	Edgewd-Colesburg	26.89	1
19 Olivia Lund	12	Riverside, Oak	26.92	3
20 Ella Whitney	11	Wayne, Corydon	26.93	2
21 Ava Vonderhaar	09	Clayton Ridge	26.96	2
22 Sydnee Burgess	11	Montezuma	26.98	3
23 Vanessa Blum	09	Woodbine	27.10	4
24 Camryn Strubbe	12	South O'Brien	27.19	2

Event 17 Girls 400 Meter Dash 1A

Thursday 5/21/2026 - 1:20 PM

State Meet: 55.44 5/16/2024 Jaidyn Sellers, Panorama
All-Time: 52.90 2018 Sydney Milani, Southeast Polk

Name	Year	School	Seed Time	
1 Ada Hansen	11	CAM, Anita	57.72	1
2 Emma Reynolds	10	Mount Ayr	57.98	1
3 Madelyn Tigges	10	Bishop Garrigan	59.03	1
4 Alaina Gourley	12	Danville	59.46	1
5 Jacey Johnston	12	Saint Ansgar	59.47	2
6 Anna Lursen	12	St. Edmond, FD	59.68	1
7 Aubree Shields	12	Mount Ayr	59.69	2
8 Lanni Beaman	12	Maquoketa Valley	59.84	1
9 Emery Hall	11	HLV, Victor	59.85	1
10 Eva Vaske	09	Edgewd-Colesburg	59.95	1
11 Morgan Hast	11	Boyer Valley	1:00.03	2
12 Kennedy Brant	12	Glad-Reinbeck	1:00.11	2
13 Alexa Hahn	11	Highland	1:00.27	2
14 Stella Simms	09	St. Albert, CB	1:00.32	1
15 Piper Smith	12	AGWSR	1:00.49	2
16 Rowan Jacobi	12	Springville	1:00.63	2
17 Tess Frerichs	10	Akron-Westfield	1:00.97	1
18 Harper Hillman		Rockford	1:01.41	3
19 Taryn Petersen	11	EHK-Exira	1:02.08	3
20 Mollie Ancell	10	Ankeny Christ	1:02.13	3
21 Addisyn Bandow	11	IKM-Manning	1:02.17	4
22 Lilah Strong	11	Kee, Lansing	1:02.34	2
23 Brynn Bellis	10	W Monona	1:02.36	2
24 Bree Scabbyrobe	09	Meskwaki Settle	1:02.40	3

Event 25 Girls 800 Meter Run 1A

Saturday 5/23/2026 - 10:35 AM

State Meet: 2:09.60 5/20/2006 Brooke Dinsdale, North Tama
All-Time: 2:06.52 2021 Ainsley Erzen, Carlisle

Name	Year	School	Seed Time	
1 Lili Denton	12	St. Albert, CB	2:19.65	1
2 Maclaine German	12	Martndsl-StMarys	2:20.07	1
3 Chloe Glosser	12	Pekin	2:20.24	1
4 Karson Oberender	12	Martndsl-StMarys	2:20.60	2
5 Elizabeth Erickson	11	Colo-Nesco	2:21.40	3
6 Katelyn Brandhorst	12	Madrid	2:22.87	4

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Event 25 ... (Girls 800 Meter Run 1A)

	Name	Year	School	Seed Time	
7	Emery Hall	11	HLV, Victor	2:23.07	1
8	Alexis Mujica	09	Newman Catholic	2:23.40	1
9	Audra Burbridge	10	Maquoketa Valley	2:23.88	1
10	Maddy Jansen	12	S Winn, Calmar	2:23.94	1
11	Piper Smith	12	AGWSR	2:24.35	5
12	Sydney Hull	11	E Marshall	2:24.88	6
13	Isabella Stika	11	Turkey Val, JJ	2:25.10	2
14	Carlee Lunsford	11	WACO	2:25.14	2
15	Whitney Brady	10	North Linn	2:25.40	2
16	Josie Dykstra	10	WACO	2:25.41	3
17	Ivy Urbatsch	09	Nwood-Kensett	2:25.46	2
18	Claire Zweibohmer	12	Riceville	2:25.52	3
19	Abbi Waskow	11	Dunkerton	2:25.72	2
20	Jayden Peters	11	Collins-Maxwell	2:26.37	7
21	Alaina Gourley	12	Danville	2:26.78	4
22	Allysen Johnsen	12	Logan-Magnolia	2:26.83	1
23	Chloe Broer	12	W Monona	2:28.26	1
24	Shea Rodgers	11	Earlham	2:32.17	1

Event 33 Girls 1500 Meter Run 1A

Saturday 5/23/2026 - 2:40 PM

State Meet: 4:30.63 5/24/2025 Lili Denton, St. Albert,
 All-Time: 4:25.32 5/18/2024 Addison Dorenkamp, Valley

	Name	Year	School	Seed Time	
1	Lili Denton	12	St. Albert, CB	4:44.47	1
2	Chloe Glosser	12	Pekin	4:46.33	1
3	Karson Oberender	12	Martndsl-StMarys	4:51.65	1
4	Maclaine German	12	Martndsl-StMarys	4:56.49	2
5	Elizabeth Erickson	11	Colo-Nesco	4:57.54	3
6	Mareni Brabec	12	Newell-Fonda	4:58.21	1
7	Ava Witt	09	Saint Ansgar	4:58.64	1
8	Alexis Mujica	09	Newman Catholic	4:59.29	2
9	Madelyn Grothus	11	Madrid	5:00.01	4
10	Allysen Johnsen	12	Logan-Magnolia	5:00.03	2
11	Hannah Brandhorst	11	Madrid	5:05.94	5
12	Lauren Krogmann	11	Starmont	5:06.25	1
13	Julia Swift	10	Bishop Garrigan	5:06.62	3
14	Ivy Urbatsch	09	Nwood-Kensett	5:06.66	4
15	Sydney Hull	11	E Marshall	5:06.72	6
16	Claire Zweibohmer	12	Riceville	5:07.05	5
17	Abbi Waskow	11	Dunkerton	5:08.13	1
18	Jayden Peters	11	Collins-Maxwell	5:08.18	7
19	Lauren Hillesland	12	North Iowa	5:09.06	6
20	Kinsey Prunty	10	Wayne, Corydon	5:10.88	1
21	Rylee Philips	12	Van Buren	5:14.40	2
22	Ashlynn Hosbond	10	Colfax-Mingo	5:15.38	8
23	Aleah Marco	10	Sibley-Ocheyedan	5:15.95	1
24	Tynley Boussetlot	09	C-Wheatland	5:19.94	1

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Event 41 Girls 3000 Meter Run 1A

Thursday 5/21/2026 - 9:40 AM

State Meet: 9:42.04 5/22/2025 Lili Denton, St. Albert,
All-Time: 9:23.60 4/25/2024 Addison Dorenkamp, Valley

Name	Year	School	Seed Time	
1	Lili Denton	12 St. Albert, CB	10:29.12	1
2	Chloe Glosser	12 Pekin	10:34.64	1
3	Alexis Mujica	09 Newman Catholic	10:37.45	1
4	Karson Oberender	12 Martndsl-StMarys	10:41.14	1
5	Claire Zweibohmer	12 Riceville	10:42.70	2
6	Lauren Hillesland	12 North Iowa	10:46.24	3
7	Lauren Krogmann	11 Starmont	10:47.21	1
8	Elizabeth Erickson	11 Colo-Nesco	10:49.39	2
9	Ivy Urbatsch	09 Nwood-Kensett	10:53.88	4
10	Madelyn Grothus	11 Madrid	11:00.96	3
11	Ashlynn Hosbond	10 Colfax-Mingo	11:20.09	4
12	Abbi Waskow	11 Dunkerton	11:22.04	1
13	Addison Yates	12 Sigourney	11:26.06	2
14	Julia Swift	10 Bishop Garrigan	11:26.85	5
15	Ellie Yates	12 Sigourney	11:26.92	3
16	Jayden Peters	11 Collins-Maxwell	11:27.87	5
17	Allysen Johnsen	12 Logan-Magnolia	11:30.46	1
18	Mandeesa Vos	10 Lynnville-Sully	11:32.94	2
19	Addaley Girres	09 Graet-T/Ruth-Ayr	11:33.50	6
20	Tynley Boussetot	09 C-Wheatland	11:36.53	1
21	Marie Yoder	11 Hillcrest	11:38.79	4
22	Charlie Bruggeman	12 West Hancock	11:46.40	7
23	Chloe Broer	12 W Monona	11:52.75	1
24	Kinsey Prunty	10 Wayne, Corydon	12:24.13	1

Event 49 Girls 100 Meter Hurdles 1A Prelims

Friday 5/22/2026 - 10:20 AM

State Meet: 14.07 5/21/2010 Alex Gochenour, Logan-Magnol
All-Time: 13.62 2025 Emma Havighurst, Valley, WDM

Name	Year	School	Seed Time	
1	Lana Alley	12 Fremont-Mills	14.69	1
2	Carsyn Adams	11 Griswold	15.22	2
3	Rowan Jacobi	12 Springville	15.24	1
4	Addison Winters	12 Kee, Lansing	15.62	1
5	Ada Hansen	11 CAM, Anita	15.77	1
6	Honor Hovenga	11 Janesville	15.79	2
7	Eva Vaske	09 Edgewd-Colesburg	15.79	3
8	Kennedy Brant	12 Glad-Reinbeck	15.83	1
9	Camryn Russell	12 Baxter	15.83	1
10	Malia Clayburg	12 CR-Bayard	16.04	2
11	Brooklyn Weldon	09 Fremont-Mills	16.23	3
12	Caitlyn Hough	10 Graet-T/Ruth-Ayr	16.43	1
13	Kieren Perez	12 N Mahaska	16.49	1
14	Lexi Clendenen	12 SE Warren	16.50	1
15	Zoey Quigley	11 Cent Decatur	16.51	2
16	Paislee Coleman	11 Pekin	16.56	2

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Event 49 ... (Girls 100 Meter Hurdles 1A Prelims)

	Name	Year	School	Seed Time	
17	Emersyn Minnaert	10	B-G-M, Brook	16.59	2
18	Heaven Powell	10	Prince of Peace	16.59	2
19	Kailor Lown	11	English Valleys	16.60	3
20	Brystol Wyman	11	Griswold	16.63	4
21	Grace Anderegg	12	Baxter	16.75	2
22	Mailee Templeton	11	Southwest Valley	16.75	5
23	Alexis Rose	12	North Butler	16.77	4
24	Montana Farrens	12	W Monona	16.82	1

Event 57 Girls 400 Meter Hurdles 1A

Friday 5/22/2026 - 12:00 PM

State Meet: 1:02.14 5/22/2009 Sara Stoakes, N Tama
 All-Time: 57.30 1975 Debbie Esser, Woodbine

	Name	Year	School	Seed Time	
1	Ada Hansen	11	CAM, Anita	1:02.68	1
2	Eva Vaske	09	Edgewd-Colesburg	1:04.64	1
3	Honor Hovenga	11	Janesville	1:04.91	2
4	Addison Winters	12	Kee, Lansing	1:05.36	3
5	Kennedy Brant	12	Glad-Reinbeck	1:05.56	1
6	Bella Lamp	11	AHSTW	1:06.49	1
7	Carlie Nuckolls	11	Fremont-Mills	1:07.31	2
8	Laney Brinkman	12	North Butler	1:07.66	4
9	Allie Fehr	12	WB-Mallard	1:07.85	2
10	Carsyn Adams	11	Griswold	1:07.99	3
11	Camryn Russell	12	Baxter	1:08.08	1
12	Nataliya Linder	11	N Mahaska	1:08.36	1
13	Amanda Smith	12	Earlham	1:08.39	1
14	Hazel Nieman	11	Turkey Val, JJ	1:08.43	5
15	Brystal Peck	11	Wayne, Corydon	1:08.72	2
16	Mya Pohlen	11	Sibley-Ocheyedan	1:09.20	1
17	Kelly Cerwinske	10	Nashua-Plainfld	1:09.27	6
18	Jordyn Robbins	09	Logan-Magnolia	1:09.37	3
19	Cadence Petersen	11	ACGC	1:09.43	4
20	Marin Janke	10	Martndsl-StMarys	1:09.54	2
21	Hailey Gacke	10	Sibley-Ocheyedan	1:09.63	2
22	Dorothy Bear	11	Meskwaki Settle	1:09.98	2
23	Cora Sauer	11	Lake Mills	1:10.48	1
24	Kamryn Stone	10	E Buchanan	1:10.79	1

Event 66 Girls 4x100 Meter Shuttle Hurdle 1A Prelims

Thursday 5/21/2026 - 9:00 AM

State Meet: 1:04.69 5/24/2025 Stanton, Stanton
 K Hart, L Johnson, L Roberts, H Olson
 All-Time: 59.37 2026 Waukee Northwest, Waukee NW
 Willits, Schulte, Twigg, Johnson

	Team	Relay	Seed Time	
1	Fremont-Mills	1	1:06.46	1
	1) Carlie Nuckolls 11	2) Reese Gute 12	3) Abby Malcom 09	4) Lana Alley 12
	5) Brooklyn Weldon 09	6) Abigail Ramos 10		

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Event 66 ... (Girls 4x100 Meter Shuttle Hurdle 1A Prelims)

Event	Team	Relay	Seed Time
2	Cent Decatur	1	1:07.66 1
	1) Soiyer Smith 11	2) Aubri Perkins 11	3) Zoey Quigley 11
	5) Grace Leahy 10	6) Lakyn Mundy 10	4) Breegan Lindsey 12
3	Kee, Lansing	1	1:08.45 1
	1) Lilah Strong 11	2) Rylee Mudderman 11	3) Morgan Mohn 10
	5) Evelyn Dibert 09		4) Addison Winters 12
4	Baxter	1	1:08.53 1
	1) Avery Wonders 11	2) Rossi Swihart 11	3) Grace Anderegg 12
	5) Kamdyn Krampe 10	6) Kaylyn Krampe 10	7) Emileigh Beals 09
5	Janesville	1	1:08.53 2
	1) Addy Oldenburger 12	2) Maggie Heidemann 10	3) Abigail Jones 10
	5) Isabel Barnes 10	6) Presley Pugh 10	7) Addison Krogmeier 09
			8) Taylor Hughes 09
6	North Butler	1	1:08.72 3
	1) Laney Brinkman 12	2) Claire McCandless 12	3) Linde Fleshner 09
	5) Faith Eberline 09	6) Nadelyn Stanbrough 11	4) Alexis Rose 12
7	Springville	1	1:08.94 1
	1) Morgan DeMean 11	2) Addison Merritt 11	3) Hayden Robertson 11
	5) Pinky Bongolan 09	6) Jacey Martin 09	7) Ella Hoge 12
			8) Kaylee Teymer 12
8	Gehlen Cath, L	1	1:09.10 1
	1) Addi Castle 10	2) Leah Thoms 09	3) Lindsey Pohlen 10
	5) Emmi Castle 09	6) Delaine Kerns 10	4) Ella Ruhland 10
9	Griswold	1	1:09.13 2
	1) Sadie Gohlinghorst 11	2) Brystol Wyman 11	3) Alexa Steinhoff 10
	5) Camille Dorscher 10		4) Carsyn Adams 11
10	IKM-Manning	1	1:09.39 1
	1) Olivia Linde 10	2) Oriah Meiners 12	3) Annabelle Blum 09
	5) Katelyn Badow 11	6) Kieryn Vetter 09	7) Grace Carroll 12
			8) Karlee Arp 12
11	B-G-M, Brook	1	1:09.48 1
	1) Kaylia Fuchs 09	2) Clair Manatt 12	3) Tenley Kriegel 09
	5) Chenli Kalinay 09	6) Payton Manatt 10	7) Katelyn Cadden 10
			8) Shaye Strong 12
12	Graet-T/Ruth-Ayr		1:09.51 1
	1) Caitlyn Hough 10	2) Olivia Anderson 12	3) Kamryn Hough 10
	5) Lauryn Hough 09	6) Myah Wise 10	4) Addison Hansen 11
13	Belle Plaine	1	1:09.59 2
	1) Camella Walton 10	2) Kennedy Coover 11	3) Ava Grieder 11
	5) Evelyn Davis 09	6) Madeline Kaplan 09	7) Aubrey Jack 09
			8) Kaylie Donnelly 11
14	Wapsie Val, F	1	1:09.84 4
	1) Austin Franck 12	2) Ella Morarend 11	3) Kalle Voy 12
	5) Haley Stuber 12	6) Ashlyn Strottmann 09	7) Addison Franck 09
			4) Emry Shannon 09
15	Stanton	1	1:10.06 3
	1) Quinn McDonald 09	2) Leilanie Foster-Saye 09	3) Lauren Roberts 10
	5) Maven Allen 09	6) Gabi Grebin 10	7) Cooper Stephens 09
			8) Kennedy Stites 10
16	Logan-Magnolia	1	1:10.42 2
	1) Ava Sloan 12	2) Milie Monico 10	3) Teagan Carritt 10
	5) Gracyn Stone 11	6) Ali Sloan 09	4) Jordyn Robbins 09
17	North Linn	1	1:11.12 2
	1) Peyton McMahon 12	2) Harley Henderson 12	3) Ava Hoover 11
	5) Lillian McMahon 09		4) Lucy Haughenbury 11
18	Sibley-Ocheyedan	1	1:11.38 2
	1) Grace Saylor 12	2) Hailey Gacke 10	3) Mya Pohlen 11
	5) Riley Childs 10	6) Gracie Odens 09	4) Lillie Marco 10

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Event 66 ... (Girls 4x100 Meter Shuttle Hurdle 1A Prelims)

	Team	Relay	Seed Time
19	Pekin	1	1:11.40 1
	1) Reece Brisby 11	2) Abby Guise 12	3) Carlie Gambell 10
	5) Aleigha Sieren 09		4) Paislee Coleman 11
20	Lake Mills		1:11.64 2
	1) Tatum Sauer 09	2) Faith Stene 10	3) Ari Stensrud 09
	5) Ellie Mondt 09	6) Jaselyn Islas 09	7) Alana Throne 10
			8) Kenlie Greenfield 10
21	Madrid	1	1:11.71 2
	1) Iyla Fine 11	2) Charlotte Schealler 09	3) Ashlyn Burkhart 10
	5) Alaina Dvorak 09	6) Kiera Alt 09	7) Avian Landers 09
			8) Alyssa Sonnenfelt 11
22	Bedford	1	1:11.99 2
	1) Charlotte Shafar 09	2) Charlee Fletchall 09	3) Caroline Simmons 11
	5) Kinley Beemer 10	6) Sydney Strong 10	7) Ally Green 09
			8) Aniya Hardee 11
23	Maquoketa Valley	1	1:12.29 3
	1) Haydin Flannagan 11	2) Taylor Salow 10	3) Natalie Ries 11
	5) Addie Wilson 10	6) Ruby Recker 11	7) Carly Miller 09
			4) Alaina Mead 11
24	Newell-Fonda	1	1:12.49 3
	1) Kennady Hoberman 09	2) Paige Erickson 09	3) Rylee Hogrefe 11
	5) Quinn Sievers 09		4) Ava Vie 12

Event 70 Girls 4x100 Meter Relay 1A Prelims

Friday 5/22/2026 - 12:40 PM

State Meet: 48.72 2022

Madrid, Madrid

L Ostert, E Olsen, J Dodds, E Santi

All-Time: 46.66 2026

Waukee Northwest, Waukee NW

Caldwell, Jorgensen, Distefano, Willits

	Team	Relay	Seed Time
1	Fremont-Mills	1	50.30 1
	1) Reese Gute 12	2) Kinley Blackburn 12	3) Carlie Nuckolls 11
	5) Brooklyn Weldon 09	6) Abby Malcom 09	7) Abigail Ramos 10
2	Lynnville-Sully	1	50.63 1
	1) Morgan Hay 12	2) Brilynn Tice 11	3) Aubrey Harthoorn 09
	5) Breah Lowry 10	6) Katelyn Nikkel 09	7) Bristol Hardeman 09
			8) Willow Schinkel 10
3	Edgewd-Colesburg	1	50.81 1
	1) Faith Dugan 10	2) Lilee Boriskey 12	3) Kaitlyn Hahn 12
	5) Jenna Hamann 09	6) Eva Vaske 09	7) Amanda Nurre 11
			8) Josie Diers 09
4	Bellevue	1	50.86 1
	1) Karley McCombie 11	2) Laney Steines 10	3) Bella Leibfried 11
	5) Cydney Tath 12	6) Vanessa Steines 10	7) Ava Hoerschelman 09
			8) Hailey Feller 09
5	Maquoketa Valley	1	51.02 2
	1) Mallori Ambundo 09	2) Lilly Kraft 11	3) Taryn Burbridge 12
	5) Rylee Reed 10	6) Haydin Flannagan 11	7) Natalie Ries 11
			4) Camryn Paris 11
6	Hillcrest	1	51.08 1
	1) Karina Bourha 10	2) Adia Scott 09	3) Niva Helmuth 12
	5) Brynna Boshart 09	6) Carla Raphael 09	7) Amelia Vigneron 09
			8) Zainab Shawgi 11
7	Highland	1	51.20 2
	1) Hailey Brun 11	2) Kamryn Fink 10	3) Kinzie Ruess 09
	5) Sienna Bell 09	6) Maiya Singbeil 10	7) Brena Hazelett 12
			8) Ella Schlabaugh 09
8	Cent Decatur	1	51.26 1
	1) Lakyn Mundy 10	2) Soiyer Smith 11	3) Grace Leahy 10
	5) Zoey Quigley 11	6) Aubri Perkins 11	7) Kierny Watson 09
			4) Breegan Lindsey 12
			8) Karizma Overhake 09

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Event	Team	Relay	Seed Time
9	WACO	1	51.28 3
	1) Ryen Pepper 12	2) Natalie Wagler 11	3) Bren Graber 10
	5) Mei Leichty 11	6) Madelyn Farmer 11	4) Taelyn Egli 10
		7) Javan Davis 09	8) Aliya Graber 12
10	N Mahaska	1	51.31 4
	1) Addelynn Jedlicka 09	2) Nataliya Linder 11	3) Addison Terpstra 11
	5) Olivia Ridgeway 11		4) Kieren Perez 12
11	George-Little Rk	1	51.41 1
	1) Gretchen Stratman 11	2) Grace Ubbinga 10	3) Keslee Kruger 09
	5) Emily Minter 09	6) Carly DeLeeuw 09	4) Lindsey Haken 12
12	AHSTW	1	51.47 2
	1) Brooke Lee 11	2) Kennedy Wyman 10	3) Emery Brockhoff 10
	5) Natalee Stokes 10	6) Adaline McIntosh 11	4) McKenzie Behrens 09
		7) Yana Lander 11	8) Charlotte Pattee 09
13	W Monona	1	51.56 2
	1) Montana Farrens 12	2) Ashlee Pittet 12	3) Carly Stangel 12
	5) Brynn Bellis 10	6) Lakin Archer 11	4) McKenna Baker 11
		7) Kaylee Miller 09	8) Kayla Cameron 10
14	North Butler	1	51.62 2
	1) Alexis Rose 12	2) Claire McCandless 12	3) Laney Brinkman 12
	5) Kylie Knoll 12	6) Kamri Groen 11	4) Cora Barnett 11
		7) Izzy O'Dowd 12	8) Nadelyn Stanbrough 11
15	Van Buren	1	51.66 5
	1) Emma Coffin 11	2) Aida Troutman 10	3) Daphny Wells 11
	5) Ali Pedretti 10	6) Aubrey Loeffler 09	4) Ava Loeffler 11
16	Mount Ayr	1	51.66 2
	1) Chloe Robb 09	2) Payton Worthington 09	3) Kate Newton 10
	5) Emma Reynolds 10	6) Aubree Shields 12	4) Brittlyn Nickle 11
		7) Sayuri Meadors 12	8) Alexa Bailey 12
17	Lawton-Bronson	1	51.66 3
	1) Briella Oehler 09	2) Bree Jessen 10	3) Addison Rubendall 12
	5) Sierra Handke 10	6) Ava Moseman 09	4) Laney Nelson 11
		7) Kyras Bata 09	8) Adelynn Mesz 09
18	Lisbon	1	51.72 3
	1) Jordyn Jarchow 10	2) Quinn Roos 10	3) Paige Epperly 10
	5) Leila Mayhew 11	6) Alexa Roos 12	4) Brynley Patterson 10
		7) Jaycie Happel 09	
19	Belle Plaine	1	51.72 2
	1) Aubrey Jack 09	2) Annika Hultquist 10	3) Ava Grieder 11
	5) Kennedy Coover 11	6) Evelyn Davis 09	4) Camella Walton 10
		7) Kaylie Donnelly 11	8) Reghan DeRycke 10
20	West Fork	1	51.87 1
	1) Alyssa Wood 11	2) Josephine Schmidt 10	3) Evelyn Hitzhusen 11
	5) Dazie Huff 09	6) Ryann Orton 09	4) Talia Pommehn 09
		7) Cadence Eddy 10	8) Malaina Martinez 11
21	West Hancock	1	51.89 2
	1) Ava Keiper 11	2) Iselle Weiland 10	3) Aubrey Madson 12
	5) Embree Witte 10	6) Tara Marchand 12	4) Vanessa Nieto Mendez 12
		7) Charlie Bruggeman 12	8) Lauryn Johnson 11
22	North Cedar	1	51.95 4
	1) Reese Sandberg 12	2) Brookelynn Kreeel 11	3) Caylee Curley 11
	5) Emily Pruess 10	6) Lily Dohmen 11	4) Arianna Robinson 09
		7) Maci O'Rourke 11	8) Cailyn Husmann 12
23	Montezuma	1	52.15 1
	1) Vivian Cook 11	2) Sydnee Burgess 11	3) Ryanne Williams 10
	5) Lily Ferry 12	6) Kami Mathes 12	4) Hayden Sutherland 10
		7) Brielle Haughey 09	8) Kamryn Schmidt 11
24	IKM-Manning	1	52.22 1
	1) Anna Stangl 12	2) Caylie Rasmussen 11	3) Oriah Meiners 12
	5) Kieryn Vetter 09	6) Kenli Irlbeck 09	4) Olivia Linde 10
		7) Macy Rasmussen 10	8) Grace Carroll 12

Iowa Girls & Boys State Track Meet 2026 - 5/21/2026 to 5/23/2026

Des Moines, Iowa
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Performance List

Event 78 Girls 4x200 Meter Relay 1A

Friday 5/22/2026 - 11:00 AM

State Meet: 1:43.29 2022

Madrid, Madrid

L Ostert, E Olsen, J Dodds, E Santi

All-Time: 1:38.40 4/24/2026

Waukee Northwest, Waukee NW

McCann, Jorgensen, Stahl, Willits

Team	Relay	Seed Time
1 Edgewd-Colesburg	1	1:46.55 1
1) Faith Dugan 10	2) Lilee Boriskey 12	3) Kaitlyn Hahn 12
5) Jenna Hamann 09	6) Eva Vaske 09	7) Addi Schmelzer 10
8) Annabelle Wulfekuhle 10		
2 Wayne, Corydon	1	1:47.47 1
1) Ella Pruiett 12	2) Jolene Murphy 11	3) Brystal Peck 11
5) Natalia Brown 12	6) Kallie Peck 09	7) Ashtyn Robinson 09
8) Ava Hysell 09		
3 West Hancock	1	1:47.51 1
1) Ava Keiper 11	2) Iselle Weiland 10	3) Aubrey Madson 12
5) Embree Witte 10	6) Tara Marchand 12	7) Charlie Bruggeman 12
8) Lauryn Johnson 11		
4 West Fork	1	1:47.89 2
1) Alyssa Wood 11	2) Dazie Huff 09	3) Evelyn Hitzhusen 11
5) Josephine Schmidt 10	6) Cadence Eddy 10	7) Ryann Orton 09
8) Abby Schoning 12		
5 Cent Decatur	1	1:48.03 2
1) Lakyn Mundy 10	2) Soiyer Smith 11	3) Grace Leahy 10
5) Zoey Quigley 11	6) Aubri Perkins 11	7) Leighanna Bundt 12
8) Lily Luckey 10		
6 Lake Mills	1	1:48.69 3
1) Tatum Sauer 09	2) Cora Sauer 11	3) Makenzie Budach 11
5) Jacklyn Gallardo 11	6) Ellie Mondt 09	7) Reese Delger 11
8) Ari Stensrud 09		
7 St. Albert, CB	1	1:49.15 1
1) Sophia Denton 11	2) Ellie Larmie 09	3) Greta Livingston 11
5) Lyla Kohlhaas 09	6) Madelyn Dawson 09	7) Kinley Banks 10
8) Keira Diehm 11		
8 Maquoketa Valley	1	1:49.20 1
1) Rylee Reed 10	2) Lilly Kraft 11	3) Taryn Burbridge 12
5) Payton Lanning 09	6) Taylor Salow 10	7) Natalie Ries 11
4) Camryn Paris 11		
9 George-Little Rk	1	1:49.36 1
1) Gretchen Stratman 11	2) Keslee Kruger 09	3) Grace Ubbinga 10
5) Emily Minter 09	6) Carly DeLeeuw 09	4) Lindsey Haken 12
10 AHSTW	1	1:49.46 2
1) McKenzie Behrens 09	2) Emery Brockhoff 10	3) Macey Goshorn 11
5) Ava Paulsen 12	6) Makenna Paulsen 12	7) Bella Lamp 11
8) Brooke Lee 11		
11 Van Buren	1	1:49.71 1
1) Emma Coffin 11	2) Aubrey Loeffler 09	3) Aida Troutman 10
5) Kayley Snowgren 11	6) Adalyn Snowgren 09	7) Ali Pedretti 10
8) Daphny Wells 11		
12 Belle Plaine	1	1:50.04 1
1) Annika Hultquist 10	2) Ava Grieder 11	3) Kennedy Coover 11
5) Evelyn Davis 09	6) Aubrey Jack 09	7) Kaylie Donnelly 11
8) Reghan DeRycke 10		
13 East Union	1	1:50.09 3
1) Tristin Lear 12	2) Maria Long 11	3) Rebecca Young 11
5) Katy Gennaro 09	6) Emma Vandel 11	7) Emma Gennaro 09
8) Cheyenne Dike 11		
14 Lisbon	1	1:50.10 2
1) Jordyn Jarchow 10	2) Quinn Roos 10	3) Paige Epperly 10
5) Leila Mayhew 11	6) Alexa Roos 12	7) Jaycie Happel 09
4) Brynnley Patterson 10		
15 Lynnville-Sully	1	1:50.15 2
1) Morgan Hay 12	2) Brilynn Tice 11	3) Aubrey Harthoorn 09
5) Isabelle Vos 10	6) Bristol Hardeman 09	7) Katelyn Nikkel 09
8) Tatum Huyser 12		

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Event 78 ... (Girls 4x200 Meter Relay 1A)

Team	Relay	Seed Time
16 ACGC	1	1:50.34 1
1) Meranda Gruber 11	2) Savannah Akers 12	3) Cadence Petersen 11
4) Nora Langaard 11	5) Lillie Lauzon 10	6) Blair Brown 09
7) Elizabeth Drake 12	8) Tessa Slaybaugh 09	
17 Wapsie Val, F	1	1:50.36 2
1) Lola Destival 09	2) Haley Stuber 12	3) Austin Franck 12
4) Espyn Decker 09	5) Olivia Becker 10	6) Elly Davie 09
7) Sawyer Buhr 10		
18 Lawton-Bronson	1	1:50.37 2
1) Bree Jessen 10	2) Ava Moseman 09	3) Addison Rubendall 12
4) Laney Nelson 11	5) Briella Oehler 09	6) Aubree O'Brien 10
7) Sierra Handke 10	8) Kyrah Bata 09	
19 Montezuma	1	1:50.39 1
1) Vivian Cook 11	2) Sydnee Burgess 11	3) Kami Mathes 12
4) RYANNE WILLIAMS 10	5) Molly Jones 09	6) Alexa Rose 10
7) Brielle Haughey 09	8) Kamryn Schmidt 11	
20 IKM-Manning	1	1:50.40 2
1) Macy Rasmussen 10	2) Caylie Rasmussen 11	3) Karlee Arp 12
4) Oriah Meiners 12	5) Kieryn Vetter 09	6) Annabelle Blum 09
7) Anna Stangl 12	8) Kenli Irlbeck 09	
21 Danville	1	1:50.41 2
1) Macie Wagner 12	2) Alivia Bauer 10	3) Violette Sowell 11
4) Delaney Newberry 11	5) Emery Nedela 10	6) Bailey Haubrich 09
22 Don Bosco	1	1:50.99 3
1) Allie Lansing 10	2) Khloe McMahan 10	3) Lauren Bloes 09
4) Charlee Yoder 09	5) Cambrie Yoder 11	6) Kaleah Belinsky 09
7) Kylie Belinsky 11	8) Vienna Myers 12	
23 S Winn, Calmar	1	1:51.01 3
1) Emmy Gehling 10	2) Alexis Johannmeier 10	3) Remi Wadsworth 09
4) Cloey Zweibohmer 12	5) Helen Maldonado 09	6) Hayden Steffans 10
7) Adele Conway 12	8) Maddy Jansen 12	
24 Woodbine	1	1:51.34 3
1) Katy Pryor 12	2) Izabelle Seda 11	3) Vanessa Blum 09
4) Avery Coenen 09	5) Taylor Hoefler 12	6) Kate Barry 11
7) Reese Leaders 12	8) Paige Newton 10	

Event 86 Girls 4x400 Meter Relay 1A Prelims

Friday 5/22/2026 - 1:20 PM

State Meet: 3:58.28 5/19/2007 Valley Community Elgin, Valley Commu
A Spain, M Moyle, M Metzger, K McCartney
All-Time: 3:45.36 2026 Waukee Northwest, Waukee NW
McCann, Jorgensen, Vogt, Vogt

Team	Relay	Seed Time
1 St. Albert, CB	1	4:05.69 1
1) Sophia Denton 11	2) Ellie Larmie 09	3) Greta Livingston 11
4) Stella Simms 09	5) Lyla Kohlhaas 09	6) Madelyn Dawson 09
7) Kinley Banks 10	8) Lili Denton 12	
2 Mount Ayr	1	4:06.32 1
1) Tatum Friedrich 11	2) Kacie Larsen 12	3) Aubree Shields 12
4) Emma Reynolds 10	5) Kate Newton 10	6) Ryley Greenwell 10
7) Addison Doolittle 12	8) Chloe Robb 09	
3 AHSTW	1	4:06.43 2
1) Macey Goshorn 11	2) Ava Paulsen 12	3) Kennedy Wyman 10
4) Bella Lamp 11	5) Makenna Paulsen 12	6) Charlotte Pattee 09
7) Maeleigh Rold 11	8) Yana Lander 11	
4 Maquoketa Valley	1	4:12.02 1
1) Taryn Burbridge 12	2) Anna Feldmann 09	3) Audra Burbridge 10
4) Lanni Beaman 12	5) Payton Lanning 09	6) Khloe Glew 10
5 Riverside, Oak	1	4:12.12 3
1) Kayden Schnack 11	2) Meadow Dalby 09	3) Bentley Rone 12
4) Olivia Lund 12	5) Sophia Fenner 11	6) Azlyn Clark 11
7) Aubrey Lopez 12	8) Arabella Singleton 10	

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Event 86 ... (Girls 4x400 Meter Relay 1A Prelims)

Team	Relay	Seed Time
6 Woodbine	1	4:12.25 4
1) Katy Pryor 12	2) Keaton Owens 09	3) Avery Coenen 09
5) Izabelle Seda 11	6) Charlotte Placek 11	7) Reagan Cogdill 12
8) Kate Barry 11		
7 North Linn	1	4:12.42 2
1) Peyton McMahon 12	2) Delanie Rawson 10	3) Lucy Haughenbury 11
5) Ava Hoover 11		4) Whitney Brady 10
8 W Monona	1	4:12.59 1
1) Carly Stangel 12	2) Chloe Broer 12	3) Brynn Bellis 10
5) McKenna Baker 11	6) Brynn Stangel 10	7) Keirra Jones 10
8) Lakin Archer 11		
9 IKM-Manning	1	4:13.77 1
1) Macy Rasmussen 10	2) Karlee Arp 12	3) Annabelle Blum 09
5) Katelyn Bandow 11	6) Kori Beckendorf 10	7) Oriah Meiners 12
8) Kenli Irlbeck 09		
10 George-Little Rk	1	4:15.15 2
1) Gretchen Stratman 11	2) Grace Ubbinga 10	3) Carly DeLeeuw 09
5) Keslee Kruger 09	6) Emily Minter 09	4) Lindsey Haken 12
11 AGWSR	1	4:15.57 1
1) Brynn Buseman 10	2) Gracie Wagoner 11	3) Elise Olson 12
5) Ellie Bear 11	6) Audrey Benning 12	7) Hadley Bright 09
4) Piper Smith 12		
12 Danville	1	4:15.99 1
1) Delaney Newberry 11	2) Alivia Bauer 10	3) Macie Wagner 12
5) KoraRae Stott 09	6) Amy Stuecker 10	4) Alaina Gourley 12
13 HLV, Victor	1	4:16.17 1
1) Caidyn Schmidt 10	2) Annie Balvin 09	3) Sloane McKain 09
4) Emery Hall 11		
14 West Fork	1	4:16.20 1
1) Evelyn Hitzhusen 11	2) Dazie Huff 09	3) Alyssa Wood 11
5) Makenna Dick 09	6) Abby Schoning 12	7) Jennifer Ramirez 12
8) Maesy Mayland 11		
15 Newell-Fonda	1	4:16.53 2
1) Elliot Hamilton 09	2) Ellie Sievers 10	3) Quinn Sievers 09
5) Ava Vie 12	6) Mareni Brabec 12	7) Kyia Copp 09
4) Rylee Hogrefe 11		
16 Gehlen Cath, L	1	4:17.45 3
1) Ayla Schmidt 10	2) Ella Ruhland 10	3) Emmi Castle 09
5) Delanie Budden 10	6) Grace Kellen 12	7) Anna Schilling 09
8) Breanna Kolbeck 09		
17 Cent Decatur	1	4:17.74 2
1) Aubri Perkins 11	2) Zoey Quigley 11	3) Grace Leahy 10
5) Adelynne Lane 09	6) Leighanna Bundt 12	7) Kimber Leahy 09
8) Lily Luckey 10		
18 Griswold	1	4:17.94 5
1) Sadie Gohlinghorst 11	2) Alexa Steinhoff 10	3) Camille Dorscher 10
5) Bristol Wyman 11	6) Embree Chambers 10	7) Josie Millikan 12
4) Carsyn Adams 11		
19 S Winn, Calmar	1	4:18.00 1
1) Adele Conway 12	2) Emmy Gehling 10	3) Maddy Jansen 12
5) Annie Hageman 11	6) Ava Franzen 11	7) Vanessa Bullerman 10
8) Tessa Phillips 12		
20 Saint Ansgar	1	4:18.42 2
1) Jaeda Mayer 10	2) Lila Powers 12	3) Ava Witt 09
5) Ava Falk 12	6) Amelia Walk 10	7) Charlie Kline 09
8) Alexis Frein 12		
21 Midland, Wyoming	1	4:18.76 3
1) Izzie Franzen 09	2) Gabbie Franzen 12	3) Addi Coates 09
5) Kylie LaFella 10	6) Emerson Huston 12	4) Addison Miller 11
22 Lawton-Bronson	1	4:19.70 4
1) Aubree O'Brien 10	2) Kaylee Mesz 11	3) Bree Jessen 10
5) Briella Oehler 09	6) Ava Moseman 09	7) Jaeley Kooiker 12
8) Kate Thelander 11		

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Event 86 ... (Girls 4x400 Meter Relay 1A Prelims)

Team	Relay	Seed Time
23 Wayne, Corydon	1	4:20.59 3
1) Destiny Brown 11	2) Jolene Murphy 11	3) Brystal Peck 11
5) Lacie Peck 11	6) Natalia Brown 12	7) Sofia Birkland 10
8) Zoe Taylor 09		
24 Lynnville-Sully	1	4:20.95 2
1) Isabelle Vos 10	2) Peyton Sharp 11	3) Kate Harthoorn 12
5) Bristol Hardeman 09	6) Katelyn Nikkel 09	7) Tatum Huyser 12
8) Brooke Harthoorn 10		

Event 94 Girls 4x800 Meter Relay 1A**Thursday 5/21/2026 - 11:20 AM**

State Meet: 9:28.33 5/17/2007 Valley Community Elgin, Valley Commu
A Spain, M Moyle, D Bushman, K McCartney
All-Time: 8:58.03 4/25/2026 Waukee Northwest, Waukee NW
Vander Ley, Sundet, Stubbendeck, Dani

Team	Relay	Seed Time
1 S Winn, Calmar	1	9:57.69 1
1) Ava Franzen 11	2) Adele Conway 12	3) Maddy Jansen 12
5) Tessa Phillips 12	6) Lauren Ondrashek 11	7) Vanessa Bullerman 10
8) Kaylie Bruess 09		
2 AHSTW	1	9:57.80 1
1) Ava Paulsen 12	2) Macey Goshorn 11	3) Makenna Paulsen 12
5) Emery Brockhoff 10	6) Kennedy Wyman 10	7) Tayli Lawler 11
8) Addison Carroll 11		
3 WACO	1	10:00.87 1
1) Carlee Lunsford 11	2) Macie Carter 09	3) Aliya Graber 12
5) Trinity Dean 10	6) Kylie Miller 09	7) Bren Graber 10
4 Riverside, Oak	1	10:01.15 2
1) Meadow Dalby 09	2) Kayden Schnack 11	3) Azlyn Clark 11
5) Sophia Fenner 11	6) Amaiya Less 12	7) Bailey Richardson 12
8) Madison Kelley 12		
5 Newell-Fonda	1	10:06.45 1
1) Mareni Brabec 12	2) Rylee Hogrefe 11	3) Quinn Sievers 09
5) Danika Meyer 10	6) Kyia Copp 09	4) Elliot Hamilton 09
6 Mount Ayr	1	10:07.91 1
1) Ryley Greenwell 10	2) Tatum Friedrich 11	3) Kacie Larsen 12
5) Kate Newton 10	6) Ashlyn Byer 12	7) Ava England 12
8) Aubree Shields 12		
7 Sibley-Ocheyedan	1	10:09.70 1
1) Riley Childs 10	2) Lucy Heitritter 09	3) Zaida Ochoa 10
5) Gracie Odens 09	6) Mya Pohlen 11	4) Aleah Marco 10
8 Madrid	1	10:10.06 1
1) Hannah Brandhorst 11	2) Charis Peasley 09	3) Madelyn Grothus 11
5) Katelyn Hanson 12	6) Ella Hutchinson 09	7) Makayla Mullenbach 09
8) Olivia Pudenz 10		
9 Saint Ansgar	1	10:10.25 1
1) Jacey Johnston 12	2) Jaeda Mayer 10	3) Lila Powers 12
5) Ella Horgen 10	6) Lanie Hanna 12	7) Amelia Walk 10
8) Harper DeMaris 09		
10 Turkey Val, JJ	1	10:10.26 2
1) Annebelle Scheidel 09	2) Hazel Nieman 11	3) Kendall Kuennen 11
5) Addison Steinlage 12		4) Isabella Stika 11
11 Lynnville-Sully	1	10:11.63 1
1) Emma Parkinson 11	2) Peyton Sharp 11	3) Breah Lowry 10
5) Isabelle Vos 10	6) Mandeesa Vos 10	7) Brooke Harthoorn 10
4) Kate Harthoorn 12		
12 Van Buren	1	10:12.33 2
1) Rory Philips 10	2) Rylee Philips 12	3) Gabby Titus 10
5) Elli Daugherty 11	6) Jacqueline Singer 10	7) Adalyn Snowgren 09
4) Kayley Snowgren 11		

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Event 94 ... (Girls 4x800 Meter Relay 1A)

Event	Team	Relay	Seed Time
13	Earlham	1	10:13.03 2
	1) Shea Rodgers 11	2) Kinsley Canoyer 10	3) Mackenzie Harger 12
	5) Cadence Hammen 12	6) Layah Anderson 10	7) Olivia Summerville 10
14	N Tama, Traer	1	10:15.36 2
	1) Shawna Cibula 10	2) Isla Breakenridge 10	3) Olivia Youngblood 11
	5) Rachael Murty 11	6) Lucy Monat 09	4) Gabriella Seda 12
15	Wapsie Val, F	1	10:19.95 3
	1) Brinley Boehme 10	2) Adalynn Kane 10	3) Whitney Destival 10
	5) Ava Meyer 11	4) Amy Schutte 09	
16	Edgewd-Colesburg	1	10:21.87 4
	1) Addi Schmelzer 10	2) Amanda Nurre 11	3) Annabelle Wulfekuhle 10
	5) Kallyn Henney 12	6) Eva Vaske 09	7) Jenna Hamann 09
17	Lawton-Bronson	1	10:24.61 2
	1) Kaylee Mesz 11	2) Jaeley Kooiker 12	3) Natalie McKenna 11
	5) Kali Cople 11	6) Laney Nelson 11	7) Addison Rubendall 12
			8) Jaycee Smith 09
18	Starmont	1	10:25.31 5
	1) Carley Rosburg 09	2) Abigail Brown 09	3) Josi Munger 11
	5) Lexi Popham 10	6) Grace Ottesen 09	7) Katie Burns 10
			4) Lauren Krogmann 11
19	Baxter	1	10:30.90 2
	1) Piper Redman 10	2) Gwen Tichy 11	3) Elsie Hauser 09
	5) Gia Dart 09	6) Brylea Nicholson 09	7) Johnelle Gliem 12
			4) Avery Wonders 11
20	North Iowa		10:33.57 2
	1) Norah Blodgett 10	2) Lauren Hillesland 12	3) Alexis Gray 11
	5) Maci Ludewig 09	6) Isla Potter 11	7) Taylen Langfald 10
			4) Ava Meinders 12
21	Woodbine	1	10:37.48 3
	1) Charlotte Placek 11	2) Keaton Owens 09	3) Izabelle Seda 11
	5) Vanessa Blum 09	6) Avery Coenen 09	7) Kate Barry 11
			8) Addyson Harris 10
22	Nashua-Plainfld	1	10:39.34 6
	1) Jalissa White 12	2) Ellie Sudol 09	3) Lydia Chester 09
	5) Elizabeth Kalvig 09	6) Rachel Paplow 11	4) Kelly Cerwinske 10
23	Westwood, Sloan	1	10:40.38 3
	1) Keely Christoferson 12	2) Alyssa Anderson 10	3) Chloe Wiggs 11
	5) Grace Lewis 12	6) Addisyn Hackney 11	7) Naomi Terry 09
			4) Josie McFarland 11
			8) Carlee Johnston 10
24	North Linn	1	11:02.53 1
	1) Peyton McMahan 12	2) Delanie Rawson 10	3) Ava Hoover 11
	5) Lucy Haughenbury 11	6) Lillian McMahan 09	4) Whitney Brady 10

Event 108 Girls 800 Sprint Medley 1A

Saturday 5/23/2026 - 9:00 AM

State Meet: 1:48.80 5/23/2015 Hudson, Hudson
L Kolterman, A Mosley, D Reicherts, M Bell

All-Time: 1:43.64 2018 Linn-Mar, Linn-Mar
A Rolle, O Hubler, J Bennett, P Wensel

Event	Team	Relay	Seed Time
1	Maquoketa Valley	1	1:49.47 1
	1) Camryn Paris 11	2) Rylee Reed 10	3) Audra Burbridge 10
	5) Mallori Ambundo 09	6) Lilly Kraft 11	4) Lanni Beaman 12
2	CAM, Anita	1	1:51.32 1
	1) Brookelyn Steffen 11	2) Brylee Steffen 09	3) Ruthie Rich 11
	5) Courtney Follmann 11	6) Nadia South 10	7) Bailey Wittrock 10
			4) Ada Hansen 11
			8) Kinsey Burg 09

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Event 108 ... (Girls 800 Sprint Medley 1A)

Event	Team	Relay	Seed Time
3	Mount Ayr	1	1:51.35 1
	1) Chloe Robb 09	2) Brittlyn Nickle 11	3) Aubree Shields 12
	5) Kate Newton 10	6) Tatum Friedrich 11	4) Emma Reynolds 10
		7) Kacie Larsen 12	8) Payton Worthington 09
4	Edgewd-Colesburg	1	1:52.06 1
	1) Faith Dugan 10	2) Rylee Atkinson 12	3) Kaitlyn Hahn 12
	5) Jenna Hamann 09	6) Lilee Boriskey 12	4) Eva Vaske 09
5	Lake Mills		1:52.43 1
	1) Jacklyn Gallardo 11	2) Ellie Mondt 09	3) Regan Eastvold 11
	5) Hillary Hanson 09	6) Kendall Leonhardi 11	4) Tatum Sauer 09
		7) Ari Stensrud 09	8) Reese Delger 11
6	Lynnville-Sully	1	1:52.55 1
	1) Morgan Hay 12	2) Brilynn Tice 11	3) Tatum Huyser 12
	5) Bristol Hardeman 09	6) Isabelle Vos 10	4) Brea Lowry 10
		7) Aubrey Harthoorn 09	8) Katelyn Nikkel 09
7	Danville	1	1:52.81 1
	1) Macie Wagner 12	2) Violette Sowell 11	3) Delaney Newberry 11
	5) Alivia Bauer 10	6) Bailey Haubrich 09	4) Alaina Gourley 12
8	West Hancock		1:53.00 2
	1) Ava Keiper 11	2) Iselle Weiland 10	3) Vanessa Nieto Mendez 12
	5) Embree Witte 10	6) Tara Marchand 12	4) Aubrey Madson 12
		7) Charlie Bruggeman 12	8) Lauryn Johnson 11
9	AGWSR	1	1:53.02 1
	1) Brynn Buseman 10	2) Hadley Bright 09	3) Elise Olson 12
	5) Ellie Bear 11	6) Gracie Wagoner 11	4) Piper Smith 12
10	Martndsl-StMarys	1	1:53.26 2
	1) Jaina Gladson 10	2) Lauren Tibbits 11	3) Marin Janke 10
	5) Rylie Fugate 11	6) Kylee Immerfall 10	4) Maclaine German 12
		7) Gretchen Wearmouth 12	8) Kaylee Nehring 09
11	Turkey Val, JJ	1	1:53.28 2
	1) Kendall Kuennen 11	2) Brynlee Hayek 10	3) Hazel Nieman 11
	5) Jenna Thronson 12	6) Addison Steinlage 12	4) Isabella Stika 11
		7) Annebelle Scheidel 09	
12	Boyer Valley	1	1:53.45 2
	1) Sylvia Sullivan 12	2) Maggie Yanak 10	3) KellyAnne Tremel 09
	5) Maddie Gunia 12	6) Lily Heistand 12	4) Morgan Hast 11
		7) Lauryn Muff 12	8) Jenna Mitchell 11
13	Bishop Garrigan		1:53.87 3
	1) Cate Birkey 10	2) Brooklyn Berte 10	3) Ava Roethler 12
	5) Avery Culbertson 09	6) Piper Roethler 09	4) Madelyn Tigges 10
		7) Rosanne Curtis 12	8) Eva Kohlhaas 11
14	Janesville	1	1:54.21 3
	1) Tayah Pollock 11	2) Isabel Barnes 10	3) Addy Oldenburger 12
	5) Abigail Jones 10	6) Gracie Bloes 11	4) Honor Hovenga 11
		7) Presley Pugh 10	8) Hayley Domeyer 09
15	Fremont-Mills	1	1:54.66 1
	1) Abby Malcom 09	2) Kinley Blackburn 12	3) Reese Gute 12
	5) Abigail Ramos 10	6) Brooklyn Weldon 09	4) Carlie Nuckolls 11
16	Don Bosco	1	1:54.71 2
	1) Allie Lansing 10	2) Lauren Bloes 09	3) Khloe McMahon 10
	5) Cambrie Yoder 11	6) Kaleah Belinsky 09	4) Charlee Yoder 09
		7) Kylie Belinsky 11	8) Vienna Myers 12
17	Lisbon	1	1:54.72 3
	1) Paige Epperly 10	2) Quinn Roos 10	3) Brynnley Patterson 10
	5) Leila Mayhew 11	6) Alexa Roos 12	4) Jordyn Jarchow 10
		7) Jaycie Happel 09	
18	IKM-Manning	1	1:54.89 3
	1) Macy Rasmussen 10	2) Olivia Linde 10	3) Caylie Rasmussen 11
	5) Oriah Meiners 12	6) Kieryn Vetter 09	4) Addisyn Bandow 11
		7) Anna Stangl 12	8) Annabelle Blum 09
19	West Fork		1:55.21 4
	1) Alyssa Wood 11	2) Dazie Huff 09	3) Evelyn Hitzhusen 11
	5) Josephine Schmidt 10	6) Cadence Eddy 10	4) Talia Pommrehn 09
		7) Makenna Dick 09	8) Ryann Orton 09

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Event 108 ... (Girls 800 Sprint Medley 1A)

Team	Relay	Seed Time
20 AHSTW	1	1:55.53 2
1) Brooke Lee 11	2) Emery Brockhoff 10	3) McKenzie Behrens 09
5) Jocelyn Morris 10	6) Katie Scheffler 09	7) Kendra Hansen 11
		8) Maeleigh Rold 11
21 Van Buren	1	1:55.60 2
1) Ali Pedretti 10	2) Emma Coffin 11	3) Aida Troutman 10
5) Daphny Wells 11	6) Kayley Snowgren 11	7) Adalyn Snowgren 09
		8) Rory Philips 10
22 Riverside, Oak	1	1:55.76 3
1) Ella Reed 11	2) Adaline Martens 12	3) Arabella Singleton 10
5) Kayden Schnack 11	6) Bentley Rone 12	7) Sophia Fenner 11
		8) Aubrey Lopez 12
23 St. Edmond, FD	1	1:56.37 3
1) Ava Bradley 10	2) Breckyn Ulrich 09	3) Brianna Saathoff 12
5) Kenzie Nolte 09	6) Alex Leiting 11	7) Ella Vandt 09
		8) Grace Schlegel 09
24 George-Little Rk	1	1:56.46 1
1) Keslee Kruger 09	2) Emily Minter 09	3) Grace Ubbinga 10
5) Carly DeLeeuw 09	6) Lindsey Haken 12	4) Gretchen Stratman 11

Event 116 Girls High Jump 1A

Friday 5/22/2026 - 11:30 AM

State Meet: 5-09.50 5/23/2025 Ema Roberts, HLV-TC
 All-Time: 6-01 2010 Hannah Willms, Dike-New Hartford

Name	Year	School	Seed Mark
1 Aubree Shields	12	Mount Ayr	5-06.00 1
2 Kennedy Brant	12	Glad-Reinbeck	5-04.00 1
3 Rowan Jacobi	12	Springville	5-03.00 1
4 Gracie Wagoner	11	AGWSR	5-03.00 1
5 Isadora Wheeler	09	Cedar Ridge Christian	5-03.00 2
6 Quin Smith	12	Winfield-Mt. U	5-03.00 1
7 Marisa Cahalan	11	E Marshall	5-02.00 2
8 Lilee Boriskey	12	Edgewood-Colesburg	5-02.00 1
9 Addison Hansen	11	Graet-T/Ruth-Ayr	5-02.00 1
10 Allie Fehr	12	WB-Mallard	5-02.00 1
11 Emersyn Reiter	12	Lisbon	5-02.00 2
12 Kinzie Ruess	09	Highland	5-02.00 2
13 Zoey Quigley	11	Cent Decatur	5-02.00 2
14 Ella Horgen	10	Saint Ansgar	5-01.00 3
15 Kaberlee Fairbanks	11	Akron-Westfield	5-01.00 1
16 Emily Pruess	10	North Cedar	5-01.00 3
17 Makenzie Budach	11	Lake Mills	5-01.00 2
18 Elizabeth Kalvig	09	Nashua-Plainfld	5-01.00 2
19 Vanessa Blum	09	Woodbine	5-01.00 1
20 Ella Sanford	09	IKM-Manning	5-01.00 3
21 Malia Clayburg	12	CR-Bayard	5-01.00 2
22 Kaylynn Newton	12	Lawton-Bronson	5-01.00 2
23 Keirra Jones	10	W Monona	5-00.00 3
24 Lauren Roberts	10	Stanton	5-00.00 2

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Event 124 Girls Long Jump 1A

Thursday 5/21/2026 - 11:30 AM

State Meet: 18-08.50 5/15/2008 Jennifer Jorgensen, Southeast We

All-Time: 20-08.25 2025 Abby Mecklenburg, Linn-Mar

Name	Year	School	Seed	Mark
1 McKenna Baker	11	W Monona	18-02.00	1
2 Paige Richards	11	Madrid	17-09.50	1
3 Ella Whitney	11	Wayne, Corydon	17-08.00	1
4 Nataliya Linder	11	N Mahaska	17-07.50	1
5 Camryn Russell	12	Baxter	17-05.75	2
6 Addison Winters	12	Kee, Lansing	17-02.75	1
7 Ruthie Rich	11	CAM, Anita	16-11.00	1
8 Ava Christofferson	12	Lone Tree	16-10.50	2
9 Marin Janke	10	Martndsl-StMarys	16-10.25	3
10 Alexa Hahn	11	Highland	16-09.00	3
11 Annika Hultquist	10	Belle Plaine	16-09.00	1
12 Espyn Decker	09	Wapsie Val, F	16-08.50	2
13 Lilee Boriskey	12	Edgewd-Colesburg	16-08.00	3
14 Avery Gaswint	10	Akron-Westfield	16-06.00	2
15 MeLayna Boeschen	09	Dunkerton	16-06.00	2
16 Charlee Yoder	09	Don Bosco	16-03.75	1
17 Annabelle Blum	09	IKM-Manning	16-03.50	2
18 Camella Walton	10	Belle Plaine	16-03.25	3
19 Ava Vonderhaar	09	Clayton Ridge	16-02.25	4
20 Jordyn Keuck	09	Heartland Christ	15-11.25	1
21 Maddie Fehr	12	WB-Mallard	15-10.25	3
22 Isabelle Vos	10	Lynnville-Sully	15-10.00	4
23 Avrie Fagan	12	Earlham	15-10.00	2
24 Makenzie Budach	11	Lake Mills	15-08.75	1

Event 132 Girls Discus Throw 1A

Friday 5/22/2026 - 9:00 AM

State Meet: 150-09 5/23/2025 Anna Hadley, Pekin

All-Time: 179-07 2014 Kiana Phelps, KP-WC

Name	Year	School	Seed	Mark
1 Anna Hadley	12	Pekin	153-00	1
2 Lauren Dvorak	12	Madrid	129-11	1
3 Lindsay Kruse	12	Saint Ansgar	124-06	1
4 Courtney Follmann	11	CAM, Anita	122-07	1
5 Maddy Mason	12	CR-Bayard	118-01	2
6 Ava Menke	12	Lake Mills	115-04	2
7 Sellah Ambundo	11	Maquoketa Valley	114-06	1
8 Lindsey Haken	12	George-Little Rk	114-03	1
9 Liv Nehring	10	Ankeny Christ	113-08	2
10 Sophia Semprini	10	Montezuma	113-01	3
11 Kendall Wittman	11	Edgewd-Colesburg	111-02	1
12 Rihanna Myers	09	St. Edmond, FD	111-01	4
13 Addison Carroll	11	AHSTW	110-06	1
14 Georgia Jones	11	W Monona	110-04	2
15 Ella Gade	10	Griswold	110-02	2
16 Raelene Hawkins	12	HLV, Victor	109-07	1

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Event 132 ... (Girls Discus Throw 1A)

	Name	Year	School	Seed	Mark
17	Hannah Krueger	12	Westwood, Sloan	109-07	3
18	Izzy O'Dowd	12	North Butler	109-05	2
19	Sophia Fenner	11	Riverside, Oak	109-01	3
20	Savannah Drips	12	Edgewd-Colesburg	108-08	3
21	Katelyn Weathers	11	Ankeny Christ	107-07	5
22	Jenna Peterson	10	Bishop Garrigan	107-02	3
23	Paisley Sleep	10	Bedford	106-02	1
24	Kooper Martin	09	Lisbon	106-02	2

Event 140 Girls Shot Put 1A

Thursday 5/21/2026 - 9:00 AM

State Meet: 45-01 2022

Audi Crooks, Bishop Garrigan

All-Time: 53-03.50 1992

Paulette Mitchell, Council Bluffs AL

	Name	Year	School	Seed	Mark
1	Anna Hadley	12	Pekin	42-05.25	1
2	Kendall Wittman	11	Edgewd-Colesburg	41-07.75	1
3	Sophia Fenner	11	Riverside, Oak	41-06.75	1
4	Lauren Dvorak	12	Madrid	39-01.50	1
5	Hayleigh Mattox	12	Fremont-Mills	38-01.00	2
6	Ashtyn Wheeler	11	E Marshall	37-06.50	2
7	Maddy Mason	12	CR-Bayard	37-01.00	1
8	Reghan DeRycke	10	Belle Plaine	36-10.50	1
9	Sellah Ambundo	11	Maquoketa Valley	36-08.25	1
10	Grace Farnsworth	12	BCLUW	36-07.50	2
11	Chloe Sexton	11	Highland	36-05.00	2
12	Grace Hornseth	11	Kee, Lansing	36-02.50	2
13	Brylee Dickman	12	West Fork	36-01.25	1
14	Avery Culbertson	09	Bishop Garrigan	35-08.50	2
15	Arianna Pierce	10	GMG, Garwin	35-08.00	3
16	Delanie Budden	10	Gehlen Cath, L	35-07.00	1
17	Sealymae Athey	10	Saint Ansgar	35-06.25	3
18	Emily Knox	10	Mount Ayr	35-04.25	1
19	Kendra Schultz	09	Pekin	35-03.75	3
20	Maddie Ladeburg	12	Wapsie Val, F	35-03.50	3
21	Lindsay Kruse	12	Saint Ansgar	35-02.25	4
22	Kalle Voy	12	Wapsie Val, F	34-09.00	4
23	Madison Kelley	12	Riverside, Oak	34-08.25	3
24	Lillian Kolsrud	12	Kee, Lansing	34-07.00	5

Event 148 Girls Distance Medley 1A

Friday 5/22/2026 - 9:00 AM

State Meet: 4:05.37 5/18/2007

North Tama Traer, North Tama T

B Dinsdale, M Halupnick, S Stoakes, B Dinsdale

All-Time: 3:55.82 2017

Assumption, Assumption

	Team	Relay	Seed	Time
1	St. Albert, CB	1	4:11.15	1
	1) Sophia Denton 11	2) Ellie Larmie 09	3) Greta Livingston 11	4) Lili Denton 12
	5) Stella Simms 09	6) Lyla Kohlhaas 09	7) Madelyn Dawson 09	8) Kinley Banks 10

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Event 148 ... (Girls Distance Medley 1A)

Event	Team	Relay	Seed Time
2	Martndsl-StMarys	1	4:17.84 1
	1) Lauren Tibbits 11	2) Marin Janke 10	3) Maclaine German 12
	5) Jaina Gladson 10	6) Alena Oberbroeckling 11	7) Penelope Wearmouth 11
3	Maquoketa Valley	1	4:20.26 1
	1) Camryn Paris 11	2) Lanni Beaman 12	3) Taryn Burbridge 12
	5) Alaina Mead 11	6) Anna Feldmann 09	4) Audra Burbridge 10
4	Madrid	1	4:21.90 2
	1) Kimee Smith 10	2) Jaela Hansen 11	3) Paige Richards 11
	5) Hannah Brandhorst 11	6) Iyla Fine 11	7) Kiera Alt 09
5	S Winn, Calmar	1	4:22.59 1
	1) Emmy Gehling 10	2) Alexis Johannngmeier 10	3) Adele Conway 12
	5) Remi Wadsworth 09	6) Cloey Zweibohmer 12	7) Ava Franzen 11
6	Pekin	1	4:22.79 1
	1) Brin Lauderman 09	2) Addison Smith 11	3) Maddy Petrehn 11
	5) Mya Glick 09	6) Fynlie Brooks 09	7) Paislee Coleman 11
7	WACO	1	4:23.22 2
	1) Natalie Wagler 11	2) Taelyn Egli 10	3) Carlee Lunsford 11
	5) Mei Leichty 11	6) Aliya Graber 12	7) Bren Graber 10
8	Turkey Val, JJ	1	4:23.48 2
	1) Kendall Kuennen 11	2) Brynlee Hayek 10	3) Hazel Nieman 11
	5) Jenna Thronson 12	6) Addison Steinlage 12	7) Annebelle Scheidel 09
9	AHSTW	1	4:24.66 2
	1) Brooke Lee 11	2) Yana Lander 11	3) Bella Lamp 11
	5) McKenzie Behrens 09	6) Emery Brockhoff 10	7) Macey Goshorn 11
10	W Monona	1	4:24.95 1
	1) Carly Stangel 12	2) Brynn Bellis 10	3) Ashlee Pittet 12
	5) Montana Farrens 12	6) McKenna Baker 11	7) Lakin Archer 11
11	Dunkerton	1	4:25.05 1
	1) MeLayna Boeschen 09	2) Elsie McIntosh 12	3) Kylee Pexa 11
	5) Aaliyah Billups 09	6) Deena French 09	4) Abbi Waskow 11
12	Riceville	1	4:25.73 1
	1) Alexa Wolthoff 10	2) Taleah Dohlman 10	3) Camry Zweibohmer 09
	5) Charlotte Smith 09	6) Annie Schroeder 12	7) Natalie Boggess 09
13	Newell-Fonda	1	4:26.35 1
	1) Ava Vie 12	2) Ellie Sievers 10	3) Rylee Hogrefe 11
	5) Elliot Hamilton 09	6) Quinn Sievers 09	7) Paige Erickson 09
14	Griswold	1	4:27.05 3
	1) Camille Dorscher 10	2) Bristol Wyman 11	3) Sadie Gohlinghorst 11
	5) Embree Chambers 10	6) Josie Millikan 12	7) Carsyn Adams 11
15	Earlham	1	4:27.37 1
	1) Avrie Fagan 12	2) Ava Harris 12	3) Amanda Smith 12
	5) Shea Rodgers 11	6) Keeley Keller 12	7) CeCe Stanley 12
16	North Linn	1	4:27.95 2
	1) Irys Benesch 10	2) Delanie Rawson 10	3) Lucy Haughenbury 11
	5) Ava Hoover 11	6) Peyton McMahon 12	4) Whitney Brady 10
17	Graet-T/Ruth-Ayr	1	4:28.14 2
	1) Caitlyn Hough 10	2) Jadin Naig 10	3) Myah Wise 10
	5) Addison Hansen 11	6) Mackenzie Westfall 09	7) Isabella Anderson 12
18	Iowa Valley, M	1	4:28.74 2
	1) Makenna Chvala 10	2) Michaela Schachtlie 12	3) Kennedy Thiessen 11
	5) Maggie Kriegel 09	6) Eva Kriegel 10	7) Clara Fry 12
			4) Emma Von Lienen 11

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Event 148 ... (Girls Distance Medley 1A)

	Team	Relay	Seed Time
19	Saint Ansgar		4:28.84 3
	1) Ava Falk 12	2) Emerson Brumm 10	3) Jaeda Mayer 10
	5) Jacey Johnston 12	6) Ava Witt 09	7) Alexis Frein 12
			8) Lexi Juhl 09
20	E Marshall	1	4:30.48 3
	1) Gianna Boswell 09	2) Libby Atcher 11	3) Addy Denham 10
	5) Faith Pardekoooper 09	6) Dayviah Hinegardner 09	7) Ashtyn Wheater 11
			8) Marisa Cahalan 11
21	Stanton	1	4:30.66 4
	1) Quinn McDonald 09	2) Leilanie Foster-Saye 09	3) Lauren Roberts 10
	5) Maven Allen 09	6) Gabi Grebin 10	7) Cooper Stephens 09
			8) Kennedy Stites 10
22	Gehlen Cath, L	1	4:31.76 2
	1) Delainey Kerns 10	2) Grace Kellen 12	3) Ella Ruhland 10
	5) Lindsey Pohlen 10	6) Delanie Budden 10	7) Emmi Castle 09
			8) Addi Castle 10
23	Mount Ayr	1	4:32.32 2
	1) Chloe Robb 09	2) Brittlyn Nickle 11	3) Kate Newton 10
	5) Emma Reynolds 10	6) Aubree Shields 12	7) Kacie Larsen 12
			8) Addison Doolittle 12
24	Riverside, Oak	1	4:32.77 5
	1) Ella Reed 11	2) Aubrey Lopez 12	3) Bentley Rone 12
	5) Sophia Fenner 11	6) Kayden Schnack 11	7) Arabella Singleton 10
			8) Olivia Lund 12

Event 152 Girls Shot Put Wheelchair Para

Saturday 5/23/2026 - 9:40 AM

State Meet: 20-07.50 5/21/2016 Marhaya Bradford, Mormon Trail

All-Time: 20-07.50 5/21/2016 Marhaya Bradford, Mormon Trail

	Name	Year	School	Seed Mark
1	Brooklyn Wolthoff	12	Riceville	15-04.25