

TRACK ALL-TIME & STATE CHAMPIONS LIST - Updated 5/18/26

If you have a correction or addition, please e-mail Jason Eslinger at jasoneslinger@ighsau.org. All submissions must come from school personnel, be it a coach or AD.

STATE CHAMPIONSHIP HISTORY 1962-2025

Year	Championship Team and Coach	Runner-up Team
1962	SENTRAL 34 -- Lou Paulsen	Missouri Valley 24
1963	SENTRAL 43 -- Lou Paulsen	Cardinal 30
1964	BELLE PLAINE 34 -- Harold Wilkinson	Manilla 26
1965	BELLE PLAINE 42 -- Harold Wilkinson	Malvern 39
1966	BELLE PLAINE 56 -- Harold Wilkinson	Malvern 30
1967	MANILLA 34 -- Tom Wiltgen	Bedford 25
1968	ROLFE 27 -- Allan Gilbertson	Manilla 22
1969	MANILLA 37 -- Larry Bullock	Adel 31
1970	MANILLA 27 -- Larry Bullock and BGM 27 -- Dick Pollitt	
1971	MANILLA 33 -- Larry Bullock	Midland 18
1972	COLLINS 26 -- Bill Brooks	BGM 19
1973	WOODBINE 33 -- LaVerne Kloster	HLV 27
1974	WOODBINE 48 -- LaVerne Kloster	BCL 33
1975	WOODBINE 54 -- LaVerne Kloster	Ames 21
1976	DAVENPORT WEST 33 -- Dale Fogle	Oelwein 32
1977	(1A) MANILLA 54 -- Larry Bullock (2A) HULL WESTERN CHRISTIAN (65) -- Jerry DeWit (3A) DAVENPORT WEST 47 -- Dale Fogle	Tri-County 40 Elkader Central 29 Spencer 34
1978	(1A) MANILLA 52 -- Bill Blazek (2A) HULL WESTERN CHRISTIAN (62) -- Jerry DeWit (3A) INDIANOLA 47 -- Ron Werling	Lincoln 48 Sioux Center 36 Cedar Rapids Kennedy 42
1979	(1A) NORTH TAMA 37 -- Don Wallis (2A) SIOUX CENTER 64 -- Gary Robeson (3A) INDIANOLA 59 -- Ron Werling	Milford 27 Elkader Central 42 Spencer 55
1980	(1A) NORTH TAMA 29 -- Don Wallis (2A) SIOUX CENTER 74 -- Gary Robeson (3A) INDIANOLA 69 -- Ron Werling	Pekin 27 Starmont 30 CR Kennedy 44
1981	(1A) NORTH TAMA 37 -- Don Wallis (2A) CB ST. ALBERT 47 -- Dick McMahon (3A) ANKENY 62 -- Roy Crabtree	Titonka 34 Starmont 44 CR Jefferson 49
1982	(1A) TITONKA 50 -- Paula Jansen (2A) STARMONT 52 -- Jhan Pedersen (3A) DAVENPORT CENTRAL 57 -- Randy Peters	George 26 Chariton 24 Davenport West 53
1983	(1A) LEMARS GEHLEN CATHOLIC 25 -- Dick Seivert (2A) ATLANTIC 39 -- Bruce Henderson (3A) WAVERLY-SHELL ROCK 40 -- Dick Pollitt	Dexfield 24 Hull Western Christian 32 Des Moines East 30
1984	(1A) BELLE PLAINE 34 -- Ron Snyder (2A) SHELDON 44 -- Jim DeJong (3A) DAVENPORT CENTRAL (57) -- Randy Peters	tie Boyden-Hull and LeMars Gehlen Catholic 30 Atlantic 40 Pleasant Valley 37

1985	(1A) LAURENS-MARATHON 46 -- Alan Pierce (2A) MOUNT VERNON 49 -- Bob Meeker (3A) PLEASANT VALLEY 56 -- Ron Swanson	Pocahontas 37 Anamosa 35 North Scott 50
1986	(1A) LAURENS-MARATHON 37 -- Alan Pierce (2A) CAMANCHE 36 -- Jane Montgomery (3A) BETTENDORF 60 -- Gary Roberson	Pocahontas 36 Decorah 25 WDM Valley 44
1987	(1A) LAURENS-MARATHON 50 -- Alan Pierce (2A) CAMANCHE 44 -- Jane Montgomery (3A) AMES 41 -- Jim Dueda	tie Milford and Sanborn 26 Anamosa 39 Bettendorf 35
1988	(1A) MOUNT AYR 29 -- Dave Still (2A) TIPTON 42 -- Dave Fetterman (3A) AMES 53 -- Jim Dueda	Lone Tree 28 St. Ansgar 41 Marshalltown 51
1989	(1A) WACO 38 -- Howard Bean (2A) TIPTON 47 -- Dave Fetterman (3A) BETTENDORF 46 -- Gary Roberson	Charter Oak-Ute 35 Bondurant-Farrar 35 WDM Valley 45
1990	(1A) SIGOURNEY 54 -- Arnold Snook (2A) DE WITT CENTRAL 51--Pam Duncan (3A) BETTENDORF 53 -- Gary Roberson	Laurens-Marathon 38 Tipton 48 Des Moines Roosevelt 38
1991	(1A) SIGOURNEY 51--Arnold Snook (2A) TIPTON 45--Dave Fetterman (3A) PLEASANT VALLEY 64--Ron Swanson	Laurens-Marathon 41 Atlantic 42 Des Moines Roosevelt 46
1992	(1A) SIGOURNEY 44--Arnold Snook (2A) UNITY CHRISTIAN 39--Mark Kauk (3A) AMES 54--Jim Dueda	Laurens-Marathon 40 Oelwein 32 Des Moines Roosevelt 50
1993	(1A) WOODBINE 32--Jim Hyde (2A) EDDYVILLE 34 -- Dave Whitver (3A) INDIANOLA 52--Mark Tucker	Iowa City Regina 30 Unity Christian 33 Iowa City High 50
1994	(1A) LEMARS GEHLEN CATHOLIC 40--Dick Seivert (2A) JEFFERSON-SCRANTON 56--Mavis Sawhill (3A) INDIANOLA 64 1/2--Mark Tucker	Iowa City Regina Davis County 32 Ames 52
1995	(1A) IOWA CITY REGINA 39--Steve Sherwood (2A) DAVIS COUNTY-FOX VALLEY 45--Steve Dent (3A) AMES 63--Jim Dueda	West Hancock 32 Atlantic 38 Cedar Falls 45
1996	(1A) WEST HANCOCK 53--Beth Evans (2A) NEW HAMPTON 52--Dain Jeppson (3A) AMES 66--Jim Dueda	Iowa City Regina 34 Cherokee 38 Ankeny 62
1997	(1A) ANDREW 32--Carmen Besler (2A) BENTON 28--Marty Thomae & SOUTH WINNESHIEK 28--Kevin Kearney (3A) IOWA CITY HIGH 51--Steve Sherwood	Treynor 31 Ankeny 47
1998	(1A) BELLE PLAINE 38--Don McKinney (2A) ATLANTIC 46--Bruce Henderson (3A) IOWA CITY HIGH 55--Steve Sherwood	Williamsburg 32 Benton 40 Des Moines Roosevelt 35
1999	(1A) SOUTH WINNESHIEK 39--Kevin Kearney (2A) ATLANTIC 49--Bruce Henderson (3A) IOWA CITY HIGH 61--Steve Sherwood	Aplington-Parkersburg & Tipton 34 Williamsburg 30 Iowa City West 51

2000	(3A) IOWA CITY WEST - 56 - Mike Parker (2A) ATLANTIC - Bruce Henderson (1A) COUNCIL BLUFFS ST. ALBERT - Scott Millner	Iowa City High 48 Williamsburg 35 Aplington-Parkersburg 29
2001	(3A) IOWA CITY WEST -53- Mike Parker (2A) ATLANTIC - 64 - Bruce Henderson (1A) APLINGTON-PARKERSBURG - 48 - Al Kerns	Iowa City High 52 Williamsburg 38 Okoboji 38
2002	(3A) IOWA CITY HIGH - 65 - Terry Coleman (2A) CENTRAL DEWITT - 48 - Tim Ryan (1A) CEDAR FALLS NU HIGH - 46 - Neil Phipps	Iowa City West 39 Okoboji 44 North Linn 32
2003	(3A) IOWA CITY HIGH - 82 - Terry Coleman (2A) ATLANTIC - 44 - Bruce Henderson (1A) LeMARS GEHLEN CATHOLIC - Richard Sievert - 34 & NORTHEAST - Patrick Healy	West Des Moines Valley 42 Charles City 34 North Linn 32
2004	(4A) IOWA CITY HIGH - 62 - Terry Coleman (3A) ATLANTIC (Bruce Henderson) & MOUNT PLEASANT (Dave Hutchcroft)- 43 (2A) TIPTON - 51 - Dave Fetterman (1A) NORTH LINN (Daryl Moenk) & TRI-CENTER (Pat Dalton)- 32	Iowa City West 48 West Delaware 38 Camanche 41 Valley Community 29
2005	(4A) WEST DES MOINES VALLEY - 95 - Keith Borness (3A) MOUNT PLEASANT-81 - Dave Hutchcroft (2A) TIPTON - 73 - Dave Fetterman - 73 (1A) NORTH LINN - Daryl Moenk -52	Iowa City West 95 Harlan 69.5 South Winneshiek 44 North Butler 45
2006	(4A) IOWA CITY WEST -67.5- Mike Parker (3A) MOUNT PLEASANT - 86 - Dave Hutchcroft (2A) TIPTON - 63 - Dave Fetterman (1A) NORTH TAMA - 82 - Kent Hanser	Iowa City High 62 Harlan 76.33 Kuemper Catholic 43 Valley Community 42
2007	(4A) IOWA CITY WEST - 97.5 - Mike Parker (3A) BENTON - 58 - Marty Thomae (2A) TIPTON - 51 - Dave Fetterman (1A) NORTH TAMA - Kent Hanser - 96	Iowa City High - 80 Mount Pleasant - 56 Aplington-Parkersburg - 41 Valley Community - 67
2008	(4A) IOWA CITY WEST - 84.50 - Mike Parker (3A) BENTON COMMUNITY - 61.00 - Marty Thomae (2A) NORTH POLK - 46 - Scott Huether (1A) NORTH TAMA - 110 - Kent Hanser	Waukee - 82.50 Mount Vernon - 59.00 Davenport Assumption - 44 Logan-Magnolia - 83
2009	(4A) WAUKEE - 98 - Jesse Hunt (3A) MOUNT VERNON-LISBON - 98.25 - Bill Thomsen (2A) LOGAN-MAGNOLIA - 61 - Gene Esser (1A) NORTH TAMA - 40 - Kent Hanser	Iowa City High - 97 Dubuque Wahlert - 78 Hudson - 48 North Iowa - 38
2010	(4A) IOWA CITY WEST - 91 - Mike Parker (3A) MOUNT VERNON-LISBON - 92 - Bill Thomsen (2A) GILBERT & SOLON - 51 - Karl Terrones (G) & Brent Sands (S) (1A) CENTRAL LYON - 51 - Toby Lorenzen	Dowling Catholic - 67 Dubuque Wahlert - 55 Logan-Magnolia - 48
2011	(4A) IOWA CITY HIGH - 69 - Tom Mittman & Terry Coleman (3A) DUBUQUE WAHLERT - 96 - Tim Berning (2A) LOGAN-MAGNOLIA - 71 - Gene Esser (1A) GRISWOLD - 57 - Andy Everett	Des Moines Roosevelt - 63 Davenport Assumption - 64 Hudson - 69 Belle Plaine - 46

2012	(4A) WAUKEE - 82 - Jesse Hunt (3A) DUBUQUE WAHLERT - 90 - Tim Berning (2A) CASCADE - 82 - Tim Frake (1A) GRISWOLD - 51 - Andy Everett	Dowling Catholic - 69.50 Davenport Assumption - 80 Western Christian - 62 West Hancock - 41
2013	(4A) WAUKEE - 80 - Jesse Hunt (3A) DAVENPORT ASSUMPTION - 83 - Tim O'Neill (2A) WESTERN CHRISTIAN - 58 - Dan Kroeze (1A) GRISWOLD - 45 - Andy Everett	Pleasant Valley - 78 Solon - 63 Cascade - 49.76 West Hancock - 39
2014	(4A) URBANDALE - 77.5 - Randy Hutchison (3A) DAVENPORT ASSUMPTION - 107 - Tim O'Neill (2A) CASCADE - 49 - Tim Frake (1A) NORTH LINN - 57 - Bob Mudd	Des Moines Roosevelt - 71 Mount Pleasant - 77 Hudson - 47 Griswold - 43
2015	(4A) PLEASANT VALLEY - 99 - Jane & Kenny Wheeler (3A) DAVENPORT ASSUMPTION - 79 - Tim O'Neill (2A) CLAYTON RIDGE - 54 - Angie Cook (1A) HUDSON - 72 - Keith Harms	Linn-Mar - 90 Decorah - 67 Mount Vernon - 47 North Linn - 67
2016	(4A) WAUKEE - 83 - Jesse Hunt (3A) DAVENPORT ASSUMPTION - 126 - Tim O'Neill (2A) CASCADE - 50 - Tim Frake (1A) WEST HANCOCK - 50 - Mark Sanger	Pleasant Valley - 77 Pella - 79.5 Union - 43 Sioux Central - 44
2017	(4A) WAUKEE - 116 - Jesse Hunt (3A) DAVENPORT ASSUMPTION - 93 - Tim O'Neill (2A) CASCADE - 65 - Tim Frake (1A) SIGOURNEY - 48 - Jenny Harter	Iowa City West - 89 Pella - 77 Mid-Prairie 58 Maple Valley-Anthon-Oto 46
2018	(4A) WAUKEE - 122 - Jesse Hunt (3A) PELLA - 70 - Dak Rasmussen (2A) MID-PRAIRIE - 60 - Chris Tyler (1A) DANVILLE - 56 - Natalie Ford	Iowa City West - 76 Crestwood - 64 Sumner-Fredericksburg - 44 East Mills - 38
2019	(4A) WAUKEE - 81.33 - Matt Pries (3A) GLENWOOD- 65 - Cory Faust (2A) MID-PRAIRIE - 49 - Chris Tyler (1A) ALBURNETT - Keevan Kaestner & KEE - Chad Winters - 36	Cedar Falls - 64 Dubuque Wahlert - 64.5 Aplington-Parkersburg - 39
2020	No track & field season due to COVID	
2021	(4A) WAUKEE - 96 - Matt Pries (3A) DUBUQUE WAHLERT - 59 - Tim Berning (2A) MID-PRAIRIE - 61 - Chris Tyler (1A) MADRID - 51 - Andrew Lowe	Pleasant Valley - 57 Solon - 51 Northeast - 49 South O'Brien - 41
2022	(4A) WAUKEE NORTHWEST - 70 -Ben Duea (3A) SOLON - 84 - Brent Sands (2A) MID-PRAIRIE - 65 - Chris Tyler (1A) NASHUA-PLAINFIELD - 59 - Jessica Mahnsmith	Norwalk - 50 ADM - 66 Van Meter - 55 Madrid - 54
2023	(4A) WAUKEE NORTHWEST - 74 - Ben Duea (3A) SOLON - 79 - Jessica Brimeyer (2A) VAN METER - 71 - Rick Roberts (1A) CALAMUS-WHEATLAND - 38 - Jaime Knoche	Ames - 69 ADM - 62 Mid-Prairie - 49 Nashua-Plainfield - 33

2024	(4A) PLEASANT VALLEY - Kenny & Jane Wheeler	Waukee Northwest
	(3A) ADM - 48 - Bart Mueller	MOC-Floyd Valley - 43
	(2A) VAN METER - 63 - Josh Flaws	Pella Christian - 60
	(1A) SAINT ANSGAR - 40 - Keely Schwiesow	Nashua-Plainfield - 38
2025	(4A) WAUKEE NORTHWEST - 101.5 - Ben Duea	Pleasant Valley - 68.5
	(3A) ADM - 67 - Bart Mueller	Mount Vernon & Gilbert - 58
	(2A) PELLA CHRISTIAN - 80 - Keith Anderson	Van Meter - 60
	(1A) COUNCIL BLUFFS ST. ALBERT - 40 - Theresa Martin	Saint Ansgar - 40

State Meet Running Event Champions By School

Adel	1	CMB	1	Grand Valley	4	Nevada	1
ADM	7	Collins	9	Green Mountain	1	New Hampton	2
AHST	1	Colo-NESCO	1	Grinnell	4	Newton	4
Alburnett	3	Corning	4	Griswold	12	Nodaway Valley	1
Algona	2	Council Bluffs A. Lincoln	1	Hampton	1	Northeast	17
Algona Bishop Garrigan	1	Council Bluffs St. Albert	9	Hampton-Dumont	1	North Butler	1
Allison-Bristow	2	Crestland	1	Harlan	5	North Cedar	2
Alta	3	Creston	2	Hedrick	3	North Fayette	2
Alta/Aurelia	1	Crestwood	7	Hinton	1	North Iowa	5
Ames	14	CWL	1	Hudson	4	North Linn	8
Anamosa	3	Dallas Center-Grimes	2	IKM	1	North Mahaska	1
Andrew	11	Danville	2	Independence	2	North Polk	1
Ankeny	6	Davenport Assumption	20	Indianola	19	North Scott	3
Aplington-Parkersburg	6	Davenport Central	4	Interstate-35	1	North Tama	23
Armstrong-Ringsted	2	Davenport North	7	Iowa City High	27	Northwood-Kensett	7
Ar-We-Va	2	Davenport West	2	Iowa City Liberty	4	Norwalk	2
Atlantic	21	Davis County	1	Iowa City Regina	8	Norway	1
Ballard	8	Davis County-Fox Valley	1	Iowa City West	11	Oakland	3
BCL	1	Decorah	6	Janesville	1	Oelwein	9
Bedford	8	Denison-Schleswig	2	Jefferson-Scranton	1	Okoboji	11
Belle Plaine	13	Denver	1	Jesup	2	Olin	1
Belmond-Klemme	1	Des Moines Christian	3	Johnston	2	Osage	3
Benton	13	Des Moines East	3	Keota	1	Oskaloosa	2
Bettendorf	7	Des Moines Hoover	4	Knoxville	2	Ottumwa	1
BGM	3	Des Moines Lincoln	3	Lake City	3	Panora-Linden	1
Bondurant-Farrar	6	Des Moines North	2	Lake City-Lohrville	2	Panorama	11
Boone	2	Des Moines North-Tech	2	Lamoni	2	PCM	4
Buffalo Center-Rake	3	Des Moines Roosevelt	27	Laurens-Marathon	6	Pekin	4
Burlington	9	Dike-New Hartford	8	Lawton-Bronson	1	Pella	4
Calamus-Wheatland	6	Dowling Catholic	14	LeMars	1	Pella Christian	9
CAL-Dows	1	Dows	1	LeMars Gehlen Catholic	6	Perry	7
CAM	2	Dubuque Hempstead	6	Lenox	5	Pleasant Valley	7
Camanche	4	Dubuque Senior	2	Lincoln Central	2	Pocahontas	4
Cardinal	7	Dubuque Wahlert	6	Lineville-Clio	2	Postville	1
Carlisle	5	Durant	4	Linn-Mar	18	Prairie Valley	2
Carroll	3	Dyersville Beckman	2	Logan-Magnolia	16	Rembrandt	1
Carroll Kuemper	4	Dysart-Geneseo	3	Lohrville	2	Remsen St. Mary's	3
Cascade	5	Eagle Grove	5	Lone Tree	4	Riceville	9
Cedar Falls	22	Earlham	3	Madrid	12	Riverside	2
Cedar Falls NU	2	East Buchanan	2	Malvern	9	Roland-Story	3
Cedar Rapids Jefferson	10	East Mills	8	Manilla	11	Rolfe	1
Cedar Rapids Kennedy	6	East Union	1	Manson-NW Webster	4	Sac City	1
Cedar Rapids Prairie	3	Eddyville	5	Maple Valley-Anthon-Oto	3	Sanborn	7
Cedar Rapids Washington	5	Elkader Central	5	Marion	2	SCMT	3
Cedar Rapids Xavier	1	Emmetsburg	2	Marshalltown	2	Scranton	4
Center Point	1	Emmetsburg/Graettinger	1	Mason City	2	Sentral	2
Center Point-Urbana	2	English Valleys	1	Mediapolis	1	Sergeant Bluff-Luton	3
Centerville	2	Estherville	1	MFL	1	Sheffield-Chapin	1
Central Argyle	1	Fairfield	6	Midland	1	Sheldon	4
Central Decatur	1	Farragut	1	Mid-Prairie	16	Shenandoah	3
Central DeWitt	8	Floyd Valley	1	Milford	1	Sibley-Ocheyedan	7
Central Elkader	1	Forest City	1	Missouri Valley	6	Sigourney	14
Central Lyon	2	Fort Dodge	3	MOC-Floyd Valley	6	Sioux Center	1
Chariton	3	Fort Dodge St. Edmond	4	Montezuma	6	Sioux Central	2
Charles City	3	Fort Madison	5	Monticello	2	Sioux City East	8
Charter Oak-Ute	4	Fredericksburg	2	Mormon Trail	4	Sioux City North	3
Cherokee	2	Fremont-Mills	2	Mount Ayr	1	Sioux City West	6
Clarinda	2	Garner-Hayfield	3	Mount Pleasant	11	Sioux Rapids-Rembrandt	2
Clarion-Goldfield	21	Garner-Hayfield/Ventura	1	Mount Vernon	2	Solon	5
Clarke	1	George	3	Mount Vernon-Lisbon	8	Southeast Polk	6
Clay Central	2	George-Little Rock	3	Murray	1	Southeast Warren	2
Clayton Ridge	9	Gilbert	8	Muscatine	2	Southern Cal	1
Clear Creek-Amana	3	Gladbrook	1	MVAOCO	2	South Hamilton	1
Clear Lake	7	Glenwood	5	Nashua-Plainfield	7	South O'Brien	2
Clinton	4	Glidden-Ralston	1	Newell-Fonda	1	South Tama	1

South Winneshiek	1
Spencer	10
Spirit Lake Park	8
Springville	1
St. Ansgar	6
Stanton	1
Starmont	9
Storm Lake	3
Storm Lake St. Mary's	1
Sumner-Fredericksburg	2
Terril	2
Thompson	1
Tipton	18
Titonka	2
Treynor	3
Tri-Center	10
Tri-County	1
Turkey Valley	2
Unity Christian	10
Urbandale	11
Valley Community	2
Van Buren	1
Van Meter	3
Ventura	3
Wapsie Valley	1
Washington	1
Waterloo East	5
Waterloo West	2
Waukee	7
Waukee Northwest	3
Waukon	1
Waverly-Shell Rock	9
Webster City	7
West Bend-Mallard	3
West Branch	4
West Central	1
West Central Valley	1
West Delaware	6
West Des Moines Valley	30
Western Christian	14
Western Dubuque	6
West Fork	2
West Hancock	6
West Harrison	2
West Lyon	1
West Marshall	1
West Sioux	3
Williamsburg	1
Wilton	2
Winfield-Mount Union	2
Winterset	2
Woodbine	13
Woodward-Granger	1

State Meet Running Events - Champions by Titles

West Des Moines Valley	30	Sanborn	7	Buffalo Center-Rake	3	Lamoni	2
Des Moines Roosevelt	27	Sibley-Ocheyedan	7	Carroll	3	Lincoln Central	2
Iowa City High	27	Waukee	7	Cedar Rapids Prairie	3	Lineville-Clio	2
North Tama	23	Webster City	7	Chariton	3	Lohrville	2
Cedar Falls	22	Ankeny	6	Charles City	3	Marion	2
Atlantic	21	Aplington-Parkersburg	6	Clear Creek-Amana	3	Marshalltown	2
Clarion-Goldfield	21	Bondurant-Farrar	6	Des Moines Christian	3	Mason City	2
Davenport Assumption	20	Calamus-Wheatland	6	Des Moines East	3	Monticello	2
Indianola	19	Cedar Rapids Kennedy	6	Des Moines Lincoln	3	Mount Vernon	2
Linn-Mar	18	Decorah	6	Dysart-Geneseo	3	Muscatine	2
Tipton	18	Dubuque Hempstead	6	Earlham	3	MVAOCO	2
Northeast	17	Dubuque Wahlert	6	Fort Dodge	3	New Hampton	2
Logan-Magnolia	16	Fairfield	6	Garner-Hayfield	3	North Cedar	2
Mid-Prairie	16	Laurens-Marathon	6	George	3	North Fayette	2
Ames	14	LeMars Gehlen Catholic	6	George-Little Rock	3	Norwalk	2
Dowling Catholic	14	Missouri Valley	6	Hedrick	3	Oskaloosa	2
Sigourney	14	MOC-Floyd Valley	6	Lake City	3	Prairie Valley	2
Western Christian	14	Montezuma	6	Maple Valley-Anthon-Oto	3	Riverside	2
Belle Plaine	13	Sioux City West	6	North Scott	3	Sentral	2
Benton	13	Southeast Polk	6	Oakland	3	Sioux Central	2
Woodbine	13	St. Ansgar	6	Osage	3	Sioux Rapids-Rembrandt	2
Griswold	12	West Delaware	6	Remsen St. Mary's	3	Southeast Warren	2
Madrid	12	Western Dubuque	6	Roland-Story	3	South O'Brien	2
Andrew	11	West Hancock	6	SCMT	3	Sumner-Fredericksburg	2
Iowa City West	11	Carlisle	5	Sergeant Bluff-Luton	3	Terril	2
Manilla	11	Cascade	5	Shenandoah	3	Titonka	2
Mount Pleasant	11	Cedar Rapids Washington	5	Sioux City North	3	Turkey Valley	2
Okoboji	11	Eagle Grove	5	Storm Lake	3	Valley Community	2
Panorama	11	Eddyville	5	Treynor	3	Waterloo West	2
Urbandale	11	Elkader Central	5	Van Meter	3	West Fork	2
Cedar Rapids Jefferson	10	Fort Madison	5	Ventura	3	West Harrison	2
Spencer	10	Glenwood	5	Waukee Northwest	3	Wilton	2
Tri-Center	10	Harlan	5	West Bend-Mallard	3	Winfield-Mount Union	2
Unity Christian	10	Lenox	5	West Sioux	3	Winterset	2
Burlington	9	North Iowa	5	Algona	2	□ Adel	1
Clayton Ridge	9	Solon	5	Allison-Bristow	2	AHST	1
Collins	9	Waterloo East	5	Armstrong-Ringsted	2	Algona Bishop Garrigan	1
Council Bluffs St. Albert	9	Camanche	4	Ar-We-Va	2	Alta/Aurelia	1
Malvern	9	Carroll Kuemper	4	Boone	2	BCL	1
Oelwein	9	Charter Oak-Ute	4	CAM	2	Belmond-Klemme	1
Pella Christian	9	Clinton	4	Cedar Falls NU	2	CAL-Dows	1
Riceville	9	Corning	4	Center Point-Urbana	2	Cedar Rapids Xavier	1
Starmont	9	Davenport Central	4	Centerville	2	Center Point	1
Waverly-Shell Rock	9	Des Moines Hoover	4	Central Lyon	2	Central Argyle	1
Ballard	8	Durant	4	Cherokee	2	Central Decatur	1
Bedford	8	Fort Dodge St. Edmond	4	Clarinda	2	Central Elkader	1
Central DeWitt	8	Grand Valley	4	Clay Central	2	Clarke	1
Dike-New Hartford	8	Grinnell	4	Creston	2	CMB	1
East Mills	8	Hudson	4	Dallas Center-Grimes	2	Colo-NESCO	1
Gilbert	8	Iowa City Liberty	4	Danville	2	Council Bluffs A. Lincoln	1
Iowa City Regina	8	Lone Tree	4	Davenport West	2	Crestland	1
Mount Vernon-Lisbon	8	Manson-NW Webster	4	Denison-Schleswig	2	CWL	1
North Linn	8	Mormon Trail	4	Des Moines North	2	Davis County	1
Sioux City East	8	Newton	4	Des Moines North-Tech	2	Davis County-Fox Valley	1
Spirit Lake Park	8	PCM	4	Dubuque Senior	2	Denver	1
ADM	7	Pekin	4	Dyersville Beckman	2	Dows	1
Bettendorf	7	Pella	4	East Buchanan	2	East Union	1
Cardinal	7	Pocahontas	4	Emmetsburg	2	Emmetsburg/Graettinger	1
Clear Lake	7	Scranton	4	Fredericksburg	2	English Valleys	1
Crestwood	7	Sheldon	4	Fremont-Mills	2	Estherville	1
Davenport North	7	West Branch	4	Independence	2	Farragut	1
Nashua-Plainfield	7	Alburnett	3	Jesup	2	Floyd Valley	1
Northwood-Kensett	7	Alta	3	Johnston	2	Forest City	1
Perry	7	Anamosa	3	Knoxville	2	Garner-Hayfield/Ventura	1
Pleasant Valley	7	BGM	3	Lake City-Lohrville	2	Gladbrook	1

Glidden-Ralston	1
Green Mountain	1
Hampton	1
Hampton-Dumont	1
Hinton	1
IKM	1
Interstate-35	1
Janesville	1
Jefferson-Scranton	1
Keota	1
Lawton-Bronson	1
LeMars	1
Mediapolis	1
MFL	1
Midland	1
Milford	1
Mount Ayr	1
Murray	1
Newell-Fonda	1
Nevada	1
Nodaway Valley	1
North Butler	1
North Mahaska	1
North Polk	1
Norway	1
Olin	1
Ottumwa	1
Panora-Linden	1
Postville	1
Rembrandt	1
Rolfe	1
Sac City	1
Sheffield-Chapin	1
Sioux Center	1
Southern Cal	1
South Hamilton	1
South Tama	1
South Winneshiek	1
Springville	1
Stanton	1
Storm Lake St. Mary's	1
Thompson	1
Tri-County	1
Van Buren	1
Wapsie Valley	1
Washington	1
Waukon	1
West Central	1
West Central Valley	1
West Lyon	1
West Marshall	1
Williamsburg	1
Woodward-Granger	1

State Meet Relay Event Champions By School

Ackley-Geneva	1	Davenport West	5	Madrid	5	Shelby-Tennant	1
Adel	1	Davis County	3	Manilla	22	Sheldon	2
ADM	5	Davis County-Fox Valley	4	Manson-NW Webster	6	Shenandoah	1
Alburnett	1	Decorah	9	Maple Valley-Anthon-Oto	3	Sibley	1
Algona	4	Denison	1	Maquoketa Valley	2	Sigourney	6
Algona Bishop Garrigan	1	Denison-Schleswig	7	Marion	3	Sioux Center	8
Allison-Bristow	1	Denver	3	Marshalltown	6	Sioux Central	2
Alta	1	Des Moines Christian	3	Mason City	1	Sioux City East	6
Alta-Aurelia	2	Des Moines East	3	Maurice-Orange City	1	Sioux City North	1
Ames	17	Des Moines Hoover	3	Midland	2	Sioux City West	1
Anamosa	7	Des Moines North-Tech	1	Mid-Prairie	6	Solon	10
Ankeny	12	Des Moines Roosevelt	17	Milford	1	Southeast Polk	4
Ankeny Centennial	1	Dexfield	4	Missouri Valley	4	Southeast Warren	2
Aplington-Parkersburg	12	Dike-New Hartford	4	MMC	1	Southern Cal	2
Ar-We-Va	7	Dowling Catholic	15	MOC-Floyd Valley	3	South Hamilton	1
Atlantic	17	Dubuque Hempstead	9	Montezuma	1	South Winneshiek	11
Audubon	2	Dubuque Wahlert	32	Monticello	5	Spencer	8
Battle Creek-Ida Grove	1	Dyersville Beckman	5	Mount Pleasant	6	Spirit Lake	1
BCL	1	East Buchanan	1	Mount Vernon	6	Stanton	1
BCLUW	1	Eddyville-Blakesburg/F	4	Mount Vernon-Lisbon	14	Starmont	6
Bedford	2	Emmetsburg	2	Muscatine	1	Storm Lake	5
Belle Plaine	16	English Valleys	2	MVAOCOU	1	Storm Lake St. Mary's	1
Benton	9	Exira	1	Nashua-Plainfield	3	St. Ansgar	2
Bettendorf	13	Fairfield	6	New Hampton	4	Sumner-Fredericksburg	2
BGM	1	Forest City	5	New Hartford	1	Terril	1
Bishop Heelan	1	Fort Dodge St. Edmond	3	New London	3	Tipton	23
Boone	2	Fort Madison Aquinas	1	Newton	6	Titonka	6
Bondurant-Farrar	8	Fremont-Mills	1	North Butler	2	Treynor	4
Boyden-Hull	3	Garner-Hayfield	2	Northeast	3	Tripoli	1
Britt	1	George	10	North Fayette	5	Tri-Center	1
Buffalo Center-RL	2	Gilbert	5	North Iowa	6	Tri-County	4
Burlington	6	Glenwood	1	North Kossuth	2	Union	2
Calamus-Wheatland	1	Greene	2	North Linn	21	Underwood	1
Camanche	6	Grinnell	1	North Mahaska	2	Unity Christian	5
Cardinal	2	Griswold	2	North Polk	4	Urbandale	6
Carroll Kuemper	2	Grundy Center	3	North Tama	10	Valley Community	6
Cascade	15	Guthrie Center	7	Northeast	1	Van Meter	8
Cedar Falls	16	Harlan	5	Northwood-Kensett	3	Ventura	4
Cedar Falls NU	7	Havelock-Plover	1	OABCIG	1	WACO	2
Cedar Rapids Jefferson	15	Highland	1	Oakland	1	Wapsie Valley	1
Cedar Rapids Kennedy	14	Hinton	4	Oelwein	4	Washington	1
Cedar Rapids Regis-LaSalle	1	HLV	4	Ogden	1	Waterloo Columbus	1
Cedar Rapids Washington	5	Hudson	9	Okoboji	6	Waterloo East	3
Center Point	1	IKM	3	Osage	3	Waterloo West	1
Central Argyle	1	Indianola	11	Ottumwa	1	Waukee	23
Central DeWitt	9	Iowa City High	22	Panorama	1	Waukee Northwest	9
Central Elkader	9	Iowa City Regina	1	Parkersburg	1	Waverly-Shell Rock	4
Central Lee	2	Iowa City West	12	Pekin	4	West Bend-Mallard	3
Central Lyon	5	Iowa Falls	1	Pella	5	West Branch	2
Chariton	2	Iowa Falls-Alden	2	Pella Christian	8	West Delaware	2
Charles City	2	Jefferson-Scranton	2	Perry	1	West Des Moines Valley	23
Charter Oak-Ute	2	Jesup	3	Plainfield	2	West Fork	3
Cherokee	4	Johnston	1	Pleasant Valley	16	West Marshall	2
Clarinda	3	Kee	3	Pocahontas	8	West Monona	1
Clarion-Goldfield	2	Keota	2	Prairie, Cedar Rapids	2	West Sioux	1
Clayton Ridge	1	Kingsley-Pierson	1	Prairie of Gowrie	2	Western Christian	19
Clear Creek-Amana	3	Kingsley-Pierson/WC	5	Prairie Valley	1	Western Dubuque	3
Clear Lake	4	Lake City-Lohrville	1	Remsen St. Mary's	1	West Hancock	5
Clinton	3	Lakeland	1	Riceville	2	Westwood	1
CMB	2	Lake Mills	3	Riverside	5	Wheatland	2
Columbus Junction	1	LaPorte City	1	Rock Valley	1	Williamsburg	12
Corning	1	Laurens-Marathon	12	Rockwell City	2	Winfield-Mount Union	3
Council Bluffs St. Albert	8	Lawton-Bronson	4	Roland-Story	1	Woodbine	11
Crestland	2	LeMars Gehlen	4	Rolfe	6	Woodward-Granger	3
Crestwood	1	Lincoln	4	Sac City	1		
Cumberland-Massena	1	Lincoln Central	1	Sanborn	1		
Danville	5	Linn-Mar	8	Schleswig	1		
Davenport Assumption	16	Lisbon	3	SCMT	1		
Davenport Central	3	Logan-Magnolia	2	Scranton	1		
Davenport North	2	Lone Tree	3	Sentral	4		

Manilla and Cardinal tied for
440 relay crown in 1963

State Meet Relay Event Champions by Number of Titles

Dubuque Wahlert	32	ADM	5	Western Dubuque	3	Cumberland-Massena	1
Tipton	23	Cedar Rapids Washington	5	Winfield-Mount Union	3	Denison	1
Waukee	23	Central Lyon	5	Woodward-Granger	3	Des Moines North-Tech	1
West Des Moines Valley	23	Danville	5	Alta-Aurelia	2	East Buchanan	1
Iowa City High	22	Davenport West	5	Audubon	2	Exira	1
Manilla	22	Dyersville Beckman	5	Bedford	2	Fort Madison Aquinas	1
North Linn	21	Forest City	5	Boone	2	Fremont-Mills	1
Western Christian	19	Gilbert	5	Buffalo Center-RL	2	Glenwood	1
Ames	17	Harlan	5	Cardinal	2	Grinnell	1
Atlantic	17	Kingsley-Pierson/WC	5	Carroll Kuemper	2	Havelock-Plover	1
Des Moines Roosevelt	17	Madrid	5	Central Lee	2	Highland	1
Belle Plaine	16	Monticello	5	Chariton	2	Iowa City Regina	1
Cedar Falls	16	North Fayette	5	Charles City	2	Iowa Falls	1
Davenport Assumption	16	Pella	5	Charter Oak-Ute	2	Johnston	1
Pleasant Valley	16	Riverside	5	Clarion-Goldfield	2	Kingsley-Pierson	1
Cascade	15	Storm Lake	5	CMB	2	Lake City-Lohrville	1
Cedar Rapids Jefferson	15	Unity Christian	5	Crestland	2	Lakeland	1
Dawling Catholic	15	West Hancock	5	Davenport North	2	LaPorte City	1
Cedar Rapids Kennedy	14	Algona	4	Emmetsburg	2	Lincoln Central	1
Mount Vernon-Lisbon	14	Cherokee	4	English Valleys	2	Mason City	1
Bettendorf	13	Clear Lake	4	Garner-Hayfield	2	Maurice-Orange City	1
Ankeny	12	Davis County-Fox Valley	4	Greene	2	Milford	1
Aplington-Parkersburg	12	Dexfield	4	Griswold	2	MMC	1
Iowa City West	12	Dike-New Hartford	4	Iowa Falls-Alden	2	Montezuma	1
Laurens-Marathon	12	Eddyville-Blakesburg/F	4	Jefferson-Scranton	2	Muscatine	1
Williamsburg	12	Hinton	4	Keota	2	MVAOCO	1
Indianola	11	HLV	4	Logan-Magnolia	2	New Hartford	1
South Winneshiek	11	Lawton-Bronson	4	Maquoketa Valley	2	Northeast	1
Woodbine	11	LeMars Gehlen	4	Midland	2	OABCIG	1
George	10	Lincoln	4	North Butler	2	Oakland	1
North Tama	10	Missouri Valley	4	North Kossuth	2	Ogden	1
Solon	10	New Hampton	4	North Mahaska	2	Ottumwa	1
Benton	9	North Polk	4	Plainfield	2	Panorama	1
Central DeWitt	9	Oelwein	4	Prairie, Cedar Rapids	2	Parkersburg	1
Central Elkader	9	Pekin	4	Prairie of Gowrie	2	Perry	1
Decorah	9	Senral	4	Riceville	2	Prairie Valley	1
Dubuque Hempstead	9	Southeast Polk	4	Rockwell City	2	Remsen St. Marys's	1
Hudson	9	Treynor	4	Sheldon	2	Rock Valley	1
Waukee Northwest	9	Tri-County	4	Sloux Central	2	Roland-Story	1
Bondurant-Farrar	8	Ventura	4	Southeast Warren	2	Sac City	1
Council Bluffs St. Albert	8	Waverly-Shell Rock	4	Southern Cal	2	Sanborn	1
Linn-Mar	8	Boyden-Hull	3	St. Ansgar	2	Schleswig	1
Pella Christian	8	Clarinda	3	Sumner-Fredericksburg	2	SCMT	1
Pocahontas	8	Clear Creek-Amana	3	Union	2	Scranton	1
Sioux Center	8	Clinton	3	WACO	2	Shelby-Tennant	1
Spencer	8	Davenport Central	3	West Branch	2	Shenandoah	1
Van Meter	8	Davis County	3	West Delaware	2	Sibley	1
Anamosa	7	Denver	3	West Marshall	2	Sioux City North	1
Ar-We-Va	7	Des Moines Christian	3	Wheatland	2	Sioux City West	1
Cedar Falls NU	7	Des Moines East	3	Ackley-Geneva	1	South Hamilton	1
Denison-Schleswig	7	Des Moines Hoover	3	Adel	1	Spirit Lake	1
Guthrie Center	7	Fort Dodge St. Edmond	3	Alburnett	1	Stanton	1
Burlington	6	Grundy Center	3	Algona Bishop Garrigan	1	Storm Lake St. Mary's	1
Camanche	6	IKM	3	Allison-Bristow	1	Terril	1
Fairfield	6	Jesup	3	Alta	1	Tripoli	1
Manson-NW Webster	6	Kee	3	Ankeny Centennial	1	Tri-Center	1
Marshalltown	6	Lake Mills	3	Battle Creek-Ida Grove	1	Underwood	1
Mid-Prairie	6	Lisbon	3	BCL	1	Wapsie Valley	1
Mount Pleasant	6	Lone Tree	3	BCLUW	1	Washington	1
Mount Vernon	6	Maple Valley-Anthon-Oto	3	BGM	1	Waterloo Columbus	1
Newton	6	Marion	3	Bishop Heelan	1	Waterloo West	1
North Iowa	6	MOC-Floyd Valley	3	Britt	1	West Monona	1
Okoboji	6	Nashua-Plainfield	3	Calamus-Wheatland	1	West Sioux	1
Rolfe	6	New London	3	Center Point	1	Westwood	1
Sigourney	6	Northeast	3	Central Argyle	1		
Sioux City East	6	Northwood-Kensett	3	Clayton Ridge	1		
Starmont	6	Osage	3	Columbus Junction	1		
Titonka	6	Waterloo East	3	Corning	1		
Urbandale	6	West Bend-Mallard	3	CR Regis-LaSalle	1		
Valley Community	6	West Fork	3	Crestwood	1		

Manilla and Cardinal tied for
440 relay crown in 1963

State Meet Field Event Champions By School

Ackely-Geneva	1	Des Moines North	2	Laurens-Marathon	8	Sioux City North	7
Adel-DeSoto	1	Des Moines Roosevelt	8	Logan-Magnolia	3	Sioux City West	1
ADM	2	Dike	1	Lone Tree	1	Solon	4
AHST	3	Dike-New Hartford	3	Louisa-Muscatine	1	Southeast Polk	1
Akron-Westfield	1	Dowling Catholic	1	Malvern	2	Southeast Valley	1
Alburnett	3	Dow City-Arion	1	Manning	1	Southeast Webster-Grand	3
Alden	1	Dows	1	Manson-NW Webster	2	Southern Cal	1
Algona	6	Dubuque Hempstead	3	Maquoketa Valley	1	South Hamilton	1
Algona Bishop Garrigan	11	Dubuque Senior	5	Marion	3	South Hardin	2
Ames	1	Dubuque Wahlert	9	Marshalltown	3	South O'Brien	1
Andrew	1	Durant-Bennett	1	Martensdale-St. Marys	1	South Tama	1
Ankeny	7	Dunkerton	3	Maurice-Orange City	1	South Winneshiek	1
Ankeny Centennial	1	Eagle Grove	1	Mediapolis	1	Spencer	1
Aplington	2	Earlham	2	Midland	1	Spirit Lake	6
Aplington-Parkersburg	1	East Buchanan	1	Mid-Prairie	2	Springville	2
Atlantic	8	East Central	1	MOC-Floyd Valley	7	Starmont	4
Ballard	5	East Marshall	1	Montezuma	1	Steamboat Rock	1
BCLUW	4	Eddyville	2	Moravia	1	Storm Lake	2
Bedford	5	Edgewood-Colesburg	1	Mount Ayr	3	Storm Lake St. Mary's	1
Belle Plaine	2	Elkader Central	1	Mount Pleasant	10	Sumner	1
Bettendorf	2	Elk Horn-Kimballton	1	Mount Vernon	5	Terril	1
BGM	1	Elk Horn-Kimballton/Walnut	1	Muscatine	4	Tipton	4
Bondurant-Farrar	1	Emmetsburg-Graettinger	3	New Hampton	1	Treynor	10
Boone	2	Estherville-Lincoln Central	3	New Providence	1	Tri-Center	1
Boyden-Hull	1	Exira	2	Newton	3	Tri-County	2
Boyden-Hull/Rock Valley	1	Fort Dodge	3	Nishna Valley	3	Tripoli	2
Burlington	5	Fort Dodge St. Edmond	1	Nora Springs-Rock Falls	1	Turkey Valley	1
Burt	2	Fort Madison	3	Northeast	4	Twin Cedars	3
Camanche	3	Fredericksburg	1	Northeast Hamilton	1	Underwood	3
Cardinal	2	Fremont-Mills	2	North Butler	1	Union	2
Carlisle	2	Galva-Holstein	6	North Fayette	3	Union-Whitten	1
Carroll	3	Garner-Hayfield/Ventura	1	North Fayette Valley	2	Unity Christian	2
Carroll Kuemper	4	George	2	North Kossuth	1	Urbandale	3
Cascade	1	Gilbert	6	North Linn	2	Valley Community	4
Cedar Falls	3	Gilmore City	1	North Polk	2	Ventura	2
Cedar Falls NU	3	Gilmore City-Bradgate	2	North Union	1	Villisca	1
Cedar Rapids Jefferson	3	Gladbrook	1	Northwest Webster	1	Vinton	1
Cedar Rapids Kennedy	2	Glenwood	5	Norwalk	2	Vinton-Shellsburg	1
Cedar Rapids Prairie	1	Glidden-Ralston	1	OABCIG	1	WACO	1
Cedar Rapids Washington	5	GMG	3	Oelwein	1	Wall Lake View-Auburn	2
Cedar Valley	1	Greene County	1	Ogden	1	Walnut	1
Central Argyle	1	Grinnell	1	Okoboji	1	Wapsie Valley	2
Central City	2	Griswold	1	Oskaloosa	4	Washington	1
Central Decatur	1	Grundy Center	1	Ottumwa	1	Waterloo Central	1
Central DeWitt	1	Hampton-Dumont	6	Paton-Churdan	1	Waterloo West	2
Central Springs	1	Harlan	4	Pekin	5	Waukee	9
Chariton	3	Highland	3	Pella	5	Waukon	2
Charles City	2	Hinton	1	Pleasant Valley	10	Waverly-Shell Rock	4
Charter Oak-Ute	2	HLV	3	Pocahontas	7	Wayne	2
Cherokee	2	Hudson	5	Pomeroy-Palmer	2	Webster City	4
Clarke	1	Indianola	3	Postville	1	West Burlington	3
Clarinda	1	Interstate 35	1	Prairie City	2	West Delaware	1
Clay Central	1	Iowa City Regina	2	Prairie Valley	1	West Des Moines Valley	3
Clear Creek	1	Iowa City West	17	Prince Of Peace	2	Western Christian	9
Clear Creek-Amana	3	Iowa Valley	1	Radcliffe	1	Western Dubuque	1
Clear Lake	4	Janesville	1	Remsen St. Mary's	1	West Fork	2
Clinton	12	Jefferson-Scranton	3	Riceville	2	West Hancock	4
Colfax	1	Jesup	2	Rockford	1	West Liberty	2
Collins	1	Johnston	2	Rockwell City-Lytton	1	West Lyon	7
Columbus Junction	5	Kee	1	Roland-Story	2	West Marshall	1
Council Bluffs Jefferson	4	Keokuk	2	Rolfe	1	West Monona	1
Council Bluffs Lincoln	11	Keota	2	Saint Ansgar	5	West Sioux	1
Council Bluffs St. Albert	1	Kingsley-Pierson/WP	9	Schaller	1	Williamsburg	8
Creston	1	Knoxville	1	Sentral	1	Winterset	1
Cumberland-Massena	1	Lawton-Bronson	1	Sergeant Bluff-Luton	5	Woodbine	3
Danville	2	Lamoni	1	Sheldon	10	Woodward-Granger	1
Davenport Assumption	1	Laurens-Marathon	4	Sibley	2		
Davenport Central	7	LeMars	1	Sidney	1		
Davenport North	3	LeMars Gehlen Catholic	4	Sigourney	2		
Davis County-Fox Valley	5	Lenox	3	Sioux Center	6		
Denver	1	Lewis Central	4	Sioux Central	2		
Des Moines Christian	1	Lincoln	2	Sioux City Bishop Heelan	1		
Des Moines East	1	Linn-Mar	6	Sioux City East	3		

State Meet Field Event Champions By Number of Titles

Iowa City West	17	Dunkerton	3	Union	2	LeMars	1
Clinton	12	Emmetsburg-Graettinger	3	Unity Christian	2	Lone Tree	1
Algona Bishop Garrigan	11	Estherville-Lincoln Central	3	Ventura	2	Louisa-Muscatine	1
Council Bluffs Lincoln	11	Fort Dodge	3	Wall Lake View-Auburn	2	Manning	1
Mount Pleasant	10	Fort Madison	3	Wapsie Valley	2	Maquoketa Valley	1
Pleasant Valley	10	GMG	3	Waterloo West	2	Martensdale-St. Marys	1
Sheldon	10	Highland	3	Waukon	2	Maurice-Orange City	1
Treynor	10	HLV	3	Wayne	2	Mediapolis	1
Dubuque Wahlert	9	Indianola	3	West Fork	2	Midland	1
Kingsley-Pierson/WP	9	Jefferson-Scranton	3	West Liberty	2	Montezuma	1
Waukee	9	Lenox	3	Ackely-Geneva	1	Moravia	1
Western Christian	9	Logan-Magnolia	3	Adel-DeSoto	1	New Hampton	1
Atlantic	8	Marion	3	Akron-Westfield	1	New Providence	1
Des Moines Roosevelt	8	Marshalltown	3	Alden	1	Nora Springs-Rock Falls	1
Laurens-Marathon	8	Mount Ayr	3	Ames	1	Northeast Hamilton	1
Williamsburg	8	Newton	3	Andrew	1	North Butler	1
Ankeny	7	Nishna Valley	3	Ankeny Centennial	1	North Kossuth	1
Davenport Central	7	North Fayette	3	Aplington-Parkersburg	1	North Union	1
MOC-Floyd Valley	7	Sioux City East	3	BGM	1	Northwest Webster	1
Pocahontas	7	Southeast Webster-Grand	3	Bondurant-Farrar	1	OABCIG	1
Sioux City North	7	Twin Cedars	3	Boyden-Hull	1	Oelwein	1
West Lyon	7	Underwood	3	Boyden-Hull/Rock Valley	1	Ogden	1
Algona	6	Urbandale	3	Cascade	1	Okoboji	1
Galva-Holstein	6	West Burlington	3	Cedar Rapids Prairie	1	Ottumwa	1
Gilbert	6	West Des Moines Valley	3	Cedar Valley	1	Paton-Churdan	1
Hampton-Dumont	6	Woodbine	3	Central Argyle	1	Postville	1
Linn-Mar	6	ADM	2	Central Decatur	1	Prairie Valley	1
Sioux Center	6	Aplington	2	Central DeWitt	1	Radcliffe	1
Spirit Lake	6	Belle Plaine	2	Central Springs	1	Remsen St. Mary's	1
Ballard	5	Bettendorf	2	Clarke	1	Rockford	1
Bedford	5	Boone	2	Clarinda	1	Rockwell City-Lytton	1
Burlington	5	Burt	2	Clay Central	1	Rolfe	1
Cedar Rapids Washington	5	Cardinal	2	Clear Creek	1	Schaller	1
Columbus Junction	5	Carlisle	2	Colfax	1	Sentral	1
Davis County-Fox Valley	5	Cedar Rapids Kennedy	2	Collins	1	Sidney	1
Dubuque Senior	5	Central City	2	Council Bluffs St. Albert	1	Sioux City Bishop Heelan	1
Glenwood	5	Charles City	2	Creston	1	Sioux City West	1
Hudson	5	Charter Oak-Ute	2	Cumberland-Massena	1	Southeast Polk	1
Mount Vernon	5	Cherokee	2	Davenport Assumption	1	Southeast Valley	1
Pekin	5	Danville	2	Denver	1	Southern Cal	1
Pella	5	Des Moines North	2	Des Moines Christian	1	South Hamilton	1
Saint Ansgar	5	Earlham	2	Des Moines East	1	South O'Brien	1
Sergeant Bluff-Luton	5	Eddyville	2	Dike	1	South Tama	1
BCLUW	4	Exira	2	Dowling Catholic	1	South Winneshiek	1
Carroll Kuemper	4	Fremont-Mills	2	Dow City-Arion	1	Spencer	1
Clear Lake	4	George	2	Dows	1	Steamboat Rock	1
Council Bluffs Jefferson	4	Gilmore City-Bradgate	2	Durant-Bennett	1	Storm Lake St. Mary's	1
Harlan	4	Iowa City Regina	2	Eagle Grove	1	Sumner	1
Laurens-Marathon	4	Jesup	2	East Buchanan	1	Terril	1
LeMars Gehlen Catholic	4	Johnston	2	East Central	1	Tri-Center	1
Lewis Central	4	Keokuk	2	East Marshall	1	Turkey Valley	1
Muscatine	4	Keota	2	Edgewood-Colesburg	1	Union-Whitten	1
Northeast	4	Lincoln	2	Elkader Central	1	Villisca	1
Oskaloosa	4	Malvern	2	Elk Horn-Kimballton	1	Vinton	1
Solon	4	Manson-NW Webster	2	Elk Horn-Kimballton/Walnut	1	Vinton-Shellsburg	1
Starmont	4	Mid-Prairie	2	Fort Dodge St. Edmond	1	WACO	1
Tipton	4	North Fayette Valley	2	Fredericksburg	1	Walnut	1
Valley Community	4	North Linn	2	Garner-Hayfield/Ventura	1	Washington	1
Waverly-Shell Rock	4	North Polk	2	Gilmore City	1	Waterloo Central	1
Webster City	4	Norwalk	2	Gladbrook	1	West Delaware	1
West Hancock	4	Pomeroy-Palmer	2	Glidden-Ralston	1	Western Dubuque	1
AHST	3	Prairie City	2	Greene County	1	West Marshall	1
Alburnett	3	Prince Of Peace	2	Grinnell	1	West Monona	1
Camanche	3	Riceville	2	Griswold	1	West Sioux	1
Carroll	3	Roland-Story	2	Grundy Center	1	Winterset	1
Cedar Falls	3	Sibley	2	Hinton	1	Woodward-Granger	1
Cedar Falls NU	3	Sigourney	2	Interstate 35	1		
Cedar Rapids Jefferson	3	Sioux Central	2	Iowa Valley	1		
Chariton	3	South Hardin	2	Janesville	1		
Clear Creek-Amana	3	Springville	2	Kee	1		
Davenport North	3	Storm Lake	2	Knoxville	1		
Dike-New Hartford	3	Tri-County	2	Lawton-Bronson	1		
Dubuque Hempstead	3	Tripoli	2	Lamoni	1		

State Meet Team Champions By School

ADM (2) 2024 (3A), 25 (3A)
Alburnett (1) 2019 (1A-Tie)
Ames (5) 1987 (3A), 1988 (3A), 1992 (3A), 1995 (3A), 1996 (3A)
Andrew 1997 (1A)
Ankeny 1981 (3A)
Aplington-Parkersburg 2001 (1A)
Atlantic (7) 1983 (2A), 1998 (2A), 1999 (2A), 2000 (2A), 2001 (2A), 2003 (2A), 2004 (3A, tie)
Belle Plaine (5) 1964, 1965, 1966, 1984 (1A), 1998 (1A)
Benton (3) 1997 (2A, tie), 2007 (3A), 2008 (3A)
Bettendorf (3) 1986 (3A), 1989 (3A), 1990 (3A)
BGM 1970 (tie)
Calamus-Wheatland (1) 2023 (1A)
Camanche (2) 1986 (2A), 1987 (2A)
Cascade (4) 2012 (2A), 14 (2A) 16 (2A), 17 (2A)
Cedar Falls NU 2002 (1A)
Central DeWitt (2) 1990 (2A), 2002 (2A)
Central Lyon 2010 (1A)
Clayton Ridge (1) 2015 (2A)
Collins 1972
Council Bluffs St. Albert (3) 1981 (2A), 2000 (1A), 25 (1A)
Danville (1) 2018 (1A)
Davenport Assumption (5) 2013 (3A), 14 (3A), 15 (3A), 16 (3A), 17 (3A)
Davenport Central (2) 1982 (3A), 1984 (3A)
Davenport West (2) 1976, 1977 (3A)
Davis County-Fox Valley 1995 (2A)
Dubuque Wahlert (3) 2011 (3A), 2012 (3A), 2021 (3A)
Eddyville 1993 (2A)
Gilbert 2010 (2A, tie)
Glenwood (1) 2019 (3A)
Griswold (3) 2011 (1A), 12 (1A), 13 (1A)
Hudson (1) 2015 (1A)
Indianola (5) 1978 (3A), 1979 (3A), 1980 (3A), 1993 (3A), 1994 (3A)
Iowa City High (7) 1997 (3A), 1998 (3A), 1999 (3A), 2002 (3A), 2003 (3A), 2004 (4A), 2011 (4A)
Iowa City Regina 1995 (1A)
Iowa City West (6) 2000 (3A), 2001 (3A), 2006 (4A), 2007 (4A), 2008 (4A), 2010 (4A)
Jefferson-Scranton 1994 (2A)
Kee (1) 2019 (1A-Tie)
Laurens-Marathon (3) 1985 (1A), 1986 (1A), 1987 (1A)
LeMars Gehlen Catholic (3) 1983 (1A), 1994 (1A), 2003 (1A, tie)
Logan-Magnolia (2) 2009 (2A), 2011 (2A)
Madrid (1): 2021 (1A)
Manilla (6) 1967, 1969, 1970 (tie), 1971, 1977 (1A), 1978 (1A)
Mid-Prairie (4) 2018 (2A), 19 (2A), 21 (2A), 22 (2A)
Mount Ayr 1988 (1A)
Mount Pleasant (3) 2004 (3A, tie), 2005 (3A), 2006 (3A)
Mount Vernon 1985 (2A)
Mount Vernon-Lisbon (2) 2009 (3A), 2010 (3A)
Nashua-Plainfield 2022 (1A)
New Hampton 1996 (2A)
Northeast 2003 (1A, tie)
North Linn (3) 2004 (1A, tie), 05 (1A), 14 (1A)
North Polk 2008 (2A)
North Tama (7) 1979 (1A), 1980 (1A), 1981 (1A), 2006 (1A), 2007 (1A), 2008 (1A), 2009 (1A)
Pella (1) 2018 (3A)
Pella Christian (1) 2025 (2A)
Pleasant Valley (4) 1985 (3A), 1991 (3A), 2015 (4A), 2024 (4A)
Rolfe 1968
Saint Ansgar (1) 2024 (1A)
Sentral (2) 1962, 1963
Sheldon 1984 (2A)
Sigourney (4) 1989 (1A), 1991 (1A), 1992 (1A), 2017 (1A)
Sioux Center (2) 1979 (2A), 1980 (2A)
Solon (3) 2010 (2A, tie), 22 (3A), 23 (3A)
South Winneshiek (2) 1997 (2A, tie), 1999 (1A)
Starmont 1982 (2A)
Tipton (7) 1988 (2A), 1989 (2A), 1991 (2A), 2004 (2A), 2005 (2A), 2006 (2A), 2007 (2A)
Titonka 1982 (1A)
Tri-Center 2004 (1A, tie)
Unity Christian 1992 (2A)
Urbandale 2014 (4A)
Van Meter (2) 2023 (2A), 2024 (2A)
WACO 1989 (1A)
Waukee (8) 2009 (4A), 2012 (4A), 13 (4A), 16 (4A), 17 (4A), 18 (4A), 19 (4A), 21 (4A)
Waukee Northwest (3) 2022 (4A), 23 (4A), 25 (4A)
Waverly-Shell Rock 1983 (3A)
West Des Moines Valley 2005 (4A)
Western Christian (3) 1977 (2A), 1978 (2A), 2013 (2A)
West Hancock (2) 1996 (1A), 2016 (1A)
Woodbine (4) 1973, 1974, 1975, 1993 (1A)

WINNERS OF FOUR EVENTS AT STATE MEET

Cathy Carroll, Collins, 1970	60, 100, 220, LJ
Debbie Esser Woodbine, 1975	100H, 220H, LJ, Mile Relay
Bonnie DeBoer, Western Christian, 1977	100, 220, LJ, 440 Relay
Bonnie DeBoer, Western Christian, 1978	100, 200, LJ, 4x100 Relay
Marcie Thurn, Elkader Central, 1979	100, 200, LJ, Sprint Medley Relay
Cristy Dickerson, Indianola, 1980	100, 200, LJ, Sprint Medley Relay
Tammy Warner, Sheldon, 1984	200, LJ, 4x100 Relay, 4x200 Relay
Laura Aschoff, Ankeny, 1996	100, 200, LJ, 4x200 Relay
Nikki Nelson, Mount Vernon-Lisbon, 1998	200, 400, LJ, Sprint Medley
Tiffany Pedersen, Atlantic, 1999	100H, LJ, 4x100 Relay, Shuttle Hurdle
Tiffany Pedersen, Atlantic, 2000	100H, LJ, 4x100 Relay, Shuttle Hurdle
Ellen Ries, North Linn, 2005	800, 1500, Distance Medley, 4x800
Ashley Miller, Tipton, 2005	400, 800, 4x400, Distance Medley
Faith Burt, Cedar Falls, 2005	100, 200, 4x400, Sprint Medley Relay
Michelle Jensen, West Des Moines Valley, 2005	800, DMR, 4x800, 4x400
Dani Stipe, Carroll Kuemper, 2006	100, 200, 4x400, LJ
Lindsey Boldt, Mount Pleasant, 2006	100H, 400H, Shuttle Hurdle, HJ
Ashley Miller, Tipton, 2006	800, 1500, 4x800, Distance Medley
Brooke Dinsdale, North Tama, 2006	800, 1500, 3000, Distance Medley
Ashley Miller, Tipton, 2007	800, 1500, 4x800, Distance Medley
Blaire Dinsdale, North Tama, 2007	400, 800, 400H, Distance Medley
Callan Jacobson, Benton, 2008	100, 200, 4x100 Relay, 4x200 Relay
AG Bradford, Davenport North, 2008	400, 100H, 400H, HJ
Sara Stoakes, North Tama, 2008	100, 200, 400, Sprint Medley Relay
Hannah Willms, Dike-New Hartford, 2008	200, 400, HJ, Sprint Medley Relay
Sara Stoakes, North Tama, 2009	400, 800, 1500, 400H
Hannah Willms, Dike-New Hartford, 2009	200, 400, HJ, Sprint Medley Relay
Alex Gochenour, Logan-Magnolia, 2010	100, 200, 100H, 400H
Katie Flood, Dowling Catholic, 2010	800, 1500, 3000, 4x800
Jessica Gehrke, Iowa City West, 2010	100, 200, 4x100, LJ
Hannah Willms, Dike-New Hartford, 2010	200, 400, HJ, Sprint Medley
Rachel Peth, Waverly-Shell Rock, 2011	100, 200, 100H, Shuttle Hurdle
Alex Gochenour, Logan-Magnolia, 2011	100, 200, 100H, 400 H
Erin Hawkins, Des Moines Roosevelt, 2011	100, 200, 4x100, Sprint Medley
Shelby Houlihan, Sioux City East, 2011	400, 800, 1500, 4x400
Brooke Wolterstorff, Western Christian, 2012	100, 200, 400, 4x100
Abbey Meyer, Cascade, 2012	4x200, 4x400, DMR, SMR
Rebekah Topham, Griswold, 2014	800, 1500, 3000, 400 H
Jalynn Roberts-Lewis, Des Moines Roosevelt, 2014	100, 200, 4x100, LJ
Natalie Halfman, St. Ansgar, 2015	100, 200, 400, SMR
Marhaya Bradford, Mormon Trail, 2015	WC 100, WC 200, WC 400, WC Shot Put
Maddie Boer, North Linn, 2015	400H, 4x400, 4x800, SHR
Carly Donahue, Pleasant Valley, 2016	100H, 400H, 4x100, SHR
Joy Ripslinger, Davenport Assumption, 2017	400, 800, 1500, 3000
Keri Siebrecht, Sheldon, 2017	WC Shot, WC 100, WC 200, WC 400
Sydney Milani, Southeast Polk, 2018	100, 200, 400, 800
Ellie Friesen, Crestwood, 2018	800, 1500, 3000, DMR
Keri Siebrecht, Sheldon, 2018	WC100, WC200, WC400, WC Shot
Keri Siebrecht, Sheldon, 2019	WC100, WC400, WC800, WC Shot
Janette Schraft, Glenwood, 2019	800, 1500, 3000, 400H (3A)
Peyton Pogge, Tri-Center, 2021	800, 1500, 3000, DMR
Mia Doebelin, Lewis Center, 2021	WC 100, 200, 400, Shot Put
Ella Santi, Madrid, 2021	100, 4x100, 4x200, SMR
Audrey Biermann, Western Dubuque, 2021	100, 200, 400, SMR
Audrey Biermann, Western Dubuque 2022	100, 200, 400, SMR
Holly Duax, Sioux City West, 2022	100, 200, 4x100, long jump
Aly Darter, Dubuque Hempstead, 2022	Wheelchair 100, 200, 400, shot put
Aly Darter, Dubuque Hempstead, 2023	Wheelchair 100, 200, 400, shot put
Noelle Steines, Tipton, 2024	800, 1500, 3000, DMR
Bailey Vos, Pella Christian, 2024	400, 4x200 relay, 4x100, SMR
Rachel Kacmarynski, Pella Christian, 2024	100, 4x100, 4x200, SMR
Hannah Longmire, Iowa City West, 2024	Wheelchair 200, 400, 800, shot put
Ally Darter, Dubuque Hempstead, 2024	ambulatory 100, 200, 400, 800
Reese Brownlee, Clear Lake, 2025	400, 400 hurdles, long jump, SMR
Hannah Longmire, Iowa City West, 2025	Ambulatory 100, 200, 400, 800
Noelle Steines, Tipton, 2025	800, 1500, 3000, DMR
Ally Darter, Dubuque Hempstead, 2025	Wheelchair 200, 400, 800, shot put
Rachel Kacmarynski, Pella Christian, 2025	100, 4x100, 4x200, 4x400
Meredith Van Wyk, Pella Christian, 2025	200, 4x200, 4x400, SMR
Avery Vogt, Waukee Northwest, 2025	4x100, 4x200, 4x400, DMR
Sadie McCann, Waukee Northwest 2025	4x100, 4x200, 4x400, SMR
Aunya Van Zetten, Waukee Northwest, 2025	4x100, 4x200, SMR, SHR

WINNERS OF THREE EVENTS AT STATE MEET

Linda Schram, Manilla, 1963	100, 220, 440 Relay
Linda Schram, Manilla, 1964	100, 200, 440 Relay
Sandra Hayes, Malvern, 1965	60, 100, 220
Carol Wolfe, Malvern, 1966	80H, 880, HJ
Sandra Hayes, Malvern, 1966	60, 100, LJ
Kay Cox, Bedford, 1967	80H, 220, 440 Medley
Sara Beckord, Rolfe, 1968	440, Shuttle Relay, 440 Relay
Pam Wilcoxson, Grand Valley, 1969	60, 100, 220
Meg Hennessey, Manilla, 1969	Shuttle Relay, 880 Relay, 880 Medley
Meg Hennessey, Manilla, 1971	220, 880 Relay, Mile Relay
Marj Ahrenholtz, Manilla, 1971	Dist. Medley, 880 Relay, Mile Relay
Debbie Carroll, Collins, 1972	60, 100, 220
Debbie Esser, Woodbine, 1972	100H, 220H, 440
Debbie Esser, Woodbine, 1973	100H, 220H, Mile Relay
Debbie Esser, Woodbine, 1974	100H, 220H, Mile Relay
Caren Horstmeyer, Woodbine, 1974	880 Relay, Mile Relay, Sprint Medley
Jean Kenkel, Woodbine, 1974	880 Relay, Mile Relay, Sprint Medley
Lynne Hortsmeyer, Woodbine, 1975	880 Relay, Mile Relay, Sprint Medley
Caren Horstmeyer, Woodbine, 1975	880 Relay, Mile Relay, Sprint Medley
Denette Esser, Woodbine, 1975	880 Relay, Mile Relay, Sprint Medley
Pam Rasmussen, Oelwein, 1976	440 Relay, 880 Relay, Shuttle Relay
Lori Kimball, Oelwein, 1976	440 Relay, 880 Relay, Shuttle Relay
Lynn Murphy, Oelwein, 1976	440 Relay, 880 Relay, Shuttle Relay
Theresa Ballhorn, Oelwein, 1976	440 Relay, 880 Relay, Shuttle Relay
Jane Lange, Davenport West, 1977	440, Sprint Medley, Mile Relay
Wendy Johnson, Spencer, 1977	880, Dist. Medley, Two-Mile Relay
Cristy Dickerson, Indianola, 1978	100, 200, Sprint Medley
Melanie Heitman, Williamsburg, 1978	Shot Put, Discus, Softball Throw
Julie Williams, Spencer, 1978	800, 1500, 4x800 Relay
Anne Mueksch, Missouri Valley, 1978	800, 1500, Distance Medley
Toni Mohr, Manilla, 1978	800, 4x800 Relay, Distance Medley
Julie Williams, Spencer, 1979	800, 1500, 4x400 Relay
Anne Mueksch, Missouri Valley, 1979	800, 1500, Distance Medley
Lana VandeKamp, Pella Christian, 1980	800, 1500, Distance Medley
Cathy Rardin, Starmont, 1980	400, Shuttle Hurdle, Sprint Medley
Lisa Schisel, Garner-Hayfield, 1981	100H, 200, Shuttle Hurdle
Kathy Gillespie, Lamoni, 1981	100H, 400H, HJ
Janice Ohrt, North Tama, 1981	800, 4x800, Distance Medley
Paula Kenney, Council Bluffs St. Albert, 1981	800, 4x800, Distance Medley
Amy Andrews, Storm Lake St. Mary's, 1981	200, LJ, Sprint Medley
Linda Bockenstedt, Starmont, 1981	400H, Sprint Medley, 4x800 Relay
Meta Obersteller, Newton, 1981	100, 200, 4x100 Relay
Vivian Hardy, Davenport Central, 1982	100, LJ, 4x100 Relay
Jan Hall, George, 1982	800, 1500, Distance Medley Relay
Carmelle Rardin, Starmont, 1982	100, 200, Sprint Medley
Barb Moore, Titonka, 1982	4x100 Relay, Spr. Medley, Shuttle Hurdle
Julie Asche, Titonka, 1982	4x100, 4x200, Sprint Medley
Diane Hamilton, Titonka, 1982	4x100, 4x200, Sprint Medley
Tracy Johnson, Titonka, 1982	4x100, 4x200, Sprint Medley
Dawn Lentsch, Cedar Falls, 1983	800, 1500, 3000
Theresa Wohlford, Starmont, 1983	100, 200, Sprint Medley
Natasha Kaiser, Des Moines Roosevelt, 1984	100, 200, Sprint Medley
Vonda Velgersdyk, Western Christian, 1984	800, Sprint Medley, Dist. Medley
Melinda DeJongh, Boyden-Hull, 1984	4x400 Relay, 4x800 Relay, Dist. Medley
Nancy VanderZwaag, Boyden-Hull, 1984	4x400 Relay, 4x800 Relay, Dist. Medley
Natasha Kaiser, Des Moines Roosevelt, 1985	200, 400, Sprint Medley
Karen Koellner, Ames, 1985	100H, 400H, Distance Medley
Deb Winchip, Mount Vernon, 1985	100, 4x100 Relay, 4x200 Relay
Connie Royer, Mount Vernon, 1985	4x100 Relay, 4x200 Relay, Sprint Medley
Shawna Hutchins, Mount Vernon, 1985	4x100 Relay, 4x200 Relay, Sprint Medley
Nita Brown, Laurens-Marathon, 1985	100, 4x100 Relay, 4x200 Relay
Barb Buckwalter, Laurens-Marathon, 1985	400H, 4x100 Relay, 4x200 Relay
Denise Cuttall, George, 1985	4x400 Relay, 4x800 Relay, Dist. Medley
Dolly Hansen, George, 1985	4x400 Relay, 4x800 Relay, Dist. Medley
Robin Threatt, Cedar Rapids Jefferson, 1986	100, 4x100 Relay, 4x200 Relay
Julie Davis, Cedar Rapids Jefferson, 1986	200, 4x100 Relay, 4x200 Relay
Amy Hudek, Pocahontas, 1986	800, Sprint Medley, Dist. Medley
Christa Holms, West Des Moines Valley, 1987	1500, 3000, Distance Medley
Kellie Riedesel, Lake City-Lohrville, 1987	100H, 400H, Shuttle Hurdle
Barb Buckwalter, Laurens-Marathon, 1987	400 H, LJ, 4x100 Relay
Jill Freed, Sanborn, 1987	100, 200, 4x400 Relay
Christa Holms, West Des Moines Valle, 1988	1500, 3000, Distance Medley
Kim Carson, Des Moines Roosevelt, 1990	LJ, 100H, 4x400 Relay

Suzie Friday, Tipton , 1990	100H, Shuttle Hurdle, 4x100 Relay
Nikki Clausen, DeWitt Central, 1990	4x400 Relay, Sprint Medley, Dist. Medley
Joanna Schroeder, DeWitt Central, 1990	4x400 Relay, Sprint Medley, Dist. Medley
Sadie Wiley, Sigourney, 1990	200, 4x200 Relay, Sprint Medley
Heather Amundson, Northwood-Kensett, 1990	800, 1500, Distance Medley
Kim Carson, Des Moines Roosevelt, 1991	100H, 4x400 Relay, Distance Medley
Heather Amundson, Northwood-Kensett, 1991	800, 1500, 4x800 Relay
Mandy Parrott, Atlantic, 1991	800, 4x800 Relay, Distance Medley
Amy Schuver, Cherokee, 1991	100, 4x100 Relay, 4x200 Relay
Kim Carson, Des Moines Roosevelt, 1992	100H, 4x100 Relay, Distance Medley
Sarah Plum, Unity Christian, 1992	800, 4x800 Relay, Distance Medley
Dawn Rayner, Lone Tree, 1992	100 H, 400H, Shuttle Hurdle
Rhonda Eiben, Sigourney, 1993	100, 200, 400
Chiquitta Carroll, Clinton, 1993	100, 4x100 Relay, 4x200 Relay
Trina Warner, Woodbine, 1993	800, 4x100 Relay, 4x200 Relay
Summer Johnson, Indianola, 1994	1500, 3000, 4x800 Relay
Kris Roebken, Dubuque Hempstead, 1994	100, 4x100 Relay, 4x200 Relay
Jenny Runchey, Atlantic, 1994	100H, 400H, Shuttle Hurdle
Julie Vandeventer, Guthrie Center, 1994	4x100 Relay, 4x200 Relay, 4x400 Relay
Kate Lewis, Guthrie Center, 1994	4x100 Relay, 4x200 Relay, 4x400 Relay
Sunny Gonzales, Guthrie Center, 1994	4x100 Relay, 4x200 Relay, 4x400 Relay
Jessica Lewis, Guthrie Center, 1994	4x100 Relay, 4x200 Relay, 4x400 Relay
Julie Vandevanter, Guthrie Center, 1995	4x100 Relay, 4x200 Relay, 4x400 Relay
Kate Lewis, Guthrie Center, 1995	4x100 Relay, 4x200 Relay, 4x400 Relay
Sunny Gonzalez, Guthrie Center, 1995	4x100 Relay, 4x200 Relay, 4x400 Relay
Jessica Lewis, Guthrie Center, 1995	4x100 Relay, 4x200 Relay, 4x400 Relay
Jana Peterson, Webster City, 1995	800, 1500, 3000
Cari Hoeman, West Des Moines Valley, 1995	200, 400, 4x400 Relay
Haley Newbrough, West Hancock, 1996	800, 1500, Distance Medley
Maggie Hall, Harlan, 1996	100, 200, LJ
Barbara Szlendakova, Andrew, 1997	200, 400, LJ
Michelle Lahann, Calamus-Wheatland, 1998	800, 1500, 3000
Jana Benson, Forest City, 1998	800, 4x400 Relay, Distance Medley
Julie Drzycimski, Fort Dodge St. Edmond, 1999	100, 200, Sprint Medley
Julie Drzycimski, Fort Dodge St. Edmond, 2000	100, 200, Sprint Medley
Lolo Jones, Des Moines Roosevelt, 2000	100, 200, 100H
Michelle Lienthal, Iowa City High, 2000	1500, 3000 Distance Medley
Kristin Hansen, Okoboji, 2000	800, 1500, 3000
Kristin Hansen, Okoboji, 2001	800, 1500, 3000
Kristin Hansen, Okoboji, 2002	800, 1500, 3000
Audra Bark, DeWitt Central, 2000	100, 200, 4x200 Relay
Audra Bark, DeWitt Central, 2001	100, 4x100 Relay, 4x200 Relay
Audra Bark, DeWitt Central, 2002	100, 200, 4x200 Relay
Jill Schwiebert, Aplington-Parkersburg, 2000	400H, Distance Medley, 4x200 Relay
Jill Schwiebert, Aplington-Parkersburg, 2001	100 H, 400H, Distance Medley
Tiffany Pedersen, Atlantic, 2001	100H, Shuttle Hurdle, Sprint Medley
LaNeisha Waller, Cedar Rapids Washington, 2001	LJ, 4x100, Relay, 4x200 Relay
LaNeisha Waller, Cedar Rapids Washington, 2004	100, 100H, LJ
Cortney Jacobs, Atlantic, 2002	400, 4x400 Relay, Sprint Medley Relay
Cortney Jacobs, Atlantic, 2003	200, 400, Sprint Medley Relay
Cortney Jacobs, Atlantic, 2004	200, 400, 4x400 Relay
Ellen Ries, North Linn, 2002	800, 4x800 Relay, Distance Medley Relay
Ellen Ries, North Linn, 2003	800, 4x800 Relay, Distance Medley Relay
Ellen Ries, North Linn, 2004	800, 1500, Distance Medley Relay
Nelle Trefz, Iowa City High, 2003	1500, 3000, 4x800 Relay
Stacy Butt, Northeast, 2003	LJ, 4x200 Relay, 4x400 Relay
Liz Bradfield, Cedar Falls, 2004	200, 400, Sprint Medley Relay
Ashley Miller, Tipton, 2004	800, 4x400 Relay, Distance Medley Relay
Whitney Sharpe, West Des Moines Valley, 2005	400, 4x400, DMR
Dani Stipe, Carroll Kuemper, 2005	100, 200, Long Jump
Jenna Caffrey, Burlington, 2006	100H, 400H, Shuttle Hurdle Relay
Brooke Dinsdale, North Tama, 2007	1500, 3000, Distance Medley Relay
Jessica Hale, Ventura, 2007	100H, 4x100 Relay, Shuttle Hurdle Relay
Sara Stoakes, North Tama, 2007	100, 200, Distance Medley Relay
Callan Jacobson, Benton, 2007	100, 200, 4x100 Relay
Regina Reinig, Harlan, 2007	4x400, 4x800, Distance Medley Relay
Faith Burt, Cedar Falls, 2007	100, 4x100 Relay, 4x200 Relay
Katie Flood, Dowling Catholic, 2007	800, 1500, 3000
Blaire Dinsdale, North Tama, 2008	800, 1500, 400H
Faith Burt, Cedar Falls, 2008	100, 200, 4x200 Relay
Colette Gnade, Waukee, 2008	800, 4x400 Relay, Distance Medley Relay
Megan Hutson, Logan-Magnolia, 2008	HJ, Shuttle Hurdle Relay, 4x200 Relay
Morgan Casey, Northeast, 2009	1500, 3000, Distance Medley Relay
Carly Cochrane, Mount Vernon-Lisbon, 2009	4x400, Sprint Medley, Distance Medley
Alex Gochenour, Logan-Magnolia, 2009	100, 100H, 400H

Courtney Kintzel, Mount Vernon-Lisbon, 2009	4x100, Sprint Medley, Distance Medley
Janie Penning, North Iowa, 2009	4x100, 4x200, 4x400
Whitney Westrum, Waukee, 2009	200, 4x100, 4x200
Alex Wilson, Mount Vernon-Lisbon, 2009	800, 1500, 4x400
Jessica Nichols, Perry, 2010	200, 400, 800
Morgan Casey, Northeast/EC, 2010	800, 1500, 3000
Emily Toennis, Belle Plaine, 2011	200, 400, Sprint Medley
Maddie Irmen, Davenport Assumption, 2011	400, 4x100, 4x200
Ragan Duax, Davenport Assumption, 2011	4x100, 4x200, 4x400
Kayla Gesink, Western Christian, 2011	4x100, 4x200, 4x400
Kim Kroeze, Western Christian, 2011	4x100, 4x400, 4x800
Allison Gibbs, Cascade, 2012	4x200, 4x400, Sprint Medley
Abby Green, Cascade, 2012	4x200, 4x400, Sprint Medley
Roselyn Hancock, Dubuque Wahlert, 2012	4x100, 4x200, Distance Medley
Tessa Helmle, Cascade, 2012	4x200, 4x400, Sprint Medley
Leslie Taylor, Mount Pleasant, 2012	Long Jump, 100H, SHR
Kate Smith, Dubuque Wahlert, 2012	4x200, 4x100, Distance Medley
Hannah Stouffer, Urbandale, 2012	100, 200, 4x100
Rebekah Topham, Griswold, 2012	800, 1500, 3000
Ellie Herzbzberg, Manson-NW Webster, 2013	100, 200, 400
Jasmine Staebler, Clayton Ridge, 2013	200, 400, 800
Olivia Loy, Anamosa, 2013	200, 400, Sprint Medley
Rose Ripslinger, Davenport Assumption, 2013	100, 4x100, 4x200
Nicole Miller, North-Linn, 2014	4x800, SMR, DMR
Kayla Newbauer, North-Linn, 2014	4x100, SMR, DMR
Abbey Meyer, Cascade, 2014	4x100, 4x200, DMR
Stephanie Jenks, Linn-Mar, 2014	800, 1500, 3000
Sydney Rickels, Cascade, 2014	4x100, 4x200, DMR
Payton Wensel, Linn-Mar, 2015	400, 4x800, DMR
Jasmine Staebler, Northeast, 2014	200, 400, 800
Aleenah Marcucci, Northeast, 2015	LJ, 100H, 400H
Stephanie Jenks, Linn-Mar, 2015	800, 1500, 3000
Nicole Miller, North Linn, 2015	4x400, 4x800, DMR
Sydney Mertens, North Linn, 2015	4x400, 4x800, DMR
Lexie Kolterman, Hudson, 2015	4x100, 4x200, SMR
Dani Reicherts, Hudson, 2015	4x100, 4x200, SMR
Taylor Burke, North Linn, 2015	4x400, 4x800, SHR
Abilene Ranschau, Cedar Rapids Jefferson, 2015	100H, 4x100, 4x200
Maria Gonzalez, West Hancock, 2016	LJ, HJ, 4x200
Okasana Covey, Des Moines Christian, 2016	400, 800, DMR
Aleenah Marcucci, Northeast, 2016	LJ, 100H, 400H
Emalee Funderman, Maple Valley-Anthon-Oto, 2016	800, 1600, DMR
Stephanie Jenks, Linn-Mar, 2016	800, 1500, 3000
Katie Maschmann, Montezuma, 2016	100, 200, 4x100
Rachel Jennings, Davenport Assumption, 2016	DMR, 4x200, 4x100
Joy Ripslinger, Davenport Assumption, 2016	800, 1600, DMR
Mary Grace Carroll, Davenport Assumption, 2016	4x200, DMR, 4x100
Haley Schroeder, Central Elkader, 2016	4x400, 4x800, SMR
Keri Siebrecht, Sheldon, 2016	WC100, WC200, WC400
Kerris Robert, Waterloo East, 2017	100, 200, 4x100
Anne Ryan, Cascade, 2017	4x100, 4x200, DMR
Annie Meyer, Cascade, 2017	4x100, 4x200, DMR
Bailey Nock, Iowa City West, 2017	1500, 3000, DMR
Anna Hostetler, Mid-Prairie, 2017	800, 1500, 3000
Janette Schraft, East Mills, 2017	800, 1500, 3000
Valerie Welch, Iowa City West, 2017	100H, LJ, DMR
Katie Nimrod, Decorah, 2017	400H, 4x400, DMR
Jordyn Pester, MVAOCOJ, 2018	200, 400, DMR
Janette Schraft, East Mills, 2018	400H, 800, 1500
Anna Hostetler, Mid-Prairie, 2018	800, 1500, DMR
Rylan Santi, Madrid, 2018	100, 200, 4x100
Krayton Allen, Sumner-Fredericksburg, 2018	100, 4x100, 4x200
Payton Wensel, Linn-Mar, 2018	400H, 4x100, SMR
Alyssa Pfadenhauer, Danville, 2018	400, 4x100, SMR
Mackenzie Michael, Cedar Falls, 2019	400, 4x400, DMR
Carly King, Davenport Assumption, 2019	100, 400, SMR
Libby Wedewer, Dubuque Wahlert, 2019	200, 4x100, 4x200
Madison Osborn, Alburnett, 2019	100, 200, SMR
Emma Lucas, Bedford, 2019	800, 1500, 3000
Haley Meyer, Kee, 2019	4x400, 4x800, DMR
Makayla Walleaser, Kee, 2019	4x400, 4x800, DMR
Katie Brennan, Kee, 2019	4x400, 4x800, DMR
Marie Hostetler, Mid-Prairie, 2019	1500, 3000, DMR
Lilly Ostert, Madrid, 2021	4x100, 4x200, SMR
Erin Schietz, Madrid, 2021	4x100, 4x200, SMR

Jillian Dodds, Madrid, 2021	4x100, 4x200, SMR
Ellie Rickertsen, Northeast,	100 hurdles, 400 hurdles, 4x100
Danielle Hostettler, Mid-Prairie, 2022	1500, 3000, DMR
Kadence Huck, Nashua-Plainfield, 2022	400, SMR, DMR
Mitzi Evans, Mid-Prairie, 2022	400, 800, DMR
Lilly Ostert, Madrid, 2022	100, 4x100, 4x200
Jillian Dodds, Madrid, 2022	200, 4x100, 4x200
Meghan O'Neill, Solon, 2022	4x400, 4x800, DMR
Kaia Holtkamp, Solon, 2022	4x400, 4x800, DMR
Clare Kelly, Van Meter, 2022	1500, 4x400, 4x800
Jaidyn Sellers, Panorama, 2023	100, 200, 400
Noelle Steines, Calamus-Wheatland,	1600, 3200, DMR
Jessica Kyne, Des Moines Hoover,	100, 200, 4x100
Olivia Kramer, Dowling Catholic	100, 4x100 relay, SHR
Ali Frandsen, Ames,	100 H, 400 H, 4x400
Jaidyn Sellers, Panorama, 2024	100, 200, 400
Ally Darter, Dubuque Hempstead, 2024	wheelchair 200, 400, 800
Kadence Huck, Nashua-Plainfield, 2024	800, 1500, DMR
Meredith Van Wyk, Pella Christian, 2024	4x200, 4x400, SMR
Noelle Steines, Tipton, 2024	800, 3000, DMR
Reese Brownlee, Clear Lake, 2024	400, 400H, LJ
Tierney Huss, MOC-Floyd Valley, 2024	100, 200, 4x200
Keira Anderson, Gilbert, 2025	800, 4x800, DMR
Lili Denton, Council Bluffs St. Albert, 2025	500, 3000, DMR
Sarah Feddersen, Gilbert, 2025	1500, 4x800, DMR

WINNERS OF SAME EVENT FOUR STRAIGHT YEARS

Carol Hannusch, Gilbert and Union-Whitten	Shot Put – 1965, 66, 67, 68
Debbie Esser, Woodbine	100 Hurdles – 1972, 73, 74, 75
Debbie Esser, Woodbine	220 Hurdles – 1972, 73, 74, 75
Melanie Heitman, Williamsburg	Discus – 1976, 77, 78, 79
Natasha Kaiser, Des Moines Roosevelt	200 – 1982, 83, 84, 85
Sara Roberson, Bettendorf	4x800 – 1984, 85, 86, 87
Christa Holms, West Des Moines Valley	1500 – 1986, 87, 88, 89
Christa Holms, West Des Moines Valley	3000 – 1986, 87, 88, 89
Heather Amundson, Northwood-Kensett	800 – 1988, 89, 90, 91
Paulette Mitchell, Council Bluffs Lincoln	Shot Put – 1989, 90, 91, 92
Summer Johnson, Indianola	3000 – 1992, 92, 93, 95
Rachel Dozark, Ar-We-Va	Distance Medley – 1993, 94, 95, 96
Cari Hoeman, West Des Moines Valley	400 – 1994, 95, 96, 97
Jodi Hagedorn, North Iowa	400H – 1994, 95, 96, 97
Beth Neal, Williamsburg	4x800 – 1998, 99, 00, 01
Chelsey Wille, Williamsburg	4x800 – 1998, 99, 00, 01
Tiffany Pedersen, Atlantic	100H – 1998, 99, 00, 01
Kristin Hansen, Okoboji	3000 – 1999, 00, 01, 02
Abby Jones, Williamsburg	4x800 – 2000, 01, 02, 03
Cortney Jacobs, Atlantic	400 – 2001, 02, 03, 04
Meredith Kosmacek, Tri-Center	100 – 2001, 02, 03, 04
Ellen Ries, North Linn	800 – 2002, 03, 04, 05
Ashley Miller, Tipton	800 – 2004, 05, 06, 07
Michelle Jensen, West Des Moines Valley	4x800 - 2004, 05, 06, 07
Callan Jacobson, Benton	200 - 2005, 06, 07, 08
Faith Burt, Cedar Falls	100 – 2005, 06, 07, 08
Megan Glisar, Sergeant Bluff-Luton	HJ – 2006, 07, 08, 09
Hannah Willms, Dike-New Hartford	200 - 07, 08, 09, 10
Hannah Willms, Dike-New Hartford	400 - 07, 08, 09, 10
Katie Flood, Dowling Catholic	3000 - 2007, 08, 09, 10
Alex Gochenour, Logan-Magnolia	100H - 08, 09, 10, 11
Abbey Meyer, Cascade	4x200 - 11, 12, 13, 14
Alexis Conaway, MOC-Floyd Valley	HJ: 11, 12, 13, 14
Rebekah Topham, Griswold	1500 - 12, 13, 14, 15
Stephanie Jenks, Linn-Mar	1500 - 13, 14, 15, 16
Stephanie Jenks, Linn-Mar	3000 - 13-14-15-16
Kelly DeGeorge, Pleasant Valley	HJ - 13, 14, 15, 16
Jasmine Blue, Cedar Rapids Jefferson	4x200 - 13, 14, 15, 16
Kiana Phelps, Kingsley-Pierson	Discus - 13, 14, 15, 16
Keri Siebrecht, Sheldon	Wheelchair 100 -16, 17, 18, 19
Keri Siebrecht, Sheldon	Wheelchair 400 -16, 17, 18, 19
Jaidyn Sellers, Panorama	100 - 21-22-23-24
Jaidyn Sellers, Panorama.	200 - 21-22-23-24
Ally Darter, Dubuque Hempstead	WC 200 - 22-23-24-25
Ally Darter, Dubuque Hempstead	WC 400 - 22-23-24-25
Ally Darter, Dubuque Hempstead	WC Shot Put - 22-23-24-25

Career State Titles

Ashley Miller, Tipton, 15
Keri Siebrecht, Sheldon, 15
Hannah Willms, Dike New Hartford 14
Ally Darter, Dubuque Hempstead 13
Faith Burt, Cedar Falls, 13
Ellen Ries, North-Linn, 13
Debbie Esser, Woodbine, 13
Alex Gochenour, Logan-Magnolia, 13
Sara Stoakes, North Tama, 12
Tiffany Pedersen, Atlantic, 12
Cortney Jacobs, Atlantic 11
Katie Flood, Dowling Catholic, 11
Rebekah Topham, Griswold, 11
Stephanie Jenks, Linn-Mar, 11
Janette Schraft, East Mills/Glenwood, 11
Callan Jacobson, Benton Community, 10
Kristin Hansen, Okoboji, 10
Bonnie DeBoer, Western Christian 10
Christa Holmes, West Des Moines Valley, 10
Abbey Meyer, Cascade, 10 (all relays)
Nicole Miller, North Linn, 10 (all relays)
Jayden Sellers, Panorama, 10

Top Team Scores

Four Class Era – Since 2004

All Classes

Davenport Assumption	3A	126	2016
Waukee	4A	122	2018
Waukee	4A	117	2017
North Tama	1A	110	2008
Davenport Assumption	3A	107	2014
Waukee Northwest	4A	101.5	2025
Pleasant Valley	4A	99	2015
Mount Vernon-Lisbon	3A	98.25	2009
Waukee	4A	98	2009
Iowa City West	4A	97.5	2007

Class 4A

Waukee	122	2018
Waukee	117	2017
Waukee Northwest	101.5	2025
Pleasant Valley	99	2015
Waukee	98	2009
Iowa City West	97.5	2007
Iowa City High	97	2009
Waukee	96	2021
West Des Moines Valley	95	2005
Iowa City West	94	2009

Class 3A

Davenport Assumption	126	2016
Davenport Assumption	107	2014
Mount Vernon-Lisbon	98.25	2009
Dubuque Wahlert	96	2011
Davenport Assumption	93	2017
Mount Vernon-Lisbon	92	2010
Dubuque Wahlert	90	2012
Mount Pleasant	86	2006
Solon	84	2022
Davenport Assumption	83	2013

Class 2A

Cascade	82	2012
Pella Christian	80	2025
Tipton	73	2005
Van Meter	71	2023
Logan Magnolia	71	2011
Hudson	69	2011
Mid Prairie	65	2022
Cascade	65	2017
Tipton	63	2006
Western Christian	62	2012

Class 1A

North Tama	110	2008
North Tama	96	2007
Logan Magnolia	83	2008
North Tama	82	2006
Hudson	72	2015
North Linn	67	2015
Valley Community	67	2007
Nashua Plainfield	59	2022
North Linn	57	2014
Griswold	57	2011

Champions of Discontinued State Meet Events

DISCONTINUED EVENT CHAMPIONS

60-Yard Dash

1962 -- Carolyn Winston, Cardinal, 7.4
1963 -- Carolyn Winston, Cardinal, 7.2
1964 -- Carolyn Winston, Cardinal, 7.1
1965 -- Sandra Hayes, Malvern, 7.0
1966 -- Sandra Hayes, Malvern, 7.1
1967 -- Tracie Ruch, Ar-We-Va, 7.1
1968 -- Pam Wilcoxson, Grand Valley, 7.1
1969 -- Pam Wilcoxson, Grand Valley, 7.1
1970 -- Cathy Carroll, Collins, 7.4
1971 -- Julie Olsen, Clay Central, 7.1
1972 -- Debbie Carroll, Collins, 7.2

220-yard medley relay (40-50-60-70)

1962 -- Exira, 27.5

220-yard relay

1962 -- Cumberland-Massena, 28.0
1963 -- Cardinal, 26.7

440-yard medley relay (110-55-55-220)

1962 -- Missouri Valley, 56.7
1963 -- Sentral, 53.8
1964 -- Belle Plaine, 53.5
1965 -- Bedford, 52.5
1966 -- Belle Plaine, 52.6
1967 -- Bedford, 52.2

240-yard shuttle relay

1964 -- Wheatland, 30.6

320-meter shuttle relay

1965 -- Wheatland, 43.3
1966 -- BGM, 42.4
1967 -- Manilla, 41.6
1968 -- Rolfe, 41.9
1969 -- Manilla, 42.2

400-meter shuttle relay

1970 -- Manilla, 51.8
1971 -- Dexfield, 52.9
1972 -- Charles City, 52.8
1973 -- HLV, 52.6
1974 -- Indianola, 52.9
1975 -- Indianola, 51.8
1976 -- Oelwein, 51.83

Basketball Throw

1962 -- Kay Houston, Dow City-Arion, 92-0

Football Throw

1962 -- Jean Drewelow, Federicksburg, 122-3
1963 -- Lila Christiansen, Gilmore City-Bradgate, 125-2 1/2

Softball Throw

1962 -- Shirley Allison, Steamboat Rock, 214-7 3/4
1963 -- Lila Christiansen, Gilmore City-Bradgate, 215-6
1964 -- Judy Anderson, Alden, 218-6
1965 -- Connie Shafar, Bedford, 211-1
1966 -- Patsy Reed, Alburnett, 210-2
1967 -- Patsy Reed, Alburnett, 213-10 1/2
1968 -- Marilyn Schultz, Gladbrook, 203-6

1969 -- Eileen Beninga, Dike, 185-10 1/2

1970 -- Peggy Winklebauer, Cedar Valley, 228-6

1971 -- Laura Paulus, Jesup, 227-0

1972 -- Laura Paulus, Jesup, 219-8

1973 -- Viky Milner, Griswold, 246-5

1974 -- Lori Adams, BCL, 228-4

1975 -- Nancy Faber, Dowling Catholic, 242-0

1976 -- Lori Adams, BCL, 239-10

1977 -- 3A -- Mona Mossbarger, Cedar Rapids Kennedy, 236-4

2A -- Miriam Van Riessen, Sioux Center, 240-8

1A -- Jill Grabe, Kingsley-Pierson, 252-5

1978 -- 3A -- Laura Rodham, Dubuque Wahlert, 231-0

2A -- Melanie Heitman, Williamsburg, 234-0

1A -- Julie Sherwood, Sidney, 245-1

1979 -- 3A -- Connie Yori, Ankeny, 243-6

2A -- Sarri Sigurdson, South Hamilton, 243-7

1A -- Julie Sherwood, Sidney, 253-8

1980 -- 3A -- Connie Yori, Ankeny, 254-3

2A -- Sarri Sigurdson, South Hamilton, 257-0

1A -- Kim Brown, Central City, 215-6

1981 -- 3A -- Connie Yori, Ankeny, 255-10

2A -- Karen Hopewell, Adel-DeSoto, 238-8

1A -- Kim Brown, Central City, 224-0

GENERAL RECORDS

Most Team Championships Won By A School

8: Waukee

7: Atlantic; Iowa City High, North Tama, Tipton

6: Iowa City West. Manilla

5: Ames, Belle Plaine, Indianola, Davenport Assumption

4: Cascade, Sigourney, Mid-Prairie, Pleasant Valley, Woodbine

3: Benton, Bettendorf, Griswold, Laurens-Marathon, LeMars Gehlen Catholic, Mount Pleasant, Mount Vernon-Lisbon, North Linn, Wahlert Catholic, Western Christian,, Solon, Waukee Northwest, Council Bluffs St, Albert

2: Camanche, Central DeWitt, Davenport Central, Davenport West, Indianola, Sentral, Sioux Center, South Winneshiek, Van Meter, ADM, Logan-Magnolia, West Hancock

Most Team Championships Won by A Coach:

7: Bruce Henderson, Atlantic; Dave Fetterman, Tipton

6: Mike Parker, Iowa City West; Jesse Hunt, Waukee

5: Jim Duea, Ames; Tim O'Neill, Davenport Assumption

4: Steve Sherwood, Iowa City Regina, Iowa City High, Larry Bullock, Manilla; Kent Hanser, North Tama; Terry Coleman, Iowa City High; Tim Frake, Cascade; Chris Tyler, Mid-Prairie

3: Richard Seivert, LeMars Gehlen Catholic; Harold Wilkinson, Belle Plaine; LaVerne Kloster, Woodbine; Ron Werling, Indianola; Don Wallis, North Tama; Alan Pierce, Laurens-Marathon; Gary Roberson, Bettendorf; Marty Thomae, Benton; Arnold Snook, Sigourney; Dave Hutchcroft, Mount Pleasant; Andy Everett, Griswold; Tim Berning, Dubuque Wahlert; Ben Duea, Waukee Northwest

2: Lew Paulsen, Sentral; Jerry DeWit, Western Christian; Ron Swanson, Pleasant Valley; Daryl Moenk, North Linn; Dale Fogle, Davenport West; Gary Robeson, Sioux Center; Dick Pollitt, BGM and Waverly-Shell Rock; Randy Peters, Davenport Central; Jane Montgomery, Camanche; Mark Tucker, Indianola; Kevin Kearney, South Winneshiek; Bill Thomsen, Mount Vernon-Lisbon; Matt Pries, Waukee; Kenny & Jane Wheeler, Pleasant Valley; Bart Mueller, ADM

Consecutive Team Championships -

5 - Davenport Assumption (2013-2017); Waukee (2016-19, 21)

4 - Atlantic (1998-2001); Tipton (2004-07; North Tama (2006-09); Mid-Prairie (18-19, 21-22)

3 - Iowa City High (2002-04); Iowa City West (2006-2008); Belle Plaine (1964-66); Woodbine (1973-75); Manilla (1969-71); Indianola (1978-80); North Tama (1979-81); Laurens-Marathon (1985-87); Sigourney (1990-92); Mount Pleasant. 2004-06; Griswold, (2011-13)

Drake Relays Champions

bold = current Drake Relays Record

3000 Meters

1992 - Kiersten Pauling, DM Lincoln, 10:21.16
1993 - Summer Johnson, Indianola, 10:25.47
1994 - Summer Johnson, Indianola, 10:15.19
1995 - Sarah Gray, Cedar Falls, 9:55.94
1996 - Sarah Gray, Cedar Falls, 10:25.57
1997 - Sarah Gray, Cedar Falls, 10:11.70
1998 - Julie Bigler, Fort Madison, 10:16.30
1999 - Michelle Lillienthal, Iowa City High, 9:54.97
2000 - Michelle Lillienthal, Iowa City High, 9:47.53
2001 - Jeni Frudden, Iowa City West, 10:02.88
2002 - Jenny Funk, Iowa City High, 9:56.31
2003 - Nelle Trefz, Iowa City High, 10:04.87
2004 - Sarah Wickman, Iowa City West, 10:04.66
2005 - Sarah Wickman, Iowa City West, 10:08.62
2006 - Stephanie Mundt, Urbandale, 9:55.98
2007 - Katie Flood, Dowling Catholic, 9:44.96
2008 - Katie Flood, Dowling Catholic, 9:56.23
2009 - Katie Flood, Dowling Catholic, 10:05.48
2010 - Katie Flood, Dowling Catholic, 9:43.39
2011 - Shelby Houlihan, Sioux City East, 9:56.71
2012 - Rebekah Topham, Griswold, 9:58.39
2013 - Stephanie Jenks, Linn-Mar, 9:46.02
2014 - Stephanie Jenks, Linn-Mar, 9:26.87
2015 - Stephanie Jenks, Linn-Mar, 9:33.81
2016 - McKenzie Yanek, Pleasant Valley, 9:35.98
2017 - Anna Hostetler, Mid-Prairie, 9:51.08
2018 - Ellie Friesen, Crestwood, 9:50.44
2019 - Ashlyn Keeney, Iowa City Liberty, 9:39.64
2021 - Shewaye Johnson, Ballard, 9:46.88
2022 - Paityn Noe, Ballard, 9:53.31
2023 - Paityn Noe, Ballard, 9:28.89
2024 - Addison Dorenkamp, WDM Valley, 9:23.69
2025 - Charlee Gall, Cedar Falls, 9:44.19
2026 - Charlee Gall, Cedar Falls, 9:34.75

Sprint Medley Relay

1984 - Des Moines Roosevelt, 1:47.08
1985 - Des Moines Roosevelt, 1:44.98
1986 - Des Moines East, 1:48.9
1987 - Des Moines East, 1:49.29
1988 - Southern Cal, 1:49.22
1989 - West Des Moines Valley, 1:51.99
1990 - Bettendorf, 1:48.79
1991 - Pleasant Valley, 1:46.52
1992 - Iowa City High, 1:49.40
1993 - Iowa City High, 1:49.48
1994 - Marshalltown, 1:51.23
1995 - West Des Moines Valley, 1:49.17
1996 - Davenport North, 1:47.05
1997 - Indianola, 1:48.52
1998 - Iowa City High, 1:48.06
1999 - Iowa City High, 1:47.22
2000 - West Des Moines Valley, 1:49.18
2001 - Atlantic, 1:49.17
2002 - Atlantic, 1:52.00
2003 - Atlantic, 1:48.90
2004 - Atlantic, 1:47.94
2006 - Waukee, 1:48.04
2007 - Iowa City High, 1:47.17
2008 - Waukee, 1:48.88
2009 - Waukee, 1:46.73
2010 - Dike-New Hartford, 1:47.53

2011 - Iowa City West, 1:48.88
2012 - Des Moines Roosevelt, 1:46.20
2013 - Des Moines Roosevelt, 1:47.98
2014 - Davenport Assumption, 1:45.79
2015 - Boone, 1:46.43
2016 - Waukee, 1:47.11
2017 - Linn-Mar, 1:46.16
2018 - Linn-Mar, 1:44.07
2019 - Davenport Assumption, 1:46.90
2021 - Ames, 1:48.92
2022 - Western Dubuque, 1:46.41
2023 - Cedar Rapids Kennedy, 1:46.10
2024 - Waukee, 1:46.43
2025 - Pella Christian, 1:46.36
2026 - Ankeny, 1:44.11

100 Meter Hurdles

2001 - Tiff Pedersen, AtAlantic, :14.50
2002 - Sara Boisen, WDM Valley, :15.06
2003 - Sara Boisen, WDM Valley, :14.27
2004 - Jenna Caffrey, Burlington, :14.12
2005 - Jenna Caffrey, Burlington, :14.10
2006 - Jenna Caffrey, Burlington, :13.80
2007 - AG Bradford, Davenport North, :14.28
2008 - AG Bradford, Davenport North, :14.24
2009 - Susan Rodriguez, Pleasant Valley, :15.77*
2010 - Alex Gochenour, Logan-Magnolia, :14.46
2011 - Alex Gochenour, Logan-Magnolia, :14.79
2012 - Destani Welch, DM Roosevelt, :14.92
2013 - Mary Young, Urbandale, :14.96
2014 - Mary Young, Urbandale, :14.30
2015 - Mallory Vawter, BCLUW, :14.97
2016 - Carly Donahue, Pleasant Valley, 14.38
2017 - Valerie Welch, Iowa City West, 14.43
2018 - Sydney Winger, Waukee, 14.31
2019 - Darby Thomas, Council Bluffs AL, 14.30
2021 - Mackenzie Carney, Waukee, 14.69
2022 - Mackenzie Carney, Waukee NW, 14.43
2023 - Ali Frandsen, Ames, 14.33
2024 - Emma Havighurst, WDM Valley, 14.67
2025 - Emma Havighurst, WDM Valley, 13.82
2026 - Morgan Karr, WDM Valley, 13.99

** hurdles moved to 33 inches*

100 Meter Dash

1963 - Carolyn Winston, Cardinal, :11.8
1964 - Linda Schram, Manilla, 11.4
1965 - Sandra Hays, Malvern, :11.3
1966 - Debbie Kirkey, Belle Plaine, :11.4
1967 - Connie Knott, Manilla, :10.9
1968 - Janet Brown, Charles City, :11.0
1969 - Meg Hennessey, Manilla, :11.1
1970 - Cathy Carroll, Collins, :11.3
1971 - Debbie Carroll, Collins, :11.3
1972 - Debbie Carroll, Collins, :11.3
1973 - Debbie Carroll, Collins, :11.3
1974 - Debbie Carroll, Collins, :11.2
1975 - Debbie Esser, Woodbine, :11.4
1976 - Joyce Kirchner, Central Argyle, :12.43
1977 - Lori Mashek, Crestwood, :12.36
1978 - Linda Perry, DM Roosevelt, :12.69
1979 - Cristy Dickerson, Indianola, :12.28
1980 - Patty Healey, Dubuque Wahlert, :12.33
1981 - Georgeann Cole, Waterloo East, 12.05
1982 - D.J. Kendrick, Muscatine, :12.82

1983 - D.J. Kendrick, Muscatine, :12.35
1984 - Natasha Kaiser, DM Roosevelt, :12.51
1985 - Lexie Anderson, Pleasant Valley, :12.32
1986 - Lexie Anderson, Pleasant Valley, 12.4
1987 - Robin Threatt, CR Jefferson, :12.56
1988 - Robin Threatt, CR Jefferson, :12.38
1989 - Lia Pierson, Ames, :12.46
1990 - Rhonda Eiben, Sigourney, :12.50
1991 - Tashika Lewis, Des Moines North, :12.89
1992 - Suzie Darnell, Knoxville, :12.57
1993 - Almetha McNeal, Davenport Central, :12.75
1994 - Allison Drewry, Jefferson-Scranton, :12.52
1995 - Christi Hogan, Ankeny, :12.65
1996 - Laura Aschoff, Ankeny, :12.29
1997 - Laura Aschoff, Ankeny, :12.62
1998 - Kristin Knight, Iowa City High, :12.54
1999 - Kate Gordon, Sioux City North, :12.38
2000 - Lolo Jones, DM Roosevelt, :12.05
2001 - Pam Orris, Dubuque Senior, :12.45
2002 - Meredith Kosmacek, Tri-Center, :12.73
2003 - LaNeisha Waller, CR Washington, :12.13
2004 - LaNeisha Waller, CR Washington, :12.22
2005 - Faith Burt, Cedar Falls, :12.35
2006 - Faith Burt, Cedar Falls, :12.45
2007 - Gretchen Lamar, Des Moines Hoover, :12.41
2008 - Faith Burt, Cedar Falls, :12.36
2009 - Gabriel Williams, Sioux City West, :12.72
2010 - Hannah Wilms, Dike-New Hartford, :12.36
2011 - Erin Hawkins, Des Moines Roosevelt, :12.74
2012 - Erin Hawkins, Des Moines Roosevelt, :12.67
2013 - Agnes Sayeh, Des Moines Roosevelt, :12.56
2014 - Jalyann Roberts-Lewis, DM Roosevelt, :12.24
2015 - Briyana Carter, DM Roosevelt, :12.13
2016 - Kerris Roberts, Waterloo East, :11.77
2017 - Kerris Roberts, Waterloo East, :11.87
2018 - Carly King, Davenport Assumption, :11.99
2019 - Kerris Roberts, Waterloo East, 11.82
2021 - Holly Duax, Sioux City West, 12.34
2022 - Holly Duax, Sioux City West, 12.42
2023 - Jaidyn Sellers, Panorama, 12.23
2024 - Tierney Huss, MOC-Floyd Valley, 12.10
2025 - Kelly Grobstich, Davenport Assumption, 11.82
2026 - Katie Willits, Waukee Northwest, 11.69*
(set the record of 11.57 in prelims)*

400 Meter Dash

2019 - Carly King, Davenport Assumption, 56.55
2021 - Ainsley Erzen, Carlisle, 56.28
2022 - Gabby Cortez, Cedar Rapids Prairie, 56.15
2023 - Jaidyn Sellers, Panorama, 56.24
2024 - Anjelena Carder, Waukee, 55.45
2025 - Reese Brownless, Clear Lake, 55:45
2026 - Kloe Nissen, Cedar Falls, 55.00

4X200 Meter Relay

2011 - Des Moines Roosevelt, 1:42.50
2012 - Des Moines Roosevelt, 1:41.66
2013 - Des Moines Roosevelt, 1:42.24
2014 - Davenport Assumption, 1:41.71
2015 - Cedar Rapids Jefferson, 1:40.96
2016 - Cedar Rapids Jefferson, 1:40.87
2017 - Dubuque Wahlert, 1:42.24
2018 - Dubuque Wahlert, 1:42.03
2019 - Waukee, 1:42.45
2021 - Ames, 1:42.36
2022 - Waukee Northwest, 1:42.18
2023 - Waukee Northwest, 1:41.33
2024 - Waukee Northwest, 1:40.46
2025 - Waukee Northwest, 1:40.97
2026 - Waukee Northwest, 1:38.40

800 Meter Run

1978 - Julie Williams, Spencer, 2:17.20
1979 - Anne Mueksch, Missouri Valley, 2:16.21
1980 - Janice Ohrt, North Tama, 2:15.96
1981 - Sue Nelson, Indianola, 2:10.59
1982 - Jan Hall, George, 2:14.62
1983 - Dawn Lentsch, Cedar Falls, 2:12.27
1984 - Michelle Carlin, New Hampton, 2:15.10
1985 - Karen Koellner, Ames, 2:15.12
1986 - Janice Turner, Fort Madison, 2:17.42
1987 - Christa Holms, WDM Valley, 2:14.56
1988 - Christa Holms, WDM Valley, 2:13.30
1989 - Christa Holms, WDM Valley, 2:13.65
1990 - Heather Amundson, NWood-Kensett, 2:19.25
1991 - Nikole Hennigan, Dowling Catholic, 2:15.40
1992 - Briana Benning, CR Kennedy, 2:14.15
1993 - Sarah Pluim, Unity Christian, 2:12.19
1994 - Becky Rigel, CR Prairie, 2:15.75
1995 - Krista Trei, George-Little Rock, 2:15.84
1996 - Haley Newbrough, West Hancock, 2:13.91
1997 - Keely Barnett, Iowa City High, 2:17.28
1998 - Nikki Nelson, Mt. Vernon-Lisbon, 2:17.18
1999 - Jessica Huff, Marshalltown, 2:14.58
2000 - Amanda Bales, Pleasant Valley, 2:14.61
2001 - Amanda Bales, Pleasant Valley, 2:12.26
2002 - Katy Grady, LeMars, 2:13.29
2003 - Ellen Ries, North-Linn, 2:16.46
2004 - Ashley Miller, Tipton, 2:12.13
2005 - Ashley Miller, Tipton, 2:14.78
2006 - Brooke Dinsdale, North Tama, 2:10.35
2007 - Ashley Miller, Tipton, 2:10.10
2008 - Collette Gnade, Waukee, 2:14.09
2009 - Shelby Houlihan, Sioux City East, 2:10.17
2010 - Shelby Houlihan, Sioux City East, 2:09.22
2011 - Shelby Houlihan, Sioux City East, 2:07.69
2012 - Lydia Saggau, WDM Valley, 2:12.07
2013 - Lydia Saggau, WDM Valley, 2:11.20
2014 - Stephanie Jenks, Linn-Mar, 2:11.65
2015 - Stephanie Jenks, Linn-Mar, 2:09.64
2016 - Joy Ripslinger, Davenport Assumption, 2:14.07
2017 - Joy Ripslinger, Davenport Assumption, 2:10.47
2018 - Sydney Milani, Southeast Polk, 2:11.35
2019 - Mackenzie Michael, Cedar Falls, 2:09.88
2021 - Ainsley Erzen, Carlisle, 2:13.73
2022 - Ainsley Erzen, Carlisle, 2:09.39
2023 - Adrienne Buettner-Cable, DM Roosevelt, 2:10.62
2024 - Ani Wedemeyer, Pleasant Valley, 2:09.31
2025 - Kadence Huck, Nashua-Plainfield, 2:10.51
2026 - Makenna Madetzke, Ankeny, 2:09.16

4x800 Meter Relay

2001 - Iowa City West., 9:12.74
2002 - Iowa City High, 9:25.35
2003 - Iowa City High, 9:20.35
2004 - Iowa City High, 9:24.70
2005 - West Des Moines Valley, 9:23.47
2006 - North Tama, 9:23.84
2007 - North Tama, 9:22.81
2008 - Dowling Catholic, 9:25.47
2009 - Sioux City East, 9:20.77
2010 - Dowling Catholic, 9:11.01
2011 - Iowa City High, 9:20.25
2012 - West Des Moines Valley, 9:17.49
2013 - West Des Moines Valley, 9:24.84
2014 - Davenport Assumption, 9:24.88
2015 - Davenport Assumption, 9:20.99
2016 - Davenport Assumption, 9:20.49
2017 - Dowling Catholic, 9:25.81
2018 - Waukee, 9:15.60
2019 - Southeast Polk, 9:10.38
2021 - Southeast Polk, 9:19.90
2022 - Dubuque Hempstead, 9:22.28
2023 - Johnston, 9:26.80
2024 - Pleasant Valley, 9:01.47
2025 - Pleasant Valley, 9:07.54
2026 - Waukee Northwest, 8:58.03

Shuttle Hurdle Relay

2002 - Iowa City High, 1:3.53
2003 - Mason City, 1:00.80
2004 - Burlington, 1:02.66
2005 - Burlington, 1:00.96
2006 - Mount Pleasant, 1:02.84
2007 - Iowa City High, 1:02.64
2008 - Urbandale, 1:02.40
2009 - Logan-Magnolia, 1:05.19
2010 - Urbandale, 1:04.54
2011 - Urbandale, 1:03.65
2012 - Waukee, 1:03.29
2013 - Waukee, 1:02.84
2014 - Urbandale, 1:02.41
2015 - Waukee, 1:03.55
2016 - Pleasant Valley, 1:02.39
2017 - Waukee, 1:00.95
2018 - Dowling Catholic, 1:03.04
2019 - Ames, 1:03.75
2021 - Waukee, 1:01.21
2022 - Waukee Northwest, 1:01.86
2023 - Dowling Catholic, 1:03.20
2024 - Dowling Catholic, 1:01.43
2025 - Waukee Northwest, 1:00.70
2026 - Waukee Northwest, 59.57

1500 Meters

2007 - Katie Flood, Dowling Catholic, 4:33.92
2008 - Betsy Flood, Dowling Catholic, 4:39.18
2009 - Shelby Houlihan, Sioux City East, 4:37.03
2010 - Katie Flood, Dowling Catholic, 4:28.30
2011 - Shelby Houlihan, Sioux City East, 4:29.26
2012 - Rebekah Topham, Griswold, 4:40.30
2013 - Stephanie Jenks, Linn-Mar, 4:35.22
2014 - Stephanie Jenks, Linn-Mar, 4:28.72
2015 - Stephanie Jenks, Linn-Mar, 4:31.09
2016 - Stephanie Jenks, Linn-Mar, 4:32.02
2017 - Joy Ripslinger, Davenport Assumption, 4:31.91
2018 - Ellie Friesen, Crestwood, 4:31.11

2019 - Marie Hostettler, Mid-Prariei, 4:38.14
2021 - Ashlyn Keeney, Iowa City Liberty, 4:39.24
2022 - Ainsley Erzen, Carlisle, 4:36.27
2023 - Noelle Steines, Calamus-Wheatland, 4:35.22
2024 - Addison Dorenkamp, WDM Valley, 4:26.93
2025 - Charlee Gall, Cedar Falls, 4:31.54
2026 - Lily Denton, St. Albert, 4:25.78

Mile

2023 - Adrienne Buettner-Cable, DM Roosevelt, 4:49.58
2026 - Charlee Gall, Cedar Falls, 4:50.45

400 Hurdles

2001 - Angie Gorman, West Delaware, 1:02.17
2002 - Sara Boisen, WDM Valley, 1:04.31
2003 - Sara Boisen, WDM Valley, 1:03.16
2004 - Deb Durey, West Delaware, 1:03.78
2005 - Lindsey Boldt, Mount Pleasant, 1:02.70
2006 - Jenna Caffrey, Burlington, 1:03.02
2007 - Blaire Dinsdale, North Tama, 1:03.73
2008 - AG Bradford, Davenport North, 1:01.01
2009 - Ellen Dougherty, Sloux City East, 1:03.01
2010 - Alex Gochenour, Logan-Magnolia, 1:01.63
2011 - Karen Hutson, Logan-Magnolia, 1:02.33
2012 - Anne Leners, Pleasant Valley, 1:02.19
2013 - Sarah Plock, Iowa City High, 1:01.56
2014 - Sarah Plock, Iowa City High, 1:02.38
2015 - Sarah Plock, Iowa City High, 1:01.22
2016 - Carly Donahue, Pleasant Valley, 1:02.13
2017 - Payton Wensel, Linn-Mar, 1:02.17
2018 - Payton Wensel, Linn-Mar, 1:00.25
2019 - Janette Schraft, Glenwood, 1:03.21
2021 - Mackenzie Carney, Waukee, 1:04.39
2022 - Mackenzie Carney, Waukee NW, 1:02.87
2023 - Ali Frandsen, Ames, 1:01.16
2024 - Reese Brownlee, Clear Lake, 1:00.75
2025 - Reese Brownlee, Clear Lake, 59.86
2026 - Maeve Bowen-Burt, Iowa City High, 1:02.01

4x100 Meter Relay

1963 - Manilla, :52.9
1964 - Manilla, :52.5
1965 - Belle Plaine, :50.3
1966 - Belle Plaine, 50.3
1967 - Manilla, :49.6
1968 - Manilla, :49.4
1969 - Havelock-Plover, :51.0
1970 - Manilla, :51.0
1971 - Irwin Community, :50.5
1972 - Collins, :50.9
1973 - Woodbine, :50.0
1974 - Woodbine, :50.2
1975 - Woodbine, :49.7
1976 - Webster City, :49.83
1977 - Marion, :49.88
1978 - Cedar Rapids Kennedy, :50.35
1979 - Cedar Rapids Kennedy, :49.19
1980 - Dubuque Wahlert, :49.03
1981 - Cedar Rapids Kennedy, :48.90
1982 - Davenport West, :49.71
1983 - Muscatine, :49.53
1984 - Pleasant Valley, :49.26
1985 - Pleasant Valley, :49.00
1986 - Cedar Rapids Jefferson, :49.04
1987 - Davenport West, :49.77
1988 - Ames, :49.43

1989 - Ames, :50.08
 1990 - Cedar Rapids Kennedy, :49.05
 1991 - Sigourney, :49.03
 1992 - Ames, :49.67
 1993 - Ames, :49.75
 1994 - Ames, :50.45
 1995 - Ames, :49.33
 1996 - Ames, :49.04
 1997 - Ankeny, :49.28
 1998 - Des Moines Roosevelt, :48.71
 1999 - Iowa City High, :48.98
 2000 - Iowa City High, :49.35
 2001 - Cedar Rapids Washington, :49.35
 2002 - Cedar Falls, :49.35
 2003 - Cedar Falls, :49.36
 2004 - Cedar Falls, :49.37
 2005 - Central DeWitt, :49.29
 2006 - Denison-Schleswig, :49.11
 2007 - Waukee, :48.94
 2008 - Waukee, :48.92
 2009 - Waukee, :48.72
 2010 - Iowa City West, :48.10
 2011 - Des Moines Roosevelt, :48.12
 2012 - Des Moines Roosevelt, :47.55
 2013 - Des Moines Roosevelt, :47.67
 2014 - Davenport Assumption, 48.14
 2015 - Cedar Rapids Jefferson, :47.55
 2016 - Cedar Rapids Jefferson, :48.16
 2017 - Davenport Assumption, :48.97
 2018 - Linn-Mar, :48.18
 2019 - Ankeny, :48.93
 2021 - Waukee, 48.59
 2022 - ADM, 48.48
 2023 - Des Moines Hoover, 48.87
 2024 - Waukee Northwest, 47.89
 2025 - Waukee Northwest, 47.65
 2026 - Southeast Polk, 47.25

(Waukee Northwest set the Drake Relays record of 47.06 in the 2026 prelims)

4x400 Meter Relay

1974 - Woodbine, 3:56.9
 1975 - Woodbine, 3:54.7
 1976 - Davenport West, 3:59.21
 1977 - Davenport West, 3:59.49
 1978 - Indianola, 3:58.36
 1979 - Indianola, 3:55.3
 1980 - Indianola, 3:53.90
 1981 - Ankeny, 3:54.73
 1982 - Cedar Rapids Kennedy, 4:02.34
 1983 - Waverly-Shell Rock, 3:58.72
 1984 - Des Moines East, 4:01.47
 1985 - Des Moines Roosevelt, 3:54.87
 1986 - West Des Moines Valley, 4:00.18
 1987 - Newton, 3:58.91
 1988 - Marshalltown, 3:58.52
 1989 - Ames, 4:01.37
 1990 - Clinton, 3:59.55
 1991 - Des Moines Roosevelt, 3:58.4
 1992 - Iowa City High, 4:03.11
 1993 - Indianola, 4:03.09
 1994 - Indianola, 4:01.47
 1995 - West Des Moines Valley, 4:03.12
 1996 - Davenport North, 3:58.74
 1997 - Indianola, 4:01.05

1998 - Ames, 3:59.58
 1999 - Iowa City High, 3:38.11
 2000 - Dubuque Wahlert, 4:00.58
 2001 - Linn-Mar, 4:02.78
 2002 - Atlantic, 4:03.48
 2003 - Atlantic, 3:59.27
 2004 - Atlantic, 4:02.01
 2005 - Harlan, 3:56.63
 2006 - Fairfield, 3:54.50
 2007 - Waukee, 3:55.04
 2008 - Waukee, 3:53.65
 2009 - Waukee, 3:50.21
 2010 - Sioux City East, 3:54.39
 2011 - Davenport Assumption, 3:56.39
 2012 - Davenport Assumption, 3:52.70
 2013 - Pleasant Valley, 3:52.97
 2014 - Davenport Assumption, 3:53.71
 2015 - Pleasant Valley, 3:55.49
 2016 - Pleasant Valley, 3:53.44
 2017 - Southeast Polk, 3:51.24
 2018 - Southeast Polk, 3:52.09
 2019 - Linn-Mar, 4:00.00
 2021 - Ames, 3:59.46
 2022 - Solon, 3:56.24
 2023 - Cedar Rapids Kennedy, 3:55.11
 2024 - Pleasant Valley, 3:51.51
 2025 - Waukee Northwest, 3:51.02
2026 - Waukee Northwest, 3:45.36

High Jump

1992 - Sondra Biere, DM Roosevelt, 5-2
 1993 - Ame Oleson, Dubuque Senior, 5-10
 1994 - Deb Volkens, Western Christian, 5-9
 1995 - Jentzen, Dallas Center-Grimes, 5-6
 1996 - Leah Elbert, Iowa City Regina, 5-8
 1997 - Tracy Flowers, Knoxville, 5-7
 1998 - Stephanie Goettsch, AHST, 5-5
 1999 - Sondra Rauterkus, Harlan, 5-5
 2000 - Sondra Rauterkus, Harlan, 5-5
 2001 - Laura Tomes, Sioux City East, 5-6
 2002 - Stacy Boerema, Clinton, 5-7
 2003 - Crystal Hansen, Roland-Story, 5-7
 2004 - Jenni Elbert, Laurens-Marathon, 5-7
 2005 - Tiffanie Synacek, Council Bluffs TJ, 5-9
 2006 - Tiffanie Synacek, Council Bluffs TJ, 5-9
 2007 - Tiffanie Synacek, Council Bluffs TJ, 5-8
 2008 - Hannah Willms, Dike-New Hartford, 5-9
 2009 - Hannah Willms, Dike-New Hartford, 5-11
2010 - Hannah Willms, Dike-New Hartford, 6-1
 2011 - Khanishah Williams, Burlington, 5-10
 2012 - Alexis Conaway, MOC-Floyd Valley, 5-10
 2013 - Alexis Conaway, MOC-Floyd Valley, 5-10
 2014 - Alexis Conaway, MOC-Floyd Valley, 5-5
 2015 - Kelli DeGeorge, Pleasant Valley, 5-6
 2016 - Megan Durbin, Greene County, 5-8
 2017 - Maria Gorham, North Polk, 5-7
 2018 - Megan Durbin, Greene County, 5-7
 2019 - Miracle Ailes, Keokuk, 5-8
 2021 - Miracle Ailes, Keokuk,
 2022 - Maddie Olson, Sheldon, 5-7
 2023 - Maddie Olson, Sheldon, 5-8
 2024 - Jaidyn Sellers, Panorama, 5-7
 2025 - London Waumuth, ADM, 5-7
 2026 - Elle Lonergan, Clinton, 5-8

Shot Put

1992 - Paulette Mitchell, Council Bluffs AL, 50-4.75

1993 - Andrea Miller, Davenport North, 40-10 1/2
 1994 - Renetta Seiler, Algona Garrigan, 44-4 1/2
 1995 - Renetta Seiler, Algona Garrigan, 41-7 1/2
 1996 - Christie Phillips, Burlington, 42-5 3/4
 1997 - Leann Boerema, Clinton, 43-4 1/2
 1998 - Leann Boerema, Clinton, 42-2 1/2
 1999 - Allison Kruger, South O'Brien, 41-2 3/4
 2000 - Abby Emsick, Lewis Central, 43-8 1/4
 2001 - Abby Emsick, Lewis Central, 43-8 1/4
 2002 - Aubrey Martin, Muscatine, 46-4 1/2
 2003 - Sheena James, Clinton, 45-6 1/4
 2004 - Traci Harms, Hampton-Dumont, 40-0 1/2
 2005 - Danica Haight, Iowa City West, 42-6 1/4
 2006 - Danica Haight, Iowa City West, 46-3 1/2
 2007 - Danica Haight, Iowa City West, 46-10
 2008 - Danielle Frere, Muscatine, 48-2 3/4
 2009 - Brooke Gritters, Pella, 46-10 1/4
 2010 - Micaela Haight, Iowa City West, 44-3 1/2
 2011 - Sarah Pate, Clarke, 42-10 1/4
 2012 - Alexa Hunt, DM Roosevelt, 42-3 3/4
 2013 - Dasiana Larson, Garner-Hayfield, 42-0 1/2
 2014 - Shelby Gunnells, Solon, 42-04.25
 2015 - Shelby Gunnells, Solon, 45-05.50
 2016 - Erika Hammond, Clinton, 47-10.75
 2017 - Kat Moody, Waukee, 43-10
 2018 - Jamie Kofron, Tipton, 45-5.5
 2019 - Jamie Kofron, Tipton, 45-02.25
 2021 - Jaden Brumbaugh, Mt. Pleasant, 43-03
 2022 - Jadan Brumbaugh, Mount Pleasant, 47-07
 2023 - Charlee Morton, Hampton-Dumont-CAL, 43-03.5
 2024 - Charlee Morton, Hampton-Dumont-CAL, 41-04
 2025 - Charlee Morton, Hampton-Dumont-CAL, 46-09.25
 2026 - Kylee Hill, Burlington, 47-09.75

Discus

1992 - Paulette Mitchell, Council Bluffs AL, 135-5
 1993 - Kris Curry, Jefferson-Scranton, 129-11
 1994 - Renetta Seiler, Algona Garrigan, 139-10
 1995 - Emily Flom, Sioux City North, 142-11
 1996 - Sarah Wellings, Oskaloosa, 143-11
 1997 - Erin Coffey, Chariton, 127-7
 1998 - LeAnn Boerema, Clinton, 129-3
 1999 - Abby Emsick, Lewis Central, 130-3
 2000 - Abby Emsick, Lewis Central, 148-9
 2001 - Abby Emsick, Lewis Central, 147-4
 2002 - Abby Emsick, Lewis Central, 144-9
 2003 - Rachel Jansen, MOC-Floyd Valley, 138-4
 2004 - Amy Waggoner, Marshalltown, 137-11
 2005 - Wendy Ausdemore, Tri-Center, 137-9
 2006 - Taylor Freeman, Iowa City West, 145-5
 2007 - Taylor Freeman, Iowa City West, 151-1
 2008 - Taylor Freeman, Iowa City West, 139-6
 2009 - Tutson, Iowa City High, 138-9
 2010 - Amanda Piche, Linn-Mar, 136-9
 2011 - Dakotah Goodell, Williamsburg, 140-0
 2012 - Katelyn Weimerskirch, Dub. Wahlert, 148-1
 2013 - Kiana Phelps, Kingsley-Pierson, 153-04
 2014 - Kiana Phelps, Kingsley-Pierson, 151-10
 2015 - Kiana Phelps, Kingsley-Pierson, 159-04
2016 - Kiana Phelps, Kingsley-Pierson, 162-07
 2017 - Leah Dusterhoft, Iowa City West, 129-03
 2018 - Jamie Kofron, Tipton, 143-00
 2019 - Jamie Kofron, Tipton, 147-8

2021 - Sophia Dykstra, Oskaloosa, 140-01
2022 - Kennedy Axmear, English Valleys, 131-06
2023 - Charlee Morton, Hampton-Dumont-CAL, 146-03
2024 - Charlee Morton, Hampton-Dumont-CAL, 141-02
2025 - Delilah Subsin, Ottumwa, 156-09
2026 - Delilah Subsin, Ottumwa, 154-05

Long Jump

1992 - Kim Carson, DM Roosevelt, 18-7 1/2
1993 - Tashika Lewis, DM North, 18-4 1/3
1994 - Tashika Lewis, DM North, 18-8 1/2
1995 - Jill Osenbaugh, Davis County, 18-8 1/4
1996 - Laura Aschoff, Ankeny, 18-1 1/4
1997 - Barbara Svlendakova, Andrew, 18-7
1998 - Laura Aschoff, Ankeny, 18-7 1/2
1999 - Fiona Asigbee, CR Prairie, 18-1
2000 - Brie Penaluna, CF NU High, 17-11 1/4
2001 - Brie Penaluna, CF NU High, 18-2 1/2
2002 - Angie Hensel, Clinton, 18-11 1/2
2003 - Angie Hensel, Clinton, 17-11 1/4
2004 - LaNeisha Waller, CR Washington, 19-3 3/4
2005 - Dani Stipe, Kuemper Catholic, 17-8 3/4
2006 - Jennifer Jorgensen, SE Webster, 18-5 3/4
2007 - Jennifer Jorgensen, SE Webster, 18-5
2008 - Jennifer Jorgensen, SE Webster, 18-3 1/2
2009 - Jessica Gehrke, Iowa City West, 18-11
2010 - Jessica Gehrke, Iowa City West, 18-0 1/4
2011 - Alex Gochenour, Logan-Magnolia, 18-2
2012 - Jalyynn Roberts-Lewis, DM Roosevelt, 17-9 1/2
2013 - Jalyynn Roberts-Lewis, DM Roosevelt, 18-10 1/4
2014 - Jalyynn Roberts-Lewis, DM Roosevelt, 19-00
2015 - Lexus Lovan, Urbandale, 18-05.25
2016 - Valerie Welch, Iowa City West, 18-00.50
2017 - Darby Thomas, Council Bluffs AL, 18-04
2018 - Darby Thomas, Council Bluffs AL, 18-08.5
2019 - Darby Thomas, Council Bluffs AL, 19-00
2021 - Shay Sinnard, Carroll, 18-00.25
2022 - Isabelle Noring, Carlisle, 18-01.50
2023 - Isabelle Noring, Carlisle, 18-10
2024 - Reese Brownlee, Clear Lake, 18-3.75
2025 - Reese Brownlee, Clear Lake, 18-10
2026 - Abby Mecklenburg, Linn-Mar, 20-05.50

State Track Meet Records

100 Meter Dash

State Meet Record: 11.49, Sydney Milani, Southeast Polk, 2018
Iowa All-Time Record: 11.49, Sydney Milani, Southeast Polk, 2018
Class 1A Record: 12.05, Jaidyn Sellers, Panorama, 2024 (Prelims)
Class 2A Record: 11.92, Rachel Kacmarynksi, Pella Christian, 2025
Class 3A Record: 11.83, Kelly Grobstich, Davenport Assumption, 2025
Class 4A Record: 11.49, Sydney Milani, Southeast Polk, 2018

200 Meter Dash

State Meet Record: 23.68, Sydney Milani, Southeast Polk, 2018
Iowa All-Time Record: 23.68, Sydney Milani, Southeast Polk, 2018
Class 1A Meet Record: 24.48, Alex Gochenour, Logan-Magnolia, 2010
Class 2A Record: 24.49, Hannah Willms, Dike-New Hartford, 2009 (Prelims)
Class 3A Record: 24.32, Kelly Grobstich, Davenport Assumption, 2025
Class 4A Record: 23.68, Sydney Milani, Southeast Polk, 2018

400 Meter Dash

State Meet Record: 52.90, Sydney Milani, Southeast Polk, 2018
Iowa All-Time Record: 52.90, Sydney Milani, Southeast Polk, 2018
Class 1A Record: 55.44, Jaidyn Sellers, Panorama, 2024
Class 2A Record: 53.96, Hannah Willms, Dike-New Hartford, 2010
Class 3A Record: 54.56, Audrey Biermann, Western Dubuque, 2022
Class 4A Record: 52.90, Sydney Milani, Southeast Polk, 2018

800 Meter Run

State Meet Record: 2:07.51, Joy Ripslinger, Davenport Assumption, 2016
Iowa All-Time Record: 2:06.52, Ainsley Erzen, Carlisle 2021
Class 1A Record: 2:09.60, Brooke Dinsdale, North Tama, 2006
Class 2A Record: 2:11.49, Noelle Steines, Tipton, 2025
Class 3A Record: 2:07.51, Joy Ripslinger, Davenport Assumption, 2016
Class 4A Record: 2:08.15, Shelby Houlihan, Sioux City East, 2011

1500 Meter run

State Meet Record: 4:25.32, Addison Dorenkamp, WDM Valley, 2024
Iowa All-Time Record: 4:25.32, Addison Dorenkamp, WDM Valley, 2024
Class 1A Meet Record: 4:30.63, Lili Denton, Council Bluffs St. Albert, 2025
Class 2A Record: 4:33.41, Anna Hostetler, Mid-Prairie, 2017
Class 3A Record: 4:28.80, Paityn Noe, Ballard, 2023
Class 4A Record: 4:25.32, Addison Dorenkamp, WDM Valley, 2024

3000 Meter Run

State Meet Record: 9:23.60, Addison Dorenkamp, WDM Valley, 2024
Iowa All-Time Record: 9:23.60, Addison Dorenkamp, WDM Valley, 2024
Class 1A Record: 9:42.04, Lili Denton, Council Bluffs St. Albert, 2025
Class 2A Record: 9:47.52, Anna Hostetler, Mid-Prairie, 2017
Class 3A Record: 9:38.82, Paityn Noe, Ballard, 2023
Class 4A Record: 9:23.60, Addison Dorenkamp, WDM Valley, 2024

100 Meter Hurdles

State Meet Record: 13.62, Emma Havighurst, WDM Valley, 2025
Iowa All-Time Record: 13.62, Emma Havighurst, WDM Valley, 2025
Class 1A Record: 14.07, Alex Gochenour, Logan-Magnolia, 2010
Class 2A Record: 14.33, Alex Gochenour, Logan-Magnolia, 2009
Class 3A Record: 14.39, Jerra Merchant, Spencer, 2023
Class 4A Record: 13.62, Emma Havighurst, WDM Valley, 2025 (prelims)

400 Meter Hurdles

State Meet Record: 59.83, Reese Brownlee, Clear Lake, 2024
Iowa All-Time Record: 57.3, Debbie Esser, Woodbine, 1975
Class 1A Record: 1:02.14, Sara Stoakes, North Tama, 2009
Class 2A Record: 1:01.72, Clara Teigland, Treynor, 2023
Class 3A Record: 59.83, Reese Brownlee, Clear Lake, 2024
Class 4A Record: 1:00.15, Payton Wensel, Linn-Mar, 2018

4x100 Meter Relay

State Meet Record: 47.22, Waukee Northwest, 2024
Iowa All-Time Record: 46.66, Waukee Northwest, 2026
Class 1A Record: 48.72, Madrid, 2022 (Prelims)
Class 2A Record: 48.22, Pella Christian, 2025
Class 3A Record: 47.87, Western Dubuque, 2024
Class 4A Record: 47.22, Waukee Northwest, 2024

4x200 Meter Relay

State Meet Record: 1:38.55, Waukee Northwest, 2025
Iowa All-Time Record: 1:38.40, Waukee Northwest, 2026
Class 1A Record: 1:43.29, Madrid, 2022
Class 2A Record: 1:39.72, Pella Christian, 2024
Class 3A Record: 1:40.93, Dubuque Wahlert, 2018
Class 4A Record: 1:38.55, Waukee Northwest, 2025

4x400 Meter Relay

State Meet Record: 3:47.46, Waukee Northwest, 2025
Iowa All-Time Record: 3:45.36, Waukee Northwest, 2026
Class 1A Meet Record: 3:58.28, Valley Community, 2007
Class 2A Record: 3:55.52, Cascade, 2012
Class 3A Record: 3:53.05, MOC-Floyd Valley, 2014
Class 4A Record: 3:47.46, Waukee Northwest, 2025

4x800 Meter Relay

State Meet Record: 8:58.53, Pleasant Valley, 2024
Iowa All-Time Record: 8:58.03, Waukee Northwest, 2026
Class 1A Record: 9:28.33, Valley Community, 2007
Class 2A Record: 9:24.76, Western Christian, 2019
Class 3A Record: 9:14.60, Gilbert, 2025
Class 4A Record: 8:58.53, Pleasant Valley, 2024

Distance Medley

State Meet Record 3:59.67, Waukee Northwest, 2025
Iowa All-Time Record: 3:55.82, Davenport Assumption, 2017
Class 1A Meet Record: 4:05.37, North Tama, 2007
Class 2A Meet Record: 4:06.37, Tipton, 2024
Class 3A Meet Record: 4:03.14, Fairfield, 2006
Class 4A Meet Record: 3:59.67, Waukee Northwest, 2025

Sprint Medley

State Meet Record: 1:43.64, Linn-Mar, 2018
Iowa All-Time Record: 1:42.78, Waukee Northwest, 2026
Class 1A Meet Record: 1:48.80, Hudson, 2015
Class 2A Meet Record: 1:46.05, Pella Christian, 2024
Class 3A Meet Record: 1:45.39, Clear Lake, 2025
Class 4A Meet Record: 1:43.64, Linn-Mar, 2018

Shuttle Hurdle Relay

State Meet Record: 1:00.40, Waukee Northwest, 2025 (prelims)
Iowa All-Time Record: 59:37, Waukee Northwest, 2026
Class 1A Meet Record: 1:04.69, Stanton, 2025
Class 2A Record: 1:04.67, Sioux Central, 2023
Class 3A Record: 1:01.15, ADM, 2025
Class 4A Record: 1:00.40, Waukee Northwest, 2025

Long Jump

State Meet Record: 19-05, LaNeisha Waller, CR Washington, 2003 & Darby Thomas, Council Bluffs Abraham Lincoln, 2018
Iowa All-Time Record: 20-08.25, Abby Mecklenburg, Linn-Mar, 2025
Class 1A Record: 18-08.50, Jennifer Jorgensen, SEW-Grand, 2008
Class 2A Record: 18-11.5, Dani Stipe, Kuemper Catholic, 2006
Class 3A Record: 19-3 1/2, Reese Brownlee, Clear Lake, 2024
Class 4A Record: 19-05, LaNeisha Waller, Cedar Rapids Washington, 2003; Darby Thomas, Council Bluffs Abraham Lincoln, 2018

High Jump

State Meet Record: 5-11, Hannah Willms, Dike-New Hartford, 2009
Iowa All-Time Record: 6-01, Hannah Willms, Dike-New Hartford, 2010
Class 1A Record: 5-9.5, Ema Roberts, HLV-TC, 2025
Class 2A Record: 5-11, Hannah Willms, Dike-New Hartford, 2009
Class 3A Record: 5-9, Alexis Conaway, MOC-Floyd Valley, 2014
Class 4A Record: 5-8.25, Khanishah Williams, Burlington, 2009

Shot Put

State Meet Record: 48-8.75, Kiana Phelps, Kingsley-Pierson/WC, 2016
Iowa All-Time Record: 53-3 1/2, Paulette Mitchell, Council Bluffs AL, 1992
Class 1A Record: 45-01.00, Audi Crooks, Bishop Garrigan, 2022
Class 2A Record: 48-8.75, Kiana Phelps, Kingsley-Pierson/WC, 2016
Class 3A Record: 47-06.25, Charlee Morton, Hampton-Dumont, 2025
Class 4A Record: 47-1.5, Erika Hammond, Clinton, 2016

Discus

State Meet Record: 172-01, Kiana Phelps, Kingsley-Pierson/WC, 2016
Iowa All-Time Record: 179-7, Kiana Phelps, Kingsley-Pierson/WC, 2014
Class 1A Meet Record: 150-09, Anna Hadley, Pekin, 2025
Class 2A Record: 172-01, Kiana Phelps, Kingsley-Pierson/WC, 2016
Class 3A Record: 154-07, Katelyn Weimerskirch, Dubuque Wahlert, 2012
Class 4A Record: 158-08, Delilah Subsin, Ottumwa, 2025

Wheelchair & Ambulatory

SHOT PUT: 20-7.50, Keri Siebrecht, Sheldon, 2019
100 METERS: 21.48, Cheri Blauwet, West Lyon, 1998
400 METERS: 1:15.14, Cheri Blauwet, West Lyon, 1998
200 METERS: 42.36, Ally Darter, Dubuque Hempstead, 2025
800 METERS: 2:50.10, Ally Darter, Dubuque Hempstead, 2025
Ambulatory Shot put: 17-9, Josie Green, Cascade, 2025
Ambulatory 800: 2:49.37, Hannah Longmire, Iowa City West, 2024
Ambulatory 100: 15.48, Hannah Longmire, Iowa City West, 2025
Ambulatory 200: 32.33, Hannah Longmire, Iowa City West, 2025
Ambulatory 400: 1:17.01, Hannah Longmire, Iowa City West

100 METER DASH ALL-TIME LEADERS

1.	Sydney Milani, Southeast Polk	2018	:11.49
2	Natasha Kaiser, Des Moines Roosevelt	1985	:11.5
3	Holly Duax, Sioux City West	2022	:11.57
3	Katie Willits, Waukee Northwest	2026	:11.57
5	Rachel Kacmarynski, Pella Christian	2026	:11.66
6	Kerris Roberts, Waterloo East	2017	:11.69
7	Lexie Anderson, Pleasant Valley	1985	:11.7
8	Gabriel Williams, Sioux City West	2009	:11.74
9	Kate Gordon, Sioux City North	1998	:11.8
9	Lo Lo Jones, Des Moines Roosevelt	2000	:11.8
9	Almetha McNeal, Davenport Central	1995	:11.8
9	Robin Threatt, Cedar Rapids Jefferson	1987	:11.8
9	Leisa Davis, Burlington	1980	:11.8
9	Bonnie DeBoer, Hull Western Christian	1978	:11.8
9	Pam Wilcoxson, Grand Valley	1969	:11.8
16	Kelly Grobstich, Davenport Assumption	2025	:11.81
17	Darby Thomas, Council Bluffs Abraham Lincoln	2017	:11.83
18	Briyana Carter, Des Moines Roosevelt	2014	:11.85
19	Claire Farrell, Norwalk	2022	:11.88
19	Emma Vojic, Waukee	2018	:11.88
20	Pam Orris, Dubuque Senior	2001	:11.9
20	Cristy Dickerson, Indianola	79-80	:11.9
20	Misty Thompson, North Linn	1987	:11.9
20	Vivian Hardy, Davenport Central	1981	:11.9
20	Georganne Cole, Waterloo East	1981	:11.9
20	Meredith Kosmacek, Tri-Center	2002	:11.9
20	Gretchen LaMar, Des Moines Hoover	2007	:11.9
20	Faith Burt, Cedar Falls	2008	:11.9

100 METER DASH STATE CHAMPIONS

2025	4A - Grack Erick, Sioux City East	11.98
	3A - Kelly Grobstich, Davenport Assumption	11.83
	2A - Rachel Kacmarynski, Pella Christian	11.92
	1A - Paige Richards, Madrid	12.06
2024	4A - Elliliana Harris, Sioux City East	12.25
	3A - Tierney Huss, MOC-Floyd Valley	12.25
	2A - Rachel Kacmarynski, Pella Christian	12.61
	1A - Jaidyn Sellers, Panorama	12.41
2023	4A - Olivia Kramer, Dowling Catholic	12.12
	3A - Jessica Kyne, Des Moines Hoover	12.25
	2A - Jaidyn Sellers, Panorama	12.06
	1A - Mia Walker, Newell-Fonda	12.41
2022	4A - Holly Duax, Sioux City West	11.67
	3A - Audrey Biermann, Western Dubuque	12.20
	2A - Jaidyn Sellers, Panorama	12.13
	1A - Lilly Ostert, Madrid	12.45
2021	4A - Holly Duax, Sioux City West	12.12
	3A - Audrie Biermann, Western Dubuque	12.37
	2A - Jaidyn Sellers, Panorama	12.58
	1A - Ella Santi, Madrid	12.74
2019	4A - Kerris Roberts, Waterloo East	11.90
	3A - Carly King, Davenport Assumption	12.42
	2A - Katie Saner, Crestwood	12.87
	1A - Madison Osborn, Alburnett	12.74
2018	4A - Sydney Milani, Southeast Polk	11.49
	3A - Ellie Masten, Benton	12.16
	2A - Krayton Allen, Sumner-Fredericksburg	12.76
	1A - Rylan Santi, Madrid	12.48
2017	4A - Kerris Roberts, Waterloo East	11.88
	3A - Keaton Kester, ADM	12.18
	2A - Rylan Santi, Madrid	12.49
	1A - Kaylee Linder, Pekin	12.71
2016	4A - Briyana Carter, Des Moines Roosevelt	12.00
	3A - Carly King, Davenport Assumption	12.26
	2A - Keaton Kester, Earlham	12.51
	1A - Katie Maschmann, Montezuma	12.64
2015	4A - Briyana Carter, Des Moines Roosevelt	12.36
	3A - Kari Dufoe, ADM	12.70
	2A - Natalie Halfman, St. Ansgar	12.49
	1A - Katie Maschmann, Montezuma	12.76
2014	4A - Jalynn Roberts-Lewis, Des Moines Roosevelt	12.09
	3A - Rose Ripslinger, Davenport Assumption	12.20

	2A - Maddie Bell, Hudson	12.57
	1A - Katie Maschmann, Montezuma	12.42
2013	4A - Agnes Sayeh, Des Moines Roosevelt	12.16
	3A - Rose Ripslinger, Davenport Assumption	12.60
	2A - Kaylee Jones, Monticello	12.74
	1A - Ellie Herzberg, Manson-NW Webster	12.61
2012	4A - Hannah Stouffer, Urbandale	12.60
	3A - Sydney Howard, Fairfield	12.46
	2A - Brooke Wolterstorff, Western Christian	12.73
	1A - Caitlyn Stroud, Corning	12.75
2011	4A - Erin Hawkins, Des Moines Roosevelt	12.35
	3A - Rachel Peth, Waverly-Shell Rock	12.57
	2A - Alex Gochenour, Logan-Magnolia	12.68
	1A - Caitlin Stroud, Corning	12.81
2010	4A - Jessica Gehrke, Iowa City West	12.46
	3A - Libby Schubert, Fairfield	12.82
	2A - Natalie Feigenspan, Mid-Prairie	13.12
	1A - Alex Gochenour, Logan-Magnolia	12.34
2009	4A - Jessica Gehrke, Iowa City West	12.09
	3A - Tashina McAllister, Oelwein	12.55
	2A - Alex Gochenour, Logan Magnolia	12.37
	1A - Stephanie Nordyke, Lineville-Clio	12.32
2008	4A - Faith Burt, Cedar Falls	12.35
	3A - Callan Jacobson, Benton	12.50
	2A - Josie Takes, Solon	12.71
	1A - Sara Stoakes, North Tama	12.88
2007	4A - Faith Burt, Cedar Falls	12.91
	3A - Callan Jacobson, Benton	12.56
	2A - Brandee Bohr, Mid-Prairie	12.95
	1A - Sara Stoakes, North Tama	12.79
2006	4A - Faith Burt, Cedar Falls	12.36
	3A - Callan Jacobson, Benton	12.23
	2A - Dani Stipe, Kuemper Catholic	12.22
	1A - Becky Gesell, Riceville	12.40
2005	4A - Faith Burt, Cedar Falls	12.69
	3A -Christine Burtnett, Denison-Schleswig	12.66
	2A -Dani Stipe, Kuemper Catholic	12.93
	1A - Becky Gesell,, Rlceville	13.00
2004	4A - Laneisha Waller, Cedar Rapids Washington	12.29
	3A - Lindsay Wiebers, Denison-Schleswig	12.74
	2A - Jenny Buelow, Center Point-Urbana	12.75
	1A - Meredith Kosmacek, Tri-Center	:12.26
2003	3A - Laneisha Waller, Cedar Rapids Washington	:12.05
	2A - Danielle Brooks, Grinnell	:12.56
	1A - Meredith Kosmacek, Tri-Center	:12.20
2002	3A - Laneisha Waller, Cedar Rapids Washington	:12.20
	2A - Audra Bark, Central DeWitt	:12.49
	1A - Meredith Kosmacek, Tri-Center	:12.09
2001	3A - Pam Orris, Dubuque Senior	:12.48
	2A - Audra Bark, Central DeWitt	:12.76
	1A - Meredith Kosmacek, Tri-Center	:12.48
2000	3A--Lolo Jones, Des Moines Roosevelt	:12.24
	2A--Audra Bark, Central DeWitt	:12.55
	1A--Julie Drzycimski, Fort Dodge St. Edmond	:12.88
1999	3A--Kate Gordon, Sioux City North	:12.18
	2A--Keely Huber, Oelwein	:12.41
	1A--Julie Drzycimski, Fort Dodge St. Edmond	:12.61
1998	3A--Kate Gordon, Sioux City North	:12.21
	2A--Greta Goerss, Spirit Lake Park	:12.91
	1A--Susie Reinhardt, Belle Plaine	:12.60
1997	3A--Kate Gordon, Sioux City North	:12.14
	2A--Missy Roos, South O'Brien	:12.95
	1A--Susie Reinhardt, Belle Plaine	:12.60
1996	3A--Laura Aschoff, Ankeny	:12.44
	2A--Maggie Hall, Harlan	:12.45
	1A--Kate McFarland, Iowa City Regina	:13.02
1995	3A--Almetha McNeal, Davenport Central	:12.24
	2A--Heather Welsh, Oelwein	:12.19
	1A--Susie Reinhardt, Belle Plaine	:12.52
1994	3A--Kris Roebken, Dubuque Hempstead	:12.45
	2A--AllisonDrewry, Jefferson-Scranton	:12.68
	1A--Amanda Swope, Iowa City Regina	:13.17

1993	3A--Chiquitta Carroll, Clinton	:12.83
	2A--Sarah Pohlmann, Davenport Assumption	:12.82
	1A--Rhonda Eiben, Sigourney	:12.74
1992	3A--Chiquitta Carroll, Clinton	:12.1
	2A--Marian Van Doorn, Tipton	:12.4
	1A--Jennifer Levitt, SCMT	:12.4
1991	3A--Nikki Dillard, Fort Dodge	:12.51
	2A--Amy Schuver, Cherokee	:12.57
	1A--Rhonda Eiben, Sigourney	:12.81
1990	3A--Falana Sullivan, DM Lincoln	:12.32
	2A--Haley Parrott, Atlantic	:12.86
	1A--Laurie McDeid, SR-Rembrand-Sx Valley	:12.82
1989	3A--Falana Sullivan, DM Lincoln	:12.44
	2A--Haley Parrott, Atlantic	:12.61
	1A--Laurie McDeid, SR-Rembrandt	:12.56
1988	3A--Robin Threatt, CR Jefferson	:12.3
	2A--Peggy McGuire, Centerville	:12.93
	1A--Katy Conner, Stanton	:13.15
1987	3A--Robin Threatt, CR Jefferson	:12.25
	2A--Jenni Wood, Sergeant Bluff-Luton	:12.66
	1A--Jill Freed, Sanborn	:12.69
1986	3A--Robin Threatt, CR Jefferson	:12.45
	2A--Peggy McGuire, Centerville	:12.69
	1A--Jill Freed, Sanborn	:12.58
1985	3A--Lexie Anderson, Pleasant Valley	:12.49
	2A--Deb Winchip, Mount Vernon	:12.5
	1A--Nita Brown, Laurens-Marathon	:12.42
1984	3A--Natasha Kaiser, DM Roosevelt	:12.2
	2A--Traci Luke, Center Point	:12.8
	1A--Laura Brandt, Dysart-Geneseo	:12.8
1983	3A--Alycia Simpson, DM East	:12.34
	2A--Theresa Wohlford, Starmont	:12.64
	1A--Laura Brandt, Dysart-Geneseo	:12.75
1982	3A--Vivian Hardy, Davenport Central	:12.1
	2A--Carmelle Rardin, Starmont	:12.57
	1A--Rhonda Gwinn, Mormon Trail	:12.57
1981	3A--Meta Obersteller, Newton	:12.2
	2A--Colleen Tucker, Cascade	:13.00
	1A--Cindy Weaver, Buffalo Center-Rake	:13.33
1980	3A--Cristy Dickerson, Indianola	:12.22
	2A--Kathy Jackson, Winterset	:12.73
	1A--Rhonda Gwinn, Mormon Trail	:12.51
1979	3A--Cristy Dickerson, Indianola	:12.25
	2A--Marcie Thurn, Elkader Central	:12.31
	1A--Cindy Weaver, Buffalo Center-Rake	:12.33
1978	3A--Cristy Dickerson, Indianola	:12.11
	2A--Bonnie DeBoer, Hull WC	:12.11
	1A--Diane Steinhart, Van Buren	:12.58
	100-YARDS	
1977	3A--Lori Mashek, Crestwood	:11.5
	2A--Bonnie DeBoer, Hull WC	:11.4
	1A--Carrie Little, Hudson	:11.8
1976	Bonnie DeBoer, Hull WC	:11.3
1975	Kim Barnes, Fort Dodge	:11.4
1974	Faye Perkins, Crestwood	:11.4
1973	Debbie Carroll, Collins	:11.3
1972	Debbie Carroll, Collins	:11.3
1971	Debbie Carroll, Collins	:11.3
1970	Cathy Carroll, Collins	:11.1
1969	Pam Wilcoxson, Grand Valley	:11.8m
1968	Janet Brown, Charles City	:11.3
1967	Connie Knott, Manilla	:10.9
1966	Sandra Hayes, Malvern	:11.3
1965	Sandra Hayes, Malvern	:11.3
1964	Linda Schram, Manilla	:11.3
1963	Linda Schram, Manilla	:11.2
1962	Carolyn Winston, Cardinal	:11.2

200 METERS ALL-TIME LEADERS

1	Sydney Milani, Southeast Polk	2018	:23.68
2	Holly Duax, Sioux City West	2021	:23.95
3	Debbie Esser, Woodbine	1975	:24.0
4	Katie Willits, Waukee	2026	:24.02
5	Kerris Roberts, Waterloo East	2017	:24.09
6	Robin Threatt, Cedar Rapids Jefferson	1987	:24.1
6	Natasha Kaiser, Des Moines Roosevelt	1985	:24.1
8	Bonnie DeBoer, Hull Western Christian	1977	:24.2
8	Connie Knott, Manilla	1968	:24.2
10	Grace Erick, Sioux City East	2025	:24.29
11	Kelly Grobstich, Davenport Assumption	2025	:24.32
12	Darby Thomas, Council Bluffs Abraham Lincoln	2017	:24.33
13	Sherry Shedd, Davenport West	1987	:24.4
14	Audrey Biermann, Western Dubuque	2022	:24.42
15	Cristy Dickerson, Indianola	1980	:24.45
15	Jalynn Roberts-Lewis, DM Roosevelt	2014	:24.45
17	Alex Gochenour, Logan-Magnolia	2010	:24.48
17	Claire Farrell, Norwalk	2022	:24.48
19	Hannah Willms, Dike-New Hartford	2009	:24.49
20	Debbie Carroll, Collins	1973	:24.5'
20	Sara Beckord, Rolfe	1967	:24.5'
21	Whitney Westrum, Waukee	2009	:24.53
22	Morgan Fisher, Ankeny	2026	:24.54
23	Kari Dufoe, ADM	2015	:24.59
24	Natalie Halfman, Saint Ansgar	2015	:24.59
25	Barbara Szlendakova, Andrew	1997	:24.6

200 METERS STATE CHAMPIONS

2025	4A - Grace Erick, Sioux City East	25.29
	3A - Kelly Grobstich, Davenport Assumption	24.38
	2A - Meredith Van Wyk, Pella Christian	24.87
	1A - Jacey Johnston, Saint Ansgar	25.26
2024	4A - Giada Grimes, Johnston	25.08
	3A - Tierney Huss, MOC-Floyd Valley	25.27
	2A - Meredith Van Wyk, Pella Christian	25.24
	1A - Jaidyn Sellers, Panorama	25.09
2023	4A - Elliana Harris, Sioux City East	24.60
	3A - Jessica Kyne, Des Moines Hoover	25.06
	2A - Jaidyn Sellers, Panorama	24.98
	1A - Alekys Gannon, Murray	25.29
2022	4A - Holly Duax, Sioux City West	23.95
	3A - Audrey Biermann, Western Dubuque	24.42
	2A - Jaidyn Sellers, Panorama	25.73
	1A - Jillian Dodds, Madrid	25.73
2021	4A - Holly Duax, Sioux City West	24.59
	3A - Audrey Biermann, Western Dubuque	25.48
	2A - Jaidyn Sellers, Panorama	25.91
	1A - Rachel Fehr, West Bend-Mallard	26.15
2019	4A - Kerris Roberts, Waterloo East	24.74
	3A - Libby Wedewer, Dubuque Wahlert	24.74
	2A - Katie Saner, Crestwood	26.44
	1A - Madison Osborn, Alburnett	25.99
2018	4A - Sydney Milani, Southeast Polk	23.68
	3A - Emily Vos, Pella	24.68
	2A - Jordyn Pester, MVAOCO	25.29
	1A - Rylan Santi, Madrid	25.21
2017	4A - Kerris Roberts, Waterloo East	24.21
	3A - Keaton Kester, ADM	24.72
	2A - Rylan Santi, Madrid	25.93
	1A - Haley Heitman, Clayton Ridge	:24.66
2016	4A - Kerris Roberts, Waterloo East	:24.74
	3A - Laura Sherman, Dubuque Wahlert	:24.97
	2A - Keaton Kester, Earlham	:25.33
	1A - Katie Maschmann, Montezuma	:25.83
2015	4A - Elma Vojic, Waukee	:24.69
	3A - Kari Dufoe, ADM	:24.74
	2A - Natalie Halfman, Saint Ansgar	:24.59
	1A - Katie Maschmann, Montezuma	:25.41
2014	4A - Jalynn Roberts-Lewis, Des Moines Roosevelt	:24.45

	3A - Rose Ripslinger, Davenport Assumption	:24.85
	2A - Jasmine Staebler, Clayton Ridge	:25.55
2013	1A - Katie Maschmann, Montezuma	:25.79
	4A - Jessica Campbell, Dowling Catholic	:24.77
	3A - Olivia Loy, Anamosa	:25.60
	2A - Jasmine Staebler, Clayton Ridge	:25.81
2012	1A - Ellie Herzberg, Manson-NW Webster	:25.57
	4A - Hannah Stouffer, Urbandale	:25.30
	3A - Sydney Howard, Fairfield	:25.18
	2A - Brooke Wolterstorff, Western Christian	:25.50
	1A - Caitlyn Stroud, Corning	:26.16
2011	4A - Erin Hawkins, Des Moines Roosevelt	:24.86
	3A - Rachel Peth, Waverly-Shell Rock	:25.98
	2A - Alex Gochenour, Logan-Magnolia	:24.88
	1A - Emily Toennies, Belle Plaine	:26.30
2010	4A - Jessica Gehrke, Iowa City West	:25.53
	3A - Jessica Nichols, Perry	:25.29
	2A - Hannah Willms, Dike-New Hartford	:25.13
	1A - Alex Gochenour, Logan-Magnolia	:24.48
2009	4A - Whitney Westrum, Waukee	:24.83
	3A - Jessica Nichols, Perry	:26.03
	2A - Hannah Willms, Dike-New Hartford	:24.49
	1A - Stephanie Nordyke, Lineville-Clio	:24.99
2008	4A - Faith Burt, Cedar Falls	:24.85
	3A - Callan Jacobson, Benton	:25.46
	2A - Hannah Willms, Dike-New Hartford	:26.01
	1A - Sara Stoakes, North Tama	:25.87
2007	4A - Gretchen Lemar, Des Moines Hoover	:25.95
	3A - Callan Jacobson, Benton	:25.41
	2A - Hannah Willms, Dike-New Hartford	:26.24
	1A - Sara Stoakes, North Tama	:25.43
2006	4A - Faith Burt, Cedar Falls	25.46
	3A - Callan Jacobson, Benton	25.52
	2A - Dani Stipe, Kuemper Catholic	24.98
	1A - Becky Gesell, Riceville	25.81
2005	4A - Faith Burt, Cedar Falls	:25.02
	3A - Callan Jacobson, Benton	:25.66
	2A - Dani Stipe, Kuemper Catholic	:25.20
	1A - Katie Rasmussen, CWL	:26.19
2004	4A - Liz Bradfield, Cedar Falls	:25.13
	3A - Courtney Jacobs, Atlantic	:25.24
	2A - Stacy Butt, Northeast	:25.79
	1A - Meredith Kosmacek, Tri-Center	:24.99
2003	3A - Miriam Chisala, Des Moines Roosevelt	:24.96
	2A - Courtney Jacobs, Atlantic	:24.80
	1A - Meredith Kosmacek, Tri-Center	:24.69
2002	3A - Sarah Riedel, Muscatine	:25.68
	2A - Audra Bark, Central DeWitt	:25.95
	1A - Meredith Kosmacek, Tri-Center	:24.74
2001	3A - Pam Orris, Dubuque Senior	:25.16
	2A - Stephanie Pisarik, Mount Vernon-Lisbon	:25.73
	1A - Ashley Granger, Cedar Falls NU High	:25.16
2000	3A-Lolo Jones, Des Moines Roosevelt	:25.31
	2A-Audra Bark, Central DeWitt	:25.96
	1A-Julie Drzycimski, Fort Dodge St. Aedmond	:25.92
1999	3A-Luyre Hupfer, Clinton	:25.01
	2A-Amanda Beck, Prairie Valley	:26.08
	1A-Julie Drzycimski, Fort Dodge St. Edmond	:25.79
1998	3A-Kristin Knight, Iowa City High	:24.76
	2A-Nikki Nelson, Mount Vernon-Lisbon	:25.31
	1A-Amanda Beck, Prairie Valley	:25.35
1997	3A-Kristin Knight, Iowa City High	:24.82
	2A-Nikki Nelson, Mount Vernon-Lisbon	:26.44
	1A-Barbara Szlendakova, Andrew	:25.09
1996	3A-Laura Aschoff, Ankeny	:25.83
	2A-Maggie Hall, Harlan	:25.85
	1A-Susie Reinhardt, Belle Plaine	:26.41
1995	3A-Cari Hoeman, WDM Valley	:25.65
	2A-Heather Welsch, Oelwein	:25.32
	1A-Jill Zwagerman, Sibley-Ocheyedan	:25.32
1994	3A-Tashika Lewis, DM North	:25.84
	2A-Liz Lewman, Eddyville	:25.83

	1A--Joanne Roepke, East Buchanan	:26.59
1993	3A--Laurie Hammill, Davenport North	:25.94
	2A--Liz Lowman, Eddyville	:26.1
	1A--Rhonda Eiben, Sigourney	:26.1
1992	3A--Chiquitta Carroll, Clinton	:25.63
	2A--Liz Lewman, Eddyville	:25.77
	1A--Rhonda Eiben, Sigourney	:25.6
1991	3A--Tashika Lewis, DM North	:25.53
	2A--Jodi Beavers, Collins-Maxwell-Baxter	:25.23
	1A--Sadie Wiley, Sigourney	:25.89
1990	3A--Jenny Ray, Marshalltown	:25.35
	2A--Haley Parrott, Atlantic	:26.04
	1A--Sadie Wiley, Sigourney	:25.79
1989	3A--Lia Pierson, Ames	:25.50
	2A--Haley Parrott, Atlantic	:25.61
	1A--Jennifer Levitt, SCMT	:26.49
1988	3A--Robin Threatt, CR Jefferson	:25.36
	2A--Sadie Wiley, Sigourney	:26.10
	1A--Chris Heutinck, Lawton-Bronson	:26.55
1987	3A--Robin Threatt, CR Jefferson	:24.95
	2A--Jenni Wood, Sergeant Bluff-Luton	:26.07
	1A--Jill Freed, Sanborn	:25.77
1986	3A--Julie Davis, CR Jefferson	:25.39
	2A--Deb Winchip, Mount Vernon	:26.08
	1A--Jill Freed, Sanborn	:25.77
1985	3A--Natasha Kaiser, DM Roosevelt	:24.25
	2A--Dana Mann, Belle Plaine	:26.97
	1A--Jill Freed, Sanborn	:26.34
1984	3A--Natasha Kaiser, DM Roosevelt	:24.6
	2A--Tammy Warner, Sheldon	:26.1
	1A--Dana Mann, Belle Plaine	:25.6
1983	3A--Natasha Kaiser, DM Roosevelt	:24.92
	2A--Theresa Wohlford, Starmont	:25.42
	1A--Laura Brandt, Dysart-Geneseo	:26.26
1982	3A--Natasha Kaiser, DM Roosevelt	:25.17
	2A--Carmelle Rardin, Starmont	:25.22
	1A--Rhonda Gwinn, Mormon Trail	:25.49
1981	3A--Meta Obersteller, Newton	:25.36
	2A--Lisa Schisel, Garner-Hayfield	:25.71
	1A--Amy Andrews, Storm Lake St. Mary's	:25.63
1980	3A--Cristy Dickerson, Indianola	:24.45
	2A--Bonnie Boeve, Hull WC	:26.12
	1A--Rhonda Gwinn, Mormon Trail	:25.65
1979	3A--Cristy Dickerson, Indianola	:24.82
	2A--Marcie Thurn, Elkader Central	:24.84
	1A--Cindy Weaver, Buffalo Center-Rake	:25.43
1978	3A--Cristy Dickerson, Indianola	:24.77
	2A--Bonnie DeBoer, Hull WC	:25.70
	1A--Becky Strub, Cedar Falls NU High	:25.54
	220-YARDS	
1977	3A--Charlene Bagbey, Urbandale	:26.5
	2A--Bonnie DeBoer, Hull WC	:25.1
	1A--Denette Esser, Woodbine	:25.3
1976	Bonnie DeBoer, Hull WC	:24.9
1975	Sue Haynes, Webster City	:25.4
1974	Julie Olson, Clay Central	:25.1
1973	Debbie Carroll, Collins	:25.0
1972	Debbie Carroll, Collins	:25.3
1971	Meg Hennessey, Manilla	:25.3
1970	Cathy Carroll, Collins	:25.3
1969	Pam Wilcoxson, Grand Valley	:24.3*
1968	Janet Brown, Charles City	:26.0
1967	Kay Cox, Bedford	:25.0
1966	Debbie Kirkey, Belle Plaine	:25.0
1965	Sandra Hayes, Malvern	:25.6
1964	Linda Schram, Manilla	:25.1
1963	Linda Schram, Manilla	:26.9*
1962	Linda Schram, Manilla	:27.9
	1969--210-yards	
	1963--231-yards	

400 METER DASH ALL-TIME LEADERS

1	Sydney Milani, Southeast Polk	2018	:52.90
2	Hannah Willms, Dike-New Hartford	2010	:53.96
3	Natasha Kaiser, Des Moines Roosevelt	1984	:54.09
4	Sue Haynes, Webster City	1976	:54.30
5	Audrey Biermann, Western Dubuque	2022	:54.56
6	Natalie Halfman, St. Ansgar	2015	:54.65
7	Claire Farrell, Norwalk	2022	:54.70
8	Dianna Slight, Boone	2016	:54.73
8	Payton Wensel, Linn-Mar	2017	:54.73
10	Reese Brownlee, Clear Lake	2025	:54.84
11	Kloe Nissen, Cedar Falls	2026	:55.00
12	Lisa Edmonds, Des Moines East	1986	:55.06
13	Morgan Fisher, Ankeny	2026	:55.12
14	Sara Beckord, Rolfe	1968	:55.2
15	Gabby Cortez, Cedar Rapids Prairie	2022	:55.27
16	Ellen Dougherty, Sioux City East	2009	:55.41
17	Anjelena Carder, Waukee	2024	:55.45
18	Kellii Krei, Iowa City High	2007	:55.46
19	Jaidyn Sellers, Panorama	2024	:55.44
20	Kadence Huck, Nashua-Plainfield	2025	:55.50
20	Ainsley Erzen, Carlisle	2022	:55.50
22	Cortney Jacobs, Atlantic	2003	:55.52
22	Shelby Houlihan, Sioux City East	2011	:55.52
24	Jasmine Staebler, Clayton Ridge	2014	:55.53
25	Debbie Esser, Woodbine	1975	:55.6

400 METER DASH STATE CHAMPIONS

2025	4A - Kloe Nissen, Cedar Falls	55.78
	3A - Reese Brownlee, Clear Lake	54.84
	2A - Bailey Vos, Pella Christian	55.90
	1A - Kadence Huck, Nashua-Plainfield	55.61
2024	4A - Angeleno Carder, Waukee	55.52
	3A - Reese Brownlee, Clear Lake	55.56
	2A - Bailey Vos, Pella Christian	57.08
	1A - Jaidyn Sellers, Panorama	55.44
2023	4A - Claire Farrell, Norwalk	55.62
	3A - Reese Brownlee, Clear Lake	56.34
	2A - Jaidyn Sellers, Panorama	56.67
	1A - Kadence Huck, Nashua-Plainfield	55.94
2022	4A - Gabby Cortez, Cedar Rapids Prairie	55.27
	3A - Audrey Biermann, Western Dubuque	54.56
	2A - Mitzi Evans, Mid-Prairie	56.36
	1A - Kadence Huck, Nashua-Plainfield	57.35
2021	4A - Claire Farrell, Norwalk	56.48
	3A - Audrey Biermann, West Delaware	55.80
	2A - Kennedy Kramer, West Lyon	26.25
	1A - Rachel Fehr, West Bend-Mallard	58.12
2019	4A - Mackenzie Michael, Cedar Falls	55.64
	3A - Carly King, Davenport Assumption	56.36
	2A - Sophia Jungling, Aplington-Parkersburg	59.96
	1A - Rachel Fehr, West Bend-Mallard	56.92
2018	4A - Sydney Milani, Southeast Polk	52.90
	3A - Carly King, Davenport Assumption	56.09
	2A - Jordan Pester, MVAOCO	56.53
	1A - Alyssa Pfadenhauer, Danville	57.05
2017	4A - Payton Wensel, Linn-Mar	54.84
	3A - Joy Ripslinger, Davenport Assumption	56.29
	2A - Lily Petersen, Atia/Aurelia	57.84
	1A - Jordan Pester, Maple Valley-Anthon-Oto	56.97
2016	4A - Payton Wensel, Linn-Mar	:55.87
	3A - Dianna Slight, Boone	:54.73
	2A - Oksana Covey, Des Moines Christian	:57.19
	1A - Jolissa Kriegel, BGM	:58.08
2015	4A - Payton Wensel, Linn-Mar	:55.96
	3A - Dianna Slight, Boone	:56.30
	2A - Natalie Halfman, Saint Ansgar	:54.65
	1A - Maddie Bell, Hudson	:57.75
2014	4A - Larkin Chapman, Muscatine	55.91
	3A - Olivia Loy, Anamosa	56.05
	2A - Jasmine Staebler, Clayton Ridge	55.53
	1A - Jolissa Kriegel, BGM	58.44

2013	4A - Alisha Jones, Davenport North	55.90
	3A - Olivia Loy, Anamosa	57.16
	2A - Jasmine Staebler, Clayton Ridge	56.23
	1A - Ellie Herzberg, Manson-NW Webster	55.75
2012	4A - Alisha Jones, Davenport North	56.04
	3A - Maddie Irmen, Davenport Assumption	57.57
	2A - Brooke Wolterstorff, Western Christian	56.56
	1A - Jasmine Staebler, Clayton Ridge	57.93
2011	4A - Shelby Houlihan, Sioux City East	55.52
	3A - Maddie Irmen, Davenport Assumption	56.75
	2A - Marissa Evers, Hudson	57.18
	1A - Emily Toennies, Belle Plaine	57.32
2010	4A - Emily Roberts, Ankeny	56.03
	3A - Jessica Nichols, Perry	56.48
	2A - Hannah Willms, Dike-New Hartford	53.96
	1A - Dana Christensen, Belmond-Klemme	56.21
2009	4A - Ellen Dougherty, Sioux City East	55.41
	3A - Jessica Nichols, Perry	56.51
	2A - Hannah Willms, Dike-New Hartford	54.68
	1A - Sara Stokes, North Tama	56.08
2008	4A - AG Bradford, Davenport North	:55.66
	3A - Michaela Brungardt, Storm Lake	:56.84
	2A - Hannah Willms, Dike-New Hartford	:54.70
	1A - Sara Stoakes, North Tama	:56.54
2007	4A - Kelly Krei, Iowa City High	:55.46
	3A - Holli Hosch, Independence	:56.99
	2A - Hannah Willms, Dike-New Hartford	:56.49
	1A - Blaire Dinsdale, North Tama	:56.30
2006	4A - Kersten Thorgaard, Ames	:57.15
	3A - Brittany Moore, Harlan	:57.09
	2A - Jenny Kordick, Interstate-35	:57.97
	1A - Hannah Baker, Keota	:57.47
2005	4A - Whitney Sharpe, West Des Moines Valley	57.47
	3A - Brittany Moore, Harlan	57.33
	2A - Ashley Miller, Tipton	:57.63
	1A - Deidre Hinkeldey, Alta	:57.18
2004	4A - Liz Bradford, Cedar Falls	:56.54
	3A - Cortney Jacobs, Atlantic	:56.08
	2A - Emily Schippers, PCM	:58.67
	1A - Deidre Hinkeldey, Alta	:58.76
2003	3A - Lynnette Wilson, Cedar Rapids Kennedy	:57.86
	2A - Cortney Jacobs, Atlantic	:56.27
	1A - Erin Sheeley, Postville	:58.19
2002	3A - Ashley Williams, Linn-Mar	:58.90
	2A - Cortney Jacobs, Atlantic	:57.63
	1A - Megan Riefenrath, Central Lyon	:57.64
2001	3A - Ashley Williams, Linn-Mar	:57.52
	2A - Cortney Jacobs, Atlantic	:56.52
	1A - Meghann Riefenrath, Central Lyon	:58.02
2000	3A - Christie Muenzenberger, West Des Moines Valley	:57.16
	2A - Audrey Lickhart, Sheldon	:58.73
	1A - Dana Wilkerson, English Valleys	:59.11
1999	3A - Christie Muenzenberger, West Des Moines Valley	57.07
	2A - Audrey Lickhart, Sheldon	:58.79
	1A - Tina Sanders, Sac City	:58.83
1998	3A - Angie German, West Delaware	:57.56
	2A - Nikki Nelson, Mount Vernon-Lisbon	:56.84
	1A - Brienne Schoonover, Fredericksburg	:57.21
	3A - Cari Hoeman, WDM Valley	:57.45
1997	2A - Nikki Nelson, Mount Vernon-Lisbon	:56.54
	1A - Barbara Szlendakova, Andrew	:56.22
1996	3A - Cari Hoeman, WDM Valley	:56.38
	2A - Nikki Nelson, Mount Vernon-Lisbon	:58.07
	1A - Kristi Johnson, Alburnett	:57.84
1995	3A - Cari Hoeman, WDM Valley	:58.00
	2A - Tracy Burress, Davis County-FV	:58.30
	1A - Jill Zwagerman, Sibley-Ocheyedan	:57.10
1994	3A - Cari Hoeman, WDM Valley	:56.99
	2A - Liz Lewman, Eddyville	:57.79
	1A - Joanne Roepke, East Buchanan	:58.31
1993	3A - Jill Myatt, Iowa City High	:57.9
	2A - Liz Lewman, Eddyville	:58.5
	1A - Rhonda Eiben, Sigourney	:58.88
1992	3A - Jill Myatt, Iowa City High	:58.72
	2A - Kelly Parke, Center Point-Urbana	:58.24
	1A - Rhonda Eiben, Sigourney	1:00.4
1991	3A - Jill Myatt, Iowa City High	:58.08
	2A - Wendy Scherer, Cardinal	:59.34
	1A - Tina Eischeid, Irwin-Kirkman-Manilla	:59.29

1990	3A--Amber Brainerd, Bettendorf	:57.27
	2A--Rana Schoorman, Okoboji	:57.33
	1A--Jacque Askeland, Armstrong-Ringsted	:58.74
1989	3A--Dyan Fluhrer, Charles City	:56.97
	2A--Susan Helfter, Osage	:57.86
	1A--Jacque Askeland, Armstrong-Ringsted	:59.25
1988	3A--Amy MccRell, Pleasant Valley	:56.4
	2A--Susan Helfter, Osage	:56.55
	1A--Marcia Wilhelmi, West Central	:59.25
1987	3A--Lisa Edmonds, DM East	:56.71
	2A--Susan Helfter, Osage	:59.18
	1A--Rana Schoorman, Milford	:58.50
1986	3A--Dee Dee James, DM North-Tech	:56.78
	2A--Rhesa Ashbacher, Waukon	:57.26
	1A--Rachel Pote, Panora-Linden	:59.22
1985	3A--Natasha Kaiser, DM Roosevelt	:55.61
	2A--Audrey Everson, Camanche	:57.71
	1A--Amy Hudek, Pocahontas	:58.57
1984	3A--Liz Messerly, DM North-Tech	:56.6
	2A--Shelly Kelly, Benton	:57.6
	1A--Susan Heller, Terril	1:00.1
1983	3A--Karen Koellner, Ames	:56.68
	2A--Stephanie Weih, Tipton	:58.20
	1A--Suzi Walter, Lenox	:57.43
1982	3A--Darlene Harris, Davenport West	:56.41
	2A--Theresa Wohlford, Starmont	:57.54
	1A--Suzi Walter, Lenox	:58.12
1981	3A--Mari Sather, CR Kennedy	:57.71
	2A--Martha Flecky, CB St. Albert	:57.89
	1A--Terri Hatlen, SR-Rembrandt	:58.11
1980	3A--Nancy Cisar, CR Prairie	:56.06
	2A--Cathy Rardin, Starmont	:58.23
	1A--Denise Camarigg, Sanborn	:56.77
1979	3A--Ann Lampkin, Washington	:56.27
	2A--Ann Schneider, Elkader Central	:57.62
	1A--Ronda Groth, Green Mountain	:57.71
1978	3A--Linda Perry, DM Roosevelt	:55.87
	2A--Ann Schneider, Elkader Central	:56.37
	1A--Denise Camarigg, Sanborn	:58.01
440-YARDS		
1977	3A--Jane Lange, Davenport West	:57.3
	2A--Carol Davis, West Branch	:57.7
	1A--Gae Dielschneider, BCL	:57.5
1976	Sue Haynes, Webster City	:56.4
1975	Sue Haynes, Webster City	:56.2
1974	Sue Haynes, Webster City	:55.9
1973	Sherry Edwards, Hampton	:57.5
1972	Debbie Esser, Woodbine	:57.8
1971	Doris Thede, Gladbrook	:57.5
1970	Doris Berns, MFL	1:00.1
1969	Becky Albright, Farragut	:59.9
1968	Sara Beckord, Rolfe	:57.8
1967	Barb Kirkey, Belle Plaine	1:01.4
1966	Linda Hardin, Central Argyle	:59.4
1965	Nancy Bergert, Belle Plaine	1:01.0
1964	Sandra Hayes, Malvern	1:00.4
1963	Nancy Bergert, Belle Plaine	1:02.8

800 ALL-TIME LEADERS

1	Ainsley Erzen, Carlisle	2021	2:06.52
2	Joy Ripslinger, Davenport Assumption	2016	2:07.18
3	Shelby Houlihan, Sioux City East	2009	2:07.35
4	Blaire Dinsdale, North Tama	2006	2:07.39
5	Brooke Dinsdale, North Tama	2006	2:08.52
6	Keelee Leitzen, Dubuque Hempstead	2024	2:08.71
7	Collette Gnade, Waukee	2009	2:08.84
8	Mackenzie Michael, Cedar Falls	2019	2:08.89
9	Ellen Dougherty, Sioux City East	2009	2:08.92
10	Jane Lange, Davenport West	1977	2:09.00
11	Makenna Madetzke, Ankeny	2026	2:09.16
12	Ani Wedemeyer, Pleasant Valley	2024	2:09.31
13	Stephanie Jenks, Linn-Mar	2015	2:09.64
14	Katie Flood, Dowling Catholic	2010	2:09.76
15	Ashlyn Keeney, Iowa City Liberty	2019	2:09.99
16	Ashley Miller, Tipton	2007	2:10.10
17	Sara Stoakes, North Tama	2009	2:10.22
17	Kadence Huck, Nashua-Plainfield	2025	2:10.22
19	Allison Bookin-Nosbisch, Ottumwa	2019	2:10.23
20	Sydney Milani, Southeast Polk	2018	2:10.38
21	Sue Nelson, Indianola	1981	2:10.59
22	Adrienne Buettner-Cable, DM Roosevelt	2023	2:10.62
23	Rebecca Flick, Ankeny Centennial	2026	2:10.72
24	Larkin Chapman, Muscatine	2014	2:10.80
25	Clare Kelley, Van Meter	2023	2:10.81

800 METER STATE CHAMPIONS

2025	4A - Olivia Fehn, Johnston	2:12.03
	3A - Keira Andersen, Gilbert	2:13.88
	2A - Noella Steines, Tipton	2:11.49
	1A - Kadence Huck, Nashua-Plainfield	2:10.22
2024	4A - Keelee Leitzen, Dubuque Hempstead	2:09.15
	3A - Marie Dea, Carroll	2:13.09
	2A - Noelle Steines, Tipton	2:14.21
	1A - Kadence Huck, Nashua-Plainfield	2:13.98
2023	4A - Keelee Leitzen, Dubuque Hempstead	2:11.46
	3A - Gracie Federspiel, Solon	2:12.97
	2A - Madison Brouwer, Sibley-Ocheyedan	2:13.67
	1A - Kadence Huck, Nashua-Plainfield	2:11.75
2022	4A - Ani Wedemeyer, Iowa City High	2:11.99
	3A - Ainsley Erzen, Carlisle	2:10.07
	2A - Mitzi Evans, Mid-Prairie	2:12.56
	1A - Jalyssa Blazek, Turkey Valley	2:15.83
2021	4A - Ashlyn Keeney, Iowa City Liberty	2:12.70
	3A - Ainsley Erzen, Carlisle	2:09.79
	2A - Madison Brouwer, Sibley-Ocheyedan	2:13.18
	1A - Peyton Pogge, Tri-Center	2:19.20
2019	4A - Allison Bookin-Nosbisch, Ottumwa	2:11.45
	3A - Janette Schraft, Glenwood	2:12.28
	2A - Sophia Jungling, Aplington-Parkersburg	2:16.38
	1A - Emma Lucas, Bedford	2:18.55
2018	4A - Sydney Milani, Southeast Polk	2:10.38
	3A - Ellie Friesen, Crestwood	2:13.63
	2A - Anna Hostetter, Mid-Prairie	2:15.53
	1A - Janette Schraft, East Mills	2:14.98
2017	4A - Mackenzie Michael, Cedar Falls	2:11.54
	3A - Joy Ripslinger, Davenport Assumption	2:09.39
	2A - Anna Hostetter, Mid-Prairie	2:14.75
	1A - Janette Schraft, East Mills	2:19.84
2016	4A - Stephanie Jenks, Linn-Mar	2:10.56
	3A - Joy Ripslinger, Davenport Assumption	2:07.51
	2A - Okasana Covey, Des Moines Christian	2:12.62
	1A - Emalee Funderman, Maple Valley-Anthon-Oto	2:19.68
2015	4A - Stephanie Jenks, Linn-Mar	2:11.09
	3A - Joy Ripslinger, Davenport Assumption	2:10.38
	2A - Jasmine Staebler, Clayton Ridge	2:14.07
	1A - Gwynne Wright, Pekin	2:16.86
2014	4A - Stephanie Jenks, Linn-Mar	2:10.20
	3A - Kennedy King, Davenport Assumption	2:16.69

	2A - Jasmine Staebler, Clayton Ridge	2:14.40
	1A - Rebekah Topham, Griswold	2:14.12
2013	4A - Lydia Saggau, West Des Moines Valley	2:12.91
	3A - Lauren Benzing, Solon	2:17.76
	2A - Jasmine Staebler, Clayton Ridge	2:15.36
	1A - Rebekah Topham, Griswold	2:15.28
2012	4A - Mahnee Watts, Bettendorf	2:12.52
	3A - Madison Waymire, Dallas Center-Grimes	2:16.16
	2A - Lindsey Kite, Jesup	2:15.96
	1A - Rebekah Topham, Griswold	2:14.79
2011	4A - Shelby Houlihan, Sioux City East	2:08.15
	3A - Madison Waymire, Dallas Center-Grimes	2:14.84
	2A - Lindsey Kite, Jesup	2:17.71
	1A - Haley Manning, Woodward-Granger	2:16.40
2010	4A - Katie Flood, Dowling Catholic	2:09.76
	3A - Jessica Nichols, Perry	2:14.99
	2A - Casey Morgan, Northeast	2:17.89
	1A - Kaly Adkins, Earlham	2:16.54
2009	4A - Colette Gnade, Waukee	2:08.84
	3A - Alex Wilson, Mt. Vernon	2:17.00
	2A - Casie Christensen, North Polk	2:14.81
	1A - Sara Stoakes, North Tama	2:13.26
2008	4A - Colette Gnade, Waukee	2:10.12
	3A - Jacqueline Kane, Marion	2:17.55
	2A - Kara Keller, Mediapolis	2:13.47
	1A - Blaire Dinsdale, North Tama	2:14.55
2007	4A - Katie Flood, Dowling Catholic	2:12.71
	3A - Holli Hosch, Independence	2:15.06
	2A - Ashley Miller, Tipton	2:12.12
	1A - Blaire Dinsdale, North Tama	2:11.65
2006	4A - Betsy Flood, Dowling Catholic	2:13.55
	3A - Regina Reinig, Harlan	2:15.12
	2A - Ashley Miller, Tipton	2:13.71
	1A - Brooke Dinsdale, North Tama	2:09.60
2005	4A - Michelle Jensen, West Des Moines Valley	2:16.72
	3A - Mary Bridget Corken, Dubuque Wahlert	2:13.83
	2A - Ashley Miller, Tipton	2:12.47
	1A - Ellen Ries, North Linn	2:15.29
2004	4A - Nelle Trefz, Iowa City High	2:15.55
	3A - Erin Pentecoff, Cedar Rapids Xavier	2:14.73
	2A - Ashley Miller, Tipton	2:15.81
	1A - Ellen Ries, North Linn	2:14.45
2003	3A - Lynn Dobyms, Iowa City West	2:15.84
	2A - Amy Bagge, Monticello	2:17.42
	1A - Ellen Ries, North Linn	2:16.42
2002	3A - Allison Werner, Mount Pleasant	2:13.16
	2A - Kristin Hansen, Okoboji	2:12.21
	1A - Ellen Ries, North Linn	2:15.41
2001	3A - Amanda Bales, Pleasant Valley	2:14.39
	2A - Missy Buttry, Shenandoah	2:17.67
	1A - Kristin Hansen, Okoboji	2:14.93
2000	3A - Alison Werner, Mount Pleasant	2:14.85
	2A - Michelle Sokol, Chariton	2:18.17
	1A - Kristin Hansen, Okoboji	2:15.20
1999	3A - Carey Morris, Fort Madison	2:14.54
	2A - Jessica Rowenhorst, Orange City Unity Christian	2:17.60
	1A - Erin Kappeler, Durant-Bennett	2:16.16
1998	3A - Laura Schlapkohl, Iowa City West	2:15.00
	2A - Jana Benson, Forest City	2:16.78
	1A - Michelle Lahann, Calamus-Wheatland	2:17.62
1997	3A - Keely Barnett, Iowa City High	2:15.77
	2A - Amanda Kalen, Durant-Bennett	2:13.80
	1A - Karen Smith, West Marshall	2:17.24
1996	3A - Keely Barnett, Iowa City High	2:20.18
	2A - Michelle Snyder, New Hampton	2:23.55
	1A - Haley Newbrough, West Hancock	2:16.93
1995	3A - Keely Barnett, Iowa City High	2:14.60
	2A - Jana Peterson, Webster City	2:15.04
	1A - Haley Newbrough, West Hancock	2:14.08
1994	3A - Becky Rigel, CR Prairie	2:16.62
	2A - Sarah Robson, Sheffield-Chapin	2:18.28
	1A - Krista Trei, George-Little Rock	2:16.30
1993	3A - Briana Benning, CR Kenndy	2:14.61
	2A - Mandy Buttry, Shenandoah	2:16.35
	1A - Tara Warner, Woodbine	2:21.32

1992	3A--Briana Benning, CR Kennedy	2:14.0
	2A--Sarah Pluim, OC Unity Christian	2:18.6
	1A--Heather Bombe, Sigourney	2:24.1
1991	3A--Kristy Matthews, DM Roosevelt	2:12.62
	2A--Mandy Parrott, Atlantic	2:18.98
	1A--Heather Amundson, Northwood-Kensett	2:19.07
1990	3A--Nikole Hennigan, Southeast Polk	2:16.08
	2A--Leslie Stanley, Panorama	2:20.53
	1A--Heather Amundson, Northwood-Kensett	2:21.44
1989	3A--Nikole Hennigan, Southeast Polk	2:17.08
	2A--Heather Amundson, Northwood-Kensett	2:16.24
	1A--Paulette Nemmers, LeMars Gehlen	2:21.80
1988	3A--Dannette Robinson, Bettendorf	2:14.66
	2A--Heather Amundson, Northwood-Kensett	2:17.60
	1A--Paulette Nemmers, LeMars Gehlen	2:22.79
1987	3A--Lynn Miller, Marshalltown	2:14.36
	2A--Kathy Allen, Davis County	2:15.26
	1A--Stacey Ehler, Crestland	2:21.66
1986	3A--Tami Hoffman, CR Kennedy	2:17.19
	2A--Katie Van Fossen, Decorah	2:16.18
	1A--Amy Hudek, Pocahontas	2:17.49
1985	3A--Kim Schneckloth, North Scott	2:12.9
	2A--Ktie Van Fossen, Decorah	2:15.73
	1A--Margie Mai, LeMars Gehlen	2:22.74
1984	3A--Michele Carlin, New Hampton	2:14.9
	2A--Vonda Velgersdyk, Hull WC	2:20.3
	1A--Marcy Ferguson, North Mahaska	2:22.3
1983	3A--Dawn Lentsch, Cedar Falls	2:15.37
	2A--Vonda Velgersdyk, Hull WC	2:19.49
	1A--Lisa Sitzmann, LeMars Gehlen	2:18.68
1982	3A--Dawn Lentsch, Cedar Falls	2:13.30
	2A--Paula Kenney, CB St. Albert	2:18.32
	1A--Jan Hall, George	2:14.92
1981	3A--Sue Nelson, Indianola	2:12.55
	2A--Paula Kenney, CB St. Albert	2:15.52
	1A--Janice Ohrt, North Tama	2:11.55
1980	3A--Sue Nelson, Indianola	2:15.00
	2A--Lana VandeKamp, Pella Christian	2:16.42
	1A--Janice Ohrt, North Tama	2:14.65
1979	3A--Julie Williams, Spencer	2:13.42
	2A--Anne Mueksch, Missouri Valley	2:13.67
	1A--Nan Doak, Hedrick	2:15.56
1978	3A--Julie Williams, Spencer	2:13.79
	2A--Lana VandeKamp, Pella Christian	2:16.97
	1A--Toni Mohr, Manilla	2:17.88
	880-YARDS	
1977	3A--Wendy Johnson, Spencer	2:18.1
	2A--Jill Eberly, Clarinda	2:18.3
	1A--Toni Mohr, Manilla	2:15.8
1976	Toni Mohr, Manilla	2:19.2
1975	Rosemary Holden, Scranton	2:15.4
1974	Rosemary Holden, Scranton	2:13.6
1973	Rosemary Holden, Scranton	2:14.7
1972	Cindy Hoegh, Missouri Valley	2:18.5
1971	Peg Neppel, Lincoln Central	2:20.2
1970	Chris Gemberling, Lake City	2:18.1
1969	Chris Gemberling, Lake City	2:19.1
1968	Chris Gemberling, Lake City	2:23.3
1967	Georgia Stevens, West Harrison	2:20.1
1966	Carol Wolfe, Malvern	2:28.1
1965	Carol Wolfe, Malvern	2:32.6

1500 METERS ALL-TIME LEADERS

1	Addison Dorenkamp, WDM Valley	2024	4:25.32
2	Lily Denton, Council Bluffs St. Albert	2026	4:26.02
3	Shelby Houlihan, Sioux City East	2011	4:26.39
4	Stephanie Jenks, Linn-Mar	2015	4:27.76
5	Katie Flood, Dowling Catholic	2010	4:28.30
6	Paityn Noe, Ballard	2022	4:28.80
7	Rebekah Topham, Griswold	2012	4:28.92
8	Elyse Prescott, Urbandale	2016	4:29.37
9	Julia Noah, Urbandale	2016	4:29.82
10	Charlee Gall, Cedar Falls	2025	4:29.87
11	Ani Wedemeyer, Pleasant Valley	2024	4:30.88
12	Ellie Friesen, Crestwood	2017	4:31.11
13	Marissa Ferebee, Pella	2024	4:31.48
14	Morgan Casey, Northeast	2010	4:31.77
15	Joy Ripslinger, Davenport Assumption	2017	4:31.91
16	Anna Hostetler, Mid-Prairie	2017/18	4:32.10
17	Piper Messerly, Dallas Center-Grimes	2025	4:32.87
18	Emmy Stubbendeck, Waukee Northwest	2026	4:32.92
19	Ashlyn Keeney, Iowa City Liberty	2019	4:32.98
20	Kadence Huck, Nashua-Plainfield	2025	4:33.29
21	Betsy Flood, Dowling Catholic	2008	4:33.76
22	Ella Jones, Waukee Northwest	2026	4:33.89
23	Laura Streck, Van Meter	2026	4:33.93
24	Michelle Lilienthal, Iowa City High	1999	4:34.01
25	Adrienne Buettner-Cable, DM Roosevelt	2023	4:34.09

1500 METERS STATE CHAMPIONS

2025	4A - Charlee Gall, Cedar Falls	4:29.87
	3A - Sarah Feddersen, Gilbert	4:36.73
	2A - Noelle Steines, Tipton	4:35.19
	1A - Lily Denton, Council Bluffs St. Albert	4:30.63
2024	4A - Addison Dorenkamp, West Des Moines Valley	4:25.32
	3A - Marissa Ferebee, Pella	4:31.48
	2A - Noelle Steines, Tipton	4:38.46
	1A - Kadence Huck, Nashua-Plainfield	4:42.13
2023	4A - Addison Dorenkamp, WDM Valley	4:31.57
	3A - Paityn Noe, Ballard	4:28.80
	2A - Madison Brouwer, Sibley-Ocheyedan	4:36.75
	1A - Noelle Steines, Calamus-Wheatland	4:35.43
2022	4A - Addison Dorenkamp, WDM Valley	4:36.60
	3A - Ainsley Erzen, Carlisle	4:36.96
	2A - Clare Kelly, Van Meter	4:39.13
	1A - Jalyssa Blazek, Turkey Valley	4:54.51
2021	4A - Ashlyn Keeney, Iowa City Liberty	4:41.30
	3A - Ainsley Erzen, Carlisle	4:42.21
	2A - Danielle Hostetler, Mid-Prairie	4:45.09
	1A - Peyton Pogge, Tri-Center	4:59.91
2019	4A - Ashlyn Keeney, Iowa City Liberty	4:34.04
	3A - Janette Schraft, Glenwood	4:41.53
	2A - Marie Hostetler, Mid-Prairie	4:40.63
	1A - Emmas Lucas, Bedford	4:45.80
2018	4A - Bailey Nock, Iowa City West	4:38.09
	3A - Ellie Friesen, Crestwood	4:39.40
	2A - Anna Hostetler, Mid-Prairie	4:42.17
	1A - Janette Schraft, East Mills	4:42.24
2017	4A - Bailey Nock, Iowa City West	4:39.48
	3A - Joy Ripslinger, Davenport Assumption	4:39.00
	2A - Anna Hostetler, Mid-Prairie	4:33.41
	1A - Janette Schraft, East Mills	4:54.36
2016	4A - Stephanie Jenks, Linn-Mar	4:29.21
	3A - Joy Ripslinger, Davenport Assumption	4:39.03
	2A - Anna Hostetler, Mid-Prairie	4:38.96
	1A - Emalee Fundermann, Maple Valley-Anthon-Oto	4:53.41
2015	4A - Stephanie Jenks, Linn-Mar	4:27.76
	3A - Amanda Taylor, Decorah	4:40.59
	2A - Rachel Peter, PCM	4:48.29
	1A - Rebekah Topham, Griswold	4:45.76
2014	4A - Stephanie Jenks, Linn-Mar	4:31.10
	3A - Grace Gibbons, Gilbert	4:39.02
	2A - Tiffany Christensen, Eagle Grove	4:38.23
	1A - Rebekah Topham, Griswold	4:35.87

2013	4A - Stephanie Jenks, Linn-Mar	4:31.14
	3A - Anna Holdiman, Waverly-Shell Rock	4:41.25
	2A - Tiffany Christensen, Eagle Grove	4:46.08
	1A - Rebekah Topham, Griswold	4:42.35
2012	4A - Emma Huston, Des Moines Roosevelt	4:45.28
	3A - Anna Holdiman, Waverly-Shell Rock	4:49.05
	2A - Mariah Kauder, Cascade	4:43.64
	1A - Rebekah Topham, Griswold	4:44.03
2011	4A - Shelby Houlihan, Sioux City East	4:29.97
	3A - Elana Enabit, Clear Lake	4:42.89
	2A - Leah Sievert, Sibley-Ocheyedan	4:50.63
	1A - Andrea Toppin, Ventura	4:53.07
2010	4A - Katie Flood, Dowling Catholic	4:31.33
	3A - Madison Weekly, Benton	4:55.03
	2A - Morgan Casey, Northeast	4:41.96
	1A - Kamille Kronemann, West Hancock	4:57.38
2009	4A - Katie Flood, Dowling Catholic	4:35.13
	3A - Alex Wilson, Mt. Vernon	4:48.91
	2A - Morgan Casey, Northeast	4:48.40
	1A - Sara Stoakes, North Tama	4:44.78
2008	4A - Betsy Flood, Dowling Catholic	4:33.76
	3A - Danielle Nowasell, Grinnell	4:52.65
	2A - Abby Schlater, Council Bluffs St. Albert	4:52.82
	1A - Blaire Dinsdale, North Tama	4:37.75
2007	4A - Katie Flood, Dowling Catholic	4:36.23
	3A - Danielle Nowasell, Grinnell	4:58.06
	2A - Ashley Miller, Tipton	4:45.10
	1A - Brooke Dinsdale, North Tama	4:47.13
2006	4A - Betsy Flood, Dowling Catholic	4:35.08
	3A - Jennifer Kuiken, Fairfield	4:46.68
	2A - Ashley Miller, Tipton	4:47.84
	1A - Brooke Dinsdale, North Tama	4:39.33
2005	4A - Hannah Roeder, Des Moines Roosevelt	4:38.87
	3A - Caedryn Schrunck, Spirit Lake	4:43.79
	2A - Emily VanOosbree, Emmetsburg	4:46.53
	1A - Ellen Ries, North Linn	4:40.30
2004	4A - Sarah Wickman, Iowa City West	4:42.94
	3A - Caedryn Schrunck, Spirit Lake Park	4:47.00
	2A - Jen Kempers, Unity Christian	4:50.57
	1A - Ellen Ries, North Linn	4:48.59
2003	3A - Nelle Trefz, Iowa City High	4:40.00
	2A - Whitney Johnson, ADM	4:49.30
	1A - Des Campbell, LeMars Gehlen Catholic	4:46.62
2002	3A - Sara Fassbinder, Dubuque Wahlert	4:39.41
	2A - Kristin Hansen, Okoboji	4:40.51
	1A - Casey Huber, Denver	4:52.24
2001	3A - Emily Shoopman, Waterloo West	4:40.87
	2A - Missy Buttry, Shenandoah	4:49.35
	1A - Kristin Hansen, Okoboji	4:39.65
2000	3A - Michelle Lilienthal, Iowa City High	4:34.42
	2A - Marissa Wurzer, South Winneshiek	4:48.26
	1A - Kristin Hansen, Okoboji	4:45.55
1999	3A - Michelle Lilienthal, Iowa City High	4:34.01
	2A - Jessica Rowenhorst, Orange City Unity Christian	4:46.45
	1A - Sarah Arens, Remsen St. Mary's	4:42.54
1998	3A - Julie Bigler, Fort Madison	4:38.71
	2A - Kristi Schmidt, Spirit Lake Park	4:50.29
	1A - Michelle Lahann, Calamus-Wheatland	4:56.78
1997	3A - Julie Bigler, Fort Madison	4:40.92
	2A - Val Oltman, Nevada	4:51.46
	1A - Kristin Johnson, West Branch	4:55.20
1996	3A - Alienor Gilchrist, Ames	4:46.48
	2A - Kendra Versendaal, PCM	4:58.46
	1A - Haley Newbrough, West Hancock	4:46.79
1995	3A - Sarah Gray, Cedar Falls	4:40.63
	2A - Jana Peterson, Webster City	4:42.04
	1A - Krita Trei, George-Little Rock	4:51.76
1994	3A - Summer Johnston, Indianola	4:49.14
	2A - Cindra Schelling, Sheldon.	4:46.68
	1A - Krista Trei, George-Little Rock	4:51.44
1993	3A - Summer Johnson, Indianola	4:49.23

	2A--Megan Wagner, Cascade	4:58.78
	1A--Rachel Dozak, Ar-We-Va	5:00.37
1992	3A--Briana Benning, CR Kennedy	4:48.3
	2A--Keri Clevenger, Wilton	4:53.86
	1A--Kim Steed, Colo-Nesco	4:50.56
1991	3A--Cyndi Olson, CR Jefferson	4:45.61
	2A--LeAnn Rychnovsky, Clarke	4:49.68
	1A--Heather Amundson, Northwood-Kensett	4:53.39
1990	3A--Cyndi Olson, CR Jefferson	4:45.48
	2A--Jacinda Grishaber, North Linn	4:59.09
	1A--Heather Amundson, Northwood-Kensett	4:57.13
1989	3A--Christa Holms, WDM Valley	4:36.86
	2A--Heather Amundson, Northwood-Kensett	4:51.46
	1A--Jane Krueger, Riceville	4:50.83
1988	3A--Christa Holms, WDM Valley	4:43.58
	2A--Jennifer Brower, St. Ansgar	4:43.98
	1A--Jane Krueger, Riceville	4:56.09
1987	3A--Christa Holms, WDM Valley	4:44.87
	2A--Katie Van Fossen, Deocrah	4:43.15
	1A--Brenda Matheny, Lenox	4:53.00
1986	3A--Christa Holms, WDM Valley	4:38.38
	2A--Kerry Greenwood, Cascade	4:46.00
	1A--Kathy Halligan, West Sioux	4:51.70
1985	3A--Kim Schneckloth, North Scott	4:39.10
	2A--Charlene Letzring, Northeast	4:45.83
	1A--Kristy Freerksen, Riceville	5:01.94
1984	3A--Julie Hudetz, Bettendorf	4:39.7
	2A--Charlene Letzring, Northeast	4:48.8
	1A--Jan Jacobsen, Southeast Warren	4:56.1
1983	3A--Dawn Lentsch, Cedar Falls	4:42.52
	2A--Jill Gazaway, Eagle Grove	4:47.74
	1A--Ingrid Elvebak, Thompson	5:01.73
1982	3A--Dawn Lentsch, Cedar Falls	4:43.02
	2A--Jill Gazaway, Eagle Grove	4:49.97
	1A--Jan Hall, George	4:39.55
1981	3A--Sue Nelson, Indianola	4:41.24
	2A--Ann Sutton, East Union	4:46.94
	1A--Jan Hall, George	4:49.60
1980	3A--Tracy Parks, DM Hoover	4:42.86
	2A--Lana VandeKamp, Pella Christian	4:44.22
	1A--Nan Doak, Hedrick	4:43.24
1979	3A--Julie Williams, Spencer	4:36.01
	2A--Anne Mueksch, Missouri Valley	4:42.87
	1A--Nan Doak, Hedrick	4:46.00
1978	3A--Julie Williams, Spencer	4:47.01
	2A--Anne Mueksch, Missouri Valley	4:48.51
	1A--Robin Rasmussen, Manilla	4:54.84
	MILE	
1977	3A--Anita Ayers, Fort Dodge	5:11.9
	2A--Anne Mueksch, Missouri Valley	5:20.2
	1A--Lani Granowski, Dows	5:11.7
1976	Bridget Seip, Sigourney	5:03.3
1975	Kim Thompson, Ames	5:19.2
1974	Rosemary Holden, Scranton	5:13.3
1973	Ann Kimm, Norway	5:10.4

3000 METERS - ALL-TIME LIST

1	Addison Dorenkamp, WDM Valley	2024	9:23.60
2	Stephanie Jenks, Linn-Mar	2014	9:24.67
3	Katie Flood, Dowling Catholic	2010	9:27.25
4	Paityn Noe, Ballard	2023	9:28.89
5	Charlee Gall, Cedar Falls	2026	9:34.75
6	Mackenzie Yanek, Pleasant Valley	2016	9:35.48
7	Evelyn Moeller, Mount Vernon	2026	9:37.37
8	Chloe Glosser, Pekin	2026	9:39.33
9	Ashleyn Keeney, Iowa City Liberty	2019	9:39.64
10	Lili Denton, Council Bluffs St. Albert	2025	9:42.04
11	Marissa Ferebee, Pella	2024	9:42.89
12	Ashlie Decker, Dowling Catholic	2010	9:43.18
13	Charlee Gall, Cedar Falls	2025	9:44.19
14	Shewaye Johnson, Ballard	2021	9:44.88
15	Elyse Prescott, Urbandale	2016	9:45.72
16	Maddie Hubbell, DM Roosevelt	2010	9:47.10
17	Julia Noah, Urbandale	2016	9:47.12
18	Anna Hostetler, Mid-Prairie	2017	9:47.52
19	Michelle Lilienthal, Iowa City High	2000	9:47.53
20	Christa Holms, West Des Moines Valley	1989	9:48.00
21	Emmy Stubbendeck, Waukee NW	2026	9:48.97
22	Stephanie Mundt, Urbandale	2007	9:49.49
23	Casey Owens, Des Moines Roosevelt	2001	9:50.33
24	Ellie Friesen, Crestwood	2018	9:50.44
25	Piper Messerly, Dallas Center-Grimes	2025	9:52.08

3000 METERS STATE CHAMPIONS

2025	4A - Piper Messerly, Dallas Center-Grimes	9:52.08
	3A - Melissa Ferebee, Pella	9:51.96
	2A - Noelle Steines, Tipton	9:53.95
	1A - Lili Denton, Council Bluffs St. Albert	9:42.04
2024	4A - Addison Dorenkamp, West Des Moines Valley	9:30.64
	3A - Marissa Ferebee, Pella	9:54.27
	2A - Noelle Steines, Tipton	10:08.85
	1A - Lili Denton, Council Bluffs St. Albert	10:18.16
2023	4A - Addison Dorenkamp, WDM Valley	9:46.33
	3A - Paityn Noe, Ballard	9:38.82
	2A - Danielle Hostetler, Mid-Prairie	10:20.73
	1A - Noelle Steines, Calamus-Wheatland	10:13.95
2022	4A - Addison Dorenkamp, WDM Valley	9:55.89
	3A - Paityn Noe, Ballard	10:22.05
	2A - Danielle Hostetler, Mid-Prairie	10:27.77
	1A - Noelle Steines, Calamus-Wheatland	10:21.01
2021	4A - Lauren McMahon, Ankeny	9:57.17
	3A - Shewaye Johnson, Ballard	9:57.21
	2A - Danielle Hostetler, Mid-Prairie	10:35.26
	1A - Peyton Pogge, Tri-Center	10:32.91
2019	4A - Ashlyn Keeney, Iowa City Liberty	10:04.09
	3A - Janette Schraft, Glenwood	10:35.49
	2A - Marie Hostetler, Mid-Prairie	10:12.89
	1A - Emma Lucas, Bedford	10:20.66
2018	4A - Bailey Nock, Iowa City West	10:12.61
	3A - Ellie Friesen, Crestwood	10:15.43
	2A - Marie Hostetler, Mid-Prairie	10:25.78
	1A - Emma Lucas, Bedford	10:04.31
2017	4A - Bailey Nock, Iowa City West	10:03.22
	3A - Joy Ripslinger, Davenport Assumption	9:55.37
	2A - Anna Hostetler, Mid-Prairie	9:47.53
	1A - Janette Schraft, East Mills	10:36.39
2016	4A - Stephanie Jenks, Linn-Mar	9:33.94
	3A - Abby Kohut-Jackson, Ballard	10:08.29
	2A - Alyssa Williams, Durant	10:19.19
	1A - Janette Schraft, East Mills	10:48.20
2015	4A - Stephanie Jenks, Linn-Mar	9:34.55
	3A - Julia Schumacher, Davenport Assumption	10:10.11
	2A - Adriana Kammerer, Iowa City Regina	10:33.39
	1A - Rebekah Topham, Griswold	10:30.80

2014	4A - Stephanie Jenks, Linn-Mar	9:24.67
	3A - Grace Gibbons, Gilbert	9:59.31
	2A - Leah Sievert, Sibley-Ocheyedan	10:28.35
	1A - Rebekah Topham, Griswold	9:56.73
2013	4A - Stephanie Jenks, Linn-Mar	9:50.70
	3A - Anna Holdiman, Waverly-Shell Rock	10:11.83
	2A - Courtney Bruns, West Branch	10:33.46
	1A - Leah Sievert, Sibley-Ocheyedan	9:56.54
2012	4A - Allison Gregg, Cedar Falls	10:19.81
	3A - Anna Holdiman, Waverly-Shell Rock	10:06.34
	2A - Courtney Bruns, West Branch	10:15.23
	1A - Rebekah Topham, Griswold	10:33.66
2011	4A - Karissa Schweizer, Dowling Catholic	10:03.59
	3A - Alana Enabit, Clear Lake	9:58.45
	2A - Jodi Miller, Sumner-Fredericksburg	10:37.04
	1A - Andrea Toppin, Ventura	10:35.54
2010	4A - Katie Flood, Dowling Catholic	9:27.25
	3A - Anna Holdiman, Waverly-Shell Rock	10:39.71
	2A - Morgan Casey, Northeast	10:02.10
	1A - Katy Moen, Wapsie Valley	10:31.39
2009	4A - Katie Flood, Dowling Catholic	9:55.11
	3A - Moran Lonning, Decorah	10:40.93
	2A - Morgan Casey, Northeast Goose Lake	10:32.38
	1A - Abby Schlater, Council Bluffs St. Albert	10:31.98
2008	4A - Katie Flood, Dowling Catholic	9:46.04
	3A - Danielle Nowasell, Grinnell	10:12.36
	2A - Abby Schlater, Council Bluffs St. Albert	10:30.90
	1A - Carly Olsen, Logan-Magnolia	10:11.31
2007	4A - Katie Flood, Dowling Catholic	9:42.17
	3A - Melissa Erickson, Mount Pleasant	10:47.47
	2A - Carly Olsen, Logan-Magnolia	10:16.74
	1A - Brooke Dinsdale, North Tama	10:16.54
2006	4A - Stephanie Mundt, Urbandale	9:50.83
	3A - Kara Nelson, Cherokee	10:27.17
	2A - Carly Olsen, Logan-Magnolia	10:33.42
	1A - Brooke Dinsdale, North Tama	10:08.96
2005	4A - Stephanie Mundt, Urbandale	10:08.11
	3A - Caedryn Schrunck, Spirit Lake Park	10:31.07
	2A - Emily Van Oosbree, Emmetsburg	10:30.30
	1A - Jessica Clark, West Harrison	10:21.83
2004	4A - Jennie Funk, Iowa City High	10:18.33
	3A - Caedryn Schrunck, Spirit Lake Park	10:44.50
	2A - Marcy Rahn, Clear Creek-Amana	10:44.58
	1A - Stephanie Most, Corning	10:51.71
2003	3A - Nelle Trefz, Iowa City High	10:10.21
	2A - Marcy Rahn, Clear Creek-Amana	10:33.75
	1A - Des Campbell, LeMars Gehlen Catholic	10:27.69
2002	3A - Jennie Funk, Iowa City High	10:11.80
	2A - Kristin Hansen, Okoboji	10:01.98
	1A - Emily Klein, South Hamilton	10:37.59
2001	3A - Casey Owens, Des Moines Roosevelt	9:50.33
	2A - Steph Noonan, Emmetsburg/Graettinger	10:39.25
	1A - Kristin Hanson, Okoboji	10:01.88
2000	3A - Michelle Lilienthal, Iowa City High	9:57.97
	2A - Amber Friedrich, Algona	10:41.44
	1A - Kristin Hansen, Okoboji	10:09.14
1999	3A - Michelle Lilienthal, Iowa City High	9:49.11
	2A - Kristin Hansen, Okoboji	10:48.01
	1A - Sarah Arens, Remsen St. Mary's	10:08.86
1998	3A - Julie Bigler, Fort Madison	10:15.84
	2A - Kristi Schmidt, Spirit Lake Park	10:28.73
	1A - Michelle Lahann, Calamus-Wheatland	10:29.70
1997	3A - Sarah Gray, Cedar Falls	10:15.85
	2A - Amanda Kalen, Durant-Bennett	10:30.09
	1A - Sally Schumaker, Danville	10:44.05
1996	3A - Julie Bigler, Fort Madison	10:42.63
	2A - Amy Edwards, Chariton	10:53.55
	1A - Amber Schmidt, Laurens-Marathon	10:59.98
1995	3A - Summer Johnson, Indianola	10:05.3
	2A - Jana Peterson, Webster City	10:18.5
	1A - Mandy Vitense, Tipton	10:13.8

1994	3A--Summer Johnson, Indianola	10:28.85
	2A--Mandy Vitense, Tipton	10:21.94
	1A--Bethany Rulapaugh, SCMT	10:47.78
1993	3A--Summer Johnson, Indianola	10:09.59
	2A--Sonya Jongsma, Unity Christian	10:24.97
	1A--Nikole Sterling, Cardinal	10:32.57
1992	3A--Summer Johnson, Indianola	10:19.34
	2A--Sonya Jongsma, OC Unity Christian	10:27.39
	1A--Sydney Pounds, Gilbert	10:27.26
1991	3A--Kiersten Pauling, DM Lincoln	10:28.30
	2A--Kay Pals, OC Unity Christian	10:44.74
	1A--Sydney Pounds, Gilbert	10:39.24
1990	3A--Cyndi Olson, CR Jefferson	10:30.38
	2A--Jean York, Davenport Assumption	10:45.30
	1A--Sydney Pounds, Gilbert	10:38.27
1989	3A--Christa Holms, WDM Valley	9:55.17
	2A--Michelle Wing, Wilton	10:34.93
	1A--Jane Krueger, Riceville	10:29.87
1988	3A--Christa Holms, WDM Valley	10:01.9
	2A--Jennifer Brower, St. Ansgar	10:13.35
	1A--Jane Krueger, Riceville	10:38.40
1987	3A--Christa Holms, WDM Valley	9:57.30
	2A--Jennifer Brower, St. Ansgar	10:09.15
	1A--Brenda Matheny, Lenox	10:56.31
1986	3A--Christa Holms, WDM Valley	9:52.98
	2A--Kerry Greenwood, Cascade	10:29.58
	1A--Brenda Matheny, Lenox	10:44.36
1985	3A--Wendy Bare, North Scott	9:59.22
	2A--Charlene Letzring, Northeast	10:29.15
	1A--Kristy Freerksen, Riceville	10:47.35
1984	3A--Stacey Schroeder, Pleasant Valley	10:15.40
	2A--Joleen Hansen, Estherville	10:40.53
	1A--Jan Jacobsen, Southeast Warren	11:02.69
1983	3A--Dawn Lentsch, Cedar Falls	10:11.29
	2A--Jill Gazaway, Eagle Grove	10:15.7
	1A--Lynn McHenry, Woodbine	10:57.04

100 HURDLES ALL-TIME LEADERS

New Records in 2009 with implementation of 33-inch hurdles

1	Emma Havighurst, West Des Moines Valley	2025	13.62
2	Morgan Karr, West Des Moines Valley	2026	13.80
3	Alex Gochenour, Logan-Magnolia	2010	13.9
4	Ellie Rickertsen, Northeast	2022	13.91
5	Mary Young, Urbandale	2014	14.01
6	Josie McGraw, Indianola	2025	14.06
7	Aleenah Marcucci, Northeast	2016	14.08
7	Ali Frandsen, Ames	2023	14.08
9	Mackenzie Carney, Waukee Northwest	2022	14.10
10	Katie Willits, Waukee Northwest	2026	14.11
11	Sydney Winger, Waukee	2018	14.12
12	Isabel Ingram, Ames	2018	14.15
13	Annie Smith, Dowling Catholic	2024	14.22
14	Darby Thomas, Council Bluffs A. Lincoln	2019	14.23
14	Natalie Harris, Waukee Northwest	2022	14.23
16	Jana Maharry, Waukee	2026	14.28
17.	Brandi DeMuth, Okoboji	2010	14.3
17.	Karen Hutson, Logan-Magnolia	2011	14.3
19	Peyton Steva, Iowa City West	2019	14.33
20	Carly Donahue, Pleasant Valley	2016	14.34
21	Elise Coghlan, ADM	2026	14.36
22	Esaba Okwaramoi, Dowling Catholic	2022	14.39
23	Abilene Ranschau, Cedar Rapids Jefferson	2016	14.42
24	Jana Maharry, Waukee	2025	14.42
25	Valerie Welch, Iowa City West	2017	14.43

100 HURDLES STATE CHAMPIONS

2025	4A - Emma Havighurst, WDM Valley	13.68
	3A - Josi Dufoe, ADM	14.50
	2A - Leah Bolluyt, Spirit Lake	14.66
	1A - Lana Alley, Fremont-Mills	14.75
2024	4A - Emma Havighurst, West Des Moines Valley	14.54
	3A - Aly Stahle, Solon	15.35
	2A - Morgan Karr, PCM	15.01
	1A - Claire Schroeder, Remsen St. Mary's	15.31
2023	4A - Ali Frandsen, Ames	14.10
	3A - Jerra Merchant, Spencer	14.39
	2A - Clara Tieglund, Treynor	14.92
	1A - Emily Williams, East Mills	15.17
2022	4A - Mackenzie Carney, Waukee Northwest	14.10
	3A - Addisyn Terpstra, Newton	14.55
	2A - Ellie Rickertsen, Northeast	14.44
	1A - Maddax DeVault, Nodaway Valley	14.69
2021	4A - Mackenzie Carney, Waukee	14.54
	3A - Kendall Anderson, Bondurant-Farrar	15.10
	2A - Ellie Rickertsen, Northeast	14.78
	1A - Kelly Proesch, North Cedar	15.20
2019	4A - Darby Thomas, Council Bluffs Abraham Lincoln	14.23
	3A - Grace Martensen, Benton Community	14.66
	2A - Heather Boeckenstedt, Beckman Catholic	15.06
	1A - Emma Atwood, Central Decatur	15.58
2018	4A - Sydney Winger, Waukee	14.12
	3A - Grace Martensen, Benton	14.51
	2A - Heather Boeckenstedt, Beckman Catholic	15.33
	1A - Autum Barthelman, Sigourney	14.83
2017	4A - Valerie Welch, Iowa City West	14.48
	3A - Grace Martensen, Benton	14.85
	2A - Faith Meyer, Pocahontas Area	15.54
	1A - Autum Barthelman, Sigourney	15.26
2016	4A - Carly Donahue, Pleasant Valley	14.47
	3A - Maggie Bjuström, ADM	14.74
	2A - Aleenah Marcucci, Northeast	14.42
	1A - Kenzie Keune, Sioux Central	15.24
2015	4A - Abilene Ranschau, Cedar Rapids Jefferson	14.96
	3A - Kelsi Phipps, Mount Pleasant	15.13

	2A - Aleenah Marcucci, Northeast	14.97
	1A - Kenzie Keune, Sioux Central	15.31
2014	4A - Mary Young, Urbandale	14.31
	3A - Kelsi Phipps, Mount Pleasant	15.03
	2A - Emily Mathews, Garner-Hayfield/Ventura	15.45
	1A - Mallory Vawter, BCLUW	15.07
2013	4A - Mary Young, Urbandale	14.62
	3A - Ali Meister, Spencer	15.10
	2A - Chaley Rath, Treynor	15.38
	1A - Cassie Kingery, Winfield-Mount Union	15.54
2012	4A - Mary Young, Urbandale	14.87
	3A - Leslie Taylor, Mount Pleasant	15.12
	2A - Taylor Twedt, West Fork	15.10
	1A - Cassie Kingery, Winfield-Mount Union	15.26
2011	4A - Khanishah Williams, Burlington	14.93
	3A - Rachel Peth, Waverly-Shell Rock	14.86
	2A - Alex Gochenour, Logan-Magnolia	14.74
	1A - Emily Ruhser, Central Elkader	15.77
2010	4A - Khanishah Williams, Burlington	15.37
	3A - Rachel Peth, Waverly-Shell Rock	15.30
	2A - Taylor Twedt, West Fork	15.07
	1A - Alex Gochenour, Logan-Magnolia	14.66
2009	4A - Mariah Jordan, Iowa City High	14.83
	3A - Nicole Hunter, Creston	14.90
	2A - Alex Gochenour, Logan-Magnolia	14.33
	1A - Sarah Yeager, Cardinal	15.00
2008	4A - AG Bradford, Davenport North	14.12
	3A - Carmen Goedken, Dubuque Wahlert	14.72
	2A - Lindsay Lettow, Des Moines Christian	14.37
	1A - Alex Gochenour, Logan-Magnolia	14.32
2007	4A - AG Bradford, Davenport North	14.87
	3A - Heather Kessler, Storm Lake	15.21
	2A - Rachel Vanderholt, Aplington-Parkersburg	14.79
	1A - Jessica Hale, Ventura	14.51
2006	4A - Jenna Caffrey, Burlington	13.76
	3A - Lindsey Boldt, Mount Pleasant	14.65
	2A - Lauren Bucklin, Bondurant-Farrar	14.84
	1A - Lauren Anderson, Riverside	14.84
2005	4A - Jenna Caffrey, Burlington	14.09
	3A - Kelsey Steffens, Central DeWitt	15.71
	2A - Carly DuCharme, Iowa City Regina	15.02
	1A - Jacquelyn Schmidt, Laurens-Marathon	14.89
2004	4A - Laneisha Waller, Cedar Rapids Washington	13.90
	3A - Deb Durey, West Delaware	15.24
	2A - Carly DuCharme, Iowa City Regina	14.87
	1A - Jacquelyn Schmidt, Laurens-Marathon	15.09
2003	3A - Kasey McDaniel, Spencer	14.19
	2A - Crystal Hanson, Roland-Story	14.96
	1A - Kelsey Grindle, Charter Oak-Ute	15.08
2002	3A - Kayla Sauter, Mason City	14.41
	2A - Nikki Gruber, Pocahontas Area	14.74
	1A - Kelsey Grindle, Charter Oak-Ute	14.96
2001	3A - Blair Anderson, Burlington	14.62
	2A - Tiffany Pedersen, Atlantic	14.30
	1A - Jill Schweibert, Aplington-Parkersburg	14.87
2000	3A - Lolo Jones, Des Moines Roosevelt	14.03
	2A - Tiffany Pedersen, Atlantic	14.39
	1A - Jacques Moyer, Janesville	15.00
1999	3A - Teesa Price, Iowa City High	14.19
	2A - Tiffany Pedersen, Atlantic	14.40
	1A - Lindsay Schultz, Manson-NW Webber	15.15
1998	3A - Lolo Jones, Des Moines Roosevelt	13.78
	2A - Tiffany Pedersen, Atlantic	14.63
	1A - Molly O'Brien, Williamsburg	14.90
1997	3A - Teesa Price, Iowa City High	14.37
	2A - Jenni Donohue, Roland-Story	15.02
	1A - Erika Hamel, Madrid	14.50
1996	3A - Dee Wear, Mount Pleasant	14.64
	2A - Amber Oolman, South O'Brien	15.52
	1A - Abby Kohnen, Clear Creek-Amana	14.85

1995	3A--Paula Ruen, Western Dubuque	:14.91		
	2A--Jenny Runchey, Atlantic	:14.49		
	1A--Erika Hamel, Madrid	:14.42	1963	Andrea Goodman, Belle Plaine :08.6
1994	3A--Loni Brewer, Indianola	:14.83	1962	Linda Ramus, Sentral :08.9
	2A--Jenny Runchey, Atlantic	15.2		
	1A--Erika Hamel, Madrid	:14.66		
1993	3A--Suzie Darnell, Knoxville	:14.44		
	2A--Paula Krull, Ballard	:14.83		
	1A--Terri Baker, Pekin	:15.14		
1992	3A--Kim Carson, DM Roosevelt	:13.86		
	2A--Katie Tweto, North Iowa	:14.58		
	1A--Dawn Rayner, Lone Tree	:15.0		
1991	3A--Kim Carson, DM Roosevelt	:14.18		
	2A--Paula Krull, Ballard	:14.32		
	1A--Susan Kane, Iowa City Regina	:15.32		
1990	3A--Kim Carson, DM Roosevelt	:14.62		
	2A--Suzie Friday, Tipton	:14.37		
	1A--Julie Grosvenor, Logan-Magnolia	:15.21		
1989	3A--Anne Best, WDM Valley	:14.79		
	2A--Suzie Friday, Tipton	:14.42		
	1A--Deb Beemer, Bedford	:14.78		
1988	3A--Michelle Dunn, Mason City	:14.41		
	2A--Kelli Riedesel, Southern Cal	:14.48		
	1A--Ruth Raak, Floyd Valley	:15.04		
1987	3A--Stephanie Holt, DM Roosevelt	:14.62		
	2A--Kelli Riedesel, Lake City-Lohrville	:14.61		
	1A--Deb Beemer, Bedford	:14.95		
1986	3A--Karla Ringger, Newton	:14.47		
	2A--Jenni Wood, Sergeant Bluff-Luton	:14.57		
	1A--Kelli Riedesel, Lohrville	:14.65		
1985	3A--Karen Koellner, Ames	:14.46		
	2A--Carole Seaton, Missouri Valley	:14.23		
	1A--Tonia Denham, Bondurant-Farrar	:14.52		
1984	3A--Yolanda Daye, Davenport Central	:14.7		
	2A--Teri Van Wechel, Maurice-Orange city	:14.8		
	1A--Susie McCowen, Oakland	:15.6		
1983	3A--Karen Koellner, Ames	:14.50		
	2A--Cathy Cowan, Algona	:14.88		
	1A--Barb Moore, Titonka	:15.00		
1982	3A--Alison Ehm, Urbandale	:14.62		
	2A--Linda Bockenstedt, Starmont	:14.67		
	1A--Tammy Harms, Titonka	:15.00		
1981	3A--Leisa Davis, Burlington	:14.67		
	2A--Lisa Schisel, Garner-Hayfield	:14.63		
	1A--Kathy Gillespie, Lamoni	:15.03		
1980	3A--Julie Bickel, Burlington	:14.67		
	2A--Lisa Schisel, Garner-Hayfield	:14.84		
	1A--Danita Yoder, Pekin	:14.56		
1979	3A--Kari Kramme, DM East	:14.46		
	2A--Wendy Ver Steeg, Maurice-Orange City	:14.46		
	1A--Jane McGinnis, Bondurant-Farrar	:14.46		
1978	3A--Yvette Greer, SC West	:14.42		
	2A--Patty McCarthy, West Sioux	:14.53		
	1A--Jane McGinnis, Bondurant-Farrar	:14.50		
1977	3A--Nancy Harms, LeMrs	:14.6		
	2A--Wendy Ver Steeg, Maurice-Orange City	:14.9		
	1A--Jane McGinnis, Bondurant-Farrar	:15.1		
1976	Marjean Nielsen, Glidden-Ralston	:14.5		
1975	Debbie Esser, Woodbine	:13.9		
1974	Debbie Esser, Woodbine	:14.0		
1973	Debbie Esser, Woodbine	:14.3		
1972	Debbie Esser, Woodbine	:14.4		
1971	Jan Paulsen, Midland	:15.1		
1970	Barb Van Ervelde, BGM	:14.9		
	80-METERS			
1969	Nancy Leinemann, Adel	:12.0		
1968	Diane Klingbeil, Lincoln Central	:12.2		
1967	Kay Cox, Bedford	:11.7		
1966	Vicki King, Fremont-Mills	:12.2		
1965	Carol Wolfe, Malvern	:12.2		
1964	Linda Ramus, Sentral	:12.6		

400 HURDLES ALL-TIME LEADERS

1	Debbie Esser, Woodbine	1975	:57.3
2	Reese Brownlee, Clear Lake	2024	:59.86
3	Payton Wensel, Linn-Mar	2018	1:00.15
4	Jana Maharry, Waukee	2026	1:00.47
5	Sarah Plock, Iowa City High	2015	1:00.557
6	Angelica Attinger, Ames	2025	1:00.69
7	AG Bradford, Davenport North	2008	1:00.82
8	Emily Roberts, Ankeny	2009	1:00.89
9	Kathy Gillespie, Lamoni	1979	1:01.05
10	Susan Rodriguez, Pleasant Valley	2009	1:01.12
11	Leisa Davis, Burlington	1981	1:01.13
12	Ali Frandsen, Ames	2023	1:01.16
13	Ellen Dougherty, Sioux City East	2009	1:01.25
14	Avery Winter, Waukee Northwest	2025	1:01.34
15	Carly Donahue, Pleasant Valley	2016	1:01.35
16	Alex Gochenour, Logan-Magnolia	2010	1:01.63
17	Kelli Riedesel, Southern Cal	1987	1:01.63
18	Clara Teigland, Treynor	2023	1:01.70
19	Addie Swanson, Pleasant Valley	2017	1:01.76
19	Erika Lewis, Waukee	2015	1:01.76
21	Josie McGraw, Indianola	2025	1:01.83
22	Pam German, West Delaware	2000	1:01.86
23	Alysia Gonzales, Camanche	1987	1:01.98
24	Maeve Bowen-Burt, Iowa City High	2023	1:02.01
25	Sara Stoakes, North Tama	2009	1:02.14

400 HURDLES STATE CHAMPIONS

2025	4A - Josie McGraw, Indianola	1:01.83
	3A - Reese Brownlee, Clear Lake	59.98
	2A - Madison Boese, Van Meter	1:04.73
	1A - Ada Hansen, CAM	1:02.97
2024	4A - Avery Winter, Waukee Northwest	1:02.11
	3A - Reese Brownlee, Clear Lake	59.83
	2A - Eden Moore, Van Meter	1:03.13
	1A - Carly Henderson, Riverside	1:04.58
2023	4A - Ali Frandsen, Ames	1:01.98
	3A - Sophia Stahle, Solon	1:04.27
	2A - Clara Teigland, Treynor	1:01.72
	1A - Nia Howard, Springville	1:04.90
2022	4A - Mackenzie Carney, Waukee Northwest	1:03.14
	3A - JoJo Tynnismaa, South Tama County	1:03.65
	2A - Ellie Rickertsen, Northeast	1:03.44
	1A - Kiya Johnson, North Butler	1:04.90
2021	4A - Emily Wood, Pleasant Valley	1:03.30
	3A - Darci Wiseman, Winterset	1:03.91
	2A - Ellie Rickertsen, Northeast	1:03.43
	1A - Kelly Proesch, North Cedar	1:04.97
2019	4A - Caroline Schaeckenbach, Iowa City High	1:03.37
	3A - Janette Schraft, Glenwood	1:03.50
	2A - Mikayla Turek, Unity Christian	1:03.89
	1A - Ciera Deitchler, Central Elkader	1:04.96
2018	4A - Peyton Wensel, Linn-Mar	1:00.15
	3A - Katie Nimrod, Decorah	1:03.14
	2A - Annmarie Stuit, Unity Christian	1:03.95
	1A - Janette Schraft, East Mills	1:03.13
2017	4A - Addie Swanson, Pleasant Valley	1:01.76
	3A - Katie Nimrod, Decorah	1:03.48
	2A - Kristin Culp, West Central Valley	1:04.84
	1A - Summer Barthelman, Sigourney	1:05.19
2016	4A - Carly Donahue, Pleasant Valley	1:01.35
	3A - Molly Dean, Glenwood	1:03.58
	2A - Aleenah Marcucci, Northeast	1:04.08
	1A - Mackenzie Daffer, Sidney	1:05.08
2015	4A - Sarah Plock, Iowa City High	1:01.67
	3A - Kaleigh Haus, Carlisle	1:02.83
	2A - Aleenah Marcucci, Northeast	1:03.99
	1A - Maddie Boer, Northeast	1:05.16
2014	4A - Sarah Plock, Iowa City High	1:01.97
	3A - Taylor Richardson, Oskaloosa	1:04.79
	2A - Lauren Hedlund, Hinton	1:03.74

2013	1A - Rebekah Topham, Griswold	1:04.30
	4A - Anne Leners, Pleasant Valley	1:02.19
	3A - Taylor Glover, Spencer	1:04.06
	2A - Courtney Sowle, Camanche	1:03.79
	1A - Kamille Kronemann, West Hancock	1:05.18
2012	4A - Anne Leners, Pleasant Valley	1:02.13
	3A - Audrey Bolinger, Creston	1:03.70
	2A - Kim Kroeze, Western Christian	1:04.17
	1A - Addison Miller, Algona Bishop Garrigan	1:04.88
2011	4A - Brooke Foreman, Cedar Rapids Washington	1:02.62
	3A - Holly Salzbrenner, Mount Vernon-Lisbon	1:03.08
	2A - Alex Gochenour, Logan-Magnolia	1:02.62
	1A - Rachel Northrup, Griswold	1:04.89
2010	4A - Emily Roberts, Ankeny	1:02.07
	3A - Holly Salzbrenner, Mount Vernon-Lisbon	1:02.53
	2A - Megan Fiscus, Gilbert	1:05.09
	1A - Alex Gochenour, Logan-Magonia	1:02.17
2009	4A - Emily Roberts, Ankeny	1:00.89
	3A - Tashina McAllister, Oelwein	1:04.62
	2A - Alex Grocenour, Logan-Magnolia	1:03.71
	1A - Sara Stoakes, North Tama	1:02.14
2008	4A - AG Bradford, Davenport North	1:00.82
	3A - Tashina McAllister, Oelwein	1:04.99
	2A - Kendra DeJong, Unity Christian	1:04.05
	1A - Blaire Dinsdale, North Tama	1:03.29
2007	4A - Kersten Thorgaard, Ames	1:02.76
	3A - Brittany Malloy, Mount Pleasant	1:03.89
	2A - Michelle Voigts, Clarion-Goldfield	1:03.93
	1A - Blaire Dinsdale, North Tama	1:02.86
2006	4A - Jenna Caffrey, Burlington	1:03.48
	3A - Lindsey Boldt, Mount Pleasant	1:03.28
	2A - Michelle Voigts, Clarion-Goldfield	1:04.10
	1A - Blaire Dinsdale, North Tama	1:02.82
2005	4A - Lauren Lindaman, West Des Moines Valley	1:03.78
	3A - Lindsey Boldt, Mount Pleasant	1:03.75
	2A - Carly DuCharme, Iowa City Regina	1:04.09
	1A - Deidre Hinkeldey, Alta	1:02.71
2004	4A - Gina Messamer, Oskaloosa	1:04.17
	3A - Deb Durey, West Delaware	1:04.05
	2A - Carly DuCharme, Iowa City Regina	1:03.87
	1A - Shaylyn Wiarda, CAL-Dows	1:05.17
2003	3A - Sara Boisen, West Des Moines Valley	1:03.71
	2A - Whitney Jacobs, Atlantic	1:05.82
	1A - Steph Arey, West Hancock	1:03.96
2002	3A - Sara Boisen, West Des Moines Valley	1:02.97
	2A - Mandy Tryon, ADM	1:06.69
	1A - Jessica Klett, Starmont	1:04.39
2001	3A - Angie German, West Delaware	1:02.19
	2A - Keely Huber, Oelwein	1:02.37
	1A - Jill Schweibert, Aplington-Parkersburg	1:05.34
2000	3A - Angie German, West Delaware	1:01.86
	2A - Misty Dirksen, Hampton-Dumont	1:04.98
	1A - Jill Schweibert, Aplington-Parkersburg	1:04.08
1999	3A - Teesa Price, Iowa City High	1:02.65
	2A - Keely Huber, Oelwein	1:03.61
	1A - Stephanie Goettsch, AHST	1:04.69
1998	3A - Teesa Price, Iowa City High	1:03.05
	2A - Keely Huber, Oelwein	1:04.88
	1A - Melissa Eighmy, Mount Ayr	1:04.37
1997	3A - Liz Cooper, Indianola	1:03.54
	2A - Kim McCaffrey, Carroll	1:04.34
	1A - Jodi Hagedorn, North Iowa	1:03.53
1996	3A - Liz Cooper, Indianola	1:03.38
	2A - Kim McCaffrey, Carroll	1:04.14
	1A - Jodi Hagedorn, North Iowa	1:03.95
1995	3A - Julie Olilla, Ames	1:04.50
	2A - Jenny Runchey, Atlantic	1:02.86
	1A - Jodi Hagedorn, North Iowa	1:03.25
1994	3A - Amy Henderson, Ames	1:05.17
	2A - Jenny Runchey, Atlantic	1:03.65
	1A - Jodi Hagedorn, North Iowa	1:03.94
1993	3A - Suzie Darnell, Knoxville	1:04.58
	2A - Jenny Runchey, Atlantic	1:05.37
	1A - Marne Harris, CAM	1:06.01

1992	3A--Kelly Scherr, Dubuque Wahlert	1:05.56
	2A--Brandy Scheckel, DeWitt Central	1:06.97
	1A--Dawn Rayner, Lone Tree	1:04.84
1991	3A--Nicky Kinsler, Bettendorf	1:02.85
	2A--Heather Wagoner, Clarinda	1:04.06
	1A--Dawn Rayner, Lone Tree	1:04.55
1990	3A--Nicky Kinsler, Bettendorf	1:04.34
	2A--Brandy Scheckel, DeWitt Central	1:04.92
	1A--Dawn Rayner, Lone Tree	1:05.39
1989	3A--Nicky Kinsler, Bettendorf	1:05.34
	2A--Mollie Marshall, North Fayette	1:03.25
	1A--Jill Schultz, Charter Oak-Ute	1:04.56
1988	3A--Amy Holm, Ames	1:04.03
	2A--Mollie Marshall, North Fayette	1:05.69
	1A--Marcy Schildroth, Fredericksburg	1:04.86
1987	3A--Amber Stump, Fairfield	1:03.74
	2A--Kelli Riedesel, Lake City-Lohrville	1:01.63
	1A--Barb Buckwalter, Laurens-Marathon	1:04.17
1986	3A--Amber Stump, Fairfield	1:03.49
	2A--Alysia Gonzales, Camanche	1:02.35
	1A--Kelli Riedesel, Lohrville	1:02.14
1985	3A--Karen Koellner, Ames	1:02.69
	2A--Alysia Gonzales, Camanche	1:04.60
	1A--BarbBuckwalter, Laurens-Marathon	1:04.30
1984	3A--Cindy Puck, Davenport Central	1:04.9
	2A--Teri Van Wechel, Maurice-Orange City	1:05.9
	1A--Susie McCowen, Oakland	1:05.5
1983	3A--Alison Ehm, Urbandale	1:02.83
	2A--Brenda Glasnapp, Roland-Story	1:04.37
	1A--Susie McCowen, Oakland	1:04.54
1982	3A--Alison Ehm, Urbandale	1:03.52
	2A--Sherri Hull, Chariton	1:02.23
	1A--Carol Bruggeman, Charter Oak-Ute	1:05.20
1981	3A--Leisa Davis, Burlington	1:01.15
	2A--Linda Bockenstedt, Starmont	1:02.96
	1A--Kathy Gillespie, Lamoni	1:03.04
1980	3A--Angie Davidson, WDM Valley	1:02.45
	2A--Sandy Savaraid, Ballard	1:02.74
	1A--Jolene DeBoer, Allison-Bristow	1:03.73
1979	3A--Tammy Foote, Spencer	1:03.12
	2A--Patty McCarthy, West Sioux	1:02.24
	1A--Jolene DeBoer, Allison-Bristow	1:04.40
	200-METERS	
1978	3A--Yvette Greer, SC West	:28.50
	2A--Linda Kroon, Hull WC	:28.81
	1A--Gayle Smith, Valley, Elgin	:28.83
	220-YARDS	
1977	3A--Cindy Jones, Marion	:29.4
	2A--Kathy Appleseth, Storm Lake	:29.7
	1A--Gayle Smith, Valley, Elgin	:30.0
1976	Diane Steinhart, Tri-County	:29.1
1975	Debbie Esser, Woodbine	:28.3
1974	Debbie Esser, Woodbine	:28.8
1973	Debbie Esser, Woodbine	:29.6
1972	Debbie Esser, Woodbine	:19.5
1971	Dana Peterson, Madrid	:30.0
1970	Kris Kenkel, Woodbine	:29.7
1969	Mary Bartels, Olin	:30.7
1968	Gwen Hoekstra, Terril	:31.8

4X100 RELAY ALL-TIME LEADERS

1	Waukee Northwest	2026	:46.66
2	Southeast Polk	2026	:47.10
3	Waukee Northwest	2024	:47.22
4	Waukee Northwest	2025	:47.37
5	Cedar Rapids Jefferson	2015	:47.55
6	Des Moines Roosevelt	2012	:47.55
7	West Des Moines Valley	2025	:47.62
8	Johnston	2024	:47.65
9	Des Moines Roosevelt	2013	:47.67
10	Linn-Mar	2026	:47.73
11	Des Moines Roosevelt	2011	:47.79
12	Davenport Assumption	2014	:47.80
13	Davenport Assumption	2012	:47.81
14	Pleasant Valley	2024	:47.86
15	West Des Moines Valley	2026	:47.88
16	Iowa City West	2010	:47.89
17	Pleasant Valley	2025	:47.92
17	Davenport Assumption	2013	:47.92
19	Western Dubuque	2024	:47.94
19	West Des Moines Valley	2025	:47.94
21	Pleasant Valley	2026	:47.99
22	Linn-Mar	2018	:48.00
22	Urbandale	2012	:48.00
22	Des Moines Roosevelt	2014	:48.00
22	Waterloo East	2017	:48.00

4X100 RELAY STATE CHAMPIONS

2025	4A - Waukee Northwest	47.37
	3A - Gilbert	48.49
	2A - Pella Christian	48.22
2024	1A - Fremont-Mills	49.39
	4A - Waukee Northwest	47.22
	3A - Western Dubuque	48.34
	2A - Okoboji	48.97
	1A - Lisbon	50.06
2023	4A - Dowling Catholic	48.01
	3A - Des Moines Hoover	48.28
	2A - Denver	48.90
	1A - Lisbon	50.11
2022	4A - Sioux City West	48.31
	3A - ADM	48.53
	2A - Williamsburg	49.81
	1A - Madrid	49.12
2021	4A - Pleasant Valley	49.91
	3A - Dubuque Wahlert	48.79
	2A - Northeast	49.29
	1A - Madrid	50.92
2019	4A - Ankeny	48.29
	3A - Dubuque Wahlert	48.28
	2A - OABCIG	50.09
	1A - Tripoli	50.73
2018	4A - Linn-Mar	48.00
	3A - Dubuque Wahlert	48.21
	2A - Sumner-Fredericksburg	49.72
	1A - Madrid	50.68
2017	4A - Waterloo East	48.00
	3A - Dubuque Wahlert	48.46
	2A - Cascade	49.65
	1A - Pekin	50.83
2016	4A - Waterloo East	48.16
	3A - Davenport Assumption	48.72
	2A - Union	50.11
	1A - Montezuma	50.62
2015	4A - Cedar Rapids Jefferson	47.97
	3A - Dubuque Wahlert	49.28
	2A - Clarinda	50.44
	1A - Hudson	51.15
2014	4A - Des Moines Roosevelt	48.00
	3A - Boone	49.46
	2A - Cascade	50.09
	1A - North-Linn	51.32
2013	4A - Dowling Catholic	48.34
	3A - Davenport Assumption	49.38
	2A - Western Christian	49.92
	1A - Belle Plaine	50.92
2012	4A - Urbandale	48.00
	3A - Davenport Assumption	49.05

	2A - Western Christian	:50.09
	1A - West Bend-Mallard	:51.54
2011	4A - Des Moines Roosevelt	:47.93
	3A - Davenport Assumption	:48.64
	2A - Western Christian	:49.81
	1A - Manson-NW Webster	:50.51
2010	4A - Iowa City West	:48.16
	3A - Davenport Assumption	:50.05
	2A - Solon	:49.42
	1A - Manson-NW Webster	:50.63
2009	4A - Waukee	:48.15
	3A - Mount Vernon	:50.07
	2A - Hudson	:49.96
	1A - North Iowa	:50.56
2008	4A - Waukee	:48.99
	3A - Benton Community	:49.42
	2A - North Polk	:49.30
	1A - Valley Community	:50.66
2007	4A - Cedar Falls	:49.59
	3A - Benton	:49.30
	2A - North Polk	:50.09
	1A - Ventura	:49.95
2006	4A - Des Moines Roosevelt	:49.18
	3A - Denison-Schleswig	:48.92
	2A - Mid-Prairie	49.94
	1A - Ventura	:50.56
2005	4A - Cedar Falls	:49.15
	3A - Denison-Schleswig	:49.07
	2A - Lake Mills	:50.08
	1A - Corning	:51.73
2004	4A - West Des Moines Valley	:49.17
	3A - Denison-Schleswig	:49.58
	2A - Camanche	:50.02
	1A - Panorama	50.42
2003	3A - Cedar Falls	:49.34
	2A - Grinnell	:49.95
	1A - Cedar Falls NU High	:49.02
2002	3A - Cedar Rapids Jefferson	:48.93
	2A - Waukee	:50.66
	1A - Cedar Falls NU High	:50.18
2001	3A - Cedar Rapids Washington	:48.80
	2A - Central DeWitt	:50.14
	1A - Cedar Falls NU High	:50.45
2000	3A - Iowa City High	:49.48
	2A - Atlantic	:50.35
	1A - Pocahontas Area	:50.90
1999	3A - Waterloo East	:49.34
	2A - Atlantic	:50.45
	1A - Pocahontas Area	:50.30
1998	3A - Des Moines Roosevelt	:48.57
	2A - North Fayette	:50.14
	1A - Prairie Valley	:50.04
1997	3A - Ankeny	:48.69
	2A - North Fayette	:50.45
	1A - Guthrie Center	:50.32
1996	3A - Ames	:49.32
	2A - Benton	:50.98
	1A - Iowa City Regina	:50.83
1995	3A - Dubuque Hempstead	:49.48
	2A - Okoboji	:50.49
	1A - Guthrie Center	:50.30
1994	3A - Dubuque Hempstead	:49.68
	2A - Jefferson-Scranton	:51.14
	1A - Guthrie Center	:50.89
1993	3A - Clinton	:50.21
	2A - North Fayette	:50.68
	1A - IKM	:51.83
1992	3A - Des Moines Roosevelt	:49.48
	2A - Mount Vernon-Lisbon	:50.87
	1A - SCMT	:51.83
1991	3A - Cedar Rapids Jefferson	:49.57
	2A - Cherokee	:50.28
	1A - Laurens-Marathon	:51.47
1990	3A - Cedar Rapids Kennedy	:49.21
	2A - Tipton	:49.95
	1A - Lawton-Bronson	:51.73
1989	3A - Waterloo West	:50.09
	2A - Tipton	:50.12

	1A--Charter Oak-Ute	:51.74
1988	3A--Ames	:49.37
	2A--North Linn	:50.56
	1A--West Bend-Mallard	:51.24
1987	3A--Ames	:49.24
	2A--Pella	:50.47
	1A--Laurens-Marathon	:51.28
1986	3A--Cedar Rapids Jefferson	:48.80
	2A--Hull Western Christian	:50.19
	1A--Laurens-Marathon	:51.23
1985	3A--Pleasant Valley	:49.06
	2A--Mount Vernon	:50.02
	1A--Laurens-Marathon	:50.59
1984	3A--Davenport North	:49.2
	2A--Sheldon	:51.2
	1A--Cedar Falls NU High	:51.3
1983	3A--Muscatine	:49.50
	2A--Audubon	:50.59
	1A--Dexfield	:51.49
1982	3A--Davenport Central	:49.09
	2A--Sigourney	:51.10
	1A--Titonka	:49.75
1981	3A--Newton	:49.67
	2A--Sioux Center	:50.35
	1A--Titonka	:50.68
1980	3A--Dubuque Wahlert	:49.34
	2A--Perry	:49.65
	1A--Titonka	:50.96
1979	3A--Cedar Rapids Kennedy	:49.30
	2A--Emmetsburg	:49.76
	1A--Kingsley-Pierson	:50.79
1978	3A--Cedar Rapids Kennedy	:49.38
	2A--Hull Western Christian	:49.69
	1A--Valley, Elgin	:50.32
	440-YARDS	
1977	3A--Cedar Rapids Washington	:49.2
	2A--Hull Western Christian	:49.3
	1A--Tri-County	:50.8
1976	Oelwein	:49.2
1975	Washington	:49.0
1974	Cedar Rapids Washington	:50.8
1973	Linn-Mar	:50.6
1972	Belle Plaine	:50.4
1971	Dexfield	:50.3
1970	Woodbine	:50.7
1969	Rolfe	:51.2
1968	Rolfe	:50.4
1967	Manilla	:50.8
1966	Belle Plaine	:51.0
1965	Prairie	:51.7
1964	Manilla	:51.5
1963	tie Manilla and Cardinal	:53.1
1962	Sentral	:54.5

4X200 RELAY ALL-TIME LEADERS

1	Waukee Northwest	2026	1:38.40
2	Waukee Northwest	2025	1:38.55
3	Waukee Northwest	2024	1:39.15
4	Cedar Rapids Jefferson	2015	1:39.24
5	Southeast Polk	2026	1:39.62
6	Pella Christian	2024	1:39.72
7	Southeast Polk	2025	1:39.89
8	Cedar Rapids Jefferson	2016	1:40.24
9	Pleasant Valley	2026	1:40.66
10	Waukee	2026	1:40.69
11	Pella Christian	2025	1:40.61
12	Davenport Assumption	2017	1:40.85
13	Dubuque Wahlert	2018	1:40.93
14	Cedar Rapids Jefferson	2013	1:40.94
15	Benton	2018	1:40.99
16	Woodbine	1975	1:41.0'
17	Waukee	2019	1:41.00
18	Marion	2025	1:41.03
19	Pleasant Valley	2018	1:41.28
20	Waukee	2016	1:41.43
21	Cedar Rapids Jefferson	2014	1:41.12
22	Pella	2018	1:41.14
23	Waukee	2015	1:41.18
23	Waukee Northwest	2023	1:41.18
25	Southeast Polk	2016	1:41.22

4X200 RELAY STATE CHAMPIONS

2025	4A - Waukee Northwest	1:38.55
	3A - Marion	1:41.03
	2A - Pella Christian	1:40.61
	1A - Lake Mills	1:46.15
2024	4A - Waukee Northwest	1:39.15
	3A - MOC-Floyd Valley	1:42.06
	2A - Pella Christian	1:39.72
	1A - Lisbon	1:46.93
2023	4A - Waukee Northwest	1:41.28
	3A - ADM	1:42.90
	2A - Mid-Prairie	1:44.49
	1A - Riverside	1:46.13
2022	4A - Ames	1:43.13
	3A - ADM	1:42.12
	2A - Kingsley-Pierson/Woodbury Central	1:44.36
	1A - Madrid	1:43.29
2021	4A - Waukee	1:41.24
	3A - Dubuque Wahlert	1:43.91
	2A - Dike-New Hartford	1:44.21
	1A - Madrid	1:44.82
2019	4A - Waukee	1:41.00
	3A - Dubuque Wahlert	1:41.42
	2A - Treynor	1:46.98
	1A - Central Lyon	1:46.53
2018	4A - Pleasant Valley	1:41.28
	3A - Dubuque Wahlert	1:40.93
	2A - Sumner-Fredericksburg	1:44.15
	1A - Danville	1:46.71
2017	4A - Southeast Polk	1:41.27
	3A - Dubuque Wahlert	1:41.77
	2A - Cascade	1:44.65
	1A - Danville	1:47.16
2016	4A - Cedar Rapids Jefferson	1:40.24
	3A - Davenport Assumption	1:41.50
	2A - Cascade	1:45.22
	1A - West Hancock	1:46.26
2015	4A - Cedar Rapids Jefferson	1:39.24
	3A - Dubuque Wahlert	1:42.74
	2A - Western Christian	1:44.52
	1A - Hudson	1:46.27
2014	4A - Cedar Rapids Jefferson	1:41.12
	3A - Dubuque Wahlert	1:43.04
	2A - Cascade	1:44.28
	1A - Algona Bishop Garrigan	1:46.84

2013	4A - Cedar Rapids Jefferson	1:40.94
	3A - Davenport Assumption	1:43.96
	2A - Cascade	1:43.92
	1A - Woodward-Granger	1:47.54
2012	4A - Davenport Central	1:41.71
	3A - Dubuque Wahlert	1:45.06
	2A - Cascade	1:43.27
	1A - Cedar Falls NU High	1:46.39
2011	4A - Cedar Rapids Jefferson	1:42.77
	3A - Davenport Assumption	1:43.71
	2A - Cascade	1:44.57
	1A - Manson-NW Webster	1:42.77
2010	4A - Iowa City West	1:42.54
	3A - Davenport Assumption	1:43.55
	2A - Solon	1:43.79
	1A - Highland	1:44.80
2009	4A - Waukee	1:42.55
	3A - Dubuque Wahlert	1:45.07
	2A - Hudson	1:44.44
	1A - North Iowa	1:46.26
2008	4A - Cedar Falls	1:44.29
	3A - Benton	1:43.64
	2A - North Polk	1:42.94
	1A - Logan-Magnolia	1:46.50
2007	4A - Cedar Falls	1:43.58
	3A - Dubuque Wahlert	1:44.56
	2A - North Polk	1:43.87
	1A - Riceville	1:45.89
2006	4A - Cedar Falls	1:43.04
	3A - Denison-Schleswig	1:43.39
	2A - South Winneshiek	1:44.71
	1A - Ventura	1:45.69
2005	4A - Iowa City High	1:44.32
	3A - Denison-Schleswig	1:43.00
	2A - South Winneshiek	1:45.79
	1A - North Butler	1:46.70
2004	4A - Iowa City High	1:43.14
	3A - Denison-Schleswig	1:43.10
	2A - Lake Mills	1:45.62
	1A - Ar-We-Va	1:45.71
2003	3A - Mount Pleasant	1:43.70
	2A - Mount Vernon-Lisbon	1:45.06
	1A - Northeast	1:44.24
2002	3A - Cedar Falls	1:44.50
	2A - Central DeWitt	1:45.42
	1A - Aplington-Parkersburg	1:45.51
2001	3A - Cedar Rapids Washington	1:43.66
	2A - Central DeWitt	1:44.15
	1A - Aplington-Parkersburg	1:45.98
2000	3A - Ankeny	1:43.50
	2A - Central DeWitt	1:45.46
	1A - Aplington-Parkersburg	1:46.42
1999	3A - Clinton	1:42.94
	2A - Benton	1:45.14
	1A - Pocahontas Area	1:45.72
1998	3A - Des Moines Roosevelt	1:42.76
	2A - North Fayette	1:46.64
	1A - Collins-Maxwell-Baxter	1:46.44
1997	3A - Des Moines Roosevelt	1:42.66
	2A - Benton	1:47.11
	1A - Collins-Maxwell-Baxter	1:46.08
1996	3A - Ankeny	1:43.73
	2A - Okoboji	1:46.54
	1A - Belle Plaine	1:45.94
1995	3A - Dubuque Hempstead	1:44.44
	2A - Okoboji	1:45.85
	1A - Guthrie Cener	1:45.69
1994	3A - Dubuque Hempstead	1:43.27
	2A - Cherokee	1:46.30
	1A - Guthrie Center	1:45.66
1993	3A - Clinton	1:44.6
	2A - North Fayette	1:47.9
	1A - IKM	1:48.0

1992	3A--Ames	1:45.51
	2A--Cherokee	1:48.70
	1A--Oakland	1:48.31
1991	3A--Pleasant Valley	1:43.80
	2A--Cherokee	1:45.52
	1A--Laurens-Marathon	1:47.01
1990	3A--Pleasant Valley	1:43.35
	2A--Algona	1:45.57
	1A--Sigourney	1:48.31
1989	3A--Des Moines Hoover	1:45.05
	2A--Pella	1:46.49
	1A--West Bend-Mallard	1:47.66
1988	3A--Ames	1:44.55
	2A--Atlantic	1:45.00
	1A--Lawton-Bronson	1:46.57
1987	3A--Ames	1:43.84
	2A--Anamosa	1:45.75
	1A--Lawton-Bronson	1:48.43
1986	3A--Cedar Rapids Jefferson	1:42.16
	2A--Hull Western Christian	1:45.19
	1A--Allison-Bristow	1:46.79
1985	3A--West Des Moines Valley	1:43.34
	2A--Mount Vernon	1:45.40
	1A--Laurens-Marathon	1:46.36
1984	3A--Des Moines Hoover	1:44.2
	2A--Sheldon	1:45.8
	1A--Westwood	1:49.0
1983	3A--Cedar Rapids Kennedy	1:44.78
	2A--Davis Coiunty	1:46.58
	1A--Dexfield	1:47.35
1982	3A--Des Moines Roosevelt	1:44.93
	2A--Sioux Center	1:46.96
	1A--Titonka	1:45.54
1981	3A--Ankeny	1:44.04
	2A--Sioux Center	1:44.88
	1A--Center Point	1:44.46
1980	3A--Cedar Rapids Kennedy	1:43.69
	2A--Clarinda	1:43.6
	1A--Cedar Falls NU High	1:46.62
1979	3A--Cedar Rapids Kennedy	1:43.07
	2A--Sioux Center	1:43.63
	1A--Tri-County	1:46.13
1978	3A--Cedar Rapids Kennedy	1:43.97
	2A--Garner-Hayfield	1:44.83
	1A--Lincoln	1:46.14
880-YARDS		
1977	3A--Cedar Rapids Washington	1:43.6
	2A--Hull Western Christian	1:46.7
	1A--Lincoln	1:47.3
1976	Oelwein	1:43.4
1975	Woodbine	1:41.4
1974	Woodbine	1:43.9
1973	HLV	1:43.7
1972	Belle Plaine	1:45.7
1971	Manilla	1:46.1
1970	George	1:47.0
1969	Manilla	1:46.6
1968	Manilla	1:48.9
1967	Manilla	1:45.0
1966	Central Argyle	1:47.4
1965	Belle Plaine	1:48.0
1964	Hull Western Christian	1:51.5
1963	Manilla	1:53.7

4X400 RELAY ALL-TIME LEADERS

1	Waukee Northwest	2026	3:45.36
2	Waukee Northwest	2025	3:47.46
3	Sioux City East	2009	3:48.39
4	Pleasant Valley	2024	3:48.47
5	Indianola	2025	3:48.97
6	Waukee Northwest	2024	3:49.05
7	Ames	2023	3:49.49
8	Waukee	2009	3:49.72
9	Cedar Falls	2025	3:50.46
10	Southeast Polk	2017	3:51.24
11	Cedar Falls	2019	3:51.51
12	Waukee	2024	3:51.57
13	Starmont	1981	3:51.70
14	Davenport Assumption	2017	3:51.73
15	Woodbine	1975	3:51.9
16	Dowling Catholic	2019	3:52.05
17	Southeast Polk	2018	3:52.09
18	Ankeny	2025	3:52.10
19	Waukee Northwest	2023	3:52.16
20	Ankeny	2026	3:52.24
21	Cedar Rapids Kennedy	2023	3:52.47
22	Johnston	2023	3:52.58
23	Davenport Assumption	2012	3:52.70
24	Iowa City High	2022	3:52.72
25	Southeast Polk	2019	3:52.73

4X400 RELAY STATE CHAMPIONS

2025	4A - Waukee Northwest	3:47.46
	3A - Dubuque Wahlert	3:53.33
	2A - Pella Christian	3:55.54
	1A - HLV-TC	4:02.22
2024	4A - Pleasant Valley	3:48.47
	3A - Dubuque Wahlert	3:54.85
	2A - Pella Christian	3:56.61
	1A - Riverside	4:02.69
2023	4A - Ames	3:49.49
	3A - Wahlert Catholic	3:58.56
	2A - Eddyville-Blakesburg-Fremont	3:56.70
	1A - Riverside	4:03.07
2022	4A - Iowa City High	3:52.72
	3A - Solon	3:55.14
	2A - Van Meter	4:00.57
	1A - Riverside	4:06.16
2021	4A - Ames	3:54.72
	3A - Davenport Assumption	3:56.77
	2A - KPWC	3:59.53
	1A - West Monona	4:08.30
2019	4A - Cedar Falls	3:51.51
	3A - Solon	3:54.99
	2A - Treynor	4:01.88
	1A - Kee	4:07.43
2018	4A - Waukee	3:53.21
	3A - Decorah	4:57.66
	2A - Underwood	4:02.97
	1A - Danville	4:05.53
2017	4A - Southeast Polk	3:52.26
	3A - Decorah	3:56.09
	2A - Western Christian	4:01.78
	1A - Maple Valley-Anthon-Oto	4:04.00
2016	4A - Pleasant Valley	3:53.22
	3A - Decorah	3:54.56
	2A - Western Christian	3:58.52
	1A - Central Elkader	4:02.56
2015	4A - Pleasant Valley	3:53.52
	3A - Pella	3:59.00
	2A - Mount Vernon	3:59.76
	1A - North Linn	4:04.74
2014	4A - Linn-Mar	3:58.74
	3A - MOC-Floyd Valley	3:53.05
	2A - Mount Vernon	4:01.15

2013	1A - Tri-Center	4:03.93
	4A - Pleasant Valley	3:53.48
	3A - MOC-Floyd Valley	3:57.78
	2A - Des Moines Christian	3:58.74
	1A - North-Linn	4:01.16
2012	4A - West Des Moines Valley	3:56.23
	3A - Dubuque Wahlert	3:58.90
	2A - Cascade	3:55.52
	1A - North Linn	4:05.22
2011	4A - Sioux City East	3:54.14
	3A - Davenport Assumption	3:56.56
	2A - Western Christian	3:57.82
	1A - Griswold	4:01.26
2010	4A - Sioux City East	3:54.89
	3A - Mount Vernon-Lisbon	3:59.18
	2A - Western Christian	4:02.25
	1A - Grundy Center	4:02.89
2009	4A - Sioux City East	3:48.39
	3A - Mount Vernon	3:55.98
	2A - Maquoketa Valley	4:01.56
	1A - North Iowa	3:59.84
2008	4A - Waukee	3:54.10
	3A - Mount Vernon	4:05.53
	2A - Manson-NW Webster	4:03.21
	1A - New London	4:07.03
2007	4A - Waukee	3:55.54
	3A - Harlan	4:00.18
	2A - Council Bluffs St. Albert	4:04.74
	1A - Valley Community	3:58.28
2006	4A - Waukee	3:53.65
	3A - Harlan	3:54.15
	2A - Kuemper Catholic	3:56.61
	1A - Hinton	4:02.50
2005	4A - West Des Moines Valley	3:57.62
	3A - Harlan	3:55.52
	2A - Tipton	3:59.17
	1A - North Butler	4:01.69
2004	4A - Pleasant Valley	3:55.59
	3A - Atlantic	3:56.99
	2A - Tipton	3:59.48
	1A - West Hancock	4:04.30
2003	3A - Iowa City High	3:56.94
	2A - Charles City	3:57.70
	1A - Northeast	4:05.27
2002	3A - Iowa City West	4:00.83
	2A - Atlantic	4:04.20
	1A - North Linn	4:03.15
2001	3A - Linn-Mar	3:56.96
	2A - Atlantic	4:03.92
	1A - North Linn	4:06.33
2000	3A-Newton	3:59.86
	2A-Clear Lake	4:04.22
	1A-East Buchanan	4:08.48
1999	3A-Indianola	3:56.69
	2A-Forest City	4:06.17
	1A-Tipton	4:03.61
1998	3A-West Des Moines Valley	4:01.20
	2A-Forest City	4:03.16
	1A-Denver	4:05.31
1997	3A-Indianola	3:57.96
	2A-Forest City	4:00.10
	1A-Winfield-Mt. Union	4:04.14
1996	3A--West Des Moines Valley	3:58.44
	2A--Davis County-Fox Valley	4:06.87
	1A--North Iowa	4:05.00
1995	3A--West Des Moines Valley	4:00.93
	2A--Davis County-Fox Valley	4:01.18
	1A--Guthrie Center	4:03.42
1994	3A--Cedar Falls	4:01.54
	2A--Benton	4:05.38
	1A--Guthrie Center	4:06.73
1993	3A--Marshalltown	4:01.18
	2A--Anamosa	4:07.65
	1A--Woodbine	4:09.72

1992	3A--Marshalltown	3:59.07
	2A--Dyersville Beckman	4:06.62
	1A--LeMars Gehlen Catholic	4:13.94
1991	3A--Des Moines Roosevelt	3:55.36
	2A--Alta-Aurelia	4:07.20
	1A--Marcus-Meriden-Cleghorn	4:12.79
1990	3A--Des Moines Roosevelt	3:54.96
	2A--DeWitt Central	4:01.07
	1A--Laurens-Marathon	4:06.30
1989	3A--Indianola	4:00.15
	2A--Jesup	4:01.98
	1A--Waco	4:08.71
1988	3A--Marshalltown	4:00.33
	2A--Camanche	4:02.05
	1A--Buffalo Center-Rake-Lakota	4:06.38
1987	3A--Newton	3:57.0
	2A--Camanche	4:00.5
	1A--Sanborn	4:04.1
1986	3A--Des Moines East	3:57.33
	2A--Camanche	4:02.39
	1A--Rock Valley	4:05.15
1985	3A--Pleasant Valley	3:57.55
	2A--Anamosa	4:00.88
	1A--George	4:07.01
1984	3A--Des Moines East	3:57.4
	2A--Iowa Falls	4:00.3
	1A--Boyden-Hull	4:08.9
1983	3A--Waverly-Shell Rock	4:01.74
	2A--Davis County	4:04.12
	1A--Terril	4:04.11
1982	3A--Cedar Rapids Kennedy	3:58.73
	2A--Johnston	4:01.88
	1A--Rockwell City	4:04.78
1981	3A--Ankeny	3:59.06
	2A--Starmont	3:53.97
	1A--Rockwell City	4:05.36
1980	3A--Ankeny	3:55.19
	2A--Sioux Center	3:57.04
	1A--Pekin	4:04.14
1979	3A--Spencer	3:57.55
	2A--Sioux Center	3:58.02
	1A--North Tama	4:03.52
1978	3A--Indianola	3:59.43
	2A--Sioux Center	4:01.93
	1A--Manilla	4:05.09
MILE		
1977	3A--Davenport West	3:57.4
	2A--West Branch	4:01.6
	1A--Manilla	4:06.7
1976	Davenport West	4:01.3
1975	Woodbine	3:59.7
1974	Woodbine	4:00.5
1973	Woodbine	3:56.9
1972	Williamsburg	4:03.5
1971	Manilla	4:02.9
1970	Havelock-Plover	4:08.0
1969	Schleswig	4:06.8
1968	Prairie	4:21.7
1967	Central Argyle	4:13.3

4X800 - ALL-TIME LIST

1	Waukee Northwest	2026	8:58.03
1.	Pleasant Valley	2024	8:59.03
2	Pleasant Valley	2025	9:00.75
3	Johnston	2025	9:03.39
4	Ankeny Centennial	2026	9:08.35
5	Iowa City West	2001	9:09.09
6	Waukee	2018	9:09.34
7	Urbandale	2016	9:09.90
8	Waukee Northwest	2025	9:10.22
9	Johnston	2026	9:10.26
10	Southeast Polk	2019	9:10.38
11	Dowling Catholic	2010	9:11.01
12	Iowa City High	2002	9:11.40
13	Iowa City West	2000	9:11.62
14	Ottumwa	2019	9:13.85
15	West Des Moines Valley	2011	9:13.88
16	Waukee	2013	9:14.64
17	Gilbert	2025	9:14.60
18	Dallas Center-Grimes	2025	9:14.67
19	Dallas Center-Grimes	2024	9:14.68
20	Linn-Mar	2015	9:14.75
21	Iowa City High	2003	9:14.85
22	Johnston	2024	9:15.09
23	Waukee	2017	9:15.17
24	Cedar Rapids Xavier	2003	9:15.38
25	Iowa City High	2001	9:15.56

4X800 - ALL-TIME LIST

2025	4A - Pleasant Valley	9:00.75
	3A - Gilbert	9:14.60
	2A - Van Meter	9:34.89
	1A - Alta/Aurelia	9:43.53
2024	4A - Pleasant Valley	8:59.53
	3A - Gilbert	9:19.36
	2A - Van Meter	9:30.22
	1A - Saint Ansgar	9:45.06
2023	4A - Ankeny	9:17.69
	3A - Gilbert	9:29.11
	2A - Van Meter	9:34.46
	1A - South Winneshiek	9:41.43
2022	4A - Dubuque Hempstead	9:21.09
	3A - Solon	9:34.01
	2A - Van Meter	9:33.48
	1A - Pekin	9:55.02
2021	4A - Southeast Polk	9:21.62
	3A - Solon	9:21.84
	2A - Van Meter	9:42.03
	1A - Fort Dodge St. Edmond	9:56.70
2019	4A - Ottumwa	9:13.85
	3A - Iowa Falls-Alden	9:28.53
	2A - Western Christian	9:24.76
	1A - Kee	10:00.66
2018	4A - Waukee	9:09.34
	3A - Iowa Falls-Alden	9:21.70
	2A - Monticello	9:35.18
	1A - Central Elkader	10:02.02
2017	4A - Waukee	9:15.17
	3A - Gilbert	9:35.64
	2A - Monticello	9:26.97
	1A - Central Elkader	9:54.64
2016	4A - Urbandale	9:09.90
	3A - Davenport Assumption	9:22.20
	2A - Monticello	9:25.23
	1A - Central Elkader	9:44.69
2015	4A - Linn-Mar	9:14.75
	3A - Gilbert	9:30.14
	2A - Mount Vernon	9:35.92
	1A - North-Linn	9:36.56
2014	4A - Urbandale	9:16.93

	3A - Dubuque Wahlert	9:28.68
	2A - Unity Christian	9:40.36
	1A - North-Linn	9:32.92
2013	4A - Waukee	9:14.64
	3A - Dubuque Wahlert	9:31.62
	2A - Mount Vernon	9:46.46
	1A - Jesup	9:40.19
2012	4A - Waukee	9:16.35
	3A - Dubuque Wahlert	9:26.53
	2A - Jesup	9:40.25
	1A - North Linn	9:42.52
2011	4A - West Des Moines Valley	9:13.88
	3A - Dubuque Wahlert	9:23.71
	2A - Western Christian	9:38.03
	1A - Griswold	9:35.91
2010	4A - Dowling Catholic	9:15.65
	3A - Mount Vernon-Lisbon	9:17.72
	2A - Hudson	9:37.31
	1A - Central Lyon	9:32.97
2009	4A - Iowa City High	9:25.65
	3A - Dubuque Wahlert	9:34.93
	2A - Gilbert	9:36.75
	1A - Central Lyon	9:43.84
2008	4A - Dowling Catholic	9:17.38
	3A - Marion	9:39.60
	2A - Denver	9:29.05
	1A - New London	9:33.63
2007	4A - West Des Moines Valley	9:25.45
	3A - Harlan	9:32.10
	2A - Tipton	9:33.49
	1A - Valley Community	9:28.33
2006	4A - West Des Moines Valley	9:24.25
	3A - Fairfield	9:18.93
	2A - Tipton	9:27.83
	1A - Valley Community	9:41.78
2005	4A - West Des Moines Valley	9:23.24
	3A - Williamsburg	9:26.21
	2A - Tipton	9:36.54
	1A - North Linn	9:39.18
2004	4A - West Des Moines Valley	9:22.38
	3A - Williamsburg	9:37.69
	2A - Tipton	9:46.63
	1A - Valley Community	9:53.25
2003	3A - Iowa City High	9:14.85
	2A - Williamsburg	9:31.73
	1A - North Linn	9:38.67
2002	3A - Iowa City West	9:18.68
	2A - Williamsburg	9:29.64
	1A - Tipton	9:37.42
2001	3A - Iowa City West	9:17.02
	2A - Williamsburg	9:34.28
	1A - Council Bluffs St. Albert	9:36.07
2000	3A - Iowa City West	9:11.62
	2A - Williamsburg	9:30.55
	1A - Council Bluffs St. Albert	9:44.61
1999	3A - Iowa City West	9:18.96
	2A - Williamsburg	9:35.48
	1A - South Winneshiek	9:44.80
1998	3A - Iowa City West	9:33.27
	2A - Dyersville Beckman	9:47.04
	1A - Williamsburg	9:49.24
1997	3A - Pleasant Valley	9:32.06
	2A - Aplington-Parkersburg	9:38.90
	1A - Williamsburg	9:50.91
1996	3A - Iowa City West	9:19.14
	2A - New Hampton	9:36.86
	1A - West Hancock	9:36.61
1995	3A - Cedar Falls	9:28.87
	2A - Emmetsburg	9:39.46
	1A - Tipton	9:46.28
1994	3A - Indianola	9:31.44
	2A - South Winneshiek	9:36.48
	1A - Lakeland	10:00.44

1993	3A--Iowa City High	9:31.0
	2A--New Hampton	9:45.5
	1A--Woodbine	10:01.06
1992	3A--West Des Moines Dowling	9:34.04
	2A--Orange City Unity Christian	9:48.22
	1A--Gilbert	10:04.2
1991	3A--West Des Moines Dowling	9:25.70
	2A--Atlantic	9:43.27
	1A--Northwood-Kensett	9:57.32
1990	3A--Iowa City High	9:36.42
	2A--Tipton	9:49.25
	1A--Laurens-Marathon	9:58.86
1989	3A--Dubuque Hemsptead	9:39.68
	2A--Bondurant-Farrar	9:39.33
	1A--Riceville	10:04.02
1988	3A--Linn-Mar	9:29.61
	2A--Bondurant-Farrar	9:36.01
	1A--Hinton	9:56.52
1987	3A--Bettendorf	9:18.08
	2A--Davis County	9:33.91
	1A--Crestland	9:58.30
1986	3A--Bettendorf	9:19.16
	2A--Southeast Warren	9:37.32
	1A--Crestland	9:57.79
1985	3A--Bettendorf	9:25.94
	2A--Anamosa	9:38.56
	1A--George	9:45.7
1984	3A--Bettendorf	9:25.6
	2A--Camanche	9:38.1
	1A--Boyden-Hull	9:46.4
1983	3A--Davenport Central	9:29.21
	2A--LaPorte City	9:42.39
	1A--Southeast Warren	10:00.49
1982	3A--Dubuque Wahlert	9:31.70
	2A--Orange City Unity Christian	9:45.10
	1A--North Tama	9:54.48
1981	3A--Cedar Rapids Jefferson	9:29.33
	2A--Council Bluffs St. Albert	9:47.49
	1A--North Tama	9:45.21
1980	3A--Waterloo Columbus	9:33.76
	2A--Sibley	9:39.01
	1A--Greene	9:42.11
1979	3A--Cedar Rapids Jefferson	9:26.37
	2A--Sioux Center	9:37.52
	1A--Greene	9:40.83
1978	3A--Spencer	9:29.49
	2A--Missouri Valley	9:36.31
	1A--Manilla	9:35.24
TWO MILES		
1977	3A--Spencer	9:33.7
	2A--Algona	9:49.7
	1A--Tri-County	9:53.9

SPRINT MEDLEY ALL-TIME LEADERS

1	Waukee Northwest	2026	1:42.78
2	Linn-Mar	2018	1:43.64
3	Ankeny Centennial	2026	1:44.11
4	Cedar Falls	2026	1:44.16
5	Pleasant Valley	2015	1:44.89
6	Des Moines Roosevelt	1985	1:44.98
7	Cedar Rapids Jefferson	2015	1:45.06
8	Southeast Polk	2018	1:45.25
9	Waukee	2024	1:45.38
10	Clear Lake	2025	1:45.39
11	Pella Christian	2025	1:45.52
12	Western Dubuque	2022	1:45.58
13	<i>Des Moines Roosevelt</i>	<i>1984</i>	<i>1:45.64*</i>
14	Des Moines Roosevelt	2013	1:45.66
15	Waukee Northwest	2025	1:45.72
16	Waukee	2017	1:45.77
17	Pleasant Valley	2026	1:45.78
18	Davenport Assumption	2014	1:45.79
19	Cedar Rapids Jefferson	2016	1:45.89
20	Cedar Rapids Prairie	2022	1:45.90
21	Urbandale	2014	1:45.91
22	Cedar Rapids Jefferson	2014	1:45.94
23	Iowa City High	2005	1:46.00
24	Linn-Mar	2017	1:46.03
25	Pella Christian	2024	1:46.05
25	Cedar Rapids Prairie	2026	1:46.05

*converted hand time

SPRINT MEDLEY STATE CHAMPIONS

2025	4A - Waukee Northwest	1:45.72
	3A - Clear Lake	1:45.39
	2A - Pella Christian	1:46.88
	1A - Maquoketa Valley	1:50.02
2024	4A - Waukee	1:45.38
	3A - Dubuque Wahlert	1:47.79
	2A - Pella Christian	1:46.06
	1A - Danville	1:51.55
2023	4A - Cedar Rapids Kennedy	1:46.12
	3A - Dubuque Wahlert	1:47.60
	2A - Van Meter	1:48.33
	1A - Lawton-Bronson	1:51.38
2022	4A - Cedar Rapids Prairie	1:46.36
	3A - Western Dubuque	1:45.58
	2A - Kingsley-Pierson/Woodbury Central	1:48.56
	1A - Nashua-Plainfield	1:51.44
2021	4A - Cedar Rapids Prairie	1:46.65
	3A - Western Dubuque	1:47.58
	2A - KPWC	1:47.86
	1A - Madrid	1:50.95
2019	4A - Cedar Falls	1:47.42
	3A - Davenport Assumption	1:46.60
	2A - Kingsley-Pierson/Woodbury Central	1:50.00
	1A - Alburnett	1:51.79
2018	4A - Linn-Mar	1:43.64
	3A - Benton Community	1:47.31
	2A - MVAOCO	1:49.09
	1A - Danville	1:50.79
2017	4A - Waukee	1:45.77
	3A - Pella	1:47.90
	2A - Aplington-Parkersburg	1:52.05
	1A - Danville	1:51.50
2016	4A - Cedar Rapids Jefferson	1:45.89
	3A - Dubuque Wahlert	1:46.46
	2A - West Marshall	1:49.84
	1A - Central Elkader	1:51.01
2015	4A - Pleasant Valley	1:48.89
	3A - Boone	1:47.48
	2A - Saint Ansgar	1:48.20

2014	1A - Hudson	1:48.80
	4A - Cedar Rapids Jefferson	1:45.94
	3A - Decorah	1:48.46
	2A - Hudson	1:47.50
	1A - North-Linn	1:50.87
2013	4A - Des Moines Roosevelt	1:45.66
	3A - Anamosa	1:48.71
	2A - Cascade	1:48.99
	1A - Belle Plaine	1:49.20
2012	4A - Davenport North	1:46.79
	3A - Davenport Assumption	1:49.15
	2A - Cascade	1:48.43
	1A - Clayton Ridge	1:49.17
2011	4A - Des Moines Roosevelt	1:46.65
	3A - Dubuque Wahlert	1:49.13
	2A - Hudson	1:49.95
	1A - Belle Plaine	1:50.66
2010	4A - Sioux City East	1:47.54
	3A - Decorah	1:49.78
	2A - Dike-New Hartford	1:46.35
	1A - Grundy Center	1:49.61
2009	4A - Bettendorf	1:46.54
	3A - Mount Vernon	1:49.48
	2A - Dike-New Hartford	1:47.19
	1A - Grundy Center	1:50.45
2009	4A - Bettendorf	1:46.54
	3A - Mount Vernon	1:49.48
	2A - Dike-New Hartford	1:47.19
	1A - Grundy Center	1:50.45
2008	4A - Bettendorf	1:46.78
	3A - Storm Lake	1:48.03
	2A - Dike-New Hartford	1:47.92
	1A - North Tama	1:50.91
2007	4A - Iowa City High	1:46.85
	3A - Dubuque Wahlert	1:47.17
	2A - Hudson	1:49.87
	1A - Alta	1:51.34
2006	4A - Iowa City High	1:46.00
	3A - Fairfield	1:48.97
	2A - South Winneshiek	1:50.58
	1A - Keota	1:50.45
2005	4A - Cedar Falls	1:48.94
	3A - Denison-Schleswig	1:51.22
	2A - South Winneshiek	1:50.85
	1A - Keota	1:52.02
2004	4A - Cedar Falls	1:48.23
	3A - Atlantic	1:50.57
	2A - South Winneshiek	1:49.66
	1A - Council Bluffs St. Albert	1:52.03
2003	3A - West Des Moines Valley	1:49.67
	2A - Atlantic	1:48.71
	1A - Cedar Falls NU High	1:49.87
2002	3A - Iowa City High	1:50.00
	2A - Atlantic	1:50.58
	1A - Central Lyon	1:50.99
2001	3A - Iowa City High	1:49.88
	2A - Atlantic	1:50.55
	1A - HLV	1:52.15
2000	3A--West Des Moines Valley	1:50.53
	2A--Atlantic	1:51.32
	1A--Fort Dodge St. Edmond	1:52.93
1999	3A--West Des Moines Valley	1:48.20
	2A--Algona	1:51.54
	1A--Fort Dodge St. Edmond	1:52.20
1998	3A--Cedar Rapids Regis-LaSalle	1:48.75
	2A--Mount Vernon-Lisbon	1:49.59
	1A--Winfield-Mt. Union	1:51.11
1997-	3A--Indianola	1:48.5
	2A--South Winneshiek	1:50.30
	1A--West Hancock	1:50.23
1996	3A--Ames	1:49.3
	2A--South Winneshiek	1:51.19

	1A--West Hancock	1:51.88	1964	Fremont-Mills	1:58.5
1995	3A--Iowa City High	1:51.08			
	2A--Davis County-Fox Valley	1:51.56			
	1A--Ar-We-Va	1:51.50			
1994	3A--Marshalltown	1:50.44			
	2A--Wapsie Valley	1:51.59			
	1A--Ar-We-Va	1:51.59			
1993	3A--Iowa City High	1:50.2			
	2A--Mount Vernon-Lisbon	1:53.37			
	1A--Laurens-Marathon	1:54.93			
1992	3A--Cedar Rapids Jefferson	1:51.1			
	2A--Storm Lake	1:53.82			
	1A--Laurens-Marathon	1:53.37			
1991	3A--Pleasant Valley	1:48.25			
	2A--Tipton	1:51.70			
	1A--Irwin-Kirkman-Manilla	1:52.54			
1990	3A--Bettendorf	1:51.21			
	2A--DeWitt Central	1:51.26			
	1A--Sigourney	1:50.81			
1989	3A--Iowa City High	1:49.05			
	2A--Osage	1:50.47			
	1A--Waco	1:54.23			
1988	3A--Pleasant Valley	1:48.81			
	2A--Southern Cal	1:49.76			
	1A--Buffalo Center-Rake-Lakota	1:53.46			
1987	3A--Des Moines East	1:49.15			
	2A--Anamosa	1:50.80			
	1A--Milford	1:53.15			
1986	3A--Bettendorf	1:47.31			
	2A--Woodward-Granger	1:52.40			
	1A--Pocahontas	1:53.92			
1985	3A--Des Moines Roosevelt	1:48.42			
	2A--Anamosa	1:51.01			
	1A--Pocahontas	1:52.24			
1984	3A--Des Moines Roosevelt	1:46.4			
	2A--Hull Western Christian	1:51.9			
	1A--Belle Plaine	1:53.3			
1983	3A--Des Moines North-Tech	1:49.89			
	2A--Starmont	1:49.96			
	1A--Sac City	1:51.65			
1982	3A--Cedar Rapids Kennedy	1:48.71			
	2A--Starmont	1:48.61			
	1A--Titonka	1:50.86			
1981	3A--Cedar Rapids Kennedy	1:48.22			
	2A--Starmont	1:48.61			
	1A--Storm Lake St. Mary's	1:51.35			
1980	3A--Indianola	1:47.72			
	2A--Starmont	1:49.36			
	1A--Britt	1:51.34			
1979	3A--Bettendorf	1:48.84			
	2A--Elkader Central	1:49.47			
	1A--Tri-County	1:50.53			
1978	3A--Indianola	1:48.79			
	2A--Elkader Central	1:48.46			
	1A--English Valleys	1:48.28			
	880-YARDS				
1977	3A--Davenport West	1:48.7			
	2A--Elkader Central	1:50.7			
	1A--English Valleys	1:49.8			
1976	West Sioux	1:50.3			
1975	Woodbine	1:49.5			
1974	Woodbine	1:50.3			
1973	Urbandale	1:50.3			
1972	West Marshall	1:52.6			
1971	Ackley-Geneva	1:50.8			
1970	Pocahontas	1:53.6			
1969	Manilla	1:54.4			
1968	Pocahontas	1:58.8			
1967	Rolfe	1:51.2			
1966	Rolfe	1:52.3			
1965	Central Argyle	1:54.4			

DISTANCE MEDLEY - ALL-TIME LIST

1	Davenport Assumption	2017	3:55.82
2	Davenport Assumption	2016	3:58.46
3	Waukee Northwest	2025	3:59.67
4	Ankeny	2025	4:00.10
5	Cedar Falls	2019	4:00.19
6	Dubuque Hempstead	2024	4:00.21
7	Sioux City East	2009	4:00.39
8	Pleasant Valley	2025	4:01.01
9	Waukee	2008	4:01.13
10	Pleasant Valley	2024	4:01.79
11	Bettendorf	2013	4:02.00
12	Dowling Catholic	2008	4:02.47
13	Dowling Catholic	2013	4:02.61
14	Dowling Catholic	2014	4:02.80
15	Fairfield	2006	4:03.14
16	Iowa City West	2017	4:03.21
17	Iowa City Liberty	2019	4:03.26
18	Cedar Falls	2025	4:03.41
19	Waukee	2017	4:03.49
20	Johnston	2024	4:03.51
21	Iowa City High	2001	4:03.56
22	Decorah	2015	4:04.01
23	Marshalltown	1999	4:04.32
24	Ames	1985	4:04.35
25	Indianola	1980	4:04.43

DISTANCE MEDLEY STATE CHAMPIONS

2025	4A - Waukee Northwest	3:59.67
	3A - Gilbert	4:04.86
	2A - Tipton	4:07.80
	1A - Council Bluffs St. Albert	4:05.82
2024	4A - Dubuque Hempstead	4:00.21
	3A - Gilbert	4:06.13
	2A - Tipton	4:06.37
	1A - Nashua-Plainfield	4:09.07
2023	4A - Dubuque Hempstead	4:05.27
	3A - Solon	4:08.79
	2A - Van Meter	4:06.40
	1A - Calamus-Wheatland	4:10.65
2022	4A - Ankeny	4:05.45
	3A - Solon	4:07.87
	2A - Mid-Prairie	4:07.96
	1A - Nashua-Plainfield	4:13.08
2021	4A - Cedar Rapids Prairie	4:09.10
	3A - Solon	4:05.77
	2A - Mid-Prairie	4:10.42
	1A - Tri-Center	4:16.00
2019	4A - Cedar Falls	4:00.19
	3A - Bishop Heelan	4:04.86
	2A - Mid-Prairie	4:08.74
	1A - Kee	4:15.28
2018	4A - Cedar Falls	4:04.91
	3A - Crestwood	4:06.40
	2A - Mid-Prairie	4:10.96
	1A - New London	4:14.59
2017	4A - Iowa City West	4:03.21
	3A - Decorah	4:09.67
	2A - Cascade	4:10.86
	1A - Maple Valley-Anthon-Oto	4:12.28
2016	4A - Ankeny Centennial	4:05.21
	3A - Davenport Assumption	4:03.25
	2A - Des Moines Christian	4:10.43
	1A - Maple Valley-Anthon-Oto	4:12.50
2015	4A - Linn-Mar	4:04.47
	3A - Decorah	4:04.01
	2A - Monticello	4:11.70

2014	1A - North Linn	4:12.04
	4A - Dowling Catholic	4:02.80
	3A - Davenport Assumption	4:08.84
	2A - Cascade	4:12.44
2013	1A - North-Linn	4:12.68
	4A - Bettendorf	4:02.00
	3A - Solon	4:09.61
	2A - Des Moines Christian	4:11.53
2012	1A - North Linn	4:11.52
	4A - West Des Moines Valley	4:05.25
	3A - Dubuque Wahlert	4:07.84
	2A - Cascade	4:08.22
	1A - Woodward-Granger	4:09.41
2011	4A - Cedar Falls	4:06.11
	3A - Dubuque Wahlert	4:06.86
	2A - Gilbert	4:11.41
	1A - Woodbine	4:19.62
2010	4A - Sioux City East	4:06.81
	3A - Mount Vernon-Lisbon	4:06.22
	2A - Gilbert	4:09.09
	1A - Central Lyon	4:13.42
2009	4A - Sioux City East	4:00.39
	3A - Mount Vernon	4:08.31
	2A - Northeast	4:12.27
	1A - Council Bluffs St. Albert	4:13.58
2008	4A - Waukee	4:01.13
	3A - Mount Vernon	4:11.01
	2A - Davenport Assumption	4:11.73
	1A - North Tama	4:11.28
2007	4A - Dowling Catholic	4:06.00
	3A - Harlan	4:08.63
	2A - Tipton	4:07.91
	1A - North Tama	4:05.37
2006	4A - Des Moines Roosevelt	4:08.95
	3A - Fairfield	4:03.14
	2A - Tipton	4:06.86
	1A - North Tama	4:11.41
2005	4A - West Des Moines Valley	4:11.46
	3A - Fairfield	4:07.61
	2A - Tipton	4:10.21
	1A - North Linn	4:09.92
2004	4A - Iowa City West	4:09.23
	3A - Fairfield	4:09.49
	2A - Tipton	4:13.94
	1A - North Linn	4:14.05
2003	4A - Iowa City High	4:04.54
	2A - Monticello	4:11.08
	1A - North Linn	4:11.20
2002	3A - Mount Pleasant	4:06.98
	2A - Forest City	4:12.28
	1A - North Linn	4:08.89
2001	3A - Iowa City High	4:03.56
	2A - Oelwein	4:12.48
	1A - Aplington-Parkersburg	4:14.61
2000	3A - Iowa City High	4:06.45
	2A - Chariton	4:10.70
	1A - Aplington-Parkersburg	4:12.75
1999	3A - Marshalltown	4:04.32
	2A - Dyersville Beckman	4:13.95
	1A - South Winneshiek	4:17.05
1998	3A - Marshalltown	4:07.92
	2A - Forest City	4:11.83
	1A - Belle Plaine	4:15.85
1997	3A - West Des Moines Dowling	4:08.89
	2A - Aplington-Parkersburg	4:11.88
	1A - North Kossuth	4:13.14
1996	3A - Iowa City High	4:11.99
	2A - New Hampton	4:16.54
	1A - Ar-We-Va	4:13.78
1995	3A - Iowa City High	4:04.5
	2A - New Hampton	4:14.96
	1A - Ar-We-Va	4:10.4
1994	3A - Ames	4:09.1
	2A - Davis County-Fox Valley	4:14.84
	1A - Ar-We-Va	4:13.1

1993	3A--Cedar Rapids Kennedy	4:09.89
	2A--Shenandoah	4:18.73
	1A--Ar-We-Va	4:20.05
1992	3A--Des Moines Roosevelt	4:10.08
	2A--Orange City Unity Christian	4:10.69
	1A--Laurens-Marathon	4:14.85
1991	3A--Des Moines Roosevelt	4:04.78
	2A--Atlantic	4:14.68
	1A--Hinton	4:17.6
1990	3A--Southeast Polk	4:07.95
	2A--DeWitt Central	4:20.17
	1A--Northwood-Kensett	4:17.49
1989	3A--Bettendorf	4:09.14
	2A--Bondurant-Farrar	4:16.40
	1A--New Hartford	4:21.25
1988	3A--West Des Moines Valley	4:07.11
	2A--Bondurant-Farrar	4:14.89
	1A--Hinton	4:20.28
1987	3A--West Des Moines Valley	4:06.31
	2A--Decorah	4:10.74
	1A--Sigourney	4:19.16
1986	3A--Cedar Rapids Kennedy	4:09.37
	2A--Decorah	4:14.18
	1A--Pocahontas	4:22.39
1985	3A--Ames	4:04.35
	2A--Denison	4:11.92
	1A--George	4:14.64
1984	3A--Cedar Rapids Kennedy	4:09.6
	2A--Hull Western Christian	4:17.6
	1A--Boyden-Hull	4:19.3
1983	3A--Waverly-Shell Rock	4:10.94
	2A--Hull Western Christian	4:13.53
	1A--North Mahaska	4:14.81
1982	3A--Fairfield	4:12.79
	2A--Storm Lake	4:14.31
	1A--George	4:12.50
1981	3A--West Des Moines Dowling	4:06.61
	2A--Council Bluffs St. Albert	4:08.41
	1A--North Tama	4:16.44
1980	3A--Indianola	4:04.43
	2A--Pella Christian	4:11.26
	1A--North Tama	4:11.19
1979	3A--West Des Moines Dowling	4:07.83
	2A--Missouri Valley	4:05.09
	1A--North Tama	4:12.47
1978	3A--Carroll Kuemper	4:10.57
	2A--Missouri Valley	4:09.03
	1A--Manilla	4:08.41
ONE MILE		
1977	3A--Spencer	4:11.1
	2A--Clarinda	4:17.4
	1A--Manilla	4:09.0
1976	Davenport West	4:09.3
1975	Manilla	4:09.2
1974	Spirit Lake	4:09.2
1973	Scranton	4:08.3
1972	Manilla	4:08.9
1971	Manilla	4:13.2
1970	Manilla	4:18.4
1969	Rolfe	4:19.0
1968	Shelby-Tennant	4:37.7

SHUTTLE HURDLE ALL-TIME LEADERS

New Records in 2009 with implementation of 33-inch hurdles

1	Waukee Northwest	2026	1:59.37
2	West Des Moines Valley	2026	1:00.37
3	West Des Moines Valley	2025	1:00.40
4	Dowling Catholic	2022	1:00.44
5	Waukee	2017	1:00.61
6	Waukee Northwest	2025	1:00.70
7	Waukee	2021	1:00.75
8	Waukee	2026	1:00.90
9	Waukee	2018	1:01.09
10	ADM	2025	1:01.15
11	Dowling Catholic	2025	1:01.24
12	Pleasant Valley	2016	1:01.26
13	Dowling Catholic	2023	1:01.34
14	Dowling Catholic	2024	1:01.43
15	Indianola	2025	1:01.78
16	Waukee Northwest	2022	1:01.86
17	Waukee	2013	1:01.87
18	Waukee	2025	1:01.94
19	Waukee	2016	1:01.96
20	Waukee Northwest	2024	1:02.30
20	Ames	2018	1:02.30
22	Waukee	2025	1:02.40
23	Urbandale	2014	1:02.41
24	Ankeny	2013	1:02.45
25	Iowa City West	2017	1:02.54

SHUTTLE HURDLE STATE CHAMPIONS

2025	4A - Waukee Northwest	1:01.10	
	3A - ADM	1:01.15	
	2A - Treynor	1:05.51	
	1A - Stanton	1:04.69	
2024	4A - Dowling Catholic	1:01.57	
	3A - ADM	1:04.20	
	2A - Aplington-Parkersburg	1:05.39	
	1A - Northwood-Kensett	1:04.89	
2023	4A - Dowling Catholic	1:01.34	
	3A - Newton	1:04.79	
	2A - Sioux Central	1	1:04.67
	1A - Stanton	1:07.26	
2022	4A - Dowling Catholic	1:00.44	
	3A - Clear Creek-Amana	1:05.90	
	2A - Cascade	1:07.37	
	1A - Remsen St. Mary's	1:07.96	
2021	4A - Waukee	1:00.75	
	3A - Clear Creek-Amana	1:05.39	
	2A - Osage	1:06.25	
	1A - Belle Plaine	1:07.90	
2019	4A - Waukee	1:03.11	
	3A - Glenwood	1:05.41	
	2A - Beckman Catholic	1:05.60	
	1A - BCLUW	1:07.78	
2018	4A - Waukee	1:01.09	
	3A - Benton Community	1:04.81	
	2A - Beckman Catholic	1:07.10	
	1A - Sigourney	1:07.21	
2017	4A - Waukee	1:00.61	
	3A - Benton Community	1:04.78	
	2A - Pocahontas Area	1:05.72	
	1A - Sigourney	1:08.40	
2016	4A - Pleasant Valley	1:01.26	
	3A - Pella	1:03.13	
	2A - Union	1:05.34	
	1A - Sioux Central	1:06.86	
2015	4A - Pleasant Valley	1:02.67	
	3A - Clear Creek-Amana	1:03.89	
	2A - West Branch	1:05.48	
	1A - North Linn	1:06.33	
2014	4A - Urbandale	1:02.43	
	3A - Mount Pleasant	1:03.67	
	2A - Eddyville-Blakesburg/Fremont	1:06.04	
	1A - Belle Plaine	1:07.16	

2013	4A - Waukee	1:01.98
	3A - Mount Pleasant	1:04.08
	2A - Treynor	1:06.90
	1A - Winfield-Mount Union	1:07.74
2012	4A - Waukee	1:03.20
	3A - Mount Pleasant	1:04.60
	2A - West Fork	1:05.65
	1A - LeMars Gehlen Catholic	1:05.74
2011	4A - Waukee	1:03.44
	3A - Waverly-Shell Rock	1:06.40
	2A - West Fork	1:05.24
	1A - Central Elkader	1:07.12
2010	4A - Ames	1:03.60
	3A - Storm Lake	1:06.05
	2A - West Fork	1:07.37
	1A - Audubon	1:06.78
2009	4A - Waukee	1:04.85
	3A - Waverly-Shell Rock	1:06.31
	2A - Manson NW-Webster	1:06.38
	1A - LeMars Gehlen Catholic	1:07.34
2008	4A - Urbandale	1:02.03
	3A - Storm Lake	1:05.11
	2A - Tipton	1:04.11
	1A - Logan-Magnolia	1:03.03
2007	4A - Iowa City High	1:02.38
	3A - West Delaware	1:04.94
	2A - Aplington-Parkersburg	1:03.83
	1A - Ventura	1:03.97
2006	4A - Burlington	1:02.14
	3A - Mount Pleasant	1:02.92
	2A - Osage	1:04.20
	1A - Riverside	1:05.12
2005	4A - Burlington	1:02.49
	3A - Central DeWitt	1:01.76
	2A - Aplington-Parkersburg	1:03.10
	1A - Laurens-Marathon	1:05.45
2004	4A - Dubuque Hempstead	1:02.45
	3A - Central DeWitt	1:02.90
	2A - Battle Creek-Ida Grove	1:02.60
	1A - Southern Cal	1:05.59
2003	3A - Mason City	1:00.89
	2A - Bondurant-Farrar	1:03.59
	1A - Camanche	1:04.93
2002	3A - West Delaware	1:02.41
	2A - Okoboji	1:03.98
	1A - Gehlen Catholic	1:04.16
2001	3A - West Des Moines Dowling	1:02.63
	2A - Atlantic	1:03.75
	1A - Okoboji	1:02.63
2000	3A - West Des Moines Valley	1:02.93
	2A - Williamsburg	1:03.86
	1A - Ogden	1:04.61
1999	3A - Iowa City West	1:02.16
	2A - Atlantic	1:04.06
	1A - Aplington-Parkersburg	1:03.28
1998	3A - Ankeny	1:02.38
	2A - Clear Lake	1:04.70
	1A - Manson-NW Webster	1:04.91
1997	3A - Ames	1:03.06
	2A - Clear Lake	1:04.10
	1A - Treynor	1:04.11
1996	3A - Ankeny	1:04.38
	2A - Roland-Story	1:04.26
	1A - Clarion-Goldfield	1:04.87
1995	3A - Ankeny	1:02.58
	2A - Clarion-Goldfield	1:04.34
	1A - North Iowa	1:03.33
1994	3A - Ames	1:03.18
	2A - Atlantic	1:04.28
	1A - Pekin	1:05.06

1993	3A--Ames	1:04.4
	2A--Unity Christian	1:06.18
	1A--North Mahaska	1:04.89
1992	3A--Ames	1:04.11
	2A--North Iowa	1:06.24
	1A--Lone Tree	1:05.7
1991	3A--Burlington	1:03.36
	2A--Tipton	1:03.80
	1A--Parkersburg	1:06.06
1990	3A--Bettendorf	1:03.98
	2A--Tipton	1:05.51
	1A--Sigourney	1:06.18
1989	3A--West Des Moines Valley	1:04.72
	2A--Jefferson-Scranton	1:04.75
	1A--Charter Oak-Ute	1:06.73
1988	3A--Bettendorf	1:03.99
	2A--Tipton	1:04.33
	1A--Lone Tree	1:04.50
1987	3A--Des Moines Roosevelt	1:03.61
	2A--Lake City-Lohrville	1:03.63
	1A--Lone Tree	1:05.74
1986	3A--Newton	1:02.62
	2A--Bondurant-Farrar	1:05.44
	1A--Fort Madison Aquinas	1:06.26
1985	3A--Newton	1:02.69
	2A--Columbus	1:04.3
	1A--Bondurant-Farrar	1:05.51
1984	3A--Burlington	1:04.0
	2A--Atlantic	1:05.9
	1A--Gilbert	1:07.4
1983	3A--Marion	1:04.81
	2A--Algona	1:04.48
	1A--Pekin	1:06.68
1982	3A--Davenport West	1:02.93
	2A--Chariton	1:04.49
	1A--Titonka	1:03.36
1981	3A--West Des Moines Valley	1:02.74
	2A--Garner-Hayfield	1:03.41
	1A--North Kossuth	1:03.85
1980	3A--Sioux City North	1:03.03
	2A--Starmont	1:03.42
	1A--Lincoln	1:04.15
1979	3A--Burlington	1:01.50
	2A--Maurice-Orange City	1:04.21
	1A--Bondurant-Farrar	1:05.07
1978	3A--Burlington	1:03.26
	2A--Eddyville	1:04.76
	1A--Lincoln	1:04.76
1977	3A--West Des Moines Valley	1:03.4
	2A--Eddyville	1:04.9
	1A--BGL	1:04.5
1976	Spencer	1:02.5
1975	Spencer	1:02.8
1974	Spencer	1:03.1
1973	Spencer	1:03.5
1972	Lincoln Central	1:05.3
1971	Midland	1:05.6
1970	Midland	1:05.1
	320-METERS	
1969	Adel	:50.5
1968	South Hamilton	:53.0
1967	Plainfield	:52.2
1966	Belle Plaine	:54.4
1965	Belle Plaine	:54.1
1964	Sentral	:54.3
	240-YARDS	
1963	Sentral	:38.2
1962	Plainfield	:40.8

SHOT PUT - ALL-TIME LEADERS

1	Paulette Mitchell, CB Abraham Lincoln	1992	53-3.50
2	Kylee Hill, Burlington	2025	52-05.50
3	Jaden Brumbaugh, Mount Pleasant	2022	49-09
3	Charlee Morton, Hampton-Dumont-CAL	2025	49-09.00
5	Kiana Phelps, Kingsley-Pierson	2016	48-10
5	Brylie Zeisneiss, South Hardin	2019	48-10
7	Danica Haight, Iowa City West	2007	48-7.50
8	Danielle Frere, Muscatine	2008	48-2.75
9	Traci Ferren, Southeast Polk	1986	48-2.25
10	Erika Hammond, Clinton	2016	47-10.75
11	Delilah Subsin, Ottumwa	2026	47-10.00
12	Kat Moody, Waukee	2018	47-03.00
13	Sheena James, Clinton	2002	47-01.50
14	Shelby Gunnells, Solon	2015	47-00.00
15	Brooke Gritters, Pella	2009	46-10.75
16	Abby Emsick, CB Lewis Central	2000	46-10
17	Aubrey Martin, Muscatine	2002	46-08.50
18	Leann Boerema, Clinton	1997	46-7.50
19	Lisa Van Steenwyk, West Lyon	1989	46-6.25
20	Jamie Kofron, Tipton	2018	46-03.25
20	Melissa Weiland, Marion	1985	46-03.25
22	Kayla KyHemann, St. Ansgar	2011	46-01.50
23	Alexa Hunt, Des Moines Roosevelt	2013	45-07.75
24	Rachel Haack, Iowa City High	2026	45-09.25
25	Lauren Travis, Spirit Lake	2025	45-06

SHOT PUT - STATE CHAMPIONS

2025	4A - Kylee Hill, Burlington	45-11.75
	3A - Charlee Morton, Hampton-Dumont-CAL	47-06.25
	2A - Hillary Ruschy, Estherville Lincoln Central	43-01
	1A - Mariah Myers, Fort Dodge St. Edmond	42-00
2024	4A - Kylee Hill, Burlington	45-02.5
	3A - Charlee Morton, Hampton-Dumont-CAL	41-02
	2A - Jana Ter Wee, West Lyon	42-11
	1A - Anna Hadley, Pekin	39-02
2023	4A - Mackenzie Fah, Pleasant Valley	41-03.75
	3A - Charlee Morton, Hampton-Dumont-Cal	42-05.25
	2A - Jana Ter Wee, West Lyon	42-05.25
	1A - Audi Crooks, Bishop Garrigan	44-00.75
2022	4A - Caitlyn Cox, WDM Valley	40-07.25
	3A - Jaden Brumbaugh, Mount Pleasant	47-05.5
	2A - Sydney Eggena, Denver	44-00.5
	1A - Audi Crooks, Bishop Garrigan	45-01
2021	4A - Riley Vice, Pleasant Valley	40-06.75
	3A - Jaden Brumbaugh, Mount Pleasant	44-09
	2A - Annika Headington, Waukon	42-06
	1A - Audi Crooks, Bishop Garrigan	41-09.75
2019	4A - Kat Moody, Waukee	46-04.75
	3A - Lexi Magnani, Mount Pleasant	42-05.25
	2A - Brylie Zeisneiss, South Hardin	46-05
	1A - Katilyn Wilder, Dunkerton	40-08
2018	4A - Kat Moody, Waukee	44-07.50
	3A - Jade Hard, Mount Vernon	41-11
	2A - Brylie Zeisneiss, South Hardin	45-01.00
	1A - Abby Marr, Riceville	40-08.50
2017	4A - Moe Nealey, Waukee	43-05.00
	3A - Hannah Hood, Creston	42.04.50
	2A - Marin Ehler, North Fayette Valley	42-04.25
	1A - Jadin Wagner, Lawton-Bronson	40-11.50
2016	4A - Erika Hammond, Clinton	47-01.50
	3A - Brandi Botcher, Spencer	41-04.75
	2A - Kiana Phelps, Kingsley-Pierson/WC	48-08.75
	1A - Mackenzie Goeller, Wapsie Valley	40-02.25
2015	4A - Erika Hammond, Clinton	44-05.50
	3A - Shelby Gunnells, Solon	45-03.50
	2A - Kate Birchmeier, Davis County	43-09.00
	1A - Shelbie Williams, Pekin	38-10.25
2014	4A - Blaire Thomas, Waterloo West	42-00.25
	3A - Shelby Gunnells, Solon	43-11.00
	2A - Kate Birchmier, Davis County	43-04.25
	1A - Meagan Anderson, Woodbine	39-10.75
2013	4A - Alexa Hunt, Des Moines Roosevelt	45-07.75
	3A - Kara Misel, Solon	41-10.50

	2A - Dasiana Larson, Garner-Hayfield/Ventura	41-07.50
	1A - Macie Bales, Pocahontas Area	39-10.75
2012	4A - Alexa Hunt, Des Moines Roosevelt	42-04.50
	3A - Amanda Houston, Fort Madison	42-09
	2A - Sarah Pate, Clarke	40-10.25
	1A - Nicole Dobernecker, Charter Oak-Ute	41-02.50
2011	4A - Jadyne Spencer, Waterloo West	41-09.75
	3A - Amanda Houston, Fort Madison	41-09.25
	2A - Lauren Smith, North Fayette	40-09
	1A - NiCole Dobernecker, Charter Oak-Ute	42-01.25
2010	4A - Micaela Haight, Iowa City West	43-09.25
	3A - Alyssa Biery, Marion	40-06.00
	2A - Candice Henrichson, Mid-Prairie	43-02.75
	1A - Kayla Hemann, Saint Ansgar	40-01.50
2009	4A - Micaela Haight, Iowa City West	44-06.25
	3A - Brooke Gritters, Pella	45-04.50
	2A - Kelsey Sukovaty, Manson NW-Webster	40-11.50
	1A - Jill Parker, Southern Cal	39-04.00
2008	4A - Danielle Frere, Muscatine	46-11.75
	3A - Brooke Gritters, Pella	44-01.50
	2A - Kelsey Sukovaty, Manson-NW Webster	42-03
	1A - Leah Lechtenberg, Postville	37-06
2007	4A - Danica Haight, Iowa City West	46-03.75
	3A - Brooke Gritters, Pella	45-05
	2A - Amber Van Hauen, Grundy Center	40-11.75
	1A - Kayla Smith, Janesville	40-06.50
2006	4A - Danica Haight, Iowa City West	45-01.75
	3A - Katy Naberhaus, Carroll	41-03.25
	2A - Traci Harms, Hampton-Dumont	40-03.75
2005	1A - Britta Christofferson, Exira	41-10.5
	4A - Danica Haight, Iowa City West	43-01.75
	3A - Mandy Chandler, Chariton	40-10
	2A - Heather Minssen, Underwood	41-11.75
	1A - Britta Christofferson, Exira	40-07.75
2004	4A - Ashley Simpson, Dubuque Hempstead	39-06.75
	3A - Tami Magner, Waukon	42-10.5
	2A - Alysa Klein, Okoboji	42-05.5
	1A - Jill Johnson, Rockwell City-Lytton	39-06.25
2003	3A - Sheena James, Clinton	43-03.50
	2A - Rachel Jensen, MOC-Floyd Valley	42-05.25
	1A - Jackie Beitelspacher, LeMars Gehlen Catholic	39-08.25
2002	3A - Aubrey Martin, Muscatine	45-10
	2A - Aphton Cook, Algona	40-11.25
	1A - Ann Gramkow, AHST	41-04.50
2001	3A - Aubrey Martin, Muscatine	43-8.25
	2A - Katie Nelson, Estherville-LC	40-3
2000	1A - Katie Hoback, Columbus	41-2.5
	3A - Abby Emsick, Lewis Central	44-8
	2A - Alissa Dennis, Ballard	42-6 1/2
	1A - Katie Hoback, Columbus	41-0 1/2
1999	3A - Maureen Head, Iowa City West	43-11 3/4
	2A - Allison Kruger, South O'Brien	42-6 3/4
	1A - Alyse Hohensee, Pocahontas Area	40-0 1/4
1998	3A - Leann Boerema, Clinton	44-5 1/2
	2A - Lorrie Grems, Estherville-Lincoln Central	40-10 1/2
	1A - Alyse Hohensee, Pocahontas Area	38-4
1997	3A - Leann Boerema, Clinton	45-1 1/4
	2A - Val Eklov, Norwalk	38-10
	1A - Lisa Heiden, Northeast Hamilton	39-6 1/4
1996	3A - Ashley Grundmann, Ames	42-4 1/4
	2A - Denise Sump, Clarinda	40-1
	1A - Amy Sullivan, Riceville	37-5 1/2
1995	3A - Emily Flom, Sioux City North	43-6 1/2
	2A - Karelle Seufferer, Chariton	41-5 3/4
	1A - Renetta Seiler, Algona Garrigan	41-5 1/4
1994	3A - Andrea Miller, Davenport North	43-5
	2A - Renetta Seiler, Algona Garrigan	43-5 1/4
	1A - Amanda Ryba, LeMars Gehlen	38-11
1993	3A - Andrea Miller, Davenport North	40-4 1/2
	2A - Renetta Seiler, Algona Garrigan	40-9 1/4
	1A - Angie Sandquist, GMG	40-8 3/4
1992	3A - Paulette Mitchell, CB Abraham Lincoln	45-2
	2A - Melanie Mason, Pocahontas Area	42-0 1/4
	1A - Angie Sandquist, GMG	38-4

1991	3A--Paulette Mitchell, CB Abraham Lincoln	46-3 3/4
	2A--Melanie Mason, Pocahontas Area	43-5 1/2
	1A--Stacy Helm, Lenox	39-3
1990	3A--Paulette Mitchell, CB Abraham Lincoln	45-8
	2A--Dawn O'Leary, Camanche	44-7 1/2
	1A--Dawn Clausen, Treynor	40-7 1/2
1989	3A--Paulette Mitchell, CB Abraham Lincoln	41-6 1/2
	2A--Lisa Van Steenwyk, West Lyon	44-2
	1A--Dawn Clausen, Treynor	41-0 3/4
1988	3A--Vicki White, Webster City	41-8
	2A--Laura Kriener, Turkey Valley	44-3
	1A--Kim McGinnis, Mount Ayr	40-8
1987	3A--Brenda Zimmerman, Harlan	42-0 1/2
	2A--Lisa Van Steenwyk, West Lyon	41-2
	1A--Amy Fox, Treynor	40-5 1/2
1986	3A--Traci Ferren, Southeast Polk	46-11 1/4
	2A--Melissa Weiland, Marion	45-0
	1A--Amy Fox, Treynor	43-7
1985	3A--Melissa Weiland, Marion	46-3 1/4
	2A--Donna Wheeler, Maquoketa Valley	40-10 3/4
	1A--Amy Fox, Treynor	40-8 3/4
1984	3A--Dee Christensen, CB Abraham Lincoln	42-10 3/4
	2A--Amy Asche, Eagle Grove	40-9 3/4
	1A--Renee Hudson, Tri-County	36-6 1/4
1983	3A--Dee Christensen, CB Abraham Lincoln	42-9 1/2
	2A--Joey Schope, Atlantic	42-5
	1A--Shelley Redies, Tripoli	41-1 1/4
1982	3A--Dorothy Copper, Linn-Mar	43-7 1/2
	2A--Joey Schope, Atlantic	39-6 1/4
	1A--Karen White, Laurens-Marathon	39-8 1/2
1981	3A--Dorothy Copper, Linn-Mar	43-7 1/2
	2A--Chris Mills, West Liberty	38-3 1/4
	1A--Kim Pfannkuch, Manning	38-8 1/2
1980	3A--Marlene Frahm, Newton	42-2 1/2
	2A--Margo Peters, Tipton	38-4
	1A--Connie White, Laurens-Marathon	43-8 1/2
1979	3A--Robin Small, SC North	45-4
	2A--Monica Meendering, Hull WC	42-5 1/4
	1A--Kim Berry, Woodbine	38-8 1/4
1978	3A--Karen Maxon, Webster City	42-2
	2A--Melanie Heitman, Williamsburg	40-5
	1A--Wanda Moeller, East Central	39-11
1977	3A--Karen Maxon, Webster City	40-7 1/2
	2A--Vicki Dagle, Sibley	41-11 1/2
	1A--Till Korth, Dows	41-10
1976	Vicki Dagle, Sibley	43-11 1/2
1975	JoEllen Mitchell, Montezuma	44-3
1974	Joni LeFeber, Glenwood	39-4
1973	Kathy Kabele, Spirit Lake	39-3 1/2
1972	Kathy Kabele, Spirit Lake	37-5 3/4
1971	Jaci Meyer, Northwest Websster	38-8 1/4
1970	Diane Gillette, BGM	38-2 1/4
1969	Debbie Jones, Bedford	38-4 1/2
1968	Carol Hannusch, Union-Whitten	40-0 1/2
1967	Carol Hannusch, Gilbert	39-3 1/4
1966	Carol Hannusch, Gilbert	37-6 1/2

EIGHT-POUND SHOT PUT

1965	Carol Hannusch, Gilbert	40-1 1/2
1964	Sylvia Hanson, Valley, Elgin	41-11 1/4
1963	Sylvia Hanson, Valley, Elgin	38-4 1/2
1962	Sheila Halligan, Gilmore City	32-11 3/4

DISCUS - ALL-TIME LIST

1	Kiana Phelps, Kingsley-Pierson	2014	179-07
2	Taylor Freeman, Iowa City West	2008	166-10
3	Abby Emsick, CB Lewis Central	2003	165-02
4	Robin Small, Sioux City North	1978	160-10
5	Rachel Jansen, MOC-Floyd Valley	2003	159-11
6	Delilah Subsin, Ottumwa	2025	158-08
7	Gabriella Ragins, Pleasant Valley	2025	157-10
8	Sophia Dykstra, Oskaloosa	2021	157-05
9	Charlee Morton, Hampton-Dumont-Cal	2025	157-03
10	Katelyn Weimerskirch, Dub. Wahlert	2012	154-07
11	Cheryl Bradley, Dubuque Senior	1981	154-03
12	Erika Hammond, Clinton	2016	154-01.75
13	Sydney Laufenberg, Clinton	2016	153-08
14	Lauren Smith, North Fayette	2011	153-07
15	Anna Hadley, Pekin	2025	153-05
16	Tammi Blackstone, Cherokee	1996	152-09
17	Courtney Fritz, Iowa City West	2010	152-08
18	Maddie Nilles, Dubuque Wahlert	2015	152-05
19	Jaden Brumbaugh, Mount Pleasant	2022	151-10
20	Marin Thorson, St. Ansgar	2007	151-03
21	Anna Hoyman, Indianola	2017	151-01
22	Lea Grady, Davenport Central	2018	150-11
23	Renetta Seiler, Algona Garrigan	1995	150-10
24	Rachel Haack, Iowa City High	2026	150-09
25	Libby Dix, Mount Vernon	2025	150-07

DISCUS STATE CHAMPIONS

2025	4A - Delilah Subsin, Ottumwa	158-08
	3A - Libby Dix, Mount Vernon	148-10
	2A - Hannah Schroeder, North Fayette Valley	132-00
	1A - Anna Hadley, Pekin	150-09
2024	4A - Delilah Subsin, Ottumwa	141-01
	3A - Charlee Morton, Hampton-Dumont-CAL	140-09
	2A - Fran Travis, Spirit Lake	140-05
	1A - Lydia Kriegel, Iowa Valley	135-03
2023	4A - Reese Goodlet, Pleasant Valley	146-07
	3A - Charlee Morton, Hampton-Dumont-Cal	137-06
	2A - Allie Schweitzerberger, KPWC	133-08
	1A - Anna Hadley, Pekin	134-10
2022	4A - Alex Buscher, Waukee	132-05
	3A - Jaden Brumbaugh, Mount Pleasant	151-10
	2A - Jana Ter Wee, West Lyon	131-00
	1A - Audi Crooks, Bishop Garrigan	131-05
2021	4A - Myag Brinker, Cedar Falls	128-08
	3A - Faith DeRonde, Oskaloosa	140-01
	2A - Abigail Angell, Central Springs	133-10
	1A - Danielle Hoyle, Paton-Churdan	130-11
2019	4A - April Czarnecki, Urbandale	133-03
	3A - Lily Meester, Mount Vernon	130-01
	2A - Jamie Kofron, Tipton	140-05
	1A - Kaitlyn Wilder, Dunkerton	136-02
2018	4A - Les Grady, Davenport Central	150-11
	3A - Ainsley Schrock, Clear Creek-Amana	132-04
	2A - Jamie Kofron, Tipton	140-05
	1A - Kendra Cooper, Kee	132-10
2017	4A - Anna Hoyman, Indianola	138-01
	3A - Gillian Streit, Harlan	137-03
	2A - Kenzie Sullivan, Pocahontas Area	133-01
	1A - Nicole Heeren, North Butler	123-06
2016	4A - Sydney Laufenberg, Clinton	153-08
	3A - Linnea Konfrst, Glenwood	133-01
	2A - Kiana Phelps, Kingsley-Pierson	172-01
	1A - Mackenzie Goeller, Wapsie Valley	134-10
2015	4A - Sarah Kalkhoff, Newton	139-02
	3A - Maddie Nilles, Dubuque Wahlert	146-11
	2A - Kiana Phelps, Kingsley-Pierson-WC	166-04
	1A - Taylor Wulf, Hudson	128-04
2014	4A - Sarah Kalkhoff, Newton	140-11

	3A - Maddie Nilles, Dubuque Wahlert	141-06
	2A - Kiana Phelps, Kingsley-Pierson	150-04
	1A - Sydney Laufenberg, Prince of Peace	132-01
2013	4A - Erin Bramble, Waukee	138-11
	3A - Maddie Nilles, Dubuque Wahlert	138-03
	2A - Kiana Phelps, Kingsley-Pierson/Woodbury Central	150-04
	1A - Sydney Laufenberg, Clinton Prince of Peace	120-04
2012	4A - Haley Faber, Dowling Catholic	135-06
	3A - Katelyn Weimerskirch, Dubuque Wahlert	154-07
	2A - Annie Gullickson, South Winneshiek	130-10
	1A - Amy Wright, Earlham	133-08
2011	4A - Amanda Piche, Linn-Mar	146-04
	3A - Dakota Goodell, Williamsburg	140-10
	2A - Lauren Smith, North Fayette	151-00
	1A - Kayla Hemann, St. Ansgar	137-03
2010	4A - Chelsea Colpitts, CB Abraham Lincoln	148-08
	3A - Mackenzie Siefken, Algona	130-07
	2A - Lauren Smith, North Fayette	129-07
	1A - Amy Wright, Earlham	126-03
2009	4A - Courtney Fritz, Iowa City West	139-02
	3A - Rachel Curry, Williamsburg	132-02
	2A - Becca Fischer, Sheldon	139-07
	1A - Jamie Vermillion, Tri-County	129-11
2008	4A - Taylor Freeman, Iowa City West	156-04
	3A - Sarah Hoffman, Western Dubuque	133-00
	2A - Becca Fischer, Sheldon	121-06
	1A - Devon Jensen, Underwood	125-10
2007	4A - Danica Haight, Iowa City West	145-07
	3A - Chelsey Degan, Algona	125-11
	2A - Marin Thorson, St. Ansgar	151-03
	1A - Devon Jensen, Underwood	126-08
2006	4A - Taylor Freeman, Iowa City West	135-09
	3A - Katie Brown, Spirit Lake	131-05
	2A - Marin Thorson, St. Ansgar	136-08
	1A - Samantha Halverson, Sioux Central	128-05
2005	4A - Katie Bartlett, DM Roosevelt	139-00
	3A - Katie Brown, Spirit Lake	134-04
	2A - Marin Thorson, St. Ansgar	132-03
	1A - Molly Rawson, North Linn	129-04
2004	4A - Amy Waggoner, Marshalltown	131-10
	3A - Katie Brown, Spirit Lake	128-11
	2A - Chelsey Goedken, Casacade	125-08
	1A - Wendy Ausdemore, Tri-Center	137-11
2003	3A - Wendy Milam, Cedar Rapids Washington	132-05
	2A - Rachel Jensen, MOC-Floyd Valley	138-10
	1A - Original Beckstrom, Kingsley-Pierson	122-04
2002	3A - Abby Emsick, Lewis Central	140-05
	2A - Caroline Ruppert, Clear Creek-Amana	132-02
	1A - Ann Gramkow, AHST	141-00
2001	3A - Abby Emsick, Lewis Central	144-02
	2A - Caroline Ruppert, Clear Creek-Amana	134-11
	1A - Jill Eggers, West Marshall	144-2
2000	3A - Abby Emsick, Lewis Central	144-9
	2A - Alissa Dennis, Ballard	132-2
	1A - Julie Rietema, West Hancock	127-11
1999	3A - Jessie Boline, Bettendorf	128-9
	2A - Alissa Dennis, Ballard	128-9
	1A - Jen Bice, Woodward-Granger	132-11
1998	3A - Brooke Ennen, Muscatine	125-4
	2A - Alissa Dennis, Ballard	131-10
	1A - Stacy Anderson, Pomeroy-Palmer	123-10
1997	3A - Sarah Wellings, Oskaloosa	130-11
	2A - Lana Radeke, Vinton-Shellsburg	125-8
	1A - Stacy Anderson, Pomeroy-Palmer	127-0
1996	3A - Krista Niezwaag, Charles City	127-0
	2A - Tammi Blackstone, Charokee	140-9
	1A - Kristin Jenn, West Hancock	143-7
1995	3A - Emily Flom, Sioux City North	142-11
	2A - Tammi Blackstone, Charokee	139-8
	1A - Renetta Seiler, Algona Garrigan	137-8
1994	3A - Amy Herrig, Dubuque Senior	131-2
	2A - Kris Curnyn, Jefferson-Scranton	132-6
	1A - Eve Lindsey, Laurens-Marathon	124-7

1993	3A--Christy Hebert, CR Jefferson	133-6
	2A--Kris Curnyn, Jefferson-Scranton	134-0
	1A--Missy Hardersen, West Monona	122-4
1992	3A--Christy Hebert, CR Jefferson	144-2
	2A--Kris Curnyn, Jefferson-Scranton	132-1
	1A--Katie Michel, Sigourney	133-2
1991	3A--Amber Atkins, CR Jefferson	141-2
	2A--Alyssa Hagey, Prairie Valley	120-6
	1A--Katie Michel, Sigourney	126-0
1990	3A--Carla Nauman, Dubuque Senior	132-10
	2A--Dawn O'Leary, Camanche	126-1
	1A--Dawn Clausen, Treynor	122-2
1989	3A--Sonia Shoelen, Dub. Hempstead	122-3
	2A--Lisa Van Steenwyk, West Lyon	136-8
	1A--Kerri Gray, Villisca	117-5
1988	3A--Vickie White, Webster City	122-6
	2A--Krista Knoploh, Sumner	132-2
	1A--Christy Kliegl, Laurens-Marathon	136-5
1987	3A--Rachel Lewis, SC North	149-7
	2A--Lisa Van Steenwyk, West Lyon	127-7
	1A--Shelly Miller, Laurens-Marathon	139-7
1986	3A--Rachel Lewis, SC North	139-7
	2A--Brenda Konfrst, Glenwood	130-0
	1A--Shelly Miller, Laurens-Marathon	131-9
1985	3A--Rachel Lewis, SC North	131-9
	2A--Sue Ann Wheeler, Ballard	116-4
	1A--Shelly Miller, Laurens-Marathon	130-1
1984	3A--Dee Christensen, CB Abraham Lincoln	131-11
	2A--Joey Schope, Atlantic	130-6
	1A--Julie Beck, Danville	121-2
1983	3A--Jennifer Van Etten, Dub. Hempstead	135-9
	2A--Joey Schope, Atlantic	132-2
	1A--Rhonda Klaahsen, George	118-4
1982	3A--Tammy Holcomb, Bettendorf	127-3
	2A--Alice Hess, Washington	129-3
	1A--Julie Beck, Danville	118-1
1981	3A--Cheryl Bradley, Dubuque Senior	145-3
	2A--Julie Dostal, Carroll	121-1
	1A--Karen White, Laurens-Marathon	116-7
1980	3A--Cheryl Bradley, Dubuque Senior	132-8
	2A--Beth Klein, Sheldon	126-5
	1A--Jill Anderson, Boyden-Hull	132-8
1979	3A--Robin Small, SC North	154-2
	2A--Melanie Heitman, Williamsburg	142-9
	1A--Kim Mally, Bondurant-Farrar	122-10
1978	3A--Shawn Ritchey, Fort Dodge	136-4
	2A--Melanie Heitman, Williamsburg	142-9
	1A--Jeanne Wagner, Clear Creek	119-4
1977	3A--Shawn Ritchey, Fort Dodge	123-1
	2A--Melanie Heitman, Williamsburg	139-1
	1A--Carla Cain, Lenox	118-1
1976	Melanie Heitman, Williamsburg	122-0
1975	Maria Schinstock, Fort Madison	115-3
1974	Cora Hanson, Valley, Elgin	130-3
1973	Cora Hanson, Valley, Elgin	130-3
1972	Betty Sheldahl, Radcliffe	118-6
1971	Martha Schrick, George	131-6
1970	Linda Rowe, Glenwood	123-6
1969	Linda Houlette, Interstate 35	108-5
1968	Tracy Peterson, Gilbert	119-10
1967	Tracy Peterson, Gilbert	115-10
1966	Tracy Peterson, Gilbert	107-2 1/2
1965	Janelle Freeseman, Aplington	110-6 3/4
1964	Janelle Freeseman, Aplington	110-6
1963	Virginia Hanke, Colfax	118-4

LONG JUMP - ALL-TIME LIST

1.	Abby Mecklenburg, Linn-Mar	2025	20-08.25
2.	Aiden Gosselink, Grinnell	2025	20-00.50
3.	Lexus Lovan, Urbandale	2014	19-10.25
4.	Mackenzie Harder, Storm Lake	2025	19-9
5.	Aleenah Marcucci, Northeast	2016	19-5.50
6.	Darby Thomas, Council Bluffs AL	2018	19-5
6.	Laneisha Waller, Cedar Rapids Washington	2003	19-5
8.	Aubrey Johnson, Gilbert	2026	19-4.5
9.	Tashika Lewis, Des Moines North	1994	19-4
9.	Valerie Welch, Iowa City West	2016	19-4
11.	Reese Brownlee, Clear Lake	2024	19-3.75
11.	Jaida Bell, Storm Lake	2025	19-3.75
13.	Karlin Hayes, Ankeny	1979	19-3.50
14.	Larkin Chapman, Muscatine	2015	19-2.75
14.	Kay Bruce, Nishna Valley	1971	19-2.75
16.	Mallory Vawter, BCLUW	2015	19-2.25
17.	Jalynn Roberts-Lewis, DM Roosevelt	2014	19-02
18.	Holly Duax, Sioux City West	2022	19-01.50
18.	Kiera Washpun, Iowa City High	2014	19-01.50
20.	McKenna Cronbaugh, Iowa City West	2013	19-01
21.	Kim Carson, Des Moines Roosevelt	1989	19-0.50
22.	Dawn Huff, Mount Ayr	1990	18-11.75
22.	Bonnie DeBoer, Hull Western Christian	1978	18-11.75
24.	Dani Stipe, Kuemper Catholic	2006	18-11.50
24.	Angie Hensel, Clinton	2002	18-11.50

LONG JUMP STATE CHAMPIONS

2025	4A - Abby Mecklenburg, Linn-Mar	19-03.75
	3A - Reese Brownlee, Clear Lake	19-00.50
	2A - Taydem Graden, Ogden	18-03.50
	1A - Ella Whitney, Wayne	17-95
2024	4A - Abby Mecklenburg, Linn-Mar	18-02.25
	3A - Reese Brownlee, Clear Lake	19-03.50
	2A - Kinsey Mohwinkle, Aplington-Parkersburg	18-00
	1A - Ella Whitney, Wayne	16-07.25
2023	4A - Jaeden Pratt, Ankeny Centennial	18-01
	3A - Shay Sinnard, Carroll	18-07.75
	2A - Carlee Rochford, New Hampton	17-10
	1A - Sarah Burton, Highland	17-08.25
2022	4A - Holly Duax, Sioux City West	18-6.50
	3A - Isabelle Noring, Carlisle	18-08.75
	2A - Reese Brownlee, Clear Lake	18-07-00
	1A - Molly Joyce, Bishop Garrigan	17-11.75
2021	4A - Shelby Romig, Ankeny	18-00.75
	3A - Isabelle Noring, Carlisle	17-11.25
	2A - Kylee Sallee, Hudson	17-11.75
	1A - Molly Joyce, Bishop Garrigan	17-05
2019	4A - Darby Thomas, Council Bluffs Thomas Jefferson	18-11
	3A - Aliyah Carter, Dubuque Wahlert	18-08.5
	2A - Macy Daufeldt, West Liberty	17-07.75
	1A - Kylee Sallee, Hudson	17-11.50
2018	4A - Darby Thomas, Council Bluffs Abraham Lincoln	19-05
	3A - Aliyah Carter, Dubuque Wahlert	18-00
	2A - Ashlyn Albrecht, Sheldon	17-10.50
	1A - Emily Yahnke, Highland	17-08.50
2017	4A - Valerie Welch, Iowa City West	18-05.75
	3A - Sienna Durr, Grinnell	17-10.25
	2A - Jaylynn Sharp, Davis County	17-03
	1A - Rylee Menster, Springville	16-11
2016	4A - Darby Thomas, Council Bluffs Abraham Lincoln	18-07.5
	3A - Dianna Slight, Boone	17-06.75
	2A - Aleenah Marcucci, Northeast	18-00.75
	1A - Maria Gonzalez, West Hancock	18-04
2015	4A - Lexus Lovan, Urbandale	19-01
	3A - Bailey Schminke, Boone	18-01.25
	2A - Aleenah Marcucci, Northeast	18-00.5
	1A - Mallory Vawter, BCLUW	17-06.5
2014	4A - Jalynn Roberts-Lewis, Des Moines Roosevelt	19-02
	3A - Leslie Taylor, Mount Pleasant	18-02.5
	2A - Lindsey Koch, Hudson	17-05.25

	1A - Dani Reicherts, Dunkerton	17-03.25
2013	4A - McKenna Cronbaugh, Iowa City West	19-01
	3A - Leslie Taylor, Mount Pleasant	18-00
	2A - Lindsey Koch, Hudson	17-05.5
	1A - Chelsea Berry, Starmont	17-11
2012	4A - McKenna Cronbaugh, Iowa City West	18-03
	3A - Leslie Taylor, Mount Pleasant	17-01.5
	2A - Heaven Chandler, Columbus	18-01.25
	1A - Chelsea Berry, Starmont	17-10
2011	4A - McKenna Cronbaugh, Iowa City West	18-10.50
	3A - Rea Faber, Clear Lake	17-01.75
	2A - Karen Hutson, Logan-Magnolia	18-00.5
	1A - Kaitlin Floerchinger, Treynor	17-08.5
2010	4A - Jessica Gehrke, Iowa City West	18-02.25
	3A - Anna Wernimont, Atlantic	17-11.25
	2A - Heaven Chandler, Columbus Junction	17-04.75
	1A - Lindsay Hoehns, Twin Cedars	18-01
2009	4A - Jessica Gehrke, Iowa City West	18-11.25
	3A - Anna Wernimont, Atlantic	17-09.25
	2A - Karen Hutson, Logan-Magnolia	17-04.75
	1A - Lindsay Hoehns, Twin Cedars	17-03.75
2008	4A - Alexis Mitchell, Davenport Central	18-04.75
	3A - Mwale Kapande, Mount Pleasant	17-11.35
	2A - Lindsay Lettow, Des Moines Christian	18-00.25
	1A - Jennifer Jorgensen, SE Webster-Grand	18-07.50
2007	4A - Christina Airington, Davenport Central	18-04.25
	3A - Jennie Clark, Norwalk	18-02.75
	2A - Megan Baker, East Marshall	17-08.50
	1A - Jennifer Jorgensen, SE Webster-Grand	17-10.25
2006	4A - Christina Airington, Davenport Central	18-06
	3A - Morgan Achterhoff, MOC-Floyd Valley	17-06.75
	2A - Dani Stipe, Kuemper Catholic	18-11.5
	1A - Jennifer Jorgensen, Southeast Webster Grand	17-09.5
2005	4A - Christina Airington, Davenport Central	17-10.5
	3A - Mallory Henderson, Mount Pleasant	18-02
	2A - Dani Stipe, Kuemper Catholic	17-11.75
	1A - Hannah Baker, Keota	17-08.5
2004	4A - Laneisha Waller, Cedar Rapids Washington	19-02.25
	3A - Dani Stipe, Kuemper Catholic	18-02.25
	2A - Stacy Butt, Northeast	18-08.5
	1A - Abby Bagenstos, Galva-Holstein	17-07.75
2003	3A - Laneisha Waller, Cedar Rapids Washington	19-05
	2A - Sheena Sullivan, Charles City	17-07.5
	1A - Stacy Butt, Northeast	17-07.5
2002	3A - Angie Hensel, Clinton	18-10.5
	2A - Nikki Gruber, Pocahontas Area	17-09
	1A - Brie Penaluna, Cedar Falls NU High	17-07
2001	3A - Laneisha Waller, Cedar Rapids Washington	17-8
	2A - Tracy Marlow, Pella	17-7
	1A - Brie Penaluna, Cedar Falls NU High	18-0
2000	3A - Davonna Carr, Des Moines Roosevelt	18-1 3/4
	2A - Tiffany Pedersen, Atlantic	17-7 1/2
	1A - Brie Penaluna, Cedar Falls NU High	17-8 1/2
1999	3A - Jill Fisher, Sioux City Heelan	17-6
	2A - Tiffany Pedersen, Atlantic	18-1 1/2
	1A - Jessica Jensen, EH-Kimballton/Walnut	16-10 3/4
1998	3A - Kara Hulse, Cedar Falls	17-10
	2A - Nikki Nelson, Mt. Vernon-Lisbon	17-4 1/4
	1A - Susie Reinhardt, Belle Plaine	17-9
1997	3A - Laura Aschoff, Ankeny	18-0 3/4
	2A - Nikki Nelson, Mt. Vernon-Lisbon	17-8
	1A - Barbara Szlendakova, Andrew	18-5 1/2
1996	3A - Laura Aschoff, Ankeny	18-0
	2A - Maggie Hall, Harlan	17-10 1/4
	1A - Katie Brees, Keota	18-5
1995	3A - Carrie Ford, Waverly-Shell Rock	16-10 3/4
	2A - Jill Osenbaugh, Davis County-FV	18-2 1/2
	1A - Jill VanDerLeest, Solon	17-6 1/4
1994	3A - Tashika Lewis, DM North	18-6 1/4
	2A - Allison Starr, AG-WSR	17-6 3/4
	1A - Jennifer Johnson, Soius Central	17-3 1/2
1993	3A - Tashika Lewis, DM North	19-3 1/2
	2A - Peggy Behrens, Durant-Bennett	17-4
	1A - Teresa Breyfogle, Galva-Holstein	17-7 1/2
1992	3A - Nicole Baumgartner, Marshalltown	18-8 3/4
	2A - Sarah Pohlmann, Dav. Assumption	17-7 3/4
	1A - Teresa Breyfogle, Galva-Holstein	16-8 1/4
1991	3A - Tina Erps, Pleasant Valley	18-6
	2A - Dianna Leftridge, Johnston	17-11 1/2
	1A - Melissa Wittenberg, Tripoli	16-5 1/2
1990	3A - Kim Carson, DM Roosevelt	18-5 1/2

	2A--Dawn Huff, Mount Ayr	18-11 1/4
	1A--Carrie Witte, Wall LV-Auburn	17-5 3/4
1989	3A--Nikki Dillard, Fort Dodge	17-8
	2A--Dawn Huff, Mount Ayr	18-6 1/2
	1A--Carrie Witte, Wall LV-Auburn	16-10 1/4
1988	3A--Kris Kroemer, Clinton	17-4 3/4
	2A--Kendra Zieser, North Linn	18-2 1/4
	1A--Kris McWilliams, HLV	17-4 3/4
1987	3A--Kelly Kane, WDM Valley	17-7 1/2
	2A--Alysia Gonzales, Camanche	17-6 3/4
	1A--Barb Buckwalter, Laurens-Marathon	18-0 1/2
1986	3A--Saralyn Semrad, WDM Valley	17-9
	2A--Stephanie Schulte, Pella	17-5 1/2
	1A--Nita Brown, Laurens-Marathon	17-1 1/4
1985	3A--Julie Davis, CR Jefferson	18-7
	2A--Marianna Gutz, Storm Lake	17-8
	1A--Jan Jensen, Elk Horn-Kimballton	17-0
1984	3A--Kelly Kane, WDM Valley	17-3 3/4
	2A--Tammy Warner, Sheldon	17-0 1/4
	1A--Amy Sitzmann, LeMars Gehlen	16-11 1/2
1983	3A--Desi McGuire, DM East	17-7 3/4
	2A--Tammy Warner, Sheldon	17-3 1/4
	1A--Amy Sitzmann, LeMars Gelen	17-5 1/2
1982	3A--Vivian Hardy, Davenport Central	17-7 3/4
	2A--Terri Gipple, Columbus	16-11
	1A--Merriam Keith, Burt	17-2
1981	3A--Vivian Hardy, Davenport Central	18-2 1/4
	2A--Lois Groen, Sioux Center	18-8
	1A--Amy Andrews, Storm Lake St. Mary's	18-1 3/4
1980	3A--Cristy Dickerson, Indianola	18-4 1/2
	2A--Kathy Jackson, Winterset	18-4 1/2
	1A--Diane Dinville, Fremont-Mills	16-7 1/2
1979	3A--Karlin Hayes, Ankeny	17-11 1/2
	2A--Marcie Thurn, Elkader Central	17-7 3/4
	1A--Diane Dinville, Fremont-Mills	16-11 3/4
1978	3A--Luana Dawson, CR Washington	18-2 1/2
	2A--Bonnie DeBoer, Hull WC	18-5 1/2
	1A--Kym Speer, Lincoln	17-1
1977	3A--Joni Clark, Pleasant Valley	18-11 1/4
	2A--Bonnie DeBoer, Hull WC	17-10
	1A--Kym Speer, Lincoln	17-7
1976	Shaun Stevens, SC East	17-10 3/4
1975	Debbie Esser, Woodbine	18-3
1974	Connie Lynch, BCL	17-9 1/2
1973	Christel Brown, HLV	18-6 1/2
1972	Connie Lynch, Beaman-Conrad	18-8 1/4
1971	Kay Bruce, Nishna Valley	18-6 3/4
1970	Cathy Carroll, Collins	17-3 3/4
1969	Kay Bruce, Nishna Valley	16-9 3/4
1968	Kay Bruce, Nishna Valley	17-2 1/2
1967	Brenda DeWall, Rolfe	16-10 1/4
1966	Sandra Hayes, Malvern	17-1 3/4
1965	Nicky Galbraith, Terril	18-5
1964	Ann Kriva, Belle Plaine	17-0 1/4
1963	Linda Ramus, Sentral	16-1 1/2
1962	Sharon Bloyer, Schaller	15-8 1/4

HIGH JUMP - ALL-TIME LIST

1.	Hannah Willms, Dike-New Hartford	2010	6-1
2	Stacy Boerema, Clinton	2002	6-0
3	Deb Volkers, Hull Western Christian	1994	5-11
4	Leah Elbert, Iowa City Regina	1996	5-10
4	Jill Osenbaugh, Davis County	1995	5-10
4	Amy Oleson, Dubuque Senior	1993	5-10
4	AG Bradford, Davenport North	2008	5-10
4	Taylor Twedt, West Fork	2011	5-10
4	Khanishah Williams, Burlington	2011	5-10
4	Alexis Conaway, MOC-Gloyd Valley	2012	5-10
4	Sydney Maue, Mount Vernon	2025	5-10
12	Ema Roberts, HLV-TC	2025	5-9 1/2
12	Elizabeth Berquist, Alburnett	2003	5-9 1/2
12	Janine Gremmel, Dubuque Wahlert	1988	5-9 1/2
12	Holli Harberts, Walnut	1983	5-9 1/2
16	Mary Mol, Sioux Center	1980	5-9 1/4
17	Abby Kohnen, Pomeroy-Palmer	1996	5-9
17	Jeanette Brown, Waterloo Central	1978	5-9
17	Jenni Elbert, Laurens-Marathon	2001	5-9
17	Tiffanie Synacek, CB Thomas Jefferson	2005	5-9
17	Kendra DeJong, Unity Christian	2008	5-9
17	Maddie Olson, Sheldon	2021, 23	5-9
23	Sandy Schultz, Eddyville	1978	5-8.50
23	Kelli DeGeorge, Pleasant Valley	2016	5-8.50
25	Kailey Kladivo, North Tama	2012	5-8.25
25	Crystal Hanson, Roland-Story	2002	5-8.25
25	Chaley Rath, Treynor	2012	5-8.25
25	Reese Wagner, North Polk	2025	5-8.25

HIGH JUMP - STATE CHAMPIONS

2025	4A - Reagan Hanfelt, Ankeny	5-6
	3A - Reese Wagner, North Polk	5-8
	2A - Rachel Schany, Emmetsburg	5-6
	1A - Ema Roberts, HLV-TC	5-9.5
2024	4A - Maia Denge-Hagen	5-6
	3A - London Warmuth, ADM	5-8
	2A - Rachel Schany, Emmetsburg	5-4
	1A - Ema Roberts, HLV	5-7
2023	4A - Josie Moreland Waukee	5-5
	3A - London Warmuth, ADM	5-7
	2A - Maddie Olson, Sheldon	5-9
	1A - Jaden Gatts, Midland	5-5
2022	4A - Josie Moreland, Waukee	5-6
	3A - Soren Maricle, Central DeWitt	5-6
	2A - Maddie Olson, Sheldon	5-8
	1A - Sam Nielsen, North Union	5-3
2021	4A - Layanna Green, Waukee	5-7
	3A - Miracle Ailes, Keokuk	5-7
	2A - Maddie Olson, Sheldon	5-9
	1A - Cadence Douglas, Lenox	5-2
2019	4A - Layanna Green, Waukee	5-6
	3A - Miracle Ailes, Keokuk	5-7
	2A - Kiersten Fisher, Southeast Valley	5-4
	1A - Emma Atwood, Central Decatur	5-4
2018	4A - Auriona Kimbrough, Cedar Falls	5-5
	3A - Madison Harms, Sergeant Bluff-Luton	5-6
	2A - Cori DeJong, Western Christian	5-7
	1A - Lexi Jones, West Fork	5-3
2017	4A - Ellie Roquet, Johnston	5-7
	3A - Maria Gorham, North Polk	5-8
	2A - Cassie Van Beek, Boyden-Hull/Rock Valley	5-4
	1A - Alyssa Staudt, Rockford	5-2
2016	4A - Kelli DeGeorge, Pleasant Valley	5-6
	3A - Megan Durbin, Greene County	5-5
	2A - Sydney Durbin, OABCIG	5-4
	1A - Maria Gonzalez, West Hancock	5-4
2015	4A - Kelli DeGeorge, Pleasant Valley	5-5
	3A - Maria Wrage, Union	5-5
	2A - Cori DeJong, Western Christian	5-7
	1A - Kaysha Dodson, Pekin	5-6
2014	4A - Kelli DeGeorge, Pleasant Valley	5-6

	3A - Alexis Conaway, MOC-Floyd Valley	5-9
	2A - Maria Wrage, Union	5-6
	1A - Caitlin Appelgate, GMG	5-5
2013	4A - Kelli DeGeorge, Pleasant Valley	5-4
	3A - Alexis Conaway, MOC-Floyd Valley	5-6
	2A - Chaley Rath, Treynor	5-5
	1A - Kasey Reuter, Hinton	5-6
2012	4A - Maddie Rouw, Waukee	5-6
	3A - Alexis Conaway, MOC-Floyd Valley	5-5
	2A - Tayo Ajose, Mediapolis	5-7
	1A - Chaley Rath, Treynor	5-8.25
2011	4A - Khanishah Williams, Burlington	5-8
	3A - Alexis Conaway, MOC-Floyd Valley	5-7.5
	2A - Taylor Twedt, West Fork	5-6
	1A - Chaley Rath, Treynor	5-5
2010	4A - Khanishah Williams, Burlington	5-6
	3A - Tanna Seufferer, Chariton	5-7.25
	2A - Hannah Willms, Dike-New Hartford	5-9
	1A - Karly Groon, Akron-Westfield	5-5
2009	4A - Khanishah Williams, Burlington	5-8 1/4
	3A - Megan Glisar, Sergeant Bluff-Luton	5-7
	2A - Hannah Willms, Dike-New Hartford	5-11
	1A - Lindsay Hoehns, Twin Cedars	5-5 1/2
2008	4A - AG Bradford, Davenport North	5-8
	3A - Megan Glisar, Sergeant Bluff-Luton	5-7
	2A - Hannah Willms, Dike-New Hartford	5-10 1/4
	1A - Megan Hutson, Logan-Magnolia	5-5
2007	4A - Tiffanie Synacek, CB Thomas Jefferson	5-4
	3A - Megan Glisar, Sergeant Bluff-Luton	5-7
	2A - Kendra DeJong, Unity Christian	5-6
	1A - Briana Schaeuble, Kingsley-Pierson	5-3
2006	4A - Tiffanie Synacek, CB Thomas Jefferson	5-6
	3A - Lindsey Boldt, Mount Pleasant	5-5
	2A - Megan Glisar, Sergeant Bluff-Luton	5-6
	1A - Alicia Runge, North Kossuth	5-4
2005	4A - Alison Dirks, Iowa City West	5-7
	3A - Amanda Wollman, LeMars	5-6
	2A - Kaitlin Beaver, Sioux Center	5-3
	1A - Amber Sporrer, Glidden-Ralston	5-4
2004	4A - Jessica Statler, Cedar Rapids Prairie	5-4
	3A - Ashton Stelken, West Delaware	5-5
	2A - Jen Kempers, Unity Christian	5-4
	1A - Jenni Elbert, Laurens-Marathon	5-8
2003	3A - Laura Tomes, Sioux City East	5-6
	2A - Crystal Hanson, Roland-Story	5-6
	1A - Elizabeth Berquist, Alburnett	5-7
2002	3A - Stacy Boerema, Clinton	5-7
	2A - Crystal Hanson, Roland-Story	5-7
	1A - Stephanie Bacan, Remsen St. Marys	5-7
2001	3A - Laura Tomes, Sioux City East	5-6
	2A - Bridget Besch, Emmetsburg-Graettinger	5-5
	1A - Jenni Elbert, Laurens-Marathon	5-7
2000	3A - Sondra Rauterkus, Harlan	5-6
	2A - JoLynn Legg, South Tama	5-4
	1A - Jen Alexander, Martensdale-St. Marys	5-4
1999	3A - Tina Wolfe, Pleasant Valley	5-3
	2A - Melissa Nelson, Algona	5-5
	1A - Angie Froehlich, Algona Garrigan	5-4
1998	3A - Amanda Koester, Clinton	5-6
	2A - Melissa Nelson, Algona	5-6
	1A - Stephanie Goettsch, AHST	5-7
1997	3A - Amanda Koester, Clinton	5-6
	2A - Tracy Flowers, Knoxville	5-5
	1A - Julie Gallery, East Buchanan	5-8
1996	3A - Beth Boer, Oskaloosa	5-6
	2A - Melissa Nelson, Algona	5-4
	1A - Leah Elbert, Iowa City Regina	5-10
1995	3A - Beth Boer, Oskaloosa	5-6
	2A - Deb Volkers, Western Christian	5-8
	1A - Leah Elbert, Iowa City Regina	5-8
1994	3A - Sondra Biere, DM Roosevelt	5-6
	2A - Jill Osenbaugh, Davis County-FV	5-9 1/2
	1A - Stephanie Martin, Springville	5-7
1993	3A - Amy Oleson, Dubuque Senior	5-6
	2A - Deb Volkers, Western Christian	5-6
	1A - Teresa Breyfogle, Galva-Holstein	5-5
1992	3A - Sondra Biere, DM Roosevelt	5-6
	2A - Ann VandenBerg, Hull Western Christian	5-5
	1A - Teresa Breyfogle, Galva-Holstein	5-4

1991	3A--Jenny McGonigle, Urbandale	5-3
	2A--Ann VandenBerg, Hull Western Christian	5-5
	1A--Teresa Breyfogle, Galva-Holstein	5-5
1990	3A--Suzy Hagge, Clinton	5-5
	2A--Tammy Bunn, Louisa-Muscatine	5-5
	1A--Jennifer Molander, WACO	5-3
1989	3A--Katie McFadden, Marshalltown	5-5
	2A--Tarrel Zweibahmer, Storm Lake	5-7
	1A--Jamie Elrod, Prairie City	5-8
1988	3A--Janine Gremmel, Dubuque Wahlert	5-8
	2A--Shawna Tripp, Tipton	5-5
	1A--Jamie Elrod, Prairie City	5-8
1987	3A--Janine Gremmel, Dubuque Wahlert	5-8
	2A--Amy Hartsock, Mid-Prairie	5-6
	1A--Stephanie Harrington, Moravia	5-7
1986	3A--Janine Gremmel, Dubuque Wahlert	5-4
	2A--Karen Hummel, Vinton	5-5
	1A--Lynne Lorenzen, Ventura	5-4
1985	3A--Denise Overmohle, Carroll Kuemper	5-6
	2A--Lisa Greiner, Cardinal	5-6
	1A--Lynne Lorenzen, Ventura	5-4
1984	3A--Janelle Jaspers, Waverly-Shell Rock	5-3
	2A--Lisa Greiner, Cardinal	5-2
	1A--Kris Dinkla, Cumberland-Massena	5-4
1983	3A--Janelle Jaspers, Waverly-Shell Rock	5-6
	2A--Sue DenBeste, Sheldon	5-3
	1A--Holli Harberts, Walnut	5-9 1/2
1982	3A--Janelle Jaspers, Waverly-Shell Rock	5-4
	2A--Holli Harberts, Maurice-Orange City	5-7
	1A--Wendi Gardinier, NS-Rock Falls	5-6
1981	3A--Sue Overmann, CR Jefferson	5-5
	2A--Lisa McDonald, CB St. Albert	5-6
	1A--Kathy Gillespie, Lamoni	5-4
1980	3A--DeeAnn Davidson, CR Kennedy	5-5
	2A--Mary Mol, Sioux Center	5-7
	1A--Teresa Sheffield, Bedford	5-7
1979	3A--Kathy Petersen, Indianola	5-6
	2A--Mary Mol, Sioux Center	5-7
	1A--Teresa Sheffield, Bedford	5-4
1978	3A--Jeanette Brown, Waterloo Central	5-6
	2A--Mary Mol, Sioux Center	5-7
	1A--Karry Crafton, West Burlington	5-5
1977	3A--Lori Linder, Oelwein	5-3
	2A--Sandy Schultz, Eddyville	5-6
	1A--Karry Crafton, West Burlington	5-6
1976	Sandy Schultz, Eddyville	5-6
1975	Tammy Crafton, West Burlington	5-4
1974	Patty Grubb, Burt	5-4
1973	Vicki Schoer, Clay Central	5-4
1972	Nancy Waldschmidt, Highland	5-3
1971	Jayne Junkins, Central Argyle	5-2
1970	Linda Rowe, Glenwood	5-3
1969	Sharon Leslein, Edgewood-Colesburg	4-11
1968	Gwen Knickerbocker, Starmont	4-11
1967	Gwen Knickerbocker, Starmont	4-11
1966	Sue Bruget, West Sioux	5-0 1/8
1965	Carol Wolfe, Malvern	4-11 1/4
1964	Kay Cox, Bedford	4-10 1/2
1963	Peggy Barton, Lone Tree	4-8 3/4
1962	Sue Caskey, New Providence	4-7

WHEELCHAIR 100 METERS

2025 — Payton Maas, West Liberty	28.65
2024 — Payton Maas, West Liberty,	27.36
2023 — Ally Darter, Dubuque Hempstead,	23.29
2022 — Alayna Darter, Dubuque Hempstead	25.03
2021 - Mia Doebelin, Lewis Central	36.25
2019 — Keri Siebrecht, Sheldon	24.56
2018 - Keri Siebrecht, Sheldon	24.36
2017 — Keri Siebrecht, Sheldon	28.98
2016 — Keri Siebrecht, Sheldon	23.79
2015 — Marhaya Bradford, Mormon Trail	27.88
2014 - No competitors	
2013 - No competitors	
2012 - Cassy Bash, Des Moines Lincoln	27.67
2011 - No competitors	
2010 - No competitors	
2009 - No competitors	
2008 - No competitors	
2007 - Tasha DeGroot, Aplington-Parkersburg	23.94
2006 - Tasha DeGroot, Aplington-Parkersburg	23.98
2005 - Tasha DeGroot, Aplington-Parkersburg	25.92
2004 - No competitors	
2003 - Kristina Gehrls, North Scott	30.93
2002 —Ashley Lerch, Anamosa	21.54
2001- No competitors	
2000 — Molly Rezac, Armstrong-Ringsted	22.13
1999 — Molly Rezac, Armstrong-Ringsted	24.04
1999 — Molly Rezac, Armstrong-Ringsted	24.04
1998 — Cheri Blauwet, West Lyon	21.48
1997 — Cheri Blauwet, West Lyon	22.46
1996 - Cheri Blauwet, West Lyon	23.12
1995 - Mikka Elston, Storm Lake	23.45
1994 - Mikka Elston, Storm Lake	23.92
1993 - No competitors	
1992 - Mikka Elston, Storm Lake	25.11

Wheelchair 200 Meters

2025 - Ally Darter, Dubuque Hempstead	42.36
2024 — Ally Darter, Dubuque Hempstead	48.81
2023 — Ally Darter, Dubuque Hempstead	45.88
2022 — Ally Darter, Dubuque Hempstead	45.03
2021 - Mia Doebelin, Lewis Central	1:21.80
2019 - Halie Frahm, Cedar Falls	51.74
2018 — Keri Siebrecht, Sheldon	48.00
2017 — Keri Siebrecht, Sheldon	49.47
2016 — Keri Siebrecht, Sheldon	46.53
2015 — Marhaya Bradford, Mormon Trail	54.33
2014 - No competitors	
2013 - No competitors	
2012 - Cassy Bash, DSM Lincoln	57.50
2011 - No competitors	
2010 - No competitors	
2009 - No competitors	
2008 - No competitors	
2007 — Tasha DeGroot, Aplington-Parkersburg	43.99
2006 - Tasha DeGroot, Aplington-Parkersburg	43.28
2005 — Tasha DeGroot, Aplington-Parkersburg	46.35

Wheelchair 400 Meters

2024 - Ally Darter, Dubuque Hempstead	1:23.43
2024 — Ally Darter, Dub. Hempstead	1:26.36
2023 — Ally Darter, Dub. Hempstead	1:29.32
2022 — Ally Darter, Dub. Hempstead,	1:35.34
2021 — Mia Doebelin, Lewis Central,	3:01.69
2019 — Keri Siebrecht, Sheldon	1:31.79
2018 — Keri Siebrecht, Sheldon	1:39.86
2017 — Keri Siebrecht, Sheldon	1:39.30
2016 — Keri Siebrecht, Sheldon	1:31.52
2015 — Marhaya Bradford, Mormon Trail	1:51.45
2014 - No competitors	
2013 - No competitors	
2012 —Cassy Bash, DSM Lincoln	1:57.89
2011 - No competitors	
2010 - No competitors	
2009 - No competitors	
2008 - No competitors	

2007 — Tasha DeGroot, Aplington-Parkersburg	1:29.13
2006 — Tasha DeGroot, Aplington-Parkersburg	1:27.19
2005 — Tasha DeGroot, Aplington-Parkersburg	1:37.13
2004 - No competitors	
2003 — Kristina Gehrls, North Scott	1:52.83
2002 —Ashley Lerch, Anamosa	1:24.22
2001 - No competitors	
2000 — Molly Rezac, Armstrong-Ringsted	1:22.42
1999 — Molly Rezac, Armstrong-Ringsted	1:37.07
1998 — Cheri Blauwet, West Lyon,	1:15.14
1997 — Cheri Blauwet, West Lyon	1:16.16
1996 — Cheri Blauwet, West Lyon	1:22.19
1995 - Cheri Blauwet, West Lyon	1:35.78
1994 -	
1993 -	
1992 - Carla Pottebaum, MOC-Floyd Valley	2:00.72

Wheelchair 800 Meters

2025 — Ally Darter, Dubuque Hempstead	2:50.10
2024 — Ally Darter, Dubuque Hempstead	2:55.22
2023 — Ally Darter, Dubuque Hempstead	3:29.32

Wheelchair Shot Put

2025 — Ally Darter, Dubuque Hempstead	13-10.00
2024 — Ally Darter, Dubuque Hempstead	14-01.00
2023 — Ally Darter, Dubuque Hempstead	11-01.50
2022 — Ally Darter, Dubuque Hempstead	11-07.00
2021 — Mia Doebelin, Lewis Central	9-05.00
2019 — Keri Siebrecht, Sheldon	12-02.50
2018 — Keri Siebrecht, Sheldon	12-00.25
2017 — Keri Siebrecht, Sheldon	13-05.50
2016 — Marhaya Bradford, Mormon Trail	20-07.50
2015 — Marhaya Bradford, Mormon Trail	18-02.00
2014 - No competitors	
2013 - No competitors	
2012 - Cassy Bash, DSM Lincoln	10-03.50
2011 — Gerene Tekippe, Dowling Catholic	10-10.75
2010 - Rachel Hardy, Osage	10-11.00
2009 - Rachel Hardy, Osage	9-06.00
2008 - No competitors	
2007 - Tasha DeGroot, Aplington-Parkersburg	12-01.00
2006 — Tasha DeGroot, Aplington-Parkersburg	11-10.25
2005 — Tasha DeGroot, Aplington-Parkersburg	11-02.25
2004 - No competitors	
2003 — Kristina Gehrls, North Scott	10-00.25
2002 — Christina Gehrls, North Scott	10-08.00
2001 - No competitors	
2000 — Molly Rezac, Armstrong-Ringsted	15-10.50
1999 — Molly Rezac, Armstrong-Ringsted	11-01.25
1998 — Cheri Blauwet, West Lyon	13-11.50
1997 — Susan Tillman, Clarion-Goldfield	14-07.00
1996 — Susan Tillman, Clarion-Goldfield	15-07.00
1995 - Susan Tillman, Clarion-Goldfield	15-00.50
1994 - No competitors	
1993 - No competitors	
1992 - Carla Pottebaum, MOC-Floyd Valley	16-04.50

Ambulatory 100 Meters

2025 - Hannah Longmire, Iowa City West	15.48
2024 - Hannah Longmore, Iowa City West	15.83

Ambulatory 200 Meters

2025 — Hannah Longmire, Iowa City West	32.23
2024 — Hannah Longmire, Iowa City West	32.67

Ambulatory 400 Meters

2025 - Hannah Longmore, Iowa City West	1:14.21
2024 — Hannah Longmire, Iowa City West	1:17.01

Ambulatory 800 Meters

2025 - Hannah Longmire, Iowa City West	2:53.34
2024 — Hannah Longmire, Iowa City West	2:49.37

Ambulatory Shot Put

2025 - Josie Green, Cascade

17-09.00

Bold - Current State Meet Record

