

Licensed to IAHSAA Championship Meet HY-TEK's Meet Manager 5/17/2026 06:34 PM
 Iowa Girls & Boys State Track Meet 2026 – 5/21/2026 to 5/23/2026
 Des Moines, Iowa
 Drake Stadium
 Meet Program

Event 5 Girls 100 Meter Dash 3A

=====
 Thursday 5/21/2026 – 6:38 PM

State Meet: 11.81 5/22/2025 Kelly Grobstich, Assumption
 All-Time: 11.49 2018 Sydney Milani, Southeast Polk
 Name Year School

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 Heat 1 Prelims

1	Taylor Franck	12	Mt Vernon
2	Kamry Trine	11	Pella
3	Mylee Stiefel	12	Burlington
4	Kaleigh Tooker	12	MOC-FV
5	Abby Cave	12	Marion
6	Kaelyn Schmidt	09	Sioux Center
7	Stellah Van Aernam	11	Atlantic
8	Jaiden Uhl	11	North Polk

Heat 2 Prelims

1	Kendra Nolton	11	Grinnell
2	Treasure Moore	12	Perry
3	CaliAna Whitaker	12	Mt Vernon
4	Natalie Johnson	12	Algona
5	Aiden Gosselink	12	Grinnell
6	Lila Wiederstein	12	Atlantic
7	Jaedyn Moore	11	Washington
8	Scout Ridout	10	South Tama

Heat 3 Prelims

1	Alley Graber	12	Western Dub
2	Kyia Clark	12	Denison-Schl
3	Lauren Clarke	12	Newton
4	Stella Hietbrink	10	Sioux Center
5	Shannon Cleary	12	Bishop Heela
6	Cassandra Stammeyer	10	Decorah
7	Alex Scott	12	Mt Pleasant
8	Kiersten TeBockhorst	09	Independence

Event 13 Girls 200 Meter Dash 3A

=====
 Thursday 5/21/2026 – 4:30 PM

State Meet: 24.32 5/24/2025 Kelly Grobstich, Assumption
 All-Time: 23.68 2018 Sydney Milani, Southeast Polk
 Name Year School

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 Heat 1 Prelims

1	Stella Pole	12	Decorah
2	Cora Smith	10	Creston
3	Lizzie Neumann	12	Pella
4	Abby Cave	12	Marion
5	Aiden Gosselink	12	Grinnell
6	Lauren Clarke	12	Newton
7	Stellah Van Aernam	11	Atlantic
8	Monah Kyne	12	DSM, Hoover

Heat 2 Prelims

1	Braeleigh Hass	09	Atlantic
2	Claire Brosius	10	Wahlert, Dub
3	Jaedyn Moore	11	Washington
4	Haley Williams	11	Western Dub
5	Mylee Stiefel	12	Burlington
6	Olivia Neal	12	Xavier, CR

7 Scout Ridout	10 South Tama
8 Isabel Grossoehme	11 Webster City
Heat 3 Prelims	
1 Kyia Clark	12 Denison-Schl
2 Treasure Moore	12 Perry
3 Natalie Johnson	12 Algona
4 Kaleigh Tooker	12 MOC-FV
5 CaliAna Whitaker	12 Mt Vernon
6 Isabelle Book	11 ADM, Adel
7 Cat Wedeking	12 Waverly-SR
8 Elizabeth Timmerman	12 Clear Crk-Am

Event 21 Girls 400 Meter Dash 3A

=====
 Thursday 5/21/2026 - 7:10 PM

State Meet: 54.56 2022

Audrey Biermann, Western Dubuque

All-Time: 52.90 2018

Sydney Milani, Southeast Polk

Name

Year School

=====
 Section 1 Timed Finals

1 Livia Morse	09 ADM, Adel
2 Ali Wethal	10 Wahlert, Dub
3 Emma Miller	11 DSM, Hoover
4 Regan Reeg	12 Independence
5 Briella Johnson	09 Boone
6 Julia Heslink	09 Harlan
7 Madison Kvidera	11 SB-Luton
8 Charley Huebner	11 Fort Madison

Section 2 Timed Finals

1 Macy Laug	09 Grinnell
2 Cora Widel	12 Maquoketa
3 Sara Petsche	10 Western Dub
4 Jerzey Haluska	11 Solon
5 Caitlin Hebel	12 Glenwood
6 Lily Myers	11 Perry
7 Avery Case	11 Marion
8 Bryn Paulsen	10 Pella

Section 3 Timed Finals

1 Cora Smith	10 Creston
2 Brinkley Strickland	11 Bond-Farrar
3 CaliAna Whitaker	12 Mt Vernon
4 Ava Hocker	11 Williamsburg
5 Tierney Carter	12 Oskaloosa
6 Avery Bitker	12 Sioux Center
7 Avery Fedler	09 Mt Pleasant
8 Isabel Grossoehme	11 Webster City

Event 29 Girls 800 Meter Run 3A

=====
 Saturday 5/23/2026 - 10:50 AM

State Meet: 2:07.51 5/21/2016

Joy Ripslinger, Assumption

All-Time: 2:06.52 2021

Ainsley Erzen, Carlisle

Name

Year School

=====
 Section 1 Timed Finals

1 Elyse Erzen	10 DSM Christia
2 Caroline Rupe	11 Mt Vernon
3 Falyn Svalstad	11 Solon
4 Keira Andersen	12 Gilbert
5 Haylee Hughes	12 Glenwood
6 Mallory Back	10 Winterset
7 Saylor Schmitt	11 Clear Lake
8 Brynn Malo	12 Humboldt
9 Lucy Lueken	11 Wahlert, Dub
10 Aaliyah Causey	10 CPU

11 Macy Knapp	12 Algona
12 Emerson Dabroski	09 Marion
Section 2 Timed Finals	
1 Evelyn Moeller	11 Mt Vernon
2 Tierney Carter	12 Oskaloosa
3 Natalie Hackman	10 Maquoketa
4 Audrina Jones	11 Sioux Center
5 Kolby Oldenkamp	12 Sioux Center
6 Natalie Anderson	11 MOC-FV
7 Erica Vos	10 Pella
8 Iris Dahl	12 Washington
9 Addison Dabroski	12 Marion
10 Elizabeth VandeVoort	10 Pella
11 Brinkley Strickland	11 Bond-Farrar
12 Avery Fedler	09 Mt Pleasant

Event 37 Girls 1500 Meter Run 3A

=====
 Saturday 5/23/2026 - 2:55 PM

State Meet: 4:28.80 5/20/2023 Paityn Noe, Ballard
 All-Time: 4:25.32 5/18/2024 Addison Dorenkamp, Valley
 Name Year School

Section 1 Timed Finals

1 Avery Rump	12 Fort Madison
2 Lucy Murphy	12 Wahlert, Dub
3 Morgan Back	12 Winterset
4 Avilee Miller	09 Ballard
5 Natalie Anderson	11 MOC-FV
6 Grace Berglund	11 Glenwood
7 Ruth Dunham	11 Pella
8 Hallie Roberts	09 DSM Christia
9 Mallory Back	10 Winterset
10 Alison Seidl	09 Clear Crk-Am
11 Molly Isakson	11 Sioux Center
12 Ashlyn Appleby	10 Central DeWi
13 Emma Horak	11 Washington
14 Saylor Schmitt	11 Clear Lake
15 Aubry Fisher	10 Humboldt
16 Aaliyah Causey	10 CPU
17 Evelyn Moeller	11 Mt Vernon
18 Marissa Ferebee	12 Pella
19 Izzy Hardin	12 Maquoketa
20 Alexis Hergenreter	11 North Polk
21 Avery Fedler	09 Mt Pleasant
22 Mia Deegan	12 Xavier, CR
23 Elyse Erzen	10 DSM Christia
24 Iris Dahl	12 Washington

Event 45 Girls 3000 Meter Run 3A

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 Thursday 5/21/2026 - 3:35 PM

State Meet: 9:38.82 5/18/2023 Paityn Noe, Ballard
 All-Time: 9:23.60 4/25/2024 Addison Dorenkamp, Valley
 Name Year School

Section 1 Timed Finals

1 Natalie Anderson	11 MOC-FV
2 Emma Horak	11 Washington
3 Addison Bertrand	12 Bishop Heela
4 Aubry Fisher	10 Humboldt
5 Avery Fisher	10 Humboldt
6 Grace Berglund	11 Glenwood
7 Silvia Kampbell	12 Storm Lake
8 Quintrie Lee	10 Mt Pleasant

9	MacKenzy Valley	10	Hampton-Dumo
10	Audrey Muckler	10	Newton
11	Morgan Back	12	Winterset
12	Ava Hope	10	Winterset
13	Elyse Erzen	10	DSM Christia
14	Meryl Casady	12	DSM Christia
15	Alexis Sorensen	11	Newton
16	Cora Smith	12	Mt Vernon
17	Izzy Hardin	12	Maquoketa
18	Marissa Ferebee	12	Pella
19	Elsie Brenneman	11	Pella
20	Avery Rump	12	Fort Madison
21	Lucy Murphy	12	Wahlert, Dub
22	Ashlyn Appleby	10	Central DeWi
23	Alison Seidl	09	Clear Crk-Am
24	Evelyn Moeller	11	Mt Vernon

Event 51 Girls 100 Meter Hurdles 3A

=====
 Friday 5/22/2026 - 4:10 PM

State Meet: 14.39 5/20/2023 Jerra Merchant, Spencer
 All-Time: 13.62 2025 Emma Havighurst, Valley, WDM
 Name Year School

Heat 1 Prelims

1	Ali Weiser	11	North Polk
2	Tori White	12	Newton
3	Olivia Neal	12	Xavier, CR
4	Elise Coghlan	12	ADM, Adel
5	Haley Nelson	12	ADM, Adel
6	Amalia Djoumessi	10	Waverly-SR
7	Avery Schmitz	11	W Delaware
8	Maggie Verschuure	12	MOC-FV

Heat 2 Prelims

1	Alaya Carr	11	Keokuk
2	Makiya Culbertson	10	Ballard
3	Kiersten TeBockhorst	09	Independence
4	Rena Wilson	12	Decorah
5	Aubrey Johnson	09	Gilbert
6	Sophia Calpito	11	Charles City
7	Mack Sims	12	Newton
8	Megan Hughes	11	Glenwood

Heat 3 Prelims

1	Jayci Reed	12	Atlantic
2	Claire Susemihl	12	LeMars
3	Jovi Vroegh	10	Bond-Farrar
4	Scout Ridout	10	South Tama
5	Addilyn Scheetz	10	Clear Crk-Am
6	Reese Wagner	11	North Polk
7	Adelyn Stien	10	CPU
8	Lorelei Christensen	09	West Liberty

Event 59 Girls 400 Meter Hurdles 3A

=====
 Friday 5/22/2026 - 5:50 PM

State Meet: 59.83 5/17/2024 Reese Brownlee, Clear Lake
 All-Time: 57.30 1975 Debbie Esser, Woodbine
 Name Year School

Section 1 Timed Finals

1	Destiny Riesselman	09	Carroll
2	Clara Uthe	09	ADM, Adel
3	Kyla Barnes	11	Pella
4	Brooklyn Shoen	09	Ballard
5	Sienna Fehr	11	Algona

6	Caroline Freed	11	Wahlert, Dub
7	Raelyn Newhouse	10	Decorah
8	Mya Fordice	11	Solon
Section 2 Timed Finals			
1	Sophia Calpito	11	Charles City
2	Sara Petsche	10	Western Dub
3	Mack Sims	12	Newton
4	Leighton Messinger	12	Washington
5	Keston Spratt	11	Williamsburg
6	Lucy Simington	11	Spencer
7	Sorell Telecky	10	Mt Vernon
8	Paisley Wilberts	09	Gilbert
Section 3 Timed Finals			
1	Kiersten Swart	12	Mt Vernon
2	Norah Peyton	12	W Delaware
3	Addison Dabroski	12	Marion
4	Ava Hocker	11	Williamsburg
5	Elise Coghlan	12	ADM, Adel
6	Tierney Carter	12	Oskaloosa
7	Lily Myers	11	Perry
8	Anna Embretson	10	Benton Comm

Event 68 Girls 4x100 Meter Shuttle Hurdle 3A

=====
 Thursday 5/21/2026 - 8:00 PM

State Meet: 1:01.15 5/24/2025 ADM, Adel, ADM, Adel
 H Nelson, B Smyth, E Coghlan, J Dufoe
 All-Time: 59.37 2026 Waukee Northwest, Waukee NW
 Willits, Schulte, Twigg, Johnson

School
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Heat 1 Prelims

1 Keokuk '1'
 3 ADM, Adel '1'
 5 Gilbert '1'
 7 Sioux Center '1'

Heat 2 Prelims

1 DSM Christian '1'
 3 W Delaware '1'
 5 Decorah '1'
 7 Harlan '1'

Heat 3 Prelims

1 West Liberty '1'
 3 North Polk '1'
 5 LeMars '1'
 7 CPU '1'

Heat 4 Prelims

1 Mt Vernon '1'
 3 Western Dubuque '1'
 5 Pella '1'
 7 Central DeWitt '1'

Heat 5 Prelims

1 Solon '1'
 3 Newton '1'
 5 Benton Comm '1'
 7 Webster City '1'

Heat 6 Prelims

1 Spencer '1'
 3 Mt Pleasant '1'
 5 Clear Crk-Amana '1'
 7 MOC-FV '1'

Event 74 Girls 4x100 Meter Relay 3A

=====
 Friday 5/22/2026 - 6:30 PM

State Meet: 47.87 5/17/2024 Western Dubuque, Western Dub
 A Goins, A Ramler, C Stuntz, B Walters
 All-Time: 46.66 2026 Waukee Northwest, Waukee NW
 Caldwell, Jorgensen, Distefano, Willits

School

Heat 1 Prelims

1 Pella '1'
 2 Spencer '1'
 3 Western Dubuque '1'
 4 ADM, Adel '1'
 5 Bishop Heelan '1'
 6 Decorah '1'
 7 North Polk '1'
 8 Williamsburg '1'

Heat 2 Prelims

1 Waverly-SR '1'
 2 Solon '1'
 3 Atlantic '1'
 4 Mt Pleasant '1'
 5 Wahlert, Dub '1'
 6 Clear Lake '1'
 7 Creston '1'
 8 Newton '1'

Heat 3 Prelims

1 LeMars '1'
 2 W Delaware '1'
 3 Gilbert '1'
 4 Clear Crk-Amana '1'
 5 Grinnell '1'
 6 Sioux Center '1'
 7 Algona '1'
 8 South Tama '1'

Event 82 Girls 4x200 Meter Relay 3A

Friday 5/22/2026 - 4:55 PM

State Meet: 1:40.93 2018 Wahlert, Dubuque, Wahlert, Dubuque
 L Wedewer, A Sherman, C Broderick, B Hasken
 All-Time: 1:38.40 4/24/2026 Waukee Northwest, Waukee NW
 McCann, Jorgensen, Stahl, Willits

School

Section 1 Timed Finals

1 Ballard '1'
 2 Benton Comm '1'
 3 Gilbert '1'
 4 Solon '1'
 5 Spencer '1'
 6 North Polk '1'
 7 Mt Vernon '1'
 8 LeMars '1'

Section 2 Timed Finals

1 Grinnell '1'
 2 Atlantic '1'
 3 Waverly-SR '1'
 4 Pella '1'
 5 Washington '1'
 6 Clear Lake '1'
 7 Williamsburg '1'
 8 Mt Pleasant '1'

Section 3 Timed Finals

1 Bishop Heelan '1'
 2 Decorah '1'
 3 Marion '1'

4 Wahlert, Dub '1'
 5 Western Dubuque '1'
 6 W Delaware '1'
 7 ADM, Adel '1'
 8 Clear Crk-Amana '1'

Event 90 Girls 4x400 Meter Relay 3A

=====
 Friday 5/22/2026 - 7:20 PM

State Meet: 3:53.05 5/24/2014 MOC-FV, MOC-FV
 R Muilenburg, D Heimensen, K Landhuis, A Conaway
 All-Time: 3:45.36 2026 Waukee Northwest, Waukee NW
 McCann, Jorgensen, Vogt, Vogt

School
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Heat 1 Prelims

1 Ballard '1'
 2 Glenwood '1'
 3 ADM, Adel '1'
 4 Marion '1'
 5 Wahlert, Dub '1'
 6 Solon '1'
 7 Benton Comm '1'
 8 Clear Lake '1'

Heat 2 Prelims

1 Gilbert '1'
 2 Spencer '1'
 3 DSM Christian '1'
 4 Sioux Center '1'
 5 Williamsburg '1'
 6 Bond-Farrar '1'
 7 LeMars '1'
 8 Decorah '1'

Heat 3 Prelims

1 Mt Vernon '1'
 2 Washington '1'
 3 Clear Crk-Amana '1'
 4 Pella '1'
 5 W Delaware '1'
 6 Maquoketa '1'
 7 Central DeWitt '1'
 8 Harlan '1'

Event 98 Girls 4x800 Meter Relay 3A

=====
 Thursday 5/21/2026 - 5:25 PM

State Meet: 9:14.60 5/22/2025 Gilbert, Gilbert
 K Andersen, K Dear, S Bleich, S Feddersen
 All-Time: 8:58.03 4/27/2026 Waukee Northwest, Waukee NW
 Vander Ley, Sundet, Stubbendeck, Dani

School
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Section 1 Timed Finals

1 Fort Madison '1'
 2 Bond-Farrar '1'
 3 W Delaware '1'
 4 Ballard '1'
 5 Xavier, CR '1'
 6 Harlan '1'
 7 Humboldt '1'
 8 Newton '1'
 9 Decorah '1'
 10 Wahlert, Dub '1'
 11 Western Dubuque '1'
 12 Clear Lake '1'

Section 2 Timed Finals

- 1 Williamsburg '1'
- 2 ADM, Adel '1'
- 3 Sioux Center '1'
- 4 DSM Christian '1'
- 5 Solon '1'
- 6 Creston '1'
- 7 Algona '1'
- 8 North Polk '1'
- 9 CPU '1'
- 10 Mt Vernon '1'
- 11 Pella '1'
- 12 Glenwood '1'

Event 112 Girls 800 Sprint Medley 3A

=====
 Saturday 5/23/2026 - 9:25 AM

State Meet: 1:45.39 5/24/2025 Clear Lake, Clear Lake
 M Leisure, L Brattrud, L Englin, R Brownlee
 All-Time: 1:43.64 2018 Linn-Mar, Linn-Mar
 A Rolle, O Hubler, J Bennett, P Wensel

School
 =====

Section 1 Timed Finals

- 1 Perry '1'
- 2 Creston '1'
- 3 Decorah '1'
- 4 W Delaware '1'
- 5 Spencer '1'
- 6 Bond-Farrar '1'
- 7 Grinnell '1'
- 8 Ballard '1'

Section 2 Timed Finals

- 1 Clear Crk-Amana '1'
- 2 Glenwood '1'
- 3 Pella '1'
- 4 ADM, Adel '1'
- 5 Solon '1'
- 6 Newton '1'
- 7 Washington '1'
- 8 Webster City '1'

Section 3 Timed Finals

- 1 Wahlert, Dub '1'
- 2 Oskaloosa '1'
- 3 Mt Pleasant '1'
- 4 Marion '1'
- 5 Mt Vernon '1'
- 6 Western Dubuque '1'
- 7 Williamsburg '1'
- 8 Sioux Center '1'

Event 120 Girls High Jump 3A

=====
 Thursday 5/21/2026 - 4:30 PM

State Meet: 5-09 5/22/2014 Alexis Conaway, MOC-FV
 All-Time: 6-01 2010 Hannah Wilms, Dike-NH
 Name Year School

Flight 1 Finals

- | | | | |
|---|------------------|----|-------------|
| 1 | Amiya Hester | 11 | Bond-Farrar |
| 2 | Phenix Gibbs | 10 | Pella |
| 3 | Tori White | 12 | Newton |
| 4 | Willow Feld | 09 | Carroll |
| 5 | Evelyn Biver | 09 | Western Dub |
| 6 | Jaslyn Rasmussen | 10 | North Polk |

7	Leah Clark	09	Bond-Farrar
8	Amalia Djoumessi	10	Waverly-SR
9	Kaelyn Denahy	10	Central DeWi
10	Kylee Hoard	10	Keokuk
11	Alaina Kurt	09	Independence
12	Lilian Mennen	11	Burlington
13	Harper McIntyre	09	W Delaware
14	Renae Wilson	12	Decorah
15	Emma Robinson	12	Carlisle
16	Sara Mun	12	Denison-Schl
17	Jada Roberts	11	Algona
18	Brielle Hoegh	10	MOC-FV
19	Ellie Nielsen	10	Williamsburg
20	Jocelyn Endelman	12	Waverly-SR
21	Allie Grandgenett	11	Gilbert
22	Reese Wagner	11	North Polk
23	Isabel Hopson	09	Maquoketa
24	Lauren LeClere	12	W Delaware

Event 128 Girls Long Jump 3A

=====
 Friday 5/22/2026 - 4:30 PM

State Meet: 19-03.50 5/17/2024 Reese Brownlee, Clear Lake

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

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 Name Year School

Flight 1 Finals

1	Sara Mun	12	Denison-Schl
2	Erin Mensen	12	W Delaware
3	Addi Mohr	10	Western Dub
4	Bella Crew	12	Keokuk
5	Tenley Levin	09	Solon
6	Delaney Harbour	10	Oskaloosa
7	Gabriella Dayton	09	Williamsburg
8	Lila Wiederstein	12	Atlantic
9	Jaslyn Villa	10	Washington
10	Maddie Martin	11	Bond-Farrar
11	Ella Wilker	09	Waverly-SR
12	Sophia Calpito	11	Charles City

Flight 2 Finals

1	Lucy Wischmeyer	11	Mt Vernon
2	Kiersten TeBockhorst	09	Independence
3	Sullivan Hall	11	West Liberty
4	Izzy Sloat	10	Mt Pleasant
5	Kenzie Niehus	11	LeMars
6	Frankie Huether	11	North Polk
7	Ella Landau	11	Clear Lake
8	Shannon Cleary	12	Bishop Heela
9	Maya Lentz	11	Algona
10	Taylor Holverson	11	Sioux Center
11	Aubrey Johnson	09	Gilbert
12	Aiden Gosselink	12	Grinnell

Event 136 Girls Discus Throw 3A

=====
 Thursday 5/21/2026 - 2:00 PM

State Meet: 154-07 5/17/2012 Katelyn Weimerskirch, Wahlert, Dub

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

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 Name Year School

Flight 1 Finals

1	Kahra Bolton Lewis	11	Ballard
2	Kinley Dietz	09	Waverly-SR
3	Ava Pfab	11	Western Dub
4	Maggie Smith	12	Glenwood

5	Elyse Setterstrom	12	Fairfield
6	Ireine Mugisha	12	Carlisle
7	Macy Landers	09	Winterset
8	Turner Patrick	09	Clear Crk-Am
9	Lauren Loudon	12	Grinnell
10	Olive McWilliams	09	Williamsburg
11	Nakia Tangang	12	Clear Crk-Am
12	Abby Wallinga	12	MOC-FV
Flight 2 Finals			
1	Braylee Plotz	10	Williamsburg
2	Kaylee Hanson	10	Bond-Farrar
3	Grace Tangen	10	Decorah
4	Olivia Colfack	09	SB-Luton
5	Lauren Hagedorn	12	ADM, Adel
6	Maggie Coutchie	12	Wahlert, Dub
7	Maren Subbert	11	Hampton-Dumo
8	Jorgia VanDeBerg	11	Sioux Center
9	Reagan Haynes	11	Algona
10	Annika Schmelzer	12	Decorah
11	Kylee Hill	11	Burlington
12	Ireland Bishop	11	Pella

Event 144 Girls Shot Put 3A

=====
 Friday 5/22/2026 - 2:00 PM

State Meet: 47-06.25 5/23/2025 Charlee Morton, Hampton-Dumo
 All-Time: 53-03.50 1992 Paulette Mitchell, Council Bluffs AL
 Name Year School

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 Flight 1 Finals

1	Maggie Coutchie	12	Wahlert, Dub
2	Avah Licht	12	Carlisle
3	Abby Wallinga	12	MOC-FV
4	Taylor Bridgewater	09	Vinton-Shell
5	Aly Erickson	12	Vinton-Shell
6	Ella Ensminger	12	Mt Pleasant
7	Olivia Colfack	09	SB-Luton
8	Ava Pfab	11	Western Dub
9	Jaycee Hanson	12	Creston
10	Amanda Lahr	11	Webster City
11	Avery Pelong	11	Knoxville
12	Reagan Haynes	11	Algona

Flight 2 Finals

1	Lilly Ness	11	Williamsburg
2	Lauren Hagedorn	12	ADM, Adel
3	Keyrra Flowers	12	Charles City
4	Olive McWilliams	09	Williamsburg
5	Jorgia VanDeBerg	11	Sioux Center
6	Taylor Schwenn	11	Clear Lake
7	Grace Tangen	10	Decorah
8	Maleah Shivers	11	Boone
9	Katie Scheckel	12	Pella
10	Lauren Luzum	12	Decorah
11	Jennifer LaMar	10	Boone
12	Kylee Hill	11	Burlington

Event 150 Girls Distance Medley 3A

=====
 Friday 5/22/2026 - 3:00 PM

State Meet: 4:03.14 5/19/2006 Fairfield, Fairfield
 A Bowers, A Bandy, A Kuiken, J Kuiken
 All-Time: 3:55.82 2017 Assumption, Assumption
 School

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 Section 1 Timed Finals

- 1 Decorah '1'
- 2 Glenwood '1'
- 3 Williamsburg '1'
- 4 Winterset '1'
- 5 MOC-FV '1'
- 6 Clear Crk-Amana '1'
- 7 Solon '1'
- 8 Oskaloosa '1'

Section 2 Timed Finals

- 1 Waverly-SR '1'
- 2 Fort Madison '1'
- 3 Harlan '1'
- 4 Maquoketa '1'
- 5 Wahlert, Dub '1'
- 6 Pella '1'
- 7 ADM, Adel '1'
- 8 Clear Lake '1'

Section 3 Timed Finals

- 1 Sioux Center '1'
- 2 DSM Christian '1'
- 3 Mt Vernon '1'
- 4 CPU '1'
- 5 Marion '1'
- 6 Gilbert '1'
- 7 North Polk '1'
- 8 Washington '1'