

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

Des Moines, Iowa
Drake Stadium
Performance List

Event 5 Girls 100 Meter Dash 3A Prelims

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	Seed Time	
1	Kaleigh Tooker	12 MOC-FV	11.95	1
2	Natalie Johnson	12 Algona	12.06	2
3	Stella Hietbrink	10 Sioux Center	12.24	3
4	Shannon Cleary	12 Bishop Heelan	12.38	4
5	Aiden Gosselink	12 Grinnell	12.41	1
6	Abby Cave	12 Marion	12.44	1
7	Mylee Stiefel	12 Burlington	12.54	1
8	CaliAna Whitaker	12 Mt Vernon	12.71	1
9	Lauren Clarke	12 Newton	12.71	2
10	Cassandra Stammeyer	10 Decorah	12.73	1
11	Lila Wiederstein	12 Atlantic	12.74	1
12	Kaelyn Schmidt	09 Sioux Center	12.76	5
13	Treasure Moore	12 Perry	12.84	1
14	Kamry Trine	11 Pella	12.84	3
15	Kyia Clark	12 Denison-Schlswg	12.85	2
16	Alex Scott	12 Mt Pleasant	12.86	2
17	Jaedyn Moore	11 Washington	12.87	3
18	Stellah Van Aernam	11 Atlantic	12.97	3
19	Taylor Franck	12 Mt Vernon	12.98	2
20	Kendra Nolton	11 Grinnell	13.01	4
21	Alley Graber	12 Epworth, WD	13.06	2
22	Scout Ridout	10 South Tama	13.07	3
23	Kiersten TeBockhorst	09 Independence	13.07	2
24	Jaiden Uhl	11 North Polk	13.13	2

Event 13 Girls 200 Meter Dash 3A Prelims

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	Seed Time	
1	Abby Cave	12 Marion	24.96	1
2	Haley Williams	11 Epworth, WD	25.23	2
3	Kaleigh Tooker	12 MOC-FV	25.25	1
4	CaliAna Whitaker	12 Mt Vernon	25.27	1
5	Mylee Stiefel	12 Burlington	25.38	1
6	Aiden Gosselink	12 Grinnell	25.62	1
7	Lizzie Neumann	12 Pella	25.63	2
8	Jaedyn Moore	11 Washington	25.73	2
9	Natalie Johnson	12 Algona	25.76	2
10	Isabelle Book	11 ADM, Adel	25.97	1
11	Olivia Neal	12 Xavier, CR	26.09	3
12	Lauren Clarke	12 Newton	26.14	3
13	Cora Smith	10 Creston	26.19	2
14	Claire Brosius	10 Wahlert, Dub	26.20	4
15	Treasure Moore	12 Perry	26.22	1
16	Cat Wedeking	12 Waverly-SR	26.25	2

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Event 13 ... (Girls 200 Meter Dash 3A Prelims)

	Name	Year	School	Seed Time	
17	Scout Ridout	10	South Tama	26.46	3
18	Stellah Van Aernam	11	Atlantic	26.57	3
19	Stella Pole	12	Decorah	26.59	1
20	Braeleigh Hass	09	Atlantic	26.61	4
21	Kyia Clark	12	Denison-Schlswg	26.63	5
22	Elizabeth Timmerman	12	Clear Crk-Amana	26.67	3
23	Isabel Grossoehme	11	Webster City	26.83	2
24	Monah Kyne	12	DSM, Hoover	27.05	2

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	Seed Time	
1	Ava Hocker	11	Williamsburg	56.49	1
2	Tierney Carter	12	Oskaloosa	56.92	1
3	CaliAna Whitaker	12	Mt Vernon	57.07	2
4	Avery Bitker	12	Sioux Center	57.98	1
5	Brinkley Strickland	11	Bond-Farrar	58.25	2
6	Avery Fedler	09	Mt Pleasant	58.33	1
7	Cora Smith	10	Creston	58.73	1
8	Isabel Grossoehme	11	Webster City	58.90	1
9	Jerzey Haluska	11	Solon	58.96	2
10	Caitlin Hebel	12	Glenwood	59.25	2
11	Sara Petsche	10	Epworth, WD	1:00.18	1
12	Lily Myers	11	Perry	1:00.18	1
13	Cora Widel	12	Maquoketa	1:00.39	2
14	Avery Case	11	Marion	1:00.40	3
15	Macy Laug	09	Grinnell	1:00.71	3
16	Bryn Paulsen	10	Pella	1:01.17	4
17	Regan Reeg	12	Independence	1:01.36	2
18	Briella Johnson	09	Boone	1:01.43	2
19	Emma Miller	11	DSM, Hoover	1:01.58	3
20	Julia Heslink	09	Harlan	1:02.03	3
21	Ali Wethal	10	Wahlert, Dub	1:02.12	4
22	Madison Kvidera	11	SB-Luton	1:02.53	2
23	Livia Morse	09	ADM, Adel	1:03.02	4
24	Charley Huebner	11	Fort Madison	1:03.39	3

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	Seed Time	
1	Addison Dabroski	12	Marion	2:16.40	1
2	Elizabeth VandeVoort	10	Pella	2:16.78	1
3	Brinkley Strickland	11	Bond-Farrar	2:17.47	2
4	Avery Fedler	09	Mt Pleasant	2:17.94	1
5	Evelyn Moeller	11	Mt Vernon	2:18.29	1
6	Tierney Carter	12	Oskaloosa	2:18.41	3

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Event 29 ... (Girls 800 Meter Run 3A)

	Name	Year	School	Seed Time	
7	Natalie Hackman	10	Maquoketa	2:18.50	2
8	Audrina Jones	11	Sioux Center	2:18.78	1
9	Kolby Oldenkamp	12	Sioux Center	2:18.93	2
10	Natalie Anderson	11	MOC-FV	2:20.33	3
11	Erica Vos	10	Pella	2:20.52	4
12	Iris Dahl	12	Washington	2:21.14	2
13	Lucy Lueken	11	Wahlert, Dub	2:21.24	3
14	Aaliyah Causey	10	CPU	2:21.54	2
15	Macy Knapp	12	Algona	2:21.84	4
16	Emerson Dabroski	09	Marion	2:22.67	4
17	Elyse Erzen	10	DSM Christian	2:22.90	1
18	Caroline Rupe	11	Mt Vernon	2:23.08	3
19	Falyn Svalstad	11	Solon	2:23.55	3
20	Keira Andersen	12	Gilbert	2:24.00	1
21	Haylee Hughes	12	Glenwood	2:24.86	2
22	Mallory Back	10	Winterset	2:26.29	2
23	Saylor Schmitt	11	Clear Lake	2:28.61	1
24	Brynn Malo	12	Humboldt	2:31.39	2

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	Seed Time	
1	Evelyn Moeller	11	Mt Vernon	4:42.42	1
2	Marissa Ferebee	12	Pella	4:44.17	1
3	Izzy Hardin	12	Maquoketa	4:45.05	1
4	Alexis Hergenreter	11	North Polk	4:46.87	1
5	Avery Fedler	09	Mt Pleasant	4:47.83	1
6	Mia Deegan	12	Xavier, CR	4:48.22	2
7	Elyse Erzen	10	DSM Christian	4:49.87	1
8	Iris Dahl	12	Washington	4:50.33	2
9	Avery Rump	12	Fort Madison	4:51.26	3
10	Lucy Murphy	12	Wahlert, Dub	4:51.82	3
11	Morgan Back	12	Winterset	4:55.42	2
12	Avilee Miller	09	Ballard	4:55.44	3
13	Natalie Anderson	11	MOC-FV	4:56.70	1
14	Grace Berglund	11	Glenwood	4:58.00	2
15	Ruth Dunham	11	Pella	4:58.51	2
16	Hallie Roberts	09	DSM Christian	5:00.54	3
17	Mallory Back	10	Winterset	5:01.86	4
18	Alison Seidl	09	Clear Crk-Amana	5:02.02	4
19	Molly Isakson	11	Sioux Center	5:04.83	2
20	Ashlyn Appleby	10	Central DeWitt	5:04.86	4
21	Emma Horak	11	Washington	5:05.30	5
22	Saylor Schmitt	11	Clear Lake	5:06.90	1
23	Aubry Fisher	10	Humboldt	5:07.04	2
24	Aaliyah Causey	10	CPU	5:07.93	2

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Event 45 Girls 3000 Meter Run 3A

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	Seed Time	
1 Izzy Hardin	12	Maquoketa	9:54.97	1
2 Marissa Ferebee	12	Pella	10:07.01	1
3 Elsie Brenneman	11	Pella	10:07.60	2
4 Avery Rump	12	Fort Madison	10:35.29	1
5 Lucy Murphy	12	Wahlert, Dub	10:39.74	2
6 Ashlyn Appleby	10	Central DeWitt	10:48.12	3
7 Alison Seidl	09	Clear Crk-Amana	10:54.93	2
8 Evelyn Moeller	11	Mt Vernon	10:57.38	1
9 Natalie Anderson	11	MOC-FV	10:58.72	1
10 Emma Horak	11	Washington	11:03.36	3
11 Addison Bertrand	12	Bishop Heelan	11:04.48	2
12 Aubry Fisher	10	Humboldt	11:04.51	1
13 Avery Fisher	10	Humboldt	11:04.79	2
14 Grace Berglund	11	Glenwood	11:05.40	1
15 Silvia Kampbell	12	Storm Lake	11:11.40	3
16 Quintrie Lee	10	Mt Pleasant	11:18.36	4
17 MacKenzy Valley	10	Hampton-Dumont-CAL	11:21.19	3
18 Audrey Muckler	10	Newton	11:22.08	3
19 Morgan Back	12	Winterset	11:22.66	1
20 Ava Hope	10	Winterset	11:22.83	2
21 Elyse Erzen	10	DSM Christian	11:23.58	2
22 Meryl Casady	12	DSM Christian	11:28.35	3
23 Alexis Sorensen	11	Newton	11:28.45	4
24 Cora Smith	12	Mt Vernon	11:38.02	2

Event 51 Girls 100 Meter Hurdles 3A Prelims

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	Seed Time	
1 Elise Coghlan	12	ADM, Adel	14.58	1
2 Renae Wilson	12	Decorah	15.07	1
3 Scout Ridout	10	South Tama	15.18	1
4 Addilyn Scheetz	10	Clear Crk-Amana	15.22	1
5 Aubrey Johnson	09	Gilbert	15.26	1
6 Haley Nelson	12	ADM, Adel	15.27	2
7 Olivia Neal	12	Xavier, CR	15.36	1
8 Kiersten TeBockhorst	09	Independence	15.37	2
9 Jovi Vroegh	10	Bond-Farrar	15.44	1
10 Reese Wagner	11	North Polk	15.50	2
11 Sophia Calpito	11	Charles City	15.66	3
12 Amalia Djoumessi	10	Waverly-SR	15.69	2
13 Tori White	12	Newton	15.71	2
14 Makiya Culbertson	10	Ballard	15.73	3
15 Claire Susemihl	12	LeMars	15.73	1
16 Adelyn Stien	10	CPU	15.85	3

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Event 51 ... (Girls 100 Meter Hurdles 3A Prelims)

Name	Year	School	Seed Time
17 Mack Sims	12	Newton	15.89 3
18 Avery Schmitz	11	W Delaware	15.91 2
19 Ali Weiser	11	North Polk	15.92 4
20 Alaya Carr	11	Keokuk	16.01 2
21 Jayci Reed	12	Atlantic	16.04 3
22 Lorelei Christensen	09	West Liberty	16.06 4
23 Megan Hughes	11	Glenwood	16.07 4
24 Maggie Verschuure	12	MOC-FV	16.16 2

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	Seed Time
1 Ava Hocker	11	Williamsburg	1:02.54 1
2 Elise Coghlan	12	ADM, Adel	1:04.07 1
3 Addison Dabroski	12	Marion	1:04.13 1
4 Tierney Carter	12	Oskaloosa	1:05.52 1
5 Norah Peyton	12	W Delaware	1:06.00 2
6 Lily Myers	11	Perry	1:06.37 1
7 Kiersten Swart	12	Mt Vernon	1:06.51 2
8 Anna Embretson	10	Benton Comm	1:06.68 3
9 Leighton Messinger	12	Washington	1:07.02 1
10 Keston Spratt	11	Williamsburg	1:07.13 4
11 Mack Sims	12	Newton	1:07.34 2
12 Lucy Simington	11	Spencer	1:07.38 1
13 Sara Petsche	10	Epworth, WD	1:07.68 3
14 Sorell Telecky	10	Mt Vernon	1:07.80 5
15 Sophia Calpito	11	Charles City	1:07.90 1
16 Paisley Wilberts	09	Gilbert	1:07.95 2
17 Brooklyn Shoen	09	Ballard	1:07.99 3
18 Sienna Fehr	11	Algona	1:08.26 2
19 Kyla Barnes	11	Pella	1:08.36 3
20 Caroline Freed	11	Wahlert, Dub	1:08.60 4
21 Clara Uthe	09	ADM, Adel	1:08.63 2
22 Raelyn Newhouse	10	Decorah	1:08.67 2
23 Destiny Riesselman	09	Carroll	1:08.84 3
24 Mya Fordice	11	Solon	1:09.96 2

Event 68 Girls 4x100 Meter Shuttle Hurdle 3A Prelims

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

Team	Relay	Seed Time
1 ADM, Adel	1	1:04.50 1
1) Haley Nelson 12	2) Addy Bjork 11	3) Bella Smyth 11
5) Elliotte Von Roden 10	6) Clara Uthe 09	4) Elise Coghlan 12
	7) Karsyn Stanford 09	

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Event 68 ... (Girls 4x100 Meter Shuttle Hurdle 3A Prelims)

Event	Team	Relay	Seed Time
2	W Delaware	1	1:04.68 1
	1) Norah Peyton 12	2) Sofia Schulte 10	3) Lauren LeClere 12
	5) Berkley Lynch 09	6) Charly Lynch 11	7) Harper McIntyre 09
			8) Erin Mensen 12
3	North Polk	1	1:05.30 1
	1) Frankie Huether 11	2) Peyton Dirks 10	3) Ali Weiser 11
	5) Addison Mart 12	6) Oaklin Hicks 10	7) Reagan Petersen 12
			8) Brinn Sage 10
4	Epworth, WD	1	1:05.77 2
	1) Alexis Vogel 10	2) Mya Hogrefe 11	3) Addi Mohr 10
	5) Hannah Heiderscheid 10	6) Ella Burds 10	7) Ahsha Kluesner 10
			8) Avery Mertz 12
5	Newton	1	1:06.22 1
	1) Mack Sims 12	2) Camryn Klein 10	3) Ashlyn Karsten 10
	5) MaKarra Budinich 10	6) Jayci Pietz 10	7) Hayden Gasper 10
			8) Neveya Miller 10
6	Mt Pleasant	1	1:06.64 1
	1) Delaney Anderson 09	2) Meadow Carter 12	3) Kynlee White 12
	5) Jayden Yoder 11	6) Linzy Striegel 11	7) Lindsay Hart 09
			8) Abigail Shelangoski 10
7	Clear Crk-Amana	1	1:07.34 2
	1) Jaylin Herring 12	2) Sydney Pfeiffer 12	3) Bella Behrens 11
	5) Amanda McDowell 11	6) Malea Hollenbeck 09	7) Gloria Kabolo 10
			8) Mayla Morlan 10
8	Benton Comm	1	1:07.40 1
	1) Anna Embretson 10	2) Belle Werner 12	3) Mya McCarville 10
	5) Talulah Schroeder 10	6) Brynlee Seeck 10	7) Reagan Brooks 10
			8) Megan Krug 12
9	Pella	1	1:07.51 2
	1) Avery Parks 11	2) Abrianna Mass 10	3) Riley Parks 11
	5) Mallory Doschadis 10	6) Elizabeth Demuth 09	7) Makayla Littrel 10
			8) Ketziah Wittenberg 09
10	LeMars	1	1:07.83 1
	1) Tessa Iverson 11	2) Sadie Meyer 10	3) Kinnick Leusink 09
	5) Mya VanderSluis 10		4) Claire Susemihl 12
11	Decorah	1	1:07.94 1
	1) Addisyn Ivy 10	2) Kelby Kerndt 12	3) Kennady Riehle 11
	5) Raelyn Newhouse 10	6) Lauren Holthaus 12	4) Renae Wilson 12
12	Gilbert	1	1:08.22 2
	1) Evie Christenson 12	2) Kaitlyn Terry 10	3) Paisley Wilberts 09
	5) Cora Holz 11		4) Aubrey Johnson 09
13	Keokuk	1	1:08.45 3
	1) Alaya Carr 11	2) Nevaeh Logan 11	3) Kylee Hoard 10
	5) Kali Ames 11	6) Remira Snively 10	7) Violet Shead 12
			8) Baylee Billings 11
14	DSM Christian	1	1:08.47 2
	1) Amya Patrick 09	2) Marli Lambert 12	3) Brynn Van Mersbergen 11
	5) Jacqueline Andrews 09		4) Aleah Saak 10
15	West Liberty	1	1:08.93 2
	1) Liv Garcia 11	2) Alyssa Lenz 12	3) Kylee Daufeldt 10
	5) Molly Garcia 09	6) Clara Simon 10	7) Addison Guerra 11
			8) Lorelei Christensen 09
16	Mt Vernon	1	1:09.00 3
	1) Kiersten Swart 12	2) Adrienne Ruhland 10	3) Annabelle Smith 10
	5) Sorell Telecky 10	6) Eastin Whisner 11	7) Skylar Pasker 09
			8) Khloe Karminski 09
17	Solon	1	1:09.27 4
	1) Elynn Hemann 09	2) Wren Brodersen 09	3) Anabelle Boelkins 09
	5) Cydney Jaster 12	6) Madelyn McCandless 10	7) Raelynn Hamer 09
			8) Trea Eidahl 12
18	Spencer	1	1:09.28 2
	1) Lucy Simington 11	2) Mackenzie Kunath 09	3) Katie Eilts 11
	5) Elliot Mehan 09		4) Lauren Stuckey 10

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Event 68 ... (Girls 4x100 Meter Shuttle Hurdle 3A Prelims)

Team	Relay	Seed Time
19 MOC-FV	1	1:09.60 3
1) Emily Hoekstra 12	2) Maggie Verschuure 12	3) Karli Vander Ploeg 10
5) Thalia Medenwaldt 10		4) Brielle Hoegh 10
20 Webster City	1	1:09.81 2
1) Briley VanDeer 10	2) Kali Hartnett 10	3) Tristyn Wright 11
5) Isabel Weinschenk 10	6) Ava Otteros 09	4) Tessa Hansen 09
21 Central DeWitt	1	1:09.92 3
1) Kalli Barber 12	2) Adalyn Leistikow 10	3) Marie Klostermann 11
5) June Scheckel 09	6) Jacqueline Wilke 10	4) Kinley Birt 12
		7) Lyla Hey 10
		8) Kayley Daehler 10
22 CPU	1	1:09.95 4
1) Kyra White 11	2) Addison Schmitt 11	3) Sophia Sprague 10
5) Jayce Grennan 12		4) Adelyn Stien 10
23 Harlan	1	1:10.31 3
1) Ari Daniels 12	2) Ainsley Mages 11	3) Paige Sonderman 12
5) Josie Daniels 09	6) Asya Sonderman 10	4) Brinley Van Baale 11
		7) Rebekah Christensen 12
		8) Olivia Oliver 09
24 Sioux Center	1	1:10.33 4
1) Ada Waddle 09	2) Rilyn Altena 09	3) Aislinn Bruhn 09
5) Sawyer Bormann 09	6) Taylor Holverson 11	4) Gabriella Oteri 12
		7) Kaelyn Schmidt 09

Event 74 Girls 4x100 Meter Relay 3A Prelims

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

Team	Relay	Seed Time
1 ADM, Adel	1	48.48 1
1) Haley Nelson 12	2) Isabelle Book 11	3) Brecken Morse 12
5) Claire Priestley 09	6) Vivian Novelli 09	4) Peyton Standley 12
		7) Kate Darling 09
		8) Bella Smyth 11
2 Mt Pleasant	1	48.96 1
1) Kynlee White 12	2) Alex Scott 12	3) Taylor Williamson 10
5) Ellie Freeman 10	6) Gabby Myers 09	4) Delaney Anderson 09
		7) Izzy Sloat 10
		8) Jayden Yoder 11
3 Clear Crk-Amana	1	48.99 2
1) Anna Johnson 12	2) Thea Nelson 11	3) Elizabeth Timmerman 12
5) Kendall Ronnfeldt 10	6) Madilyn Strabala 12	4) Addilyn Scheetz 10
		7) Bella Behrens 11
		8) Alexis Lovstuen 09
4 Wahlert, Dub	1	49.02 1
1) Madison Brandenburg 10	2) Karyn Ellis 12	3) Claire Ludovissy 10
5) Kate Scherrman 09	6) Claire Brosius 10	4) Karley Belken 12
		7) Mary Weires 11
		8) Ari McClimon 09
5 Grinnell	1	49.02 1
1) Kendra Nolton 11	2) Alyssa Flander 12	3) Haydlee Harter 09
5) Lauren Loudon 12	6) Reese Ashing 10	4) Aiden Gosselink 12
		7) Terriyah Carter 10
		8) Addie Gosselink 12
6 Bishop Heelan	1	49.04 1
1) Jaida Douch 12	2) Ali Schermerhorn 09	3) Lillian Wooten 10
5) Maggie Vaandrager 10	6) Milania Lieber 09	4) Shannon Cleary 12
		7) Reese Bleeker 12
7 Epworth, WD	1	49.08 2
1) Alley Graber 12	2) Macy Kalb 12	3) Leah Steger 12
5) Addi Mohr 10	6) Alexis Vogel 10	4) Haley Williams 11
		7) Claire Stuntz 12
		8) Ellie Berning 10
8 Atlantic	1	49.24 2
1) Lila Wiederstein 12	2) Jayci Reed 12	3) Allison Middents 11
5) Braeleigh Hass 09	6) Emerie Jones 10	4) Stellah Van Aernam 11
		7) Aiza Jones 09
		8) Olivia Olson 12

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Event 74 ... (Girls 4x100 Meter Relay 3A Prelims)

Event	Team	Relay	Seed Time
9	Gilbert	1	49.30 1
	1) Kayla Rash 11	2) Keaton Hanson 12	3) Madeline Olswing 09
	5) Paisley Wilberts 09	6) Evie Christenson 12	7) Kaitlyn Terry 10
			8) Ana Dantas 12
10	Sioux Center	1	49.37 2
	1) Stella Hietbrink 10	2) Courtney Schmidt 12	3) Taylor Holverson 11
	5) Kaelyn Schmidt 09	6) Ada Waddle 09	7) Macyn VanAartsen 10
			8) Kamdyn Bitker 09
11	Clear Lake	1	49.64 1
	1) Lillian Moran 10	2) Ella Landau 11	3) Taylor Schwenn 11
	5) McKaia Rowe 09	6) Hope Halverson 12	7) Kenna Eilders 10
			8) Berkley Smith 09
12	Decorah	1	49.68 2
	1) Audrey Essa 11	2) Cassandra Stammeyer 10	3) Ava Holthaus 12
	5) Addisyn Ivy 10	6) Renae Wilson 12	7) Eden Northup 10
			8) Caylee Malanaphy 10
13	Spencer	1	49.71 3
	1) Brooklyn Reynolds 09	2) Sydnee Hopkins 12	3) Jolie Robbins 10
	5) Lucy Simington 11	6) Katie Eilts 11	7) Lauren Stuckey 10
			8) Calista Frankenstein 09
14	Solon	1	49.85 3
	1) Piper Stahle 12	2) Marin Ashbacher 12	3) Elynn Hemann 09
	5) Trea Eidahl 12	6) Kendall Werner 11	7) Tenley Levin 09
			8) Sofia Ortega 12
15	W Delaware	1	49.90 3
	1) Natalie Mensen 12	2) Lauren LeClere 12	3) Avery Schmitz 11
	5) Norah Peyton 12	6) Zarah Ogun 09	7) Ruby Dolan 10
			8) Sofia Schulte 10
16	Algona	1	49.90 4
	1) Lillian Allie 11	2) Maya Lentz 11	3) Alissa Engel 11
	5) Bella Fairbanks 09	6) Eden Geddings 10	4) Natalie Johnson 12
17	Creston	1	49.99 3
	1) Avery Staver 12	2) Cora Smith 10	3) Kadley Bailey 12
	5) Grace Keeler 12	6) Josie Tallmon 11	7) Maylee Riley 12
			8) Kinzley Downing 11
18	North Polk	1	50.16 2
	1) Carrigan Rasmussen 10	2) Reese Wagner 11	3) Frankie Huether 11
	5) Jocelyn Manock 12	6) Oaklin Hicks 10	7) Ava Fjelland 09
			8) Jenna Krantz 12
19	Pella	1	50.41 2
	1) Abigail Melvin 12	2) Haylie DeVries 10	3) Bray-Lynne VanZante 11
	5) Aurora Rankin 10	6) Sydney Uitermarkt 09	7) Eden Trine 09
			8) Phenix Gibbs 10
20	Waverly-SR	1	50.51 1
	1) Delilah Kroymann 12	2) Ella Wilker 09	3) Lauren Muntefering 10
	5) Madi Wheeler 09	6) Coryn Eckerman 12	7) Amalia Djoumessi 10
			8) Anika Wrage 11
21	LeMars	1	50.54 5
	1) Claire Susemihl 12	2) Kenzie Niehus 11	3) Tessa Iverson 11
	5) Madison Pyle 09	6) Mariah Schiefelbein 10	4) Kinnick Leusink 09
22	South Tama	1	50.55 2
	1) Brylee Nelson 10	2) Scout Ridout 10	3) Sydney Arp 10
	5) Cahysia Kapayou 10	6) Naomi Peshel 12	7) Madeline Paxton 12
			8) Jayva Gomez 10
23	Newton	1	50.61 3
	1) Brooklynn Britton 11	2) Camryn Klein 10	3) Ashlyn Karsten 10
	5) Alivia Conley 11	6) Adalynn Groves 09	7) Jazmyn Rivera 10
			8) Darbee Owens 12
24	Williamsburg	1	50.67 3
	1) Evelyn Carter 09	2) Gabriella Dayton 09	3) Graceyn Uhlmann 11
	5) Ava Hocker 11	6) Ellie Nielsen 10	7) Morgan Larson 09
			8) Maggie Jensen 09

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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

Team	Relay	Seed Time
1 Wahlert, Dub	1	1:42.16 1
1) Kate Scherrman 09	2) Karley Belken 12	3) Karyn Ellis 12
5) Claire Ludovissy 10	6) Madison Brandenburg 10	7) Mary Weires 11
8) Ali Wethal 10		
2 Epworth, WD	1	1:42.21 2
1) Leah Steger 12	2) Alley Graber 12	3) Macy Kalb 12
5) Addi Mohr 10	6) Ellie Berning 10	7) Evelyn Biver 09
8) Mya Hogrefe 11		
3 Marion	1	1:42.26 3
1) Bristol Beachler 09	2) Hayden Dietz 10	3) Kendyl Aarhus 10
5) Avery Case 11	6) Imari Michaels 11	7) Emerson Dabroski 09
4) Abby Cave 12		
4 W Delaware	1	1:42.95 4
1) Anna O'Rear 12	2) Sofia Schulte 10	3) Avery Schmitz 11
5) Norah Peyton 12	6) Ruby Dolan 10	7) Zarah Ogun 09
8) Lauren LeClere 12		
5 Decorah	1	1:43.99 1
1) Eden Northup 10	2) Audrey Essa 11	3) Cassandra Stammeyer 10
5) Renae Wilson 12	6) Ava Holthaus 12	7) Addisyn Ivy 10
8) Stella Pole 12		
8) Claire Storhoff 11		
6 ADM, Adel	1	1:44.14 1
1) Peyton Standley 12	2) Claire Priestley 09	3) Brecken Morse 12
5) Haley Nelson 12	6) Vivian Novelli 09	7) Bella Smyth 11
8) Isabelle Book 11		
8) Aubrey Noring 10		
7 Bishop Heelan	1	1:44.20 1
1) Jaida Douch 12	2) Ali Schermerhorn 09	3) Lillian Wooten 10
5) Milania Lieber 09	6) Maggie Vaandrager 10	7) Reese Bleeker 12
8) Shannon Cleary 12		
8) Ellie Topf 10		
8 Clear Crk-Amana	1	1:44.21 1
1) Anna Johnson 12	2) Payton Curtin 11	3) Bailey Simpson 11
5) Addilyn Scheetz 10	6) Kendall Ronnfeldt 10	7) Jaylin Herring 12
8) Elizabeth Timmerman 12		
8) Alexis Lovstuen 09		
9 Pella	1	1:44.56 1
1) Abigail Melvin 12	2) Haylie DeVries 10	3) Josie Settles 12
5) Kamry Trine 11	6) Kaitlyn Weaver 09	7) Anaja Garner 11
8) Lizzie Neumann 12		
8) Bray-Lynne VanZante 11		
10 Washington	1	1:44.96 2
1) Jaslyn Villa 10	2) Lauren Drahota 10	3) Leighton Messinger 12
5) Iris Dahl 12	6) Brynlee Flynn 09	7) Leighton Salazar 12
8) Jaedyn Moore 11		
8) Emma Lins 09		
11 Waverly-SR	1	1:45.15 1
1) Amalia Djourmessi 10	2) Delilah Kroymann 12	3) Ella Wilker 09
5) Madi Wheeler 09	6) Lauren Muntefering 10	7) Coryn Eckerman 12
4) Cat Wedeking 12		
8) Anika Wrage 11		
12 Clear Lake	1	1:45.21 2
1) Kenna Eilders 10	2) Ella Landau 11	3) Hope Halverson 12
5) Pieper Lester 12	6) Berkley Smith 09	7) Finlee Jeppeson 09
4) Lauren Englin 12		
8) Jizzie Thompson 11		
13 Atlantic	1	1:45.37 2
1) Lila Wiederstein 12	2) Braeleigh Hass 09	3) Allison Middents 11
5) Adler Bruce 12	6) Taylee Hagen 12	7) Jayci Reed 12
4) Stellan Van Aernam 11		
8) Emerie Jones 10		
14 Williamsburg	1	1:45.99 2
1) Gabriella Dayton 09	2) Morgan Larson 09	3) Tenley Sanchez 09
5) Ava Hocker 11	6) Graceyn Uhlmann 11	7) Ashlyn Hoffman 12
4) Ellie Nielsen 10		
8) Sophia Stratton 09		
15 Grinnell	1	1:46.02 2
1) Kendra Nolton 11	2) Alyssa Flander 12	3) Lauren Loudon 12
5) Aiden Gosselink 12	6) Lainie Eitel 10	7) Macy Laug 09
4) Haydlee Harter 09		
8) Reese Ashing 10		

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Event 82 ... (Girls 4x200 Meter Relay 3A)

	Team	Relay	Seed Time	
16	Mt Pleasant	1	1:46.09	3
	1) Ellie Freeman 10	2) Delaney Anderson 09	3) Kynlee White 12	4) Alex Scott 12
	5) Avery Fedler 09	6) Taylor Williamson 10	7) Jenna Schwartz 11	8) Gabby Myers 09
17	Solon	1	1:46.10	4
	1) Piper Stahle 12	2) Marin Ashbacker 12	3) Trea Eidahl 12	4) Tenley Levin 09
	5) Sofia Ortega 12	6) Elynn Hemann 09	7) Sydney Kunkel 10	8) Jerzey Haluska 11
18	Spencer	1	1:46.41	2
	1) Brooklyn Reynolds 09	2) Sydnee Hopkins 12	3) Jolie Robbins 10	4) Mercedes Krieg 11
	5) Lucy Simington 11	6) Lauren Stuckey 10	7) Katie Eilts 11	8) Calista Frankenstein 09
19	Gilbert	1	1:47.31	1
	1) Kayla Rash 11	2) Keaton Hanson 12	3) Paisley Wilberts 09	4) Madeline Olswing 09
	5) Gemma Smith 10	6) Aubrey Johnson 09	7) Tessa Carstens 09	8) Evie Christenson 12
20	North Polk	1	1:47.33	2
	1) Carrigan Rasmussen 10	2) Jocelyn Manock 12	3) Jaslyn Rasmussen 10	4) Jaiden Uhl 11
	5) Frankie Huether 11	6) Hallie Moenkhaus 11	7) Addison Fiore 11	8) Krista Schoenberg 11
21	Benton Comm	1	1:47.39	3
	1) June Fisher 10	2) Layna DeMoss 11	3) Talulah Schroeder 10	4) Anna Embretson 10
	5) Avery Palmer 12	6) Brynlee Seeck 10	7) Reagan Brooks 10	8) Libi Frese 11
22	Mt Vernon	1	1:47.96	4
	1) Lucy Wischmeyer 11	2) Taylor Franck 12	3) Skylar Pasker 09	4) Grace Hale 12
	5) Courtney Thurn 09	6) CaliAna Whitaker 12	7) Annabelle Smith 10	8) Khloe Karminski 09
23	Ballard	1	1:47.98	3
	1) Emefa VanLoo 10	2) Hailey Conover 09	3) Kaitlyn Dunn 09	4) Brooklyn Shoen 09
	5) Lilly Gustafson 09	6) Makiya Culbertson 10	7) Allison Kuhn 09	8) Taylor Larsen 10
24	LeMars	1	1:48.14	3
	1) Kenzie Niehus 11	2) Shea Susemihl 11	3) Kinnick Leusink 09	4) Maya Hogrefe 12
	5) Claire Beitelspacher 12	6) Mariah Schiefelbein 10		

Event 90 Girls 4x400 Meter Relay 3A Prelims

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

	Team	Relay	Seed Time	
1	Marion	1	3:57.37	1
	1) Addison Dabroski 12	2) Avery Case 11	3) Emerson Dabroski 09	4) Hayden Dietz 10
	5) Kendyl Aarhus 10	6) Bristol Beachler 09		
2	Sioux Center	1	4:00.91	1
	1) Avery Bitker 12	2) Kolby Oldenkamp 12	3) Macyn VanAartsen 10	4) Audrina Jones 11
	5) Molly Isakson 11	6) Taylor Holverson 11	7) Stella Hietbrink 10	8) Kate VandeHoef 11
3	Pella	1	4:01.00	1
	1) Josie Settles 12	2) Bryn Paulsen 10	3) Elizabeth VandeVoort 10	4) Lizzie Neumann 12
	5) Ruth Dunham 11	6) Erica Vos 10	7) Kyla Barnes 11	8) Alli Huston 09
4	W Delaware	1	4:01.61	2
	1) Anna O'Rear 12	2) Sofia Schulte 10	3) Norah Peyton 12	4) Natalie Mensen 12
	5) Avery Schmitz 11	6) Ruby Dolan 10	7) Abbigail Stoffel 10	8) Charly Lynch 11
5	Williamsburg	1	4:01.71	1
	1) Ellie Nielsen 10	2) Sophia Stratton 09	3) Morgan Larson 09	4) Ava Hocker 11
	5) Gabriella Dayton 09	6) Keston Spratt 11	7) Channing Becker 10	8) Ashlyn Hoffman 12

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Event 90 ... (Girls 4x400 Meter Relay 3A Prelims)

Event	Team	Relay	Seed Time
6	Wahlert, Dub	1	4:02.04 3
	1) Kate Scherrman 09	2) Karley Belken 12	3) Claire Brosius 10
	5) Lucy Lueken 11	6) Claire Ludovissy 10	7) Caroline Freed 11
			8) Ella Rohner 11
7	ADM, Adel	1	4:03.75 1
	1) Vivian Novelli 09	2) Elise Coghlan 12	3) Livia Morse 09
	5) Claire Priestley 09	6) Aubrey Noring 10	7) Alexa Williams 11
			8) Lydia Georgick 11
8	Clear Crk-Amana	1	4:04.05 1
	1) Payton Curtin 11	2) Bailey Simpson 11	3) Mia Bartusek 09
	5) Sienna Stiltner 11	6) Alison Seidl 09	7) Elizabeth Timmerman 12
			8) Harper Boeset 09
9	DSM Christian	1	4:04.05 2
	1) Evie Van Wyk 09	2) Hailey Mull 12	3) Ryley Kentfield 11
	5) Brynn Van Mersbergen 11	6) Anna Town 09	7) Elyse Erzen 10
			8) Clara Smit 11
10	Maquoketa	1	4:05.91 4
	1) Natalie Hackman 10	2) Isabel Hopson 09	3) Justice Armbruster 12
	5) Tenley Thole 09	6) Riley Buttz 10	7) Ella Gibson 10
			8) Emrie Petersen 09
11	Bond-Farrar	1	4:06.53 2
	1) Maddie Martin 11	2) Brinkley Strickland 11	3) Elliott Kruse 11
	5) Madelyn Klinkenborg 11	6) Gracie Anderson 11	7) Autumn Harter 11
			8) Delaney Edwards 11
12	Solon	1	4:06.57 2
	1) Jerzey Haluska 11	2) Mailee Schmidt 09	3) Ava Rolwes 11
	5) Jillian Elijah 12	6) Trea Eidahl 12	7) Mya Fordice 11
			8) Reese Hahn 10
13	Glenwood	1	4:06.83 3
	1) Caitlin Hebel 12	2) Haylee Hughes 12	3) Olivia Wright 11
	5) Emileigh Petersen 09	6) Jordyn Schulte 09	7) Josie Kenkel 10
			8) Katelyn Harms 11
14	Spencer	1	4:07.04 2
	1) Lucy Simington 11	2) Calista Frankenstein 09	3) Katie Eilts 11
	5) Lauren Stuckey 10		4) Brooklyn Reynolds 09
15	Washington	1	4:07.38 3
	1) Lauren Drahota 10	2) Jaslyn Villa 10	3) Leighton Messinger 12
	5) Jaedyn Moore 11	6) Brynlee Flynn 09	7) Emma Horak 11
			8) Sawyer Manz 09
16	Central DeWitt	1	4:08.46 5
	1) Zoey Fuglsang 12	2) Ava Putman 12	3) Shayla Tapke 09
	5) Grace Green 10	6) Hailey Grell 09	7) Marie Klostermann 11
			8) Brynlee Shimp 12
17	LeMars	1	4:08.64 3
	1) Maya Hogrefe 12	2) Claire Beitelspacher 12	3) Shea Susemihl 11
	5) Eva Kass 10	6) Karis Hulinsky 11	4) Makenzie DeRocher 12
18	Benton Comm	1	4:09.25 2
	1) June Fisher 10	2) Layna DeMoss 11	3) Mya McCarville 10
	5) Libi Frese 11	6) Haddie Kroneman 10	7) Avery Franzenburg 10
			8) Emma King 10
19	Ballard	1	4:09.59 1
	1) Kaitlyn Dunn 09	2) Alea Kinzenbaw 09	3) Honor Jorgensen 09
	5) Allison Kuhn 09	6) Raya Miller 11	7) Emefa VanLoo 10
			8) Avilee Miller 09
20	Gilbert	1	4:09.60 2
	1) Gemma Smith 10	2) Kaitlyn Dear 12	3) Keira Andersen 12
	5) Paisley Wilberts 09	6) Avery Short 10	7) Ana Dantas 12
			8) Madeline Olswing 09
21	Mt Vernon	1	4:09.86 3
	1) Charlie Stewart 09	2) Caroline Rupe 11	3) Kiersten Swart 12
	5) Eastin Whisner 11	6) Sorell Telecky 10	7) Taylor Franck 12
			8) CaliAna Whitaker 12
22	Harlan	1	4:10.81 4
	1) Aubree Wegner 11	2) Josie Sonderman 10	3) Brinley Van Baale 11
	5) Aspen Bieker 10	6) Paige Sonderman 12	7) Ellerie Nelson 12
			8) Kerrigan Kruse 11

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Event 90 ... (Girls 4x400 Meter Relay 3A Prelims)

Team	Relay	Seed Time
23 Decorah	1	4:10.87 1
1) Eden Northup 10	2) Addisyn Ivy 10	3) Claire Storhoff 11
5) Raelyn Newhouse 10	6) Olivia Volkmann 11	4) Renae Wilson 12
	7) Lauren Holthaus 12	8) Eva Hurley 10
24 Clear Lake	1	4:15.49 2
1) Mataya Quick 09	2) Jillian Doolittle 09	3) Hope Halverson 12
5) Saylor Schmitt 11	6) Berkley Smith 09	4) Lauren Englin 12
	7) Jizzie Thompson 11	8) Finlee Jeppeson 09

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

Team	Relay	Seed Time
1 CPU	1	9:39.01 1
1) Deni Katcher 12	2) Penny Cardo 09	3) Grace Estling 11
5) Kaitlyn Beck 11		4) Aaliyah Causey 10
2 Mt Vernon	1	9:40.91 2
1) Edith Dawson 12	2) Kiersten Swart 12	3) Sorell Telecky 10
5) Madison Hoffert 11	6) Eastin Whisner 11	4) Caroline Rupe 11
	7) Cora Smith 12	8) Evelyn Moeller 11
3 Pella	1	9:44.03 1
1) Ruth Dunham 11	2) Erica Vos 10	3) Carleigh Altwine 10
5) Elizabeth VandeVoort 10	6) Rebekah Wittenberg 12	4) Bryn Paulsen 10
	7) Alli Huston 09	8) Marissa Ferebee 12
4 Glenwood	1	9:46.76 1
1) Haylee Hughes 12	2) Jordyn Schulte 09	3) Grace Berglund 11
5) Katelyn Harms 11	6) Josie Kenkel 10	4) Caitlin Hebel 12
	7) Claire Carlo 10	8) Breelyn Houser 10
5 Williamsburg	1	9:47.53 3
1) Maddie Gorsh 09	2) Channing Becker 10	3) Aubree Messer 09
5) Edie Axmear 11	6) Keston Spratt 11	4) Aubree Wilde 10
	7) Ashlyn Hoffman 12	8) Ava Hocker 11
6 ADM, Adel	1	9:48.94 2
1) Vivian Novelli 09	2) Elliotte Von Roden 10	3) Allie Eggleston 11
5) Alaina Nelson 12	6) Alexa Williams 11	4) Clara Uthe 09
	7) Livia Morse 09	8) Addy Bjork 11
7 Sioux Center	1	9:49.64 1
1) Kate VandeHoef 11	2) Molly Isakson 11	3) Macyn VanAartsen 10
5) Kylee Wielenga 11	6) Kolby Oldenkamp 12	4) Audrina Jones 11
	7) Adriel Bajema 11	8) Charlotta Dean 10
8 DSM Christian	1	9:51.75 3
1) Annie Bruxvoort 11	2) Evie Van Wyk 09	3) Ryley Kentfield 11
5) Elyse Erzen 10	6) Anna Town 09	4) Sienna Stec 11
	7) Hallie Roberts 09	8) Meryl Casady 12
9 Solon	1	9:52.23 1
1) FalyN Svalstad 11	2) Addison Seamans 10	3) Mya Fordice 11
5) Mailee Schmidt 09	6) Liv Nelson 10	4) Ava Rolwes 11
	7) Stella Beck 09	8) Layla Shipley 12
10 Creston	1	9:52.55 4
1) Hope Henderson 11	2) Nevaeh Adamson 09	3) Reese Strunk 11
5) Aubrey Kramer 09	6) Kinzley Downing 11	4) Maylee Riley 12
	7) Grace Keeler 12	8) Eva Chesnut 09
11 Algona	1	9:53.02 2
1) Charli Dodds 11	2) Rose Kitzinger 09	3) Regan Jensen 10
5) Maya Lentz 11	6) Chelsy Vicente-Gomez 11	4) Macy Knapp 12
12 North Polk	1	9:54.29 1
1) Amelia Kelsick 09	2) Sophia Bouchard 10	3) Alexis Hergenreter 11
5) Ellie Bunnell 10	6) Camryn Dentino 09	4) Hannah Haaland 12
	7) Gwen Austin 09	8) Katelyn Volesky 09

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Event 98 ... (Girls 4x800 Meter Relay 3A)

Team	Relay	Seed Time
13 Decorah	1	9:54.86 1
1) Eva Hurley 10	2) Lauren Holthaus 12	3) Raelyn Newhouse 10
5) Addisyn Ivy 10	6) Ruth Kueny 09	7) Claire Storhoff 11
14 Wahlert, Dub	1	9:55.50 1
1) Lucy Lueken 11	2) Ella Rohner 11	3) Caroline Freed 11
5) Mya Rohner 09	6) Willa Berning 11	7) Tessa Belken 09
8) Sienna Engelman 09		
15 Epworth, WD	1	9:56.67 2
1) Hannah Da Silva 09	2) Rachael Weber 11	3) Katelyn Drone 09
5) Evelyn Coyle 09	6) Melanie Lake 09	7) Ahsha Kluesner 10
8) Isabella Wilson 10		
16 Clear Lake	1	10:02.53 2
1) Lauren Good 10	2) Jillian Doolittle 09	3) Brooklyn Heesch 12
5) Charlotte Tisor 10	6) Jizzie Thompson 11	7) Izzy Oman 10
8) Carlee Plagge 10		
17 Fort Madison	1	10:03.62 2
1) McKayla Schinstock 12	2) Addison Rump 12	3) Mara Smith 12
5) Ellie Huebner 12	6) Esther Gnann 11	7) Madisyn Griffin 09
4) Avery Rump 12		
18 Bond-Farrar	1	10:04.82 2
1) Delaney Edwards 11	2) Autumn Harter 11	3) Madelyn Klinkenborg 11
5) Jordan Davis 10	6) Bethany Guertin 12	7) Mia Grandon 09
8) Brinkley Strickland 11		
19 W Delaware	1	10:05.45 3
1) Charly Lynch 11	2) Abigail Stoffel 10	3) Adrian Mormann 09
5) Jeanne Bardgett 10	6) Ruby Dolan 10	7) Erin Mensen 12
8) Berkley Lynch 09		
20 Ballard	1	10:09.60 2
1) Brooklyn Shoen 09	2) Honor Jorgensen 09	3) Kya Hermann 11
5) Raya Miller 11	6) Nora Showman 10	7) Alea Kinzenbaw 09
8) Avilee Miller 09		
21 Xavier, CR	1	10:10.03 4
1) Adeline Robson 10	2) Kaylee Wood 09	3) Annabell Deegan 11
5) Mia Deegan 12	6) Maeve Ainsworth 10	7) Sophie Mossman 10
8) Sydney Sage 10		
22 Harlan	1	10:11.19 5
1) Ashlyn Rau 10	2) Aspen Bieker 10	3) Sadie Alberti 11
5) Merry Sanduk 10	6) Allie Anderson 11	7) Frannie Wegner 10
8) Ava Freund 11		
23 Humboldt	1	10:22.09 3
1) Brayleigh Angstrom 09	2) Aubry Fisher 10	3) Avery Fisher 10
5) Macey Rodgers 11	6) Gracey May 11	7) Payton Elman 12
4) Brynn Malo 12		
24 Newton	1	10:26.26 3
1) Harper Barton 12	2) Sarah Malow 11	3) Adalynn Groves 09
5) Audrey Muckler 10	6) Alivia Kingery 11	7) Ellie DeVries 10
8) Alexis Sorensen 11		
8) Temple Barton 10		

Event 102 Girls 100 Meter Dash Wheelchair Para

Saturday 5/23/2026 - 12:40 PM

State Meet: 21.48 1998 Cheri Blauwet, West Lyon

All-Time: 21.48 1998 Cheri Blauwet, West Lyon

Name	Year	School	Seed Time
1 Payton Maas	12	West Liberty	28.62

Event 104 Girls 200 Meter Dash Wheelchair Para

Saturday 5/23/2026 - 2:10 PM

State Meet: 42.36 5/24/2025 Ally Darter, DUB Hempstee

All-Time: 43.28 2006 Tasha DeGroot, Aplington-Parkersburg

Name	Year	School	Seed Time
1 Payton Maas	12	West Liberty	51.66

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Event 106 Girls 400 Meter Dash Wheelchair Para

Saturday 5/23/2026 - 3:35 PM

State Meet: 1:15.14 1998 Cheri Blauwet, West Lyon

All-Time: 1:15.14 1998 Cheri Blauwet, West Lyon

Name	Year	School	Seed Time
1 Payton Maas	12	West Liberty	1:42.15 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

All-Time: 1:43.64 2018 M Leisure, L Brattrud, L Englin, R Brownlee

Linn-Mar, Linn-Mar
A Rolle, O Hubler, J Bennett, P Wensel

Team	Relay	Seed Time
1 Marion	1	1:46.56 1
1) Bristol Beachler 09	2) Kendyl Aarhus 10	3) Abby Cave 12
5) Imari Michaels 11	6) Avery Case 11	4) Hayden Dietz 10
2 Mt Vernon	1	1:46.88 1
1) Lucy Wischmeyer 11	2) Taylor Franck 12	3) Grace Hale 12
5) Khloe Karminski 09	6) Courtney Thurn 09	7) Caroline Rupe 11
3 Mt Pleasant	1	1:47.81 1
1) Kynlee White 12	2) Delaney Anderson 09	3) Alex Scott 12
5) Taylor Williamson 10	6) Ellie Freeman 10	7) Izzy Sloat 10
4 Epworth, WD	1	1:47.81 2
1) Leah Steger 12	2) Alley Graber 12	3) Macy Kalb 12
5) Addi Mohr 10	6) Claire Stuntz 12	7) Sara Petsche 10
5 Oskaloosa	1	1:48.20 1
1) Monica Hundley 10	2) Vivian Bolibaugh 12	3) Delaney Harbour 10
5) Alyssa Sheets 10	6) Vanessa Beadle 10	7) Kennedy Wright 11
6 Williamsburg	1	1:48.22 2
1) Tenley Sanchez 09	2) Gabriella Dayton 09	3) Morgan Larson 09
5) Graceyn Uhlmann 11	6) Ellie Nielsen 10	7) Evelyn Carter 09
7 Wahlert, Dub	1	1:48.31 3
1) Claire Ludovissy 10	2) Karyn Ellis 12	3) Karley Belken 12
5) Madison Brandenburg 10	6) Kate Scherrman 09	7) Kylie Sieverding 12
8 Sioux Center	1	1:48.64 1
1) Stella Hietbrink 10	2) Taylor Holverson 11	3) Audrina Jones 11
5) Courteney Schmidt 12	6) Kaelyn Schmidt 09	7) Kolby Oldenkamp 12
9 ADM, Adel	1	1:49.01 1
1) Peyton Standley 12	2) Claire Priestley 09	3) Isabelle Book 11
5) Vivian Novelli 09	6) Kate Darling 09	7) Bella Smyth 11
10 Solon	1	1:49.06 2
1) Piper Stahle 12	2) Marin Ashbacker 12	3) Tenley Levin 09
5) Elynn Hemann 09	6) Sydney Kunkel 10	7) Mailee Schmidt 09
11 Pella	1	1:49.18 2
1) Abigail Melvin 12	2) Kamry Trine 11	3) Haylie DeVries 10
5) Bray-Lynne VanZante 11	6) Bryn Paulsen 10	7) Josie Settles 12
12 Newton	1	1:49.37 3
1) Brooklynn Britton 11	2) Jazmyn Rivera 10	3) Mack Sims 12
5) Alivia Conley 11	6) Adalynn Groves 09	7) Camryn Klein 10
13 Glenwood	1	1:49.60 2
1) Kelsey Hughes 09	2) Megan Hughes 11	3) Olivia Wright 11
5) Mya Donscheski 10	6) Jenna Walters 10	7) Brooklynn Kelsey 12
		4) Caitlin Hebel 12
		8) Emileigh Petersen 09

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Event 112 ... (Girls 800 Sprint Medley 3A)

Team	Relay	Seed Time
14 Clear Crk-Amana	1	1:50.26 4
1) Elizabeth Timmerman 12	2) Addilyn Scheetz 10	3) Bailey Simpson 11
4) Payton Curtin 11	5) Anna Johnson 12	6) Thea Nelson 11
7) Alexis Lovstuen 09	8) Mia Bartusek 09	
15 Washington	1	1:50.26 3
1) Leighton Salazar 12	2) Jaslyn Villa 10	3) Jaedyn Moore 11
4) Lauren Drahota 10	5) Brynlee Flynn 09	6) Emma Lins 09
7) Lillyn Magdefrau 09	8) Leighton Messinger 12	
16 Webster City	1	1:50.30 1
1) Kali Hartnett 10	2) Isabel Weinschenk 10	3) Tessa Hansen 09
4) Isabel Grosseohme 11	5) Tristyn Wright 11	6) Tessi Farley 09
7) Quinn Ruba 09	8) Briley VanDeer 10	
17 W Delaware	1	1:50.43 4
1) Norah Peyton 12	2) Natalie Mensen 12	3) Sofia Schulte 10
4) Anna O'Rear 12	5) Lauren LeClere 12	6) Abbigail Stoffel 10
7) Ruby Dolan 10	8) Harper McIntyre 09	
18 Spencer	1	1:50.65 2
1) Jolie Robbins 10	2) Sydnee Hopkins 12	3) Mercedes Krieg 11
4) Brooklyn Reynolds 09	5) Lucy Simington 11	6) Katie Eilts 11
7) Calista Frankenstein 09	8) Lauren Stuckey 10	
19 Decorah	1	1:50.95 2
1) Audrey Essa 11	2) Cassandra Stammeyer 10	3) Stella Pole 12
4) Eden Northup 10	5) Claire Storhoff 11	6) Ava Holthaus 12
7) Caylee Malanaphy 10	8) Jerikah Dodd 12	
20 Bond-Farrar	1	1:51.53 4
1) Rosie Ackerman 09	2) Jovi Vroegh 10	3) Addison Brown 12
4) Elliott Kruse 11	5) Brinkley Strickland 11	6) Trinity Langel 10
7) Kenzie Trusty 10	8) Maddie Martin 11	
21 Creston	1	1:51.66 3
1) Avery Staver 12	2) Braylee Pokorny 12	3) Kadley Bailey 12
4) Cora Smith 10	5) Grace Keeler 12	6) Josie Tallmon 11
7) Maylee Riley 12	8) Henley Shinn 10	
22 Grinnell	1	1:52.47 5
1) Haydlee Harter 09	2) Alyssa Flander 12	3) Lauren Loudon 12
4) Macy Laug 09	5) Reese Ashing 10	6) Lainie Eitel 10
7) Lucy Lindberg 11	8) Kendra Nolton 11	
23 Perry	1	1:52.63 1
1) Cate Erickson 11	2) Selene Ayala 10	3) Treasure Moore 12
4) Lily Myers 11	5) Yami Gonzalez 12	6) Mariana Cerna 09
7) Charity Parnell 12	8) Kilee Hughes 09	
24 Ballard	1	1:54.73 2
1) Emefa VanLoo 10	2) Makiya Culbertson 10	3) Kaitlyn Dunn 09
4) Alea Kinzenbaw 09	5) Brooklyn Shoen 09	6) Hailey Conover 09
7) Lilly Gustafson 09	8) Honor Jorgensen 09	

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	Seed Mark		
1	12	W Delaware	5-06.00	1	
2	09	Maquoketa	5-06.00	2	
3	11	North Polk	5-06.00	1	
4	12	Waverly-SR	5-04.00	1	
5	11	Gilbert	5-04.00	2	
6	10	MOC-FV	5-03.00	1	
7	10	Williamsburg	5-03.00	2	
8	12	Denison-Schlswg	5-02.00	1	
9	11	Algona	5-02.00	2	
10	12	Decorah	5-02.00	1	
11	12	Carlisle	5-02.00	1	
12	10	Central DeWitt	5-01.00	3	
13	09	W Delaware	5-01.00	4	

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Event 120 ... (Girls High Jump 3A)

	Name	Year	School	Seed	Mark
14	Kylee Hoard	10	Keokuk	5-01.00	2
15	Lilian Mennen	11	Burlington	5-01.00	1
16	Alaina Kurt	09	Independence	5-01.00	2
17	Amiya Hester	11	Bond-Farrar	5-00.00	2
18	Leah Clark	09	Bond-Farrar	5-00.00	3
19	Phenix Gibbs	10	Pella	5-00.00	5
20	Tori White	12	Newton	5-00.00	4
21	Jaslyn Rasmussen	10	North Polk	5-00.00	3
22	Amalia Djoumessi	10	Waverly-SR	5-00.00	3
23	Willow Feld	09	Carroll	5-00.00	2
24	Evelyn Biver	09	Epworth, WD	5-00.00	5

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

	Name	Year	School	Seed	Mark
1	Aiden Gosselink	12	Grinnell	18-11.00	1
2	Aubrey Johnson	09	Gilbert	18-04.25	1
3	Sophia Calpito	11	Charles City	17-07.75	1
4	Taylor Holverson	11	Sioux Center	17-05.50	1
5	Maya Lentz	11	Algona	17-05.00	2
6	Shannon Cleary	12	Bishop Heelan	17-04.00	3
7	Ella Landau	11	Clear Lake	17-03.50	2
8	Frankie Huether	11	North Polk	17-03.00	2
9	Kenzie Niehus	11	LeMars	17-02.50	4
10	Izzy Sloat	10	Mt Pleasant	17-02.00	1
11	Sullivan Hall	11	West Liberty	17-01.50	1
12	Kiersten TeBockhorst	09	Independence	17-00.50	3
13	Lucy Wischmeyer	11	Mt Vernon	16-11.50	2
14	Ella Wilker	09	Waverly-SR	16-11.25	3
15	Maddie Martin	11	Bond-Farrar	16-10.25	2
16	Jaslyn Villa	10	Washington	16-08.75	2
17	Gabriella Dayton	09	Williamsburg	16-06.75	4
18	Lila Wiederstein	12	Atlantic	16-06.75	1
19	Delaney Harbour	10	Oskaloosa	16-06.00	3
20	Tenley Levin	09	Solon	16-05.75	3
21	Bella Crew	12	Keokuk	16-05.50	4
22	Addi Mohr	10	Epworth, WD	16-03.00	1
23	Erin Mensen	12	W Delaware	16-02.00	2
24	Sara Mun	12	Denison-Schlswg	16-00.25	2

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

	Name	Year	School	Seed	Mark
1	Ireland Bishop	11	Pella	149-09	1
2	Kylee Hill	11	Burlington	142-10	1
3	Annika Schmelzer	12	Decorah	136-06	1

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Event 136 ... (Girls Discus Throw 3A)

	Name	Year	School	Seed	Mark
4	Reagan Haynes	11	Algona	134-07	1
5	Jorgia VanDeBerg	11	Sioux Center	134-04	2
6	Maren Subbert	11	Hampton-Dumont-CAL	134-00	2
7	Maggie Couthie	12	Wahlert, Dub	133-07	1
8	Lauren Hagedorn	12	ADM, Adel	132-00	1
9	Olivia Colfack	09	SB-Luton	130-00	3
10	Grace Tangen	10	Decorah	127-09	3
11	Kaylee Hanson	10	Bond-Farrar	124-04	2
12	Braylee Plotz	10	Williamsburg	123-08	1
13	Abby Wallinga	12	MOC-FV	123-05	4
14	Nakia Tangang	12	Clear Crk-Amana	118-09	2
15	Olive McWilliams	09	Williamsburg	117-08	2
16	Lauren Loudon	12	Grinnell	117-05	3
17	Turner Patrick	09	Clear Crk-Amana	115-10	3
18	Macy Landers	09	Winterset	113-01	1
19	Ireine Mugisha	12	Carlisle	111-11	4
20	Elyse Setterstrom	12	Fairfield	110-00	4
21	Maggie Smith	12	Glenwood	109-11	2
22	Ava Pfab	11	Epworth, WD	109-08	2
23	Kinley Dietz	09	Waverly-SR	109-02	3
24	Kahra Bolton Lewis	11	Ballard	108-10	2

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	Seed	Mark
1	Kylee Hill	11	Burlington	52-05.50	1
2	Jennifer LaMar	10	Boone	43-05.25	1
3	Lauren Luzum	12	Decorah	42-04.00	1
4	Katie Scheckel	12	Pella	41-11.00	1
5	Maleah Shivers	11	Boone	40-11.50	2
6	Grace Tangen	10	Decorah	40-08.00	2
7	Taylor Schwenn	11	Clear Lake	40-01.00	3
8	Jorgia VanDeBerg	11	Sioux Center	39-10.00	1
9	Olive McWilliams	09	Williamsburg	39-04.00	1
10	Keyrra Flowers	12	Charles City	39-01.50	4
11	Lauren Hagedorn	12	ADM, Adel	38-05.50	1
12	Lilly Ness	11	Williamsburg	38-04.75	2
13	Reagan Haynes	11	Algona	38-02.75	2
14	Avery Pelong	11	Knoxville	37-08.50	2
15	Amanda Lahr	11	Webster City	37-05.00	5
16	Jaycee Hanson	12	Creston	37-03.75	2
17	Ava Pfab	11	Epworth, WD	37-02.00	1
18	Olivia Colfack	09	SB-Luton	37-01.00	3
19	Ella Ensminger	12	Mt Pleasant	36-11.75	2
20	Aly Erickson	12	Vinton-Shellbrg	36-10.75	3
21	Taylor Bridgewater	09	Vinton-Shellbrg	36-07.00	4
22	Abby Wallinga	12	MOC-FV	36-05.00	4

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Event 144 ... (Girls Shot Put 3A)

Name	Year	School	Seed	Mark
23 Avah Licht	12	Carlisle	36-04.50	3
24 Maggie Couthie	12	Wahlert, Dub	33-11.50	2

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

Team	Relay	Seed	Time
1 CPU	1	4:12.09	1
1) Kalyn Hillers 09	2) Lily Miller 12	3) Grace Estling 11	4) Aaliyah Causey 10
5) Deni Katcher 12	6) Emily Cue 10	7) Kyra White 11	8) Penny Cardo 09
2 Marion	1	4:12.64	1
1) Bristol Beachler 09	2) Kendyl Aarhus 10	3) Hayden Dietz 10	4) Addison Dabroski 12
5) Avery Case 11	6) Abby Cave 12	7) Emerson Dabroski 09	
3 Mt Vernon	1	4:12.73	2
1) Courtney Thurn 09	2) Khloe Karminski 09	3) Eastin Whisner 11	4) Evelyn Moeller 11
5) Taylor Franck 12	6) CaliAna Whitaker 12	7) Kiersten Swart 12	8) Grace Hale 12
4 Gilbert	1	4:13.15	1
1) Kayla Rash 11	2) Keaton Hanson 12	3) Madeline Olswing 09	4) Keira Andersen 12
5) Paisley Wilberts 09	6) Evie Christenson 12	7) Gemma Smith 10	8) Kaitlyn Dear 12
5 DSM Christian	1	4:15.21	1
1) Quincey Vogel 11	2) Hailey Mull 12	3) Ryley Kentfield 11	4) Elyse Erzen 10
5) Hailey Deterding 10	6) Kenniasty Carstensen 11	7) Evie Van Wyk 09	8) Sienna Stec 11
6 North Polk	1	4:15.34	2
1) Carrigan Rasmussen 10	2) Jocelyn Manock 12	3) Frankie Huether 11	4) Alexis Hergenreter 11
5) Camryn Dentino 09	6) Sophia Bouchard 10	7) Addison Fiore 11	8) Jaslyn Rasmussen 10
7 Sioux Center	1	4:15.58	1
1) Stella Hietbrink 10	2) Taylor Holverson 11	3) Macyn VanAartsen 10	4) Kolby Oldenkamp 12
5) Audrina Jones 11	6) Avery Bitker 12	7) Courtney Schmidt 12	8) Kaelyn Schmidt 09
8 Washington	1	4:15.78	1
1) Leighton Messinger 12	2) Lauren Drahota 10	3) Brynlee Flynn 09	4) Iris Dahl 12
5) Jaedyn Moore 11	6) Emma Horak 11	7) Leighton Salazar 12	8) Jaslyn Villa 10
9 Maquoketa	1	4:15.84	2
1) Millie Wing 10	2) Isabel Hopson 09	3) Justice Armbruster 12	4) Natalie Hackman 10
5) Cora Widel 12	6) Riley Buttz 10	7) Macklyn McLaughlin 10	8) Atty Moore 11
10 Wahlert, Dub	1	4:15.95	3
1) Kate Scherrman 09	2) Claire Ludovissy 10	3) Caroline Freed 11	4) Lucy Lueken 11
5) Lucy Murphy 12	6) Karley Belken 12	7) Madison Brandenburg 10	8) Karyn Ellis 12
11 Harlan	1	4:16.84	2
1) Paige Sonderman 12	2) Josie Sonderman 10	3) Aubree Wegner 11	4) Julia Heslink 09
5) Ari Daniels 12	6) Brinley Van Baale 11	7) Ashlyn Rau 10	8) Brie Nelson 09
12 Pella	1	4:17.03	1
1) Abigail Melvin 12	2) Haylie DeVries 10	3) Ruth Dunham 11	4) Elizabeth VandeVoort 10
5) Lizzie Neumann 12	6) Bryn Paulsen 10	7) Josie Settles 12	8) Kamry Trine 11
13 Fort Madison	1	4:18.71	2
1) Mia Mason 11	2) Mara Smith 12	3) Charley Huebner 11	4) Avery Rump 12
5) Lyla Smith 10	6) Jordyn Grisham 10	7) McKayla Schinstock 12	8) Peyton Burch 09
14 ADM, Adel	1	4:19.13	3
1) Haley Nelson 12	2) Bella Smyth 11	3) Vivian Novelli 09	4) Clara Uthe 09
5) Elliotte Von Roden 10	6) Peyton Standley 12	7) Livia Morse 09	8) Claire Priestley 09

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Event 150 ... (Girls Distance Medley 3A)

	Team	Relay	Seed Time
15	Waverly-SR	1	4:19.68 3
	1) Delilah Kroymann 12	2) Cat Wedeking 12	3) Ella Wilker 09
	4) Regan Pries 10	5) Anika Wrage 11	6) Madi Wheeler 09
	7) Cameo Burgess 12	8) Allison Kay 10	
16	Clear Lake	1	4:19.84 1
	1) Ella Landau 11	2) Lauren Englin 12	3) Mataya Quick 09
	4) Saylor Schmitt 11	5) Jillian Doolittle 09	6) Lauren Good 10
	7) Hope Halverson 12	8) Claire Rasmuson 10	
17	Winterset	1	4:20.08 3
	1) Ainsley McLaren 11	2) Ella Baer 10	3) Madelyn Nordstrom 11
	4) Mallory Back 10	5) Natalie Lauer 11	6) Nora Lowden 10
	7) Klaire Seidler 11	8) Morgan Back 12	
18	MOC-FV	1	4:20.15 2
	1) Kaleigh Tooker 12	2) Brielle Hoegh 10	3) Eva Immeker 11
	4) Natalie Anderson 11	5) Makenzie Hulst 10	6) Rachel Haverdink 12
	7) Ellia Netten 09	8) Sarae Van Zee 11	
19	Williamsburg	1	4:20.42 4
	1) Graceyn Uhlmann 11	2) Sophia Stratton 09	3) Keston Spratt 11
	4) Edie Axmear 11	5) Morgan Larson 09	6) Gabriella Dayton 09
	7) Channing Becker 10	8) Ellie Nielsen 10	
20	Clear Crk-Amana	1	4:20.53 3
	1) Jaylin Herring 12	2) Thea Nelson 11	3) Mia Bartusek 09
	4) Alison Seidl 09	5) Bailey Simpson 11	6) Payton Curtin 11
	7) Anna Johnson 12	8) Alexis Lovstuen 09	
21	Glenwood	1	4:20.68 4
	1) Megan Hughes 11	2) Olivia Wright 11	3) Haylee Hughes 12
	4) Grace Berglund 11	5) Emileigh Petersen 09	6) Kelsey Hughes 09
	7) Jenna Walters 10	8) Jordyn Schulte 09	
22	Solon	1	4:22.27 4
	1) Elynn Hemann 09	2) Sofia Ortega 12	3) Reese Hahn 10
	4) Mailee Schmidt 09	5) Mya Fordice 11	6) Addison Seamans 10
	7) Jerzey Haluska 11	8) Sydney Kunkel 10	
23	Decorah	1	4:23.44 2
	1) Ava Holthaus 12	2) Caylee Malanaphy 10	3) Claire Storhoff 11
	4) Olivia Volkmann 11	5) Ruth Kueny 09	6) Eva Hurley 10
	7) Jerikah Dodd 12	8) Audrey Essa 11	
24	Oskaloosa	1	4:26.40 2
	1) Monica Hundley 10	2) Alyssa Sheets 10	3) Delaney Harbour 10
	4) Kennedy Wright 11	5) Hazel Adam 09	6) Ella Walter 11
	7) Preslie Bryan 09	8) Kate McBurney 10	

Event 162 Girls 800 Meter Run Wheelchair Para

Friday 5/22/2026 - 2:20 PM

State Meet: 2:50.10 5/23/2025 Ally Darter, DUB Hempstea

All-Time: 2:50.10 2025 Ally Darter, Dub Hempstead

	Name	Year	School	Seed Time
1	Payton Maas	12	West Liberty	3:42.50 1