

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 7 Girls 100 Meter Dash 4A

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 Thursday 5/21/2026 – 12:58 PM

State Meet: 11.49 2018 Sydney Milani, Southeast Polk
 All-Time: 11.49 2018 Syndey Milani, Southeast Polk
 Name Year School

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 Heat 1 Prelims

1 Madi Reed 10 Urbandale
 2 Morgan Karr 12 Valley, WDM
 3 Morgan Hospodarsky 12 CR Kennedy
 4 Katie Willits 12 Waukee NW
 5 Kai Rebro 11 Pleasant Val
 6 Keziah Caldwell 11 Waukee NW
 7 Olivia Graham 11 North Scott
 8 Ari Wroe 10 Cedar Falls

Heat 2 Prelims

1 Chloe Williams 09 Waukee
 2 Teresa Tarplah 10 SE Polk
 3 Brooklyn Guild 12 Linn-Mar
 4 Micayla Ramirez 11 North Scott
 5 Alayna Goldsberry 11 SE Polk
 6 Olive Dankwah 09 Pleasant Val
 7 Elizabeth Yount 09 Linn-Mar
 8 Ellie Mead 11 Dowling Cath

Heat 3 Prelims

1 Stella Schmitz 11 Cedar Falls
 2 Kenzie Potter 12 DSM, East
 3 Avah Cooper 12 Prairie, CR
 4 Kamarionna Crittenden 12 CR Washingto
 5 Tatum Miller 12 Bettendorf
 6 Ellie Fraga 11 IC, City Hig
 7 Julia Knapp 12 DSM, Rooseve
 8 Payton Keiser 11 Valley, WDM

Event 15 Girls 200 Meter Dash 4A

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 Thursday 5/21/2026 – 10:50 AM

State Meet: 23.68 2018 Sydney Milani, Southeast Polk
 All-Time: 23.68 2018 Sydney Milani, Southeast Polk
 Name Year School

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 Heat 1 Prelims

1 Savannah Mathias 10 IC, West
 2 Kamarionna Crittenden 12 CR Washingto
 3 Alayna Goldsberry 11 SE Polk
 4 Katie Willits 12 Waukee NW
 5 Morgan Fisher 10 Ankeny
 6 Kaylee Carley 11 DUB Hempstea
 7 Brylynn Petek 10 Johnston
 8 Taylor Powers 10 Pleasant Val

Heat 2 Prelims

1 Reese Cabbage 10 Linn-Mar
 2 Lena Bruening 11 Ankeny
 3 Micayla Ramirez 11 North Scott
 4 Kloe Nissen 11 Cedar Falls
 5 Abby Mecklenburg 12 Linn-Mar
 6 Fiona Mulligan 11 Urbandale

11	Jayna Lamping	12	Johnston
12	Ellie Blevins	11	Ankeny Cent
Section 2 Timed Finals			
1	Makenna Madetzke	12	Ankeny
2	Meredith Gentry	12	DSM, Rooseve
3	Olivia Fehn	12	Johnston
4	Tenley Heidgerken	09	DC-Grimes
5	Sarah Foad	09	Pleasant Val
6	Emee Dani	11	Waukee NW
7	Reese Wiley	11	Prairie, CR
8	Hailey Kozloski	11	Linn-Mar
9	Rebecca Flick	09	Ankeny Cent
10	Joley Sullivan	10	DVPT, Centra
11	Piper Vander Ley	10	Waukee NW
12	Katherine Tomlyanovich	10	Cedar Falls

Event 39 Girls 1500 Meter Run 4A

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 Saturday 5/23/2026 - 3:03 PM

State Meet: 4:25.32 5/18/2024 Addison Dorenkamp, Valley, WDM
 All-Time: 4:25.32 5/18/2024 Addison Dorenkamp, Valley
 Name Year School

Section 1 Timed Finals

1	Emma Chesterman	12	DUB Senior
2	Maddie Millage	11	Pleasant Val
3	Ele Wharton	11	Johnston
4	Makenna Madetzke	12	Ankeny
5	Joley Sullivan	10	DVPT, Centra
6	Natalie Cogdill	09	Ankeny Cent
7	Naya Nakama	09	Ames
8	Hailey Kozloski	11	Linn-Mar
9	MadeLyn Hoss	11	Lewis Centra
10	Sarah Foad	09	Pleasant Val
11	Nakia Ollivierre	12	WAT West
12	Sydney Burrier	12	Waukee
13	Delayna Reese	11	Lewis Centra
14	Abigail Burns	12	IC, City Hig
15	Ellie Blevins	11	Ankeny Cent
16	Addison Dooley	12	DC-Grimes
17	Charlee Gall	10	Cedar Falls
18	Alyx Woodley	12	Johnston
19	Emmy Stubbendeck	09	Waukee NW
20	Ella Jones	10	Waukee NW
21	Emma Stanley	11	Ames
22	Meredith Gentry	12	DSM, Rooseve
23	Tenley Heidgerken	09	DC-Grimes
24	Isabel Spradling	10	DSM, Rooseve

Event 47 Girls 3000 Meter Run 4A

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 Thursday 5/21/2026 - 9:55 AM

State Meet: 9:24.67 5/22/2014 Stephanie Jenks, Linn-Mar
 All-Time: 9:23.60 4/25/2024 Addison Dorenkamp, Valley
 Name Year School

Section 1 Timed Finals

1	Abigail Burns	12	IC, City Hig
2	Ellie Blevins	11	Ankeny Cent
3	Piper Messerly	11	DC-Grimes
4	Jaylee Duncan	12	Pleasant Val
5	Nakia Ollivierre	12	WAT West
6	Audrey Dummermuth	12	Johnston
7	Hannah Schmitz	09	Norwalk
8	MadeLyn Hoss	11	Lewis Centra

9	Delayna Reese	11	Lewis Centra
10	Caroline Opfer	11	Waukee NW
11	Harper Groteluschen	10	Prairie, CR
12	Whitney Estabrook	12	Muscatine
13	Aubrey Rivers	12	Clinton
14	Avery Driscoll	11	Waukee
15	Lily Decker	12	Dowling Cath
16	Trinity Klingensmith	10	Ankeny Cent
17	Maddie Millage	11	Pleasant Val
18	Charlee Gall	10	Cedar Falls
19	Isabel Spradling	10	DSM, Rooseve
20	Ele Wharton	11	Johnston
21	Emma Chesterman	12	DUB Senior
22	Emmy Stubbendeck	09	Waukee NW
23	Emma Stanley	11	Ames
24	Hailey Kozloski	11	Linn-Mar

Event 55 Girls 100 Meter Hurdles 4A

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Friday 5/22/2026 - 10:30 AM
 State Meet: 13.62 5/23/2025 Emma Havighurst, Valley, WDM
 All-Time: 13.62 2025 Emma Havighurst, Valley, WDM
 Name Year School

Heat 1 Prelims

1	Brilynn Kiester	11	SE Polk
2	Ayla McGlaughlin	12	Muscatine
3	Franny Brooks	12	Dowling Cath
4	Morgan Karr	12	Valley, WDM
5	Sophia Hatcher	12	Ames
6	Mila Hughes	09	Valley, WDM
7	Addi Spier	12	Cedar Falls
8	Macey Rohrbeck	11	DC-Grimes

Heat 2 Prelims

1	Penelope Pederson	09	Urbandale
2	Alyssa Schroeder	11	North Scott
3	Alayna Schulte	12	Waukee NW
4	Katie Willits	12	Waukee NW
5	Avery Bradley	10	Muscatine
6	Natalie Sitzmann	12	Waukee
7	Paisley Joens	10	Prairie, CR
8	Sydney Feldhacker	11	DUB Hempstea

Heat 3 Prelims

1	Madeline Fraga	09	IC, City Hig
2	Elise Kane	10	Pleasant Val
3	Natalie Lord	11	DVPT, North
4	Jana Maharry	11	Waukee
5	Anna Woods	11	Ankeny Cent
6	Birklie Waskow	11	Cedar Falls
7	Jordin Mayson	10	Ottumwa
8	Gabi Severs	12	SE Polk

Event 60 Girls 400 Meter Hurdles 4A

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Friday 5/22/2026 - 12:10 PM
 State Meet: 1:00.15 2018 Payton Wensel, Linn-Mar
 All-Time: 57.30 1975 Debbie Esser, Woodbine
 Name Year School

Section 1 Timed Finals

1	Kennedy Princehouse	11	Waukee NW
2	Lilly Hoger	11	Indianola
3	Shai Meyer	09	Cedar Falls
4	Elise Kane	10	Pleasant Val
5	Natalie Lord	11	DVPT, North

6	Annabelle Schwartz	11	Urbandale
7	Josephine Smith	10	SE Polk
8	Aubrielle Tousey	11	Johnston
Section 2 Timed Finals			
1	Rylee Kluver	10	Valley, WDM
2	Brenna Van Cleave	12	Ames
3	Willow Schultz	11	IC, City Hig
4	Madison Grover	11	Indianola
5	Alayna Schulte	12	Waukee NW
6	Jordin Mayson	10	Ottumwa
7	Isabella Roth	09	Cedar Falls
8	Molly Millang	09	Valley, WDM
Section 3 Timed Finals			
1	Ivey Kitzman	10	Pleasant Val
2	Ava Barten	12	Ankeny Cent
3	Tatum Miller	12	Bettendorf
4	Jana Maharry	11	Waukee
5	Avery Bradley	10	Muscatine
6	Maeve Bowen-Burt	10	IC, City Hig
7	Angelica Attinger	12	Ames
8	Paisley Joens	10	Prairie, CR

Event 69 Girls 4x100 Meter Shuttle Hurdle 4A

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 Thursday 5/21/2026 - 9:20 AM

State Meet: 1:00.40 5/22/2025 Valley, WDM, Valley, WDM
 M Karr, J Parker, A Stanbro, E Havighurst
 All-Time: 59.37 2026 Waukee Northwest, Waukee NW
 Willits, Schulte, Twigg, Johnson

School
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Heat 1 Prelims

1 IC, City High '1'
 3 Waukee '1'
 5 CR Kennedy '1'
 7 SC, North '1'

Heat 2 Prelims

1 DC-Grimes '1'
 3 Waukee NW '1'
 5 Dowling Cath '1'
 7 IC, Liberty '1'

Heat 3 Prelims

1 Indianola '1'
 3 Cedar Falls '1'
 5 North Scott
 7 Ottumwa '1'

Heat 4 Prelims

1 IC, West '1'
 3 Ankeny Cent '1'
 5 Prairie, CR '1'
 7 Johnston '1'

Heat 5 Prelims

1 Linn-Mar
 3 Ames '1'
 5 Valley, WDM '1'
 7 Fort Dodge '1'

Heat 6 Prelims

1 Mason City '1'
 3 Pleasant Valley
 5 Muscatine
 7 Norwalk '1'

Event 76 Girls 4x100 Meter Relay 4A

=====
 Friday 5/22/2026 - 12:48 PM

State Meet: 47.22 5/18/2024 Waukee NW, Waukee NW
 A Van Zetten, K Stahl, A Robinson, K Willits
 All-Time: 47.06 2026 Waukee Northwest, Waukee NW
 Caldwell, Jorgensen, Distefano, Willits
 School

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Heat 1 Prelims
 1 Lewis Central '1'
 2 North Scott
 3 Linn-Mar
 4 Waukee NW '1'
 5 Urbandale '1'
 6 Ankeny Cent '1'
 7 Indianola '1'
 8 Norwalk '1'

Heat 2 Prelims
 1 DC-Grimes '1'
 2 Dowling Cath '1'
 3 DUB Hempstead '1'
 4 SE Polk '1'
 5 Prairie, CR '1'
 6 Johnston '1'
 7 Ames '1'
 8 CB, A Lincoln '1'

Heat 3 Prelims
 1 IC, West '1'
 2 CR Kennedy '1'
 3 Cedar Falls '1'
 4 Pleasant Valley
 5 Valley, WDM '1'
 6 CR Washington '1'
 7 Waukee '1'
 8 Bettendorf

Event 84 Girls 4x200 Meter Relay 4A

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Friday 5/22/2026 - 11:15 AM

State Meet: 1:38.55 5/23/2025 Waukee NW, Waukee NW
 S McCann, K Willits, A Van Zetten, A Vogt
 All-Time: 1:38.40 4/24/2026 Waukee Northwest, Waukee NW
 McCann, Jorgensen, Stahl, Willits

School

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Section 1 Timed Finals
 1 DVPT, Central
 2 North Scott
 3 Johnston '1'
 4 Dowling Cath '1'
 5 IC, West '1'
 6 Muscatine
 7 Clinton '1'
 8 DC-Grimes '1'

Section 2 Timed Finals
 1 Linn-Mar
 2 Bettendorf
 3 Ankeny '1'
 4 Ankeny Cent '1'
 5 Valley, WDM '1'
 6 Ames '1'
 7 IC, City High '1'
 8 Cedar Falls '1'

Section 3 Timed Finals
 1 Urbandale '1'
 2 Prairie, CR '1'
 3 Pleasant Valley

- 4 Waukee NW '1'
- 5 SE Polk '1'
- 6 Waukee '1'
- 7 CR Kennedy '1'
- 8 DUB Hempstead '1'

Event 92 Girls 4x400 Meter Relay 4A

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 Friday 5/22/2026 - 1:35 PM

State Meet: 3:47.46 5/24/2025 Waukee NW, Waukee NW
 L Vogt, A Winter, S McCann, A Vogt
 All-Time: 3:45.36 2026 Waukee Northwest, Waukee NW
 McCann, Jorgensen, Vogt, Vogt

School
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Heat 1 Prelims

- 1 DSM, Roosevelt '1'
- 2 Pleasant Valley
- 3 Ankeny '1'
- 4 Waukee NW '1'
- 5 Ames '1'
- 6 Cedar Falls '1'
- 7 DC-Grimes '1'
- 8 Bettendorf

Heat 2 Prelims

- 1 Dowling Cath '1'
- 2 Waukee '1'
- 3 Ankeny Cent '1'
- 4 Johnston '1'
- 5 Valley, WDM '1'
- 6 SE Polk '1'
- 7 DUB Hempstead '1'
- 8 IC, Liberty '1'

Heat 3 Prelims

- 1 Linn-Mar
- 2 IC, West '1'
- 3 Indianola '1'
- 4 Muscatine
- 5 Prairie, CR '1'
- 6 CR Kennedy '1'
- 7 IC, City High '1'
- 8 Mason City '1'

Event 100 Girls 4x800 Meter Relay 4A

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 Thursday 5/21/2026 - 11:45 AM

State Meet: 8:59.53 5/16/2024 Pleasant Valley, Pleasant Val
 A Wedemeyer, A Johnson, K Mowen, G Boleyn
 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 DUB Hempstead '1'
- 2 Mason City '1'
- 3 Prairie, CR '1'
- 4 Valley, WDM '1'
- 5 Linn-Mar
- 6 Ankeny '1'
- 7 SE Polk '1'
- 8 Urbandale '1'
- 9 IC, City High '1'
- 10 Ankeny Cent '1'
- 11 DVPT, Central
- 12 IC, West '1'

Section 2 Timed Finals

- 1 DUB Senior '1'
- 2 Ames '1'
- 3 Cedar Falls '1'
- 4 Pleasant Valley
- 5 DC-Grimes '1'
- 6 Clinton '1'
- 7 Waukee '1'
- 8 Norwalk '1'
- 9 Johnston '1'
- 10 Indianola '1'
- 11 Dowling Cath '1'
- 12 Waukee NW '1'

Event 114 Girls 800 Sprint Medley 4A

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 Saturday 5/23/2026 - 9:37 AM

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

School
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Section 1 Timed Finals

- 1 Muscatine
- 2 Urbandale '1'
- 3 Johnston '1'
- 4 Linn-Mar
- 5 Ames '1'
- 6 DC-Grimes '1'
- 7 Waukee '1'
- 8 Lewis Central '1'

Section 2 Timed Finals

- 1 CR Kennedy '1'
- 2 Dowling Cath '1'
- 3 Ankeny Cent '1'
- 4 Valley, WDM '1'
- 5 IC, City High '1'
- 6 Indianola '1'
- 7 North Scott
- 8 IC, West '1'

Section 3 Timed Finals

- 1 DUB Hempstead '1'
- 2 Bettendorf
- 3 Ankeny '1'
- 4 Cedar Falls '1'
- 5 Waukee NW '1'
- 6 Pleasant Valley
- 7 Prairie, CR '1'
- 8 SE Polk '1'

Event 122 Girls High Jump 4A

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 Thursday 5/21/2026 - 11:30 AM

State Meet: 5-08.25 5/19/2009 Khanishah Williams, Burlington
 All-Time: 6-01 2010 Hannah Wilms, Dike-NH
 Name Year School

Flight 1 Finals

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|--------------------|-----------------|
| 1 Olivia Ausdemore | 11 Lewis Centra |
| 2 Mikayla Arp | 10 Pleasant Val |
| 3 Ashal Chan | 10 Johnston |
| 4 Sophia Austen | 11 IC, West |
| 5 Claire Lorenz | 11 Linn-Mar |
| 6 Alice Edelen | 11 IC, City Hig |

7	Ellie Muller	12	Dowling Cath
8	Ava Groeteke	12	Dowling Cath
9	Annie Weaver	09	Cedar Falls
10	Hanley Schmidt	12	Pleasant Val
11	Mila Badillo	11	Ankeny
12	Madison Messerly	10	DC-Grimes
13	Cambel Drapeau	12	DUB Senior
14	Lyla Canny	12	Prairie, CR
15	Alyssa Schroeder	11	North Scott
16	Eddie Collins	11	Waukee NW
17	Elodie Biggs	11	Ames
18	Elle Hatlevig	10	Norwalk
19	Sophia Everding	10	Bettendorf
20	Ayak Akol	12	Ames
21	Piper Ladwig	11	Waukee NW
22	Hadassah Smith	09	Cedar Falls
23	Natalie Nwatchesok	12	North Scott
24	Elle Lonergan	12	Clinton

Event 130 Girls Long Jump 4A

Friday 5/22/2026 - 11:30 AM

State Meet:	19-05	Waller/Thomas, CRW/CBAL
All-Time:	20-08.25 2025	Abby Mecklenburg, Linn-Mar
Name		Year School

Flight 1 Finals

1	Kendall Behm	11	North Scott
2	Jayla Parker	12	Valley, WDM
3	Amelia Paugh	09	Indianola
4	Ari Wroe	10	Cedar Falls
5	Alexi Thigpen	12	IC, Liberty
6	Eddie Collins	11	Waukee NW
7	Annie Garsayne	12	CR Kennedy
8	Aniyah Boens	11	DC-Grimes
9	LaRyah Jordan-Wade	10	Cedar Falls
10	Edyn Cowles	12	Ames
11	Lena Bruening	11	Ankeny
12	Jadyn Woods	12	SE Polk

Flight 2 Finals

1	Adalyn Thorstenson	10	CR Kennedy
2	Amara MacLagan	10	IC, West
3	Audrey Sandholm	11	Ankeny Cent
4	Madison Grover	11	Indianola
5	Joselyn Petersen	12	Clinton
6	Sophia Hatcher	12	Ames
7	Faith Kpeayeh	12	Prairie, CR
8	Teagan Jackson	11	Ankeny Cent
9	Leah Janulewicz	11	Waukee NW
10	Kaylee Ervin	09	North Scott
11	Brooklynn Kelley	10	Pleasant Val
12	Abby Mecklenburg	12	Linn-Mar

Event 138 Girls Discus Throw 4A

Thursday 5/21/2026 - 9:00 AM

State Meet:	158-08 5/22/2025	Delilah Subsin, Ottumwa
All-Time:	179-07 2014	Kiana Phelps, KP-WC
Name		Year School

Flight 1 Finals

1	McKayla Warren	12	Cedar Falls
2	Eden Lee	12	DUB Senior
3	Emma Gray	12	Johnston
4	Branaya Jarmon	10	CB, T Jeffer

5	Elise Benning	12	Ankeny Cent
6	Annabell Niggemeyer	10	Dowling Cath
7	Ella Stobbe	12	Waukee
8	Nellie Johnson	12	Dowling Cath
9	Maya Whalen	10	Indianola
10	Maya Swarts	12	Cedar Falls
11	Abbie Kluver	12	Indianola
12	Addison Faust	11	Bettendorf
Flight 2 Finals			
1	Madalynn Weber	12	Prairie, CR
2	Maliya Cobb	12	Ankeny
3	Bella Anderson	11	Ankeny Cent
4	Addyson Kramer	11	Pleasant Val
5	Aubrey Fergurson	12	Clinton
6	Sophia Schlader	10	Waukee NW
7	Cassidy Danburg	11	Waukee NW
8	Annie Cassidy	11	Linn-Mar
9	Macy Faust	11	Bettendorf
10	Hannah Braun	12	IC, City Hig
11	Rachel Haack	12	IC, City Hig
12	Delilah Subsin	12	Ottumwa

Event 146 Girls Shot Put 4A

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Friday 5/22/2026 - 9:00 AM

State Meet: 47-01.50 5/20/2016 Erika Hammond, Clinton
 All-Time: 53-03.50 1992 Paulette Mitchell, Council Bluffs AL

Name Year School

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Flight 1 Finals

1	Alexis McCloy	10	North Scott
2	Riley Boekhoff	12	Pleasant Val
3	Janiah Proctor	12	Ames
4	Alivia Sheridan	12	DSM, East
5	Alli Bogwill	10	SE Polk
6	Sophia Schlader	10	Waukee NW
7	Stephanie Degahouey	11	Prairie, CR
8	Gwyn Christensen	12	Ankeny
9	Emma Gray	12	Johnston
10	Eden Lee	12	DUB Senior
11	Sydney Van Heukelom	11	IC, Liberty
12	Ella Stobbe	12	Waukee

Flight 2 Finals

1	Haley New	11	Indianola
2	Micah Hawkinson	11	DVPT, Centra
3	Aliyah Moon	10	SC, North
4	Hannah Braun	12	IC, City Hig
5	Aubrey Fergurson	12	Clinton
6	Annie Cassidy	11	Linn-Mar
7	Adalynn Johnson	12	North Scott
8	Victoria Burpo	10	Waukee NW
9	Sam Gripp	11	Indianola
10	Rachel Haack	12	IC, City Hig
11	Tatum Johnson	12	Urbandale
12	Delilah Subsin	12	Ottumwa

Event 151 Girls Distance Medley 4A

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Friday 5/22/2026 - 9:20 AM

State Meet: 3:59.67 5/23/2025 Waukee NW, Waukee NW
 Q Jorgensen, A Vogt, L Vogt, E Dani
 All-Time: 3:55.82 2017 Assumption, Assumption
 School

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Section 1 Timed Finals

- 1 SE Polk '1'
 - 2 Prairie, CR '1'
 - 3 Linn-Mar
 - 4 CR Washington '1'
 - 5 Dowling Cath '1'
 - 6 Muscatine
 - 7 Norwalk '1'
 - 8 DVPT, Central
- Section 2 Timed Finals
- 1 Ames '1'
 - 2 Lewis Central '1'
 - 3 Indianola '1'
 - 4 Waukee '1'
 - 5 WAT West '1'
 - 6 Clinton '1'
 - 7 IC, City High '1'
 - 8 Mason City '1'
- Section 3 Timed Finals
- 1 Pleasant Valley
 - 2 Ankeny '1'
 - 3 Cedar Falls '1'
 - 4 Ankeny Cent '1'
 - 5 Waukee NW '1'
 - 6 Johnston '1'
 - 7 Valley, WDM '1'
 - 8 DC-Grimes '1'