

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

Des Moines, Iowa
Drake Stadium
Performance List

Event 7 Girls 100 Meter Dash 4A Prelims

Thursday 5/21/2026 - 12:58 PM

State Meet: 11.49 2018

Sydney Milani, Southeast Polk

All-Time: 11.49 2018

Sydney Milani, Southeast Polk

Name	Year	School	Seed Time	
1	Katie Willits	12 Waukee NW	12.07	1
2	Micayla Ramirez	11 North Scott	12.12	1
3	Kamarionna Crittenden	12 CR Washington	12.15	1
4	Tatum Miller	12 Bettendorf	12.23	2
5	Alayna Goldsberry	11 SE Polk	12.35	1
6	Kai Rebro	11 Pleasant Valley	12.51	3
7	Morgan Hospodarsky	12 CR Kennedy	12.53	1
8	Brooklyn Guild	12 Linn-Mar	12.54	4
9	Avah Cooper	12 Prairie, CR	12.58	2
10	Ellie Fraga	11 IC, City High	12.60	3
11	Olive Dankwah	09 Pleasant Valley	12.63	5
12	Keziah Caldwell	11 Waukee NW	12.74	2
13	Morgan Karr	12 Valley, WDM	12.75	1
14	Teresa Tarplah	10 SE Polk	12.76	2
15	Julia Knapp	12 DSM, Roosevelt	12.78	3
16	Kenzie Potter	12 DSM, East	12.78	3
17	Elizabeth Yount	09 Linn-Mar	12.90	6
18	Olivia Graham	11 North Scott	12.91	7
19	Madi Reed	10 Urbandale	12.98	4
20	Chloe Williams	09 Waukee	13.00	4
21	Stella Schmitz	11 Cedar Falls	13.01	2
22	Payton Keiser	11 Valley, WDM	13.03	2
23	Ellie Mead	11 Dowling Cath	13.04	5
24	Ari Wroe	10 Cedar Falls	13.05	3

Event 15 Girls 200 Meter Dash 4A Prelims

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	Seed Time	
1	Katie Willits	12 Waukee NW	24.40	1
2	Kloe Nissen	11 Cedar Falls	24.62	1
3	Quinn Jorgensen	10 Waukee NW	25.10	2
4	Haley Duke	10 Bettendorf	25.24	1
5	Abby Mecklenburg	12 Linn-Mar	25.40	2
6	Morgan Fisher	10 Ankeny	25.41	1
7	Alayna Goldsberry	11 SE Polk	25.44	1
8	Micayla Ramirez	11 North Scott	25.47	3
9	Julia Knapp	12 DSM, Roosevelt	25.56	2
10	Ashlynn Hunter	10 Prairie, CR	25.68	1
11	Fiona Mulligan	11 Urbandale	25.81	3
12	Kaylee Carley	11 DUB Hempstead	25.84	2
13	Kamarionna Crittenden	12 CR Washington	25.87	2
14	Lena Bruening	11 Ankeny	26.07	2
15	Samaria Thomas	11 DUB Hempstead	26.11	3
16	Natalie Sitzmann	12 Waukee	26.15	3

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Event 15 ... (Girls 200 Meter Dash 4A Prelims)

	Name	Year	School	Seed Time	
17	Emma White	11	Indianola	26.15	4
18	Brylynn Petek	10	Johnston	26.15	3
19	Savannah Mathias	10	IC, West	26.27	4
20	Mia German	11	Urbandale	26.28	5
21	Reese Cubbage	10	Linn-Mar	26.28	4
22	Faith Kpeayeh	12	Prairie, CR	26.31	5
23	Mylie Leo	11	SE Polk	26.34	6
24	Taylor Powers	10	Pleasant Valley	26.55	5

Event 23 Girls 400 Meter Dash 4A

Thursday 5/21/2026 - 1:30 PM

State Meet: 52.90 2018 Sydney Milani, Southeast Polk
All-Time: 52.90 2018 Sydney Milani, Southeast Polk

	Name	Year	School	Seed Time	
1	Kloe Nissen	11	Cedar Falls	55.67	1
2	Logan Vogt	11	Waukee NW	56.38	1
3	Morgan Fisher	10	Ankeny	56.41	1
4	Avery Vogt	12	Waukee NW	56.75	2
5	Haley Duke	10	Bettendorf	56.86	1
6	Olivia Fehn	12	Johnston	56.99	1
7	Reese Wiley	11	Prairie, CR	57.19	2
8	Leighton Stanford	10	DC-Grimes	57.38	3
9	Savannah Mathias	10	IC, West	58.04	3
10	Brooklynn Ruddy	10	SE Polk	58.15	1
11	Emma White	11	Indianola	58.60	2
12	Piper Birkenholz	12	DUB Hempstead	59.08	2
13	Natalya Deardorff	12	Ames	59.22	3
14	Olive Wilson	09	CR Kennedy	59.53	3
15	Lydia Bennett	11	Waukee	59.98	4
16	Kendal Sandy	11	Indianola	1:00.07	4
17	Anna Sojka	12	Linn-Mar	1:00.16	2
18	Gillian Schramm	11	Ankeny	1:00.35	2
19	Jaeden Jackson	10	Ankeny Cent	1:00.47	5
20	Jena Frank	12	IC, West	1:00.68	4
21	KieHona Turner	11	DVPT, North	1:01.00	3
22	Mackenzie Maher	09	IC, Liberty	1:01.01	5
23	Elliott Lessman	09	Valley, WDM	1:01.15	3
24	Kaelyn Rinehart	10	Ankeny Cent	1:01.16	6

Event 31 Girls 800 Meter Run 4A

Saturday 5/23/2026 - 10:58 AM

State Meet: 2:08.15 5/21/2011 Shelby Houlihan, SC, East
All-Time: 2:06.52 2021 Ainsley Erzen, Carlisle

	Name	Year	School	Seed Time	
1	Rebecca Flick	09	Ankeny Cent	2:14.14	1
2	Joley Sullivan	10	DVPT, Central	2:15.16	1
3	Piper Vander Ley	10	Waukee NW	2:15.78	2
4	Katherine Tomlyanovich	10	Cedar Falls	2:16.05	1
5	Makenna Madetzke	12	Ankeny	2:16.76	1
6	Meredith Gentry	12	DSM, Roosevelt	2:18.44	1

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Event 31 ... (Girls 800 Meter Run 4A)

	Name	Year	School	Seed Time	
7	Olivia Fehn	12	Johnston	2:18.79	1
8	Tenley Heidgerken	09	DC-Grimes	2:18.80	3
9	Sarah Foad	09	Pleasant Valley	2:19.09	2
10	Emee Dani	11	Waukee NW	2:19.09	4
11	Reese Wiley	11	Prairie, CR	2:19.12	2
12	Hailey Kozloski	11	Linn-Mar	2:19.13	3
13	Madelyn Hoss	11	Lewis Central	2:19.61	2
14	Brynn Edgin	12	Pleasant Valley	2:20.19	4
15	Jayna Lamping	12	Johnston	2:20.32	3
16	Ellie Blevins	11	Ankeny Cent	2:21.39	5
17	Brogan Evans	12	Mason City	2:22.11	4
18	Carryn Sattler	12	Clinton	2:22.55	2
19	Delayna Reese	11	Lewis Central	2:22.90	3
20	Calissa Fruin	10	IC, City High	2:22.95	5
21	Emme Baugh Van Zee	11	Waukee	2:23.37	6
22	Leah Kincaid	11	Ames	2:24.06	2
23	Marcella Palmer	12	SC, North	2:24.92	4
24	Nevaeh Kessler	12	DUB Senior	2:26.14	3

Event 39 Girls 1500 Meter Run 4A

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	Seed Time	
1	Charlee Gall	10	Cedar Falls	4:34.10	1
2	Alyx Woodley	12	Johnston	4:40.83	1
3	Emmy Stubbendeck	09	Waukee NW	4:41.78	1
4	Ella Jones	10	Waukee NW	4:42.83	2
5	Emma Stanley	11	Ames	4:43.50	1
6	Meredith Gentry	12	DSM, Roosevelt	4:44.38	2
7	Tenley Heidgerken	09	DC-Grimes	4:44.44	3
8	Isabel Spradling	10	DSM, Roosevelt	4:44.49	3
9	Emma Chesterman	12	DUB Senior	4:45.11	2
10	Maddie Millage	11	Pleasant Valley	4:45.14	1
11	Ele Wharton	11	Johnston	4:45.75	2
12	Makenna Madetzke	12	Ankeny	4:46.33	1
13	Joley Sullivan	10	DVPT, Central	4:46.46	2
14	Natalie Cogdill	09	Ankeny Cent	4:47.00	4
15	Naya Nakama	09	Ames	4:48.39	4
16	Hailey Kozloski	11	Linn-Mar	4:49.14	3
17	Madelyn Hoss	11	Lewis Central	4:49.65	2
18	Sarah Foad	09	Pleasant Valley	4:49.86	4
19	Nakia Ollivierre	12	WAT West	4:50.81	3
20	Sydney Burrier	12	Waukee	4:51.06	5
21	Delayna Reese	11	Lewis Central	4:51.11	3
22	Abigail Burns	12	IC, City High	4:51.78	3
23	Ellie Blevins	11	Ankeny Cent	4:51.98	6
24	Addison Dooley	12	DC-Grimes	4:54.21	7

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Event 47 Girls 3000 Meter Run 4A

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	Seed Time	
1 Maddie Millage	11	Pleasant Valley	10:00.27	1
2 Charlee Gall	10	Cedar Falls	10:22.96	1
3 Isabel Spradling	10	DSM, Roosevelt	10:23.46	1
4 Ele Wharton	11	Johnston	10:23.74	1
5 Emma Chesterman	12	DUB Senior	10:26.40	2
6 Emmy Stubbendeck	09	Waukee NW	10:26.87	1
7 Emma Stanley	11	Ames	10:27.61	2
8 Hailey Kozloski	11	Linn-Mar	10:28.04	2
9 Abigail Burns	12	IC, City High	10:31.03	2
10 Ellie Blevins	11	Ankeny Cent	10:33.73	2
11 Piper Messerly	11	DC-Grimes	10:34.62	3
12 Jaylee Duncan	12	Pleasant Valley	10:34.78	3
13 Nakia Ollivierre	12	WAT West	10:36.67	3
14 Audrey Dummermuth	12	Johnston	10:40.71	3
15 Hannah Schmitz	09	Norwalk	10:42.40	3
16 Madelyn Hoss	11	Lewis Central	10:42.93	1
17 Delayna Reese	11	Lewis Central	10:49.73	2
18 Caroline Opfer	11	Waukee NW	10:50.59	4
19 Harper Groteluschen	10	Prairie, CR	10:51.93	4
20 Whitney Estabrook	12	Muscatine	10:52.13	4
21 Aubrey Rivers	12	Clinton	10:58.10	4
22 Avery Driscoll	11	Waukee	10:58.85	5
23 Lily Decker	12	Dowling Cath	11:02.85	4
24 Trinity Klingensmith	10	Ankeny Cent	11:05.02	6

Event 55 Girls 100 Meter Hurdles 4A Prelims

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	Seed Time	
1 Morgan Karr	12	Valley, WDM	14.06	1
2 Katie Willits	12	Waukee NW	14.21	1
3 Jana Maharry	11	Waukee	14.41	2
4 Anna Woods	11	Ankeny Cent	14.48	3
5 Avery Bradley	10	Muscatine	14.63	1
6 Sophia Hatcher	12	Ames	14.83	1
7 Franny Brooks	12	Dowling Cath	14.94	2
8 Alayna Schulte	12	Waukee NW	14.94	4
9 Natalie Lord	11	DVPT, North	15.10	2
10 Birklie Waskow	11	Cedar Falls	15.13	1
11 Natalie Sitzmann	12	Waukee	15.16	5
12 Mila Hughes	09	Valley, WDM	15.21	2
13 Ayla McGlaughlin	12	Muscatine	15.37	3
14 Alyssa Schroeder	11	North Scott	15.73	4
15 Elise Kane	10	Pleasant Valley	15.74	5
16 Jordin Mayson	10	Ottumwa	15.76	1

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Event 55 ... (Girls 100 Meter Hurdles 4A Prelims)

Name	Year	School	Seed Time
17 Paisley Joens	10	Prairie, CR	15.83 2
18 Addi Spier	12	Cedar Falls	15.90 2
19 Brilynn Kiester	11	SE Polk	15.98 3
20 Penelope Pederson	09	Urbandale	16.01 4
21 Madeline Fraga	09	IC, City High	16.05 3
22 Gabi Severs	12	SE Polk	16.14 5
23 Sydney Feldhacker	11	DUB Hempstead	16.24 3
24 Macey Rohrbeck	11	DC-Grimes	16.30 6

Event 60 Girls 400 Meter Hurdles 4A

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	Seed Time
1 Jana Maharry	11	Waukee	1:00.47 1
2 Avery Bradley	10	Muscatine	1:02.27 1
3 Tatum Miller	12	Bettendorf	1:02.33 2
4 Maeve Bowen-Burt	10	IC, City High	1:02.81 1
5 Ava Barten	12	Ankeny Cent	1:03.04 2
6 Angelica Attinger	12	Ames	1:03.12 1
7 Ivey Kitzman	10	Pleasant Valley	1:04.10 3
8 Paisley Joens	10	Prairie, CR	1:04.34 2
9 Madison Grover	11	Indianola	1:04.66 2
10 Alayna Schulte	12	Waukee NW	1:04.72 3
11 Willow Schultz	11	IC, City High	1:05.26 3
12 Jordin Mayson	10	Ottumwa	1:05.38 4
13 Brenna Van Cleave	12	Ames	1:05.57 3
14 Isabella Roth	09	Cedar Falls	1:05.69 1
15 Rylee Kluver	10	Valley, WDM	1:05.83 1
16 Molly Millang	09	Valley, WDM	1:06.06 2
17 Elise Kane	10	Pleasant Valley	1:06.09 4
18 Natalie Lord	11	DVPT, North	1:06.25 5
19 Shai Meyer	09	Cedar Falls	1:06.65 2
20 Annabelle Schwartz	11	Urbandale	1:07.37 4
21 Lilly Hoger	11	Indianola	1:07.40 5
22 Josephine Smith	10	SE Polk	1:07.79 6
23 Kennedy Princehouse	11	Waukee NW	1:07.81 4
24 Aubrielle Tousey	11	Johnston	1:07.92 5

Event 69 Girls 4x100 Meter Shuttle Hurdle 4A Prelims

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

Team	Relay	Seed Time
1 Waukee	1	1:01.02 1
1) Natalie Sitzmann 12	2) Payton Lundgren 12	3) Sophia Taylor 11
5) Elise Stephenson 12	6) Riley Sitzmann 09	7) Elsa Munkvold 10
		4) Jana Maharry 11
		8) Audrey Megonigle 11

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Event	Team	Relay	Seed Time
2	Waukee NW	1	1:01.56 2
	1) Alayna Schulte 12	2) Lily Twigg 11	3) Faith Johnson 09
	5) Katie Willits 12	6) Avery Vogt 12	7) Reyn Dani 09
			8) Emery Smith 10
3	Cedar Falls	1	1:03.50 1
	1) Sophia Tognetti 12	2) Mackenzie Castro 10	3) Addi Spier 12
	5) Laken Petrie 12	6) Isabella Roth 09	7) Kylie Tognetti 09
			8) Delaney Garrett 09
4	Ankeny Cent	1	1:04.34 3
	1) Ava Barten 12	2) Siena Peddicord 09	3) Taylor Gilbreath 10
	5) Ellsie Cole 10	6) Sophie Richard 09	7) Bradlynn Virchow 10
			8) Olivia Jackson 09
5	Ames	1	1:04.90 1
	1) Angelica Attinger 12	2) Shelby Esslinger 11	3) Elia Varghese 12
	5) Brenna Van Cleave 12	6) Adut Kiir 09	7) Sasha Karagaeva 09
			8) Kennedy Badding 09
6	Pleasant Valley	1	1:05.02 1
	1) Brooklynn Kelley 10	2) Elise Kane 10	3) Hanley Schmidt 12
	5) Lillian Uhlenhake 10	6) Kadence LeMoine 11	7) Emerson Ehrke 09
			8) Ella Boll 09
7	Muscatine	1	1:05.03 2
	1) Kensley Paul 12	2) Ayla McGlaughlin 12	3) Mallory Bruhn 12
	5) Kaylin Paul 09		4) Avery Bradley 10
8	Valley, WDM	1	1:05.66 1
	1) Mila Hughes 09	2) Jayla Parker 12	3) Matsi Bonkafo-Efofa 09
	5) Molly Millang 09	6) Rylee Kluver 10	7) Anna Stanbro 12
			8) Zoey Kruchten 12
9	Prairie, CR	1	1:06.36 1
	1) Kennedy Hurlbert 10	2) Cora Frese 11	3) Baylee Whitehill 11
	5) Aiko Benesh 11	6) Emily Oldfather 09	7) Anndee (Aj) Magers 09
			8) Madalynn Weber 12
10	North Scott	1	1:06.68 3
	1) Alyssa Schroeder 11	2) Aviea Holden 10	3) Addison Allen 12
	5) Briahh Davis 09	6) Norah Doering 09	7) Delaine Pratt 11
			8) Kendall Behm 11
11	Dowling Cath	1	1:06.70 2
	1) Everlee Anthony 10	2) Ayoung Ajourng 10	3) Adalyn Jones 11
	5) Veronica Eure 11	6) Georgia Leman 11	7) Ashley Gonyo 11
			8) Willow Jepson 12
12	CR Kennedy	1	1:07.04 2
	1) Kayla Langerman 12	2) Skyylan Ousley 11	3) Gatsby Gloede 10
	5) Jocelyn Stepanek 11	6) Alexis Van Kerckhove 11	4) Jady Jakobsen 09
13	IC, City High	1	1:07.17 2
	1) Gloria Konu 12	2) Bernadette Hamilton 10	3) Madeline Fraga 09
	5) Hazel Schluckebier 10	6) Mercy Ngugi 12	4) Willow Schultz 11
14	DC-Grimes	1	1:07.88 4
	1) Macey Rohrbeck 11	2) Caelyn Short 10	3) Ashtyn Vaughan 12
	5) Aniyah Boens 11	6) Gabby Springer 09	7) Kealey Johnston 09
			8) Meredith Opoku-Sekyere 09
15	Indianola	1	1:09.20 3
	1) Lilly Hoger 11	2) Lauren Olson 12	3) Mady Blake 09
	5) Madison Grover 11	6) Kaydence Kramer 09	7) Aleah VanderLinden 09
			8) Averie Rogers 11
16	IC, West	1	1:09.85 3
	1) Savannah Graham 10	2) Chelsi Wing 09	3) Ava Sieren 10
	5) Josslynn Jordan 09	6) Evelyn Cornish 11	7) Avery Nepple 10
			8) Amara MacLagan 10
17	Linn-Mar	1	1:09.96 4
	1) Shreya Singh 11	2) Tori Sletteland 12	3) Madison Steege 10
	5) Jocelyn Beck 10	6) Claire Lorenz 11	4) Christina Gorsich 12
18	Mason City	1	1:10.66 4
	1) Anna Latham 11	2) Piper Johnson 12	3) Pyper Koch 11
	5) Kendall Hruby 09		4) Finlee Carter 09

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Team	Relay	Seed Time
19 Norwalk	1	1:10.79 4
1) Milena Catic 10	2) Kaia Stoullil 12	3) Leah Crick 11
5) Peyton Stewart 10	6) Piper Routh 11	7) Grace Johnson 10
8) Braelyn Irlmeier 09		
20 Fort Dodge	1	1:10.94 5
1) Adyson Friesth 10	2) Ava Osorio 09	3) Charlotte DeJong 10
5) Teryn Rippentrop 12	6) Brooklyn Nelson 10	7) LJ Maehl 12
8) Ava Wessels 12		
21 Johnston	1	1:11.08 5
1) Paityn Ahrens 12	2) Marisel Clifton 11	3) Bella Grummert 12
5) Tegan Halverson 10	6) Marina Ceron-Petek 09	7) Ashal Chan 10
8) Lakyn Moreno 10		
22 Ottumwa	1	1:12.12 6
1) Jordin Mayson 10	2) Blythe Schmidt 11	3) Evelyn Lipp 09
5) Shameka Scott 11	6) Samiah Pope 10	4) Amaka Chukwumezie 11
23 IC, Liberty	1	1:12.17 7
1) Cindy Eckhardt 12	2) A'Kyra Green 09	3) Greta Daniels 10
5) Aleksandra Sharp 12	6) Addy Achenbach 09	7) Margaret Maassen 10
4) Ava Meyers 09		
24 SC, North	1	1:12.20 2
1) Haley Nguyen 10	2) Madeline Conley 10	3) Hayden Lovrien 12
5) Jaden Brower 12	6) Allison Maloney 09	7) Aubrey Trometer 12
8) Kamesha Zinn 11		

Event 76 Girls 4x100 Meter Relay 4A Prelims

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

Team	Relay	Seed Time
1 Waukee NW	1	46.73 1
1) Keziah Caldwell 11	2) Katie Stahl 12	3) Bella Distefano 11
5) Annie Adams 09	6) Quinn Jorgensen 10	7) Avery Vogt 12
8) Sadie McCann 10		
2 SE Polk	1	47.96 1
1) Mylie Leo 11	2) Berkley Weiland 10	3) Teresa Tarplah 10
5) Gabi Severs 12	6) Jady Woods 12	7) Blayke Stubbs 11
8) Brilynn Kiestler 11		
3 Pleasant Valley	1	48.04 1
1) Olive Dankwah 09	2) Kai Rebro 11	3) Ivey Kitzman 10
5) Taylor Powers 10	6) Josie Kula 09	7) Brooklynn Kelley 10
8) Lily Rebitzer 12		
4 Valley, WDM	1	48.33 1
1) Payton Keiser 11	2) Maggie Garrison 11	3) Mila Hughes 09
5) Jayla Parker 12	6) Maya Ballou 10	7) Sydney Small 12
8) Aubrey Tischler 09		
5 Prairie, CR	1	48.57 1
1) Ashlynn Hunter 10	2) Marci Mudanya 09	3) Faith Kpeayeh 12
5) Kennedy Hurlbert 10	6) Piper Johnson 12	7) Kennady Johnson 11
8) Lillian Specht 09		
6 Urbandale	1	48.80 2
1) Brooke Spencer 12	2) Fiona Mulligan 11	3) Madi Reed 10
5) Penelope Pederson 09	6) Marlie Schneider 11	7) Avery Smit 12
8) Averia Cabildo 10		
7 Linn-Mar	1	48.99 2
1) Brooklyn Guild 12	2) Reese Cabbage 10	3) Sarah White 12
5) Abby Mecklenburg 12	6) Charlee Guild 09	7) Josie Wesselink 10
8) Elise Blackwell 10		
8 DUB Hempstead	1	49.00 1
1) Cassidy Buchenau 12	2) Mallory Tomkins 12	3) Piper Birkenholz 12
5) Autumn Sanchez 11	6) Sydney Feldhacker 11	7) Grace Davis 09
4) Kaylee Carley 11		
8) Ava Ball 11		

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Event 76 ... (Girls 4x100 Meter Relay 4A Prelims)

Event	Team	Relay	Seed Time
9	Cedar Falls	1	49.09 2
	1) Birklie Waskow 11	2) Kate Roussell 12	3) La'Neeha Bell 11
	5) Ari Wroe 10	6) Mackenzie Castro 10	7) Macey Schrage 12
			8) Sophia Fritts 09
10	CR Washington	1	49.10 2
	1) Zoie Williams 11	2) Cassie Thurmond 12	3) Kamarionna Crittenden 12
	5) Evan McCright 11	6) Ava Graw 12	7) Sarah Novak 12
			8) Willa Olson 09
11	Ankeny Cent	1	49.32 2
	1) Siena Peddicord 09	2) Anna Woods 11	3) Taylor Gilbreath 10
	5) Morgan Erwin 12	6) Aly Drefke 12	7) Aly Balashaitis 12
			8) Keely Beach 11
12	Johnston	1	49.32 3
	1) Cooper Cornwell 10	2) Sadie Nicol 10	3) Amirra Holmes 11
	5) Lilly Lanpher 09	6) Lizzie Burry 12	7) Emily Kirwan 10
			8) Alex Wiltse 12
13	North Scott	1	49.64 3
	1) Olivia Graham 11	2) Emmalia Ranson 10	3) Kamilah Eller 11
	5) Adalynn Johnson 12	6) Alyssa Schroeder 11	7) Briahh Davis 09
			8) Kaylee Ervin 09
14	Dowling Cath	1	49.73 3
	1) Franny Brooks 12	2) Ellie Mead 11	3) Madison Nagel 12
	5) Lilah Murphy 11	6) Lydia Conradt 10	7) Paige Skyles 10
			8) Marion Boot 12
15	CR Kennedy	1	49.83 3
	1) Morgan Hospodarsky 12	2) Molly Gieseman 12	3) Adalyn Thorstenson 10
	5) Annie Garsayne 12	6) Kayla Langerman 12	7) Loraiya Canty 11
			8) Aniyah Williams 12
16	Waukee	1	49.99 3
	1) Cooper Burke 10	2) Estelle Hinke 11	3) Kate Schulte 11
	5) Natalie Sitzmann 12	6) Jana Maharry 11	7) Faith Rankins 09
			8) Olivia Black 10
17	Ames	1	50.04 4
	1) Jaya Theilen 10	2) Edyn Cowles 12	3) Peruth Negrete 09
	5) Sophia Hatcher 12	6) Angelica Attinger 12	7) Katelyn Augustin 09
			8) Liana Kershaw 09
18	Indianola	1	50.13 5
	1) Tessa Gripp 12	2) Hadley Vetter 12	3) Amelia Paugh 09
	5) Aubrey Griffin 11	6) Lilly Hoger 11	7) Macayle Ahrens 09
			8) Lauren Olson 12
19	Lewis Central	1	50.14 2
	1) Payton Mathews 12	2) Allie Hytrek 09	3) Megan Scheel 12
	5) Arianna Melika 09	6) Emily Contreras 09	7) Grace Mescher 11
			8) Ryleigh Russo 10
20	DC-Grimes	1	50.53 4
	1) Madden Seeman 10	2) Nevaeh Mayfield 10	3) Khloe Crawford 10
	5) Macey Rohrbeck 11	6) Gabby Springer 09	7) Meredith Opoku-Sekyere 09
			8) Nia Kiley 10
21	IC, West	1	50.55 4
	1) Amara MacLagan 10	2) Arianna Shaw 11	3) Evelyn Cornish 11
	5) Savannah Mathias 10	6) Savannah Graham 10	7) Viviana Sanchez 09
			8) Caroline Dickens 11
22	Bettendorf	1	50.60 4
	1) Sophia Everding 10	2) Cendall Cleveland 12	3) Kylie Lemek 10
	5) Haley Duke 10	6) Anna Miller 12	7) Tatum Miller 12
			8) Brielle Wilson 10
23	CB, A Lincoln	1	51.14 3
	1) Jady (J) Adler 09	2) Alexandria Maiso 11	3) Savannah Mohling 10
	5) Malene Petersen 12	6) Alli Baumbach 12	7) Jasmine Shields 12
			8) Haley Lang 10
24	Norwalk	1	51.17 6
	1) Milena Catic 10	2) Kinzie Giesemann 10	3) Mary Bush 10
	5) Avery Kelderman 10	6) Josie Hatlevig 11	7) Taylor Hanrahan-Klem 12
			8) Arabella Heldt 10

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Event 84 Girls 4x200 Meter Relay 4A

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

Team	Relay	Seed Time
1 Waukee NW	1	1:38.61 1
1) Keziah Caldwell 11	2) Bella Distefano 11	3) Katie Stahl 12
5) Katie Willits 12	6) Avery Vogt 12	7) Logan Vogt 11
4) Quinn Jorgensen 10	8) Annie Adams 09	
2 SE Polk	1	1:40.31 1
1) Mylie Leo 11	2) Berkley Weiland 10	3) Teresa Tarplah 10
5) Brooklynn Ruddy 10	6) Blayke Stubbs 11	7) Josephine Smith 10
8) Reese Curphy 10		
3 Pleasant Valley	1	1:40.66 1
1) Cali McDermott 10	2) Ivey Kitzman 10	3) Brooklynn Kelley 10
5) Olive Dankwah 09	6) Taylor Powers 10	7) Lily Rebitzer 12
4) Kai Rebro 11	8) Avrielle Ohda 09	
4 Waukee	1	1:40.74 2
1) Natalie Sitzmann 12	2) Chloe Williams 09	3) Emerson Chance 12
5) Kate Schulte 11	6) Cooper Burke 10	7) Jayden Rees 12
4) Jana Maharry 11	8) Caitlin Larkin 12	
5 Prairie, CR	1	1:42.18 1
1) Faith Kpeayeh 12	2) Marci Mudanya 09	3) Avah Cooper 12
5) Reese Wiley 11	6) Lillian Specht 09	7) Kelsee Tedrow 10
4) Ashlynn Hunter 10	8) Timberli Hosek 10	
6 CR Kennedy	1	1:42.86 1
1) Emerson Blocker 12	2) Annie Garsayne 12	3) Adalyn Thorstenson 10
5) Olive Wilson 09	6) Quinn Wagner 09	7) Rylie Hospodarsky 10
4) Morgan Hospodarsky 12	8) Molly Gieseman 12	
7 Urbandale	1	1:43.46 2
1) Madi Reed 10	2) Mia German 11	3) Marlie Schneider 11
5) Penelope Pederson 09	6) Brooke Spencer 12	7) Avery Smit 12
4) Fiona Mulligan 11	8) Averia Cabildo 10	
8 DUB Hempstead	1	1:43.56 2
1) Mallory Tomkins 12	2) Cassidy Buchenau 12	3) Autumn Sanchez 11
5) Piper Birkenholz 12	6) Sydney Feldhacker 11	7) Grace Davis 09
4) Kaylee Carley 11	8) Ava Ball 11	
9 Ankeny Cent	1	1:43.58 3
1) Ava Barten 12	2) Bailey Snyder 11	3) Aly Drefke 12
5) Anna Woods 11	6) Belicia Buesch 10	7) Teagan Jackson 11
4) Aly Balashaitis 12	8) Morgan Erwin 12	
10 Valley, WDM	1	1:43.70 1
1) Payton Keiser 11	2) Maggie Garrison 11	3) Sydney Small 12
5) Brooklyn Brown 12	6) Roseline Harmer 10	7) Elliott Lessman 09
4) Jayla Parker 12	8) Morgan Karr 12	
11 Ankeny	1	1:43.95 2
1) Quinn Roush 11	2) Riley Kayser 12	3) Charlee Cibula 12
5) Gillian Schramm 11	6) Reagan Prendergast 12	7) Isabel Squires 11
4) Lilly Buckley 11	8) Lena Bruening 11	
12 Ames	1	1:44.09 3
1) Angelica Attinger 12	2) Edyn Cowles 12	3) Peruth Negrete 09
5) Sophia Hatcher 12	6) Natalya Deardorff 12	7) Alaina Johnson 09
4) Brenna Van Cleave 12	8) Desire Baldon 10	
13 Bettendorf	1	1:44.16 2
1) Tatum Miller 12	2) Adysn Slack 10	3) Sophia Everding 10
5) Kylie Lemek 10	6) Allyson Ruscitti 11	7) Marlee Griffin 11
4) Haley Duke 10	8) Kaylie Husser 11	
14 IC, City High	1	1:44.19 2
1) Willow Schultz 11	2) Jaydah Kent 09	3) Janiah Newell 10
5) Laila Pho 11	6) Janrita Dahn 12	7) Cooper Hamilton 12
4) Ellie Fraga 11	8) Noelle Schnoebelen 12	
15 Linn-Mar	1	1:44.20 3
1) Brooklyn Guild 12	2) Reese Cabbage 10	3) Sarah White 12
5) Abby Mecklenburg 12	6) Brynna Gander 10	7) Christina Gorsich 12
4) Elizabeth Yount 09	8) Josie Wesselink 10	

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Event 84 ... (Girls 4x200 Meter Relay 4A)

	Team	Relay	Seed Time
16	Cedar Falls	1	1:44.66 3
	1) Mackenzie Castro 10	2) Kate Roussell 12	3) La'Neeha Bell 11
	5) Kloe Nissen 11	6) Jenna Hannam 10	7) MollyKate Martin 11
			8) Macey Schrage 12
17	Dowling Cath	1	1:45.03 4
	1) Lydia Conratt 10	2) Ellie Mead 11	3) Madison Nagel 12
	5) Franny Brooks 12	6) Caroline Crane 10	7) Adalyn Jones 11
			8) Ayoung Ajoung 10
18	IC, West	1	1:45.07 3
	1) Amara MacLagan 10	2) Savannah Graham 10	3) Evelyn Cornish 11
	5) Savannah Mathias 10	6) Aarianna Shaw 11	7) Sophia Austen 11
			8) Ava Sieren 10
19	Johnston	1	1:45.27 4
	1) Cora Shaw 11	2) Brylynn Petek 10	3) Cooper Cornwell 10
	5) Micah Fitzgerald 12	6) Amirra Holmes 11	7) Sadie Nicol 10
			8) Emily Kirwan 10
20	Muscatine		1:46.03 4
	1) Reagan Carver 09	2) Benediction Sewa 12	3) Kensley Paul 12
	5) Ayla McGlaughlin 12	6) Annie Harmon 11	7) Naomi Young 12
			4) Abigail Norton 09
21	North Scott		1:46.25 5
	1) Kaylee Ervin 09	2) Olivia Graham 11	3) Emmalia Ranson 10
	5) Micayla Ramirez 11	6) Kendall Behm 11	7) Riley Toohey 10
			8) Kamilah Eller 11
22	Clinton	1	1:48.09 4
	1) Emme Jensen 11	2) Iyanna Davis 09	3) Audry Gruhn 09
	5) Dorianna Hill 10	6) Molly Steiner 10	7) Akemah McClendon 12
			4) Camila Hunter 12
23	DVPT, Central		1:48.22 6
	1) Amiyah Dollison 10	2) Ruby Klarkowski 12	3) Mahlania Diaz 09
	5) Annyiah Walls 10	6) Mikaia Woglo 11	7) Lea Lefebvre 11
			8) Eloise Van Howe 12
24	DC-Grimes	1	1:48.94 4
	1) Madden Seeman 10	2) Nevaeh Mayfield 10	3) Khloe Crawford 10
	5) Leighton Stanford 10	6) Lillian Pudenz 10	7) Gabby Springer 09
			8) Macey Rohrbeck 11

Event 92 Girls 4x400 Meter Relay 4A Prelims

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

	Team	Relay	Seed Time
1	Waukee NW	1	3:54.82 1
	1) Kennedy Burns 10	2) Piper Vander Ley 10	3) Leah Janulewicz 11
	5) Quinn Jorgensen 10	6) Sadie McCann 10	7) Emea Dani 11
			8) Logan Vogt 11
2	Johnston	1	3:57.18 1
	1) Micah Fitzgerald 12	2) Jayna Lamping 12	3) Brylynn Petek 10
	5) Olivia Fehn 12	6) Aubrielle Tousey 11	7) Grace Beasley 11
			8) Genna Shaw 11
3	Muscatine		3:57.50 1
	1) Kensley Paul 12	2) Benediction Sewa 12	3) Abigail Norton 09
	5) Ella Maynard 12	6) Mallory Bruhn 12	7) Kaylin Paul 09
			4) Avery Bradley 10
4	Prairie, CR	1	3:57.91 2
	1) Lillian Specht 09	2) Sarah Hughes 09	3) Marci Mudanya 09
	5) Paisley Joens 10	6) Kennady Johnson 11	7) Rowen Kelley 11
			8) Aubrey Langton 11
5	Valley, WDM	1	3:58.01 1
	1) Elliott Lessman 09	2) Brooklyn Brown 12	3) Sydney Small 12
	5) Rylee Kluver 10	6) Zoey Lee 10	7) Leila Major 12
			8) Audrey Grieser 09

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Event 92 ... (Girls 4x400 Meter Relay 4A Prelims)

Event	Team	Relay	Seed Time
6	Ames	1	3:58.45 1
	1) Angelica Attinger 12	2) Meredith Frandsen 12	3) Sophia Hatcher 12
	5) Brenna Van Cleave 12	6) Emma Stanley 11	7) Leah Kincaid 11
			8) Natalya Deardorff 12
7	Ankeny	1	3:59.23 2
	1) Charlee Cibula 12	2) Isabel Squires 11	3) Gillian Schramm 11
	5) Makenna Madetzke 12	6) Reagan Prendergast 12	7) Morgan Fisher 10
			8) Leah Ren 09
8	Ankeny Cent	1	3:59.40 2
	1) Aly Balashaitis 12	2) Ava Barten 12	3) Teagan Jackson 11
	5) Belicia Buesch 10	6) Kaelyn Rinehart 10	7) Ellie Pollock 11
			8) Rebecca Flick 09
9	Indianola	1	4:00.52 2
	1) Kendal Sandy 11	2) Madison Grover 11	3) Ady Mason 12
	5) Lilly Hoger 11	6) Cali Laxton 09	7) Hadley Erickson 11
			8) Samantha Dooley 09
10	CR Kennedy	1	4:00.60 1
	1) Olive Wilson 09	2) Annie Garsayne 12	3) Emerson Blocker 12
	5) Isabella Veach 09	6) Alli Strasburger 09	7) Anna Christensen 09
			8) Rylie Hospodarsky 10
11	SE Polk	1	4:00.63 3
	1) Caroline Naeve 09	2) Kenley Barbour 09	3) Berkley Weiland 10
	5) Josephine Smith 10	6) Blayke Stubbs 11	7) Alayna Goldsberry 11
			8) Brooklynn Ruddy 10
12	Cedar Falls	1	4:00.77 2
	1) Katherine Tomlyanovich 10	2) Lily Garvin 09	3) Shai Meyer 09
	5) Isabella Roth 09	6) Kloe Nissen 11	7) Jo Jo Halbur 09
			8) Jenna Hannam 10
13	Pleasant Valley		4:00.92 2
	1) Kailee Wilson 12	2) Elise Kane 10	3) Lila Otts 09
	5) Cali McDermott 10	6) Brynn Edgin 12	7) Vivian McCombs 11
			8) Emerson Ehrke 09
14	Waukee	1	4:01.47 3
	1) Lydia Bennett 11	2) Jayden Rees 12	3) Elsa Kopriva 10
	5) Jana Maharry 11	6) Emerson Chance 12	7) Samanvi Anbukumar 09
			8) Emme Baugh Van Zee 11
15	IC, West	1	4:01.51 3
	1) Avery Nepple 10	2) Jena Frank 12	3) Sophia Austen 11
	5) Kate Van Waning 12	6) Beatrice Ahern 10	7) Eva Willis 12
			8) Savannah Mathias 10
16	IC, City High	1	4:02.49 4
	1) Jaydah Kent 09	2) Ellie Fraga 11	3) Noelle Schnoebelen 12
	5) Abigail Burns 12	6) Maeve Bowen-Burt 10	7) Laila Pho 11
			8) Willow Schultz 11
17	DUB Hempstead	1	4:07.60 3
	1) Mallory Tomkins 12	2) Piper Birkenholz 12	3) Grace Davis 09
	5) Gabriella Teixeira 11	6) Kaylee Carley 11	7) Ava Ball 11
			8) Caitlyn Cyze 09
18	DC-Grimes	1	4:07.74 4
	1) Lillian Pudenz 10	2) Nevaeh Mayfield 10	3) Addison Dooley 12
	5) Tenley Heidgerken 09	6) Kealey Johnston 09	7) Hadley Gessmann 10
			8) Leighton Stanford 10
19	DSM, Roosevelt	1	4:08.97 4
	1) Julia Knapp 12	2) Mariah Crawford 09	3) Ella Johnson 10
	5) Charlotte Kelderman 09	6) Emma Sherman 12	7) Isabel Spradling 10
			8) Meredith Gentry 12
20	Dowling Cath	1	4:09.39 5
	1) Frankie Darnell 11	2) Caroline Crane 10	3) Jill Martin 09
	5) Jaya Morrow 10	6) Adalyn Jones 11	7) Everlee Anthony 10
			8) Elise Huegerich 12
21	Linn-Mar		4:10.38 3
	1) Anna Sojka 12	2) Brynna Gander 10	3) Amaris Clemente 09
	5) Laci Sletteland 09	6) Lynley Glaspie 09	7) Hailey Kozloski 11
			8) Christina Gorsich 12
22	Mason City	1	4:10.92 5
	1) Mara Dixon 10	2) Peyton Zilge 11	3) Latasha York 11
	5) Brogan Evans 12	6) Isabella Riordan 10	7) Finlee Carter 09
			8) Myrna Harper 09

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Event 92 ... (Girls 4x400 Meter Relay 4A Prelims)

Team	Relay	Seed Time
23 IC, Liberty	1	4:10.97 6
1) Kate Prahm 10	2) Chelsea VeDepo 11	3) Claire Cannon 10
5) Carson Perry 11	6) Harlow Bucheit 11	7) Olivia Meyer 11
8) Addy Achenbach 09		
24 Bettendorf		4:12.31 4
1) Alannah Bermas 09	2) Marlee Griffin 11	3) Kaylie Husser 11
5) Ella Ripslinger 11	6) Addie Reed 11	7) Hadley Appel 11
8) Grace Mitchell 10		

Event 100 Girls 4x800 Meter Relay 4A

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

Team	Relay	Seed Time
1 Johnston	1	9:26.72 1
1) Aubrielle Tousey 11	2) Jayna Lamping 12	3) Payton Crabb 11
5) Ele Wharton 11	6) Olivia Fehn 12	7) Alyx Woodley 12
8) Lila Shaw 11		
2 Indianola	1	9:34.26 1
1) Paige Hoger 11	2) Ady Mason 12	3) Avery Manny 09
5) Keira Labertew 11	6) Michaela Appel 12	7) Leah Hartford 12
8) Kaydence Held 09		
3 Dowling Cath	1	9:35.00 2
1) Payton Wolfe 10	2) Elise Huegerich 12	3) Frankie Darnell 11
5) Arianna Horras 11	6) Cora Volp 11	7) Madeleine Cowherd 10
8) Sadie Reinhardt 12		
4 Waukee NW	1	9:35.06 1
1) Allison Sheriff 11	2) Ella Jones 10	3) Norah Kell 10
5) Laney Sundet 09	6) Emmy Stubbendeck 09	7) Caroline Opfer 11
8) Piper Vander Ley 10		
5 DUB Senior	1	9:36.51 1
1) Lise Hoyer 11	2) Nevaeh Kessler 12	3) Annie Gilligan 11
5) Briel Bechen 12		
6 Ames	1	9:36.63 3
1) Leah Kincaid 11	2) Brenna Van Cleave 12	3) Meredith Frandsen 12
5) Emma Stanley 11	6) Natalya Deardorff 12	7) Ophelia Harrelson 10
8) Dominique Whaley 09		
7 Cedar Falls	1	9:37.26 2
1) Katherine Tomlyanovich 10	2) Emerlyn McNally 10	3) June Cousin 11
5) Charlee Gall 10	6) Olivia Leehey 10	7) Riley Castro 12
8) Ainsley Searfoss 10		
8 Pleasant Valley		9:37.39 1
1) Kailee Wilson 12	2) Sarah Foad 09	3) Vivian McCombs 11
5) Brynn Edgin 12	6) Jaylee Duncan 12	7) Maddie Millage 11
8) Aila Moylan 09		
9 DC-Grimes	1	9:40.78 2
1) Leighton Stanford 10	2) Addison Dooley 12	3) Lillian Pudenz 10
5) Piper Messerly 11	6) Julia Mora 11	7) Kylie Heaberlin 12
8) Emily Kleckner 12		
10 Clinton	1	9:41.12 3
1) Carryn Sattler 12	2) Molly Steiner 10	3) Cambyl Sattler 09
5) Aubrey Rivers 12	6) Natalia Connolly 09	7) Olivia Schneeberger 12
8) Alli Haskell 10		
11 Waukee	1	9:42.09 3
1) Emme Baugh Van Zee 11	2) Aleah Port 12	3) Olivia Berger 11
5) Sydney Burrier 12	6) Avery Driscoll 11	7) Aubree Mueller 10
8) Anne Johnson 11		
12 Norwalk	1	9:47.28 4
1) Olive DeRocher 10	2) Grace DeRocher 12	3) Delayna Murillo 09
5) Emelyn Welch 10	6) Grace Wetzeler 10	7) Carsyn Adams 09
8) Claire Stevenson 10		

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Event 100 ... (Girls 4x800 Meter Relay 4A)

Event	Team	Relay	Seed Time
13	IC, City High	1	9:51.72 2
	1) Calissa Fruin 10	2) Eliza Doster 10	3) Naomi Downing-Sherer 11
	5) Noelle Schnoebelen 12	6) Laila Pho 11	4) Lucy Sherburne 11
		7) Claire Locher 12	8) Abigail Burns 12
14	Ankeny Cent	1	9:55.27 4
	1) Kaiah Starr 09	2) Sammi Maile 09	3) Cate Benning 09
	5) Ellie Blevins 11	6) Rebecca Flick 09	4) Natalie Cogdill 09
		7) Kaelyn Rinehart 10	8) Trinity Klingensmith 10
15	DVPT, Central		9:55.49 2
	1) Cameron Shumpert 12	2) Sloane Moeller 11	3) Katie Thiessen 10
	5) Rhemidy Brack 09	6) Izzie Hanson 10	4) Joley Sullivan 10
		7) Emma DeToye 09	8) Brynnley Becker 09
16	IC, West	1	9:59.26 3
	1) Kate Van Waning 12	2) Adrienne Hodge 09	3) Ellie DeWaard 09
	5) Ava Twait 09	6) Myra Crawford 12	4) Avery Nepple 10
		7) Mia Ahn 10	8) Carly Moreau 09
17	DUB Hempstead	1	10:00.38 4
	1) Natalie Leitzen 11	2) Gabriella Teixeira 11	3) Eva Stevenson 12
	5) Hazel Freund 09	6) Addison Shedek 09	4) Lily McFadden 09
		7) Stella Houselog 10	8) Greta Gammage 12
18	Mason City	1	10:00.77 4
	1) Brogan Evans 12	2) Ivy Ketelsen 09	3) Paizlee Carter 11
	5) Peyton Bobolz 11	6) Callan Fitzgerald 10	4) Brynn Peterson 10
19	Prairie, CR	1	10:00.96 5
	1) Sarah Hughes 09	2) Aubrey Hoefler 11	3) Addison Kay 09
	5) Harper Groteluschen 10	6) Lamise Ajram 11	4) Anika Roe 11
		7) Ella Faul 11	8) Stella Rose 12
20	Valley, WDM	1	10:01.35 1
	1) Abigail Reid 11	2) Jade Winne 11	3) Molly Millang 09
	5) Emma Udey 09	6) Blakelee Engbrecht 10	4) Raegan Reuter 12
		7) Charlotte Lessman 10	8) Jayde Kearney 11
21	Linn-Mar		10:03.12 3
	1) Anna Temple 10	2) Myrna Harper 09	3) Megan Smiley 12
	5) Hailey Kozloski 11	6) Marion Spolaore 09	4) Grace Meier 11
		7) Brynna Gander 10	8) Tori Stletteland 12
22	Ankeny	1	10:06.32 2
	1) Ella Schulz 12	2) Vanessa Wise 11	3) Reagan Prendergast 12
	5) Makenna Madetzke 12	6) Isabel Squires 11	4) Gillian Schramm 11
		7) Elle Cibula 10	
23	SE Polk	1	10:09.03 5
	1) Lauren Foster 10	2) Audrey Beals 11	3) Contessa Guerrero-Jones 11
	5) Tia Walker 09	6) Ashlynn Beals 11	4) Kenley Barbour 09
		7) Emmeri Jelsma 10	8) Eleanor Capper 10
24	Urbandale	1	10:12.05 6
	1) Genevieve DeWitt 09	2) Annabelle Schwartz 11	3) Paisley Vickers 09
	5) Lilian Gyure 12	6) Lily Thompson 10	4) Nora Lewis 09
		7) Avery Jay 11	8) Adeline Shaver 12

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 Ellie Wunderlich	10	CB, T Jefferson	32.08
2 Bella Paulsen	09	Johnston	35.35

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 Hempstea

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

Name	Year	School	Seed Time
1 Ellie Wunderlich	10	CB, T Jefferson	56.70
2 Bella Paulsen	09	Johnston	1:05.30

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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 Ellie Wunderlich	10	CB, T Jefferson	1:50.64 1
2 Bella Paulsen	09	Johnston	2:17.82 1

Event 114 Girls 800 Sprint Medley 4A

Saturday 5/23/2026 - 9:37 AM

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

Team	Relay	Seed Time
1 Cedar Falls	1	1:44.16 1
1) Kate Roussel 12	2) La'Neeha Bell 11	3) Presley Davison 12
5) Katherine Tomlyanovich 10	6) Ari Wroe 10	7) Ella Johnson 10
4) Kloe Nissen 11	8) Macey Schrage 12	
2 Waukee NW	1	1:45.32 1
1) Annie Adams 09	2) Bella Distefano 11	3) Sadie McCann 10
5) Keziah Caldwell 11	6) Logan Vogt 11	7) Katie Willits 12
4) Quinn Jorgensen 10	8) Avery Vogt 12	
3 Ankeny	1	1:45.42 1
1) Quinn Roush 11	2) Lilly Buckley 11	3) Lena Bruening 11
5) Charlee Cibula 12	6) Isabel Squires 11	7) Gillian Schramm 11
4) Morgan Fisher 10	8) Riley Kayser 12	
4 Pleasant Valley	1	1:45.78 1
1) Olive Dankwah 09	2) Kai Rebro 11	3) Cali McDermott 10
5) Taylor Powers 10	6) Brooklynn Kelley 10	7) Kailee Wilson 12
4) Ivey Kitzman 10	8) Elise Kane 10	
5 Bettendorf	1	1:46.32 2
1) Kylie Lemek 10	2) Adysn Slack 10	3) Tatum Miller 12
5) Sophia Everding 10	6) Cendall Cleveland 12	7) Alannah Bermas 09
4) Haley Duke 10	8) Noelle Winger 10	
6 Prairie, CR	1	1:46.79 1
1) Avah Cooper 12	2) Ashlynn Hunter 10	3) Marci Mudanya 09
5) Lillian Specht 09	6) Paisley Joens 10	7) Lexi Kuboushek 11
4) Reese Wiley 11	8) Harper Ressler 10	
7 DUB Hempstead	1	1:47.33 2
1) Cassidy Buchenau 12	2) Mallory Tomkins 12	3) Kaylee Carley 11
5) Sydney Feldhacker 11	6) Autumn Sanchez 11	7) Grace Davis 09
4) Piper Birkenholz 12	8) Ava Ball 11	
8 SE Polk	1	1:47.78 1
1) Mylie Leo 11	2) Teresa Tarplah 10	3) Berkley Weiland 10
5) Gabi Severs 12	6) Blayke Stubbs 11	7) Alayna Goldsberry 11
4) Brooklynn Ruddy 10	8) Josephine Smith 10	
9 Valley, WDM	1	1:47.95 2
1) Payton Keiser 11	2) Maggie Garrison 11	3) Sydney Small 12
5) Jayla Parker 12	6) Emma Udey 09	7) Mila Hughes 09
4) Brooklyn Brown 12	8) Morgan Karr 12	
10 IC, City High	1	1:48.01 2
1) Dede Aboussa-Folly 12	2) Jaydah Kent 09	3) Ellie Fraga 11
5) Janiah Newell 10	6) Cooper Hamilton 12	7) Janrita Dahn 12
4) Maeve Bowen-Burt 10	8) Laila Pho 11	
11 Ankeny Cent	1	1:48.17 2
1) Siena Peddicord 09	2) Anna Woods 11	3) Belicia Buesch 10
5) Teagan Jackson 11	6) Ava Barten 12	7) Aly Drefke 12
4) Aly Balashaitis 12	8) Bailey Snyder 11	
12 Indianola	1	1:48.72 2
1) Tessa Gripp 12	2) Hadley Vetter 12	3) Kendal Sandy 11
5) Lilly Hoger 11	6) Amelia Paugh 09	7) Hadley Erickson 11
4) Emma White 11	8) Katelyn Lee 12	
13 Dowling Cath	1	1:48.79 3
1) Franny Brooks 12	2) Ellie Mead 11	3) Madison Nagel 12
5) Maizy Garrin 09	6) Marion Boot 12	7) Adalyn Jones 11
4) Lauren McCoy 12	8) Lydia Conradt 10	

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Event 114 ... (Girls 800 Sprint Medley 4A)

Team	Relay	Seed Time
14 North Scott		1:48.91 3
1) Adalynn Johnson 12	2) Emmalia Ranson 10	3) Micayla Ramirez 11
4) Olivia Graham 11	5) Natalie Nwatchock 12	6) Kamilah Eller 11
7) Kendall Behm 11	8) Alyssa Schroeder 11	
15 CR Kennedy	1	1:49.01 3
1) Morgan Hospodarsky 12	2) Molly Gieseman 12	3) Emerson Blocker 12
4) Annie Garsayne 12	5) Olive Wilson 09	6) Brielle Pourahmadi 09
7) Rylie Hospodarsky 10	8) Adalyn Thorstenson 10	
16 IC, West	1	1:49.04 3
1) Myriam Rahmouni 09	2) Savannah Graham 10	3) Amara MacLagan 10
4) Savannah Mathias 10	5) Sophia Austen 11	6) Evelyn Cornish 11
7) Aarianna Shaw 11	8) Caroline Dickens 11	
17 Linn-Mar		1:49.09 4
1) Brooklyn Guild 12	2) Sarah White 12	3) Reese Cabbage 10
4) Anna Sojka 12	5) Elizabeth Yount 09	6) Brynna Gander 10
7) Christina Gorsich 12	8) Abby Mecklenburg 12	
18 Ames	1	1:49.32 4
1) Peruth Negrete 09	2) Kate Nigh 11	3) Edyn Cowles 12
4) Natalya Deardorff 12	5) Angelica Attinger 12	6) Katelyn Augustin 09
7) Alaina Johnson 09	8) Meredith Frandsen 12	
19 Johnston	1	1:49.95 4
1) Cora Shaw 11	2) Cooper Cornwell 10	3) Brylynn Petek 10
4) Lila Shaw 11	5) Sadie Nicol 10	6) Amirra Holmes 11
7) Micah Fitzgerald 12	8) Olivia Fehn 12	
20 DC-Grimes	1	1:50.91 3
1) Sydnee Keller 09	2) Khloe Crawford 10	3) Nevaeh Mayfield 10
4) Lillian Pudenz 10	5) Tenley Heidgerken 09	6) Madden Seeman 10
7) Leighton Stanford 10	8) Nia Kiley 10	
21 Urbandale	1	1:51.41 5
1) Brooke Spencer 12	2) Marlie Schneider 11	3) Fiona Mulligan 11
4) Mia German 11	5) Penelope Pederson 09	6) Madi Reed 10
7) Averia Cabildo 10	8) Maci Moore 09	
22 Waukee	1	1:52.07 4
1) Kate Schulte 11	2) Estelle Hinke 11	3) Emerson Chance 12
4) Elsa Kopriva 10	5) Jayden Rees 12	6) Natalie Sitzmann 12
7) Chloe Williams 09	8) Jana Maharry 11	
23 Muscatine		1:52.77 5
1) Reagan Carver 09	2) Kensley Paul 12	3) Benediction Sewa 12
4) Abigail Norton 09	5) Ayla McLaughlin 12	6) Annie Harmon 11
7) Ella Maynard 12	8) Naomi Young 12	
24 Lewis Central	1	1:53.40 3
1) Payton Mathews 12	2) Allie Hytrek 09	3) Brooke Nelson 11
4) Arianna Melika 09	5) Megan Scheel 12	6) Mallory Wohlers 12
7) Quyonna Flowers 09	8) Caitlyn Swigert 09	

Event 122 Girls High Jump 4A

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	Seed Mark
1 Natalie Nwatchock	12	North Scott	5-07.00 1
2 Elle Lonergan	12	Clinton	5-07.00 1
3 Hadassah Smith	09	Cedar Falls	5-05.00 2
4 Ayak Akol	12	Ames	5-04.00 1
5 Piper Ladwig	11	Waukee NW	5-04.00 1
6 Alyssa Schroeder	11	North Scott	5-03.00 3
7 Sophia Everding	10	Bettendorf	5-03.00 2
8 Elle Hatlevig	10	Norwalk	5-03.00 2
9 Edie Collins	11	Waukee NW	5-03.00 2
10 Elodie Biggs	11	Ames	5-03.00 3
11 Lyla Canny	12	Prairie, CR	5-02.00 1
12 Madison Messerly	10	DC-Grimes	5-02.00 3
13 Hanley Schmidt	12	Pleasant Valley	5-02.00 4

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Event 122 ... (Girls High Jump 4A)

	Name	Year	School	Seed	Mark
14	Cambel Drapeau	12	DUB Senior	5-02.00	3
15	Mila Badillo	11	Ankeny	5-02.00	1
16	Mikayla Arp	10	Pleasant Valley	5-01.00	5
17	Ava Groeteke	12	Dowling Cath	5-01.00	4
18	Alice Edelen	11	IC, City High	5-01.00	2
19	Annie Weaver	09	Cedar Falls	5-01.00	4
20	Ellie Muller	12	Dowling Cath	5-01.00	5
21	Sophia Austen	11	IC, West	5-01.00	3
22	Claire Lorenz	11	Linn-Mar	5-01.00	6
23	Ashal Chan	10	Johnston	5-01.00	4
24	Olivia Ausdemore	11	Lewis Central	5-00.00	2

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	Seed	Mark
1	Abby Mecklenburg	12	Linn-Mar	19-03.25	1
2	Brooklynn Kelley	10	Pleasant Valley	18-00.25	2
3	Kaylee Ervin	09	North Scott	17-10.75	3
4	Leah Janulewicz	11	Waukee NW	17-10.25	1
5	Teagan Jackson	11	Ankeny Cent	17-10.00	2
6	Faith Kpeayeh	12	Prairie, CR	17-08.75	1
7	Sophia Hatcher	12	Ames	17-07.25	1
8	Madison Grover	11	Indianola	17-06.25	2
9	Joselyn Petersen	12	Clinton	17-06.25	1
10	Audrey Sandholm	11	Ankeny Cent	17-05.25	3
11	Amara MacLagan	10	IC, West	17-05.00	2
12	Adalyn Thorstenson	10	CR Kennedy	17-04.00	2
13	Jadyn Woods	12	SE Polk	17-04.00	3
14	Lena Bruening	11	Ankeny	17-03.25	1
15	Edyn Cowles	12	Ames	17-01.00	4
16	LaRyah Jordan-Wade	10	Cedar Falls	17-00.75	3
17	Aniyah Boens	11	DC-Grimes	17-00.50	4
18	Annie Garsayne	12	CR Kennedy	17-00.25	4
19	Edie Collins	11	Waukee NW	17-00.25	5
20	Alexi Thigpen	12	IC, Liberty	16-10.50	3
21	Ari Wroe	10	Cedar Falls	16-08.75	5
22	Amelia Paugh	09	Indianola	16-07.25	5
23	Kendall Behm	11	North Scott	16-06.75	4
24	Jayla Parker	12	Valley, WDM	16-05.75	2

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	Seed	Mark
1	Delilah Subsin	12	Ottumwa	154-10	1
2	Rachel Haack	12	IC, City High	150-09	2
3	Hannah Braun	12	IC, City High	144-07	3

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Event 138 ... (Girls Discus Throw 4A)

	Name	Year	School	Seed	Mark
4	Macy Faust	11	Bettendorf	140-06	1
5	Annie Cassidy	11	Linn-Mar	135-09	2
6	Cassidy Danburg	11	Waukee NW	133-05	1
7	Sophia Schlader	10	Waukee NW	129-06	2
8	Aubrey Fergurson	12	Clinton	126-07	1
9	Addyson Kramer	11	Pleasant Valley	125-02	3
10	Bella Anderson	11	Ankeny Cent	125-00	3
11	Maliya Cobb	12	Ankeny	124-05	1
12	Madalynn Weber	12	Prairie, CR	123-04	4
13	Addison Faust	11	Bettendorf	122-06	4
14	Abbie Kluver	12	Indianola	122-03	1
15	Maya Swarts	12	Cedar Falls	122-01	2
16	Maya Whalen	10	Indianola	120-06	2
17	Nellie Johnson	12	Dowling Cath	119-01	3
18	Ella Stobbe	12	Waukee	116-02	4
19	Annabell Niggemeyer	10	Dowling Cath	115-09	4
20	Elise Benning	12	Ankeny Cent	113-06	5
21	Branaya Jarmon	10	CB, T Jefferson	113-02	2
22	Emma Gray	12	Johnston	113-01	5
23	Eden Lee	12	DUB Senior	112-02	3
24	McKayla Warren	12	Cedar Falls	111-03	4

Event 146 Girls Shot Put 4A

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	Seed	Mark
1	Delilah Subsin	12	Ottumwa	47-08.25	1
2	Tatum Johnson	12	Urbandale	44-11.50	1
3	Rachel Haack	12	IC, City High	43-10.00	2
4	Sam Gripp	11	Indianola	42-07.00	2
5	Victoria Burpo	10	Waukee NW	41-08.75	1
6	Adalynn Johnson	12	North Scott	40-04.00	1
7	Annie Cassidy	11	Linn-Mar	39-09.75	2
8	Aubrey Fergurson	12	Clinton	39-02.75	1
9	Hannah Braun	12	IC, City High	39-01.50	3
10	Aliyah Moon	10	SC, North	38-02.00	1
11	Micah Hawkinson	11	DVPT, Central	38-02.00	3
12	Haley New	11	Indianola	38-01.25	3
13	Ella Stobbe	12	Waukee	38-00.75	2
14	Sydney Van Heukelom	11	IC, Liberty	37-11.25	4
15	Eden Lee	12	DUB Senior	37-07.75	2
16	Emma Gray	12	Johnston	37-05.25	5
17	Gwyn Christensen	12	Ankeny	37-02.50	2
18	Stephanie Degahouey	11	Prairie, CR	36-11.50	6
19	Alli Bogwill	10	SE Polk	36-08.75	4
20	Sophia Schlader	10	Waukee NW	36-08.75	3
21	Alivia Sheridan	12	DSM, East	36-08.00	4
22	Janiah Proctor	12	Ames	36-08.00	5

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Event 146 ... (Girls Shot Put 4A)

	Name	Year	School	Seed	Mark
23	Riley Boekhoff	12	Pleasant Valley	36-07.00	4
24	Alexis McCloy	10	North Scott	36-03.00	5

Event 151 Girls Distance Medley 4A

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

	Team	Year	School	Relay	Seed	Time
1	Ankeny Cent	1			4:05.72	1
	1) Aly Drefke 12	2) Audrey Sandholm 11	3) Teagan Jackson 11	4) Rebecca Flick 09		
	5) Aly Balashaitis 12	6) Belicia Buesch 10	7) Anna Woods 11	8) Ellie Blevins 11		
2	Waukee NW	1			4:06.27	2
	1) Maslyn Eddy 12	2) Leah Janulewicz 11	3) Kennedy Burns 10	4) Laney Sundet 09		
	5) Sadie McCann 10	6) Avery Vogt 12	7) Emee Dani 11	8) Katie Stahl 12		
3	Cedar Falls	1			4:07.97	1
	1) MollyKate Martin 11	2) Macey Schrage 12	3) Isabella Roth 09	4) Charlee Gall 10		
	5) Kloe Nissen 11	6) Presley Davison 12	7) Kate Roussell 12	8) Katherine Tomlyanovich 10		
4	Johnston	1			4:10.84	1
	1) Cora Shaw 11	2) Sadie Nicol 10	3) Lila Shaw 11	4) Alyx Woodley 12		
	5) Brylynn Petek 10	6) Cooper Cornwell 10	7) Grace Beasley 11	8) Olivia Fehn 12		
5	Ankeny	1			4:11.59	1
	1) Lena Bruening 11	2) Lilly Buckley 11	3) Isabel Squires 11	4) Makenna Madetzke 12		
	5) Morgan Fisher 10	6) Charlee Cibula 12	7) Quinn Roush 11	8) Gillian Schramm 11		
6	Valley, WDM	1			4:12.60	2
	1) Maggie Garrison 11	2) Rylee Kluver 10	3) Brooklyn Brown 12	4) Emma Udey 09		
	5) Payton Keiser 11	6) Jayla Parker 12	7) Abigail Reid 11	8) Sydney Small 12		
7	Pleasant Valley	1			4:13.65	1
	1) Avrielle Ohda 09	2) Taylor Powers 10	3) Kailee Wilson 12	4) Brynn Edgin 12		
	5) Olive Dankwah 09	6) Emerson Ehrke 09	7) Elise Kane 10	8) Vivian McCombs 11		
8	DC-Grimes	1			4:13.74	3
	1) Sydnee Keller 09	2) Khloe Crawford 10	3) Lillian Pudenz 10	4) Addison Dooley 12		
	5) Tenley Heidgerken 09	6) Nevaeh Mayfield 10	7) Leighton Stanford 10	8) Halle Olson 12		
9	Waukee	1			4:15.20	4
	1) Chloe Williams 09	2) Emerson Chance 12	3) Jayden Rees 12	4) Sydney Burrier 12		
	5) Emme Baugh Van Zee 11	6) Elsa Kopriva 10	7) Kate Schulte 11	8) Cooper Burke 10		
10	WAT West	1			4:16.24	2
	1) Britan Kennedy 11	2) Sha'mya Martin 11	3) Taniya O'Brien 11	4) Nakia Ollivierre 12		
	5) Mariah Polk 10					
11	Indianola	1			4:16.58	1
	1) Tessa Gripp 12	2) Hadley Vetter 12	3) Madison Grover 11	4) Cali Laxton 09		
	5) Ady Mason 12	6) Katelyn Lee 12	7) Kendal Sandy 11	8) Emma White 11		
12	Clinton	1			4:17.17	3
	1) Emme Jensen 11	2) Camila Hunter 12	3) Molly Steiner 10	4) Carryn Sattler 12		
	5) Iyanna Davis 09	6) Audry Gruhn 09	7) Cambyl Sattler 09			
13	Lewis Central	1			4:17.35	3
	1) Allie Hytrek 09	2) Brooke Nelson 11	3) Arianna Melika 09	4) Madelyn Hoss 11		
	5) Mallory Wohlers 12	6) Sydney Skokan 12	7) Payton Mathews 12	8) Kate Strohmeier 11		
14	IC, City High	1			4:17.70	2
	1) Dede Aboussa-Folly 12	2) Janrita Dahn 12	3) Noelle Schnoebelen 12	4) Abigail Burns 12		
	5) Ellie Fraga 11	6) Maeve Bowen-Burt 10	7) Jaydah Kent 09	8) Calissa Fruin 10		

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Event 151 ... (Girls Distance Medley 4A)

	Team	Relay	Seed Time
15	Ames	1	4:17.71 2
	1) Alaina Johnson 09	2) Katelyn Augustin 09	3) Naya Nakama 09
	5) Edyn Cowles 12	6) Brenna Van Cleave 12	7) Peruth Negrete 09
			4) Emma Stanley 11
			8) Natalya Deardorff 12
16	Mason City	1	4:19.11 3
	1) Peyton Zilge 11	2) Latasha York 11	3) Mara Dixon 10
	5) Brogan Evans 12	6) Isabella Riordan 10	7) Piper Johnson 12
			4) Brynn Peterson 10
17	CR Washington	1	4:21.00 4
	1) Olivia Miles 10	2) Cassie Thurmond 12	3) Madelyn Dyer 11
	5) Evan McCright 11	6) Zoie Williams 11	7) Ava Graw 12
			4) Haddie LeVake 12
			8) Kamarionna Crittenden 12
18	Dowling Cath	1	4:21.15 3
	1) Caroline Crane 10	2) Adalyn Jones 11	3) Frankie Darnell 11
	5) Madison Nagel 12	6) Lydia Conradt 10	7) Lauren McCoy 12
			4) Elizabeth Tiffany 11
			8) Elise Huegerich 12
19	Linn-Mar		4:21.29 2
	1) Josie Wesselink 10	2) Christina Gorsich 12	3) Brynna Gander 10
	5) Elizabeth Yount 09	6) Audrey Morris 12	7) Anna Sojka 12
			4) Marion Spolaore 09
			8) Hailey Kozloski 11
20	Muscatine		4:21.33 3
	1) Kaylin Paul 09	2) Annie Harmon 11	3) Mallory Bruhn 12
	5) Cynovia Hesselung 10	6) Whitney Estabrook 12	7) Yazmine Varela 10
			4) Ella Maynard 12
			8) Benediction Sewa 12
21	Prairie, CR	1	4:21.68 5
	1) Piper Johnson 12	2) Rowen Kelley 11	3) Lillian Specht 09
	5) Faith Kpeayeh 12	6) Kennady Johnson 11	7) Sophie McNabb 12
			4) Anika Roe 11
			8) Reese Wiley 11
22	Norwalk	1	4:22.31 4
	1) Avery Kelderman 10	2) Mary Bush 10	3) Ava Carlson 12
	5) Kinzie Giesemann 10	6) Blakesly Rodman 09	7) Grace DeRocher 12
			4) Olive DeRocher 10
			8) Hannah Schmitz 09
23	SE Polk	1	4:23.75 5
	1) Blayke Stubbs 11	2) Reese Curphy 10	3) Josephine Smith 10
	5) Lauren Foster 10	6) Brooklynn Ruddy 10	7) Caroline Naeve 09
			4) Kenley Barbour 09
			8) Totoya Nyala 11
24	DVPT, Central		4:26.86 4
	1) Mikaia Woglo 11	2) Annyah Walls 10	3) Sloane Moeller 11
	5) Cameron Shumpert 12	6) Joley Sullivan 10	7) Lea Lefebvre 11
			4) Rhemidy Brack 09
			8) Jada Boston 10

Event 164 Girls 100 Meter Dash Ambulatory Para

Saturday 5/23/2026 - 12:45 PM

State Meet: 15.48 5/24/2025 Hannah Longmire, IC, West
 All-Time: 15.48 2025 Hannah Longmire, Iowa City, West

	Name	Year	School	Seed Time
1	Carly Sanders	12	CB, A Lincoln	47.17 1

Event 172 Girls Shot Put Ambulatory Para

Saturday 5/23/2026 - 9:00 AM

State Meet: 17-09 5/24/2025 Josie Green, Cascade
 All-Time: 19-08.75 2026 Josie Green, Cascade

	Name	Year	School	Seed Mark
1	Blake Putney	10	Indianola	22-09.50 1