

CIC Girls Conference - 5/5/2016

Waukee Stadium

Results - CIC Girls Conference

Event 1 Girls High Jump Var

Name	School	Finals
Finals		
1 Ellie Roquet	Johnston	5-04.00
2 Piper Watson	Mason City	5-02.00
3 Chloe Havermann	Waukee	5-00.00
4 Megan Meyer	Mason City	5-00.00
5 Liz Freeman	Dowling	5-00.00
6 Emma Gaber	Dowling	5-00.00
7 Taylor Doser	S.E. Polk	5-00.00
8 Regan Mazour	Marshalltown	4-10.00
8 Allison Doocy	Ankeny	4-10.00
10 Jessica Kramer	Waukee	4-10.00
10 Isabel Ingram	Ames	4-10.00
12 Bailey Mottet	Urbandale	4-10.00
13 Breanna Smith	Centennial	4-08.00
13 Katelyn Moore	Ames	4-08.00
13 Alyssa Mulcahy	Ankeny	4-08.00
13 Kara Krahn	Johnston	4-08.00
17 Billie Mottet	Urbandale	4-06.00
17 Claire Wubben	Centennial	4-06.00
17 Samantha Albertson	S.E. Polk	4-06.00
20 Reilly Shaner	Valley	4-02.00

Event 2 Girls High Jump JV

Name	School	Finals
Finals		
1 Carly Boss	Waukee	5-00.00
2 Lindsay Agan	Ankeny	4-10.00
3 Olivia Sharar	Ankeny	4-10.00
4 Hayden Haupts	Waukee	4-08.00
5 Rachel Ferris	Urbandale	4-08.00
6 Julia Greenlee	Ames	4-08.00
7 Allison Naughton	Dowling	4-06.00
8 Rhiannon Staker	Centennial	4-04.00
--- Katie Minnehan	Dowling	NH
--- Sloane Wilhelm	Johnston	NH

Event 3 Girls Long Jump Var

Name	School	Finals
Finals		
1 Kenna Sauer	Centennial	17-07.25
2 Betsy Ridout	Centennial	16-10.00
3 Regan Mazour	Marshalltown	16-07.75
4 Dee Dee Pryor	Urbandale	16-06.25
5 Amara Lipsey	Ames	16-04.00
6 Shaye Witte	Waukee	16-03.00
7 Miya AbuYoum	Dowling	16-01.25
8 Cassie Yardley	Valley	16-00.25
9 Kristin Hunke	Waukee	15-05.50
10 Raegan Moeller	Ankeny	15-04.75
11 Kali Dixon	Urbandale	15-01.25
12 Bailey Bjorland	Johnston	15-00.00
13 Alyvia Chadderdon	Marshalltown	14-10.00
14 Chloe Spring	S.E. Polk	14-09.75

15 Chloe Creekmur	Ankeny	14-07.25
16 Erica Rinehart	S.E. Polk	14-05.75
17 Anna Roshek	Johnston	13-06.00
18 Lynette Kwaw-Mensah	Ames	13-05.25
19 Kelcie Hale	Valley	13-03.25
20 Sabrynn Ulrich	Ft Dodge	13-00.00
21 Kyanna Kirk	Ft Dodge	12-09.25
--- Nicole Quang	Dowling	ND
--- Odeleine Daugherty	Mason City	ND
--- Reilly Shaner	Valley	ND

Event 4 Girls Long Jump JV

Name	School	Finals
Finals		
1 Jasmyn Fowler	Centennial	16-01.00
2 Alexandra Williams	Centennial	15-10.75
3 Christina Odir	Dowling	15-04.50
4 Emily McKibben	Waukee	15-03.50
5 Lexi Lewis	Waukee	15-00.00
6 Sydni Wendling	Ankeny	14-06.00
7 Kinsey Myers	Ft Dodge	14-04.00
8 Aspen Holm	Ames	14-02.50
9 Gwynna Miner	Johnston	13-05.75
10 Sophie Davis	Dowling	13-02.25
11 Kate Heine	Ankeny	13-02.00
12 Caitriana Dolce	Ames	12-11.25
13 Susie Sullivan	Johnston	12-06.00
14 Roekara Cortez	Valley	11-04.25
--- Mollie Moretz	Ft Dodge	ND
--- Neeley Swann	Mason City	ND
--- Kelcie Hale	Valley	ND

Event 5 Girls Discus Throw Var

Name	School	Finals
Finals		
1 Ashlan Burton	Urbandale	137-01
2 Hannah Greenlee	Ames	125-11
3 Lindy Jones	Waukee	123-09.50
4 Morgan Nealey	Waukee	1123-09.50
5 Katrina Cornick	Mason City	116-04
6 Abby Yoss	Centennial	109-02
7 Jill Podjihasky	Marshalltown	105-02
8 Kendyl Lindaman	Centennial	101-11
9 Lexi Ancona	Dowling	96-03
10 Jade Woods	S.E. Polk	95-00
11 Emma Kuehl	Urbandale	90-01
12 Rachel Hinders	Johnston	87-03
13 Donnalynn Capistrano	S.E. Polk	84-05
14 Amy Hennings	Ankeny	83-11
15 Lindy Pingel	Valley	83-06
16 Gabby Fritz	Johnston	81-05
17 Carly Seeck	Mason City	81-04
18 Jordyn Anglea	Valley	81-03
19 Vannessa Tootill	Ankeny	80-10
20 Avery Ramirez	Ft Dodge	75-08
21 Allie Hittner	Dowling	71-10

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Finals ... (Event 5 Girls Discus Throw Var)

Name	School	Finals
22 Alexa Linder	Ames	68-08

Event 6 Girls Discus Throw JV

Name	School	Finals
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Finals

1 Kit Stoelk	Urbandale	96-10
2 Abbey Myers	Waukee	96-06
3 Jasmin Marnin	Urbandale	96-04
4 Zaylyn Papouchis	Johnston	93-05
5 Mallory Showalter	Centennial	93-02
6 Lauren Nelson	Waukee	89-02
7 Grace Metzger	Marshalltown	86-03
8 Samantha Pareti	Ankeny	83-05
9 Cienna Daniels	Dowling	80-01
10 Josiane Munyabugingo	S.E. Polk	79-03
11 MJ Schatz	Ankeny	78-07
12 Mac Jackson	Johnston	76-05
13 Cassi Garland	Centennial	76-03
14 Jasmine Spann	Valley	74-03
15 Danajua Judon	Mason City	74-02
16 Tina Deng	Dowling	73-11
17 Pearrey Thim	Ames	60-06
18 Olivia Pattison	Ft Dodge	57-09
19 Carissa King	Marshalltown	54-03
20 Mikayla Ferch	Mason City	52-03
21 Autum Peterson	Ft Dodge	51-03
22 Kaitlynn Lucy	S.E. Polk	49-11
23 Lorraine Thompson	Valley	24-10

Event 7 Girls Shot Put Var

Name	School	Finals
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Finals

1 Ashlan Burton	Urbandale	41-05.50
2 Morgan Nealey	Waukee	40-03.50
3 Rachel Hinders	Johnston	37-05.00
4 Lindy Jones	Waukee	37-02.00
5 Kendyl Lindaman	Centennial	36-09.25
6 Katrina Cornick	Mason City	36-09.25
7 April Czarnecki	Urbandale	35-06.75
8 Abby Yoss	Centennial	35-02.50
9 Hannah Greenlee	Ames	33-04.25
10 Lexi Ancona	Dowling	33-03.25
11 Grace Metzger	Marshalltown	32-09.00
12 Zoe Schmitz	S.E. Polk	32-07.50
13 Donnalynn Capistrano	S.E. Polk	32-07.25
14 Kelsey Illo	Ft Dodge	31-08.75
15 Annika Della Vedova	Ankeny	31-06.75
16 Sydney Recker	Ft Dodge	31-03.25
17 Zaylyn Papouchis	Johnston	31-01.50
18 Vannessa Tootill	Ankeny	30-11.50
19 Jasmine Spann	Valley	29-05.50
20 Alexa Linder	Ames	28-09.00
21 Cienna Daniels	Dowling	28-08.50
22 Gabby Hernandez	Marshalltown	28-01.25

23 Danajua Judon	Mason City	28-00.50
24 Jordyn Anglea	Valley	27-04.50

Event 8 Girls Shot Put JV

Name	School	Finals
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Finals

1 Kat Moody	Waukee	39-11.00
2 Jasmin Marnin	Urbandale	34-10.25
3 Sydney Flatness	Ankeny	32-03.00
4 Abbey Myers	Waukee	30-04.50
5 Tina Deng	Dowling	29-09.75
6 Emma Kuehl	Urbandale	29-04.75
7 Mac Jackson	Johnston	29-00.75
8 Cassi Garland	Centennial	28-08.50
9 Paige Gowin	S.E. Polk	28-02.25
10 Sophia Walker	Ankeny	27-10.50
11 Sarah Evans	Ames	27-05.00
12 Jill Podjihasky	Marshalltown	27-01.00
13 Carly Seeck	Mason City	27-00.00
14 Paige Aplant	Centennial	26-03.50
15 Pearrey Thim	Ames	25-10.00
16 Jayne Ancona	Dowling	25-09.50
17 Gabby Fritz	Johnston	25-06.50
18 Lindey Pingel	Valley	24-09.50
19 Josiane Munyabugingo	S.E. Polk	24-02.75
20 Avery Ramirez	Ft Dodge	22-08.00
21 Mikayla Ferch	Mason City	22-06.50
22 Olivia Pattison	Ft Dodge	19-08.75
23 Katie Matney	Marshalltown	19-06.00
24 Lorraine Thompson	Valley	10-03.50

Event 9 Girls 3000 Meter Run Var

Name	School	Finals
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Finals

1 Mickey Cole	Urbandale	10:32.71
2 Sara Ness	Johnston	10:44.10
3 Emily Poss	Johnston	10:49.45
4 Karson Foley	Waukee	10:57.35
5 Alex Robran	Ankeny	11:01.72
6 Ashley Arends	Centennial	11:02.65
7 Jessica Rehmann	Ames	11:10.01
8 Janey Meilander	Dowling	11:23.18
9 Carly Klavins	Urbandale	11:29.64
10 Helen Gould	Valley	11:33.54
11 Emily Rehmann	Ames	11:41.31
12 Harriet Hubbell	Dowling	12:30.22
13 Celeste Garza	Valley	12:37.15
14 Lauryn Pritchard	S.E. Polk	12:44.90
15 Hannah Zadeh	Ankeny	12:55.42
--- Rachel Brush	Waukee	DNF

Event 10 Girls 3000 Meter Run JV

Name	School	Finals
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Finals

1 Odessa Neeley	Waukee	11:19.07
2 Maddie Anderson	Waukee	11:24.90

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Finals ... (Event 10 Girls 3000 Meter Run JV)

Name	School	Finals
3 Lauren Urban	Johnston	11:55.11
4 Caita Pierson	Centennial	12:10.58
5 Kristina Rice	Johnston	12:17.76
6 Emily Leonhart	Urbandale	12:22.17
7 Emily Erickson	Dowling	12:39.48
8 Haley Losh	Valley	12:49.77
9 Shantal Hernandez	Centennial	12:57.93

Event 11 Girls 4x800 Meter Relay Var

Team	Relay	Finals
Finals		
1 Urbandale		9:23.97
1) Trina Moreno	2) Maddie Carver	
3) Neanagit Malow	4) Elyse Prescott	
2 Ames		9:31.30
1) Ryan Weiss	2) Beriah Forney	
3) Lauren Eller	4) Claire Dupuis	
3 Dowling Catholic		9:36.92
1) Kate Timboe	2) Sydnee Miller	
3) Molly Flood	4) Kelsey Schweizer	
4 Waukee		9:45.00
1) Maggie Laird	2) Elli Lenz	
3) Jordan Allen	4) Lindsey Carlson	
5 Johnston		9:54.71
1) Josie Hovey	2) Jessica McKee	
3) Taryn Swaim	4) Anna Toot	
6 Ankeny		10:06.91
1) Emily Bosch	2) McKenna Drea	
3) Annie McClure	4) Sarah Bosch	
7 Southeast Polk		10:08.80
1) Allyssa Fluit	2) Paige Blackford	
3) Kaitlyn Walker	4) Mikaela Lawler	
8 Ankeny Centennial		10:21.07
1) Brianna Smith	2) Jesslyn Gaumer	
3) Chloe Frazier	4) Taylor Brown	
9 Valley W.D.M.		10:24.60
1) Samantha Ellis	2) Emily Ash	
3) Elsa Wright	4) Shifali Malhotra	
10 Mason City		11:37.22
1) Julia Dunlavy	2) Alyssa Wendel	
3) Karynna Jones	4) Makayla Percy	
11 Marshalltown		11:51.22
1) Tanna Underhill	2) Guadalupe Estrada	
3) Monica Lopez	4) Sasha Hadley	

Event 12 Girls 4x800 Meter Relay JV

Team	Relay	Finals
Finals		
1 Waukee		10:17.20
1) Madison Banwart	2) Molly Konopik	
3) Taylor Tornberg	4) Miranda Boyle	
2 Urbandale		10:39.30
1) Kali Dixon	2) Sara Wilson	
3) Carrie Cox	4) Casey Middleswart	

3 Southeast Polk		10:47.68
1) Taylor Beyer	2) Allison Schafer	
3) Chaybrin Olsen	4) Lexy Winecke	
4 Ankeny Centennial		10:49.81
1) Hannah Matter	2) Jaedyn Birchmier	
3) Emma Peck	4) Savanna Henning	
5 Ames		10:55.75
1) Eva Hill	2) Madeline Taylor	
3) Karlie Fincham	4) Alyssa Lehman	
6 Dowling Catholic		11:07.06
1) Alexis Riesburg	2) Bella Heidesch	
3) Megan Happe	4) Jillian Jaeger	
7 Valley W.D.M.		11:25.25
1) Bella Trane	2) Allison Blythe	
3) Allison Ohringer	4) Lauren Weisshaar	
8 Fort Dodge		11:45.59

Event 13 Girls 4x100 Meter Shuttle Hurdle Var

Team	Relay	Finals
Finals		
1 Waukee		1:03.23
1) Hannah Schau	2) Sydney Winger	
3) Danielle Modrell	4) Mary Gray	
2 Ames		1:03.71
1) Isabel Ingram	2) Akouj Atack	
3) Athena Song	4) Kylie Morken	
3 Ankeny Centennial		1:07.93
1) Meg Ridout	2) Morgan Gjerde	
3) Hannah Draayer	4) Brooklyn Snyder	
4 Valley W.D.M.		1:10.54
1) Chastity Louis	2) Emma Judge	
3) Liz Osborn	4) Cassie Yardley	
5 Ankeny		1:10.61
1) Courtney Hudson	2) Mikala Mackey	
3) Mikala Sidney	4) Tess Nygren	
6 Southeast Polk		1:11.00
1) Alexandra Donohoe	2) McKenna Davidson	
3) Taylor Doser	4) Angela Willoughby	
7 Johnston		1:11.07
1) Keirsten Cartwright	2) Meredith Campidilli	
3) Lily Dunley-Williamson	4) Ellie Roquet	
8 Dowling Catholic		1:11.10
1) Christina Odir	2) Anna Giudici	
3) Juru Okwaramoi	4) Ellen Strittmatter	
9 Urbandale		1:11.26
1) Julia Bakker	2) Bailey Mottet	
3) Elle Brownell	4) Billie Mottet	
10 Mason City		1:11.39
1) Danielle DeRoy	2) Morgan Dvorak	
3) Erika Mariner	4) Jenni King	

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Event 14 Girls 4x100 Meter Shuttle Hurdle JV

Team	Relay	Finals
Finals		
1 Waukee		1:10.38
1) Katelyn Seese	2) Quinn Linkvis	
3) Lauren Nelson	4) Anna Keplinger	
2 Ames		1:13.76
1) Macee Buss	2) Anna Arndt	
3) Hope Morken	4) Jourdan-Ashle Barnes	
3 Ankeny		1:15.83
1) Maddie Gatzlaff	2) Rachel Eickhoff	
3) Ella Hawkins	4) Courtney Maire	
4 Ankeny Centennial		1:16.11
1) Lily King	2) Bailey Fountain	
3) Adelo Marley	4) Kora Kolln	
5 Mason City		1:18.49
1) Hailee Sgontz	2) Skyler Johnson	
3) Morgan Willmann	4) Molly Lorence	
6 Valley W.D.M.		1:18.80
1) Salena Bantz	2) Emmerson Boisen	
3) Saylor Sonnenberg	4) Alison Whitaker	
--- Urbandale		DNF
1) Kaitlin Stroebele	2) Emma Klein	
3) Kerry Hampe	4) Jazmine Kramer	
--- Johnston		DQ
1) Meredith McDonald	2) Susie Sullivan	
3) Katherine Edwards	4) Grace Saliers	

Event 15 Girls 100 Meter Dash Var

Name	School	Finals
Finals		
1 Talia Buss	Waukee	12.49
2 Elma Vojic	Waukee	12.79
3 Sydney Reysack	Centennial	12.80
4 Peyton Daugherty	Ankeny	12.89
5 Sam Papouchis	Mason City	12.99
6 Shariah Smith	Ft Dodge	13.00
7 Hannah Buckels	Ames	13.00
8 Bailey Knopf	Johnston	13.22
9 Katie Saddoris	Centennial	13.25
10 Ashley Coppola	Dowling	13.26
11 Macy Thompson	Johnston	13.31
12 Car'Maiya Mosley	Ft Dodge	13.32
13 Decontee Solo	Urbandale	13.48
14 Victoria Kieh	Valley	13.50
15 Sophia Szakacs	Urbandale	13.56
16 McKenna Cox	S.E. Polk	13.66
17 Roz Heuckendorf	Dowling	13.86
18 Ariana Medici	Ankeny	13.86
19 Kelcie Hale	Valley	13.90
20 Gifty Gbayee	S.E. Polk	13.93
21 Alli Trowbridge	Marshalltown	14.98

Event 16 Girls 100 Meter Dash JV

Name	School	Finals
Finals		
1 Shauna Wiest	Urbandale	13.43
2 Lexi Lewis	Waukee	13.50
3 Shareece Smith	Ft Dodge	13.52
4 Gabi Bingham	Ankeny	13.82
5 Ashly Gassoway	Waukee	13.86
6 Kayla Stone	Centennial	13.91
7 Leah Lentsch	Dowling	13.98
8 Lynette Kwaw-Mensah	Ames	14.00
9 Brianne Babcock	Centennial	14.05
10 Trinity Jones	Ames	14.08
11 Hannah Harrison	Ankeny	14.18
12 Hailey Starcevic	S.E. Polk	14.37
13 Katherine Currier	Johnston	14.49
14 Megan Kavlock	Dowling	14.64
15 Rachel Greene	Valley	14.66
16 Lauren Hamilton	S.E. Polk	14.75
17 Callie Fouche	Urbandale	14.77
17 Sierra Soto	Mason City	14.77
19 Mallie Sheeley	Johnston	14.95
20 Charisma Mendez	Valley	15.32
21 Anna Hernandez	Marshalltown	15.35
22 Morgan Lacey	Mason City	16.77

Event 17 Girls Distance Medley Var

Team	Relay	Finals
Finals		
1 Waukee		4:09.52
1) Delaney Taylor	2) Kate Bannister	
3) Taylor Gates	4) Logan Akason	
2 Urbandale		4:09.96
1) Hope Johnson	2) Dee Dee Pryor	
3) Maddie Carver	4) Julia Noah	
3 Southeast Polk		4:16.66
1) Abby Suttin	2) Chloe Spring	
3) Brianna Hersom	4) Sierra Mitchell	
4 Ankeny Centennial		4:22.24
1) Betsy Ridout	2) Keanna Williams	
3) Karri Pippett	4) Megan Gray	
5 Ames		4:22.56
1) Rosita Lowe	2) Amara Lipsey	
3) Lauren Eller	4) Olivia Jenks	
6 Ankeny		4:23.95
1) Olivia Brooks	2) Chloe Creekmur	
3) Melanie Rasmussen	4) Allison Doocy	
7 Dowling Catholic		4:25.29
1) Teryn Falk	2) Kennedy Roberts	
3) Myka Sadler	4) Allie McCluen	
8 Johnston		4:27.04
1) Emma Ford	2) Jennah Johnson	
3) Macy Thompson	4) Anna Toot	

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Finals ... (Event 17 Girls Distance Medley Var)

Team	Relay	Finals
9 Valley W.D.M.		4:30.44
1) Grace Matera	2) Claire Quigle	
3) Ally Spencer	4) Helen Gould	
10 Mason City		4:34.11
1) Heather Nelsen	2) Piper Watson	
3) Megan Meyer	4) Emma Davison	
11 Marshalltown		5:22.73

Event 18 Girls Distance Medley JV

Team	Relay	Finals
Finals		
1 Waukee		4:39.08
1) Alina Peterson	2) London Russell	
3) Taylor Spykma	4) Taylor Carey	
2 Johnston		4:39.30
1) Katie McAllister	2) Jordan Classon	
3) Katherine Currier	4) Kate Hapgood	
3 Urbandale		4:44.26
1) Emma Klein	2) Kelsi Gajewsky	
3) Rachel Ferris	4) Grace Rempe	
4 Ankeny Centennial		4:45.45
1) Allie Wyckoff	2) Maddie Mann	
3) Claire Wubben	4) Brittany Hegstad	
5 Ankeny		4:49.17
1) Kaitlyn Mounsey	2) Sam Parr	
3) Sydney Wendling	4) Joya Cleven	
6 Ames		4:49.38
1) Macee Buss	2) Hope Morken	
3) Annalissa Eller	4) Katie Fukushima	
7 Southeast Polk		4:55.57
1) Michaela Kircher	2) Sydney Wenzel	
3) Kennedy Varisco	4) Lauryn Pritchard	
8 Dowling Catholic		4:58.72
1) Alexis Danner	2) Brynn Cunningham	
3) Elzire VanDyke	4) Ava Logsdon	
9 Valley W.D.M.		5:19.29
1) Alison Whitaker	2) Angie Espinoza	
3) Allison Ohringer	4) Delilah Fidler	
10 Fort Dodge		5:20.23

Event 19 Girls 400 Meter Dash Var

Name	School	Finals
Finals		
1 Melina Hegelheimer	Ames	57.02
2 Mackenzie Woodard	S.E. Polk	57.58
3 Lily Campbell	Waukee	58.23
4 Sydney Milani	S.E. Polk	58.30
5 Elle Brown	Johnston	59.93
6 Olivia Roberts	Johnston	1:00.92
7 JanJay Peters	Waukee	1:01.21
8 Malorie Schroder	Centennial	1:01.32
9 Kate Timboe	Dowling	1:01.70
10 Anne Teeling	Dowling	1:02.96
11 Olivia Sharar	Ankeny	1:03.86

12 Beriah Forney	Ames	1:04.16
13 Anna Voight	Ankeny	1:04.31
14 Sami Hillmer	Urbandale	1:06.70
15 Lindsay Hemphill	Urbandale	1:06.74
16 Emmerson Boisen	Valley	1:09.11

Event 20 Girls 400 Meter Dash JV

Name	School	Finals
Finals		
1 Johanna Mona	S.E. Polk	1:04.73
2 Courtney DuBois	S.E. Polk	1:04.99
3 Morgan Becker	Ankeny	1:06.83
4 Emma Samples	Waukee	1:07.13
5 Ajak Garang	Dowling	1:07.78
6 Ellie Drees	Waukee	1:08.97
7 Camaryn Mohan	Dowling	1:09.58
8 Sydney Julich	Ankeny	1:09.64
9 Allison Blythe	Valley	1:09.81
10 Karlie Fincham	Ames	1:10.00
11 Juliana Blanchard	Johnston	1:10.85
12 Brianna Hill	Johnston	1:10.96
13 Kora Burke	Centennial	1:11.02
14 Grace Lindberg	Urbandale	1:12.11
15 Carrie Cox	Urbandale	1:12.49
16 Madeline Taylor	Ames	1:12.85
17 Allison Hutchinson	Valley	1:13.43
18 Chloe Frazier	Centennial	1:14.27
19 Katelynn Rader	Mason City	1:24.81

Event 21 Girls 4x200 Meter Relay Var

Team	Relay	Finals
Finals		
1 Waukee		1:44.57
1) Maddie Sehman	2) Emily McKibben	
3) Shaye Witte	4) Elma Vojic	
2 Ankeny		1:44.59
1) Kaitlyn Mohrfeld	2) Peyton Daugherty	
3) Kelsey Fischer	4) Mikala Sidney	
3 Ames		1:46.86
1) Desiree Thomas	2) Rosita Lowe	
3) Hannah Buckels	4) Fatima Haron	
4 Valley W.D.M.		1:48.34
1) Grace Matera	2) Claire Quigle	
3) Rachel Sinclair	4) Victoria Kieh	
5 Ankeny Centennial		1:48.72
1) Kenna Sauer	2) Kylee Macke	
3) Alexandra Williams	4) Katie Saddoris	
6 Johnston		1:48.78
1) Bailey Knopf	2) Emma Ford	
3) Avery Kamienski	4) Josie Hovey	
7 Southeast Polk		1:49.42
1) McKenna Cox	2) Abby Suttan	
3) Chloe Spring	4) Brianna Hersom	
8 Mason City		1:49.50
1) Sam Papouchis	2) Odeleine Daugherty	
3) Erika Mariner	4) Peyton Runge	

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Finals ... (Event 21 Girls 4x200 Meter Relay Var)

Team	Relay	Finals
9 Dowling Catholic		1:49.99
1) Caroline Brosnahan	2) Lauren Hartlieb	
3) Ella Gehl	4) Emma Gaber	
10 Urbandale		1:51.82
1) Sophia Szakacs	2) Shauna Wiest	
3) Kerry Hampe	4) Julia Bakker	
11 Fort Dodge		1:53.21
1) Raeya Love	2) Shareece Smith	
3) Tessa Widen	4) Car'Maiya Mosley	
12 Marshalltown		1:57.69
1) Deshona Garth	2) Alyvia Chadderdon	
3) Ciara Feldman	4) Regan Mazour	

Event 22 Girls 4x200 Meter Relay JV

Team	Relay	Finals
1 Waukee		1:51.79
1) Sam Barnes	2) Grace Foxen	
3) Lexi Lewis	4) Kristin Hunke	
2 Johnston		1:53.61
1) Christina Jackson	2) Katie McAllister	
3) Bailey Bjorland	4) Jennah Johnson	
3 Ankeny		1:55.75
1) Madison Luther	2) Karly Weber	
3) Sam Parr	4) Sydney Wendling	
4 Ames		1:55.84
1) Lindzey Paysen	2) Anna Arndt	
3) Caitriana Dolce	4) Amara Lipsey	
5 Ankeny Centennial		1:55.89
1) Kayla Stone	2) Brianne Babcock	
3) Kayla Jensen	4) Breanna Smith	
6 Southeast Polk		1:56.09
1) Hailey Starcevic	2) Samantha Albertson	
3) Erica Rinehart	4) Riley Mack	
7 Dowling Catholic		1:56.77
1) Allison Naughton	2) Natalie Lopez	
3) Leah Lentsch	4) Ashley Allen	
8 Fort Dodge		2:00.29
9 Urbandale		2:01.61
1) Morghan Jackson	2) Callie Fouche	
3) Elle Brownell	4) Zaiyah Quirk	
10 Valley W.D.M.		2:01.70
1) Jamia Jordan	2) Rachel Greene	
3) Roekara Cortez	4) Angie Espinoza	
11 Mason City		2:06.75
1) Alyssa Barragan	2) Hannah McLaughlin	
3) Kaitlyn Cox	4) Neeley Swann	

Event 23 Girls 100 Meter Hurdles Var

Name	School	Finals
1 Kylie Morken	Ames	14.75
2 Hannah Schau	Waukee	15.26
3 Isabel Ingram	Ames	15.40

4 Sydney Winger	Waukee	15.67
5 Billie Mottet	Urbandale	16.02
6 Cassie Yardley	Valley	16.52
7 Mikala Mackey	Ankeny	16.69
8 Morgan Gjerde	Centennial	16.86
9 Christina Odir	Dowling	16.92
10 Meg Ridout	Centennial	17.04
11 Chastity Louis	Valley	17.42
12 McKenna Davidson	S.E. Polk	17.42
13 Jenni King	Mason City	17.77
14 Angela Willoughby	S.E. Polk	17.84
15 Ellie Roquet	Johnston	17.95
16 Danielle DeRoy	Mason City	18.21
17 Lily Dunley-Williamson	Johnston	19.06
18 Sammi Trowbridge	Marshalltown	24.68

Event 24 Girls 100 Meter Hurdles JV

Name	School	Finals
1 Mary Gray	Waukee	15.85
2 Danielle Modrell	Waukee	16.36
3 Akouj Atack	Ames	17.29
4 Alexandra Donohoe	S.E. Polk	17.55
5 Ella Hawkins	Ankeny	17.82
6 Jourdan-Ashle Barnes	Ames	17.88
7 Meredith Campidilli	Johnston	17.94
8 Lauren Hamilton	S.E. Polk	18.04
9 Emma Judge	Valley	18.18
10 Morgan Dvorak	Mason City	18.50
11 Ellen Strittmatter	Dowling	18.58
12 Kaitlin Stroebele	Urbandale	18.62
13 Keirsten Cartwright	Johnston	18.66
14 Liz Osborn	Valley	18.78
15 Lily King	Centennial	18.84
16 Skyler Johnson	Mason City	18.97
17 Lehr Thorson	Ft Dodge	19.34
18 Bailey Fountain	Centennial	19.36
19 Courtney Maire	Ankeny	20.02
20 Anna Noll	Dowling	20.21
21 Monica Carroll	Marshalltown	20.49

Event 25 Girls 800 Meter Run Var

Name	School	Finals
1 Kelsey Schweizer	Dowling	2:16.60
2 Lily Campbell	Waukee	2:16.61
3 Elyse Prescott	Urbandale	2:17.26
4 Ryan Weiss	Ames	2:20.15
5 Trina Moreno	Urbandale	2:20.74
6 Sydnee Miller	Dowling	2:24.84
7 Megan Gray	Centennial	2:26.77
8 Maggie Laird	Waukee	2:26.92
9 Paige Blackford	S.E. Polk	2:31.57
10 Emily Bosch	Ankeny	2:31.94
11 Sara Ness	Johnston	2:32.59
12 Emma Davison	Mason City	2:32.60

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Results - CIC Girls Conference

Finals ... (Event 25 Girls 800 Meter Run Var)

	Name	School	Finals
13	McKenna Drea	Ankeny	2:35.92
14	Samantha Ellis	Valley	2:36.62
15	Julia Beswick	Johnston	2:37.74
16	Elsa Wright	Valley	2:40.50
17	Baili Roberts	Ft Dodge	2:41.61
18	Taylor Brown	Centennial	2:47.80

Event 26 Girls 800 Meter Run JV

	Name	School	Finals
Finals			
1	Avery Peterson	Urbandale	2:28.55
2	Taylor Tornberg	Waukee	2:32.68
3	Madison Banwart	Waukee	2:33.40
4	Annie McClure	Ankeny	2:33.82
5	Kaitlyn Walker	S.E. Polk	2:36.04
6	Kali Dixon	Urbandale	2:38.63
7	Brianna Smith	Centennial	2:38.99
8	Ashley Arends	Centennial	2:39.35
9	Rose Schweitzer	Ankeny	2:39.43
10	Shifali Malhotra	Valley	2:40.42
11	Alexis Riesburg	Dowling	2:41.67
12	Laurel McGonegle	Dowling	2:42.45
13	Katie Fukushima	Ames	2:46.68
14	Lauren Cassaidy	Ames	2:47.24
15	Allison Schafer	S.E. Polk	2:48.07
16	Veronica Daniels	Marshalltown	2:56.45
17	Shayla Reed	Ft Dodge	3:01.92
18	Makayla Percy	Mason City	3:02.82
19	Juliana Blanchard	Johnston	3:06.00
20	Celeste Garza	Valley	3:06.39

Event 27 Girls 200 Meter Dash Var

	Name	School	Finals
Finals			
1	Talia Buss	Waukee	25.16
2	Melina Hegelheimer	Ames	25.23
3	Sydney Milani	S.E. Polk	25.78
4	Mackenzie Woodard	S.E. Polk	26.40
5	Sydney Reysack	Centennial	26.51
6	Kelsey Fischer	Ankeny	26.62
7	Elle Brown	Johnston	26.72
8	Elma Vojic	Waukee	26.75
9	Fatima Haron	Ames	26.95
10	Juru Okwaramoi	Dowling	27.21
11	Hope Johnson	Urbandale	27.33
12	Jasmyn Fowler	Centennial	27.42
13	Car'Maiya Mosley	Ft Dodge	27.93
14	Emma Gaber	Dowling	27.96
15	Victoria Kieh	Valley	28.63
16	Ariana Medici	Ankeny	28.73
17	Heather Nelsen	Mason City	29.21
18	Sami Hillmer	Urbandale	29.64
19	Piper Watson	Mason City	29.70

Event 28 Girls 200 Meter Dash JV

	Name	School	Finals
Finals			
1	Hannah Murray	Ankeny	27.82
2	Chloe Creekmur	Ankeny	28.53
3	Allie Wyckoff	Centennial	28.67
4	Grace Foxen	Waukee	29.00
5	Kelcie Hale	Valley	29.21
6	Courtney DuBois	S.E. Polk	29.22
7	Haley Smith	Waukee	29.35
8	Serena Trousdale	Mason City	29.62
9	Sophie Davis	Dowling	29.66
10	Brianna Hill	Johnston	30.09
11	Giftly Gbayee	S.E. Polk	30.29
12	Trinity Jones	Ames	30.37
13	Adeloa Marley	Centennial	30.38
14	Lindzey Paysen	Ames	30.80
15	Brittany Martin	Johnston	30.80
16	Monica Carroll	Marshalltown	31.10
17	Natalie Lopez	Dowling	32.09
18	Jamia Jordan	Valley	33.15

Event 29 Girls 400 Meter Hurdles Var

	Name	School	Finals
Finals			
1	Mary Gray	Waukee	1:06.27
2	Athena Song	Ames	1:07.51
3	Karri Pippett	Centennial	1:09.28
4	Peyton Arnold	Centennial	1:11.86
5	Anna Keplinger	Waukee	1:12.07
6	Olivia Sharar	Ankeny	1:12.41
7	Isabel Ingram	Ames	1:12.46
8	Taryn Swaim	Johnston	1:12.54
9	Taylor Richards	Ankeny	1:12.70
10	Kaitlin Stroebele	Urbandale	1:12.72
11	McKenna Davidson	S.E. Polk	1:14.50
12	Alexandra Donohoe	S.E. Polk	1:16.40
13	Salena Bantz	Valley	1:16.63
14	Allison Hutchinson	Valley	1:17.90
15	Keirsten Cartwright	Johnston	1:19.00

Event 30 Girls 400 Meter Hurdles JV

	Name	School	Finals
Finals			
1	Kate Bannister	Waukee	1:10.81
2	Lindley Carlson	Waukee	1:12.45
3	Sarah Bosch	Ankeny	1:14.13
4	Maddie Gatzlaff	Ankeny	1:15.09
5	Ashley Allen	Dowling	1:15.94
6	Ellen Strittmatter	Dowling	1:17.00
7	Emmerson Boisen	Valley	1:17.29
8	Erica Rinehart	S.E. Polk	1:18.38
9	Alison Whitaker	Valley	1:18.84
10	Katie Lajoie	Centennial	1:19.19
11	Gwynna Miner	Johnston	1:20.25

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Results - CIC Girls Conference

Finals ... (Event 30 Girls 400 Meter Hurdles JV)

Name	School	Finals
12 Susie Sullivan	Johnston	1:29.13

Event 31 Girls 800 Sprint Medley Var

Team	Relay	Finals
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Finals

1 Waukee		1:50.91
1) Maddie Sehman	2) Hannah Schau	
3) Talia Buss	4) Logan Akason	
2 Ames		1:51.79
1) Rosita Lowe	2) Desiree Thomas	
3) Fatima Haron	4) Kylie Morken	
3 Johnston		1:51.80
1) Bailey Knopf	2) Emma Ford	
3) Macy Thompson	4) Josie Hovey	
4 Ankeny Centennial		1:53.86
1) Kylee Macke	2) Brooklyn Snyder	
3) Keanna Williams	4) Hannah Draayer	
5 Ankeny		1:54.04
1) Olivia Brooks	2) Peyton Daugherty	
3) Kaitlyn Mohrfeld	4) Allison Doocy	
6 Valley W.D.M.		1:54.14
1) Rachel Sinclair	2) Claire Quigle	
3) Cassie Yardley	4) Ally Spencer	
7 Dowling Catholic		1:55.04
1) Ashley Coppola	2) Roz Heuckendorf	
3) Juru Okwaramoi	4) Mykal Sadler	
8 Urbandale		1:57.38
1) Sophia Szakacs	2) Shauna Wiest	
3) Kerry Hampe	4) Julia Bakker	
9 Fort Dodge		1:58.28
1) Shariah Smith	2) Shareece Smith	
3) Raeya Love	4) Juliet Thomspen	
10 Southeast Polk		1:58.60
1) Angela Willoughby	2) McKenna Cox	
3) Abby Suttan	4) Johanna Mona	
11 Marshalltown		2:08.54
1) Deshona Garth	2) Brianna Dean	
3) Marina Rosalez	4) Sammi Trowbridge	

Event 32 Girls 800 Sprint Medley JV

Team	Relay	Finals
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Finals

1 Waukee		1:59.05
1) Alina Peterson	2) London Russell	
3) Taylor Spyskma	4) Taylor Carey	
2 Ankeny Centennial		1:59.69
1) Kayla Jensen	2) Meg Ridout	
3) Morgan Gjerde	4) Alexandra Williams	
3 Ankeny		2:00.77
1) Hannah Harrison	2) Kaitlyn Mounsey	
3) Sam Parr	4) Anna Voight	
4 Urbandale		2:01.18
1) Decontee Solo	2) Morghan Jackson	
3) Kelsi Gajewsky	4) Lindsay Hemphill	

5 Ames		2:01.82
1) Macee Buss	2) Anna Arndt	
3) Hope Morken	4) Lauren Eller	
6 Southeast Polk		2:03.75
1) Lauren Hamilton	2) Michaela Kircher	
3) Samantha Albertson	4) Riley Mack	
7 Valley W.D.M.		2:06.34
1) Jazmine Adamson	2) Charisma Mendez	
3) Katie Wyatt	4) Allison Blythe	
8 Dowling Catholic		2:06.37
1) Megan Kavlock	2) Emily Miller	
3) Leah Lentsch		
9 Marshalltown		2:07.28
10 Johnston		2:08.37
1) Allison Austin	2) Mallie Sheeley	
3) Jordan Classon	4) Juliana Blanchard	
11 Mason City		2:09.43
1) Kaitlyn Cox	2) Molly Lorence	
3) Morgan Willmann	4) Julia Dunlavey	
12 Fort Dodge		2:14.94

Event 33 Girls 1500 Meter Run Var

Name	School	Finals
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Finals

1 Julia Noah	Urbandale	4:40.90
2 Claire Dupuis	Ames	4:46.13
3 Rachel Brush	Waukee	4:49.46
4 Mickey Cole	Urbandale	4:52.08
5 Sierra Mitchell	S.E. Polk	4:54.92
6 Anna Toot	Johnston	4:56.80
7 Olivia Jenks	Ames	5:00.51
8 Karson Foley	Waukee	5:03.95
9 Janey Meilander	Dowling	5:06.79
10 Jesslyn Gaumer	Centennial	5:10.59
11 Emma Davison	Mason City	5:12.90
12 Emily Ash	Valley	5:13.24
13 Lily Jones	Ankeny	5:13.98
14 Alex Robran	Ankeny	5:17.59
15 Jaedyn Birchmier	Centennial	5:20.33
16 Taylor Beyer	S.E. Polk	5:24.42
17 Tanna Underhill	Marshalltown	5:59.63

Event 34 Girls 1500 Meter Run JV

Name	School	Finals
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Finals

1 Katelyn Moore	Ames	5:00.47
2 Miranda Boyle	Waukee	5:14.31
3 Brooke Trampel	Waukee	5:19.31
4 Jessica Rehmann	Ames	5:22.55
5 Casey Middleswart	Urbandale	5:23.38
6 Kate Hapgood	Johnston	5:34.62
7 Grace Rempe	Urbandale	5:34.96
8 Chaybrin Olsen	S.E. Polk	5:43.06
9 Elissa Krause	Johnston	5:43.99
10 Emma Peck	Centennial	5:47.28
11 Haley Losh	Valley	5:50.06

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Results - CIC Girls Conference

Finals ... (Event 34 Girls 1500 Meter Run JV)

	Name	School	Finals
12	Savanna Henning	Centennial	5:52.34
13	Lauryn Pritchard	S.E. Polk	6:07.82
14	Delilah Fidler	Valley	6:16.95
15	Sasha Hadley	Marshalltown	6:17.72
16	Bella Heidesch	Dowling	6:21.30
17	Kayla Smith	Ft Dodge	6:41.41
18	Gretchen Bencoter	Marshalltown	6:50.27
19	Natalie Mixdorf	Ankeny	6:52.14

Event 35 Girls 4x100 Meter Relay Var

	Team	Relay	Finals
Finals			
1	Ames		49.23
	1) Desiree Thomas	2) Fatima Haron	
	3) Kylie Morken	4) Melina Hegelheimer	
2	Ankeny Centennial		49.95
	1) Betsy Ridout	2) Kenna Sauer	
	3) Katie Saddoris	4) Sydney Reysack	
3	Waukee		50.04
	1) Maddie Sehman	2) Hannah Schau	
	3) Shaye Witte	4) Elma Vojic	
4	Ankeny		50.07
	1) Olivia Brooks	2) Peyton Daugherty	
	3) Kelsey Fischer	4) Mikala Sidney	
5	Fort Dodge		51.73
	1) Shariah Smith	2) Shareece Smith	
	3) Raeya Love	4) Car'Maiya Mosley	
6	Urbandale		51.77
	1) Hope Johnson	2) Dee Dee Pryor	
	3) Billie Mottet	4) Skyler Shellmyer	
7	Mason City		51.92
	1) Sam Papouchis	2) Odeleine Daugherty	
	3) Erika Mariner	4) Peytan Runge	
8	Dowling Catholic		51.92
	1) Juru Okwaramoi	2) Roz Heuckendorf	
	3) Ashley Coppola	4) Anna Giudici	
9	Valley W.D.M.		52.20
	1) Kelcie Hale	2) Rachel Sinclair	
	3) Ally Spencer	4) Victoria Kieh	
10	Southeast Polk		52.46
	1) Angela Willoughby	2) Abby Suttan	
	3) Chloe Spring	4) McKenna Cox	
11	Johnston		52.58
	1) Bailey Knopf	2) Emma Ford	
	3) Bailey Bjorland	4) Avery Kamienski	
12	Marshalltown		55.77
	1) Deshona Garth	2) Brianna Dean	
	3) Marina Rosalez	4) Sammi Trowbridge	

Event 36 Girls 4x100 Meter Relay JV

	Team	Relay	Finals
Finals			
1	Waukee		51.76
	1) Sam Barnes	2) Kate Bannister	
	3) Emily McKibben	4) Sydney Winger	
2	Ames		52.28
	1) Rosita Lowe	2) Akouj Atack	
	3) Jourdan-Ashle Barnes	4) Lynette Kwaw-Mensah	
3	Ankeny Centennial		52.96
	1) Brianne Babcock	2) Allie Wyckoff	
	3) Kylee Macke	4) Jasmyn Fowler	
4	Ankeny		53.74
	1) Ariana Medici	2) Hannah Harrison	
	3) Gabi Bingham	4) Chloe Creekmur	
5	Urbandale		53.80
	1) Decontee Solo	2) Morghan Jackson	
	3) Kelsi Gajewsky	4) Rachel Ferris	
6	Johnston		54.32
	1) Jenna Johnson	2) Jordan Classon	
	3) Allison Austin	4) Christina Jackson	
7	Dowling Catholic		55.18
	1) Teryn Falk	2) Kennedy Roberts	
	3) Lauren Hartlieb	4) Ella Gehl	
8	Southeast Polk		55.25
	1) Michaela Kircher	2) Sydney Wenzel	
	3) Kennedy Varisco	4) Hailey Starcevic	
9	Valley W.D.M.		57.12
	1) Angie Espinoza	2) Rachel Greene	
	3) Emma Judge	4) Jamia Jordan	
10	Fort Dodge		57.87
	1) Makenzie Provin	2) Sabrynn Ulrich	
	3) Kyanna Kirk	4) KeiMara Roby	
11	Mason City		58.45
	1) Hannah McLaughlin	2) Sierra Soto	
	3) Hailee Sgontz	4) Alyssa Barragan	

Event 37 Girls 4x400 Meter Relay JV

	Team	Relay	Finals
Finals			
1	Waukee		4:07.54
	1) Delaney Taylor	2) Jordan Allen	
	3) JanJay Peters	4) Mary Gray	
2	Ankeny		4:22.16
	1) Hannah Murray	2) Sydney Julich	
	3) Camryn Anderson	4) Melanie Rasmussen	
3	Dowling Catholic		4:22.62
	1) Lauren Riggs	2) Elzire VanDyke	
	3) Camaryn Mohan	4) Ajak Garang	
4	Southeast Polk		4:24.42
	1) Courtney DuBois	2) Paige Blackford	
	3) Lexy Winecke	4) McKenna Davidson	
5	Ankeny Centennial		4:28.39
	1) Hannah Matter	2) Lily King	
	3) Breanna Smith	4) Peyton Arnold	

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Results - CIC Girls Conference

Finals ... (Event 37 Girls 4x400 Meter Relay JV)		
Team	Relay	Finals
6 Ames		4:31.60
1) Madeline Taylor	2) Lauren Cassaidy	
3) Karlie Fincham	4) Beriah Forney	
7 Johnston		4:32.01
1) Katie McAllister	2) Avery Kamienski	
3) Jordan Classon	4) Brittany Martin	
8 Valley W.D.M.		4:34.05
1) Samantha Ellis	2) Elsa Wright	
3) Bella Trane	4) Allison Blythe	
9 Urbandale		4:35.93
1) Kerry Hampe	2) Sami Hillmer	
3) Avery Peterson	4) Lindsay Hemphill	
10 Fort Dodge		4:52.06

Event 38 Girls 4x400 Meter Relay Var		
Team	Relay	Finals
Finals		
1 Waukee		3:58.45
1) Talia Buss	2) Taylor Gates	
3) Logan Akason	4) Lily Campbell	
2 Southeast Polk		4:01.34
1) Brianna Hersom	2) Sydney Milani	
3) Sierra Mitchell	4) Mackenzie Woodard	
3 Urbandale		4:02.30
1) Skyler Shellmyer	2) Maddie Carver	
3) Dee Dee Pryor	4) Neanagit Malow	
4 Ames		4:07.40
1) Ryan Weiss	2) Desiree Thomas	
3) Athena Song	4) Melina Hegelheimer	
5 Dowling Catholic		4:07.95
1) Kate Timboe	2) Allie McCluen	
3) Anne Teeling	4) Kelsey Schweizer	
6 Ankeny		4:10.90
1) Allison Doocy	2) Olivia Sharar	
3) Kaitlyn Mohrfeld	4) Kelsey Fischer	
7 Ankeny Centennial		4:13.50
1) Karri Pippett	2) Megan Gray	
3) Malorie Schroder	4) Hannah Draayer	
8 Valley W.D.M.		4:25.24
1) Claire Quigle	2) Rachel Sinclair	
3) Ally Spencer	4) Katie Wyatt	
9 Fort Dodge		4:34.02
1) Sabrynn Ulrich	2) Alaysha Ross	
3) Juliet Thomspson	4) Lehr Thorson	

9) Mason City	27
10) Valley W.D.M.	18
11) Marshalltown	8.5
12) Fort Dodge	7

Women - JV - Team Rankings - 19 Events Scored

1) Waukee	229
2) Ankeny	109
3) Urbandale	86
4) Ankeny Centennial	78
5) Ames	64
6) Southeast Polk	53
7) Dowling Catholic	44
8) Johnston	43
9) Valley W.D.M.	15
10) Fort Dodge	10
11) Mason City	5
12) Marshalltown	2

Women - Var - Team Rankings - 19 Events Scored

1) Waukee	179
2) Ames	124
3) Urbandale	94
4) Ankeny Centennial	86
5) Johnston	60
6) Southeast Polk	51
7) Ankeny	47.5
8) Dowling Catholic	39