

2019 Maquoketa Valley Girls Invite - 4/15/2019**Maquoketa Valley High School****Results****Girls 100 Meter Dash Varsity**

Name	Year School	Finals	H#	Points
Finals				
1 Wall, Sam	Maquoketa Valley	12.82	5	10
2 Osborn, Madison	Alburnett	12.83	5	8
3 Gullekson, Rose	Decorah	12.91	5	6
4 Berns, Brooke	Decorah	13.03	5	4
5 Aulwes, Ella	Ed-Co HS Girls	13.68	5	2
6 Benesh, Jaden	North Linn	14.14	4	1
7 Pearson, Megan	Springville	14.24	4	
8 Felton, Libby	Cascade-WD	14.33	4	
9 Rausch, Hailey	Ed-Co HS Girls	14.58	3	
10 Norton, Jordan	Monticello	14.69	4	
11 Tucker, Taya	Maquoketa Valley	14.70	3	
12 Grote, Brezlyn	Jesup	14.74	2	
13 Callahan, Sophie	Cascade-WD	14.81	4	
14 Hiemes, Sidney	Starmont	14.93	4	
15 Rollinger, Shelby	Central City	15.15	3	
16 Jensen, Jenna	Jesup	15.30	2	
17 Groth, Meredith	Starmont	15.31	3	
18 Mueller, Jasmine	Central Elkader	15.59	3	
19 Adams, Kelsey	Monticello	15.69	3	
20 Saganitso, Sonrae	Clayton Ridge	15.72	1	
21 Jasper, Hannah	Clayton Ridge	16.12	2	
22 Patten, Hannah	Central City	16.99	2	
23 Martin, Gracy	Alburnett	17.23	1	
24 Hutchcraft, Alexa	Springville	18.75	1	

Girls 200 Meter Dash Varsity

Name	Year School	Finals	H#	Points	
1 Berns, Brooke	Decorah	26.21	5	10	
2 Osborn, Madison	Alburnett	26.81	5	8	
3 Syverson, Grace	Decorah	28.85	5	6	
4 Whittenbaugh, Emereson	Maquoketa Valley	29.56	4	4	
5 Holub, Leah	Monticello	29.81	4	2	
6 Comried, Remington	Alburnett	30.27	5	1	30.262
7 Lange, Jaycee	Jesup	30.27	4		30.263
8 Rosburg, Raquel	Starmont	30.39	4		
9 Hogan, Kailyn	Maquoketa Valley	30.75	4		30.747
10 Callahan, Sophie	Cascade-WD	30.75	5		30.750
11 Wade, Claire	North Linn	30.76	3		
12 Becker, Mallory	Jesup	30.79	4		
13 Bennett, Sam	Lisbon	31.58	2		
14 Cox, Reese	Monticello	31.63	3		
15 Crary, Brook	Clayton Ridge	31.94	3		
16 Tieden, Brittni	Central Elkader	32.03	2		
17 Hoffman, Annie	Ed-Co HS Girls	32.26	3		
18 McTaggart, Kalyn	Starmont	32.55	3		
19 Engen, Caya	Central City	33.14	2		
20 Jasper, Hannah	Clayton Ridge	33.34	2		
21 Bergfeld, Grace	Cascade-WD	34.07	2		
22 Wingert, Mylee	Central Elkader	35.89	1		
23 Gardoni, Giulia	Central City	36.48	1		

2019 Maquoketa Valley Girls Invite - 4/15/2019**Maquoketa Valley High School****Results****....Girls 200 Meter Dash Varsity**

24 Kelzer, Mia	Ed-Co HS Girls	36.96	1
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Girls 400 Meter Dash Varsity

Name	Year School	Finals	H#	Points
1 Osborn, Madison	Alburnett	1:00.36	4	10
2 Hunt, Amaya	Maquoketa Valley	1:03.66	4	8
3 Nierengarten, Emma	Decorah	1:05.33	4	6
4 Rhomberg, Rachel	Cascade-WD	1:05.48	4	4
5 Johnson, Leila	Decorah	1:05.82	4	2
6 Beatty, Brandy	Central Elkader	1:07.02	3	1
7 Kilburg, Kiah	Lisbon	1:07.92	4	
8 Van Dorn, Kylee	Monticello	1:08.16	3	
9 Silver, Alyssa	Central City	1:09.51	3	
10 Hansel, Kelsey	Ed-Co HS Girls	1:10.09	3	
11 Mahoney, Hailey	Central Elkader	1:11.18	2	
12 Uhlenkamp, Sariann	Central City	1:12.24	3	
13 Thoma, Sydney	Jesup	1:12.42	2	
14 Shaffer, Alexis	Cascade-WD	1:13.66	2	
15 Harford, Maddie	Starmont	1:13.95	2	
16 Mitchell, Tristan	Alburnett	1:16.79	1	
17 Davis, Hailey	Jesup	1:20.37	1	
18 German, Kari	Starmont	1:21.26	2	
19 Hoge, Kailee	Springville	1:25.88	1	

Girls 800 Meter Run Varsity

Name	Year School	Finals	H#	Points
1 Treptow, Amanda	Jesup	2:28.89	2	10
2 Bridgewater, Hannah	North Linn	2:31.92	2	8
3 Bergan, Delaney	Ed-Co HS Girls	2:32.48	2	6
4 Staal, Janelle	Central City	2:34.17	2	4
5 Moore, Mara	Jesup	2:39.33	2	2
6 Etzel, Triniti	Monticello	2:41.09	2	1
7 Sessions, Meg	Decorah	2:41.46	2	
8 Recker, Lydia	Monticello	2:43.88	2	
9 Bradtke, Harley	Cascade-WD	2:44.66	1	
10 Helms, Tessa	North Linn	2:45.49	2	
11 Halverson, Abby	Decorah	2:47.00	2	
12 Chesnut, Kylie	Maquoketa Valley	2:47.31	1	
13 Whitson, Jacklyn	Central City	2:47.60	1	
14 Porter, Jaiden	Maquoketa Valley	2:48.36	1	
15 Breitbach, Victoria	Clayton Ridge	2:49.63	2	
16 Vaske, Mya	Starmont	2:51.10	1	
17 Boffeli, Maci	Cascade-WD	2:53.53	1	
18 Mussman, Allie	Central Elkader	2:54.31	2	
19 Smith, Nicole	Alburnett	3:07.35	1	
20 Lamphier, Avery	Starmont	3:12.74	1	

2019 Maquoketa Valley Girls Invite - 4/15/2019**Maquoketa Valley High School****Results****Girls 1500 Meter Run Varsity**

Name	Year School	Finals	Points
1 Staal, Emily	Central City	4:57.89	10
2 Rhomberg, Madeline	Cascade-WD	4:59.50	8
3 O'Connor, Natalie	Jesup	5:09.85	6
4 Doyl, Emma	Maquoketa Valley	5:32.98	4
5 Staal, Janelle	Central City	5:35.43	2
6 Leschensky, Annette	Decorah	5:37.08	1
7 Betts, Shayla	Decorah	5:37.49	
8 Kramer, Karle	Monticello	5:41.14	
9 Schultz, Caydenze	Springville	5:45.76	
10 Schlarmann, Emily	Monticello	5:47.48	
11 Bildstein, Kyla	North Linn	5:48.45	
12 Mahoney, Hailey	Central Elkader	5:56.55	
13 Kelchen, Madison	Cascade-WD	6:15.62	
14 Sabers, Carissa	Maquoketa Valley	6:40.41	
15 Lamphier, Avery	Starmont	6:42.58	
16 Swales, Marissa	Starmont	6:47.75	
17 Avianeda, Jessica	Ed-Co HS Girls	6:52.41	

Girls 3000 Meter Run Varsity

Name	Year School	Finals	Points
1 Johnson, Leila	Decorah	11:47.53	10
2 Breitbach, Victoria	Clayton Ridge	12:02.36	8
3 Mussman, Allie	Central Elkader	12:32.38	6
4 Helms, Tessa	North Linn	12:36.48	4
5 Mahoney, Hailey	Central Elkader	12:48.43	2
6 DeVore, Marlee	Jesup	13:00.07	1
7 Patterson, Makenna	Monticello	13:37.59	
8 Staal, Carrie	Central City	13:44.87	
9 Stadtmueller, Maddie	Monticello	14:28.25	
10 Weipert, Chloe	Ed-Co HS Girls	15:18.52	

Girls 100 Meter Hurdles Varsity

Name	Year School	Finals	H#	Points
1 Simon, Jordan	Cascade-WD	16.88	5	10
2 Aulwes, Lily	Ed-Co HS Girls	17.03	5	8
3 Ries, Leah	Maquoketa Valley	17.26	5	6
4 Felton, Mae	Cascade-WD	17.40	5	4
5 Pipho, Ambria	Decorah	17.47	5	2
6 Caryl, Rachael	North Linn	17.55	5	1
7 Letts, Desarae	North Linn	17.83	3	
8 Jaster, McKenna	Central Elkader	18.00	4	
9 Spicer, Kali	Springville	18.09	4	
10 Kraus, Jaelynn	Monticello	18.30	3	18.292
11 Guilford, Gabrielle	Monticello	18.30	2	18.296
12 Rausch, Hailey	Ed-Co HS Girls	18.52	4	
13 Holtz, Chelsey	Decorah	18.74	4	
14 Harwick, Anna	Clayton Ridge	18.77	4	
15 McTaggart, Kalyn	Starmont	19.00	3	
16 Marting, Noa	Jesup	19.25	1	

2019 Maquoketa Valley Girls Invite - 4/15/2019**Maquoketa Valley High School****Results****....Girls 100 Meter Hurdles Varsity**

17 Gibbs, Andrea	Jesup	19.27	1
18 Smith, Latyse	Alburnett	19.36	3
19 Heims, Raegan	Alburnett	19.85	2
20 Groth, Meredith	Starmont	19.87	3
21 Deutmeyer, Katilyn	Maquoketa Valley	20.11	4
22 Rollinger, Shelby	Central City	20.56	2
23 Wingert, Mylee	Central Elkader	32.59	3

Girls 400 Meter Hurdles Varsity

Name	Year School	Finals	H#	Points
1 Gibbs, Elizabeth	Cascade-WD	1:08.82	3	10
2 Miller, Zoe	Jesup	1:09.94	3	8
3 Deitchler, Ciera	Central Elkader	1:11.27	3	6
4 Rhomberg, Rachel	Cascade-WD	1:13.43	3	4
5 McDonald, Tori	Monticello	1:15.07	3	2
6 Battle, Olivia	Decorah	1:15.31	2	1
7 Larson, Alexis	Jesup	1:15.50	2	
8 Cherry, Madi	North Linn	1:15.87	3	
9 Spicer, Kali	Springville	1:16.78	2	
10 Jaster, McKenna	Central Elkader	1:18.01	1	
11 Beaman, Payton	Maquoketa Valley	1:18.15	1	
12 Winterowd, Lilly	Alburnett	1:18.72	2	
13 Owens, Evah	Central City	1:19.14	2	
14 Groth, Meredith	Starmont	1:20.05	2	
15 Fedeler, Jerilyn	Starmont	1:23.86	1	
16 Hillers, Kendra	Maquoketa Valley	1:26.01	1	
17 Heims, Raegan	Alburnett	1:26.56	1	
18 Blakely, Liz	Springville	1:27.27	1	

Girls 4x100 Meter Relay Varsity

School	Finals	H#	Points
1 Decorah 'A'	53.26	3	10
1) Syverson, Grace			
2) Wyatt, Cassie			
3) Gullekson, Rose			
4) Thompson, Grace			
2 Cascade-WD 'A'	53.70	3	8
3 Ed-Co HS Girls 'A'	53.96	3	6
1) Tibbot, Allison			
2) Aulwes, Lily			
3) Voss, Erica			
4) Aulwes, Ella			
4 Alburnett 'A'	54.85	3	4
1) Volesky, Kylie			
2) Winterowd, Lilly			
3) Comried, Remington			
4) Osborn, Madison			
5 Maquoketa Valley 'A'	54.92	3	2
1) Hunt, Amaya			
2) Ries, Leah			
3) Anderegg, Maddy			
4) Wall, Sam			
6 Central Elkader 'A'	55.41	3	1
1) Wille, Mary Kate			
2) Deitchler, Ciera			
3) Wille, Maddy			
4) Beatty, Brandy			
7 North Linn 'A'	55.79	2	
1) Hopkins, Galaxy			
2) Benesh, Jaden			
3) Cherry, Madi			
4) Gallery, Natalie			
8 Clayton Ridge 'A'	56.40	2	

2019 Maquoketa Valley Girls Invite - 4/15/2019

Maquoketa Valley High School

Results

....Girls 4x100 Meter Relay Varsity

1) Moore, Eva	2) Christianson, Emilie		
3) Harwick, Anna	4) Harber, Whitley		
9 Jesup 'A'		57.75	1
1) Jensen, Alexis	2) Gibbs, Andrea		
3) Lichty, Jayla	4) Lange, Jaycee		
10 Lisbon 'A'		58.51	2
1) Marshall, Maysun	2) Kilburg, Kiah		
3) Clark, Grace	4) Petersen, Mia		
11 Starmont 'A'		58.73	2
1) Hiemes, Sidney	2) Hiemes, Macy		
3) Thomas, Morgan	4) Rosburg, Raquel		
12 Monticello 'A'		59.78	2
1) Holub, Leah	2) Cox, Reese		
3) Norton, Jordan	4) Hynick, Emma		
13 Springville 'A'		1:00.82	1
1) Pearson, Megan	2) Christiansen, Abby		
3) Schaum, Lily	4) Brecht, Rebecca		
14 Central City 'A'		1:01.54	1
1) Kremer, Lillie	2) Rollinger, Shelby		
3) Tritle, Emma	4) Fritcher, Emma		

Girls 4x200 Meter Relay Varsity

School		Finals	H#	Points
1 Decorah 'A'		1:49.48	3	10
1) Gullekson, Rose	2) Buresh, Brielle			
3) Kuehner, Amanda	4) Berns, Brooke			
2 Cascade-WD 'A'		1:52.25	3	8
3 Jesup 'A'		1:55.73	3	6
1) Lange, Jaycee	2) VanderWerff, Alexis			
3) Jensen, Alexis	4) Lichty, Jayla			
4 Maquoketa Valley 'A'		1:57.09	3	4
1) Sands, Caelyn	2) Imler, Ella			
3) Hogan, Kailyn	4) Wall, Sam			
5 North Linn 'A'		1:57.28	3	2
1) Rauch, Olivia	2) Benesh, Jaden			
3) Cherry, Madi	4) Gallery, Natalie			
6 Alburnett 'A'		2:00.46	3	1
1) Volesky, Kylie	2) Schuster, Madison			
3) Comried, Remington	4) Winterowd, Lilly			
7 Springville 'A'		2:00.57	2	
1) Pearson, Megan	2) Kane, Nicole			
3) Kirchmann, Kelly	4) Nealman, Savannah			
8 Starmont 'A'		2:01.88	2	
1) Hiemes, Sidney	2) Fedeler, Jerilyn			
3) Hiemes, Macy	4) Thomas, Morgan			
9 Monticello 'A'		2:02.43	1	
1) Husmann, Skyleigh	2) McDonald, Tori			
3) Kremer, Olivia	4) Bader, Lauren			
10 Lisbon 'A'		2:03.80	2	
1) Marshall, Maysun	2) Baxa, Brynnley			
3) Clark, Grace	4) Petersen, Mia			
11 Clayton Ridge 'A'		2:04.68	2	
1) Crary, Brook	2) Harber, Whitley			

2019 Maquoketa Valley Girls Invite - 4/15/2019**Maquoketa Valley High School****Results****....Girls 4x200 Meter Relay Varsity**

3) Freeman, Chloe	4) Kelly, Kayla		
12 Central City 'A'		2:07.06	1
1) Kremer, Lillie	2) Fritcher, Emma		
3) Skelton, Elise	4) Bowen, Nyvaeh		
13 Central Elkader 'A'		2:07.93	1
1) Mueller, Haley	2) Farmer, Shannon		
3) Kluesner, Maci	4) Driesen, Fern		

Girls 4x400 Meter Relay Varsity

School	Finals	H#	Points
1 Cascade-WD 'A'	4:15.19	2	10
2 Decorah 'A'	4:19.45	2	8
1) Buresh, Brielle	2) Nierengarten, Emma		
3) Carolan, Cassidy	4) Berns, Brooke		
3 Jesup 'A'	4:21.85	2	6
1) Treptow, Amanda	2) Larson, Alexis		
3) VanderWerff, Alexis	4) Miller, Zoe		
4 Maquoketa Valley 'A'	4:26.59	2	4
1) Beaman, Payton	2) Hunt, Amaya		
3) Chesnut, Kylie	4) Wall, Sam		
5 North Linn 'A'	4:29.77	2	2
1) Rauch, Olivia	2) Caryl, Rachael		
3) VanEtten, Chloe	4) Bridgewater, Hannah		
6 Monticello 'A'	4:33.24	2	1
1) Steiner, Gabrielle	2) Etzel, Trinita		
3) Recker, Lydia	4) Hansen, Piper		
7 Springville 'A'	4:50.10	1	
1) Kane, Nicole	2) Kirchmann, Kelly		
3) Stejskal, Liz	4) Nealman, Savannah		
8 Central Elkader 'A'	4:55.90	1	
1) Wiley, Kaitlyn	2) Mueller, Jasmine		
3) Mussman, Allie	4) Medberry, Maria		
9 Central City 'A'	4:56.10	1	
1) Silver, Alyssa	2) Skelton, Elise		
3) Bowen, Nyvaeh	4) Owens, Evah		
10 Alburnett 'A'	4:58.50	1	
1) Neighbor, Jenna	2) Neighbor, Megan		
3) Smith, Nicole	4) Comried, Remington		
11 Starmont 'A'	5:10.60	1	
1) Groth, Meredith	2) Fedeler, Jerilyn		
3) German, Kari	4) Vaske, Mya		

Girls 4x800 Meter Relay Varsity

School	Finals	Points
1 Jesup 'A'	9:52.68	10
1) VanderWerff, Alexis		
3) Treptow, Emily		
2 Central City 'A'	10:31.26	8
1) Staal, Janelle	2) Uhlenkamp, Sariann	
3) Silver, Alyssa	4) Staal, Emily	
3 Monticello 'A'	10:33.66	6

2019 Maquoketa Valley Girls Invite - 4/15/2019

Maquoketa Valley High School

Results

....Girls 4x800 Meter Relay Varsity

1) Schlarmann, Emily	2) Etzel, Triniti		
3) Recker, Lydia	4) Hansen, Piper		
4 Decorah 'A'		10:34.19	4
1) Betts, Shayla	2) Sessions, Meg		
3) Swanson, Britta	4) Halverson, Abby		
5 Cascade-WD 'A'		11:08.35	2
6 Maquoketa Valley 'A'		11:18.03	1
1) Atwell, Kriya	2) Porter, Jaiden		
3) Doyle, Emma	4) Chesnut, Kylie		
7 Alburnett 'A'		11:19.97	
1) Neighbor, Megan	2) Carolan, Hailey		
3) Smith, Nicole	4) Neighbor, Jenna		
8 Lisbon 'A'		11:31.62	
1) Kilburg, Kiah	2) Morningstar, Grace		
3) Bock, Emma	4) Baxa, Brynnley		
9 Springville 'A'		12:09.08	
1) Schultz, Caydenze	2) Stejskal, Liz		
3) Stuppi, Hannah	4) Christiansen, Abby		
10 Starmont 'A'		12:51.62	
1) German, Kari	2) Harford, Maddie		
3) Lamphier, Avery	4) Tucker, Meredith		

Girls 800 Sprint Medley Varsity

School	Finals	H#	Points
1 Decorah 'A'	1:55.97	3	10
1) Wyatt, Cassie	2) Thompson, Grace		
3) Kuehner, Amanda	4) Buresh, Brielle		
2 Cascade-WD 'A'	1:56.56	3	8
3 North Linn 'A'	1:58.46	3	6
1) Benesh, Jaden	2) Caryl, Rachael		
3) Cherry, Madi	4) Bridgewater, Hannah		
4 Central Elkader 'A'	2:00.05	3	4
1) Wille, Maddy	2) Wiley, Kaitlyn		
3) Wille, Mary Kate	4) Deitchler, Ciera		
5 Ed-Co HS Girls 'A'	2:00.16	3	2
1) Tibbot, Allison	2) Hansel, Kelsey		
3) Aulwes, Lily	4) Aulwes, Ella		
6 Monticello 'A'	2:01.96	2	1
1) Holub, Leah	2) Guilford, Gabrielle		
3) Hynick, Emma	4) Steiner, Gabrielle		
7 Jesup 'A'	2:03.42	2	
1) Lange, Jaycee	2) Becker, Mallory		
3) Jensen, Alexis	4) Larson, Alexis		
8 Springville 'A'	2:03.54	2	
1) Pearson, Megan	2) Nealman, Savannah		
3) Spicer, Kali	4) Kirchmann, Kelly		
9 Central City 'A'	2:06.46	1	
1) Skelton, Elise	2) Kremer, Lillie		
3) Owens, Evah	4) Bowen, Nyvaeh		
10 Maquoketa Valley 'A'	2:07.27	2	
1) Imler, Ella	2) Anderegg, Maddy		
3) Whittenbaugh, Emereson	4) Knipper, Allie		
11 Starmont 'A'	2:08.15	1	

2019 Maquoketa Valley Girls Invite - 4/15/2019**Maquoketa Valley High School****Results****....Girls 800 Sprint Medley Varsity**

1) Hiemes, Macy	2) Thomas, Morgan		
3) Rosburg, Raquel	4) Fedeler, Jerilyn		
12 Clayton Ridge 'A'		2:08.48	2
1) Moore, Eva	2) Harber, Whitley		
3) Kelly, Kayla	4) Schumann, Rebecca		
13 Lisbon 'A'		2:09.01	1
1) Baxa, Brynnley	2) Morningstar, Grace		
3) Clark, Grace	4) Bennett, Sam		
14 Alburnett 'A'		2:13.05	3
1) Volesky, Kylie	2) Schuster, Madison		
3) Comried, Remington	4) Graubard, Madison		

Girls Distance Medley Varsity

School		Finals	H#	Points
1 Cascade-WD 'A'		4:28.40	3	10
2 Central City 'A'		4:37.97	3	8
1) Skelton, Elise	2) Owens, Evah			
3) Bowen, Nyvaeh	4) Staal, Emily			
3 Decorah 'A'		4:41.54	3	6
1) Battle, Olivia	2) Thompson, Grace			
3) Sessions, Meg	4) Carolan, Cassidy			
4 Jesup 'A'		4:42.68	3	4
1) Jensen, Alexis	2) Becker, Mallory			
3) Larson, Alexis	4) Moore, Mara			
5 North Linn 'A'		4:56.69	2	2
1) Hopkins, Galaxy	2) Ries, Ella			
3) VanEtten, Chloe	4) Bildstein, Kyla			
6 Clayton Ridge 'A'		4:56.74	1	1
1) Moore, Eva	2) Christianson, Emilie			
3) Schumann, Rebecca	4) Breitbach, Victoria			
7 Monticello 'A'		4:59.28	3	
1) McDonald, Tori	2) Husmann, Skyleigh			
3) Steiner, Gabrielle	4) Kramer, Karle			
8 Starmont 'A'		5:00.18	2	
1) Hiemes, Sidney	2) Rosburg, Raquel			
3) Thomas, Morgan	4) Vaske, Mya			
9 Central Elkader 'A'		5:01.55	2	
1) Wille, Maddy	2) Keppler, Alivia			
3) Medberry, Maria	4) Mueller, Jasmine			
10 Alburnett 'A'		5:04.72	3	
1) Volesky, Kylie	2) Graubard, Madison			
3) Neighbor, Jenna	4) Neighbor, Megan			
11 Maquoketa Valley 'A'		5:07.54	2	
1) Anderegg, Maddy	2) Imler, Ella			
3) Whittenbaugh, Emereson	4) Knipper, Allie			
12 Lisbon 'A'		5:14.77	1	
1) Petersen, Mia	2) Clark, Grace			
3) Morningstar, Grace	4) Bennett, Sam			
13 Springville 'A'		5:47.86	1	
1) Nachazel, Morgan	2) Hennings, Anna			
3) Schaum, Lily	4) Brecht, Rebecca			

2019 Maquoketa Valley Girls Invite - 4/15/2019

Maquoketa Valley High School

Results

Girls 4x100 Meter Shuttle Hurdle Varsity

School	Finals	H#	Points
1 Cascade-WD 'A'	1:09.34	3	10
2 North Linn 'A'	1:11.38	3	8
1) Rauch, Olivia			
3) Letts, Desarae			
2) Gallery, Natalie			
4) Caryl, Rachael			
3 Decorah 'A'	1:11.51	3	6
1) Syverson, Grace			
3) Mincks, Kallie			
2) Holtz, Chelsey			
4) Pipho, Ambria			
4 Ed-Co HS Girls 'A'	1:12.57	2	4
1) Tibbot, Allison			
3) Rausch, Hailey			
2) Aulwes, Ella			
4) Aulwes, Lily			
5 Maquoketa Valley 'A'	1:13.93	2	2
1) Ries, Leah			
3) Sands, Caelyn			
2) Hogan, Kailyn			
4) Beaman, Payton			
6 Alburnett 'A'	1:15.65	2	1
1) Smith, Latyse			
3) Winterowd, Lilly			
2) Carolan, Hailey			
4) Schuster, Madison			
7 Springville 'A'	1:16.12	1	
1) Kane, Nicole			
3) Brecht, Rebecca			
2) Nealman, Savannah			
4) Spicer, Kali			
8 Monticello 'A'	1:16.75	1	
1) Hynick, Emma			
3) Kraus, Jaelynn			
2) Guilford, Gabrielle			
4) Cox, Reese			
9 Central Elkader 'A'	1:21.00	1	
1) Tieden, Brittni			
3) Kluesner, Maci			
2) Wiley, Kaitlyn			
4) Jaster, McKenna			

Girls High Jump Varsity

Name	Year	School	Finals	Points
1 Guilford, Gabrielle		Monticello	5-00.00	1.52m 10
4-02 4-04 4-06 4-08 4-10 5-00				
P P O O O O				
2 Pipho, Ambria		Decorah	4-10.00	1.47m 8
4-02 4-04 4-06 4-08 4-10 5-00				
P P P O XO XXX				
3 Tieden, Brittni		Central Elkader	4-10.00	1.47m 6
4-02 4-04 4-06 4-08 4-10 5-00				
XO O O XO XO XXX				
4 Carolan, Hailey		Alburnett	4-10.00	1.47m 4
4-02 4-04 4-06 4-08 4-10 5-00				
O O O XPO XXO XXX				
5 Hansel, Kelsey		Ed-Co HS Girls	4-08.00	1.42m 2
4-02 4-04 4-06 4-08 4-10				
O O O O XXX				
6 Fritcher, Emma		Central City	4-08.00	1.42m 0.50
4-02 4-04 4-06 4-08 4-10				
O O O XO XXX				
6 Becker, Mallory		Jesup	4-08.00	1.42m 0.50
4-02 4-04 4-06 4-08 4-10				
O O O XO XXX				

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....Girls High Jump Varsity

8 Kane, Nicole	Springville	4-06.00	1.37m
4-02 4-04 4-06 4-08			
0 0 XO XXX			
9 Medberry, Maria	Central Elkader	4-04.00	1.32m
4-02 4-04 4-06			
0 0 XXX			
9 Christianson, Emilie	Clayton Ridge	4-04.00	1.32m
4-02 4-04 4-06			
0 0 XXX			
11 Heims, Raegan	Alburnett	4-02.00	1.27m
4-02 4-04			
0 XXX			

Girls Long Jump Varsity

Name	Year	School	Finals	H#	Points
1 Miller, Zoe		Jesup	15-07.00	4.74m	2 10
15-07 14-10 15-03		FOUL			
2 Hiemes, Macy		Starmont	14-09.00	4.49m	2 8
14-09 14-02.50 14-06.75 14-01.50					
3 Gallery, Natalie		North Linn	14-09.00	4.49m	2 6
14-00.50 13-01 13-11 14-09					
4 Graubard, Madison		Alburnett	14-08.00	4.47m	2 4
14-05.50 13-11 14-08 14-06					
5 Tucker, Taya		Maquoketa Valley	14-04.00	4.36m	1 2
FOUL FOUL 14-03.75 14-04					
6 Kirchmann, Kelly		Springville	14-03.00	4.34m	2 1
14-03 13-06.75 12-10.50 FOUL					
7 Holub, Leah		Monticello	13-11.50	4.25m	2
10-11.50 12-02 11-11.50 13-11.50					
8 Petersen, Mia		Lisbon	13-11.00	4.24m	2
12-09 13-01.50 13-11 3-04.50					
9 Putnam, Madelyn		Decorah	13-09.50	4.20m	2
12-08 13-06.75 13-06.50 13-09.50					
10 Kraus, Jaelynn		Monticello	13-07.75	4.15m	1
13-01.75 13-04 13-07.75 12-10					
11 Kluesner, Maci		Central Elkader	13-07.25	4.14m	1
13-03 13-07.25 13-01 13-04.25					
12 Schuster, Madison		Alburnett	13-05.00	4.08m	2
FOUL 13-05 FOUL FOUL					
13 Callahan, Sophie		Cascade-WD	13-03.00	4.03m	2
13-01 13-03 12-03.25 12-10.25					
14 VanEtten, Chloe		North Linn	13-02.50	4.02m	1
8-09 12-02.50 12-07 13-02.50					
15 Medberry, Maria		Central Elkader	13-01.75	4.00m	1
FOUL 12-06.50 13-01.75 10-06.75					
16 Wyatt, Cassie		Decorah	13-01.00	3.98m	2
FOUL 13-01 10-10.25 11-11.75					
17 Marting, Noa		Jesup	13-00.75	3.98m	1
12-09.25 13-00.75 12-06 FOUL					
18 Shaffer, Alexis		Cascade-WD	12-11.00	3.93m	1
12-04.25 12-11 12-00 12-02.25					
19 Crary, Brook		Clayton Ridge	12-09.75	3.90m	1
FOUL 12-09.75 FOUL FOUL					

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Results

...Girls Long Jump Varsity

20	Noonan, Natalie	Central City	12-09.00	3.88m	1
	12-09 FOUL 11-11 9-04.25				
21	Tritle, Emma	Central City	12-05.25	3.79m	1
	12-05.25 12-03.75 12-03.25 12-03				
22	Richter, Emma	Maquoketa Valley	11-07.50	3.54m	1
	9-03 11-07.50 11-07.25 11-02.25				
23	Hrncirova, Wendy	Ed-Co HS Girls	11-03.25	3.43m	1
	10-07.50 10-11 11-03 11-03.25				

Girls Shot Put Varsity

Name	Year	School	Finals	H#	Points
1 Hamlett, Vanessa		Starmont	40-06.75	12.36m	2 10
	39-04.25 40-06.75 37-05 37-04.25				
2 Helle, Lydia		Maquoketa Valley	36-10.00	11.22m	2 8
	36-10 FOUL 35-03.25 35-04.25				
3 Jaeger, Payton		Monticello	34-07.00	10.54m	2 6
	FOUL FOUL 32-07.75 34-07				
4 Mackey, Shelby		North Linn	34-04.75	10.48m	2 4
	32-01.50 34-04.75 33-10.50 FOUL				
5 Dykes, Gracie		Jesup	33-10.50	10.32m	2 2
	32-00.75 33-03.50 31-01.50 33-10.50				
6 Shelton, Avery		Decorah	33-08.00	10.26m	2 1
	33-08 FOUL FOUL 30-03.25				
7 Mescher, Cora		Monticello	32-03.00	9.82m	2
	28-01 26-07.25 28-02 32-03				
8 Chappell, Dakota		Lisbon	31-07.25	9.63m	2
	30-01.25 31-07.25 30-07.25 31-05				
9 Beck, Kiera		Central Elkader	31-02.00	9.49m	2
	31-00 30-05.50 31-02 30-07.25				
10 Bruening, Katherine		Decorah	30-04.50	9.25m	2
	30-04.50 29-05.50 30-03 30-01.25				
11 Hoffman, Annie		Ed-Co HS Girls	29-11.00	9.11m	1
	27-11.25 29-11 29-08 28-09.75				
12 Cummer, Abby		Central Elkader	29-10.25	9.09m	2
	29-10.25 29-02.50 28-00 29-06.50				
13 Reimer, Cagney		Clayton Ridge	28-10.25	8.79m	2
	27-04 28-09.25 27-06.50 28-10.25				
14 Patten, Hannah		Central City	28-06.50	8.69m	2
	27-10.50 28-06.50 27-02 26-03.75				
15 Ries, Emma		North Linn	27-07.75	8.42m	1
	26-09.50 27-07.75 26-07.75 25-10.75				
16 Parkin, Regan		Starmont	27-00.75	8.24m	1
	24-06.75 27-00.75 25-07 25-11				
17 Welsh, Olivia		Ed-Co HS Girls	26-09.75	8.17m	1
	24-07.50 26-03 25-09.50 26-09.75				
18 Armon, Rhea		Alburnett	25-02.75	7.68m	1
	25-02.75 24-02.50 24-04.50 23-04				
19 Mashek, Marrisa		Jesup	24-01.00	7.34m	1
	22-11.25 24-01 22-10.75 23-06.25				
20 Hotz, Lexi		Lisbon	24-00.25	7.32m	1
	23-05.50 22-02 22-06 24-00.25				
21 Koehn, Kaitlyn		Clayton Ridge	23-06.50	7.17m	1
	23-06.50 FOUL 23-04.50 22-05.50				

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Results

....Girls Shot Put Varsity

22	Winter, Paige	Maquoketa Valley	22-10.25	6.96m	1
	22-04.50 FOUL 22-05.50	22-10.25			
23	Hutchcraft, Alexa	Springville	22-07.75	6.90m	1
	22-02 22-07.75 20-00.75	21-03.75			
24	Reed, Brooklyn	Springville	20-00.50	6.10m	1
	18-06.50 18-01.25 18-01.50	20-00.50			

Girls Discus Throw Varsity

Name	Year	School	Finals	H#	Points
1 Diez Pousa, Marina		Jesup	115-08	35.25m	2 10
	115-08 FOUL 94-05 FOUL				
2 Helle, Lydia		Maquoketa Valley	106-09	32.53m	2 8
	96-08 106-09 106-09 97-11				
3 Hussain, Jordyn		Decorah	102-08	31.29m	2 6
	98-09 FOUL 102-08 93-06				
4 Lingenfelter, Brittany		Jesup	101-07	30.96m	2 4
	FOUL 84-09 101-07 FOUL				
5 Hamlett, Vanessa		Starmont	97-00	29.56m	2 2
	92-05 FOUL 89-04 97-00				
6 Cavalier, Maddy		North Linn	96-08	29.46m	2 1
	94-06 96-08 84-00 88-02				
7 Hoskins, Dara		Springville	90-09	27.66m	2
	90-09 77-04 79-01 80-03				
8 Beck, Kiera		Central Elkader	89-07	27.30m	2
	43-05 85-04 89-07 85-08				
9 Burmahl, Bri		Monticello	88-10	27.07m	2
	88-10 FOUL FOUL FOUL				
10 Bruening, Katherine		Decorah	85-09	26.13m	2
	85-09 81-07 81-10 84-07				
11 Mackey, Shelby		North Linn	81-08	24.89m	2
	67-04 70-04 78-02 81-08				
12 Parkin, Regan		Starmont	81-01	24.71m	1
	74-09 74-05 81-01 75-02				
13 Reid, Sara		Central City	75-09	23.08m	1
	FOUL 63-00 66-02 75-09				
14 Hoffman, Annie		Ed-Co HS Girls	74-11	22.83m	1
	74-11 FOUL 70-08 70-02				
15 Jaeger, Payton		Monticello	74-07	22.73m	2
	74-07 73-03 FOUL FOUL				
16 Cummer, Abby		Central Elkader	73-00	22.25m	1
	70-10 73-00 65-01 FOUL				
17 Lahr, Hannah		Maquoketa Valley	71-01	21.66m	1
	71-01 60-09 FOUL 50-04				
18 Reimer, Cagney		Clayton Ridge	70-00	21.33m	2
	FOUL 66-08 FOUL 70-00				
19 Welsh, Olivia		Ed-Co HS Girls	66-05	20.24m	1
	66-05 56-06 FOUL 61-10				
20 Chappell, Dakota		Lisbon	65-11	20.09m	1
	65-03 FOUL 65-11 64-08				
21 Armon, Rhea		Alburnett	65-02	19.86m	1
	58-02 60-09 65-02 54-06				
22 Hotz, Lexi		Lisbon	59-02	18.03m	1
	53-01 51-05 59-02 49-04				

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...Girls Discus Throw Varsity

23	Deeney, Jennifer	Springville	51-06	15.69m	1
	51-06 50-04 46-06 47-02				
24	Koehn, Kaitlyn	Clayton Ridge	47-00	14.32m	1
	FOUL FOUL 47-00 41-08				

Girls 4x100 Meter Relay Junior Varsity

School		Finals	H#
1	Decorah 'A'	56.66	3
	1) Holtz, Chelsey		
	2) Pipho, Ambria		
	3) Syverson, Cora		
	4) Betts, Shayla		
2	Cascade-WD 'A'	57.05	3
3	Ed-Co HS Girls 'A'	58.35	1
	1) Hansel, Kelsey		
	2) Rausch, Hailey		
	3) Hoffman, Annie		
	4) Bergan, Delaney		
4	Monticello 'A'	59.24	3
	1) Kraus, Jaelynn		
	2) Kremer, Olivia		
	3) Ruden, Kendall		
	4) Bader, Lauren		
5	Maquoketa Valley 'A'	59.39	3
	1) Anderegg, Molly		
	2) Hogan, Jordan		
	3) Hogan, Holli		
	4) Mensen, Reece		
6	North Linn 'A'	1:00.51	3
	1) Ries, Ella		
	2) Garman, Berkley		
	3) Cavalier, Maddy		
	4) VanEtten, Chloe		
7	Jesup 'A'	1:00.81	1
	1) Petrillo, Gracie		
	2) Even, Jersey		
	3) Brua, Fiona		
	4) Sweeney, Anna		
8	Clayton Ridge 'A'	1:01.26	2
	1) Crary, Brook		
	2) Jasper, Hannah		
	3) Saganitso, Sonrae		
	4) Kelly, Kayla		
9	Central Elkader 'A'	1:02.16	2
	1) Keppler, Alivia		
	2) Farmer, Shannon		
	3) Moore, Isabella		
	4) Driesen, Fern		
10	Alburnett 'A'	1:02.36	3
	1) Graubard, Madison		
	2) Smith, Latyse		
	3) Heims, Raegan		
	4) Armon, Rhea		
11	Central City 'A'	1:02.56	2
	1) Noonan, Natalie		
	2) Engen, Caya		
	3) Whitson, Jacklyn		
	4) Reid, Sara		
12	Starmont 'A'	1:04.25	1
	1) Keppler, Autumn		
	2) Genkinger, Natalie		
	3) Harford, Maddie		
	4) McTaggart, Kalyn		
13	Springville 'A'	1:06.80	2
	1) Reed, Brooklyn		
	2) Moore, Libby		
	3) Hoge, Kailee		
	4) Wilson, Lauren		

Girls 4x200 Meter Relay Junior Varsity

School		Finals	H#
1	Decorah 'A'	2:03.09	2
	1) Putnam, Madelyn		
	2) Carolan, Cassidy		
	3) Syverson, Cora		
	4) Swanson, Britta		
2	Cascade-WD 'A'	2:05.52	2

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....Girls 4x200 Meter Relay Junior Varsity

3	Jesup 'A'	2:06.73	2
	1) Petrillo, Gracie	2) Lichty, Jayla	
	3) Grote, Brezlyn	4) Sweeney, Anna	
4	Monticello 'A'	2:09.28	2
	1) Simmons, Kayla	2) Hodge, Bronwyn	
	3) Ruden, Kendall	4) Adams, Kelsey	
5	North Linn 'A'	2:09.82	1
	1) Cavalier, Maddy	2) Ries, Emma	
	3) Ries, Ella	4) Garman, Berkley	
6	Maquoketa Valley 'A'	2:12.41	2
	1) Mensen, Reece	2) Deutmeyer, Lexi	
	3) Ott, Kennedy	4) Richter, Emma	
7	Springville 'A'	2:13.85	2
	1) Clothier, Kelcie	2) Erdman, Makala	
	3) Blakely, Liz	4) Moore, Libby	
8	Central City 'A'	2:14.12	1
	1) Noonan, Natalie	2) Engen, Caya	
	3) Reid, Sara	4) Tritle, Emma	
9	Ed-Co HS Girls 'A'	2:19.91	1
	1) Kelzer, Mia	2) Hrnairova, Wendy	
	3) Taberner, Sara	4) Lavignolle, Audrey	
10	Starmont 'A'	2:25.79	1
	1) Keppler, Autumn	2) Genkinger, Natalie	
	3) Swales, Marissa	4) Tucker, Meredith	

Girls 4x400 Meter Relay Junior Varsity

School	Finals
1 Decorah 'A'	4:37.04
1) Mincks, Kallie	2) Swanson, Britta
3) Battle, Olivia	4) Leschensky, Annette
2 Cascade-WD 'A'	4:45.00
3 Monticello 'A'	4:57.73
1) Husmann, Skyleigh	2) Simmons, Kayla
3) Van Dorn, Kylee	4) Hodge, Bronwyn
4 Starmont 'A'	5:34.37
1) McTaggart, Kalyn	2) Keppler, Autumn
3) Tucker, Meredith	4) Harford, Maddie

Women - Varsity - Team Rankings - 19 Events Scored

1) Decorah	117	2) Cascade-WD	96
3) Jesup	79.50	4) Maquoketa Valley	63
5) North Linn	45	6) Alburnett	41
7) Central City	32.50	8) ED-CO HS Girls	30
9) Monticello	29	10) Central Elkader	26
11) Starmont	20	12) Clayton Ridge	9
13) Springville	1		