

2025 Cardinal Relays - 4/14/2025**Treynor High School****Results****Event 1 Girls 3000 Meter Run Varsity**

Name	Year	School	Finals	Points
Finals				
1 Reese, Delayna		Lewis Central	10:45.11	10
39.111 (39.111)	2:01.356 (1:22.245)	3:26.566 (1:25.210)	4:52.536 (1:25.970)	
6:20.911 (1:28.375)	7:50.077 (1:29.167)	9:18.887 (1:28.810)	10:45.101 (1:26.214)	
2 Hoss, Madelyn		Lewis Central	11:01.10	8
39.199 (39.199)	2:01.662 (1:22.463)	3:28.638 (1:26.977)	4:59.917 (1:31.279)	
6:32.108 (1:32.192)	8:04.278 (1:32.170)	9:36.724 (1:32.447)	11:01.094 (1:24.370)	
3 Steinmetz, Grace		Heartland Christ	11:05.79	6
39.424 (39.424)	2:01.984 (1:22.560)	3:29.112 (1:27.128)	5:00.071 (1:30.959)	
6:32.271 (1:32.200)	8:04.522 (1:32.252)	9:36.901 (1:32.379)	11:05.789 (1:28.889)	
4 Johnsen, Allysen		Logan-Magnolia	11:32.59	5
40.226 (40.226)	2:05.828 (1:25.603)	3:37.326 (1:31.498)	5:11.779 (1:34.454)	
6:49.743 (1:37.964)	8:29.456 (1:39.713)	10:07.686 (1:38.230)	11:32.586 (1:24.900)	
5 Diehm, Keira		Heartland Christ	11:44.23	4
39.924 (39.924)	2:05.642 (1:25.718)	3:37.924 (1:32.283)	5:11.491 (1:33.567)	
6:49.579 (1:38.089)	8:29.261 (1:39.682)	10:07.477 (1:38.217)	11:44.227 (1:36.750)	
6 Miller, Anne		Treynor	12:04.01	3
40.576 (40.576)	2:08.763 (1:28.188)	3:44.646 (1:35.883)	5:24.006 (1:39.360)	
7:04.649 (1:40.644)	8:46.447 (1:41.798)	10:28.679 (1:42.233)	12:04.001 (1:35.322)	
7 Thomas, Ryleigh		Treynor	12:09.34	2
40.904 (40.904)	2:08.684 (1:27.780)	3:45.109 (1:36.425)	5:24.206 (1:39.097)	
7:04.338 (1:40.133)	8:46.958 (1:42.620)	10:29.519 (1:42.562)	12:09.333 (1:39.814)	
8 Boden, Addison		Tri-Center	13:01.79	1
41.179 (41.179)	2:19.997 (1:38.818)	4:06.784 (1:46.788)	5:54.564 (1:47.780)	
7:44.097 (1:49.533)	9:33.287 (1:49.190)	11:19.066 (1:45.779)	13:01.786 (1:42.720)	
9 Horn, Cate		Red Oak	15:23.34	
44.567 (44.567)	2:33.308 (1:48.742)	4:35.713 (2:02.405)	6:42.502 (2:06.789)	
8:53.479 (2:10.978)	11:07.929 (2:14.450)	13:18.527 (2:10.598)	15:23.331 (2:04.804)	

Event 3 Girls 4x800 Meter Relay Varsity

School	Finals	Points
1 Glenwood 'A'	10:18.80	10
1) Hebel, Caitlin	2) Berglund, Madelyn	
3) Berglund, Grace	4) Petersen, Breckyn	
2:34.290 (2:34.290)	5:16.925 (2:42.635)	7:49.464 (2:32.539)
10:18.792 (2:29.329)		
2 Treynor 'A'	10:40.48	8
1) Kerkmann, Madalyn	2) Miller, Emma	
3) Boswell, Jordyn	4) Knispel, Madeline	
2:35.006 (2:35.006)	5:19.921 (2:44.915)	8:07.725 (2:47.804)
10:40.475 (2:32.750)		
3 Lewis Central 'A'	11:00.31	6
1) Bussey, Ava	2) Strohmeier, Kate	
3) Skokan, Sydney	4) Hammitt, Rio	
2:33.515 (2:33.515)	5:17.129 (2:43.614)	8:03.207 (2:46.079)
11:00.310 (2:57.103)		
4 Shenandoah 'A'	11:31.46	5
1) Egbert, Hailey	2) Young, Zoe	
3) Young, Mya	4) Mather, Lilly	
2:45.904 (2:45.904)	5:44.242 (2:58.339)	8:38.201 (2:53.959)
11:31.455 (2:53.254)		
5 Riverside, Oak 'A'	12:18.24	4
1) Less, Amaiya	2) Schechinger, Iviana	
3) Morgan, Lydia	4) Haines, Meg	
2:44.959 (2:44.959)	5:42.754 (2:57.795)	9:08.571 (3:25.818)
12:18.234 (3:09.663)		

2025 Cardinal Relays - 4/14/2025
Treynor High School
Results

....Event 3 Girls 4x800 Meter Relay Varsity

6	MO Valley 'A'				12:29.49	3	
	1) Hansen, Ava		2) Davis, Zoey				
	3) Ferris, Bristol		4) Birke, Laynee				
	2:55.267 (2:55.267)	6:09.306 (3:14.039)	9:18.107 (3:08.802)	12:29.486 (3:11.379)			
7	Fremont-Mills 'A'				12:29.83	2	
	1) Forney, Ava		2) Kates, Trinity				
	3) Forney, Maria		4) Smith, Lindze				
	2:59.944 (2:59.944)	6:05.281 (3:05.338)	9:10.072 (3:04.792)	12:29.822 (3:19.750)			
8	Ia School Deaf 'A'				16:11.89	1	
	1) Vera Nieto, Ashley		2) Hernandez Arriaga, Johana				
	3) John, Seriana		4) Johns, Kaitlyn				
	3:26.434 (3:26.434)	7:42.622 (4:16.189)	12:08.787 (4:26.165)	16:11.890 (4:03.103)			

Event 6 Girls 4x100 Meter Shuttle Hurdle Varsity

School		Finals	H#	Points
1	Treynor 'A'	1:07.15	2	10
	1) Konz, Nora		2) Hughey, Kennedy	
	3) Sornson, Stella		4) Hemmingsen, Rylee	
2	Glenwood 'A'	1:09.74	2	8
	1) Hughes, Megan		2) Russmann, Rylie	
	3) Crawford, Courtney		4) Koontz, Allison	
3	Underwood 'A'	1:10.66	2	6
	1) Bret, Trinity		2) Childers, Emma	
	3) Gangwish, Lexi		4) Irwin, Maddy	
4	Riverside, Oak 'A'	1:18.99	1	5
	1) Richardson, Ayla		2) Reed, Lilli	
	3) Dorr, Mckenna		4) Taylor, Sophia	
--	Fremont-Mills 'A'	DQ	2	
	1) Gute, Bella		2) Gute, Reese	
	3) Nuckolls, Carlisle		4) Alley, Lana	
--	Shenandoah 'A'	DQ	1	
	1) Cook, Averie		2) O'Brien, Millicent	
	3) Cooper, Nevaeh		4) Dumler, Abbagale	

Event 7 Girls 100 Meter Dash Varsity

Name	Year School	Finals	H#	Points
1 Nelson, Brooke	LewisCentral	13.15	3	10
2 Buckholdt, Isabella	Underwood	13.31	3	8
3 Dougherty, Elaina	Glenwood	13.40	3	6
4 Maher, Brooklyn	Shenandoah	13.97	3	5 13.962
5 Meyers, Josie	Treynor	13.97	2	4 13.966
6 Wright, Olivia	Glenwood	14.06	3	3
7 Cook, Claire	Treynor	14.44	3	2
8 Lund, Olivia	Riverside, Oak	14.61	2	1
9 Bettles, Nevara	Underwood	14.81	2	
10 Green, Lynnae	Shenandoah	14.82	1	
11 Meade, Dilynn	MO Valley	14.94	2	
12 Cramer, Noel	Heartland Christ	15.06	2	
13 Mescher, Sophia	Lewis Central	15.10	3	
14 Lopez, Aubrey	Riverside, Oak	15.35	2	
15 Tiffey, Shelbie	MO Valley	15.49	2	

2025 Cardinal Relays - 4/14/2025**Treynor High School****Results****....Event 7 Girls 100 Meter Dash Varsity**

16 Sallach, Brinkly	Red Oak	15.59	3
17 McCool, Miyah	Tri-Center	15.63	1
18 Behrens, Aubrey	Heartland Christ	15.68	2
19 Faircloth, Ella	Logan-Magnolia	15.93	1
20 Smith, Gabby	Red Oak	16.03	1
21 Guritz, Abyagail	Logan-Magnolia	16.07	1
22 Vera Nieto, Ashley	Ia School Deaf	16.40	1
23 Mefy, Kailani	Ia School Deaf	16.74	1
24 Wolfe, Jadyn	Fremont-Mills	17.87	1

Event 10 Girls 400 Meter Dash Varsity

Name	Year School	Finals	H#	Points
1 O'Neal, Jocelyn	Red Oak	1:01.16	3	10
2 Adams, Ally	Underwood	1:02.25	3	8
3 Nelson, Brooke	Lewis Central	1:04.06	3	6
4 Babe, Susie	Shenandoah	1:05.11	3	5
5 Schnack, Kayden	Riverside, Oak	1:05.20	3	4
6 Hall, Haedyn	Logan-Magnolia	1:07.78	1	3
7 Kinsella, Ellie	Treynor	1:08.22	2	2
8 Greiner, Caitlin	Tri-Center	1:10.10	2	1
9 Bret, Trinity	Underwood	1:10.35	2	
10 Steinmetz, Grace	Heartland Christ	1:10.67	3	
11 Wohlers, Mallory	Lewis Central	1:11.12	3	
12 Steinmetz, Ava	Heartland Christ	1:11.22	2	
13 White, Cora	Treynor	1:11.31	2	
14 Carlo, Claire	Glenwood	1:12.06	2	
15 Reafleng, Kaidynce	Fremont-Mills	1:12.10	1	
16 Egbert, Hailey	Shenandoah	1:12.27	3	
17 Davis, Zoey	MO Valley	1:17.79	1	
18 Smith, Gabby	Red Oak	1:20.13	1	
19 Johnson, Emma	Fremont-Mills	1:21.06	1	
20 Hull, Jenessa	Ia School Deaf	1:24.16	1	
21 Birke, Laynee	MO Valley	1:27.90	1	
22 Johns, Kaitlyn	Ia School Deaf	1:34.05	1	

Event 12 Girls 4x200 Meter Relay Varsity

School	Finals	H#	Points
1 Glenwood 'A' 1) Dougherty, Elaina 3) Schultz, Brooklyn	1:47.97	2	10
2 Underwood 'A' 1) Hull, Tieler 3) Stangl, Haley	1:51.93	2	8
3 Treynor 'A' 1) Sornson, Stella 3) Lascala, Lulu	1:53.82	2	6
4 Fremont-Mills 'A' 1) Gute, Reese 3) Nuckolls, Carlie	1:56.53	2	5
5 Riverside, Oak 'A' 1) Reed, Ella	1:58.64	2	4

2025 Cardinal Relays - 4/14/2025**Treynor High School****Results****....Event 12 Girls 4x200 Meter Relay Varsity**

3) Richardson, Ayla	4) Taylor, Sophia			
6 Lewis Central 'A'		2:05.68	2	3
1) Taylor, Addison	2) Tiessen, Peyton			
3) Mescher, Grace	4) Scheel, Megan			
7 Shenandoah 'A'		2:11.43	2	2
1) Steng, Jubilee	2) Vo, Jennifer			
3) O'Brien, Millicent	4) McGinnis, Sloane			
8 Logan-Magnolia 'A'		2:11.71	1	1
1) Guritz, Abyagail	2) Kiger, Maria			
3) Thornson, Jaida	4) Monico, Milie			
9 Tri-Center 'A'		2:13.42	2	
1) Wingert, Ella	2) McCool, Miyah			
3) Erwin, Riley	4) Boden, Addison			
10 Heartland Christ 'A'		2:29.26	1	
1) Diehm, Keira	2) Derozier, Claire			
3) Wilterdink, Adalie	4) Capello, Neisa			
11 Ia School Deaf 'A'		2:37.77	1	
1) Kisichy, Rifenta	2) Wood, Amiya			
3) Mefy, Kailani	4) Johns, Kaitlyn			

Event 16 Girls 100 Meter Hurdles Varsity

Name	Year School	Finals	H#	Points
1 Alley, Lana	Fremont-Mills	16.09	3	10
2 Hemmingsen, Rylee	Treynor	17.00	3	8
3 Gute, Bella	Fremont-Mills	17.10	3	6
4 Irwin, Maddy	Underwood	17.13	3	5
5 Schneckloth, Quincey	Tri-Center	17.36	3	4
6 Parrott, Mackenzie	MO Valley	17.82	3	3
7 Killpack, Avilyn	Tri-Center	18.00	3	2
8 Knauss, Kaiya	Logan-Magnolia	18.05	2	1
9 Zadalis, Zoey	Treynor	18.23	3	
10 Crawford, Courtney	Glenwood	18.28	2	
11 Dumler, Abbagale	Shenandoah	19.27	2	
12 Russmann, Rylie	Glenwood	19.28	1	
13 Reed, Lilli	Riverside, Oak	19.37	2	
14 Cook, Averie	Shenandoah	20.14	2	
15 Sallach, Brinkly	Red Oak	20.39	2	
16 Cramer, Noel	Heartland Christ	20.52	1	
17 Dorr, Mckenna	Riverside, Oak	21.13	2	
18 Heim, Gillian	Red Oak	21.27	1	
19 Flores, Joanna	Heartland Christ	23.00	1	
20 Hull, Jenessa	Ia School Deaf	26.81	1	

Event 19 Girls 800 Meter Run Varsity

Name	Year School	Finals	H#	Points
1 Reese, Delayna	Lewis Central	2:24.60	2	10
1:10.062 (1:10.062)	2:24.595 (1:14.533)			
2 VanArsdol, Isah	Tri-Center	2:28.55	2	8
1:11.489 (1:11.489)	2:28.542 (1:17.054)			
3 Knispel, Madeline	Treynor	2:30.23	2	6
1:11.524 (1:11.524)	2:30.230 (1:18.707)			

2025 Cardinal Relays - 4/14/2025**Treynor High School****Results****....Event 19 Girls 800 Meter Run Varsity**

4	Wilson, Hannah	Fremont-Mills	2:33.33	2	5
	1:11.921 (1:11.921)	2:33.324 (1:21.403)			
5	Bussey, Ava	Lewis Central	2:38.83	2	4
	1:16.264 (1:16.264)	2:38.826 (1:22.563)			
6	Steinmetz, Grace	Heartland Christ	2:42.35	2	3
	1:13.945 (1:13.945)	2:42.347 (1:28.403)			
7	Boswell, Jordyn	Treynor	2:46.41	2	2
	1:16.561 (1:16.561)	2:46.409 (1:29.848)			
8	Young, Mya	Shenandoah	2:48.74	1	1
	2:48.736 (2:48.736)				
9	Mather, Lilly	Shenandoah	2:54.71	1	
	2:54.709 (2:54.709)				
10	Steinmetz, Ava	Heartland Christ	2:57.08	1	
11	Schechinger, Iviana	Riverside, Oak	2:57.92	1	
12	Hansen, Ava	MO Valley	3:01.96	1	
13	Ferris, Bristol	MO Valley	3:13.31	1	
14	Morgan, Lydia	Riverside, Oak	3:24.90	1	
15	Gill, Lillian	Fremont-Mills	3:27.65	1	

Event 20 Girls 200 Meter Dash Varsity

Name	Year School	Finals	H#	Points
1 Nelson, Brooke	Lewis Central	27.85	3	10
2 O'Neal, Jocelyn	Red Oak	28.10	3	8
3 Kinsella, Ellie	Treynor	30.01	3	6
4 Green, Lyndie	Shenandoah	30.41	2	5
5 Lund, Olivia	Riverside, Oak	30.56	3	4
6 Bettles, Nevara	Underwood	30.99	3	3
7 Kennedy, Ava	Treynor	31.25	2	2
8 Montelongo, Ava	Underwood	31.58	2	1
9 Wederquist, Kimber	Fremont-Mills	31.68	2	
10 Behrens, Aubrey	Heartland Christ	32.62	2	
11 Escritt, Ella	Lewis Central	32.72	3	
12 Tiffey, Shelbie	MO Valley	32.85	2	
13 Heard, Izzy	Fremont-Mills	33.24	1	
14 Vo, Jennifer	Shenandoah	34.65	1	
15 Erwin, Riley	Tri-Center	37.58	1	
16 Wilterdink, Adalie	Heartland Christ	37.77	1	
17 Montemayor, Olivia	Logan-Magnolia	38.85	1	
18 John, Seriana	Ia School Deaf	44.93	1	
19 Jetnil, Judy	Ia School Deaf	47.33	1	

Event 22 Girls 400 Meter Hurdles Varsity

Name	Year School	Finals	H#	Points
1 Schneckloth, Quincey	Tri-Center	1:08.15	2	10
2 Gute, Bella	Fremont-Mills	1:09.10	2	8
3 Konz, Nora	Treynor	1:10.71	2	6
4 Knauss, Kaiya	Logan-Magnolia	1:15.99	2	5
5 Miller, Emma	Treynor	1:18.35	2	4
6 Cooper, Nevaeh	Shenandoah	1:19.31	2	3
7 Childers, Emma	Underwood	1:19.91	1	2
8 Gangwish, Lexi	Underwood	1:20.38	2	1

2025 Cardinal Relays - 4/14/2025

Treynor High School

Results

....Event 22 Girls 400 Meter Hurdles Varsity

9 Dorr, Mckenna	Riverside, Oak	1:29.11	1
10 Sullivan, Lillian	Glenwood	1:33.17	1
11 Smith, Gabby	Red Oak	1:34.30	1

Event 25 Girls Distance Medley Varsity

School	Finals	H#	Points
1 Riverside, Oak 'A'	4:34.44	2	10
1) Singleton, Arabella	2) Henderson, Elly		
3) Schechinger, Veronica	4) Rone, Bentley		
2 Lewis Central 'A'	4:36.37	2	8
1) Kilbane, Jaylin	2) Russo, Ryleigh		
3) Skokan, Sydney	4) Hoss, Madelyn		
3 Treynor 'A'	4:39.75	2	6
1) Zadalis, Zoey	2) Putnam, Paige		
3) Saar, Ava	4) Kerkmann, Madalyn		
4 Red Oak 'A'	4:39.80	2	5
1) Heim, Gillian	2) Ogden, Iris		
3) Jones, Keely	4) Jenkins, Karly		
5 Tri-Center 'A'	4:45.93	2	4
1) Kozeal, Kaitlin	2) Killpack, Avilyn		
3) VanArsdol, Isah	4) Hazen, Sophia		
6 Glenwood 'A'	5:04.71	2	3
1) Richards, Ella	2) Legband, Ayrianna		
3) Houser, Breelyn	4) Harms, Katelyn		
7 Logan-Magnolia 'A'	5:09.33	1	2
1) Vana, Natalie	2) Kastner, Lindsey		
3) Johnsen, Allysén	4) Rowe, Ava		
8 Fremont-Mills 'A'	5:30.46	1	1
1) Barbour, Ellie	2) Wederquist, Kimber		
3) Carter, Gracie	4) Forney, Maria		
9 Underwood 'A'	5:37.13	1	
1) Longmeyer, Blair	2) Montelongo, Ava		
3) Limpp, Josie	4) Pattee, Ali		

Event 26 Girls 1500 Meter Run Varsity

Name	Year	School	Finals	Points
1 Reese, Delayna		Lewis Central	4:57.05	10
55.628 (55.628)	2:15.963 (1:20.335)	3:40.255 (1:24.292)	4:57.048 (1:16.794)	
2 Berglund, Grace		Glenwood	5:04.90	8
55.492 (55.492)	2:15.746 (1:20.254)	3:40.203 (1:24.458)	5:04.898 (1:24.695)	
3 Hoss, Madelyn		Lewis Central	5:16.58	6
55.981 (55.981)	2:21.325 (1:25.344)	3:50.957 (1:29.633)	5:16.576 (1:25.619)	
4 Diehm, Keira		Heartland Christ	5:33.12	5
57.847 (57.847)	2:27.970 (1:30.123)	4:02.970 (1:35.000)	5:33.120 (1:30.150)	
5 Egbert, Hailey		Shenandoah	5:38.44	4
1:01.797 (1:01.797)	2:35.661 (1:33.864)	4:10.288 (1:34.628)	5:38.436 (1:28.148)	
6 Miller, Anne		Treynor	5:39.25	3
1:03.130 (1:03.130)	2:33.861 (1:30.732)	4:10.086 (1:36.225)	5:39.245 (1:29.159)	
7 Thomas, Ryleigh		Treynor	5:43.79	2
1:02.442 (1:02.442)	2:33.583 (1:31.142)	4:10.402 (1:36.819)	5:43.790 (1:33.388)	

2025 Cardinal Relays - 4/14/2025**Treynor High School****Results****....Event 26 Girls 1500 Meter Run Varsity**

8	Harms, Katelyn	Glenwood	5:59.97	1		
	1:02.760 (1:02.760)	2:40.492 (1:37.733)	4:22.107 (1:41.615)	5:59.967 (1:37.860)		
9	Billingsley, Brookelynn	Fremont-Mills	6:00.88			
	1:04.160 (1:04.160)	2:42.717 (1:38.558)	4:27.267 (1:44.550)	6:00.877 (1:33.610)		
10	Rowe, Ava	Logan-Magnolia	6:04.47			
	1:03.101 (1:03.101)	2:42.148 (1:39.048)	4:26.473 (1:44.325)	6:04.466 (1:37.993)		
11	Steinmetz, Ava	Heartland Christ	6:08.13			
	1:03.440 (1:03.440)	2:43.251 (1:39.812)	4:29.036 (1:45.785)	6:08.127 (1:39.092)		
12	Young, Zoe	Shenandoah	6:13.10			
	1:04.617 (1:04.617)	2:45.003 (1:40.387)	4:29.445 (1:44.442)	6:13.096 (1:43.652)		
13	Boden, Addison	Tri-Center	6:17.24			
	1:07.852 (1:07.852)	2:52.920 (1:45.068)	4:36.892 (1:43.973)	6:17.233 (1:40.342)		
14	Forney, Maria	Fremont-Mills	6:49.73			
	1:08.111 (1:08.111)	2:58.081 (1:49.970)	5:00.251 (2:02.170)	6:49.730 (1:49.479)		
15	Shada, Lynnai	MO Valley	6:55.64			
	1:10.450 (1:10.450)	3:06.955 (1:56.505)	5:07.842 (2:00.888)	6:55.632 (1:47.790)		
16	Walker, Leya	Red Oak	6:57.84			
	1:06.428 (1:06.428)	3:00.177 (1:53.749)	5:01.866 (2:01.689)	6:57.835 (1:55.969)		
17	Gutzmer, Abigail	MO Valley	7:03.14			
	1:09.316 (1:09.316)	3:02.375 (1:53.059)	5:04.823 (2:02.449)	7:03.135 (1:58.312)		
18	Horn, Cate	Red Oak	7:32.58			
	1:10.203 (1:10.203)	3:13.051 (2:02.848)	5:23.295 (2:10.244)	7:32.575 (2:09.280)		
--	Pattee, Ali	Underwood	DNF			
	1:09.237 (1:09.237)	3:03.210 (1:53.973)	4:58.943 (1:55.734)			

Event 28 Girls 4x100 Meter Relay Varsity

School	Finals	H#	Points
1 Fremont-Mills 'A'	51.65	2	10
1) Gute, Reese	2) Gute, Bella		
3) Chambers, Carlisle	4) Alley, Lana		
2 Underwood 'A'	52.06	2	8
1) Irwin, Maddy	2) Roberts, Ainsley		
3) Stangl, Haley	4) Buckholdt, Isabella		
3 Treynor 'A'	52.64	2	6
1) Knispel, Madeline	2) Hemmingsen, Rylee		
3) Konz, Nora	4) Hughey, Kennedy		
4 Glenwood 'A'	52.95	2	5
1) Crawford, Courtney	2) Koontz, Allison		
3) Wright, Olivia	4) Dougherty, Elaina		
5 Riverside, Oak 'A'	53.97	2	4
1) Schnack, Kayden	2) Reed, Ella		
3) Henderson, Elly	4) Schechinger, Veronica		
6 Lewis Central 'A'	55.76	2	3
1) Kilbane, Jaylin	2) Russo, Ryleigh		
3) Mescher, Sophia	4) Mathews, Payton		
7 MO Valley 'A'	56.21	1	2
1) Dworak, Anne	2) Parrott, Mackenzie		
3) Meade, Dilynn	4) Tierney, Cymber		
8 Shenandoah 'A'	56.87	2	1
1) Green, Lyndie	2) Maher, Brooklyn		
3) Babe, Susie	4) Green, Lynnae		
9 Logan-Magnolia 'A'	1:01.24	1	
1) Kiger, Maria	2) Stone, Gracyn		

2025 Cardinal Relays - 4/14/2025**Treynor High School****Results****....Event 28 Girls 4x100 Meter Relay Varsity**

3) Guritz, Abyagail	4) Monico, Milie		
10 Tri-Center 'A'		1:03.23	2
1) McCool, Miyah	2) Wingert, Ella		
3) Erwin, Riley	4) Greiner, Caitlin		
11 Heartland Christ 'A'		1:03.74	1
1) Cramer, Noel	2) Steinmetz, Grace		
3) Flores, Joanna	4) Behrens, Aubrey		
12 Ia School Deaf 'A'		1:09.50	1
1) Hull, Jenessa	2) Kisichy, Rifenta		
3) Johns, Kaitlyn	4) Mefy, Kailani		
-- Treynor 'B'		X56.36	1

Event 32 Girls 4x400 Meter Relay Varsity

School	Finals	H#	Points
1 Glenwood 'A'	4:16.74	2	10
1) Hughes, Megan	2) Hebel, Caitlin		
3) Petersen, Breckyn	4) Schultz, Brooklyn		
2:10.364 (2:10.364)	3:13.173 (1:02.809)	4:16.732 (1:03.559)	
2 Red Oak 'A'	4:29.06	2	8
1) Jones, Keely	2) Jenkins, Karly		
3) Ogden, Iris	4) O'Neal, Jocelyn		
2:12.240 (2:12.240)	3:23.176 (1:10.936)	4:29.059 (1:05.883)	
3 Treynor 'A'	4:32.72	2	6
1) Sornson, Stella	2) Saar, Ava		
3) Kerkmann, Madalyn	4) Putnam, Paige		
2:16.312 (2:16.312)	3:23.327 (1:07.016)	4:32.719 (1:09.392)	
4 Riverside, Oak 'A'	4:41.75	2	5
1) Singleton, Arabella	2) Less, Amaiya		
3) Lopez, Aubrey	4) Reed, Lilli		
2:18.862 (2:18.862)	3:29.662 (1:10.800)	4:41.750 (1:12.089)	
5 Underwood 'A'	4:42.42	2	4
1) Adams, Ally	2) Hull, Tieler		
3) Irwin, Maddy	4) Stangl, Haley		
2:27.936 (2:27.936)	3:36.362 (1:08.426)	4:42.416 (1:06.055)	
6 Lewis Central 'A'	4:48.39	2	3
1) Wohlers, Mallory	2) Skokan, Sydney		
3) Hammitt, Rio	4) Bussey, Ava		
2:24.329 (2:24.329)	3:35.437 (1:11.109)	4:48.390 (1:12.953)	
7 Fremont-Mills 'A'	4:56.50	1	2
1) Carter, Gracie	2) Barbour, Ellie		
3) Reafleng, Kaidynce	4) Castro, Lilly		
2:29.866 (2:29.866)	3:41.746 (1:11.880)	4:56.499 (1:14.753)	
8 Shenandoah 'A'	5:01.29	1	1
1) Babe, Susie	2) Young, Mya		
3) Young, Zoe	4) McGinnis, Sloane		
2:24.062 (2:24.062)	3:45.989 (1:21.928)	5:01.283 (1:15.295)	
9 Ia School Deaf 'A'	6:30.89	1	
1) Vera Nieto, Ashley	2) Mefy, Kailani		
3) John, Seriana	4) Kisichy, Rifenta		
3:00.693 (3:00.693)	4:50.996 (1:50.303)	6:30.883 (1:39.888)	

2025 Cardinal Relays - 4/14/2025**Treynor High School****Results****Event 35 Girls High Jump Varsity**

Name	Year	School	Finals	Points
1 Chambers, Carlie		Fremont-Mills	5-00.00	1.52m 10
4-04 4-06 4-08 4-10 5-00 5-02				
P O O XO XO XXX				
2 Hemmingsen, Rylee		Treynor	4-10.00	1.47m 8
4-04 4-06 4-08 4-10 5-00				
O O XXO XO XXX				
3 Kiger, Maria		Logan-Magnolia	J4-10.00	1.47m 6
4-04 4-06 4-08 4-10 5-00				
O O O XXO XXX				
4 Adams, Ally		Underwood	4-08.00	1.42m 5
4-04 4-06 4-08 4-10				
O O O XXX				
5 Ausdemore, Olivia		Lewis Central	J4-08.00	1.42m 4
4-04 4-06 4-08 4-10				
O O XO XXX				
6 Billingsley, Brookelynn		Fremont-Mills	J4-08.00	1.42m 3
4-04 4-06 4-08 4-10				
O O XXO XXX				
7 Killpack, Avilyn		Tri-Center	4-06.00	1.37m 2
4-04 4-06 4-08				
O XXO XXX				
8 Scheel, Megan		Lewis Central	4-04.00	1.32m 0.50
4-04 4-06				
O XXX				
8 Steinmetz, Ava		Heartland Christ	4-04.00	1.32m 0.50
4-04 4-06				
O XXX				
10 Irwin, Ruby		Underwood	J4-04.00	1.32m
4-04 4-06				
XO XXX				
10 Heim, Gillian		Red Oak	J4-04.00	1.32m
4-04 4-06				
XO XXX				
-- Faircloth, Ella		Logan-Magnolia	NH	
4-04				
XXX				
-- Konz, Nora		Treynor	NH	
4-04				
XXX				

Event 37 Girls Discus Throw Varsity

Name	Year	School	Finals	H#	Points
1 Mathews, Delaney		Treynor	119-10	36.52m 2	10
117-11 119-10 114-08 107-00					
2 Mattox, Hayleigh		Fremont-Mills	112-06	34.29m 2	8
FOUL 112-06 101-10 89-07					
3 Matiyow, Jordyn		Lewis Central	111-03	33.90m 2	6
111-03 FOUL 103-11 105-06					
4 Woods, Madeline		Lewis Central	97-08	29.76m 2	5
91-09.50 97-08 94-07 FOUL					

2025 Cardinal Relays - 4/14/2025
Treynor High School
Results

....Event 37 Girls Discus Throw Varsity

5	Anderson, Corinne	Heartland Christ	95-11	29.23m	1	4
	95-11 88-02 FOUL FOUL					
6	Wittmer, Lilly	Shenandoah	95-05	29.08m	2	3
	93-05 95-05 82-08 92-09					
7	McLaughlin, Jenevieve	Fremont-Mills	95-04	29.05m	2	2
	FOUL 93-04.50 95-04 FOUL					
8	Marcum, Ryley	MO Valley	78-10	24.02m	1	1
	FOUL 72-00 78-10 FOUL					
9	Greiner, Caitlin	Tri-Center	74-02	22.60m	2	
	74-02 65-02 65-04 63-07					
10	Evans, Rylee	MO Valley	73-11	22.52m	1	
	73-11 FOUL FOUL 69-10					
11	Hernandez, Ava	Glenwood	72-05	22.07m	1	
	64-06 72-05 71-08 65-01					
12	Taylor, Sophia	Riverside, Oak	71-06.50	21.80m	2	
	71-06.50 FOUL FOUL FOUL					
13	Hiller, Abi	Glenwood	69-10	21.28m	2	
	FOUL 69-10 62-08 FOUL					
14	Green, Lyndie	Shenandoah	64-09	19.73m	1	
	FOUL 64-09 52-01 FOUL					
15	Young, Liz	Treynor	64-02.50	19.57m	1	
	64-02.50 FOUL 60-02 FOUL					
16	Jenson, Ryleigh	Underwood	62-03.50	18.98m	1	
	45-03 49-06 51-06 62-03.50					
17	Derozier, Claire	Heartland Christ	59-09.50	18.22m	1	
	FOUL FOUL FOUL 59-09.50					
18	Aguilar, Joann	Ia School Deaf	44-05	13.53m	1	
	43-01 34-11 35-01 44-05					
19	Wood, Amiya	Ia School Deaf	38-03	11.65m	1	
	29-02 37-06 38-03 34-04					

Event 39 Girls Shot Put Varsity

=====						
Name	Year	School	Finals	H#	Points	
=====						
1	Matiyow, Jordyn	Lewis Central	36-06.50	11.13m	2	10
	36-06.50 35-08.50 35-08.25 FOUL					
2	Green, Lynnae	Shenandoah	35-10.50	10.93m	2	8
	35-00.50 35-10.50 35-01.75 34-02.75					
3	Mathews, Delaney	Treynor	35-02.75	10.73m	2	6
	35-02.75 FOUL 34-04.75 33-07.25					
4	Taylor, Sophia	Riverside, Oak	33-03.50	10.14m	2	5
	33-03.50 31-11 32-09.25 32-05					
5	Winchell, Elyse	Treynor	31-08.00	9.65m	2	4
	30-11.50 31-08 31-01.25 FOUL					
6	Greiner, Caitlin	Tri-Center	30-10.00	9.39m	2	3
	28-06.50 30-00.50 30-09 30-10					
7	McLaughlin, Jenevieve	Fremont-Mills	30-02.25	9.20m	2	2
	FOUL 28-07.50 28-07.50 30-02.25					
8	Hernandez, Ava	Glenwood	29-11.75	9.13m	2	1
	29-01.75 29-07.75 29-11.75 29-00.25					
9	Evans, Rylee	MO Valley	28-08.50	8.75m	2	
	28-08.50 FOUL 25-07.50 FOUL					
10	Evans, Kaitlyn	MO Valley	28-06.50	8.69m	2	
	28-06.50 27-04.75 27-09.50 27-08.50					

2025 Cardinal Relays - 4/14/2025
Treynor High School
Results

....Event 39 Girls Shot Put Varsity

11	Mattox, Hayleigh	Fremont-Mills	27-06.00	8.38m	2
	27-06 26-00.25 26-06.25 25-08				
12	Wittmer, Lilly	Shenandoah	26-08.25	8.13m	1
	26-08.25 25-00.50 25-00.75 24-01.50				
13	Anderson, Corinne	Heartland Christ	26-04.75	8.04m	1
	26-00.75 26-04.75 26-03 26-04				
14	Dorr, Mckenna	Riverside, Oak	26-02.50	7.98m	1
	23-11.75 25-05 25-03.50 26-02.50				
15	Flores, Joanna	Heartland Christ	25-01.75	7.66m	1
	25-01.75 23-04 FOUL 21-00				
16	Giaffoglione, Bree	Glenwood	24-09.25	7.55m	1
	24-09.25 22-11.25 23-01.75 22-11				
17	Brehmer, Peyton	Lewis Central	23-06.00	7.16m	1
	FOUL 22-04.50 23-06 FOUL				
18	Jenson, Ryleigh	Underwood	22-03.00	6.78m	1
	22-03 21-07 21-10 20-07.75				
19	Aguilar, Joann	Ia School Deaf	20-02.25	6.15m	1
	20-02.25 FOUL 18-04.50 17-09				
20	Wood, Amiya	Ia School Deaf	16-09.75	5.12m	1
	15-11.75 16-09.75 16-01.25 16-00.75				

Event 41 Girls Long Jump Varsity

Name	Year	School	Finals	H#	Points
1 O'Neal, Jocelyn		Red Oak	17-06.75	5.35m	2 10
	16-01.50 17-06.75 16-02 16-07.75				
2 Buckholdt, Isabella		Underwood	16-10.50	5.14m	2 8
	16-10.50 15-03 15-04 15-11.25				
3 Sornson, Stella		Treynor	16-05.75	5.02m	2 6
	15-03.75 15-08 16-05.75 14-05.50				
4 Alley, Lana		Fremont-Mills	16-05.25	5.01m	2 5
	13-11.50 16-05.25 15-09 14-11.25				
5 Schnack, Kayden		Riverside, Oak	15-02.25	4.62m	2 4
	FOUL 15-01.50 14-00.50 15-02.25				
6 Bettles, Nevara		Underwood	14-09.00	4.49m	2 3
	13-09 13-11.75 14-09 13-04.25				
7 Nuckolls, Carlie		Fremont-Mills	14-08.50	4.48m	2 2
	14-04 14-08.50 14-06 13-10				
8 Cramer, Noel		Heartland Christ	14-01.25	4.29m	1 1
	13-07.75 13-06.75 14-01.25 14-01				
9 Furlow, Madeline		Lewis Central	J14-01.25	4.29m	1
	14-00 14-01.25 12-08.25 13-10				
10 Singleton, Arabella		Riverside, Oak	13-10.75	4.23m	1
	13-10.75 FOUL FOUL FOUL				
11 Babe, Susie		Shenandoah	13-10.25	4.22m	2
	FOUL 13-10.25 FOUL 13-01.25				
12 Stone, Gracyn		Logan-Magnolia	13-05.50	4.10m	1
	13-01.50 13-05.50 13-05 12-05.25				
13 Legband, Ayrianna		Glenwood	13-03.75	4.05m	2
	11-11.50 FOUL 13-03.75 12-04				
14 Vo, Jennifer		Shenandoah	12-05.75	3.80m	1
	FOUL 12-04.75 12-05.75 12-02				
15 Behrens, Aubrey		Heartland Christ	12-00.25	3.66m	1
	FOUL FOUL 10-11.25 12-00.25				

2025 Cardinal Relays - 4/14/2025

Treynor High School

Results

....Event 41 Girls Long Jump Varsity

16 Cook, Claire	Treynor	11-09.50	3.59m	2
FOUL 11-09.50 FOUL FOUL				
17 Kisichy, Rifenta	Ia School Deaf	10-09.00	3.27m	1
FOUL FOUL FOUL 10-09				
18 Hull, Jenessa	Ia School Deaf	10-08.25	3.25m	1
9-09.75 10-08.25 FOUL 10-07				

Event 43 Girls 800 Sprint Medley Varsity

School	Finals	H#	Points
1 Glenwood 'A'	1:58.21	2	10
1) Wright, Olivia	2) Richards, Ella		
3) Schultz, Brooklyn	4) Hughes, Haylee		
2 Riverside, Oak 'A'	1:58.83	2	8
1) Reed, Ella	2) Henderson, Elly		
3) Schechinger, Veronica	4) Rone, Bentley		
3 Underwood 'A'	1:59.05	2	6
1) Hull, Tieler	2) Roberts, Ainsley		
3) Stangl, Haley	4) Adams, Ally		
4 Lewis Central 'A'	1:59.87	2	5
1) Mathews, Payton	2) Kilbane, Jaylin		
3) Russo, Ryleigh	4) Nelson, Brooke		
5 Treynor 'A'	2:00.66	2	4
1) Kennedy, Ava	2) Lascala, Lulu		
3) Meyers, Josie	4) Hughey, Kennedy		
6 Red Oak 'A'	2:04.26	2	3
1) Ogden, Iris	2) Sallach, Brinkly		
3) Jenkins, Karly	4) Jones, Keely		
7 Tri-Center 'A'	2:06.47	2	2
1) Kozeal, Kaitlin	2) Hazen, Sophia		
3) Schneckloth, Quincey	4) VanArsdol, Isah		
8 MO Valley 'A'	2:07.31	1	1
1) Dworak, Anne	2) Parrott, Mackenzie		
3) Meade, Dilynn	4) Tierney, Cymber		
9 Fremont-Mills 'A'	2:15.48	1	
1) Campbell, Greenlie	2) Barbour, Ellie		
3) Wederquist, Kimber	4) Castro, Lilly		
10 Shenandoah 'A'	2:17.72	2	
1) Maher, Brooklyn	2) O'Brien, Millicent		
3) Cooper, Nevaeh	4) McGinnis, Sloane		
11 Logan-Magnolia 'A'	2:30.04	1	
1) Vana, Natalie	2) Montemayor, Olivia		
3) Kastner, Lindsey	4) Thornson, Jaida		
12 Heartland Christ 'A'	2:38.54	1	
1) Derozier, Claire	2) Anderson, Corinne		
3) Wilterdink, Adalie	4) Capello, Neisa		

Women - Varsity - Team Rankings - 19 Events Scored

1) Treynor	132	2) Lewis Central	127.50
3) Fremont-Mills	81	4) Underwood	76
5) Glenwood	75	6) Riverside, Oak	58
7) Red Oak	44	8) Shenandoah	43
9) Tri-Center	37	10) Heartland Christ	23.50

2025 Cardinal Relays - 4/14/2025

Treynor High School

Results

....Event 43 Girls 800 Sprint Medley Varsity

11) Logan-Magnolia	23	12) MO Valley	10
13) Ia School Deaf	1		