

MVC Girls Divisional Meet
Western Dubuque High School
Epworth, Iowa - 5/05/22
Results

Girls 100 Meter Dash Varsity

Name	Year	School	Finals	H#	Points
Finals					
1 Audrey Biermann	12	Western Dubuque	12.39	2	10
2 Gabby Cortez	12	Prairie	12.51	2	8
3 Sarah Jordan	11	Prairie	12.78	2	6
4 Brynn Walters	10	Western Dubuque	12.83	2	5
5 Meghan McDonald	11	Wahlert Catholic	12.90	2	4
6 Ani Wedemeyer	9	Iowa City City High	13.08	2	3
7 Mary Gustason	12	Linn Mar	13.09	2	2
8 Kaylee Bunn	10	Linn Mar	13.57	2	1
9 Emily Arling	11	Iowa City City High	13.58	1	
10 Ashlyn Latusick	11	Cedar Falls	13.78	1	
11 Jenna Uden	12	Iowa City-Li	13.88	1	
12 Carley Strelow	10	Cedar Falls	13.98	1	
13 Haley Schroeder	10	Iowa City-Li	14.21	1	
14 Ava Sales	10	Cedar Rapids	15.22	1	

Girls 200 Meter Dash Varsity

Name	Year	School	Finals	H#	Points
1 Audrey Biermann	12	Western Dubuque	25.03	2	10
2 Gabby Cortez	12	Prairie	25.36	2	8
3 Sarah Jordan	11	Prairie	26.01	2	6
4 Sammy Recker	12	Western Dubuque	26.38	1	5
5 Tessa Berning	12	Wahlert Catholic	26.53	2	4
6 Hannah Ramsey	11	Iowa City-Li	26.68	2	3
7 Emily Schmidt	12	Linn Mar	26.84	2	2
8 Mary Gustason	12	Linn Mar	26.95	1	1
9 Mya Crawford	9	Cedar Falls	27.03	1	
10 Hannah Stuelke	12	Cedar Rapids	27.10	1	
11 Sarah Albaugh	12	Cedar Falls	27.52	2	
12 Brynlee Slockett	10	Iowa City-Li	27.86	2	
13 Ruby McMDonough	11	Iowa City City High	28.14	1	
14 Ruth Cloyd	9	Iowa City City High	29.27	1	
15 Ava Sales	10	Cedar Rapids	32.00	1	

Girls 400 Meter Dash Varsity

Name	Year	School	Finals	H#	Points
1 Audrey Biermann	12	Western Dubuque	55.55	2	10
2 Gabby Cortez	12	Prairie	55.91	2	8
3 Ani Wedemeyer	9	Iowa City City High	57.46	2	6
4 Mya Crawford	9	Cedar Falls	59.67	2	5
5 Emily Schmidt	12	Linn Mar	59.76	2	4
6 Iris Wedemeyer	11	Iowa City City High	1:00.99	2	3
7 Hannah Ramsey	11	Iowa City-Li	1:01.08	1	2

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....Girls 400 Meter Dash Varsity

8	Grace Knutson	10	Cedar Falls	1:02.58	2	1
9	Mckenna Murray	10	Prairie	1:03.24	1	
10	Ameriz Nielsen	11	Linn Mar	1:05.84	2	
11	Ashley Willenborg	10	Western Dubuque	1:05.98	1	
12	Malia Taylor	11	Iowa City-Li	1:08.55	1	

Girls 800 Meter Run Varsity

Name	Year	School	Finals	Points	
1	Ani Wedemeyer	9	Iowa City City High	2:19.39	10
2	Lily Johannes	12	Prairie	2:22.51	8
3	Ashlyn Keeney	12	Iowa City-Li	2:22.62	6
4	Cori Mac	10	Iowa City-Li	2:27.54	5
5	Alyza Koppes	12	Prairie	2:30.94	4
6	Josee Simonson	9	Cedar Falls	2:31.71	3
7	Kaitlyn Thole	9	Western Dubuque	2:34.98	2
8	Lucy Corbin	12	Iowa City City High	2:36.21	1
9	Lucy Dunning	11	Cedar Falls	2:37.40	
10	Lucy Haars	10	Linn Mar	2:38.82	
11	Alana Duggan	12	Wahlert Catholic	2:39.88	
12	Ally Buck	10	Linn Mar	2:40.89	
13	Bella Meyers	9	Western Dubuque	2:46.99	

Girls 1500 Meter Run Varsity

Name	Year	School	Finals	Points	
1	Ashlyn Keeney	12	Iowa City-Li	5:04.99	10
2	Rowan Boulter	12	Iowa City City High	5:07.81	8
3	Zoe Zylstra	9	Cedar Falls	5:13.16	6
4	Cori Mac	10	Iowa City-Li	5:14.49	5
5	Rachel Mandt	11	Cedar Falls	5:16.36	4
6	Rachel Adamson	11	Linn Mar	5:18.47	3
7	Keirra Hess	10	Prairie	5:22.96	2
8	Ava Christensen	10	Prairie	5:25.32	1
9	Ellie Meyer	12	Wahlert Catholic	5:26.71	
10	Shaye Sullivan	12	Linn Mar	5:34.77	
11	Lilly Boge	12	Western Dubuque	5:41.66	
12	Makenna Hetrick	10	Cedar Rapids	5:54.64	

Girls 3000 Meter Run Varsity

Name	Year	School	Finals	Points	
1	Ashlyn Keeney	12	Iowa City-Li	10:36.32	10
2	Rowan Boulter	12	Iowa City City High	10:38.69	8
3	Cori Mac	10	Iowa City-Li	10:48.44	6
4	Keirra Hess	10	Prairie	10:56.94	5

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....Girls 3000 Meter Run Varsity

5 Rachel Adamson	11 Linn Mar	11:05.48	4
6 Ellie Meyer	12 Wahlert Catholic	11:06.30	3
7 Maddie Gallagher	10 Cedar Falls	11:07.69	2
8 Nicole Peterson	9 Iowa City City High	11:27.62	1
9 Karlee Hamilton	10 Prairie	11:33.75	
10 Jaden Swarts	11 Cedar Falls	11:39.96	
11 Lilly Boge	12 Western Dubuque	11:53.69	
12 Abbey Vezina	11 Linn Mar	12:17.89	
13 Ellie Kirby	12 Wahlert Catholic	12:55.86	

Girls 100 Meter Hurdles Varsity

Name	Year	School	Finals	H#	Points
1 Maddy McFarland	12	Cedar Falls	15.74	2	10
2 Ryann Decker	10	Prairie	16.38	2	8
3 Brie Klein	12	Iowa City-Li	16.41	2	6
4 Sierra Pruessner	10	Iowa City City High	16.47	2	5
5 Te'Nia Ansley	12	Iowa City City High	16.88	2	4
6 Paige Paup	10	Cedar Falls	17.38	2	3
7 Maci Harder	12	Prairie	17.68	2	2
8 Erika Wagner	12	Linn Mar	17.93	1	1
9 Allison Kriegel	11	Linn Mar	18.19	2	
10 Natalie Leisen	11	Western Dubuque	18.91	1	
11 Lexi Salow	9	Western Dubuque	19.14	1	
12 Asta Hildabrand	9	Iowa City-Li	19.36	1	
13 Allee Brown	10	Cedar Rapids	20.63	1	

Girls 400 Meter Hurdles Varsity

Name	Year	School	Finals	H#	Points
1 Maddy McFarland	12	Cedar Falls	1:07.92	2	10
2 Eva Reynolds	11	Iowa City City High	1:08.18	2	8
3 Martha Hamilton	12	Iowa City City High	1:09.86	2	6
4 Maci Harder	12	Prairie	1:12.09	2	5
5 Johnna Dieken	11	Cedar Falls	1:12.20	2	4
6 Hannah Hughes	9	Prairie	1:14.19	2	3
7 Tera Thompson	12	Linn Mar	1:14.20	1	2
8 Jordyn Beck	11	Linn Mar	1:14.67	2	1
9 Beth Jaeger	12	Iowa City-Li	1:16.84	1	
10 Sage Slessor	11	Cedar Rapids	1:18.00	1	
11 Brooke Ameskamp	9	Western Dubuque	1:18.16	1	

Girls 4x100 Meter Relay Varsity

School	Finals	Points
1 Wahlert Catholic	50.52	10

**MVC Girls Divisional Meet
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....Girls 4x100 Meter Relay Varsity

1) Lauren McClimon 9	2) Emma Donovan 11		
3) Tessa Berning 12	4) Meghan McDonald 11		
2 Prairie		50.65	8
1) Asia Russell 9	2) Ryann Decker 10		
3) Taylor Lee 12	4) Sarah Jordan 11		
3 Western Dubuque		50.78	6
1) Ava Ramler 10	2) Sammy Recker 12		
3) Erica Ernzen 11	4) Brynn Walters 10		
4 Linn Mar		51.33	5
1) Mary Gustason 12	2) Kaylee Bunn 10		
3) Sydney Carsello 11	4) Katy Hand 11		
5 Iowa City City High		52.71	4
1) Safia Almabrazi 11	2) Bella Skay 11		
3) Mackenzie Dvorsky 10	4) Sierra Pruessner 10		
6 Iowa City-Liberty High		52.79	3
1) Jenna Uden 12	2) Brynlee Slockett 10		
3) Brie Klein 12	4) Brityn Gryp 11		
7 Cedar Falls		53.11	2
1) Gillian McRae 11	2) Emma Cawelti 12		
3) Carley Strelow 10	4) Ashlyn Latusick 11		
8 Cedar Rapids Washington		53.98	1
1) Emily Fechhelm 12	2) Sophia McNutt 11		
3) Jocelyn Parker 9	4) Hannah Stuelke 12		

Girls 4x200 Meter Relay Varsity

School	Finals	Points
1 Wahlert Catholic	1:47.77	10
1) Lauren McClimon 9	2) Meghan McDonald 11	
3) Olivia Donovan 9	4) Rylee Steffen 10	
2 Linn Mar	1:48.83	8
1) Mary Gustason 12	2) Katy Hand 11	
3) Gwen Gaffney 10	4) Sydney Carsello 11	
3 Prairie	1:49.01	6
1) Taylor Lee 12	2) Kamryn Grissel 12	
3) Izzy McClure 10	4) Asia Russell 9	
4 Western Dubuque	1:49.78	5
1) Katie McKenna 9	2) Erica Ernzen 11	
3) Ava Ramler 10	4) Brynn Walters 10	
5 Iowa City-Liberty High	1:51.00	4
1) Brynlee Slockett 10	2) Isabelle Woody 12	
3) Jasmine Barney 11	4) Brityn Gryp 11	
6 Iowa City City High	1:54.50	3
1) Ruby McMdonough 11	2) Bella Skay 11	
3) Claire Brown 11	4) Ava Bell 10	
7 Cedar Falls	1:55.29	2
1) Gillian McRae 11	2) Carley Strelow 10	
3) Ashlyn Latusick 11	4) Emma Cawelti 12	

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....Girls 4x200 Meter Relay Varsity

8 Cedar Rapids Washington		2:01.04	1
1) Makiyla Smith 11	2) Estelle Schneidermann 12		
3) Sage Slessor 11	4) Emily Fechhelm 12		

Girls 4x400 Meter Relay Varsity

School	Finals	Points
1 Iowa City City High	4:02.06	10
1) Iris Wedemeyer 11	2) Martha Hamilton 12	
3) Eva Reynolds 11	4) Ani Wedemeyer 9	
2 Wahlert Catholic	4:06.09	8
1) Jamie Schmid 12	2) Mia Kunnert 12	
3) Olivia Donovan 9	4) Rylee Steffen 10	
3 Cedar Falls	4:10.70	6
1) Grace Knutson 10	2) Avery Berte 9	
3) Grace Hannam 9	4) Apryl Halsor 9	
4 Iowa City-Liberty High	4:12.29	5
1) Jasmine Barney 11	2) Hailey Noel 11	
3) Ashlyn Keeney 12	4) Hannah Ramsey 11	
5 Prairie	4:12.41	4
1) Catie Reittinger 10	2) Mckenna Murray 10	
3) Alyza Koppes 12	4) Lily Johannes 12	
6 Linn Mar	4:19.42	3
1) Breka Trapp 10	2) Bethany Northrup 11	
3) Taylor Brunson 11	4) Emily Schmidt 12	
7 Western Dubuque	4:24.34	2
1) Ashley Willenborg 10	2) Ava Goins 10	
3) Isabella Graber 11	4) Lucy Ehlers 9	

Girls 4x800 Meter Relay Varsity

School	Finals	Points
1 Prairie	9:54.96	10
1) Hannah Hughes 9	2) Ava Christensen 10	
3) Alyza Koppes 12	4) Lily Johannes 12	
2 Cedar Falls	10:00.58	8
1) Zoe Zylstra 9	2) Josee Simonson 9	
3) Brooklyn Francis 10	4) Apryl Halsor 9	
3 Wahlert Catholic	10:07.20	6
1) Olivia Donovan 9	2) Jamie Schmid 12	
3) Alana Duggan 12	4) Josie Belken 11	
4 Iowa City City High	10:21.90	5
1) Tatum Frazier 12	2) Lucy Corbin 12	
3) Erin Anderson 11	4) Iris Wedemeyer 11	
5 Iowa City-Liberty High	10:29.34	4
1) Clara Welsh 9	2) Malia Taylor 11	
3) Hailey Noel 11	4) Madelyn Johnson 9	

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6 Western Dubuque	10:32.15	3
1) Kaitlyn Thole 9	2) Isabella Graber 11	
3) Bella Meyers 9	4) Alyssa Klein 10	
7 Linn Mar	10:43.21	2
1) Ally Buck 10	2) Lucy Haars 10	
3) Gabby Mauren 9	4) Shaye Sullivan 12	

Girls 800 Sprint Medley Varsity

School	Finals	Points
1 Prairie	1:51.96	10
1) Asia Russell 9	2) Catie Reittinger 10	
3) Sarah Jordan 11	4) Gabby Cortez 12	
2 Wahlert Catholic	1:53.46	8
1) Meghan McDonald 11	2) Rylee Steffen 10	
3) Tessa Berning 12	4) Lauren McClimon 9	
3 Iowa City-Liberty High	1:55.08	6
1) Jenna Uden 12	2) Brityn Gryp 11	
3) Brynlee Slockett 10	4) Hannah Ramsey 11	
4 Linn Mar	1:56.61	5
1) Rachel Hamling 12	2) Abigaelle Ishimwe 12	
3) Sydney Carsello 11	4) Bethany Northrup 11	
5 Cedar Falls	1:58.11	4
1) Gillian McRae 11	2) Avery Berte 9	
3) Grace Knutson 10	4) Grace Hannam 9	
6 Iowa City City High	1:59.24	3
1) Ruth Cloyd 9	2) Claire Brown 11	
3) Martha Hamilton 12	4) Sierra Pruessner 10	
7 Western Dubuque	2:00.49	2
1) Ava Ramler 10	2) Sammy Recker 12	
3) Katie McKenna 9	4) Lucy Ehlers 9	

Girls Distance Medley Varsity

School	Finals	Points
1 Iowa City City High	4:26.56	10
1) Ruth Cloyd 9	2) Claire Brown 11	
3) Ava Bell 10	4) Rowan Boulter 12	
2 Linn Mar	4:29.23	8
1) Rachel Hamling 12	2) Abigaelle Ishimwe 12	
3) Breka Trapp 10	4) Bethany Northrup 11	
3 Prairie	4:30.00	6
1) Hailey Gammon 10	2) Kaylee Tedrow 12	
3) Hannah Roe 12	4) Catie Reittinger 10	
4 Cedar Falls	4:30.94	5
1) Grace Hannam 9	2) Sarah Albaugh 12	
3) Avery Berte 9	4) Jaden Swarts 11	

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....Girls Distance Medley Varsity

5 Wahlert Catholic	4:32.07	4
1) Emma Donovan 11	2) Mia Kunnert 12	
3) Jamie Schmid 12	4) Ellie Meyer 12	
6 Iowa City-Liberty High	4:41.16	3
1) Jasmine Barney 11	2) Carlie Schroeder 12	
3) Hailey Noel 11	4) Clara Welsh 9	
7 Western Dubuque	4:53.97	2
1) Lucy Ehlers 9	2) Haylee DeLong 12	
3) Mallory Feldmann 11	4) Gabby Kaiser 11	

Girls 4x100 Meter Shuttle Hurdle Varsity

School	Finals	H#	Points
1 Cedar Falls	1:08.61	2	10
1) Paige Paup 10	2) Mattie Dieken 9		
3) Maddy McFarland 12	4) Johnna Dieken 11		
2 Iowa City City High	1:08.88	2	8
1) Sierra Pruessner 10	2) Te'Nia Ansley 12		
3) Martha Hamilton 12	4) Eva Reynolds 11		
3 Prairie	1:11.74	1	6
1) Ryann Decker 10	2) Maci Harder 12		
3) Kayla Sykes 10	4) Cici Gomez-Bryant 10		
4 Linn Mar	1:12.36	1	5
1) Erika Wagner 12	2) Petra Sherman 10		
3) Allison Kriegel 11	4) Tera Thompson 12		
5 Western Dubuque	1:18.01	1	4
1) Natalie Leisen 11	2) Lexi Salow 9		
3) Audrey Frommelt 10	4) Brooke Ameskamp 9		
-- Iowa City-Liberty High	DQ	2	Left Early 2-3
1) Brie Klein 12	2) Beth Jaeger 12		
3) Brityn Gryp 11	4) Asta Hildabrand 9		

Girls High Jump Varsity

Name	Year	School	Finals	Points
1 Isabelle Woody	12	Iowa City-Li	5-02.00	10
2 Allison Kriegel	11	Linn Mar	5-00.00	8
3 Katy Hand	11	Linn Mar	4-10.00	6
4 Beth Jaeger	12	Iowa City-Li	J4-08.00	4.50
4 Laura O'Bryon	9	Cedar Falls	J4-08.00	4.50
6 Ruby McMDonough	11	Iowa City City High	4-06.00	3
-- Natalie Soppe	9	Western Dubuque	NH	
-- Mckenna Murray	10	Prairie	NH	
-- Lucy Ehlers	9	Western Dubuque	NH	
-- Gace Kirschling	10	Iowa City City High	NH	
-- Paige Paup	10	Cedar Falls	NH	

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Girls Long Jump Varsity

Name	Year	School	Finals	Points
1 Sarah Albaugh	12	Cedar Falls	17-03.25	10
2 Taylor Lee	12	Prairie	16-11.50	8
3 Emily Arling	11	Iowa City City High	16-04.50	6
4 Jasmine Barney	11	Iowa City-Li	J16-01.50	5
5 Petra Sherman	10	Linn Mar	J16-01.50	4
6 Asta Hildabrand	9	Iowa City-Li	15-09.25	3
7 Kaylee Bunn	10	Linn Mar	J15-03.00	2
8 Mya Crawford	9	Cedar Falls	J15-03.00	1
9 Kaylee Tedrow	12	Prairie	14-11.50	
10 Erica Ernzen	11	Western Dubuque	14-08.00	
11 Mackenzie Dvorsky	10	Iowa City City High	14-03.00	
12 Allee Brown	10	Cedar Rapids	13-05.50	
13 Natalie Leisen	11	Western Dubuque	13-04.00	

Girls Shot Put Varsity

Name	Year	School	Finals	H#	Points
1 Taryn Penney	12	Western Dubuque	42-04.50	2	10
2 Madison Maahs	12	Western Dubuque	41-02.00	2	8
3 Kennedy Evans	11	Linn Mar	39-06.50	2	6
4 Deja Redmond	12	Cedar Rapids	36-02.50	2	5
5 Josianna Toingar	10	Linn Mar	35-08.50	2	4
6 Darya Acas	12	Iowa City-Li	35-07.75	2	3
7 Addison Beaves	12	Wahlert Catholic	33-09.00	2	2
8 Hannah Stuelke	12	Cedar Rapids	33-08.50	2	1
9 Jolie Nordell	10	Iowa City-Li	33-06.00	2	
10 Trinity Mitchell	11	Prairie	33-02.00	2	
11 Emersyn Stout	10	Prairie	32-00.50	1	
12 Chante Hardaway	12	Iowa City-Li	31-01.75	1	
13 Olivia Hilby	9	Wahlert Catholic	28-03.25	2	
14 Amara Tilley	11	Iowa City City High	27-09.25	1	
15 Peyton Cota	9	Cedar Falls	27-05.75	1	
16 Emmy McComas	9	Iowa City City High	26-08.50	1	
17 Makayla Kinder	12	Cedar Falls	25-07.25	1	
18 Maezi Gregory	10	Cedar Falls	25-03.25	1	

Girls Discus Throw Varsity

Name	Year	School	Finals	H#	Points
1 Emma Joens	12	Prairie	136-10	2	10
2 Darya Acas	12	Iowa City-Li	128-02	2	8
3 Madison Maahs	12	Western Dubuque	124-00	2	6
4 Hannah Stuelke	12	Cedar Rapids	J109-11	2	5
5 Tashayna Church-Roberts	12	Iowa City-Li	J109-11	2	4
6 Olivia Hilby	9	Wahlert Catholic	108-03	2	3

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...Girls Discus Throw Varsity

7 Erica Kinn	9 Linn Mar	102-01	1	2
8 Gwen Gaffney	10 Linn Mar	99-01	2	1
9 Amara Tilley	11 Iowa City City High	94-06	1	
10 Abby Horsfall	10 Wahlert Catholic	87-05	1	
11 Gracee Hermsen	12 Western Dubuque	85-11	1	
12 Maggie Goodwin	9 Cedar Falls	75-04	1	
13 Maezi Gregory	10 Cedar Falls	66-08	2	
x x x	66-08			
14 Deja Redmond	12 Cedar Rapids	63-06	1	
15 Ruby McDonough	11 Iowa City City High	6-00	1	

Girls 100 Meter Dash JV

Name	Year School	Finals	H#	Points
1 Asia Russell	9 Prairie	13.05	2	10
2 Kamryn Grissel	12 Prairie	13.52	2	8
3 Sophia Mason	10 Cedar Falls	13.71	2	6
4 Jasmine Phonphiboun	11 Iowa City City High	13.90	2	5
5 Emma Cawelti	12 Cedar Falls	13.95	2	4
6 Ja'Niya Crawford	9 Linn Mar	14.08	2	3
7 Naomi Duehr	9 Wahlert Catholic	14.15	2	2
8 Malia Drugg	9 Iowa City-Li	14.20	1	1
9 Gace Kirschling	10 Iowa City City High	14.21	1	
10 Kate Harbaugh	9 Western Dubuque	14.27	1	
11 Emma Ernzen	12 Western Dubuque	14.71	1	
12 Mallory Guenther	10 Linn Mar	15.25	2	
13 Laila Tate	9 Cedar Rapids	15.80	1	
14 Sierra Blackhawk	10 Cedar Rapids	15.94	1	

Girls 200 Meter Dash JV

Name	Year School	Finals	H#	Points
1 Avery Berte	9 Cedar Falls	27.58	2	10
2 Hannah Roe	12 Prairie	27.86	2	8
3 Bella Skay	11 Iowa City City High	28.05	2	6
4 Sophia Mason	10 Cedar Falls	28.09	2	5
5 Rachel Hamling	12 Linn Mar	28.68	2	4
6 Jasmine Phonphiboun	11 Iowa City City High	29.51	2	3
7 Nessa Hardaway	12 Iowa City-Li	29.64	1	2
8 Ja'Niya Crawford	9 Linn Mar	29.84	2	1
9 Mathilde Pelet	11 Wahlert Catholic	30.64	1	
10 Emma Ernzen	12 Western Dubuque	30.83	1	
11 Ella Ernzen	9 Western Dubuque	30.98	1	
12 Vivian Tarvestad	9 Cedar Rapids	32.16	1	
13 Reagan Wilson	12 Prairie	35.00	1	
14 Dahlia Cloven	9 Cedar Rapids	37.76	1	

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Name	Year	School	Finals	H#	Points
1 Avalon Burns	10	Cedar Falls	1:03.68	2	10
2 Taylor Brunson	11	Linn Mar	1:04.63	2	8
3 Lucy Thompson	10	Iowa City City High	1:05.15	2	6
4 Josie Belken	11	Wahlert Catholic	1:05.96	2	5
5 Jordyn Beck	11	Linn Mar	1:06.12	2	4
6 Aoife Boulter	10	Iowa City City High	1:06.69	2	3
7 Grace Wehtal	9	Wahlert Catholic	1:10.27	1	2
8 Maddy Horsfall	11	Western Dubuque	1:11.66	1	1
9 Sarah Kwilose	9	Prairie	1:12.39	2	
10 Cece Ball	9	Western Dubuque	1:13.75	2	
11 Hanna Reints	12	Cedar Falls	1:13.94	1	
12 Aubrey Meyer	9	Iowa City-Li	1:16.33	1	
13 Ava Anderson	9	Cedar Rapids	1:18.21	1	
14 Maya Shelangoski	11	Prairie	1:24.80	1	

Girls 800 Meter Run JV

Name	Year	School	Finals	Points
1 Riley Redig	9	Prairie	2:38.70	10
2 Natalie Blake	9	Cedar Falls	2:41.11	8
3 Kayla Wuebker	9	Wahlert Catholic	2:45.03	6
4 Erin Anderson	11	Iowa City City High	2:46.43	5
5 Abigail Schaefer	12	Linn Mar	2:48.00	4
6 Natalie Kuhlmann	11	Iowa City City High	2:54.03	3
7 Marlie Pape	9	Wahlert Catholic	2:54.56	2
8 Gabby Mauren	9	Linn Mar	2:56.49	1
9 Aubrey Meyer	9	Iowa City-Li	2:57.43	
10 Ellie Anton	9	Cedar Falls	2:58.29	
11 Izzy Rima	9	Western Dubuque	3:04.29	
12 Grace Cruse	9	Cedar Rapids	3:06.28	
13 Lydia Appleby-Sparrow	10	Cedar Rapids	3:09.34	

Girls 1500 Meter Run JV

Name	Year	School	Finals	Points
1 Nina Peterson	9	Iowa City City High	5:17.56	10
2 Maddie Gallagher	10	Cedar Falls	5:22.06	8
3 Emily Meyer	9	Cedar Falls	5:31.72	6
4 Nicole Peterson	9	Iowa City City High	5:36.16	5
5 Madelyn Johnson	9	Iowa City-Li	5:44.90	4
6 Lilly Graham	9	Wahlert Catholic	5:50.04	3
7 Sophie Stilwell	9	Cedar Rapids	5:53.82	2
8 Ella Dorman	11	Linn Mar	6:02.02	1
9 Anna Tarvestad	11	Cedar Rapids	6:13.50	
10 Emily McNamara	11	Prairie	6:16.43	

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....Girls 1500 Meter Run JV

11 Avery Riehl	9 Iowa City-Li	6:19.48
12 Ashley Siech	11 Prairie	6:24.29
13 Thanh Beech	9 Linn Mar	6:35.13
14 Cece Smith	9 Western Dubuque	7:03.06

Girls 3000 Meter Run JV

Name	Year School	Finals	Points
1 Emily Meyer	9 Cedar Falls	11:51.48	10
2 Makenna Hetrick	10 Cedar Rapids	11:51.54	8
3 Sophie Stumbo	11 Iowa City City High	12:12.10	6
4 Ellie Anton	9 Cedar Falls	12:39.84	5
5 Annika Veit	12 Iowa City City High	12:43.07	4
6 Grace Ceynar	12 Iowa City-Li	12:46.86	3
7 Katie Christenson	9 Linn Mar	12:51.68	2
8 Maya Shelangoski	11 Prairie	13:20.11	1

Girls 100 Meter Hurdles JV

Name	Year School	Finals	H#	Points
1 Johnna Dieken	11 Cedar Falls	16.93	2	10
2 Lauren Waskow	10 Cedar Falls	18.21	2	8
3 Ava Roggy	12 Iowa City-Li	18.49	2	6
4 Ariana Bailey	12 Cedar Rapids	18.57	2	5
5 Kjirstin Kenlin	11 Iowa City City High	18.83	1	4
6 Audrey Frommelt	10 Western Dubuque	18.90	1	3
7 Kayla Sykes	10 Prairie	19.04	2	2
8 Megan Brewer	9 Iowa City-Li	19.05	2	1
9 Ava Tuchel	11 Linn Mar	19.09	2	
10 Cici Gomez-Bryant	10 Prairie	19.28	2	
11 Andrea Reznicow	10 Linn Mar	20.34	1	
12 Kayden Jensen	9 Iowa City City High	20.54	1	
13 Rya McFarland	10 Cedar Rapids	21.18	1	
14 Kaylee Brown	9 Western Dubuque	21.40	1	

Girls 400 Meter Hurdles JV

Name	Year School	Finals	H#	Points
1 Mary Hamilton	9 Iowa City City High	1:16.84	2	10
2 Ameriz Nielsen	11 Linn Mar	1:16.95	2	8
3 Isabel Sherman	12 Linn Mar	1:19.70	2	6
4 Angelica Hamilton	9 Iowa City City High	1:20.79	1	5
5 Mattie Dieken	9 Cedar Falls	1:22.52	2	4
6 Megan Brewer	9 Iowa City-Li	1:22.76	2	3
7 Ariana Bailey	12 Cedar Rapids	1:23.54	2	2
8 Claire Dreyer	9 Iowa City-Li	1:23.63	1	1

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....Girls 400 Meter Hurdles JV

9 Sydney Homewood	10 Cedar Falls	1:25.57	1
10 Katie Slosiarek	9 Prairie	1:25.58	2
11 Rya McFarland	10 Cedar Rapids	1:29.15	1

Girls 4x100 Meter Relay JV

School	Finals	Points
1 Linn Mar	52.87	10
1) Rachel Hamling 12	2) Petra Sherman 10	
3) Abigaëlle Ishimwe 12	4) Gwen Gaffney 10	
2 Prairie	52.93	8
1) Kaylee Tedrow 12	2) Hailey Gammon 10	
3) Trinity Suchan 12	4) Kamryn Grissel 12	
3 Cedar Falls	54.97	6
1) Sophia Mason 10	2) Emma Jacobs 9	
3) Paige Paup 10	4) Kayla Hurley 12	
4 Iowa City-Liberty High	55.19	5
1) Haley Schroeder 10	2) Malia Drugg 9	
3) Marissa Becker 9	4) Isabelle Woody 12	
5 Wahlert Catholic	55.69	4
1) Brielle Berning 9	2) Ella Olberding 12	
3) Naomi Duehr 9	4) Tatum Manternach 11	
6 Western Dubuque	56.15	3
1) Olivia Schindler 9	2) Carley Hillebrand 9	
3) Isabel Leisen 9	4) Haylee DeLong 12	
7 Iowa City City High	56.17	2
1) Jasmine Phonphiboun 11	2) Claire Brown 11	
3) Jordyn Kucera 10	4) Emily Arling 11	
8 Cedar Rapids Washington	1:02.43	1
1) Te Te Mellish 10	2) Makiyla Smith 11	
3) Tess Robinson 9	4) Sierra Blackhawk 10	

Girls 4x200 Meter Relay JV

School	Finals	Points
1 Cedar Falls	1:54.90	10
1) Jacie Wessels 9	2) Emma Jacobs 9	
3) Mattie Dieken 9	4) Apryl Halsor 9	
2 Iowa City City High	1:56.50	8
1) Safia Almabrazi 11	2) Jordyn Kucera 10	
3) McKenzie Brown 9	4) Jasmine Phonphiboun 11	
3 Prairie	1:56.56	6
1) Kelsey Dighton 10	2) Aaliyah Ward 10	
3) Lexi Harrison 10	4) Trinity Suchan 12	
4 Wahlert Catholic	1:56.69	5
1) Brielle Berning 9	2) Ella Olberding 12	
3) Mathilde Pelet 11	4) Naomi Duehr 9	

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....Girls 4x200 Meter Relay JV

5 Iowa City-Liberty High	2:00.43	4
1) Victoria Acas 10	2) Jolie Nordell 10	
3) Cassidy Hartman 11	4) Eno Ituk 10	
6 Western Dubuque	2:00.81	3
1) Kate Harbaugh 9	2) Kasey McIlrath 9	
3) Carley Hillebrand 9	4) Natalie Soppe 9	
7 Linn Mar	2:03.87	2
1) Brooke Groezinger 9	2) Caylee Carpenter 9	
3) Jayda Bowman 10	4) Christine Anyanwu 9	
8 Cedar Rapids Washington	2:14.62	1
1) Laila Tate 9	2) Eloise Prince 9	
3) Amaris McFarland 9	4) Te Te Mellish 10	

Girls 4x400 Meter Relay JV

School	Finals	Points
1 Cedar Falls	4:22.45	10
1) Jacie Wessels 9	2) Kahlan Kearns 9	
3) Baylee Lehmann 10	4) Avalon Burns 10	
2 Prairie	4:25.38	8
1) Hannah Roe 12	2) Izzy McClure 10	
3) Hannah Hughes 9	4) Maci Harder 12	
3 Iowa City City High	4:30.11	6
1) Aoife Boulter 10	2) Emmy McComas 9	
3) Lucy Thompson 10	4) Tatum Frazier 12	
4 Linn Mar	4:39.37	5
1) Jordyn Beck 11	2) Katelyn Orr 9	
3) Rita Sourwine 10	4) Ameriz Nielsen 11	
5 Wahlert Catholic	4:46.97	4
1) Alana Duggan 12	2) Grace Wehtal 9	
3) Kayla Wuebker 9	4) Sarah Bandy 9	
6 Iowa City-Liberty High	4:47.77	3
1) Malia Taylor 11	2) Carlie Schroeder 12	
3) Grace Ceynar 12	4) Eno Ituk 10	
7 Cedar Rapids Washington	5:07.53	2
1) Estelle Schneidermann 12	2) Ava Anderson 9	
3) Frances Stilwell 9	4) Grace Fox 12	

Girls 4x800 Meter Relay JV

School	Finals	Points
1 Cedar Falls	10:33.27	10
1) Ava Mallaro 11	2) Natalie Blake 9	
3) Lucy Dunning 11	4) Rachel Mandt 11	
2 Iowa City City High	11:14.33	8
1) Nina Peterson 9	2) Mary Cate Pugh 11	
3) Natalie Kuhlmann 11	4) Nina Kuhlmann 9	

**MVC Girls Divisional Meet
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....Girls 4x800 Meter Relay JV

3 Wahlert Catholic	11:18.12	6
1) Kayla Wuebker 9	2) Grace Wehtal 9	
3) Lilly Graham 9	4) Anna VanOtterloo 11	
4 Linn Mar	11:23.90	5
1) Ella Dorman 11	2) Abigail Schaefer 12	
3) Addison Brooks 9	4) Rita Sourwine 10	
5 Prairie	11:24.09	4
1) Tori Allard 10	2) Sarah Kwilose 9	
3) Emma Keiper 11	4) Riley Redig 9	
6 Cedar Rapids Washington	12:04.38	3
1) Sophie Stilwell 9	2) Anna Tarvestad 11	
3) Grace Cruse 9	4) Frances Stilwell 9	

Girls 800 Sprint Medley JV

School	Finals	Points
1 Cedar Falls	1:58.94	10
1) Johnna Dieken 11	2) Sophia Mason 10	
3) Avalon Burns 10	4) Kahlan Kearns 9	
2 Iowa City City High	1:59.83	8
1) Safia Almabrazi 11	2) Bella Skay 11	
3) Emmy McComas 9	4) Lucy Thompson 10	
3 Wahlert Catholic	2:00.50	6
1) Brielle Berning 9	2) Mia Kunnert 12	
3) Emma Donovan 11	4) Ella Olberding 12	
4 Prairie	2:00.90	5
1) Taylor Lee 12	2) Izzy McClure 10	
3) Hailey Gammon 10	4) Kelsey Dighton 10	
5 Western Dubuque	2:02.65	4
1) Haylee DeLong 12	2) Isabel Leisen 9	
3) Ava Goins 10	4) Natalie Soppe 9	
6 Iowa City-Liberty High	2:05.69	3
1) Haley Schroeder 10	2) Carlie Schroeder 12	
3) Marissa Becker 9	4) Eno Ituk 10	
7 Cedar Rapids Washington	2:07.05	2
1) Emily Fechhelm 12	2) Sophia McNutt 11	
3) Ava Anderson 9	4) Grace Fox 12	
8 Linn Mar	2:07.79	1
1) Monica Wonten 9	2) Caylee Carpenter 9	
3) Mallory Guenther 10	4) Brooke Groezinger 9	

Girls Distance Medley JV

School	Finals	Points
1 Cedar Falls	4:48.71	10
1) Lily Ganfield 11	2) Andrea Williams 9	
3) Baylee Lehmann 10	4) Ava Mallaro 11	

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....Girls Distance Medley JV

2 Iowa City City High	4:52.58	8
1) McKenzie Brown 9		
3) Josie LeClair 9		
2) Gace Kirschling 10		
4) Sydney Wilkes 11		
3 Iowa City-Liberty High	5:03.74	6
1) Nessa Hardaway 12		
3) Marissa Becker 9		
2) Cassidy Hartman 11		
4) Grace Ceynar 12		
4 Linn Mar	5:09.27	5
1) Joanna Wilfred 9		
3) Christine Anyanwu 9		
2) Asiya Hussein 9		
4) Katelyn Orr 9		
5 Wahlert Catholic	5:09.55	4
1) Mathilde Pelet 11		
3) Marlie Pape 9		
2) Tatum Manternach 11		
4) Sarah Bandy 9		
6 Cedar Rapids Washington	5:14.59	3
1) Sydney Eisenmann 9		
3) Vivian Tarvestad 9		
2) Amari Rogel 10		
4) Reagan Stock 10		
7 Prairie	5:39.57	2
1) Lauren Hunt 9		
3) Ashley Siech 11		
2) Emily McNamara 11		
4) Mackenzie Baustian 10		
8 Western Dubuque	5:47.78	1
1) Hailey Wulfekuhle 10		
3) Izzy Rima 9		
2) Ella Schindler 12		
4) Isabel Ernzen 11		

Girls 4x100 Meter Shuttle Hurdle JV

School	Finals	H#	Points
1 Cedar Falls	1:15.34	2	10
1) Lauren Waskow 10			
3) Lauren Ferguson 10			
2) Hanna Reints 12			
4) Kayla Hurley 12			
2 Linn Mar	1:21.78	1	8
1) Andrea Reznicow 10			
3) Jayda Bowman 10			
2) Ava Tichel 11			
4) Isabel Sherman 12			
3 Cedar Rapids Washington	1:25.81	1	6
1) Rya McFarland 10			
3) Allee Brown 10			
2) Amaris McFarland 9			
4) Ariana Bailey 12			
4 Prairie	1:25.82	1	5
1) Katie Slosiarek 9			
3) Peyton Schilling 11			
2) Lauren Weiss 9			
4) Lexi Harrison 10			
-- Iowa City City High	DQ	2	Hurdle Violation
1) Kjirstin Kenlin 11			
3) Monique Schnoebelen 11			
2) Mackenzie Dvorsky 10			
4) Kayden Jensen 9			

Girls High Jump JV

Name	Year School	Finals	Points
1 Katelyn Orr	9 Linn Mar	J4-08.00	10
2 Zoe Zylstra	9 Cedar Falls	J4-08.00	8
3 Cassidy Hartman	11 Iowa City-Li	J4-06.00	6

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....Girls High Jump JV

4	Nessa Hardaway	12	Iowa City-Li	J4-06.00	5
5	Tommy June Simmons	9	Iowa City City High	J4-04.00	4
6	Naomi Duehr	9	Wahlert Catholic	J4-04.00	3
7	Aminatha Rukakiza	9	Iowa City City High	J4-04.00	2
8	Kamryn Grissel	12	Prairie	J4-02.00	1
9	Carley Hillebrand	9	Western Dubuque	J4-00.00	
10	Lauren Ferguson	10	Cedar Falls	J4.00	

Girls Long Jump JV

Name	Year	School	Finals	Points	
1	Ariana Bailey	12	Cedar Rapids	15-07.00	10
2	Ruth Cloyd	9	Iowa City City High	14-07.50	8
3	Hailey Gammon	10	Prairie	14-07.00	6
4	Brielle Berning	9	Wahlert Catholic	14-05.00	5
5	Ava Roggy	12	Iowa City-Li	14-04.50	4
6	Lily Ganfield	11	Cedar Falls	14-00.00	3
7	Haley Schroeder	10	Iowa City-Li	13-11.50	2
8	Andrea Williams	9	Cedar Falls	13-09.50	1
9	Izzy McClure	10	Prairie	13-08.50	
10	Taylor Brunson	11	Linn Mar	13-07.75	
11	Cece Ball	9	Western Dubuque	13-05.50	
12	Jordyn Kucera	10	Iowa City City High	13-01.25	
13	Hailey Wulfekuhle	10	Western Dubuque	12-11.75	
14	Rya McFarland	10	Cedar Rapids	12-09.50	

Girls Shot Put JV

Name	Year	School	Finals	H#	Points	
1	Michaela Silich	10	Western Dubuque	34-02.00	2	10
2	Molly Sahn	10	Western Dubuque	33-10.00	1	8
3	Kamiyah Elders	9	Cedar Rapids	32-05.00	2	6
4	Lauren Vogts	11	Iowa City-Li	29-09.50	2	5
5	Maria Alcayde	10	Linn Mar	29-09.25	2	4
6	Eunice Koffi	10	Linn Mar	29-08.00	2	3
7	Meggan Barrow	12	Prairie	28-09.50	1	2
8	Katie Sterling	10	Prairie	28-01.50	2	1
9	Lenora Cromwell	10	Cedar Rapids	27-01.50	1	
10	Kylie Buchholz	11	Cedar Falls	26-05.00	1	
11	Dadrehana Stewart	12	Iowa City City High	24-10.00	1	
12	Ava Blakey	11	Iowa City City High	21-01.25	1	

Girls Discus Throw JV

Name	Year	School	Finals	H#	Points	
1	Sharidan Engelken	10	Western Dubuque	111-06	2	10

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....Girls Discus Throw JV

2	Jolie Nordell	10 Iowa City-Li	106-04	2	8
3	Maria Alcayde	10 Linn Mar	96-09	2	6
4	Josianna Toingar	10 Linn Mar	89-04	1	5
5	Shelby Krogman	12 Western Dubuque	83-06	2	4
6	Chante Hardaway	12 Iowa City-Li	83-00	2	3
7	Meggan Barrow	12 Prairie	82-07	2	2
8	Makayla Kinder	12 Cedar Falls	78-00	1	1
9	Ava Blakey	11 Iowa City City High	71-06	1	
9	Hailey Kobliska	9 Cedar Falls	71-06	1	
11	Katie Sterling	10 Prairie	69-00	2	
12	Kamiyah Elders	9 Cedar Rapids	62-00	1	
13	Emma Balkenhol	12 Cedar Rapids	60-01	1	

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Women - Varsity - Team Rankings - 19 Events Scored

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1) Prairie	142	2) Iowa City-Liberty High	115.50
3) Iowa City City High	115	4) Cedar Falls	100.50
5) Western Dubuque	90	5) Linn Mar	90
7) Wahlert Catholic	62	8) Cedar Rapids Washington	13

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Women - JV - Team Rankings - 19 Events Scored

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1) Cedar Falls	173	2) Iowa City City High	129
3) Linn Mar	106	4) Prairie	89
5) Iowa City-Liberty High	75	6) Wahlert Catholic	57
7) Cedar Rapids Washington	51	8) Western Dubuque	47