

Steve Rutz Starter Meet
University of Dubuque - A.Y. McDonald Indoor Track
Dubuque, Iowa - 3/14/2023
Results

Girls 55 Meter Dash Varsity

Name	Year	School	Finals	H#	Points
Finals					
1	Hayley	Stowe	11	Decorah	7.55 6 10
2	Emma	Randecker	10	Savanna (Wes	7.56 6 8
3	Sarah	Jordan	12	Prairie	7.58 1 6
4	Asia	Russell	10	Prairie	7.67 2 5
5	Ailea	Wetjen	10	Williamsburg	7.79 6 4
6	Makenna	Hughes	10	Williamsburg	7.87 6 3
7	Elodie	Stroup	10	Pleasant Valley	7.91 6 2
8	Brianna	Clark	9	Central DeWitt	7.95 2 1
9	Kate	Green	10	Cascade	7.96 5
10	Catie	Reittinger	11	Prairie	7.98 2
11	Sophia	Lewis	10	Pleasant Valley	7.99 6
12	Brianna	Koppes	12	Cascade	8.10 5
13	Tatum	Nebergall	10	Tipton	8.15 5
14	Morgan	Meyer	12	Bellevue	8.20 6 8.192
14	Danika	Nolte	11	Benton Community	8.20 3 8.192
16	Carlie	Sims	12	Benton Community	8.21 3
17	Elizabeth	Stohlmann	11	Williamsburg	8.22 5
18	Anniese	Beeler-Allen	9	Tipton	8.25 4
19	Gracie	Harrington	11	Midland	8.27 4 8.265
20	Amiah	Fisher	11	Iowa-Grant	8.27 1 8.267
21	Addison	Ohda	10	Pleasant Valley	8.29 3
22	Ellyanna	Johnson	9	Assumption	8.31 4
23	Ashlyn	Drahos	10	Benton Community	8.32 3
24	Kyaria	Kerkove	10	Savanna (Wes	8.35 4
25	Maddy	Lange	10	Black Hawk	8.39 4
26	Angelina	Peat	11	Iowa-Grant	8.41 3
27	Emmi	Huston	9	Midland	8.42 2
28	Sophia	Tigges	12	Bellevue	8.44 6
29	Ellie	Green	11	Cascade	8.47 4
30	Gabi	Barnhart	11	Monticello	8.49 5
31	Jami	Portz	11	Bellevue	8.50 4
32	Sydney	McNealy	10	Central DeWitt	8.52 1 8.516
33	Bridget	Bentley	10	Decorah	8.52 5 8.518
34	Lauren	Verhagen	11	Monticello	8.53 5
35	Dillan	Johnson	10	Decorah	8.54 5
36	Olivia	Coates	10	Midland	8.57 4
37	Reagan	Schneiter	12	Monticello	8.67 3
38	Ciara	Henson	11	Savanna (Wes	8.70 3 8.697
39	Hannah	Grantz	10	Central DeWitt	8.70 2 8.698
40	Zoe	Holstein	9	Tipton	8.72 3

Girls 800 Meter Run Varsity

Name	Year	School	Finals	H#	Points
1	Alivia	Edens	11	Tipton	2:34.05 3 10

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2	Jaida Lyons	11	Benton Community	2:34.34	3	8
3	Amelia Moore	9	Assumption	2:39.56	3	6
4	Paige Werner	12	Decorah	2:40.00	3	5
5	Hallie Kelchen	9	Cascade	2:40.63	3	4
6	Abbie Jones	10	Benton Community	2:41.04	3	3
7	Hope Connolly	12	Iowa-Grant	2:42.74	3	2
8	Karlee Hamilton	11	Prairie	2:44.28	3	1
9	Sophie McNabb	9	Prairie	2:46.28	1	
10	Natalie Bemer	12	Williamsburg	2:47.25	3	
11	Chloe Bishop	9	Prairie	2:47.66	1	
12	Lilly Supple	9	Cascade	2:48.16	3	
13	Allison Schafer	10	Pleasant Valley	2:48.19	2	
14	Anna Conlin	12	Cascade	2:55.25	2	
15	Karli Hines	10	Tipton	2:56.05	2	
16	Molly Dolan	9	Assumption	2:56.82	2	
17	Kennedy Donald	11	Benton Community	2:59.49	3	
18	Tori Rheingans	11	Central DeWitt	3:03.35	2	
19	Hayden Wade	9	Williamsburg	3:04.30	1	
20	Eleanor Sinclair	9	Williamsburg	3:05.24	1	
21	Gabbie Franzen	9	Midland	3:05.87	1	
22	Olivia Paulsen	9	Decorah	3:07.76	2	
23	Hannah Braet	11	Bellevue	3:08.79	2	
24	Jasera Tweten	9	Decorah	3:10.04	2	
25	Allesha Westphal	9	Midland	3:19.39	1	
26	Madeline Kampmeier	10	Savanna (Wes	3:29.14	1	
27	Katlin Kunde	10	Monticello	3:32.93	2	
28	Caitlyn Stingley	10	Savanna (Wes	3:35.86	1	

Girls 1500 Meter Run Varsity

Name	Year	School	Finals	H#	Points	
1	Grace Boleyn	10	Pleasant Valley	4:57.18	2	10
2	Leah Koehler	10	Monticello	5:22.31	2	8
3	Alivia Edens	11	Tipton	5:24.65	2	6
4	Emma Keiper	12	Prairie	5:26.40	1	5
5	Hallie Kelchen	9	Cascade	5:27.23	2	4
6	Hope Connolly	12	Iowa-Grant	5:30.54	1	3
7	Tori Yunggebauer	12	Williamsburg	5:30.58	2	2
8	Amelia Moore	9	Assumption	5:31.38	2	1
9	Ava Capron	10	Monticello	5:34.72	2	
10	Chloe Bishop	9	Prairie	5:40.37	1	
11	Lilly Supple	9	Cascade	5:40.43	2	
12	Analise Dewitt	9	Williamsburg	5:45.16	2	
13	Stella Rose	9	Prairie	5:47.41	1	
14	Brynn Storhoff	11	Decorah	5:48.42	1	
15	Natalie Stevens	9	Decorah	5:49.38	1	
16	Karli Hines	10	Tipton	5:50.42	1	
17	Addi Tholen	11	Tipton	5:53.86	1	

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....Girls 1500 Meter Run Varsity

18 Grace Hingtgen	11 Bellevue	6:07.01	2
19 Grace Blikre	10 Decorah	6:27.46	1
20 Delaney Dunne	12 Bellevue	6:57.48	2
21 Rachel Spicer	10 Central DeWitt	8:04.12	1
22 Brianna Gilmore	9 Savanna (Wes)	9:21.47	2

Girls 55 Meter Hurdles Varsity

Name	Year School	Finals	H#	Points
1 Leslie Campbell	12 Decorah	9.63	4	10
2 Mya Curry	11 Cascade	9.81	4	8
3 Kelby Kerndt	9 Decorah	9.98	4	6
4 Emyerson Green	10 Cascade	10.05	4	5
5 Autumn Schaller	12 Decorah	10.09	4	4
6 Addison Frake	9 Cascade	10.12	4	3
7 Belle Werner	9 Benton Community	10.44	4	2
8 Phoenix Gryp	11 Williamsburg	10.51	4	1
9 Ava Zimmerman	9 Monticello	10.76	3	
10 Kadie Reed	10 Williamsburg	10.93	2	
11 Hannah Hughes	10 Prairie	11.03	1	
12 Atlantis Kerkove	11 Savanna (Wes)	11.07	2	11.062
13 Kennady Donovan	12 Central DeWitt	11.07	3	11.064
14 Jordyn Ellefson	10 Midland	11.10	1	
15 Emmaleigh Soper	10 Midland	11.34	1	
16 McKenna Brown	10 Midland	11.35	2	
17 Kalli Barber	9 Central DeWitt	11.36	3	
18 Delaney Barber	10 Central DeWitt	11.39	3	
19 Kalon Spratt	10 Williamsburg	11.40	3	
20 Grace Schmidt	10 Pleasant Valley	11.75	2	11.745
21 Ellie Edler	12 Black Hawk	11.75	3	11.747
22 Savannah Freese	12 Monticello	11.77	2	
23 Emily Meier	9 Tipton	11.88	3	
24 Sophia Hunter	9 Midland	12.15	1	
25 Molly Edler	10 Black Hawk	12.25	2	
26 Adriana Jelle	11 Iowa-Grant	12.37	1	
27 Hannah Butterworth	9 Monticello	12.93	2	

Girls 4x200 Meter Relay Varsity

School	Finals	H#	Points
1 Decorah 1) Brinley Krivachek 12 3) Hayley Stowe 11	1:50.21	3	10
2 Prairie 1) Asia Russell 10 3) Izzy McClure 11	1:52.04	2	8
3 Williamsburg 2) Kailyn O'Gara 12 4) Lani Hubka 12	1:52.80	3	6

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4 Tipton	1:53.79	2	5
1) Annie Beeler-Allen 9	2) Addie Nerem 11		
3) Claire Montgomery 10	4) Tatum Nebergall 10		
5 Midland	1:54.06	2	4
1) Anna Bartels 11	2) Alivia Smith 12		
3) Jayde Martin 11	4) Gracie Franzen 12		
6 Cascade	1:55.20	3	3
1) Devin Simon 12	2) Molly Roling 10		
3) Brianna Koppes 12	4) Ellie Green 11		
7 Pleasant Valley	1:58.46	3	2
1) Elodie Stroup 10	2) Sophia Lewis 10		
3) Addison Ohda 10	4) Kaylee Mowen 10		
8 Benton Community	2:00.12	2	1
1) Delaney Lohrer 12	2) Kennedy Lohrer 10		
3) Danika Nolte 11	4) Piper Nelson 11		
9 Bellevue	2:02.38	3	
1) Morgan Meyer 12	2) Catherine Dunne 10		
3) Jami Portz 11	4) Sophia Tigges 12		
10 Monticello	2:04.68	2	
1) Hailey Henderson 10	2) Kennedy Hermsen 9		
3) Kinzi Schlarmann 9	4) Gabi Barnhart 11		
11 Central DeWitt	2:05.04	1	
1) Brianna Clark 9	2) Delaney Barber 10		
3) MaKayli Sprague 11	4) Kennady Donovan 12		
12 Black Hawk	2:06.77	1	
1) Maddy Lange 10	2) Raylin Peterson 12		
3) Ellie Edler 12	4) Veronica Cheatham 11		
13 Iowa-Grant	2:09.87	1	
1) Amiah Fisher 11	2) Angelina Peat 11		
3) Gretta Schmitz 10	4) Arleth Gaytan 10		
14 Savanna (West Carroll)	2:10.38	1	
1) Ciara Henson 11	2) Norah Brigham 11		
3) Kyaria Kerkove 10	4) Catia Wilson 9		

Girls 4x400 Meter Relay Varsity

School	Finals	H#	Points
1 Decorah	4:18.74	2	10
1) Mckenzie Riley 10	2) Sami Mount 12		
3) Lily Sandhorst 10	4) Lani Hubka 12		
2 Cascade	4:20.10	2	8
1) Molly Roling 10	2) Mya Curry 11		
3) Addison Frake 9	4) Devin Simon 12		
3 Midland	4:20.84	2	6
1) Anna Bartels 11	2) Gracie Franzen 12		
3) Alivia Smith 12	4) Jaden Gatts 12		
4 Williamsburg	4:23.53	2	5
5 Tipton	4:30.40	1	4

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1) Claire Montgomery 10	2) Addie Nerem 11		
3) Annie Beeler-Allen 9	4) Tatum Nebergall 10		
6 Prairie		4:33.69	1 3
1) Catie Reitinger 11	2) Hannah Hughes 10		
3) Izzy McClure 11	4) Mackenzie Childers 12		
7 Monticello		4:37.37	2 2
1) Marisa Kehoe 11	2) Hailey Henderson 10		
3) Gabi Barnhart 11	4) Kennedy Hermsen 9		
8 Benton Community		4:40.22	1 1
1) Delaney Lohrer 12	2) Kennedy Lohrer 10		
3) Aubrey Kelly 9	4) Belle Werner 9		
9 Central DeWitt		4:42.30	2
1) Ashlyn Boeckmann 11	2) Julia Fielding 10		
3) Hannah Peters 11	4) Addie Appleby 10		
10 Savanna (West Carroll)		4:49.92	1
1) Emma Randecker 10	2) Olivia Shelly 12		
3) Atlantis Kerkove 11	4) Drusiana McIntyre 10		
11 Bellevue		4:54.65	1
1) Catherine Dunne 10	2) Grace Hingtgen 11		
3) Jade Sprout 10	4) Delaney Dunne 12		

Girls 4x800 Meter Relay Varsity

=====		=====	
School		Finals	Points
=====		=====	
1 Monticello		10:26.63	10
1) Marisa Kehoe 11	2) Leah Koehler 10		
3) Halle Recker 9	4) Ava Capron 10		
2 Prairie		10:50.15	8
1) Hannah Hughes 10	2) Mackenzie Childers 12		
3) Sophie McNabb 9	4) Karlee Hamilton 11		
3 Tipton		10:51.80	6
1) Addie Nerem 11	2) Claire Montgomery 10		
3) Addi Tholen 11	4) Alivia Edens 11		
4 Central DeWitt		11:18.62	5
1) Ashlyn Boeckmann 11	2) Julia Fielding 10		
3) Hannah Peters 11	4) Addie Appleby 10		
5 Decorah		11:28.63	4
1) Paige Werner 12	2) Madison Tollefson 12		
3) Kamryn Steines 10	4) Natalie Goodner 10		
6 Cascade		11:31.83	3
1) Ella Nauman 10	2) Anna Conlin 12		
3) Devin Simon 12	4) Annie Trumm 9		
7 Williamsburg		11:40.57	2
8 Bellevue		11:52.10	1
1) Catherine Dunne 10	2) Grace Hingtgen 11		
3) Hannah Braet 11	4) Delaney Dunne 12		
9 Iowa-Grant		12:05.30	
1) Hope Connolly 12	2) Meagan Cullen 11		

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3) Adriana Jelle 11	4) Elizabeth Volenec 12
10 Savanna (West Carroll)	14:32.85
1) Allison Duggan 10	2) Madeline Kampmeier 10
3) Caitlyn Stingley 10	4) Ashlyn Foster 10

Girls High Jump Varsity

Name	Year	School	Finals	Points
1 Jaden Gatts	12	Midland	4-10.00	1.47m 10
2 Tatum Nebergall	10	Tipton	J4-10.00	1.47m 8
3 Brianna Clark	9	Central DeWitt	J4-10.00	1.47m 6
4 Kate Green	10	Cascade	J4-08.00	1.42m 5
5 Madison Butterworth	12	Monticello	J4-08.00	1.42m 4
6 Emma Randecker	10	Savanna (Wes	J4-06.00	1.37m 3
7 Dana Ballenger	10	Pleasant Valley	J4-06.00	1.37m 2
8 Carlie Sims	12	Benton Community	J4-06.00	1.37m 1
9 Nora McAvan	10	Central DeWitt	J4-06.00	1.37m
10 Ava Steine	10	Decorah	4-04.00	1.32m
10 Phoenix Gryp	11	Williamsburg	4-04.00	1.32m
10 Brynn Storhoff	11	Decorah	4-04.00	1.32m
10 Piper Nelson	11	Benton Community	4-04.00	1.32m
14 Adriana Jelle	11	Iowa-Grant	4-02.00	1.27m
14 Ashlyn Foster	10	Savanna (Wes	4-02.00	1.27m
16 Emily Meier	9	Tipton	4-00.00	1.21m
17 Caitlyn Stingley	10	Savanna (Wes	3-08.00	1.11m

Girls Long Jump Varsity

Name	Year	School	Finals	H#	Points
1 Elodie Stroup	10	Pleasant Valley	4.67m 15-04.00	2	10
2 Alyssa Eckhardt	10	Midland	4.60m 15-01.25	2	8
3 Nora McAvan	10	Central DeWitt	4.46m 14-07.75	2	6
4 Hailey Gammon	11	Prairie	4.45m 14-07.25	2	5
5 Morgan Meyer	12	Bellevue	4.23m 13-10.50	2	4
6 Jerika Dodd	9	Decorah	4.15m 13-07.50	2	3
7 Lauren Vernhagen	11	Monticello	4.12m 13-06.25	2	2
8 Cydney Tath	9	Bellevue	4.01m 13-02.00	2	1
9 Mya Simmons	10	Williamsburg	3.99m 13-01.25	2	
10 Ava Holthaus	9	Decorah	J3.97m 13-00.25	1	
11 Kayla Lennie	10	Benton Community	J3.97m 13-00.25	2	
12 Olivia Coates	10	Midland	3.92m 12-10.50	1	
13 Angelina Peat	11	Iowa-Grant	3.90m 12-09.50	1	
14 Caitlyn Klein	10	Bellevue	3.89m 12-09.25	2	
15 Issie Rhomberg	10	Cascade	J3.87m 12-08.50	2	
16 Kaitlynn Guldner	10	Benton Community	J3.87m 12-08.50	2	
17 MaKayli Sprague	11	Central DeWitt	3.85m 12-07.75	2	
17 Amiah Fisher	11	Iowa-Grant	3.85m 12-07.75	1	

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19	Anniese Beeler-Allen	9	Tipton	3.79m	12-05.25	1
20	Hailey Goodrich	11	Savanna (Wes)	3.72m	12-02.50	1
21	Emmi Huston	9	Midland	3.68m	12-01.00	1
22	Drusiana McIntyre	10	Savanna (Wes)	3.67m	12-00.50	1
23	Izzy McClure	11	Prairie	3.66m	12-00.25	1
24	Arleth Gaytan	10	Iowa-Grant	3.24m	10-07.75	1

Girls Shot Put Varsity

Name	Year	School	Finals	H#	Points
1 Chloe Reiser	12	Decorah	39-08.00	12.09m	2 10
2 Raylin Peterson	12	Black Hawk	38-06.00	11.73m	2 8
3 Elle Ridgeway	12	Williamsburg	35-03.00	10.74m	2 6
4 Ana Glawe	10	Benton Community	33-07.00	10.23m	2 5
5 Trinity Mitchell	12	Prairie	33-00.00	10.05m	2 4
6 Julia Alberts	12	Decorah	32-09.00	9.98m	2 3
7 Gracie Tompkins	10	Midland	32-04.00	9.85m	2 2
8 Dori Paddock	12	Monticello	31-04.00	9.55m	2 1
9 Jenna Thurm	12	Williamsburg	31-02.00	9.49m	2
10 Sally Layborn	12	Decorah	30-07.00	9.32m	2
11 Jaliyah Collins	12	Black Hawk	29-11.00	9.11m	2
12 Emerson Stout	11	Prairie	29-04.00	8.94m	2
13 Elian Dzangue	11	Tipton	28-04.00	8.63m	2
14 Paige Wolter	12	Williamsburg	28-02.00	8.58m	2
15 Allison Paulsen	10	Midland	28-01.00	8.55m	1
16 Raegan LaGrange	11	Monticello	26-04.00	8.02m	1
17 Natalie Cagle	10	Central DeWitt	26-00.00	7.92m	1
18 Yessica Garcia	12	Iowa-Grant	25-09.00	7.84m	1
18 Natalie Henderson	10	Monticello	25-09.00	7.84m	1
20 Tylan Bentley	10	Midland	23-11.00	7.28m	1
21 Galilea Gomez	9	Iowa-Grant	23-10.00	7.26m	1
22 Brooke Crank	9	Central DeWitt	23-09.00	7.23m	1
23 Maddie Adams	9	Central DeWitt	22-09.00	6.93m	1
24 Catia Wilson	9	Savanna (Wes)	20-11.00	6.37m	1
25 Ana Garcia	9	Iowa-Grant	19-03.00	5.86m	1
26 Emma Herrell	9	Savanna (Wes)	17-05.00	5.30m	1

Girls 55 Meter Dash JV

Name	Year	School	Finals	H#	Points
1 Avah Cooper	9	Prairie	8.12	1	10
2 Hailey Gammon	11	Prairie	8.18	1	8
3 Jayde Martin	11	Midland	8.24	1	6
4 Izzy McClure	11	Prairie	8.34	1	5
5 Brooklyn Wilson	9	Assumption	8.36	5	4
6 Brooke Crank	9	Central DeWitt	8.38	5	3
7 Mya Simmons	10	Williamsburg	8.39	5	2

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8 Mya Milz	9 Black Hawk	8.42	4	1
9 Ava Collum	9 Benton Community	8.52	3	
10 Emyerson Green	10 Cascade	8.54	4	
11 Lilly Sutton	10 Cascade	8.57	4	
12 Mikaly Murray	9 Williamsburg	8.61	2	
13 Naveaha Wagner	9 Midland	8.62	2	
14 Jade Sprout	10 Bellevue	8.63	5	
15 Arleth Gaytan	10 Iowa-Grant	8.66	2	
16 Annika Schmelzer	9 Decorah	8.72	5	
17 Lizzie Cole	10 Pleasant Valley	8.73	4	
18 Cydney Tath	9 Bellevue	8.76	5	
19 Kaylee Atkinson	10 Midland	8.80	3	
20 Emily Porschke	11 Pleasant Valley	8.82	3	
21 Ella Zimmer	12 Iowa-Grant	8.86	1	8.852
22 Jersey Metz	9 Williamsburg	8.86	2	8.853
23 Eden Scheidel	9 Decorah	8.90	4	
24 Emily Myers	10 Decorah	8.92	4	
25 Kayla Lennie	10 Benton Community	8.94	3	
26 Chloe Kramer	9 Pleasant Valley	8.95	1	
27 Carly Manternach	9 Cascade	9.02	3	
28 Emma Pena	9 Central DeWitt	9.11	5	9.105
29 Jordan Hennings	10 Bellevue	9.11	3	9.109
30 Koye Jaeger	9 Monticello	9.12	5	
31 Laynee Armstrong	12 Benton Community	9.19	2	
32 Jocelyn Ramos	10 Iowa-Grant	9.21	1	
33 Catia Wilson	9 Savanna (Wes	9.45	2	
34 Payton Steitz	9 Black Hawk	9.67	4	
35 Hailey Larrimore	9 Monticello	9.76	3	
36 Payton Kaczinski	9 Central DeWitt	10.13	4	

Girls 1500 Meter Run JV

Name	Year School	Finals	Points
1 Saleh Flanigan	9 Pleasant Valley	5:28.72	10
2 Danielle Losen	11 Decorah	5:40.54	8
3 Molly Dolan	9 Assumption	5:57.59	6
4 Grace Brynsaas	11 Decorah	6:05.66	5
5 Tori Allard	11 Prairie	6:11.22	4
6 Deborah Hougen	9 Decorah	6:15.29	3
7 Leah Schemmel	9 Monticello	6:26.45	2
8 Mackenzie Baustian	11 Prairie	6:33.57	1
9 Evie Petersen	9 Tipton	6:47.38	
10 Elise Legel	10 Savanna (Wes	8:05.97	

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Girls 4x200 Meter Relay JV

School	Finals	H#	Points
1 Midland 1) Alyssa Eckhardt 10 3) Mariah Hacke 11	2:01.04	3	10
2 Benton Community 1) Aubrey Kelly 9 3) Kaitlynn Guldner 10	2:02.14	3	8
3 Pleasant Valley 1) Becca Hahm 10 3) Emily Dowda-Uker 9	2:02.53	2	6
4 Decorah 1) Dahlyn Headington 12 3) Renae Wilson 9	2:03.52	3	5
5 Williamsburg	2:03.53	2	4
6 Cascade 1) Grace Rhomberg 12 3) Lilly Sutton 10	2:04.21	2	3
7 Monticello 1) Olivia Zimmerman 12 3) Ella Glawatz 12	2:11.27	1	2
8 Bellevue 1) Cydney Tath 9 3) Caitlyn Klein 10	2:11.29	2	1
9 Central DeWitt 1) Raelyn Schroeder 9 3) Payton Kaczinski 9	2:14.03	1	
10 Black Hawk 1) Molly Edler 10 3) Payton Steitz 9	2:18.94	1	
-- Prairie 1) Mackenzie Childers 12 3) Lyla Canny 9	DQ	3	Out of Zone 1-2

Girls 4x400 Meter Relay JV

School	Finals	H#	Points
1 Decorah 1) Sydney Kipp 11 3) Kailyn O'Gara 12	4:38.27	2	10
2 Williamsburg	4:47.78	2	8
3 Cascade 1) Grace Rhomberg 12 3) Kennedy Simon 10	4:51.14	2	6
4 Monticello 1) Halle Recker 9 3) Kinzi Schlarmann 9	4:52.95	2	5
5 Prairie	4:54.78	2	4

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....Girls 4x400 Meter Relay JV

1) Lauren Hunt 10	2) Avah Cooper 9		
3) Emma Keiper 12	4) Sarah Jordan 12		
6 Tipton		4:59.75	1 3
1) Zoe Holstein 9	2) Emily Meier 9		
3) Addi Tholen 11	4) Evie Petersen 9		
7 Midland		5:00.78	1 2
1) Alyssa Eckhardt 10	2) Emmaleigh Soper 10		
3) Bri Streets 9	4) McKenna Doll 9		
8 Black Hawk		5:05.89	2 1
1) Payton Steitz 9	2) Rylee Simmons 10		
3) Mya Milz 9	4) Molly Edler 10		
9 Central DeWitt		5:25.43	1
1) Raelyn Schroeder 9	2) Hannah Grantz 10		
3) MaKayli Sprague 11	4) Jordan Smith 9		
10 Iowa-Grant		6:25.56	1
1) Jana Lluch Armengol 10	2) Emma Pink 10		
3) Vanessa Quiahua 9	4) Nina Buroker 9		

Girls 4x800 Meter Relay JV

School	Finals	Points
1 Decorah	11:29.63	10
1) Lillian Olson 10	2) Chloe Sheffield 10	
3) Claire Schutte 11	4) Diep Doen 12	
2 Midland	12:39.43	8
1) Haleigh Payne 10	2) Gabbie Franzen 9	
3) Allesha Westphal 9	4) Emmaleigh Soper 10	

Girls High Jump JV

Name	Year School	Finals	Points
1 Kadie Reed	10 Williamsburg	4-02.00	1.27m 10
2 Abbeke Jensen	9 Decorah	3-10.00	1.16m 8
3 Emi Bryce	9 Decorah	3-08.00	1.11m 6

Girls Long Jump JV

Name	Year School	Finals	Points
1 Eliza Shamrell	9 Pleasant Valley	4.27m	14-00.25 10
2 Addison Frake	9 Cascade	4.23m	13-10.50 8
3 Mya Milz	9 Black Hawk	4.05m	13-03.50 6
4 Raelyn Schroeder	9 Central DeWitt	3.89m	12-09.25 5
5 Atlantis Kerkove	11 Savanna (Wes)	3.79m	12-05.25 4
6 Grace Schmidt	10 Pleasant Valley	3.75m	12-03.75 3
7 Emma Pena	9 Central DeWitt	3.60m	11-09.75 2
8 Ella Mann	10 Decorah	3.54m	11-07.50 1

Steve Rutz Starter Meet
University of Dubuque - A.Y. McDonald Indoor Track
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Results

....Girls Long Jump JV

9 Elizabeth Bjork	10 Decorah	3.52m	11-06.75
10 Mikael Havens	10 Decorah	3.41m	11-02.25
11 Gretta Schmitz	10 Iowa-Grant	3.05m	10-00.25
12 Isabel Herrell	9 Savanna (Wes)	2.95m	9-08.25
13 Alechion Shields	10 Midland	2.79m	9-02.00

Girls Shot Put JV

Name	Year School	Finals	Points
1 Lauren Luzum	9 Decorah	30-09.00	9.37m 10
2 Annaleissa Arnold	11 Decorah	30-06.00	9.29m 8
3 Skyla Jevne	12 Decorah	26-10.00	8.17m 6
4 Hailey Wellnitz	10 Black Hawk	26-01.00	7.95m 5
5 Taylor Pitlick	10 Williamsburg	25-10.00	7.87m 4
6 Marisa Grant	12 Monticello	25-05.00	7.74m 3
7 Josie Geerts	10 Midland	25-01.00	7.64m 2
8 Keira Brunner	9 Black Hawk	24-03.00	7.39m 1
9 Izzy Taylor	9 Monticello	23-07.00	7.18m
10 Kylie Bauer	10 Monticello	22-10.00	6.95m
11 Gracie Harrington	11 Midland	22-09.00	6.93m
12 Zulieka Nodal	11 Cascade	22-08.00	6.90m
13 Lillyan Courtney	11 Bellevue	20-03.00	6.17m
14 Elise Legel	10 Savanna (Wes)	18-00.00	5.48m
15 Jordin Manners	9 Midland	15-07.00	4.74m

Women - Varsity - Team Rankings - 10 Events Scored

1) Decorah	75	2) Prairie	45
3) Cascade	43	4) Tipton	39
5) Midland	30	6) Williamsburg	29
7) Monticello	27	8) Pleasant Valley	26
9) Benton Community	21	10) Central DeWitt	18
11) Savanna (West Carroll)	11	12) Black Hawk	8
13) Assumption	7	14) Bellevue	6
15) Iowa-Grant	5		

Women - JV - Team Rankings - 8 Events Scored

1) Decorah	80	2) Prairie	32
3) Pleasant Valley	29	4) Williamsburg	28
4) Midland	28	6) Cascade	17
7) Black Hawk	14	8) Monticello	12
9) Central DeWitt	10	9) Assumption	10
11) Benton Community	8	12) Savanna (West Carroll)	4
13) Tipton	3	14) Bellevue	1

Steve Rutz Starter Meet
University of Dubuque - A.Y. McDonald Indoor Track
Dubuque, Iowa - 3/14/2023
Results

....Girls Shot Put JV

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Men - Varsity - Team Rankings - 10 Events Scored

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1) Prairie	107	2) Central DeWitt	85
3) Williamsburg	56	4) Decorah	50
5) Assumption	21	6) Maquoketa	19
7) Cascade	18	8) Midland	13
9) Iowa-Grant	10	10) Black Hawk	8
11) Savanna (West Carroll)	2		

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Men - JV - Team Rankings - 7 Events Scored

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1) Prairie	69	2) Decorah	67
3) Midland	51	4) Maquoketa	14
5) Central DeWitt	13	6) Iowa-Grant	9
7) Williamsburg	3	7) Savanna (West Carroll)	3
7) Assumption	3	7) Cascade	3
11) Black Hawk	1		