

No Mercy High School Showdown
Mount Mercy University
Cedar Rapids, Iowa - 4/8/2024
Results

Girls 100 Meter Dash

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Meet Record: * 13.69 2023 Naomi Durin, Xavier						
Name	Year	School	Finals	H#	Points	
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Finals						
1	Brynn	Walters	12	Western Dubuque	12.44*	3 10
2	Ava	Ramler	12	Western Dubuque	12.52*	3 8
3	Claire	Stuntz	10	Western Dubuque	12.63*	3 6
4	Abby	Mecklenburg	10	Linn-Mar	12.72*	3 5
5	Ja'Niya	Crawford	11	Linn-Mar	12.97*	3 4
6	Kaylee	Bunn	12	Linn-Mar	13.11*	3 3
7	Kate	Dyar	10	CR Kennedy	13.13*	2 2
8	Neal	Olivia	10	Xavier	13.48*	2 1
9	Gralynn	Martin	12	Alburnett	13.54*	3
10	Raelyn	Van Kerckhove	11	CR Kennedy	13.64*	2
11	Jameelah	Campbell	09	CR Kennedy	13.79	3
12	Annie	Dickens	11	Iowa City West	13.94	2
13	Allison	Clark	12	Regina	14.10	1
14	Caroline	Dickens	9	Iowa City West	14.15	2
15	Caitlin	Martin	11	Regina	14.21	1
16	Alaina	Timmerman	12	Regina	14.31	1
17	Marek	Erica	10	Xavier	14.53	1
18	Casandra	Brenneman	12	Alburnett	15.34	2
19	Vanessa	Shannon	11	Iowa City West	15.61	2
20	Mambo	Patience	9	Xavier	16.76	1
21	Kendall	Koch	9	Central City	16.87	1
22	Abby	Fleming	11	Central City	17.73	2
23	Allissa	Fleming	11	Central City	18.91	1
24	Jacquelynne	Engledow	11	Alburnett	19.88	1

Girls 200 Meter Dash

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Meet Record: * 29.20 2023 Maia Denge-Hagen, Linn-Mar						
Name	Year	School	Finals	H#	Points	
=====						
1	Hailey	Williams	8	Western Dubuque	27.27*	4 10
2	Sarah	White	10	Linn-Mar	27.34*	4 8
3	Brooklyn	Guild	10	Linn-Mar	27.65*	4 6
4	Savannah	Caves	12	Alburnett	28.58*	4 5
5	Annie	Dickens	11	Iowa City West	28.62*	4 4
6	Caroline	Dickens	9	Iowa City West	29.08*	4 3
7	Ashley	Meyer	9	Linn-Mar	29.59	3 2
8	Natalie	Soppe	11	Western Dubuque	29.85	4 1
9	Loraiya	Canty	09	CR Kennedy	29.96	4
10	Lauren	Hagerty	11	CR Kennedy	30.12	3
11	Alaina	Timmerman	12	Regina	30.17	3
12	Katy	Molony	12	Regina	30.25	1
13	Carley	Hillebrand	11	Western Dubuque	30.27	3
14	Lily	Nibaur	9	Regina	30.78	1
15	Walz	Ellie	9	Xavier	31.54	2

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16 Greely Sloan	9 Alburnett	32.14	3
17 Hannah Longmire	10 Iowa City West	32.60	3
18 Marie Burger	12 Alburnett	33.68	3
19 Elsie McIntosh	10 Dunkerton	33.95	1
20 Aija Hoang	09 CR Kennedy	35.89	3
21 Alex Shaner	09 Dunkerton	35.99	2
22 Alexa Maxwell	9 Central City	36.46	2
23 Nguyen Katherine	9 Xavier	36.69	2
24 Abby Fleming	11 Central City	38.99	2
25 Allissa Fleming	11 Central City	40.62	2

Girls 400 Meter Dash

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Meet Record: * 1:03.15 2023 Addie Clark, Lisbon

Name	Year School	Finals	H#	Points
1 Chloe Egbert	10 Linn-Mar	1:03.19	3	10
2 Eva Willis	10 Iowa City West	1:04.80	3	8
3 Lydia Evans	10 Iowa City West	1:06.11	3	6
4 Anna Sojka	10 Linn-Mar	1:07.22	3	5
5 Jayda Bowman	12 Linn-Mar	1:07.28	2	4
6 Isabel Renning	09 CR Kennedy	1:07.96	3	3
7 Natalie Soppe	11 Western Dubuque	1:07.99	3	2
8 Ava Wiltgen	11 Regina	1:08.10	3	1
9 Paige Koetz	11 Western Dubuque	1:08.23	2	
10 Ellison Pierce	10 CR Kennedy	1:10.49	3	
11 Carley Hillebrand	11 Western Dubuque	1:12.13	1	
12 Katy Molony	12 Regina	1:12.66	2	
13 Zahria Stratton	10 Iowa City West	1:13.48	2	
14 Emma Beachner	12 CR Kennedy	1:15.07	2	
15 Olivia Ovel	9 Alburnett	1:19.03	2	
16 Alex Shaner	09 Dunkerton	1:25.89	2	
17 Elsie McIntosh	10 Dunkerton	1:26.32	1	
18 Tori Avis	9 Alburnett	1:29.45	1	
19 Emma Tichy	11 Xavier	1:34.87	1	
20 Fisher Maizey	10 Xavier	1:37.95	1	
21 Jacquelynne Engledow	11 Alburnett	1:56.03	1	

Girls 800 Meter Run

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Meet Record: * 2:28.47 2023 Bethany Northrup, Linn-Mar

Name	Year School	Finals	H#	Points
1 Ruby Greving	10 Regina	2:34.17	2	10
2 Anna Buchholz	11 Linn-Mar	2:35.10	2	8
3 Helen Orszula	12 Iowa City West	2:40.79	2	6
4 Cora McArtor	11 CR Kennedy	2:40.82	2	5
5 Shea Peddicord	10 Linn-Mar	2:43.42	1	4
6 Anika Haugen	10 Linn-Mar	2:49.40	2	3

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....Girls 800 Meter Run

7 Maddie Kray	09 CR Kennedy	2:50.34	2	2
8 Bella Meyers	11 Western Dubuque	2:50.67	2	1
9 Kasey McIlrath	11 Western Dubuque	2:51.41	2	
10 Emily Brandt	10 CR Kennedy	2:52.95	2	
11 Olivia Orszula	12 Iowa City West	2:54.41	1	
12 Marie Francois	10 Xavier	2:56.95	1	
13 Rylie Bartlett	9 Alburnett	2:57.02	1	
14 Alaina Knepper	9 Western Dubuque	2:57.43	1	
15 Leia Gilchrist	10 Alburnett	3:01.15	1	
16 Sidney Tranel	11 Iowa City West	3:02.64	2	
17 Nora Ford	10 Alburnett	3:03.46	1	
18 Taylor Kipp	09 Dunkerton	3:12.78	1	

Girls 1500 Meter Run

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Meet Record: * 5:29.63 2023 Rachel Adamson, Linn-Mar

Name	Year School	Finals	Points
1 Abbi Waskow	09 Dunkerton	5:15.28*	10
2 Hailey Kozloski	9 Linn-Mar	5:17.11*	8
3 Cindy Wang	12 Iowa City West	5:31.94	6
4 Gabby Moniza	12 Iowa City West	5:41.62	5
5 Leah Paulson	10 Linn-Mar	5:48.40	4
6 Emelia Grueter	10 Iowa City West	5:52.32	3
7 Erin Arnold	10 CR Kennedy	5:56.20	2
8 Faith Boileau	12 Regina	5:58.81	1
9 Katelyn Orr	11 Linn-Mar	6:11.21	
10 Emily Zortman	09 CR Kennedy	6:12.66	
11 Eva Ford	12 CR Kennedy	6:14.10	
12 Esme Crist	9 Alburnett	6:17.95	
13 Lorelei Smith	9 Western Dubuque	6:22.25	
14 Lauren Wolfensperger	12 Dunkerton	7:21.97	

Girls 3000 Meter Run

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Meet Record: * 12:12.39 2023 Mia Deegan, Xavier

Name	Year School	Finals	Points
1 Bella Cole	9 Linn-Mar	12:01.36*	10
2 Addie Domer	10 Linn-Mar	12:04.55*	8
3 Kalli Titus	11 Iowa City West	12:19.51	6
4 Lillian Cogdill	11 CR Kennedy	12:30.31	5
5 Olivia Orszula	12 Iowa City West	13:18.08	4
6 Ivy Hendrickson	11 Iowa City West	13:26.82	3
7 Lauren Wolfensperger	12 Dunkerton	16:12.86	2

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Girls 100 Meter Hurdles

Meet Record: * 16.63 2023 Naomi Durin, Xavier						
Name	Year	School	Finals	H#	Points	
1 Erinah Carter	11	Iowa City West	16.16*	3	10	
2 Petra Sherman	12	Linn-Mar	16.34*	3	8	
3 Miranda Neighbor	10	Alburnett	16.67	3	6	
4 Allison Clark	12	Regina	16.87	3	5	
5 Mariah Young	11	Linn-Mar	17.22	3	4	
6 Lily McConnell	11	Iowa City West	18.07	3	3	
7 Isabel Leisen	11	Western Dubuque	18.43	3	2	
8 Tori Sletteland	10	Linn-Mar	18.72	3	1	
9 Avery Mertz	10	Western Dubuque	19.04	2		
10 Lexi Salow	11	Western Dubuque	19.12	2		
11 Jocelyn Stepanek	09	CR Kennedy	19.77	2		
12 Hayden Scott	09	CR Kennedy	19.79	2		
13 Marissa Rahe	10	CR Kennedy	19.84	2		
14 Charleigh Henriksen	11	Alburnett	21.34	2		
15 Faith Flowers	9	Iowa City West	22.04	1		

Girls 400 Meter Hurdles

Meet Record: * 1:09.34 2023 Erinn Varga, Iowa City West				
Name	Year	School	Finals	Points
1 Christina Gorsich	10	Linn-Mar	1:11.97	10
2 Charley Lovell	09	CR Kennedy	1:12.01	8
3 Reese Tisue	11	Dunkerton	1:16.91	6
4 Grace Henninger	11	Dunkerton	1:17.79	5
5 Erin Chen	9	Iowa City West	1:18.35	4
6 Jayda Bowman	12	Linn-Mar	1:18.56	3
7 Makenzie Cone	10	CR Kennedy	1:20.26	2
8 Ruby Adams	11	Linn-Mar	1:24.96	1

Girls 4x100 Meter Relay

Meet Record: * 51.93 2023 Linn-Mar, Linn-Mar					
School	Finals	H#	Points		
1 Western Dubuque	49.74*	2	10		
1) Claire Stuntz 10				2) Ava Ramler 12	
3) Lucy Ehlers 11				4) Brynn Walters 12	
2 Linn-Mar	51.24*	2	8		
1) Ja'Niya Crawford 11				2) Kaylee Bunn 12	
3) Gwen Gaffney 12				4) Abby Mecklenburg 10	
3 Western Dubuque 'B'	x51.51*	2			
1) Ava Goins 12				2) Alley Graber 10	
3) Hailey Williams 8				4) Natalie Soppe 11	
4 Regina	52.59	2	6		
1) Avery Kies 12				2) Betsy Wolfe 9	



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....Girls 4x100 Meter Relay

3) Allison Clark 12	4) Avery Recker 10			
5 Iowa City West		52.62	2	5
1) Natalie Steva 11	2) Miracle Stewart 11			
3) Sophia Olivo 11	4) Evelyn Cornish 9			
6 Alburnett		52.98	1	4
1) Gralynn Martin 12	2) Savannah Caves 12			
3) Peyton Scott 12	4) Miranda Neighbor 10			
7 Linn-Mar 'B'		x53.48	2	
1) Audrey Morris 10	2) Peyton Irons 9			
3) Sarah White 10	4) Hope Andrews 9			
8 CR Kennedy		53.65	2	3
1) Aniyah Williams 10	2) Molly Gieseeman 10			
3) Lexi Pankey 09	4) Jameelah Campbell 09			
9 Xavier		53.77	1	2
1) Marek Erica 10	2) Musick Sofia 9			
3) Miller Caylin 9	4) Neal Olivia 10			
10 Iowa City West 'B'		x55.54	2	
1) Erinah Carter 11	2) Lily McConnell 11			
3) Abbi Massey 10	4) Aarianna Shaw 9			
11 Dunkerton		56.24	1	1
1) Reese Tisue 11	2) Daisy Fettkether 10			
3) Grace Henninger 11	4) Ava Fuelling 09			
12 Xavier 'B'		x1:00.06	1	
1) Emma Tichy 11	2) Eid Thea 10			
3) Evers Ellie 9	4) Anctil Lilly 10			
13 Alburnett 'B'		x1:02.77	1	
1) Casandra Brenneman 12	2) Marie Burger 12			
3) Grace Lynn 9	4) Brandilynn Stewart 9			
14 Central City		1:05.94	1	
1) Lucy Wallander 9	2) Sloane Smith 10			
3) Alexa Maxwell 9	4) Savannah Koch 10			

Girls 4x200 Meter Relay

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Meet Record: * 1:52.61	2023	Linn-Mar, Linn-Mar		
School			Finals	H# Points
=====				
1 Western Dubuque		1:44.16*	2	10
1) Claire Stuntz 10	2) Ava Ramler 12			
3) Alley Graber 10	4) Brynn Walters 12			
2 Linn-Mar		1:47.08*	2	8
1) Abby Mecklenburg 10	2) Kaylee Bunn 12			
3) Ja'Niya Crawford 11	4) Maia Denge-Hagen 11			
3 Iowa City West		1:50.42*	2	6
1) Sophia Austen 9	2) Evelyn Cornish 9			
3) Erinn Varga 12	4) Jaylin Herring 10			
4 CR Kennedy		1:55.16	1	5
1) Molly Gieseeman 10	2) Aniyah Williams 10			
3) Lexi Pankey 09	4) Jameelah Campbell 09			



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....Girls 4x200 Meter Relay

5 Alburnett	1:55.24	2	4
1) Gralynn Martin 12		2) Melanie Ellis 10	
3) Peyton Scott 12		4) Savannah Caves 12	
6 Regina	1:55.34	2	3
1) Avery Kies 12		2) Morgan Miller 11	
3) Leah Sickels 9		4) Avery Recker 10	
7 Western Dubuque 'B'	x1:57.01	2	
1) Katie McKenna 11		2) Leah Steger 10	
3) Mya Hogrefe 9		4) Kyla Ramler 8	
8 Linn-Mar 'B'	x1:58.06	1	
1) Eunice Koffi 12		2) Shreya Singh 10	
3) Kenley Unruh 9		4) Andrea Reznicow 12	
9 Iowa City West 'B'	x2:00.86	1	
1) Angelina Forte 12		2) Makiyah Brown 9	
3) Dede Noupougbe 9		4) Abbi Massey 10	
10 Alburnett 'B'	x2:10.82	1	
1) Casandra Brenneman 12		2) Brandilynn Stewart 9	
3) Grace Lynn 9		4) Marie Burger 12	
11 Xavier	2:16.26	2	2
1) Eid Thea 10		2) Winnie Maybanks 10	
3) Taylor Raziah 9		4) Walton Laila 10	
12 Central City	2:17.96	1	1
1) Lexi Hennick 12		2) Sloane Smith 10	
3) Kendall Koch 9		4) Savannah Koch 10	
13 Xavier 'B'	x2:21.20	2	
1) Evers Ellie 9		2) Beeler Addy 9	
3) Talyat Lindsey 10		4) Foerster Sarah 10	

Girls 4x400 Meter Relay

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Meet Record: * 4:16.39	2023	Iowa City West, Iowa City West	
School		Finals	Points
=====			
1 Iowa City West	4:08.77*	10	
1) Sophia Austen 9		2) Kate Van Waning 10	
3) Erinn Varga 12		4) Jaylin Herring 10	
2 Linn-Mar	4:11.10*	8	
1) Maia Denge-Hagen 11		2) Emerson McCormick 9	
3) Payzlee Shaffer 9		4) Chloe Egbert 10	
3 Western Dubuque	4:31.37	6	
1) Leah Steger 10		2) Katie McKenna 11	
3) Claire Vaske 9		4) Alley Graber 10	
4 Regina	4:32.00	5	
1) Harper Erwin 10		2) Leah Sickels 9	
3) Morgan Miller 11		4) Betsy Wolfe 9	
5 Alburnett	4:35.65	4	
1) Savannah Caves 12		2) Peyton Scott 12	
3) Miranda Neighbor 10		4) Melanie Ellis 10	
6 Dunkerton	4:43.17	3	



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....Girls 4x400 Meter Relay

1) Ava Fuelling 09	2) Kylee Pexa 09		
3) Daisy Fettkether 10	4) Abbi Waskow 09		
7 CR Kennedy		4:44.27	2
1) Maddie Kray 09	2) Aaliyah Smith 10		
3) Cora McArtor 11	4) Aniyah Williams 10		
8 Xavier		5:22.72	1
1) Annett Nicole 9	2) Stephenson Ellie 10		
3) Beeler Addy 9	4) Walton Laila 10		

Girls 4x800 Meter Relay

Meet Record: * 10:46.04 2023		Linn-Mar, Linn-Mar	
School		Finals	Points
1 Linn-Mar		10:15.48*	10
1) Hailey Kozloski 9	2) Anna Buchholz 11		
3) Grace Meier 9	4) Chloe Egbert 10		
2 Iowa City West		10:29.58*	8
1) Kate Van Waning 10	2) Gabby Moniza 12		
3) Helen Orszula 12	4) Cindy Wang 12		
3 Regina		10:45.82*	6
1) Harper Erwin 10	2) Caitlyn Bell 10		
3) Ruby Eastman 10	4) Ruby Greving 10		
4 Linn-Mar 'B'		x11:03.83	
1) Chloe Kozloski 10	2) Olivia Lindeman 9		
3) Megan Smiley 10	4) Morgan Like 12		
5 Western Dubuque		11:10.26	5
1) Alyssa Klein 12	2) Bella Meyers 11		
3) Claire Vaske 9	4) Lorelei Smith 9		
6 Western Dubuque 'B'		x11:46.63	
1) Kasey McIlrath 11	2) Paige Koetz 11		
3) Alaina Knepper 9	4) Katy Brunsman 10		
7 Alburnett		12:29.74	4
1) Nora Ford 10	2) Rylie Bartlett 9		
3) Charleigh Henriksen 11	4) Olivia Ovel 9		
8 CR Kennedy		12:38.80	3
1) Emily Zortman 09	2) Raina Holmes 09		
3) Peyton Stineman 09	4) Eva Ford 12		
9 Xavier		12:50.53	2
1) Stephenson Ellie 10	2) Annett Nicole 9		
3) Regennitter Clairre 9	4) Marie Francois 10		

Girls 800 Sprint Medley

Meet Record: * 1:54.30 2023		Linn-Mar, Linn-Mar	
School		Finals	H# Points
1 Western Dubuque		1:52.83*	2 10
1) Claire Stuntz 10	2) Ava Ramler 12		



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3) Brynn Walters 12	4) Ava Goins 12			
2 Regina		1:58.94	2	8
1) Avery Kies 12	2) Betsy Wolfe 9			
3) Avery Recker 10	4) Leah Sickels 9			
3 Linn-Mar		1:59.55	2	6
1) Hope Andrews 9	2) Brooklyn Guild 10			
3) Sarah White 10	4) Anna Sojka 10			
4 Dunkerton		2:01.66	2	5
1) Reese Tisue 11	2) Grace Henninger 11			
3) Ava Fuelling 09	4) Kylee Pexa 09			
5 Alburnett		2:02.10	2	4
1) Gralynn Martin 12	2) Miranda Neighbor 10			
3) Peyton Scott 12	4) Melanie Ellis 10			
6 Iowa City West		2:04.53	1	3
1) Natalie Steva 11	2) Miracle Stewart 11			
3) Erin Chen 9	4) Jena Frank 10			
7 CR Kennedy		2:11.87	2	2
1) Loraiya Canty 09	2) Samuella Kasha 11			
3) Grace Ulferts 10	4) Addison Kellogg 10			
8 Xavier		2:13.46	1	1
1) Marek Erica 10	2) Eid Thea 10			
3) Winnie Maybanks 10	4) Anctil Lilly 10			

Girls Distance Medley

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 Meet Record: * 4:40.51 2023 Benton Community, Benton Community
 School Finals Points
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1 Linn-Mar		4:35.55*	10
1) Audrey Morris 10	2) Gwen Gaffney 12		
3) Payzlee Shaffer 9	4) Emerson McCormick 9		
2 Dunkerton		4:36.19*	8
1) Daisy Fettkether 10	2) Kylee Pexa 09		
3) Ava Fuelling 09	4) Abbi Waskow 09		
3 Iowa City West		5:02.59	6
1) Aarianna Shaw 9	2) Adriana Vargas 10		
3) Lucy Gardner 10	4) Sidney Tranel 11		
4 Regina		5:06.83	5
1) Lily Nibaur 9	2) Caitlin Martin 11		
3) Caitlyn Bell 10	4) Ellie Johnson 10		
5 CR Kennedy		5:11.58	4
1) Eva Ford 12	2) Ashley Meyers 11		
3) Piper Cody 10	4) Erin Arnold 10		
6 Alburnett		5:13.51	3
1) Melanie Ellis 10	2) Greely Sloan 9		
3) Charleigh Henriksen 11	4) Leia Gilchrist 10		
7 Xavier		6:06.07	2
1) Walz Ellie 9	2) Gonzalez Allison 9		
3) Marcello Rachael 10	4) Kane Grace 9		

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....Girls Distance Medley

-- Western Dubuque DQ
 1) Lucy Ehlers 11 2) Ava Goins 12
 3) Hailey Williams 8 4) Alyssa Klein 12

Girls 4x100 Meter Shuttle Hurdle

Meet Record: * 1:11.92 2023		Iowa City West, Iowa City West	
School		Finals	H# Points
1 Iowa City West		1:06.46*	2 10
1) Jaylin Herring 10	2) Erinn Varga 12		
3) Sophia Olivo 11	4) Erinah Carter 11		
2 Linn-Mar		1:09.10*	2 8
1) Petra Sherman 12	2) Christina Gorsich 10		
3) Mariah Young 11	4) Peyton Irons 9		
3 Dunkerton		1:15.98	2 6
1) Grace Henninger 11	2) Kylee Pexa 09		
3) Reese Tisue 11	4) Daisy Fettkether 10		
4 Linn-Mar 'B'		x1:19.47	1
5 Western Dubuque		1:23.20	1 5
1) Isabel Leisen 11	2) Lexi Salow 11		
3) Mya Hogrefe 9	4) Avery Mertz 10		
6 CR Kennedy		1:28.64	1 4
1) Marissa Rahe 10	2) Alexis Van Kerckhove 09		
3) Olivia Bernards 09	4) Hayden Scott 09		

Girls High Jump

Meet Record: * 5-02 2023		Ava Van Berkem, Xavier	
Name	Year School	Finals	Points
1 Maia Denge-Hagen	11 Linn-Mar	5-02.00*	10
2 Claire Lorenz	9 Linn-Mar	5-01.00	8
3 Evelyn Cornish	9 Iowa City West	4-10.00	6
4 Sophia Austen	9 Iowa City West	J4-10.00	5
5 Addy Phillips	09 CR Kennedy	4-08.00	4
6 Hayden Scott	09 CR Kennedy	J4-08.00	3
7 Kyla Ramler	8 Western Dubuque	J4-06.00	1.50
7 Ava Bruxvoort	11 Iowa City West	J4-06.00	1.50
9 Leia Gilchrist	10 Alburnett	J4-06.00	
9 Kaycee Cory	09 CR Kennedy	J4-06.00	
11 Christina Gorsich	10 Linn-Mar	4-02.00	

Girls Long Jump

Meet Record: * 15-11 2023		Petra Sherman, Linn-Mar	
Name	Year School	Finals	Points
1 Abby Mecklenburg	10 Linn-Mar	17-03.50*	10



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....Girls Long Jump

2	Petra Sherman	12	Linn-Mar	16-05.00*	8
3	Eva Willis	10	Iowa City West	15-04.00	6
4	Audrey Morris	10	Linn-Mar	15-02.50	5
5	Jameelah Campbell	09	CR Kennedy	14-08.25	4
6	Adriana Vargas	10	Iowa City West	14-06.25	3
7	Ava Bruxvoort	11	Iowa City West	14-04.25	2
8	Greely Sloan	9	Alburnett	13-07.00	1
9	Kayla Langerman	10	CR Kennedy	12-10.25	
10	Maddie Kray	09	CR Kennedy	12-09.75	
11	Stephenson Ellie	10	Xavier	12-03.50	
12	Avery Mertz	10	Western Dubuque	12-00.75	

Girls Shot Put

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Meet Record: * 37-09.25 2023 Kennedy Evans, Linn-Mar

Name	Year	School	Finals	H#	Points
1	Michaela Silich	12	Western Dubuque	38-09.00*	2 10
2	Helen Penning	12	Iowa City West	37-07.00	2 8
3	Josianna Toingar	12	Linn-Mar	36-08.00	2 6
4	Gwen Gaffney	12	Linn-Mar	33-00.50	2 5
5	Sharidan Engelken	12	Western Dubuque	32-09.50	2 4
6	Jasmine Drumm	12	Linn-Mar	31-02.00	2 3
7	Ava Pfab	9	Western Dubuque	29-07.00	2 2
8	Mia Huber	09	CR Kennedy	28-07.00	2 1
9	Tamise Lucas	10	Iowa City West	27-07.50	1
10	Taylor Kipp	09	Dunkerton	26-09.00	2
11	Mya Heather	9	Alburnett	24-07.00	1
12	Morgan Hoth	11	Alburnett	24-06.50	1
13	Bailey Hemphill	11	Alburnett	24-04.00	1
14	Ameera Hicks	10	Central City	21-11.00	1
15	Walz Ellie	9	Xavier	20-07.00	1
16	Addison Shaner	10	Dunkerton	19-03.00	1
17	Shiena Miyahara	11	CR Kennedy	15-05.50	1
18	Tursi Maylin	10	Xavier	15-00.00	1

Girls Discus Throw

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Meet Record: * 105-04 2023 Gwen Gaffney, Linn-Mar

Name	Year	School	Finals	H#	Points
1	Gwen Gaffney	12	Linn-Mar	116-07*	2 10
2	Erica Kinn	11	Linn-Mar	114-03*	2 8
3	Sharidan Engelken	12	Western Dubuque	110-07*	2 6
4	Helen Penning	12	Iowa City West	94-11	2 5
5	Isabelle Graubard	12	Alburnett	93-11	2 4
6	Josianna Toingar	12	Linn-Mar	89-10	2 3
7	Mia Huber	09	CR Kennedy	88-02	1 2
8	Ava Pfab	9	Western Dubuque	84-00	2 1

**No Mercy High School Showdown
Mount Mercy University
Cedar Rapids, Iowa - 4/8/2024
Results**

....Girls Discus Throw

9 Carley Knapp	10 Western Dubuque	82-00	2
10 Bailey Hemphill	11 Alburnett	80-10	2
11 Janessa willis	10 CR Kennedy	78-09	1
12 Katelyn Hoth	11 Alburnett	66-04	2
13 Taylor Kipp	09 Dunkerton	56-04	1
14 Walz Ellie	9 Xavier	54-03	1
15 Addison Shaner	10 Dunkerton	51-06	1
16 Ameera Hicks	10 Central City	48-04	1
17 Tamise Lucas	10 Iowa City West	46-10	1
18 Tursi Maylin	10 Xavier	34-03	1

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Women - Team Rankings - 19 Events Scored

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1) Linn-Mar	253	2) Iowa City West	155.50
3) Western Dubuque	110.50	4) CR Kennedy	66
5) Regina	50	6) Dunkerton	46
7) Alburnett	39	8) Xavier	11
9) Central City	1		

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Men - Team Rankings - 19 Events Scored

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1) Durant	157	2) Alburnett	152
3) Central City	107	4) Regina	85
5) Dunkerton	78		