

Viking Relays
Williams Stadium - Grand View University
Des Moines, IA - 3/21/2026
Results

Women 100 Meter Dash

Facility: * 11.92 2013 Kylie Peterson, Minnesota
 Name Year School Finals Wind

Finals

1	Alexa Torres	SO Waldorf	12.89	3.8
2	Caleigha White	FR Waldorf	13.41	3.8
3	Arina Tembo	JR Grand View	13.42	3.8
4	Lola Rivera	FR Grand View	13.55	3.8

Women 200 Meter Dash

Facility: * 17:55.16 3/22/2013 Hannah Maina, Iowa Central
 Name Year School Finals Wind

1	Caleigha White	FR Waldorf	27.16*	0.2
2	Lisa Benjamin	SO Iowa Central CC	28.48*	0.2
3	Alexa Torres	SO Waldorf	28.88*	0.2
4	Kaiya Gonzalez	SO Grand View	30.25*	0.2

Women 400 Meter Dash

Name Year School Finals

1	Precious Karyee	FR Grand View	1:03.97
2	Madison Mulhall	FR Waldorf	1:04.36
3	Taryn Nehring	FR Grand View	1:04.42
4	Akeelah Anderson	FR William Penn	1:05.41
5	Brynna Croy	SR Grand View	1:06.92
6	Lisa Benjamin	SO Iowa Central CC	1:10.37
7	Alexa Torres	SO Waldorf	1:12.88

Women 1500 Meter Run

Facility: * 4:39.59 2014 Casey Opitz, Minnesota
 Name Year School Finals

1	Alivia Edens	SO Iowa Central CC	4:59.39
2	Kylie Melchi	FR Iowa Central CC	5:17.22
3	Kendall Hein	FR Grand View	5:25.06
4	Marissa O'Connor	JR Waldorf	5:38.82
5	Makayla True	FR Grand View	5:42.41
6	Kylie Muecke	SR Grand View	5:51.61
7	Audrey Etter	FR William Penn	6:21.34
8	Fabiola Gamboa Garcia	FR Grand View	6:36.07
9	Ella Welch	FR Grand View	6:42.86

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Women 5000 Meter Run

Name	Year School	Finals
1 Claire Rye	FR William Penn	20:14.99
2 Dari Cook	SO Iowa Central CC	24:22.88
3 Ella Beals	FR Grand View	25:02.35
4 Natalie Plum	SO Grand View	27:29.73

Women 100 Meter Hurdles

Facility: * 14.12 2013 Camesha Goods, Wartburg					
Name	Year School	Finals	Wind		
1 Madison Mulhall	FR Waldorf	15.73	1.1		
2 Elise Smith	FR Grand View	15.78	1.1		
3 Emmalee Wells-Stout	FR William Penn	16.24	1.1		
4 Kaylin Mitchell	FR Grand View	17.19	1.1		
5 Kaiya Gonzalez	SO Grand View	17.57	1.1		
6 Kira Messerly	SO Iowa Central CC	19.43	1.1		

Women 4x100 Meter Relay

Facility: * 46.77 3/24/2012 Iowa Central					
J Ford, D Kimpel, S Steplight, R Thomas					
School					Finals
1 William Penn					49.49
1) Lilly Ostert JR	2) Adedoyin Aderibigbe FR				
3) Ellysse Johns SO	4) Hellen Doerue FR				
2 Grand View					50.93
1) Arina Tembo JR	2) Lola Rivera FR				
3) Brynna Croy SR	4) Precious Karyee FR				

Women 4x400 Meter Relay

Facility: * 3:55.72 2011 Truman State					
School					Finals
1 William Penn					4:25.03
1) Hellen Doerue FR	2) Emmalee Wells-Stout FR				
3) Akeelah Anderson FR	4) Ellysse Johns SO				
2 Grand View					4:26.97
1) Brynna Croy SR	2) Lola Rivera FR				
3) Taryn Nehring FR	4) Precious Karyee FR				

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Women 4x800 Meter Relay

Facility: * 9:36.21 2/24/2012 Iowa Central
 T. Adderley, C Kumalalamene, F McKenna, C Duncan
 School Finals

1 Grand View 11:20.31
 1) Kendall Hein FR 2) Kylie Muecke SR
 3) Makayla True FR 4) Fabiola Gamboa Garcia FR
 2:38.136 (2:38.136) 5:24.291 (2:46.156) 8:11.862 (2:47.572) 11:20.306 (3:08.445)

Women High Jump

Facility: * 1.71m 2014 Kelly Carden, Grand View
 Name Year School Finals

1 Kira Messerly SO Iowa Central CC 1.48m 4-10.25
 1.38 1.43 1.48 1.53
 P O XO XXX
 2 Kaiya Gonzalez SO Grand View J1.48m 4-10.25
 1.38 1.43 1.48 1.53
 O XO XXO XXX

Women Pole Vault

Facility: * 3.60m 2011 Ale Cano, Doane
 Name Year School Finals

1 Emma Heath FR William Penn 2.49m 8-02.00
 2.49 2.65
 O XXX

Women Long Jump

Facility: * 5.64m 2012 Karen Hutson, Northwestern (IA)
 Name Year School Finals Wind

1 Crystal Shaw FR William Penn 5.45m NWI 17-10.75
 5.45m(NWI) 5.43m(NWI) FOUL 5.37m(NWI) FOUL FOUL
 2 Kaylin Mitchell FR Grand View 5.07m NWI 16-07.75
 4.35m(NWI) FOUL 4.35m(NWI) FOUL 4.80m(NWI) 5.07m(NWI)
 3 Kaiya Gonzalez SO Grand View 4.95m NWI 16-03.00
 4.32m(NWI) 4.95m(NWI) 4.70m(NWI) 4.75m(NWI) 4.69m(NWI) FOUL
 4 Janelle Harrell FR William Penn 4.82m NWI 15-09.75
 4.53m(NWI) FOUL 4.82m(NWI) FOUL 3.38m(NWI) FOUL
 5 Payton Marshall SO Iowa Central CC 4.65m NWI 15-03.25
 4.50m(NWI) 4.65m(NWI) 4.45m(NWI) FOUL 4.46m(NWI) 4.53m(NWI)
 6 Lisa Benjamin SO Iowa Central CC 4.60m NWI 15-01.25
 4.44m(NWI) FOUL FOUL FOUL 4.60m(NWI) FOUL
 7 Paige Groetsch SO Iowa Central CC 4.32m NWI 14-02.25
 4.32m(NWI) 4.22m(NWI) 4.17m(NWI) 4.29m(NWI) 4.22m(NWI) 4.10m(NWI)

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....Women Long Jump

-- Brynna Croy SR Grand View FOUL
 FOUL FOUL FOUL

Women Triple Jump

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Facility: * 11.47m 2012 Courtney Egts, Wartburg						
Name	Year	School	Finals	Wind		
=====						
1 Crystal Shaw	FR	William Penn	11.82m*	NWI	38-09.50	
11.82m(NWI)	FOUL	FOUL	11.04m(NWI)	10.73m(NWI)	FOUL	
2 Payton Marshall	SO	Iowa Central CC	9.80m	NWI	32-02.00	
9.43m(NWI)	9.80m(NWI)	9.57m(NWI)	FOUL	FOUL	FOUL	

Women Shot Put

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Facility: * 14.38m 2014 Val Veiock, Grand View						
Name	Year	School	Finals			
=====						
1 Unitee Brown	SO	Iowa Central CC	14.65m*	48-00.75		
13.97m	FOUL	14.65m	14.12m	14.12m	FOUL	
2 Ashlynn Works	FR	Grand View	11.34m	37-02.50		
10.58m	11.28m	10.31m	11.34m	11.10m	9.52m	
3 Kiara Thomas	FR	Waldorf	10.57m	34-08.25		
FOUL	10.57m	FOUL	FOUL	9.38m	FOUL	
4 Madison Mulhall	FR	Waldorf	9.67m	31-08.75		
8.89m	9.67m	FOUL	9.23m	8.25m	8.88m	
5 Kira Messerly	SO	Iowa Central CC	9.10m	29-10.25		
9.10m	8.65m	FOUL	8.75m	8.95m	8.52m	
6 Maddie Cunningham	SO	Grand View	7.97m	26-01.75		
7.66m	7.97m	7.57m	7.80m	7.36m	7.49m	

Women Discus Throw

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Facility: * 47.99m 2014 Breanna Strupp, UW-Oshkosh						
Name	Year	School	Finals			
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1 Cora Maeder	FR	Waldorf	38.92m	127-08		
38.92m	36.83m	37.49m	FOUL	31.76m	FOUL	
2 Ashlynn Works	FR	Grand View	35.28m	115-09		
25.95m	32.09m	34.67m	FOUL	35.28m	30.02m	
3 Unitee Brown	SO	Iowa Central CC	32.76m	107-06		
FOUL	32.29m	FOUL	FOUL	32.76m	FOUL	
4 Hannah Brandt	SR	Grand View	30.56m	100-03		
28.02m	29.76m	30.21m	30.56m	FOUL	FOUL	
5 Eve Seedorff	SO	Waldorf	29.60m	97-01		
FOUL	27.64m	24.99m	29.23m	27.93m	29.60m	
6 Cynthia Albert	SO	Iowa Central CC	28.31m	92-10		
FOUL	FOUL	25.44m	28.31m	FOUL	FOUL	

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....Women Discus Throw

7	Isabella Fulks	SO William Penn	27.62m	90-07
	27.62m FOUL 18.06m 18.44m FOUL 26.75m			
8	Maddie Cunningham	SO Grand View	25.48m	83-07
	21.20m 25.48m FOUL FOUL 22.27m 22.32m			

Women Hammer Throw

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Facility: * 57.53m 2012 Kate Walter, NW Missouri State				
	Name	Year School	Finals	
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1	Cynthia Albert	SO Iowa Central CC	39.76m	130-05
	38.11m FOUL 38.63m 38.26m 39.76m 39.45m			
2	Isabella Fulks	SO William Penn	39.48m	129-06
	38.32m 35.93m 39.23m 37.53m 39.48m FOUL			
3	Eve Seedorff	SO Waldorf	38.97m	127-10
	FOUL 36.46m FOUL 34.89m 38.90m 38.97m			
4	Emma Logeman	SR Waldorf	36.25m	118-11
	FOUL 30.07m 35.43m 36.25m 35.27m FOUL			
5	Hannah Brandt	SR Grand View	34.77m	114-01
	34.77m 31.14m 32.51m 33.53m 32.32m FOUL			
6	Cora Maeder	FR Waldorf	34.43m	112-11
	FOUL 26.20m FOUL 34.43m 33.05m 29.47m			
7	Unitee Brown	SO Iowa Central CC	33.42m	109-08
	31.89m 33.08m FOUL 31.25m FOUL 33.42m			
8	Kiara Thomas	FR Waldorf	31.40m	103-00
	FOUL FOUL 31.40m FOUL FOUL FOUL			
9	Maddie Cunningham	SO Grand View	30.93m	101-06
	23.58m FOUL FOUL 30.41m 30.93m FOUL			

Women 5000 Meter Race Walk

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Facility: * 38:17.72 2010 Obsie Birru, Grand View				
	Name	Year School	Finals	
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1	Leah Kuhn	JR Benedictine (Kan.)	28:21.06*	
2	Leilani Mitchell	FR Grand View	31:36.12*	