

2024 Cardinal Relays - 4/8/2024
Track & Field Meet
Treynor High School
Results

Girls 100 Meter Dash

Name	Year School	Seed	Finals	H#	Points
Finals					
1 Knight, Jerzee	Clarinda	12.86	13.15	4	10
2 Nordyke, Bailey	Clarinda	13.30	13.74	4	8
3 Houser, Allie	Treynor	13.16	14.03	4	6
4 James, Irelynn	Lewis Central	13.70	14.06	4	5
5 Mathews, Payton	Lewis Central	14.18	14.09	3	4
6 Roberts, Ainsley	Underwood	13.40	14.15	4	3
7 Gordon, Emma	Riverside, Oak	13.85	14.22	4	2
8 Gute, Reese	Fremont-Mills	14.18	14.22	4	1
9 Hull, Tieler	Underwood	13.80	14.35	4	
10 Eblen, Kenner	Treynor	14.31	14.39	3	
11 Rea, Amber	Red Oak	14.45	14.47	3	
12 Martinez, Crystal	MO Valley	14.62	14.95	3	
13 Sloan, Ava	Logan-Magnolia	15.80	15.14	2	
14 Hering, Holly	Riverside, Oak	15.07	15.25	3	
15 Kiger, Maria	Logan-Magnolia	17.30	15.47	1	
16 Vo, Jennifer	Shenandoah	15.71	16.18	3	
17 Smith, Macie	Tri-Center	15.76	16.53	3	
18 Bowman, Aiyana	W Harrison	16.53	16.90	2	
19 Shrum, Nyveah	Red Oak	16.70	16.96	2	
20 Gross, Rachel	Tri-Center		17.08	1	
21 Vera-Nieto, Ashley	Iowa School of t		17.10	1	
22 Marr, Trinity	W Harrison	17.02	17.82	2	
23 Wolfe, Jadyn	Fremont-Mills	17.00	18.74	2	
-- Hodges, Ashlynn	Shenandoah	14.59	DNS	3	

Girls 200 Meter Dash

Name	Year School	Seed	Finals	H#	Points
1 Knight, Jerzee	Clarinda	27.02	27.09	4	10
2 Erickson, Lydia	Riverside, Oak	27.16	27.37	4	8
3 Fidone, Madeline	Lewis Central	28.00	27.84	4	6
4 Nelson, Brooke	Lewis Central	28.00	27.98	4	5
5 Stangl, Haley	Underwood	27.70	28.12	4	4
6 Meier, Kylie	Clarinda	28.47	28.85	4	3
7 Kinsella, Ellie	Treynor	28.54	29.13	3	2
8 Lund, Olivia	Riverside, Oak	28.51	29.36	4	1
9 Putnam, Paige	Treynor	29.54	29.86	3	
10 Meador, Layla	Tri-Center	29.53	29.90	3	
11 Dworak, Anne	MO Valley	29.68	30.46	3	
12 Soppe-Cope, Taytum	Tri-Center	29.25	30.76	3	
13 Madsen, Rory	Logan-Magnolia	33.80	30.97	2	
14 Sloan, Ava	Logan-Magnolia	31.96	31.72	3	
15 Heard, Izzy	Fremont-Mills	31.40	32.98	3	
16 Bernard, Morgan	W Harrison	32.67	33.19	2	
17 Lopez, Leslie	Fremont-Mills	31.50	33.50	3	



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....Girls 200 Meter Dash

18	Alcozer-P, Kimberly	Underwood	33.37	33.83	2
19	Meade, Dilynn	MO Valley	30:18.00	34.76	1
20	Bowman, Aiyana	W Harrison	36.43	36.00	2
21	Pierce, Rikki	Red Oak	40.29	41.80	1
22	Kisichy, Rifenta	Iowa School of t		42.31	1
--	Vo, Jennifer	Shenandoah	33.32	DNS	2
--	O'Neal, Jocelyn	Red Oak	27.96	DNS	4

Girls 400 Meter Dash

Name	Year School	Seed	Finals	H#	Points
1	Fidone, Madeline	Lewis Central	1:02.00	1:02.82	3 10
2	Nelson, Brooke	Lewis Central	1:03.00	1:03.64	3 8
3	Schechinger, Veronica	Riverside, Oak	1:06.32	1:05.17	3 6
4	Ferguson, Kinsley	Underwood	1:06.15	1:06.15	3 5
5	Rone, Bentley	Riverside, Oak	1:06.00	1:06.22	3 4
6	Greiner, Caitlin	Tri-Center		1:11.02	1 3
7	Glidden, Greenlee	Clarinda	1:08.70	1:11.61	3 2
8	Moore, Addison	Clarinda	1:13.74	1:11.73	2 1
9	Avis, Ella	Treynor	1:14.09	1:12.24	2
10	Young, Zoe	Shenandoah	1:18.30	1:15.01	2
11	Kastner, Lindsey	Logan-Magnolia	1:16.24	1:17.43	2
12	Forney, Maria	Fremont-Mills	1:20.00	1:17.69	2
13	Young, Mya	Shenandoah	1:17.07	1:18.26	2
14	Lopez, Leslie	Fremont-Mills	1:19.80	1:20.42	2
15	Irwin, Ruby	Underwood	1:21.42	1:20.76	1
16	Hull, Jenessa	Iowa School of t		1:21.55	1
17	Hinkel, Avery	Logan-Magnolia	1:23.27	1:22.93	1
18	Smith, Gabby	Red Oak	1:25.15	1:25.05	1
19	Mefy, Kailari	Iowa School of t		1:35.67	1
--	Casey, Tess	Tri-Center	1:01.84	DNS	3
--	O'Neal, Jocelyn	Red Oak	1:04.29	DNS	3
--	Eblen, Kenner	Treynor	1:15.92	DNS	2

Girls 800 Meter Run

Name	Year School	Seed	Finals	Points
1	VanArsdol, Isah	Tri-Center	2:27.24	2:28.32 10
	1:12.473 (1:12.473)	2:28.320 (1:15.847)		
2	Kulesa, Alyssa	Treynor	2:34.83	2:32.56 8
	1:13.933 (1:13.933)	2:32.558 (1:18.625)		
3	Hall, Haedyn	Logan-Magnolia	2:41.75	2:34.23 6
	1:15.587 (1:15.587)	2:34.222 (1:18.635)		
4	Bussey, Ava	Lewis Central	2:43.49	2:36.58 5
	1:16.396 (1:16.396)	2:36.575 (1:20.179)		
5	Egbert, Hailey	Shenandoah	2:38.82	2:37.35 4
	1:14.654 (1:14.654)	2:37.345 (1:22.692)		



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....Girls 800 Meter Run

6	Richardson, Bailey	Riverside, Oak	2:41.68	2:44.34	3
	1:16.931 (1:16.931)	2:44.337 (1:27.407)			
7	Jones, Madison	Lewis Central		2:52.09	2
	1:26.375 (1:26.375)	2:52.087 (1:25.713)			
8	Muff, Richlyn	Clarinda	2:56.98	2:58.37	1
	1:29.314 (1:29.314)	2:58.365 (1:29.052)			
9	Feigenbutz, Danika	Riverside, Oak	3:00.00	3:03.17	
	1:27.767 (1:27.767)	3:03.164 (1:35.397)			
10	Young, Zoe	Shenandoah	3:07.56	3:04.53	
	1:27.075 (1:27.075)	3:04.525 (1:37.450)			
11	Arnold, Kacee	Tri-Center		3:06.04	
	1:28.655 (1:28.655)	3:06.031 (1:37.377)			
12	Avis, Ella	Treynor	3:09.03	3:07.20	
	1:29.131 (1:29.131)	3:07.195 (1:38.064)			
13	Horn, Cate	Red Oak	3:05.00	3:10.73	
	3:10.724 (3:10.724)				
14	Barbour, Lilly	Fremont-Mills	3:29.30	3:12.28	
	1:32.858 (1:32.858)	3:12.271 (1:39.414)			
15	Hughes, Mylie	Fremont-Mills	3:23.57	3:16.95	
	1:34.073 (1:34.073)	3:16.948 (1:42.876)			
16	Renander, Aubrey	Clarinda		3:18.32	
	3:18.312 (3:18.312)				
17	Walker, Leya	Red Oak	3:10.00	3:22.58	
	1:31.185 (1:31.185)	3:22.577 (1:51.392)			
18	Vera-Nieto, Ashley	Iowa School of t		3:40.63	
	3:40.623 (3:40.623)				
19	Hull, Jenessa	Iowa School of t		3:47.16	
	1:46.623 (1:46.623)	3:47.152 (2:00.529)			
--	Myers, Vivian	Underwood	2:56.50	DNS	

Girls 1500 Meter Run

Name	Year School	Seed	Finals	Points
1 Hoss, Madelyn	Lewis Central	5:11.80	5:13.62	10
	55.516 (55.516)	2:22.171 (1:26.655)	3:50.399 (1:28.228)	5:13.619 (1:23.221)
2 Bussey, Ava	Lewis Central		5:25.36	8
	59.085 (59.085)	2:30.140 (1:31.055)	4:02.560 (1:32.420)	5:25.357 (1:22.797)
3 Sporrer, Madison	Logan-Magnolia	5:26.68	5:32.83	6
	58.590 (58.590)	2:28.280 (1:29.690)	4:00.972 (1:32.693)	5:32.827 (1:31.855)
4 Egbert, Hailey	Shenandoah	5:23.73	5:37.27	5
	59.350 (59.350)	2:29.819 (1:30.469)	4:03.064 (1:33.245)	5:37.268 (1:34.205)
5 Miller, Anne	Treynor	5:39.95	5:37.86	4
	1:01.108 (1:01.108)	2:32.977 (1:31.870)	4:08.279 (1:35.302)	5:37.856 (1:29.578)
6 King, Riley	Clarinda	5:33.80	5:45.57	3
	1:00.733 (1:00.733)	2:32.603 (1:31.870)	4:08.015 (1:35.413)	5:45.562 (1:37.547)
7 Mausbach, Elsie	Treynor	6:18.38	5:56.57	2
	1:03.622 (1:03.622)	2:42.126 (1:38.504)	4:23.041 (1:40.915)	5:56.569 (1:33.529)



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8 Lopez, Maddy	Red Oak	6:22.16	6:02.08	1
1:01.673 (1:01.673)	2:41.152 (1:39.480)	4:24.374 (1:43.222)	6:02.077 (1:37.704)	
9 Boruff, Bella	MO Valley	5:50.00	6:02.26	
1:04.912 (1:04.912)	2:43.687 (1:38.775)	4:26.923 (1:43.237)	6:02.258 (1:35.335)	
10 Haines, Meg	Riverside, Oak	6:00.91	6:03.19	
1:04.147 (1:04.147)	2:42.887 (1:38.740)	2:42.887 (0.000)	6:03.184 (3:20.297)	
11 Perrien, Marlee	Red Oak	6:13.48	6:04.95	
1:00.676 (1:00.676)	2:37.904 (1:37.228)	4:24.120 (1:46.217)	6:04.947 (1:40.827)	
12 Cody, Becca	Riverside, Oak	6:02.88	6:06.80	
1:04.507 (1:04.507)	2:48.246 (1:43.739)	4:32.092 (1:43.847)	6:06.796 (1:34.704)	
13 Billingsley, Brookelynn	Fremont-Mills	6:04.34	6:11.06	
1:02.882 (1:02.882)	2:42.574 (1:39.693)	4:29.110 (1:46.537)	6:11.058 (1:41.948)	
14 Gordon, Kambry	Clarinda	6:17.52	6:16.71	
1:06.514 (1:06.514)	2:49.862 (1:43.349)	4:38.194 (1:48.333)	6:16.704 (1:38.510)	
15 Forney, Ava	Fremont-Mills	6:19.73	6:20.93	
1:04.645 (1:04.645)	2:46.722 (1:42.078)	4:36.598 (1:49.876)	6:20.930 (1:44.333)	
16 Young, Mya	Shenandoah	6:13.96	6:26.22	
1:06.437 (1:06.437)	2:51.552 (1:45.116)	4:42.148 (1:50.596)	6:26.217 (1:44.069)	
17 Wilson, Keturah	MO Valley	6:25.00	6:30.36	
1:05.387 (1:05.387)	2:47.662 (1:42.276)	4:38.004 (1:50.343)	6:30.357 (1:52.353)	
-- Mefy, Kailari	Iowa School of t		DNS	
-- Irwin, Lilly	Underwood	5:57.22	DNS	

Girls 3000 Meter Run

Name	Year School	Seed	Finals	Points
1 Hoss, Madelyn	Lewis Central	11:11.44	11:34.60	10
36.410 (36.410)	2:01.190 (1:24.780)	3:33.415 (1:32.225)	5:07.718 (1:34.303)	
6:44.564 (1:36.847)	8:23.684 (1:39.121)	10:04.479 (1:40.795)	11:34.591 (1:30.112)	
2 Egbert, Hailey	Shenandoah	11:36.75	11:34.97	8
37.459 (37.459)	2:03.436 (1:25.978)	3:34.707 (1:31.271)	5:11.650 (1:36.943)	
6:48.950 (1:37.301)	8:29.536 (1:40.586)	10:10.056 (1:40.521)	11:34.961 (1:24.905)	
3 Johnsen, Allysen	Logan-Magnolia	11:37.37	11:56.54	6
37.386 (37.386)	2:03.700 (1:26.314)	3:36.372 (1:32.672)	5:12.803 (1:36.432)	
6:51.069 (1:38.267)	8:33.629 (1:42.560)	10:17.352 (1:43.723)	11:56.531 (1:39.180)	
4 Miller, Anne	Treynor	11:56.91	12:09.70	5
40.235 (40.235)	2:10.533 (1:30.299)	3:47.022 (1:36.489)	5:26.320 (1:39.299)	
7:07.760 (1:41.441)	8:49.360 (1:41.600)	10:30.792 (1:41.433)	12:09.700 (1:38.908)	
5 King, Riley	Clarinda	12:07.20	12:33.51	4
41.887 (41.887)	2:15.350 (1:33.464)	3:56.543 (1:41.193)	5:38.969 (1:42.426)	
7:21.498 (1:42.530)	9:08.018 (1:46.521)	10:54.639 (1:46.622)	12:33.503 (1:38.864)	
6 Reese, Delayna	Lewis Central	11:06.00	12:35.89	3
40.667 (40.667)	2:12.770 (1:32.104)	3:53.733 (1:40.963)	5:37.641 (1:43.909)	
7:21.720 (1:44.079)	9:08.337 (1:46.618)	10:56.805 (1:48.468)	12:35.881 (1:39.076)	
7 Thomas, Ryleigh	Treynor	12:42.80	12:44.57	2
40.949 (40.949)	2:12.317 (1:31.368)	3:53.623 (1:41.306)	5:37.268 (1:43.645)	
7:22.296 (1:45.028)	9:10.561 (1:48.266)	10:58.852 (1:48.291)	12:44.567 (1:45.715)	



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8	Irwin, Lilly	Underwood	13:02.34	12:54.75	1
	42.364 (42.364)	2:16.131 (1:33.767)	7:36.785 (5:20.654)	9:26.523 (1:49.738)	
	11:13.963 (1:47.441)	12:54.738 (1:40.775)	12:54.741 (0.004)		
9	Cody, Becca	Riverside, Oak	13:20.03	13:09.35	
	42.518 (42.518)	2:18.574 (1:36.057)	4:04.875 (1:46.301)	5:50.159 (1:45.285)	
	9:31.019 (3:40.860)	11:21.240 (1:50.222)	13:09.347 (1:48.107)		
10	Billingsley, Brookelynn	Fremont-Mills	13:05.80	13:23.55	
	40.773 (40.773)	2:17.139 (1:36.367)	4:04.641 (1:47.502)	5:55.119 (1:50.478)	
	7:48.854 (1:53.736)	9:41.908 (1:53.054)	11:36.753 (1:54.846)	13:23.541 (1:46.788)	
11	Young, Mya	Shenandoah	13:47.22		
	44.552 (44.552)	2:21.137 (1:36.586)	4:03.720 (1:42.584)	5:49.882 (1:46.162)	
	7:47.701 (1:57.820)	9:45.720 (1:58.019)	11:51.827 (2:06.107)	13:47.216 (1:55.390)	
12	Feigenbutz, Danika	Riverside, Oak	14:27.00	14:43.14	
	44.757 (44.757)	2:30.576 (1:45.819)	4:26.491 (1:55.916)	6:27.005 (2:00.514)	
	8:31.066 (2:04.061)	10:37.464 (2:06.399)	12:43.941 (2:06.477)	14:43.138 (1:59.198)	
13	Walker, Leya	Red Oak	14:57.84	15:11.45	
	44.814 (44.814)	2:33.348 (1:48.534)	4:34.333 (2:00.985)	6:38.926 (2:04.594)	
	8:45.976 (2:07.050)	10:57.975 (2:12.000)	13:06.944 (2:08.969)	15:11.443 (2:04.500)	
14	Horn, Cate	Red Oak	14:56.82	15:18.44	
	45.115 (45.115)	2:33.372 (1:48.257)	8:45.882 (6:12.511)	10:57.905 (2:12.023)	
	13:12.173 (2:14.269)	15:18.433 (2:06.261)			
15	Forney, Maria	Fremont-Mills	15:43.47	15:30.75	
	45.230 (45.230)	2:33.706 (1:48.477)	4:34.173 (2:00.468)	4:34.654 (0.481)	
	6:39.393 (2:04.739)	8:46.712 (2:07.320)	10:58.750 (2:12.039)	15:30.741 (4:31.991)	
--	Strohmeier, Kate	Lewis Central		DNS	

Girls 100 Meter Hurdles

Name	Year	School	Seed	Finals	H#	Points
1 Gute, Bella		Fremont-Mills	16.76	17.15	3	10
2 Weldon, Izzy		Fremont-Mills	16.97	17.41	3	8
3 Kennedy, Ava		Treynor	17.76	17.73	3	6
4 Nordyke, Bailey		Clarinda	17.54	17.94	3	5
5 Czarnecki, Abby		Logan-Magnolia	17.92	18.09	3	4
6 Meador, Layla		Tri-Center	17.69	18.11	3	3
7 Ferris, Hailey		MO Valley	18.01	18.31	3	2
8 Zadalis, Zoey		Treynor	18.38	18.36	2	1
9 Wilmes, Stevie		Clarinda	19.18	18.63	1	
10 Reed, Lilli		Riverside, Oak	18.44	18.84	2	
11 Dumler, Abbagale		Shenandoah	19.02	18.93	2	
12 Patomson, Ruby		Underwood	17.94	18.97	3	
13 Richardson, Ayla		Riverside, Oak	18.24	19.05	2	
14 Monico, Addyson		Logan-Magnolia	18.34	19.18	2	
15 Bret, Trinity		Underwood	18.98	19.25	2	
16 Sallach, Brinkly		Red Oak	18.81	19.56	2	
17 Mullenix, Elise		Lewis Central	20.21	20.00	1	
18 Johnson, Audri		Red Oak	20.79	20.73	1	
-- Miller, Hailey		MO Valley	18.13	DNF	2	



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....Girls 100 Meter Hurdles

-- Katzer, Olivia Lewis Central 23.93 DNS 1

Girls 400 Meter Hurdles

Name	Year	School	Seed	Finals	H#	Points
1 Houston, Maclayn		W Harrison	1:12.04	1:12.24	2	10
2 Wilmes, Stevie		Clarinda	1:18.79	1:16.45	2	8
3 Miller, Emma		Treynor	1:19.30	1:17.77	2	6
4 Knauss, Kaiya		Logan-Magnolia	1:23.00	1:18.19	1	5
5 Gangwish, Lexi		Underwood	1:20.50	1:19.07	2	4
6 Reed, Lilli		Riverside, Oak	1:21.00	1:19.09	2	3
7 Husz, Mia		Riverside, Oak	1:27.00	1:19.92	1	2
8 Chapman, Reese		Treynor	1:25.71	1:21.33	1	1
9 Katzer, Olivia		Lewis Central	1:30.00	1:24.52	1	
10 Kiger, Maria		Logan-Magnolia	1:29.53	1:25.63	1	
11 Mullenix, Elise		Lewis Central	1:28.34	1:25.89	1	
12 Smith, Gabby		Red Oak	1:31.54	1:33.62	1	
-- Wilson, Hannah		Fremont-Mills	1:09.31	DNS	2	
-- Nuckolls, Carlisle		Fremont-Mills	1:14.17	DNS	2	

Girls 4x100 Meter Relay

School	Seed	Finals	H#	Points
1 Riverside, Oak 'A'	52.20	51.66	2	10
1) Henderson, Elly				
2) Henderson, Carly				
3) Gordon, Emma				
4) Erickson, Lydia				
2 Underwood 'A'	52.97	52.31	2	8
1) Hull, Tieler				
2) Ferguson, Kinsley				
3) Roberts, Ainsley				
4) Stangl, Haley				
3 Clarinda 'A'	51.57	52.36	2	6
1) Nordyke, Bailey				
2) Barnes, Alexa				
3) Meier, Kylie				
4) Knight, Jerzee				
4 Fremont-Mills 'A'	53.31	52.73	2	5
1) Weldon, Izzy				
2) Blackburn, Kinley				
3) Gute, Reese				
4) Nuckolls, Carlisle				
5 Lewis Central 'A'	52.46	53.85	2	4
1) Smith, Avaeh				
2) Mathews, Payton				
3) Graeve, Kate				
4) Borns, Ellie				
6 Treynor 'A'	53.28	54.19	2	3
1) Carollo, Averie				
2) Houser, Allie				
3) Kennedy, Ava				
4) Zadalis, Zoey				
7 Logan-Magnolia 'A'	55.89	55.23	1	2
1) Heim, Zoe				
2) Czarnecki, Abby				
3) Madsen, Rory				
4) Fogelman, Kylee				
8 Red Oak 'A'	55.41	56.32	1	1
1) Rea, Amber				
2) Johnson, Natalie				
3) Sallach, Brinkly				
4) Jenkins, Karly				



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....Girls 4x100 Meter Relay

9 MO Valley 'A'	57.00	57.09	1
1) Porter, Alivia	2) Martinez, Crystal		
3) Hansen, Mia	4) Gute, Lea		
10 Shenandoah 'A'	55.33	58.11	2
1) Rogers, Caroline	2) Burdorf, Jenna		
3) Hodges, Ashlynn	4) Green, Lynnae		
11 Tri-Center 'A'	53.79	59.45	2
1) Wingert, Kara	2) Wingert, Meya		
3) Brewer, Mikenzie	4) Kozeal, Kaitlin		
12 Iowa School of the Deaf 'A'		1:12.27	1
1) Johns, Kaitlyn	2) Vera-Nieto, Ashley		
3) Kisichy, Rifenta	4) Sellwood, Ali		
13 Iowa School of the Deaf 'B'		1:16.71	1
1) Wood, Amiya	2) Aguilar, JoAnn		
3) Baker-Utterback, Oakley	4) Mefy, Kailari		

Girls 4x200 Meter Relay

School	Seed	Finals	H#	Points
1 Riverside, Oak 'A'	1:50.42	1:49.26	2	10
1) Gordon, Emma	2) Henderson, Carly			
3) Henderson, Elly	4) Erickson, Lydia			
53.785 (53.785)	1:49.258 (55.474)			
2 Clarinda 'A'	1:51.09	1:50.67	2	8
1) Nordyke, Bailey	2) Barnes, Alexa			
3) Meier, Kylie	4) Knight, Jerzee			
52.444 (52.444)	1:50.667 (58.223)			
3 Underwood 'A'	1:51.98	1:53.22	2	6
1) Hull, Tieler	2) Leaders, Mallorie			
3) Roberts, Ainsley	4) Stangl, Haley			
53.671 (53.671)	1:53.220 (59.549)			
4 Treynor 'A'	1:54.13	1:53.83	2	5
1) Carollo, Averie	2) Kinsella, Ellie			
3) Putnam, Paige	4) Houser, Allie			
50.898 (50.898)	1:53.830 (1:02.933)			
5 Lewis Central 'A'	1:51.21	1:54.82	2	4
1) James, Irelynn	2) Graeve, Kate			
3) Mathews, Payton	4) Borns, Ellie			
56.854 (56.854)	1:54.820 (57.966)			
6 Fremont-Mills 'A'	1:52.50	1:58.36	2	3
1) Gute, Bella	2) Chambers, Carlie			
3) Gute, Reese	4) Switzer, Ellie			
59.365 (59.365)	1:58.359 (58.995)			
7 MO Valley 'A'	1:57.83	1:58.50	2	2
1) Dworak, Anne	2) Meade, Dilynn			
3) Martinez, Crystal	4) Hansen, Mia			
59.944 (59.944)	1:58.498 (58.555)			



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....Girls 4x200 Meter Relay

8 Logan-Magnolia 'A'	1:59.54	1:58.60	2	1
1) Heim, Zoe	2) Madsen, Rory			
3) Monico, Addyson	4) Fogelman, Kylee			
51.787 (51.787) 1:58.591 (1:06.804)				
9 Shenandoah 'A'	2:00.00	2:00.83	1	
1) Rogers, Caroline	2) Green, Lynnae			
3) Burdorf, Jenna	4) Egbert, Hailey			
56.399 (56.399) 2:00.826 (1:04.428)				
10 Tri-Center 'A'	2:02.57	2:05.74	1	
1) Wingert, Kara	2) Smith, Macie			
3) Wingert, Meya	4) Kozeal, Kaitlin			
58.944 (58.944) 2:05.740 (1:06.796)				
11 Red Oak 'A'	2:02.61	2:08.63	1	
1) Heim, Gillian	2) Perrien, Marlee			
3) Lopez, Maddy	4) Rea, Amber			
59.296 (59.296) 2:08.625 (1:09.329)				
12 Iowa School of the Deaf 'A'		2:51.95	1	
1) Vaca, Luke	2) Wood, Amiya			
3) Baker-Utterback, Oakley	4) Kisichy, Rifenta			
1:26.056 (1:26.056) 2:51.942 (1:25.886)				

Girls 4x400 Meter Relay

School	Seed	Finals	Points
1 Fremont-Mills 'A'	4:27.62	4:24.33	10
1) Switzer, Ellie	2) Gute, Bella		
3) Madison, Emily	4) Wilson, Hannah		
1:04.717 (1:04.717) 2:12.767 (1:08.051) 3:18.318 (1:05.551) 4:24.323 (1:06.005)			
2 Lewis Central 'A'	4:29.45	4:28.30	8
1) Skokan, Sydney	2) Holt, Addison		
3) Nelson, Brooke	4) Fidone, Madeline		
1:08.962 (1:08.962) 2:20.656 (1:11.694) 3:26.183 (1:05.528) 4:28.294 (1:02.112)			
3 Treynor 'A'	4:28.70	4:33.64	6
1) Kinsella, Ellie	2) Yochum, Lilly		
3) Miller, Emma	4) Kulesa, Alyssa		
1:08.263 (1:08.263) 2:17.721 (1:09.458) 3:27.293 (1:09.573) 4:33.638 (1:06.345)			
4 Riverside, Oak 'A'	4:16.95	4:36.05	5
1) Schechinger, Veronica	2) Henderson, Elly		
3) Erickson, Lydia	4) Henderson, Carly		
1:04.156 (1:04.156) 2:13.374 (1:09.219) 3:22.164 (1:08.790) 4:36.045 (1:13.882)			
5 Underwood 'A'	4:45.00	4:48.53	4
1) Smith, Avery	2) Childers, Emma		
3) Cook, Claire	4) Gangwish, Lexi		
1:12.878 (1:12.878) 3:37.943 (2:25.065) 4:48.525 (1:10.583)			
6 Red Oak 'A'	4:59.89	4:51.72	3
1) Ogden, Iris	2) Perrien, Marlee		
3) Heim, Gillian	4) Joint, Haylee		
1:04.626 (1:04.626) 2:26.339 (1:21.714) 3:40.142 (1:13.803) 4:51.712 (1:11.570)			



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....Girls 4x400 Meter Relay

7 Clarinda 'A'	4:40.00	4:58.45	2
1) Barnes, Alexa	2) Wilmes, Stevie		
3) Glidden, Greenlee	4) Randall, Izzy		
1:12.052 (1:12.052)	2:23.075 (1:11.024)	2:29.372 (6.298)	4:58.447 (2:29.075)
-- Tri-Center 'A'	4:18.20	DNS	
1) VanArsdol, Isah	2) Soppe-Cope, Taytum		
3) Greiner, Caitlin	4) Casey, Tess		

Girls 4x800 Meter Relay

School	Seed	Finals	Points
1 Riverside, Oak 'A'	10:20.18	10:19.85	10
1) Henderson, Carly	2) Rone, Bentley		
3) Richardson, Bailey	4) Henderson, Elly		
1:10.808 (1:10.808)	2:24.600 (1:13.793)	3:38.052 (1:13.452)	5:01.120 (1:23.069)
6:14.985 (1:13.865)	7:45.250 (1:30.266)	8:59.814 (1:14.564)	10:19.848 (1:20.034)
2 Tri-Center 'A'	10:20.53	10:28.71	8
1) Schneckloth, Quincey	2) VanArsdol, Isah		
3) Hoden, Danica	4) Casey, Tess		
1:13.953 (1:13.953)	2:36.178 (1:22.226)	3:49.711 (1:13.533)	5:09.699 (1:19.989)
6:27.190 (1:17.491)	7:56.107 (1:28.918)	9:11.052 (1:14.945)	10:28.706 (1:17.654)
3 Treynor 'A'	10:42.06	10:41.13	6
1) Kulesa, Alyssa	2) Miller, Emma		
3) Yochum, Lilly	4) Chapman, Reese		
1:11.111 (1:11.111)	2:28.239 (1:17.128)	3:44.270 (1:16.032)	5:08.028 (1:23.758)
6:23.577 (1:15.549)	7:45.327 (1:21.751)	9:09.910 (1:24.583)	10:41.127 (1:31.217)
4 Lewis Central 'A'	12:00.00	11:50.29	5
1) Holt, Addison	2) Tingley, Tyler		
3) Jones, Madison	4) Skokan, Sydney		
1:17.940 (1:17.940)	2:45.850 (1:27.910)	4:06.595 (1:20.746)	5:38.245 (1:31.651)
7:05.454 (1:27.209)	8:47.597 (1:42.144)	10:12.329 (1:24.733)	11:50.281 (1:37.952)
5 Clarinda 'A'	12:02.99	12:19.06	4
1) Moore, Addison	2) Downey, Kylar		
3) Muff, Richlyn	4) Randall, Izzy		
1:26.737 (1:26.737)	3:01.431 (1:34.694)	4:26.571 (1:25.141)	6:06.991 (1:40.420)
7:31.239 (1:24.248)	9:08.336 (1:37.097)	10:35.760 (1:27.425)	12:19.060 (1:43.300)
6 Fremont-Mills 'A'	12:44.80	13:04.30	3
1) Forney, Ava	2) Barbour, Lilly		
3) Hughes, Mylie	4) Heard, Izzy		
1:26.431 (1:26.431)	3:02.424 (1:35.993)	4:28.258 (1:25.835)	6:18.709 (1:50.451)
7:53.534 (1:34.825)	9:44.221 (1:50.688)	11:16.265 (1:32.044)	13:04.298 (1:48.033)

Girls 800 Sprint Medley

School	Seed	Finals	H#	Points
1 Lewis Central 'A'	1:57.03	1:55.83	2	10



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....Girls 800 Sprint Medley

1) James, Irelynn	2) Borns, Ellie				
3) Nelson, Brooke	4) Fidone, Madeline				
52.294 (52.294)	1:55.821 (1:03.527)				
2 Underwood 'A'		2:01.36	1:59.52	1	8
1) Hull, Tieler	2) Leaders, Mallorie				
3) Ferguson, Kinsley	4) Stangl, Haley				
54.331 (54.331)	1:59.513 (1:05.183)				
3 Fremont-Mills 'A'		1:56.80	2:02.57	2	6
1) Weldon, Izzy	2) Blackburn, Kinley				
3) Gute, Reese	4) Switzer, Ellie				
54.614 (54.614)	2:02.567 (1:07.954)				
4 Treynor 'A'		1:59.44	2:03.61	2	5
1) Lascala, Lulu	2) Reed, Channing				
3) Mass, Taylor	4) Kinsella, Ellie				
58.126 (58.126)	2:03.604 (1:05.478)				
5 Clarinda 'A'		1:57.25	2:04.90	2	4
1) Cole, Maddie	2) Wilmes, Stevie				
3) Barnes, Alexa	4) Isaacson, Brynn				
53.788 (53.788)	2:04.900 (1:11.112)				
6 Tri-Center 'A'		1:58.53	2:05.91	2	3
1) Kozeal, Kaitlin	2) Payne, Zohie				
3) Payne, Jozie	4) Soppe-Cope, Taytum				
55.852 (55.852)	2:05.903 (1:10.051)				
7 Riverside, Oak 'A'		2:02.00	2:06.33	1	2
1) Marsh, Hannah	2) Lopez, Aubrey				
3) Schnack, Kayden	4) Fenner, Sophia				
55.424 (55.424)	2:06.324 (1:10.900)				
8 Red Oak 'A'		1:54.33	2:06.94	2	1
1) Rea, Amber	2) Johnson, Natalie				
3) Jenkins, Karly	4) Ogden, Iris				
55.685 (55.685)	2:06.939 (1:11.255)				
9 Shenandoah 'A'		1:58.98	2:09.32	2	
1) Hodges, Ashlynn	2) Burdorf, Jenna				
3) Rogers, Caroline	4) Green, Lynnae				
55.052 (55.052)	2:09.315 (1:14.263)				
10 Iowa School of the Deaf 'A'			2:57.77	1	
1) Vaca, Luke	2) Baker-Utterback, Oakley				
3) Sellwood, Ali	4) Vera-Nieto, Ashley				
1:18.610 (1:18.610)	2:57.761 (1:39.152)				

Girls Distance Medley

School	Seed	Finals	H#	Points
1 Treynor 'A'	4:39.78	4:34.69	2	10
1) Zadalis, Zoey	2) Mass, Taylor			
3) Yochum, Lilly	4) Kulesa, Alyssa			
2 Fremont-Mills 'A'	4:31.80	4:35.01	2	8
1) Madison, Emily	2) Chambers, Carlie			
3) Switzer, Ellie	4) Wilson, Hannah			



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....Girls Distance Medley

3 Logan-Magnolia 'A'	4:36.97	4:35.99	2	6
1) Heim, Zoe	2) Fogelman, Kylee			
3) Hall, Haedyn	4) Sporrer, Madison			
4 Lewis Central 'A'	5:07.77	4:38.61	1	5
1) Smith, Avaeh	2) Graeve, Kate			
3) Holt, Addison	4) Bussey, Ava			
5 Riverside, Oak 'A'	4:29.94	4:47.63	2	4
1) Reed, Ella	2) Lund, Olivia			
3) Schnack, Kayden	4) Fenner, Sophia			
6 Red Oak 'A'	4:57.84	4:54.47	2	3
1) Jenkins, Karly	2) Johnson, Natalie			
3) Ogden, Iris	4) Joint, Haylee			
7 Tri-Center 'A'	4:35.02	4:57.98	2	2
1) Kozeal, Kaitlin	2) Meador, Layla			
3) Brewer, Mikenzie	4) Soppe-Cope, Taytum			
8 MO Valley 'A'	5:00.00	5:01.58	1	1
1) Hansen, Mia	2) Kierscht, Madee			
3) Porter, Alivia	4) Boruff, Bella			
9 Clarinda 'A'	4:53.63	5:07.22	2	
1) Kent, Carli	2) Gray, Kelby			
3) Moore, Olivia	4) Gordon, Kambry			
10 Underwood 'A'	5:30.00	5:20.27	1	
1) Driver-LeRette, Aneliese	2) Limpp, Josie			
3) Fischer, Allissa	4) Myers, Vivian			

Girls 4x100 Meter Shuttle Hurdle

School	Seed	Finals	H#	Points
1 Fremont-Mills 'A'	1:08.54	1:09.20	3	10
1) Gute, Bella	2) Weldon, Izzy			
3) Nuckolls, Carlie	4) Madison, Emily			
2 Tri-Center 'A'	1:10.11	1:11.47	3	8
1) Meador, Layla	2) Schneckloth, Quincey			
3) Cunningham, Cassidy	4) Payne, Zohie			
3 Underwood 'A'	1:15.06	1:13.10	2	6
1) Bret, Trinity	2) Patomson, Ruby			
3) Gangwish, Lexi	4) Irwin, Maddy			
4 Logan-Magnolia 'A'	1:13.55	1:13.59	2	5
1) Knauss, Kaiya	2) Monico, Addyson			
3) Bertelsen, Marki	4) Czarnecki, Abby			
5 Treynor 'A'	1:14.44	1:16.13	3	4
1) Miller, Emma	2) Zadalis, Zoey			
3) Kennedy, Ava	4) Chapman, Reese			
6 MO Valley 'A'	1:15.00	1:16.85	3	3
1) Ferris, Hailey	2) Miller, Hailey			
3) Gute, Lea	4) Dworak, Anne			
7 Shenandoah 'A'	1:14.47	1:18.22	2	2
1) Rogers, Caroline	2) Dumler, Abbagale			



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....Girls 4x100 Meter Shuttle Hurdle

3) Burdorf, Jenna	4) Young, Zoe				
8 Riverside, Oak 'A'		1:19.19	1:18.59	1	1
1) Richardson, Ayla	2) Reed, Lilli				
3) Wilson, Ana	4) Husz, Mia				
9 Red Oak 'A'		1:22.71	1:23.16	1	
1) Sallach, Brinkly	2) Smith, Gabby				
3) Johnson, Audri	4) Heim, Gillian				
10 Lewis Central 'A'		1:30.01	1:25.19	1	
1) Mullenix, Elise	2) Katzer, Olivia				
3) Furlow, Madeline	4) Kafka, Madison				

Girls High Jump

Name	Year	School	Seed	Finals	Points
1 Madison, Emily		Fremont-Mills	5-02.00	5-03.00	10
4-04 4-06 4-08 4-10 5-00 5-01 5-02 5-03 5-04					
0 0 0 0 XO 0 0 XXO XXX					
2 Chambers, Carlie		Fremont-Mills	5-02.00	5-01.00	8
4-04 4-06 4-08 4-10 5-00 5-01 5-02					
0 0 0 XXO 0 XXO XXX					
3 Ausdemore, Olivia		Lewis Central	4-10.00	5-00.00	6
4-04 4-06 4-08 4-10 5-00 5-01					
0 0 0 XO XXO XXX					
4 Lund, Olivia		Riverside, Oak	5-00.00	4-10.00	5
4-04 4-06 4-08 4-10 5-00					
0 0 XXO XXO XXX					
5 Kiger, Maria		Logan-Magnolia	4-07.00	4-08.00	4
4-04 4-06 4-08 4-10					
0 XO 0 XXX					
6 Houston, Maclayn		W Harrison	4-10.00	J4-08.00	3
4-04 4-06 4-08 4-10					
0 0 XXO XXX					
7 Young, Zoe		Shenandoah	4-04.00	4-06.00	2
4-04 4-06 4-08					
0 0 XXX					
8 Patomson, Ruby		Underwood	4-06.00	J4-06.00	1
4-04 4-06 4-08					
XO 0 XXX					
9 Reed, Lilli		Riverside, Oak	4-06.00	J4-06.00	
4-04 4-06 4-08					
0 XXO XXX					
10 Carollo, Averie		Treynor	4-06.00	4-04.00	
4-04 4-06					
XO XXX					
-- Roenfeld, Maddie		Lewis Central	4-06.00	NH	
4-04					
XXX					



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-- Gordon, Kambry	Clarinda		NH
4-04			
XXX			
-- Downey, Kylar	Clarinda		NH
4-04			
XXX			
-- Irwin, Ruby	Underwood		NH
4-04			
XXX			
-- Hodges, Ashlynn	Shenandoah	4-08.00	DNS
-- Wood, Amiya	Iowa School of t		DNS
-- Killpack, Avilyn	Tri-Center	4-04.00	DNS
-- Aguilar, JoAnn	Iowa School of t		DNS
-- Eblen, Kenner	Treynor		DNS
-- Payne, Zohie	Tri-Center	4-11.00	DNS

Girls Long Jump

Name	Year	School	Seed	Finals	Points
1 Meier, Kylie		Clarinda	17-01.00	16-10.00	10
FOUL 16-00.75	16-06	16-10			
2 Cook, Claire		Underwood	14-03.00	15-06.25	8
FOUL 14-04	15-06.25	15-01.75			
3 Payne, Jozie		Tri-Center	16-00.50	15-02.00	6
14-11	15-02	14-10.25	13-08.50		
4 Houser, Allie		Treynor	15-05.25	14-08.75	5
14-08.75	13-09.75	14-07.75	14-04		
5 Nuckolls, Carlie		Fremont-Mills	14-08.50	14-06.25	4
14-06.25	13-10.75	14-02.50	14-00		
6 Schnack, Kayden		Riverside, Oak	14-10.00	14-06.00	3
FOUL 14-06	14-03	FOUL			
7 Ferguson, Kinsley		Underwood	14-05.00	J14-06.00	2
FOUL 12-10	14-06	13-05.50			
8 Johnson, Natalie		Red Oak	14-03.00	14-05.75	1
14-00.50	FOUL	14-05.75	13-07.50		
9 Chambers, Carlie		Fremont-Mills	15-02.00	14-05.25	
12-11	14-05.25	14-01	FOUL		
10 Loghry, Liv		Lewis Central	12-05.00	13-07.50	
13-07.50	12-07	12-03	12-01		
11 Czarnecki, Abby		Logan-Magnolia	14-03.00	13-07.25	
13-07.25	13-02.50	13-04.50	13-05.50		
12 Schechinger, Veronica		Riverside, Oak	13-06.00	J13-07.25	
13-07.25	13-00	13-00.25	13-00		
13 Madsen, Rory		Logan-Magnolia	13-08.50	13-06.00	
13-06	13-05.25	FOUL	13-00		
14 Reed, Channing		Treynor	11-04.50	13-05.25	
FOUL	FOUL	FOUL	13-05.25		



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....Girls Long Jump

15 Harris, Myah	Clarinda	13-05.00	12-10.50
12-03 12-04	12-10.50 12-09.25		
16 Furlow, Madeline	Lewis Central	12-10.50	12-08.50
10-06 FOUL 11-06	12-08.50		
17 Vo, Jennifer	Shenandoah		11-05.50
9-04.25 11-05.50	FOUL 10-10.25		
18 Kisichy, Rifenta	Iowa School of t		10-11.75
FOUL 10-11.75 10-07	10-03.75		
-- O'Neal, Jocelyn	Red Oak	15-05.00	DNS
-- Johns, Kaitlyn	Iowa School of t		DNS
-- Casey, Tess	Tri-Center	16-02.00	DNS

Girls Shot Put

Name	Year	School	Seed	Finals	Points
1 Matiyow, Jordyn		Lewis Central	38-08.00	39-01.50	10
35-05.50 36-00	37-05	39-01.50			
2 Mathews, Delaney		Treynor	37-00.50	35-08.00	8
33-09.50 35-05.50	35-08	33-02.50			
3 Parker, Aliyah		Shenandoah	37-02.50	35-07.00	6
32-06 34-00	33-08.50	35-07			
4 Green, Lynnae		Shenandoah	35-06.00	34-03.00	5
30-09.50 32-08	34-03	33-08.50			
5 Taylor, Sophia		Riverside, Oak	32-02.50	31-01.00	4
29-09.25 31-01	29-02	FOUL			
6 Mitchell, Macy		Fremont-Mills	33-00.25	30-07.75	3
29-03.50 30-04	30-07.75	FOUL			
7 Bowman, Nancy		Logan-Magnolia	32-11.00	30-04.00	2
30-04 FOUL FOUL	FOUL				
8 Bertelsen, Marki		Logan-Magnolia	30-01.00	30-00.50	1
29-07.50 30-00.50	28-07.50	FOUL			
9 Perkins, Kaycie		Riverside, Oak	31-05.25	29-08.50	
28-05.50 29-08.50	FOUL FOUL				
10 Zappia, Maya		MO Valley	32-05.25	29-01.50	
FOUL 29-01.50	29-00.50	FOUL			
11 Worl, Hannah		Clarinda	31-11.00	28-07.00	
28-07 FOUL FOUL	27-04.50				
12 Greiner, Caitlin		Tri-Center	30-05.00	28-03.00	
25-00.50 26-09	27-07	28-03			
13 Smith, Lindze		Fremont-Mills	29-09.00	J28-03.00	
FOUL 26-10.50	25-02	28-03			
14 Neelon, Jersey		Lewis Central	28-04.00	28-02.50	
FOUL 28-02.50	24-04.50	21-06.50			
15 Olson, Nicole		MO Valley	29-10.00	27-11.50	
26-08 27-11.50	26-03.50	27-09			
16 Winchell, Elyse		Treynor	30-10.00	27-05.00	
22-09.50 27-03.50	27-02	27-05			



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17 Woolsey, Janessa	Clarinda	30-03.50	26-04.00
26-04 25-06.50 24-07.50 25-06.50			
18 Larson, Sadie	W Harrison	24-06.00	23-08.00
23-08 22-02 22-11 FOUL			
19 Wingert, Ella	Tri-Center	24-02.00	23-07.00
22-10 19-00 23-07 22-09			
20 Heilig, Tia	W Harrison	23-09.50	22-07.50
21-03 22-07.50 22-04 21-06.50			
21 Aguilar, JoAnn	Iowa School of t		18-10.00
18-10 18-05			
22 Wait, Olivia	Lewis Central		15-11.00
15-06 15-11			

Girls Discus Throw

Name	Year	School	Seed	Finals	Points
1 Huisman, Jadyne		Treynor	111-08	113-04	10
103-08.50 103-07.50 103-10.50 113-04					
2 Zappia, Maya		MO Valley	108-11	104-01.50	8
104-01.50 97-05 90-07 92-09.50					
3 Matiyow, Jordyn		Lewis Central	107-03	100-00.50	6
100-00.50 97-05.50 FOUL FOUL					
4 Parker, Aliyah		Shenandoah	09-10.75	99-04	5
94-10.50 90-05.50 FOUL 99-04					
5 Mathews, Delaney		Treynor	105-01	98-10.50	4
98-10.50 88-11.50 88-07 FOUL					
6 Mitchell, Macy		Fremont-Mills	100-01	94-06.50	3
89-04.50 91-06 94-06.50 92-08					
7 Kelley, Madison		Riverside, Oak	110-06	94-05.50	2
94-05.50 93-07.50 FOUL FOUL					
8 Woods, Madeline		Lewis Central	96-07	94-03	1
94-02 FOUL 94-03 FOUL					
9 Mattox- Richardson, Hayl		Fremont-Mills	99-08	91-09.50	
91-09.50 FOUL 90-07.50 FOUL					
10 Bowman, Nancy		Logan-Magnolia	98-11.25	90-07	
FOUL 89-06.50 FOUL 90-07					
11 Sunderman, Kenley		Clarinda	87-04.50	85-11	
74-07.50 82-04 85-11 69-06					
12 Somers, Sydney		Riverside, Oak	94-01	84-10.50	
63-08.50 84-10.50 82-03 82-08.50					
13 Durfey, Quinn		Clarinda	89-09.25	80-10.50	
75-10.50 80-10.50 FOUL 68-08					
14 Evans, Rylee		W Harrison	83-07	77-11.50	
75-09.50 77-11.50 68-00.50 66-04.50					
15 Wingert, Ella		Tri-Center	77-02	77-04	
74-05.50 65-10 FOUL 77-04					
16 Wittmer, Lilly		Shenandoah	85-02.75	75-07	
72-07 FOUL 75-07 65-10.50					



2024 Cardinal Relays - 4/8/2024
Track & Field Meet
Treynor High School
Results

....Girls Discus Throw

17 Gufford, Zoe	MO Valley	66-03	61-11
61-11 48-01.50 FOUL 57-03.50			
18 Greiner, Caitlin	Tri-Center	58-07	56-07.50
52-11 52-02 56-07.50 48-04.50			
19 Lewis, Erin	W Harrison	71-00	51-00.50
FOUL 43-05.50 51-00.50 45-05			
20 Aguilar, JoAnn	Iowa School of t		37-07
37-07 24-09 18-10.50 33-10.50			
21 Wood, Amiya	Iowa School of t		36-08.50
32-00 27-04.50 33-08.50 36-08.50			

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Women - Team Rankings - 19 Events Scored

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1) Lewis Central	135	2) Treynor	109
3) Fremont-Mills	92	4) Clarinda	89
5) Riverside, Oak	85	6) Underwood	60
7) Logan-Magnolia	48	8) Tri-Center	43
9) Shenandoah	37	10) MO Valley	16
11) W Harrison	13	12) Red Oak	10

