

2026 LADY RED RELAYS 4-28-2026 - 4/28/2026 to 4/29/2026**LADY RED RELAYS****MISSOURI VALLEY HIGH SCHOOL ATHLETIC COMPLEX****Results - 4/23/19 - Lady Red Relays****Girls 100 Meter Dash Varsity**

Name	Year School	Seed	Finals	H#	Points
Finals					
1 Konz, Nora	Treynor	13.33	13.28	3	10
2 Wegner, Aubree	Harlan	13.60	13.66	3	8
3 Wilson, Louisa	MO Valley	13.33	13.80	3	6
4 Sonderman, Paige	Harlan	13.90	13.85	3	5
5 Riesselman, Destiny	Carroll	13.80	13.87	3	4
6 Lee, Brooke	Ahstw	13.62	13.99	3	3
7 Palma, Itzel	Denison-Schlswg	14.04	14.35	3	2
8 Winchell, Elyse	Treynor	14.12	14.35	2	1
9 Banks, Kinley	St. Albert, CB	14.77	14.41	2	
10 Kiger, Maria	Logan-Magnolia		14.47	1	
11 Young, Aubrey	Denison-Schlswg	13.90	14.49	3	
12 Dworak, Anne	MO Valley	14.40	14.59	2	
13 Stokes, Natalee	Ahstw	14.86	14.71	2	
14 Schafer, Caydi	Woodbine	14.50	14.80	2	
15 Schmidt, Joseybeth	Woodbine	14.50	14.82	2	
16 Dawson, Madelyn	St. Albert, CB		14.88	2	
17 Jones, Kamee	Carroll	14.28	14.91	2	
18 Pierce, Brecken	Riverside, Oak	15.15	15.93	1	
19 Anderson, Abigail	Logan-Magnolia		18.34	1	

Girls 200 Meter Dash Varsity

Name	Year School	Seed	Finals	H#	Points
1 Clark, Kyia	Denison-Schlswg	25.84	26.50	3	10
2 Hemmingsen, Rylee	Treynor	27.50	27.02	3	8
3 Wegner, Aubree	Harlan	27.58	27.46	3	6
4 Denton, Sophia	St. Albert, CB	28.09	27.89	3	5
5 Behrens, McKenzie	Ahstw	28.51	28.28	3	4
6 Pryor, Katy	Woodbine	29.18	28.35	2	3
7 Singleton, Arabella	Riverside, Oak	27.87	28.36	3	2
8 Sonderman, Paige	Harlan	28.82	28.64	2	1
9 Mentzer, Grace	Treynor	28.60	29.38	2	
10 Vinsonhaler, Brixley	MO Valley	29.50	29.82	2	
11 Tierney, Cymber	MO Valley	29.50	29.93	2	
12 Grell, Alyssa	Carroll	29.70	30.02	2	
13 Lee, Brooke	Ahstw	29.88	30.15	2	
14 Schafer, Caydi	Woodbine	30.00	31.17	1	
15 Palma, Itzel	Denison-Schlswg	29.51	31.37	2	
16 Wilson, Ana	Riverside, Oak	32.00	31.60	1	
17 Potthoff, Kendyl	Carroll	30.89	31.69	1	
18 Geith, Morghann	Logan-Magnolia	37.55	37.38	1	

Girls 400 Meter Dash Varsity

Name	Year School	Seed	Finals	H#	Points
1 Heslink, Julia	Harlan	1:00.00	58.71	2	10
2 Livingston, Greta	St. Albert, CB	1:00.67	1:00.77	2	8
3 Lamp, Bella	Ahstw	1:04.16	1:01.77	2	6
4 Knispel, Madeline	Treynor	1:01.44	1:03.82	2	5

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5	Denton, Sophia	St. Albert, CB	1:01.98	1:03.83	2	4
6	Wyman, Kennedy	Ahstw	1:05.68	1:06.03	2	3
7	Coenen, Avery	Woodbine	1:08.00	1:07.49	2	2
8	Sonderman, Asya	Harlan	1:07.00	1:08.40	2	1
9	Newton, Paige	Woodbine	1:11.00	1:10.93	1	
10	Muldoon, Callie	MO Valley	1:14.27	1:13.02	1	
11	Miller, Anne	Treynor	1:13.61	1:15.21	1	
12	Garcia, Alexandra	Denison-Schlswg	1:12.64	1:15.66	1	
13	Bellinghausen, Kylie	Carroll	1:17.16	1:20.31	1	
14	Galvin, Chloe	Denison-Schlswg	1:19.36	1:20.57	1	
15	Pottebaum, Amie	Carroll	1:19.15	1:22.81	1	
16	Kadel, Addison	Riverside, Oak	1:18.00	1:26.08	1	

Girls 800 Meter Run Varsity

Name	Year	School	Seed	Finals	H#	Points
1	Johnsen, Allysen	Logan-Magnolia	2:35.00	2:26.91	2	10
2	Rau, Ashlyn	Harlan	2:35.00	2:29.23	2	8
3	Kerkmann, Madalyn	Treynor	2:35.62	2:30.43	2	6
4	Cogdill, Reagan	Woodbine	2:38.79	2:36.12	2	5
5	Placek, Charlotte	Woodbine	2:43.82	2:37.49	2	4
6	Klutts, Bella	Logan-Magnolia	2:38.36	2:37.97	2	3
7	Kotrous, Kadence	Treynor	2:42.96	2:38.14	2	2
8	Alberti, Sadie	Harlan	2:37.65	2:41.03	2	1
9	Less, Amaiya	Riverside, Oak	2:54.04	2:46.44	1	
10	Carroll, Addison	Ahstw	2:51.09	2:50.91	1	
11	Hansen, Ava	MO Valley	2:55.23	2:52.23	1	
12	Ipsen, Rylan	Denison-Schlswg	2:53.24	2:52.64	1	
13	Lawler, Tayli	Ahstw	2:50.81	2:56.49	2	
14	Yel, Rebecca	Carroll	2:59.38	3:00.34	1	
15	Sturtevant, Addyson	Denison-Schlswg	3:07.21	3:03.68	1	
16	Ferris, Bristol	MO Valley	3:01.53	3:05.28	1	
17	Azogu, Chioma	Carroll	3:03.14	3:09.34	1	

Girls 1500 Meter Run Varsity

Name	Year	School	Seed	Finals	Points
1	Heslink, Julia	Harlan	5:02.52	5:01.81	10
2	Johnsen, Allysen	Logan-Magnolia	5:00.05	5:08.39	8
3	Miller, Lily	Treynor	5:12.55	J5:12.37	6
4	Diehm, Keira	St. Albert, CB	5:17.29	5:26.33	5
5	Clark, Azlyn	Riverside, Oak	5:45.94	5:39.78	4
6	Miller, Anne	Treynor	5:29.64	5:41.75	3
7	Richardson, Bailey	Riverside, Oak	5:44.18	5:48.58	2
8	Forbus, Audri	MO Valley	5:50.44	5:48.71	1
9	Abraham, Mirabel	Carroll	5:44.35	5:48.97	
10	Anderson, Allie	Harlan	5:42.15	5:53.66	
11	Paulsen, Ava	Ahstw	5:42.80	5:58.80	
12	Lamp, Bella	Ahstw	5:48.27	5:59.33	
13	Wilson, Keturah	MO Valley	6:13.42	6:07.39	
14	Leanos, Heydy	Denison-Schlswg	6:14.99	6:15.58	
15	Hahn, Tahlia	Carroll	6:41.50	6:46.22	

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Name	Year School	Seed	Finals	Points
1 Denton, Lili	St. Albert, CB	10:07.38	9:58.13	10
2 Miller, Lily	Treynor	10:52.71	10:51.20	8
3 Miller, Anne	Treynor	11:45.68	11:40.15	6
4 Diehm, Keira	St. Albert, CB	11:24.73	11:41.09	5
5 Alberti, Sadie	Harlan	12:56.65	12:44.37	4
6 Abraham, Mirabel	Carroll	12:23.56	12:46.08	3
7 Lawler, Tayli	Ahstw	13:30.02	13:05.54	2
8 Feigenbutz, Danika	Riverside, Oak	14:58.05	14:22.95	1
9 Shada, Lynnai	MO Valley	19:38.75	15:40.93	

Girls 100 Meter Hurdles Varsity

Name	Year School	Seed	Finals	H#	Points
1 Hemmingsen, Rylee	Treynor	14.93	14.72	3	10
2 Okwer, Piomo	Denison-Schlswg	16.04	16.78	3	8
3 Robbins, Jordyn	Logan-Magnolia	17.68	16.85	3	6
4 Daniels, Ari	Harlan	17.00	16.93	3	5
5 Carritt, Teagan	Logan-Magnolia	17.83	17.41	3	4
6 Leaders, Reese	Woodbine	17.75	17.42	3	3
7 Parrott, Mackenzie	MO Valley	17.40	17.56	3	2
8 Mages, Ainsley	Harlan	17.45	17.82	3	1
9 Saar, Ava	Treynor	18.41	17.95	2	
10 McIntosh, Adaline	Ahstw	18.51	18.04	2	
11 Wilson, Ana	Riverside, Oak	18.61	18.59	2	
12 McCall, Madisyn	MO Valley	17.93	18.60	2	
13 Banks, Kinley	St. Albert, CB	18.57	18.76	2	
14 Schmidt, Joseybeth	Woodbine	20.03	19.80	2	
15 Robinson, Mo'Nae	Carroll	19.88	20.39	2	
16 Wilke, Amira	Riverside, Oak	22.47	21.41	1	
17 Lander, Yana	Ahstw	21.72	21.53	1	
18 Marsh, Vivian	St. Albert, CB	22.62	22.72	1	
19 Bygness, Monroe	Denison-Schlswg	17.94	22.74	2	

Girls 400 Meter Hurdles Varsity

Name	Year School	Seed	Finals	Points
1 Saar, Ava	Treynor	1:12.68	1:09.50	10
2 Robbins, Jordyn	Logan-Magnolia	1:13.04	1:09.84	8
3 Riesselman, Destiny	Carroll	1:12.14	1:12.37	6
4 Paulsen, Makenna	Ahstw	1:13.29	1:12.42	5
5 Mages, Ainsley	Harlan	1:15.85	1:17.55	4
6 Dirkx, Maggie	Carroll	1:14.73	1:19.68	3
7 Sloan, Ava	Logan-Magnolia		1:21.16	2
8 White, Cora	Treynor	1:16.92	1:29.92	1

Girls 4x100 Meter Relay 4 x 100 Varsity

School	Seed	Finals	H#	Points
1 Carroll 'A'	51.79	52.19	2	10

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Results - 4/23/19 - Lady Red Relays

....Girls 4x100 Meter Relay 4 x 100 Varsity

1) Feld, Willow	2) Simmelink, Macy				
3) Mrla, Brylee	4) Schaefer, Macy				
2 MO Valley 'A'		52.45	52.48	2	8
1) Griffith, Kyla	2) Wilson, Louisa				
3) Meade, Dilynn	4) Bissen, Abigail				
3 Ahstw 'A'		51.70	53.04	2	6
1) Lee, Brooke	2) Wyman, Kennedy				
3) Brockhoff, Emery	4) Behrens, McKenzie				
4 Denison-Schlswg 'A'		51.98	53.27	2	5
1) Neddermeyer, Kysa	2) Okwer, Piomo				
3) Mun, Sara	4) Clark, Kyia				
5 Riverside, Oak 'A'		52.32	53.79	2	4
1) Reed, Ella	2) Lund, Olivia				
3) Dalby, Meadow	4) Singleton, Arabella				
6 Treynor 'A'		52.04	53.89	2	3
1) Kotrous, Kadence	2) Saar, Ava				
3) Chambers, Joslyn	4) Winchell, Elyse				
7 Woodbine 'A'		54.53	54.48	1	2
1) Leaders, Reese	2) Pryor, Katy				
3) Seda, Izabelle	4) Hoefer, Taylor				
8 Harlan 'A'		53.90	55.15	1	1
1) Daniels, Ari	2) Nelson, Brie				
3) Van Baale, Brinley	4) Nelson, Ellerie				
9 Logan-Magnolia 'A'		1:00.48	56.25	1	
1) Sloan, Ava	2) Guritz, Abyagail				
3) Stone, Gracyn	4) Carritt, Teagan				

Girls 4x200 Meter Relay 4 x 200 Varsity

School	Seed	Finals	Points
1 Riverside, Oak 'A'	1:50.87	1:51.16	10
1) Schnack, Kayden			
3) Singleton, Arabella			
2 MO Valley 'A'	1:54.42	1:53.16	8
1) Wilson, Louisa			
3) Meade, Dilynn			
3 Treynor 'A'	1:50.98	1:53.60	6
1) Mentzer, Grace			
3) White, Cora			
4 Denison-Schlswg 'A'	1:55.24	1:57.67	5
1) Olsen, Claire			
3) Schrum, Charlotte			
5 Harlan 'A'	1:54.83	2:00.82	4
1) Christensen, Rebekah			
3) Thurman, Irelynnd			
6 Logan-Magnolia 'A'	2:09.59	2:07.52	3
1) Guritz, Abyagail			
3) Vana, Natalie			
-- Carroll 'A'	1:49.42	DQ	
1) Schaefer, Macy			
3) Feld, Willow			

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Girls 4x400 Meter Relay 4 x 400 Varsity

School	Seed	Finals	Points
1 Treynor 'A'	4:16.17	4:15.77	10
1) Knispel, Madeline			
3) Chambers, Joslyn			
2 Riverside, Oak 'A'	4:16.49	4:21.01	8
1) Schnack, Kayden			
3) Fenner, Sophia			
3 Harlan 'A'	4:12.60	4:24.64	6
1) Sonderman, Paige			
3) Freund, Ava			
4 Ahstw 'A'	4:22.74	4:28.67	5
1) Goshorn, Macey			
3) Paulsen, Makenna			
5 Denison-Schlswg 'A'	4:27.93	4:42.76	4
1) Schrum, Charlotte			
3) Bygness, Monroe			
6 Logan-Magnolia 'A'	4:32.85	5:10.59	3
1) Kiger, Maria			
3) Monico, Milie			
7 Carroll 'A'	4:29.71	5:16.29	2
1) Piehl, Saiya			
3) Bellinghausen, Kylie			

Girls 4x800 Meter Relay 4 x 800 Varsity

School	Seed	Finals	Points
1 Treynor 'A'	10:23.93	10:17.71	10
1) Kotrous, Kadence			
3) White, Cora			
2 Riverside, Oak 'A'	10:33.45	10:21.17	8
1) Dalby, Meadow			
3) Clark, Azlyn			
3 Harlan 'A'	10:32.76	10:26.08	6
1) Bieker, Aspen			
3) Sonderman, Josie			
4 Ahstw 'A'	10:31.51	10:42.70	5
1) Wyman, Kennedy			
3) Brockhoff, Emery			
5 Woodbine 'A'	10:33.63	10:53.21	4
1) Cogdill, Reagan			
3) Coenen, Avery			
6 MO Valley 'A'	11:45.00	11:28.25	3
1) Hansen, Ava			
3) Wilson, Keturah			
7 Denison-Schlswg 'A'	11:41.00	12:02.19	2
1) Leanos, Heydy			
3) Garcia, Alexandra			
8 Carroll 'A'	12:51.74	12:48.11	1
1) Yel, Rebecca			
3) Hahn, Tahlia			

2026 LADY RED RELAYS 4-28-2026 - 4/28/2026 to 4/29/2026**LADY RED RELAYS****MISSOURI VALLEY HIGH SCHOOL ATHLETIC COMPLEX****Results - 4/23/19 - Lady Red Relays****Girls 800 Sprint Medley Varsity**

School	Seed	Finals	H#	Points
1 Treynor 'A'	1:55.60	1:56.11	2	10
1) Zadalis, Zoey				
2) Mentzer, Grace				
3) Knispel, Madeline				
4) Chambers, Joslyn				
2 Harlan 'A'	1:52.93	1:56.62	2	8
1) Daniels, Ari				
2) Nelson, Brie				
3) Van Baale, Brinley				
4) Wegner, Aubree				
3 Riverside, Oak 'A'	1:59.31	1:57.51	2	6
1) Reed, Ella				
2) Rone, Bentley				
3) Singleton, Arabella				
4) Lund, Olivia				
4 Carroll 'A'	1:56.32	1:58.35	2	5
1) Feld, Willow				
2) Schaefer, Macy				
3) Simmelink, Macy				
4) Grell, Alyssa				
5 MO Valley 'A'	2:04.14	2:02.21	1	4
1) Dworak, Anne				
2) Meade, Dilynn				
3) Vinsonhaler, Lexa				
4) Tierney, Cymber				
6 Denison-Schlswg 'A'	2:03.44	2:06.06	2	3
1) Palma, Itzel				
2) Olsen, Claire				
3) Blume, Isabelle				
4) Francois, Addison				
7 Ahstw 'A'	2:15.49	2:09.08	1	2
1) Stokes, Natalee				
2) Pattee, Charlotte				
3) Rold, Maeleigh				
4) Behrens, McKenzie				
8 Logan-Magnolia 'A'	2:10.22	2:11.27	1	1
1) Vana, Natalie				
2) Montemayor, Olivia				
3) Guritz, Abyigail				
4) Klutts, Bella				
-- Woodbine 'A'	2:02.25	DQ	2	
1) Leaders, Reese				
2) Hoefler, Taylor				
3) Pryor, Katy				
4) Blum, Vanessa				

Girls Distance Medley Varsity

School	Seed	Finals	Points
1 Denison-Schlswg 'A'	4:39.74	4:34.01	10
1) Clark, Kyia			
2) Mun, Sara			
3) Okwer, Piomo			
4) Cue, Hailey			
2 Ahstw 'A'	4:41.23	4:34.17	8
1) Lander, Yana			
2) Behrens, McKenzie			
3) Brockhoff, Emery			
4) Paulsen, Ava			
3 Treynor 'A'	4:35.59	4:39.02	6
1) Zadalis, Zoey			
2) Kerkmann, Madalyn			
3) Kotrous, Kadence			
4) Miller, Lily			
4 Woodbine 'A'	4:42.10	4:46.02	5
1) Barry, Kate			
2) Hoefler, Taylor			
3) Blum, Vanessa			
4) Seda, Isabelle			
5 Riverside, Oak 'A'	4:38.29	4:52.34	4
1) Reed, Ella			
2) Rone, Bentley			
3) Fenner, Sophia			
4) Richardson, Bailey			
6 Harlan 'A'	4:45.00	5:01.12	3
1) Christensen, Rebekah			
2) Reisz, Kaylie			
3) Oliver, Olivia			
4) Anderson, Allie			
7 Carroll 'A'	4:56.95	5:16.65	2
1) Grell, Alyssa			
2) Mrla, Brylee			

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....Girls Distance Medley Varsity

3) Linares, Priscila	4) Abraham, Mirabel			
8 Logan-Magnolia 'A'		4:36.45	5:41.52	1
1) Vana, Natalie	2) Montemayor, Olivia			
3) Stone, Gracyn	4) Paracsi, Kate			

Girls 4x100 Meter Shuttle Hurdle Varsity

School	Seed	Finals	H#	Points
1 Treynor 'A'	1:08.01	1:07.79	2	10
1) Konz, Nora				
3) Mentzer, Grace				
2 Logan-Magnolia 'A'	1:13.89	1:12.35	1	8
1) Sloan, Ava				
3) Monico, Milie				
3 MO Valley 'A'	1:12.25	1:12.82	2	6
1) McCall, Madisyn				
3) Bissen, Abigail				
4 Denison-Schlswg 'A'	1:12.94	1:14.09	2	5
1) Bygness, Monroe				
3) Ipsen, Rylan				
5 Carroll 'A'	1:15.93	1:17.47	1	4
1) Schaefer, Macy				
3) Potthoff, Kendyl				
6 Riverside, Oak 'A'	1:21.65	1:26.73	1	3
1) Wilson, Ana				
3) Wilke, Amira				

Girls High Jump Varsity

Name	Year School	Seed	Finals	Points
1 Mun, Sara	Denison-Schlswg	5-02.00	5-03.00	10
2 Hemmingsen, Rylee	Treynor	5-01.00	5-00.00	8
3 Kiger, Maria	Logan-Magnolia	5-01.00	4-10.00	6
4 Feld, Willow	Carroll	5-02.00	4-08.00	5
5 Comstock, Violet	Riverside, Oak	4-10.00	4-06.00	4
-- Neligh, Cassidy	Woodbine	4-06.00	NH	

Girls Long Jump Varsity

Name	Year School	Seed	Finals	Points
1 Stone, Gracyn	Logan-Magnolia	14-10.00	15-04.50	10
2 Mrla, Brylee	Carroll	15-09.25	15-04.00	8
3 Saar, Ava	Treynor	14-08.00	15-02.00	6
4 Carritt, Teagan	Logan-Magnolia	14-09.75	14-10.50	5
5 Simmelink, Macy	Carroll	15-04.50	14-05.25	4
6 Lee, Brooke	Ahstw	14-10.50	14-04.75	3
7 Barry, Kate	Woodbine	14-00.00	14-00.00	2
8 Dawson, Madelyn	St. Albert, CB	13-11.00	13-10.75	1
9 Pattee, Charlotte	Ahstw	14-06.00	13-06.00	
10 Wilson, Ana	Riverside, Oak	13-00.00	13-02.75	

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Name	Year School	Seed	Finals	H#	Points
1 Mathews, Delaney	Treynor	39-04.00	37-08.50	1	10
2 Fenner, Sophia	Riverside, Oak	40-03.25	37-05.00	1	8
3 Winchell, Elyse	Treynor	34-11.00	32-05.00	1	6
4 Evans, Kaitlyn	MO Valley	32-04.00	32-03.50	1	5
5 Scheffler, Katie	Ahstw	32-04.00	31-09.00	1	4
6 Kelley, Madison	Riverside, Oak	34-00.00	31-02.00	1	3
7 Lambert, Lauren	Denison-Schlswg	30-11.75	29-06.50	1	2
8 Kock, Chloe	Carroll	33-11.50	28-10.00	1	1
9 Plagge, Gracen	Denison-Schlswg	30-02.25	28-05.00	1	
10 Berndt, Adelyn	Harlan	29-08.00	27-09.50	2	
11 Kelley, Bridgette	Woodbine	29-06.50	27-00.00	2	
12 Stevenson, Payton	MO Valley	27-04.00	26-06.50	2	
13 Crook, Emma	Woodbine	28-07.50	26-00.00	2	
14 Geith, Morghann	Logan-Magnolia	26-06.00	25-09.00	2	
15 Hansen, Kendra	Ahstw	25-07.00	24-01.00	2	
16 Nielsen, Mazlyn	Harlan	26-05.75	23-11.00	2	
17 Henry, Ryanna	Logan-Magnolia	24-01.00	23-08.50	2	
18 Olberding, Mozlynn	Carroll	24-07.00	22-11.00	2	

Girls Discus Throw Varsity

Name	Year School	Seed	Finals	H#	Points
1 Mathews, Delaney	Treynor	115-10	114-11	2	10
2 Marcum, Ryley	MO Valley	108-10	107-04	2	8
3 Kock, Chloe	Carroll	114-04	103-07	2	6
4 Carroll, Addison	Ahstw	116-09	99-04	2	5
5 Young, Liz	Treynor	96-02	97-09	2	4
6 Fenner, Sophia	Riverside, Oak	98-11	96-03	2	3
7 Evans, Rylee	MO Valley	99-06	96-02	2	2
8 Plagge, Gracen	Denison-Schlswg	109-09	95-08	2	1
9 Kelley, Madison	Riverside, Oak	102-08	95-04	2	
10 Berndt, Adelyn	Harlan	94-05	93-00	1	
11 Brix, Gwendalyn	Logan-Magnolia	92-04	89-00	1	
12 Salvo, Katie	St. Albert, CB	88-10	86-00	1	
13 Lambert, Lauren	Denison-Schlswg	86-04	83-08	1	
14 Crook, Emma	Woodbine	102-03	76-08	2	
15 O'Day, Abby	Woodbine	92-11	73-08	1	
16 Olberding, Mozlynn	Carroll	67-00	67-08	1	
17 Nielsen, Mazlyn	Harlan	71-09	65-09	1	
18 Scheffler, Katie	Ahstw	82-11	62-07	1	
19 Anderson, Abigail	Logan-Magnolia	53-00	57-08	1	

Women - Varsity - Team Rankings - 19 Events Scored

1) Treynor	175	2) Harlan	92
3) Logan-Magnolia	78	4) Riverside, Oak	70
5) Denison-Schlswg	67	6) Carroll	64
7) AHSTW	61	8) MO Valley	53
9) St. Albert, CB	38	10) Woodbine	30