

50th Annual Forwald/Coleman Relays
Iowa City High School, Raffensperger Track
Results - Final Events

Event 1 Girls 800 Sprint Medley**New Record: 1:47.99! 1998****Nearad, Gatens, Knight, Price**

| Lane | Team | Relay | Finals |
|---------------|-----------------------|-----------------------|----------|
| Finals | | | |
| 1 | Ic, City High | A | 1:50.36 |
| | Safia Almbrazi 12 | Bella Skay 12 | |
| | Eva Reynolds 12 | Ani Wedemeyer 10 | |
| 2 | Linn-Mar | A | 1:50.68 |
| | Sydney Carsello 12 | Gwen Gaffney 11 | |
| | Abby Mecklenburg 09 | Bethany Northrup 12 | |
| 3 | Ames | A | 1:51.84 |
| | Ireland Buss 12 | Elaina Deardorff 12 | |
| | Cameron Moon 12 | Sophia Hatcher 09 | |
| 4 | Pleasant Valley | A | 1:51.89 |
| | Mary Paige Withers 11 | Malayna Albertson 12 | |
| | Sophia Lewis 10 | Ashley Hansen 09 | |
| 5 | Dub Hempstead | A | 1:52.20 |
| | Akeelah Anderson 10 | Mallory Tomkins 09 | |
| | Ayla Osterkamp 10 | Keelee Leitzen 11 | |
| 6 | Valley, Wdm | A | 1:55.45 |
| | Makenna Paul 10 | Taylor Burns 10 | |
| | Brooklyn Brown 09 | Mya DouBrava 12 | |
| 7 | CR Kennedy | A | 1:55.65 |
| | Quren Hullon 11 | Emerson Swearinger 09 | |
| | Morgan Hospodarsky 09 | Jovie Veach 11 | |
| 8 | Ic, West | A | 1:59.59 |
| | Shaniya Jackson 10 | Natalie Steva 10 | |
| | Anna Prouty 12 | Evelyn Asay 10 | |
| 9 | Urbandale | A | 2:00.25 |
| | Dayna Spencer 11 | Brooke Spencer 09 | |
| | Avery Smit 09 | Sarah Webster 10 | |
| 10 | Ic, Liberty | A | 2:00.34 |
| | Kelsey Kaut 09 | Haley Schroeder 11 | |
| | Marissa Becker 10 | Clara Welch 10 | |
| --- | Mt Vernon | A | X1:52.60 |
| | Kara Swantz 10 | Addison Gookin 11 | |
| | Kate Dougherty 11 | Caliana Whitaker 09 | |
| --- | Denver | A | X1:53.41 |
| | Amelia Powers 10 | Elaina Hildebrandt 11 | |
| | Anna Curtis 12 | Natalie Demai 12 | |

Event 3 Girls 3000 Meter Run**New Record: 9:48.64! 1999 Michelle Lilienthal**

| Name | Yr | Team | Finals |
|---------------|-----------------|---------|----------|
| Finals | | | |
| 1 | Nina Peterson | 10 ICC | 10:34.91 |
| 2 | Cohen Kooker | 11 WDMV | 10:44.70 |
| 3 | Lauren Risdal | 10 AMES | 10:48.00 |
| 4 | Nicole Peterson | 10 ICC | 10:51.22 |
| 5 | Kayla Young | 12 SOL | 10:59.82 |
| 6 | Cali Trygstad | 12 WDMV | 11:05.84 |
| 7 | Sydney Berger | 11 WKE | 11:15.00 |
| 8 | Sydney Burrier | 09 WKE | 11:32.89 |
| 9 | Sophia Huber | 12 URB | 11:53.75 |
| 10 | Kalli Titus | 10 ICW | 12:11.16 |

| | | | |
|-----|-----------------|---------|-----------|
| 11 | Abbey Vezina | 12 LNM | 12:15.51 |
| 12 | Madelyn Johnson | 10 ICL | 12:36.35 |
| 13 | Ivy Hendrickson | 10 ICW | 12:46.67 |
| --- | Claire Jensen | 09 MNTV | X11:30.09 |

Event 5 Girls 4x800 Meter Relay**New Record: 9:25.43! 2002****J. Frudden, J. Dobyns, J. Frudden, L. Dobyns**

| Team | Relay | Finals |
|---------------|---------------------------|----------------------|
| Finals | | |
| 1 | Solon | A 9:41.90 |
| | Anna Quillin 11 | Grace Hoepfer 10 |
| | Ashlyn Williams 11 | Gracie Federspiel 11 |
| 2 | Valley, Wdm | A 9:46.62 |
| | Addison Dorenkamp 11 | Klaire Lietz 10 |
| | Raneen Rheem 12 | Finley Hancock 10 |
| 3 | Ames | A 9:53.43 |
| | Claire Helmers 10 | Charley Bleyle 11 |
| | Sydney Turk 12 | Marley Turk 10 |
| 4 | Dub Hempstead | A 9:58.62 |
| | Camdyn Kay 11 | Sophia Dallal 12 |
| | Mylee Lange 10 | Brooke O'Brien 12 |
| 5 | Urbandale | A 10:16.52 |
| | Victoria Martinez-Lohf 10 | Megan Carmell 12 |
| | Norah Seeley 11 | Alex Mackie 11 |
| 6 | Pleasant Valley | A 10:25.38 |
| | Lexi Minard 11 | Kaylee Mowen 10 |
| | Caitlin Quinn 10 | Selah Flanigan 09 |
| 7 | Ic, West | A 10:39.25 |
| | Cindy Wang 11 | Gabby Moniza 11 |
| | Hannah Longmire 09 | Kate Van Waning 09 |
| 8 | Waukee | A 10:49.74 |
| | Hayden Beyer 09 | Taylor LeBlanc 11 |
| | Eden Ransom 10 | Anna Barry 12 |
| 9 | Ic, Liberty | A 10:58.02 |
| | Averie Bilskemper 10 | Carleigh Maher 09 |
| | Clara Welch 10 | Bridget Canton 11 |
| 10 | CR Kennedy | A 11:17.80 |
| | Anabel Bradley 12 | Ramsay Geater 09 |
| | Cora McArtor 10 | Grace Park 12 |
| 11 | Ic, City High | A 11:22.16 |
| | Katiya Ellermeier 09 | Abigail Burns 09 |
| | Annabelle Stelpflug 09 | Nina Kuhlmann 10 |
| --- | Mt Vernon | A X10:09.81 |
| | Kiersten Swart 09 | Kameron Brand 12 |
| | Sam Schoff 10 | Laura Swart 12 |
| --- | Denver | A X10:29.34 |
| | Hailey Homan 10 | Laci Even 12 |
| | Reeve Ristau 10 | Amber Homan 12 |

Event 7 Girls 4x100 Meter Shuttle Hurdle**New Record: 1:02.84! 2016 Waukee****H Schau, S Winger, D Modrell, M Gray**

| Lane | Team | Relay | Finals |
|---------------|-------------------------|------------------------|----------|
| Finals | | | |
| 1 | Waukee NW | A | 1:07.91 |
| | Bailey Mahoney 09 | Hailey Davis 11 | |
| | Kamryn Vogt 11 | Alayna Schulte 09 | |
| 2 | Valley, Wdm | A | 1:08.42 |
| | Keely Rizley 12 | Emma Havighurst 10 | |
| | Elle Peterson 12 | Nyankuer Arou 11 | |
| 3 | Ic, West | A | 1:08.96 |
| | Sophia Olivo 10 | Lily McConnell 10 | |
| | Hebah War 12 | Erinah Carter 11 | |
| 3 | Linn-Mar | A | 1:08.96 |
| | Petra Sherman 11 | Katy Hand 12 | |
| | Allison Kriegel 12 | Mariah Young 10 | |
| 5 | Pleasant Valley | A | 1:11.04 |
| | Hannah McVey 11 | Jessie Clemons 11 | |
| | Caroline Corcoran 12 | Addy Patten 12 | |
| 6 | Waukee | A | 1:13.81 |
| | Morgan Gach 12 | Kendall Davey 10 | |
| | Elise Stephenson 09 | Natalie Sitzmann 09 | |
| 7 | Urbandale | A | 1:16.01 |
| | Lainey Drown 11 | Rylie Pruitt 09 | |
| | Camryn Johnson 10 | Kaidyn Shull 11 | |
| 8 | CR Kennedy | A | 1:19.86 |
| | Rachael Smith 10 | Taliyah Mcdaniel 11 | |
| | Jeymar Cuevas Suarez 11 | Kayla Langerman 09 | |
| 9 | Dub Hempstead | A | 1:21.53 |
| | Ashley Long 12 | Paige Howieson 10 | |
| | Akeelah Anderson 10 | Alivia May 10 | |
| 10 | Ic, City High | A | 1:22.51 |
| | Kjirsten Kenlin 12 | Monique Schnoebelen 12 | |
| | Gloria Konu 09 | Kayden Jensen 10 | |
| --- | Mt Vernon | A | X1:09.49 |
| | Elsa Appleton 11 | Lilly See 12 | |
| | Kiersten Swart 09 | Chloe Meester 10 | |

Event 9 Girls 100 Meter Dash**New Record: 12.14! 1999 Kristin Knight**

| Lane | Name | Yr | Team | Finals |
|---------------|------------------|----|------|--------|
| Finals | | | | |
| 1 | Gentry Williams | 10 | WKE | 12.88 |
| 2 | Annie Schwartz | 12 | ICW | 12.96 |
| 3 | Ireland Buss | 12 | AMES | 13.01 |
| 4 | Alexi Thigpen | 09 | ICL | 13.05 |
| 5 | Quren Hullon | 11 | CRK | 13.13 |
| 6 | Gabby Clark | 11 | WDMV | 13.17 |
| 7 | Ja'Niya Crawford | 10 | LNM | 13.31 |
| 8 | Summer Nichols | 11 | WKE | 13.32 |
| 9 | Anne Taoh | 10 | WANW | 13.42 |
| 10 | Precious Karyee | 10 | URB | 13.48 |
| 11 | Ashley Buchholz | 11 | WDMV | 13.52 |
| 12 | Brooke Spencer | 09 | URB | 13.61 |
| 13 | Emily Arling | 12 | ICC | 13.64 |

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Finals ... (Event 9 Girls 100 Meter Dash)

| | | | | |
|----|-------------------|----|------|-------|
| 14 | Safia Almabrazi | 12 | ICC | 13.76 |
| 15 | Natalie Steva | 10 | ICW | 13.91 |
| 16 | Bella Chamberlin | 09 | PV | 13.98 |
| 17 | Piper Birkenholtz | 09 | DUBH | 14.00 |
| 18 | Annie Garsayne | 09 | CRK | 14.07 |
| 19 | Haley Schroeder | 11 | ICL | 14.13 |
| 20 | Chloe Chamberlin | 11 | PV | 14.24 |
| 21 | Aubrey Schlichte | 10 | DUBH | 14.25 |

Event 13 Girls Distance Medley**New Record: 4:12.70! 2006 Tipton High School****B Foulks, C Kotz, C Marchik, A Miller**

| Lane | Team | Relay | Finals |
|------|------|-------|--------|
|------|------|-------|--------|

| Lane | Team | Relay | Finals |
|------|-------------------------|---------------------|---------|
| 1 | Ic, Liberty | A | 4:18.81 |
| | Stephanie Nuro Gyina 12 | Natalie Ramsey 09 | |
| | Malia Taylor 12 | Cori Mac 11 | |
| 2 | Ames | A | 4:28.84 |
| | Ellie Lynch 12 | Sophia Hatcher 09 | |
| | Charley Bleyle 11 | Saylor Horras 10 | |
| 3 | Linn-Mar | A | 4:29.47 |
| | Sarah White 09 | Brooklyn Guild 09 | |
| | Breka Trapp 11 | Chloe Egbert 09 | |
| 4 | Valley, Wdm | A | 4:31.87 |
| | Avery Remsburg 11 | Kaylin Kiner 11 | |
| | Kaelyn Wieland 09 | Autumn Mills 10 | |
| 5 | Waukee NW | A | 4:34.75 |
| | Bailey Mahoney 09 | Kamryn Vogt 11 | |
| | Lilah Kress 10 | Clara Olson 09 | |
| 6 | CR Kennedy | A | 4:40.09 |
| | Emerson Swearinger 09 | Ava Kingsbury 11 | |
| | Jovie Veach 11 | Alyssa Brandt 11 | |
| 7 | Pleasant Valley | A | 4:41.04 |
| | Avery Menke 12 | Hannah Horsfield 10 | |
| | Jaylee Duncan 09 | Kailee Wilson 09 | |
| 8 | Dub Hempstead | A | 4:42.13 |
| | Kassidy Buchenau 09 | Maddie Leeser 11 | |
| | Isabel Brauhn 11 | Mylee Lange 10 | |
| 9 | Urbandale | A | 4:47.95 |
| | Ava Ross 11 | Dayna Spencer 11 | |
| | Vanessa Twitty 09 | Sophia Huber 12 | |
| 10 | Ic, City High | A | 4:49.00 |
| | Jasmine Phonphiboun 12 | Emmy McComas 10 | |
| | Lucy Thompson 11 | Claire Locher 09 | |
| 11 | Ic, West | A | 4:58.33 |
| | Angie Forte 11 | Autumn Henderson 10 | |
| | Khamissa Tiea 09 | Emelia Grueter 09 | |

Event 15 Girls 400 Meter Dash**New Record: 56.81! 2017 Payton Wensel**

| Lane | Name | Yr | Team | Finals |
|------|------|----|------|--------|
|------|------|----|------|--------|

| Lane | Name | Yr | Team | Finals |
|------|------------------------|----|------|--------|
| 1 | Addison Swartzendruber | 11 | CRK | 57.01 |
| 2 | Ani Wedemeyer | 10 | ICC | 58.18 |
| 3 | Bethany Northrup | 12 | LNM | 58.33 |

| | | | | |
|----|-------------------|----|------|---------|
| 4 | Anjelena Carder | 11 | WKE | 59.90 |
| 5 | Elleana Lekkas | 12 | URB | 1:02.45 |
| 6 | Josie Case | 11 | PV | 1:02.89 |
| 7 | Camdyn Kay | 11 | DUBH | 1:04.04 |
| 8 | Josephine LeClair | 10 | ICC | 1:04.79 |
| 9 | Ramsay Geater | 09 | CRK | 1:05.82 |
| 10 | Anna Sojka | 09 | LNM | 1:06.05 |
| 11 | Mandy Overton | 12 | WDMV | 1:06.23 |
| 12 | Eva Willis | 09 | ICW | 1:06.98 |
| 13 | Brooklyn Brown | 09 | WDMV | 1:07.55 |
| 14 | Eden Ransom | 10 | WKE | 1:08.90 |
| 15 | Elena Tysseling | 12 | URB | 1:10.30 |
| 16 | Carleigh Maher | 09 | ICL | 1:10.54 |
| 17 | Hailey Noel | 12 | ICL | 1:10.96 |
| 18 | Reagan Hassel | 12 | PV | 1:14.66 |

Event 19 Girls 4x200 Meter Relay**New Record: 1:42.36! 2015 Waukee****G. Gaines, T Gates, S Witte, E Vojic**

| Lane | Team | Relay | Finals |
|------|------|-------|--------|
|------|------|-------|--------|

| Lane | Team | Relay | Finals |
|------|-----------------------|---------------------|----------|
| 1 | Ames | A | 1:44.82 |
| | Ireland Buss 12 | Elaina Deardorff 12 | |
| | Ellie Lynch 12 | Cameron Moon 12 | |
| 2 | Ic, Liberty | A | 1:47.65 |
| | Amira Coleman 11 | Jasmine Barney 12 | |
| | Hannah Ramsey 12 | Alexi Thigpen 09 | |
| 3 | Ic, City High | A | 1:47.66 |
| | Sierra Pruessner 11 | Bella Skay 12 | |
| | Ruth Cloyd 10 | Eva Reynolds 12 | |
| 4 | Pleasant Valley | A | 1:47.84 |
| | Malayna Albertson 12 | Jessie Clemons 11 | |
| | Sophia Lewis 10 | Ashley Hansen 09 | |
| 5 | CR Kennedy | A | 1:47.86 |
| | Morgan Hospodarsky 09 | Quren Hullon 11 | |
| | Emerson Swearinger 09 | Jovie Veach 11 | |
| 6 | Urbandale | A | 1:49.95 |
| | Ela Tabakovic 10 | Dennan Rew 12 | |
| | Lauren Nepper 12 | Sarah Webster 10 | |
| 7 | Valley, Wdm | A | 1:50.24 |
| | Ashley Buchholz 11 | Bella Mavinga 10 | |
| | Makenna Paul 10 | Taylor Burns 10 | |
| 8 | Waukee | A | 1:50.30 |
| | Valerie Jepkosgei 12 | Miranda Peters 12 | |
| | Ella McGee 11 | Gentry Williams 10 | |
| 9 | Linn-Mar | A | 1:50.33 |
| | Abby Mecklenburg 09 | Katy Hand 12 | |
| | Sydney Carsello 12 | Maia Denge-Hagen 11 | |
| 10 | Dub Hempstead | A | 1:51.47 |
| | Aubrey Schlichte 10 | Mallory Tomkins 09 | |
| | Jillian Renne 09 | Ayla Osterkamp 10 | |
| 11 | Ic, West | A | 2:01.62 |
| | Maliyah Lawrence 09 | Lindsey McKane 10 | |
| | Natalie Steva 10 | Hebah War 12 | |
| --- | Denver | A | X1:48.55 |
| | Natalie Demai 12 | Jillian Clayton 09 | |
| | Elaina Hildebrandt 11 | Anna Curtis 12 | |

| | | | |
|-----|-------------------|---------------------|----------|
| --- | Mt Vernon | A | X1:49.18 |
| | Josie Niehaus 11 | Kara Swantz 10 | |
| | Kate Dougherty 11 | Caliana Whitaker 09 | |

Event 21 Girls 100 Meter Hurdles**New Record: 14.53! 2017 Valerie Welch**

| Lane | Name | Yr | Team | Finals |
|------|------|----|------|--------|
|------|------|----|------|--------|

| Lane | Name | Yr | Team | Finals |
|------|----------------------|----|------|--------|
| 1 | Ali Frandsen | 12 | AMES | 14.47! |
| 2 | Emma Havighurst | 10 | WDMV | 15.40 |
| 3 | Grace Braden | 12 | CRK | 15.47 |
| 4 | Bailey Mahoney | 09 | WANW | 16.05 |
| 5 | Erinah Carter | 11 | ICW | 16.09 |
| 6 | Natalie Sitzmann | 09 | WKE | 16.20 |
| 7 | Mia Stahle | 11 | SOL | 16.22 |
| 8 | Sophia Olivo | 10 | ICW | 16.40 |
| 9 | Addy Patten | 12 | PV | 16.68 |
| 10 | Alayna Schulte | 09 | WANW | 16.72 |
| 11 | Petra Sherman | 11 | LNM | 16.94 |
| 12 | Kayla Langerman | 09 | CRK | 17.20 |
| 13 | Stephanie Nuro Gyina | 12 | ICL | 17.38 |
| 14 | Morgan Gach | 12 | WKE | 17.63 |
| 15 | Caroline Corcoran | 12 | PV | 17.66 |
| 16 | Nyankuer Arou | 11 | WDMV | 17.78 |
| 17 | Cindy Eckhardt | 09 | ICL | 17.80 |
| 18 | Lainey Drown | 11 | URB | 17.93 |
| 19 | Tori Sletteland | 09 | LNM | 18.19 |
| 20 | Rylie Pruitt | 09 | URB | 18.21 |
| 21 | Kjirsten Kenlin | 12 | ICC | 18.28 |
| 22 | Kayden Jensen | 10 | ICC | 18.60 |
| 23 | Paige Howieson | 10 | DUBH | 19.26 |
| 24 | Alivia May | 10 | DUBH | 20.40 |

Event 24 Girls 800 Meter Run**New Record: 2:11.08! 2018 Payton Wensel**

| Lane | Name | Yr | Team | Finals |
|------|------|----|------|--------|
|------|------|----|------|--------|

| Lane | Name | Yr | Team | Finals |
|------|-----------------------|----|------|---------|
| 1 | Sidney Swartzendruber | 11 | CRK | 2:16.74 |
| 2 | Ani Wedemeyer | 10 | ICC | 2:16.80 |
| 3 | Anna Sheriff | 10 | WANW | 2:18.85 |
| 4 | Mya DouBrava | 12 | WDMV | 2:20.09 |
| 5 | Alex Mackie | 11 | URB | 2:25.05 |
| 6 | Aubree Lalone | 10 | WANW | 2:29.17 |
| 7 | Sydney Turk | 12 | AMES | 2:30.38 |
| 8 | Kate Van Waning | 09 | ICW | 2:30.61 |
| 9 | Rachel Adamson | 12 | LNM | 2:33.43 |
| 10 | Sophia Dallal | 12 | DUBH | 2:33.99 |
| 11 | Josie Case | 11 | PV | 2:34.39 |
| 12 | Taylor LeBlanc | 11 | WKE | 2:35.68 |
| 13 | Hayden Beyer | 09 | WKE | 2:35.74 |
| 14 | Ally Buck | 11 | LNM | 2:36.79 |
| 15 | Averie Bilskemper | 10 | ICL | 2:37.53 |
| 16 | Lauren Risdal | 10 | AMES | 2:40.15 |
| 17 | Klaire Lietz | 10 | WDMV | 2:40.63 |
| 18 | Selah Flanigan | 09 | PV | 2:42.51 |
| 19 | Claire Locher | 09 | ICC | 2:44.12 |
| 20 | Cora McArtor | 10 | CRK | 2:51.23 |

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Iowa City High School, Raffensperger Track
Results - Final Events

Finals ... (Event 24 Girls 800 Meter Run)

| | | | | |
|-----|-----------------|----|------|----------|
| 21 | Annie Dickens | 10 | ICW | 2:53.33 |
| 22 | Madelyn Johnson | 10 | ICL | 2:54.59 |
| --- | Hailey Homan | 10 | DENV | X2:29.78 |
| --- | Kiersten Swart | 09 | MNTV | X2:32.65 |

Event 26 Girls 200 Meter Dash**New Record: 25.00! 2009 Ashley Wilkinson**

| Lane | Name | Yr | Team | Finals |
|---------------|------------------------|----|------|--------|
| Finals | | | | |
| 1 | Addison Swartzendruber | 11 | CRK | 26.53 |
| 2 | Lilah Kress | 10 | WANW | 27.21 |
| 3 | Bella Mavinga | 10 | WDMV | 27.26 |
| 4 | Valerie Jepkosgei | 12 | WKE | 27.35 |
| 5 | Precious Karyee | 10 | URB | 27.63 |
| 5 | Bella Skay | 12 | ICC | 27.63 |
| 7 | Hannah Ramsey | 12 | ICL | 27.66 |
| 8 | Ruth Cloyd | 10 | ICC | 27.67 |
| 9 | Brooklyn Guild | 09 | LNM | 27.95 |
| 9 | Vanessa Twitty | 09 | URB | 27.95 |
| 11 | Abby Mecklenburg | 09 | LNM | 28.01 |
| 12 | Avery Remsburg | 11 | WDMV | 28.48 |
| 13 | Ava Kingsbury | 11 | CRK | 28.59 |
| 14 | Kami Wood | 09 | PV | 28.86 |
| 15 | Kassidy Buchenau | 09 | DUBH | 29.24 |
| 16 | Anne Taoh | 10 | WANW | 29.31 |
| 17 | Mikenna Culp | 10 | PV | 30.22 |
| 18 | Natalie Steva | 10 | ICW | 30.26 |
| 19 | Autumn Henderson | 10 | ICW | 30.46 |
| 20 | Elise Stephenson | 09 | WKE | 30.75 |

Event 30 Girls 400 Meter Hurdles**New Record: 1:00.55! 2016 Sarah Plock**

| Lane | Name | Yr | Team | Finals |
|---------------|-------------------|----|------|----------|
| Finals | | | | |
| 1 | Ali Frandsen | 12 | AMES | 1:03.47 |
| 2 | Eva Reynolds | 12 | ICC | 1:06.41 |
| 3 | Erinn Varga | 11 | ICW | 1:06.56 |
| 4 | Mia Stahle | 11 | SOL | 1:07.83 |
| 5 | Natalie Sitzmann | 09 | WKE | 1:09.45 |
| 6 | Hannah McVey | 11 | PV | 1:10.80 |
| 7 | Natalie Ramsey | 09 | ICL | 1:12.45 |
| 8 | Jessie Clemons | 11 | PV | 1:12.75 |
| 9 | Jordyn Beck | 12 | LNM | 1:13.59 |
| 10 | Lily McConnell | 10 | ICW | 1:13.66 |
| 11 | Finley Hancock | 10 | WDMV | 1:13.85 |
| 12 | Hailey Davis | 11 | WANW | 1:13.89 |
| 13 | Grace Braden | 12 | CRK | 1:14.19 |
| 14 | Jenna Jones | 11 | WKE | 1:14.99 |
| 15 | Christina Gorsich | 09 | LNM | 1:16.67 |
| 16 | Autumn Mills | 10 | WDMV | 1:17.55 |
| 17 | Angelica Hamilton | 10 | ICC | 1:19.87 |
| 18 | Kaidyn Shull | 11 | URB | 1:23.63 |
| --- | Aubrey Decker | 11 | DENV | X1:06.64 |
| --- | Laura Swart | 12 | MNTV | X1:07.88 |
| --- | Mary Hamilton | 10 | ICCB | X1:15.77 |

Event 32 Girls 1500 Meter Run**New Record: 4:31.24! 2016 Stephanie Jenks**

| Name | Yr | Team | Finals | |
|---------------|------------------------|------|--------|----------|
| Finals | | | | |
| 1 | Addison Dorenkamp | 11 | WDMV | 4:44.14 |
| 2 | Grace Boleyn | 10 | PV | 4:46.54 |
| 3 | Keelee Leitzen | 11 | DUBH | 4:54.61 |
| 4 | Cori Mac | 11 | ICL | 4:55.79 |
| 5 | Cohen Kooker | 11 | WDMV | 5:00.66 |
| 6 | Brooke O'Brien | 12 | DUBH | 5:00.73 |
| 7 | Michelle McConkey | 09 | WKE | 5:01.32 |
| 8 | Lillian Sundet | 11 | WANW | 5:02.42 |
| 9 | Alyssa Brandt | 11 | CRK | 5:04.07 |
| 10 | Nina Peterson | 10 | ICC | 5:05.99 |
| 11 | Nicole Peterson | 10 | ICC | 5:12.59 |
| 12 | Mallory Wurth | 10 | WKE | 5:16.10 |
| 13 | Malia Taylor | 12 | ICL | 5:17.77 |
| 14 | Anabel Bradley | 12 | CRK | 5:17.78 |
| 15 | Clara Olson | 09 | WANW | 5:18.50 |
| 16 | Megan Carmell | 12 | URB | 5:19.35 |
| 17 | Victoria Martinez-Lohf | 10 | URB | 5:22.18 |
| 18 | Lexi Minard | 11 | PV | 5:24.90 |
| 19 | Cindy Wang | 11 | ICW | 5:27.84 |
| 20 | Gabby Moniza | 11 | ICW | 5:31.38 |
| 21 | Addie Domer | 09 | LNM | 5:42.98 |
| 22 | Ella Dorman | 12 | LNM | 5:56.24 |
| --- | Reeve Ristau | 10 | DENV | X5:21.51 |

Event 34 Girls 4x100 Meter Relay**New Record: 50.48! 2022 Linn-Mar****M Gustason, K Bunn, S Carsello, E Schmidt**

| Lane | Team | Relay | Finals |
|---------------|----------------------|---------------------|--------|
| Finals | | | |
| 1 | Ames | A | 49.99! |
| | Ireland Buss 12 | Sophia Hatcher 09 | |
| | Ellie Lynch 12 | Cameron Moon 12 | |
| 2 | Valley, Wdm | A | 50.42! |
| | Gabby Clark 11 | Ashley Buchholz 11 | |
| | Bella Mavinga 10 | Emma Havighurst 10 | |
| 3 | Ic, Liberty | A | 50.61 |
| | Alexi Thigpen 09 | Brynlee Slockett 11 | |
| | Amira Coleman 11 | Jasmine Barney 12 | |
| 4 | Linn-Mar | A | 51.12 |
| | Gwen Gaffney 11 | Katy Hand 12 | |
| | Sydney Carsello 12 | Kaylee Bunn 11 | |
| 5 | Ic, City High | A | 51.50 |
| | Safia Almabrazi 12 | Bella Skay 12 | |
| | Sierra Pruessner 11 | Ruth Cloyd 10 | |
| 6 | Waukee | A | 51.53 |
| | Valerie Jepkosgei 12 | Miranda Peters 12 | |
| | Ella McGee 11 | Summer Nichols 11 | |
| 7 | Urbandale | A | 51.80 |
| | Ela Tabakovic 10 | Dennan Rew 12 | |
| | Lainey Drown 11 | Precious Karyee 10 | |

| | | | |
|-----|-----------------------|-----------------------|--------|
| 8 | Dub Hempstead | A | 52.46 |
| | Akeelah Anderson 10 | Jillian Renne 09 | |
| | Mallory Tomkins 09 | Ayla Osterkamp 10 | |
| 9 | Ic, West | A | 52.52 |
| | Shaniya Jackson 10 | Lily McConnell 10 | |
| | Erinah Carter 11 | Annie Schwartz 12 | |
| 10 | Pleasant Valley | A | 52.81 |
| | Mary Paige Withers 11 | Bella Chamberlin 09 | |
| | Hannah Horsfield 10 | Rhema Saddler 12 | |
| 11 | CR Kennedy | A | 53.13 |
| | Quren Hullon 11 | Kayla Langerman 09 | |
| | Annie Garsayne 09 | Ava Kingsbury 11 | |
| --- | Denver | A | X53.81 |
| | Amelia Powers 10 | Elaina Hildebrandt 11 | |
| | Deidra Cinadr 11 | Anna Curtis 12 | |

Event 36 Girls 4x400 Meter Relay Coleman**New Record: 3:58.82! 2022 IC, City High****I Wedemeyer, M DePrenger, S Pruessner, A Wedemeyer**

| Lane | Team | Relay | Finals |
|---------------|---------------------------|--------------------------|----------|
| Finals | | | |
| 1 | CR Kennedy | A | 3:59.10 |
| | Addison Swartzendruber 11 | Jovie Veach 11 | |
| | Emerson Swearinger 09 | Sidney Swartzendruber 11 | |
| 2 | Ames | A | 3:59.93 |
| | Cameron Moon 12 | Saylor Horras 10 | |
| | Ali Frandsen 12 | Ellie Lynch 12 | |
| 3 | Ic, City High | A | 4:06.56 |
| | Josephine LeClair 10 | Eva Reynolds 12 | |
| | Lucy Thompson 11 | Ani Wedemeyer 10 | |
| 4 | Linn-Mar | A | 4:11.30 |
| | Breka Trapp 11 | Ameriz Nielsen 12 | |
| | Maia Denge-Hagen 11 | Bethany Northrup 12 | |
| 5 | Waukee | A | 4:11.39 |
| | Anjelena Carder 11 | Jenna Jones 11 | |
| | Jayden Rees 09 | Gentry Williams 10 | |
| 6 | Valley, Wdm | A | 4:11.93 |
| | Raneen Rheem 12 | Klaire Lietz 10 | |
| | Mya DouBrava 12 | Kaelyn Wieland 09 | |
| 7 | Ic, West | A | 4:12.60 |
| | Lydia Evans 09 | Annie Schwartz 12 | |
| | Anna Prouty 12 | Erinn Varga 11 | |
| 8 | Pleasant Valley | A | 4:16.27 |
| | Jaylee Duncan 09 | Kailee Wilson 09 | |
| | Kami Wood 09 | Grace Boleyn 10 | |
| 9 | Urbandale | A | 4:17.25 |
| | Elleana Lekkas 12 | Lauren Nepper 12 | |
| | Sarah Webster 10 | Dennan Rew 12 | |
| 10 | Dub Hempstead | A | 4:25.45 |
| | Camdyn Kay 11 | Isabel Brauhn 11 | |
| | Maddie Leeser 11 | Piper Birkenholtz 09 | |
| 11 | Ic, Liberty | A | 4:30.79 |
| | Hannah Ramsey 12 | Clara Welch 10 | |
| | Hailey Noel 12 | Marissa Becker 10 | |
| --- | Denver | A | X4:13.23 |
| | Anna Curtis 12 | Elaina Hildebrandt 11 | |
| | Aubrey Decker 11 | Natalie Demai 12 | |

50th Annual Forwald/Coleman Relays
Iowa City High School, Raffensperger Track
Results - Final Events

Event 240 Girls Discus Throw

New Record: 154-02! 2007 Taylor Freeman

| Lane Name | Yr | Team | Finals |
|----------------------|----|------|--------|
| Finals | | | |
| 1 Reese Goodlet | 11 | PV | 142-08 |
| 2 Gwen Gaffney | 11 | LNM | 120-01 |
| 3 Gabriella Ragins | 10 | PV | 115-04 |
| 4 Erica Kinn | 10 | LNM | 114-05 |
| 5 Mackenzie Mohler | 10 | WDMV | 113-07 |
| 6 Dharma Woodruff | 12 | URB | 112-05 |
| 7 Hannah Braun | 09 | ICC | 110-09 |
| 8 Rachel Haack | 09 | ICC | 109-05 |
| 9 Elayna Matthews | 10 | WKE | 105-05 |
| 9 Ella Stobbe | 09 | WKE | 105-05 |
| 11 Dawn Saili | 11 | AMES | 105-01 |
| 12 Katie Strotman | 12 | AMES | 101-08 |
| 13 Jolie Nordell | 11 | ICL | 99-09 |
| 14 Gabbi Frederick | 11 | DUBH | 97-02 |
| 15 Helen Penning | 11 | ICW | 93-02 |
| 16 Lilea Prahm | 12 | CRK | 91-05 |
| 17 Lizzie Jarchow | 11 | WDMV | 86-01 |
| 18 Eno Sule | 10 | ICW | 81-03 |
| 19 Lauren Salmon | 10 | URB | 78-06 |
| 20 Lilly Xayasouk | 12 | CRK | 74-03 |
| 21 Mekdes Holesinger | 10 | DUBH | 61-06 |
| 22 Lucy Pottebaum | 09 | ICL | 59-05 |
| --- Amara Tilley | 12 | ICCB | X97-09 |

Event 245 Girls Long Jump

New Record: 18-04! 2014 Kiera Washpun

| Lane Name | Yr | Team | Finals |
|---------------------|----|------|-----------|
| Finals | | | |
| 1 Jasmine Barney | 12 | ICL | 16-07.50 |
| 2 Alexi Thigpen | 09 | ICL | 16-04.75 |
| 3 Lilah Kress | 10 | WANW | 16-01.25 |
| 4 Petra Sherman | 11 | LNM | 15-09.75 |
| 5 Emily Arling | 12 | ICC | 15-05.25 |
| 6 Ruth Cloyd | 10 | ICC | 15-04.75 |
| 7 Meena Tate | 12 | ICW | 15-02.00 |
| 8 Lindsey McKane | 10 | ICW | 15-01.00 |
| 9 Ayla Osterkamp | 10 | DUBH | 14-11.50 |
| 10 Elaina Deardorff | 12 | AMES | 14-11.00 |
| 11 Lainey Drown | 11 | URB | 14-10.00 |
| 12 Jazlyn Hoehle | 12 | URB | 14-09.25 |
| 13 Anne Taoh | 10 | WANW | 14-05.00 |
| 14 Elle Peterson | 12 | WDMV | 13-11.75 |
| 15 Audrey Morris | 09 | LNM | 13-10.75 |
| 16 Eliza Shamrell | 09 | PV | 13-02.75 |
| 17 Kami Wood | 09 | PV | 13-02.00 |
| 18 Cassidy Buchenau | 09 | DUBH | 13-00.75 |
| 19 Annie Garsayne | 09 | CRK | 11-10.50 |
| --- Madison Brown | 12 | WDMV | ND |
| --- Kayla Langerman | 09 | CRK | ND |
| --- Sophia Hatcher | 09 | AMES | ND |
| --- Elsa Appleton | 11 | MNTV | X15-00.00 |

Event 242 Girls Shot Put

New Record: 47-10.25! 2006 Danica Haight

| Lane Name | Yr | Team | Finals |
|----------------------|----|------|-----------|
| Finals | | | |
| 1 Kennedy Evans | 12 | LNM | 39-01.50 |
| 2 Mackenzie Fah | 10 | PV | 38-04.25 |
| 3 Rachel Vonderhaar | 12 | PV | 38-00.00 |
| 4 Tatum Johnson | 09 | URB | 36-07.25 |
| 5 Jolie Nordell | 11 | ICL | 36-02.50 |
| 6 Josianna Toingar | 11 | LNM | 35-04.50 |
| 7 Helen Penning | 11 | ICW | 35-01.25 |
| 8 Gabbi Frederick | 11 | DUBH | 32-08.25 |
| 9 Rachel Haack | 09 | ICC | 32-04.50 |
| 10 Lauren Salmon | 10 | URB | 32-00.00 |
| 11 Mackenzie Mohler | 10 | WDMV | 31-00.00 |
| 12 Ella Stobbe | 09 | WKE | 30-09.00 |
| 13 Elayna Matthews | 10 | WKE | 29-05.50 |
| 14 Aakiaya Mosley | 12 | AMES | 29-03.25 |
| 15 Lilea Prahm | 12 | CRK | 29-02.00 |
| 16 Lizzie Jarchow | 11 | WDMV | 29-00.50 |
| 17 Katie Strotman | 12 | AMES | 28-10.25 |
| 18 Hannah Braun | 09 | ICC | 28-08.50 |
| 19 Mekdes Holesinger | 10 | DUBH | 28-02.75 |
| 20 Uniyah Appling | 11 | ICW | 26-04.50 |
| 21 Chloe Schwerin | 11 | CRK | 25-11.00 |
| 22 Lucy Pottebaum | 09 | ICL | 23-08.00 |
| --- Amara Tilley | 12 | ICCB | X28-02.75 |

Event 247 Girls High Jump

New Record: 5-06! 2018 Skyler Presler

| Name | Yr | Team | Finals |
|-----------------------|----|------|----------|
| Finals | | | |
| 1 Meena Tate | 12 | ICW | J5-02.00 |
| 2 Katy Hand | 12 | LNM | J5-01.00 |
| 2 Allison Kriegel | 12 | LNM | J5-01.00 |
| 4 Allison Burger | 12 | WKE | J4-11.00 |
| 5 Ayak Akol | 09 | AMES | J4-11.00 |
| 6 Sierra Emison Clair | 12 | WDMV | J4-09.00 |
| 6 Jayla Parker | 09 | WDMV | J4-09.00 |
| 6 Tommy June Simmons | 10 | ICC | J4-09.00 |
| 6 Ava Bruxvoort | 10 | ICW | J4-09.00 |
| 10 Anisa Percival | 10 | AMES | J4-09.00 |
| 11 Hanley Schmidt | 09 | PV | J4-07.00 |
| 12 Eliza Shamrell | 09 | PV | J4-07.00 |
| 13 Grace Braden | 12 | CRK | J4-05.00 |
| 13 Cassidy Hartman | 12 | ICL | J4-05.00 |
| 15 Aminatha Rukakiza | 10 | ICC | J4-05.00 |
| --- Madelyn Herteen | 10 | URB | NH |
| --- Emersyn Secora | 11 | CRK | NH |