

## 2023 Hempstead Invitational - 4/18/2023

## Dalzell Field at Dubuque Senior HS

## Results

## Girls 100 Meter Dash Varsity

Lane Name	Team	Finals
<b>Finals</b>		
1 Walters, Brynn	EWDU	12.49
2 Ramler, Ava	EWDU	12.74
3 Russell, Asia	PRCR	12.99
4 Jordan, Sarah	PRCR	13.09
5 Crawford, Ja'Niya	LNM	13.33
6 Spector, Cecelia	BETT	13.36
7 Withers, Mary Paige	PV	13.44
8 Stroup, Elodie	PV	13.46
8 Carsello, Sydney	LNM	13.46
10 Crittenden, Mari	CRW	13.56
11 Sieverding, Kylie	WAHL	13.62
11 Ostrom, Anna	BETT	13.62
13 Eisbach, Bella	WAHL	13.73
14 Durin, Sierra	XCR	13.75
15 Renne, Jillian	DUBH	13.79
16 Neal, Olivia	XCR	13.81
17 Lawler, Jenna	DUBS	13.94
18 Bailey, Savannah	DUBH	14.00
19 Longstreet, Amriah	CRW	14.15
20 Ruden, Catharine	DUBS	14.18
21 Verhagen, Lauren	MOTC	14.65
22 Noll, Kaylin	MOTC	14.83

## Girls 101 Meter Dash Varsity

Name	Team	Finals
<b>Finals</b>		
1 Darter, Ally	DUBH	24.15

## Girls 200 Meter Dash Varsity

Lane Name	Team	Finals
<b>Finals</b>		
1 Walters, Brynn	EWDU	25.99
2 Donovan, Emma	WAHL	27.12
3 White, Sarah	LNM	27.40
4 Osterkamp, Ayla	DUBH	27.57
5 Weiss, Kate	XCR	27.62
6 Guild, Brooklyn	LNM	27.70
7 Hefel, Carly	DUBS	27.74
8 Canny, Lyla	PRCR	28.22
9 Reittinger, Catie	PRCR	28.40
10 Crittenden, Mari	CRW	28.42
11 Zimmerman, Ava	MOTC	28.66
12 Scherrman, Jenna	CRW	29.03
13 Horsfield, Hannah	PV	29.21
14 Wilson, Kailee	PV	29.25
15 Muhlbauer, Regan	XCR	29.41
16 Ruden, Catharine	DUBS	29.93
17 Leeser, Maddie	DUBH	30.01
18 McQuillen, Keziah	MOTC	30.11

## Girls 201 Meter Dash Varsity

Name	Team	Finals
<b>Finals</b>		
1 Darter, Ally	DUBH	46.83

## Girls 400 Meter Dash Varsity

Lane Name	Team	Finals
<b>Finals</b>		
1 Leitzen, Keelee	DUBH	58.49
2 Guild, Brooklyn	LNM	1:04.06
3 Wilson, Kailee	PV	1:05.21
4 Mowen, Kaylee	PV	1:05.59
5 Beck, Jordyn	LNM	1:07.03
6 Richmond, Keira	XCR	1:08.59
7 McIlrath, Kasey	EWDU	1:08.64
8 Gilligan, Molly	DUBS	1:08.96
9 Denman, Paige	XCR	1:10.24
10 Sankot, Heidi	PRCR	1:11.31
11 Hermesen, Kennedy	MOTC	1:11.33
12 Tarvestad, Anna	CRW	1:13.65

## Girls 401 Meter Dash Varsity

Name	Team	Finals
<b>Finals</b>		
1 Darter, Ally	DUBH	1:37.25

## Girls 800 Meter Run Varsity

Name	Team	Finals
<b>Finals</b>		
1 Boleyn, Grace	PV	2:16.61
2 Kehoe, Marisa	MOTC	2:21.51
3 O'Brien, Brooke	DUBH	2:22.77
4 Egbert, Chloe	LNM	2:25.93
5 Duncan, Jaylee	PV	2:26.82
6 Hoyer, Claire	DUBS	2:32.66
7 Capron, Ava	MOTC	2:32.96
8 Keiper, Emma	PRCR	2:34.43
9 Harms, Georgia	DUBS	2:34.73
10 Lange, Mylee	DUBH	2:35.23
11 Graber, Isabella	EWDU	2:38.10
12 Christensen, Ava	PRCR	2:38.76
13 Neal, Annabelle	XCR	2:45.40
14 Callahan, Samantha	WAHL	2:45.66
15 Schmit, Elena	XCR	2:48.01
16 Hetrick, Makenna	CRW	2:53.36
17 Rima, Izzy	EWDU	3:09.80

## Girls 1500 Meter Run Varsity

Name	Team	Finals
<b>Finals</b>		
1 Sommer, Lydia	PV	4:41.58
2 Boleyn, Grace	PV	4:53.15
3 Klapatauskas, Leah	DUBS	4:53.44
4 See, Emily	BETT	4:57.76
5 Henneberry, Evie	DUBH	5:09.46
6 Adamson, Rachel	LNM	5:15.99

7 Murphy, Lucy	WAHL	5:16.42
8 Graham, Lily	WAHL	5:17.08
9 Klein, Alyssa	EWDU	5:17.66
10 Chesterman, Emma	DUBS	5:18.84
11 Buck, Ally	LNM	5:26.21
12 Deegan, Mia	XCR	5:28.18
13 Recker, Halle	MOTC	5:28.92
14 Schlichte, Natalie	DUBH	5:29.33
15 McNabb, Sophie	PRCR	5:37.50
16 Rose, Stella	PRCR	5:41.59
17 Richmond, Keira	XCR	5:52.90

## Girls 3000 Meter Run Varsity

Name	Team	Finals
<b>Finals</b>		
1 Minard, Lexi	PV	11:03.50
2 Hess, Keirra	PRCR	11:09.31
3 Murphy, Lucy	WAHL	11:10.56
4 Dallal, Sophia	DUBH	11:11.65
5 Flanigan, Selah	PV	11:12.76
6 Gorton, Emily	DUBS	11:19.25
7 Graham, Lilly	WAHL	11:46.76
8 Hetrick, Makenna	CRW	11:54.26
9 Domer, Addie	LNM	11:55.56
10 Hamilton, Karlee	PRCR	11:57.45
11 Vezina, Abbey	LNM	11:57.77
12 Besler, Anna	DUBH	12:02.51
13 Pfab, Hailey	XCR	14:56.72

## Girls 100 Meter Hurdles Varsity

Lane Name	Team	Finals
<b>Finals</b>		
1 Durin, Naomi	XCR	15.61
2 Patten, Addy	PV	16.01
3 Dopler, Campbell	BETT	17.23
4 Young, Mariah	LNM	17.91
5 Durin, Sierra	XCR	18.02
6 Kriegel, Allison	LNM	18.33
7 Hassel, Reagan	PV	18.36
8 O'Neal, Alyssa	BETT	18.42
9 Leisen, Isabel	EWDU	18.51
10 Hughes, Hannah	PRCR	18.59
11 Cihla, Lauren	CRW	18.82
12 Leisen, Natalie	EWDU	19.52
13 Papesch, Megan	PRCR	19.58
14 Freese, Savannah	MOTC	20.21
15 Drapeau, Cambel	DUBS	20.45
16 May, Alivia	DUBH	20.95
17 Jaeger, Koye	MOTC	22.99
18 Long, Ashley	DUBH	25.74

## Girls 400 Meter Hurdles Varsity

Lane Name	Team	Finals
<b>Finals</b>		
1 McVey, Hannah	PV	1:07.38
2 Arnold, Emma	XCR	1:07.95
3 Slessor, Sage	CRW	1:11.34

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## Results

## Finals ... (Girls 400 Meter Hurdles Varsity)

4	Dopler, Campbell	BETT	1:11.79
5	VanBerkum, Ava	XCR	1:12.19
6	Beck, Jordyn	LNLM	1:14.92
7	Dallal, Sophia	DUBH	1:15.82
8	Hess, Keirra	PRCR	1:16.50
9	Gorsich, Christina	LNLM	1:16.58
10	Howieson, Paige	DUBH	1:16.87
11	Jasper, Sophie	DUBS	1:17.31
12	Freese, Savannah	MOTC	1:20.57
13	Randall, Madison	EWDU	1:22.30
14	Kaiser, Gabby	EWDU	1:24.50

## Girls 4x100 Meter Relay Varsity

Lane	Team	Relay	Finals
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<b>Finals</b>			
1	Linn-Mar	A	51.87
	Mecklenburg, Abby	Hand, Katy	
	Carsello, Sydney	Gaffney, Gwen	
2	Wahlert, Dub	A	52.19
	McClimon, Lauren	Ellis, Karyn	
	Sieverding, Kylie	Eisbach, Bella	
3	Xavier, CR	A	52.39
	Durin, Sierra	Durin, Naomi	
	Neal, Olivia	Weiss, Kate	
4	Epworth, WD	A	52.55
	Ehlers, Lucy	Ramler, Ava	
	Ernzen, Erica	Stuntz, Claire	
5	Prairie, CR	A	52.69
	Russell, Asia	Gammon, Hailey	
	McClure, Izzy	Jordan, Sarah	
6	Bettendorf	A	52.78
	Williams, Maya	Ostrom, Anna	
	Magistrelli, Brooke	Spector, Cecelia	
7	Pleasant Valley	A	53.17
	Withers, Mary Paige	Saddler, Rhema	
	Stroup, Elodie	Chamberlin, Chloe	
8	Dub Hempstead	A	53.50
	Anderson, Akeelah	Renne, Jillian	
	Tomkins, Mallory	Schlichte, Aubrey	
9	Dub Senior	A	54.32
	Singletary, Ava	Lawler, Jenna	
	Brimeyer, Olivia	Hefel, Carly	
10	CR Washington	A	54.46
	Scherrman, Jenna	Thurmond, Cassie	
	Parker, Jocelyn	Crittenden, Mari	
11	Monticello	A	57.08
	Barnhart, Gabi	Glawatz, Ella	
	Noll, Kaylin	Verhagen, Lauren	

## Girls 4x200 Meter Relay Varsity

Lane	Team	Relay	Finals
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<b>Finals</b>			
1	Epworth, WD	A	1:46.85
	Ehlers, Lucy	Ramler, Ava	
	Stuntz, Claire	Walters, Brynn	

2	Dub Hempstead	A	1:47.98
	Anderson, Akeelah	Tomkins, Mallory	
	Birkenholtz, Piper	Schlichte, Aubrey	
3	Linn-Mar	A	1:48.02
	Mecklenburg, Abby	Hand, Katy	
	Carsello, Sydney	Northrup, Bethany	
4	Prairie, CR	A	1:50.07
	Russell, Asia	Decker, Ryann	
	McClure, Izzy	Jordan, Sarah	
5	Pleasant Valley	A	1:50.53
	Albertson, Malayna	Clemons, Jessie	
	Lewis, Sophia		
6	Bettendorf	A	1:53.38
	Ostrom, Anna	Williams, Maya	
	Magistrelli, Brooke	Teagarden, Tessa	
7	Xavier, CR	A	1:58.63
	Neal, Olivia	Muhlbauer, Regan	
	Marek, Erica	Maloney, Nora	
8	CR Washington	A	2:01.74
	Parker, Jocelyn	Pfremmer, Isolde	
	Thurmond, Cassie	Pasker, Ava	
9	Monticello	A	2:01.78
	Verhagen, Lauren	Zimmerman, Olivia	
	Noll, Kaylin	Barnhart, Gabi	
10	Dub Senior	A	2:01.98
	Ahart, Kaydence	Ava, Ahart	
	Jones, Tristan	Rupp, Ava	
---	Wahlert, Dub	A	DQ
	McDonald, Meghan	Donovan, Emma	
	Donovan, Olivia	Steffen, Rylee	

## Girls 4x400 Meter Relay Varsity

Lane	Team	Relay	Finals
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<b>Finals</b>			
1	Wahlert, Dub	A	4:01.26
	Donovan, Olivia	Roling, Anna	
	McDonald, Meghan	Steffen, Rylee	
2	Dub Hempstead	A	4:05.89
	O'Brien, Brooke	Digman, Maddie	
	Osterkamp, Ayla	Leitzen, Keelee	
3	Linn-Mar	A	4:08.71
	Trapp, Breka	Nielsen, Ameriz	
	Denge-Hagen, Maia	Northrup, Bethany	
4	Bettendorf	A	4:09.79
	Teagarden, Tessa	Schaefer, Mackenzie	
	Rasmer, Calista	Williams, Maya	
5	Prairie, CR	A	4:10.35
	Childers, Mackenzie	Hughes, Hannah	
	Reittinger, Catie	Decker, Ryann	
6	Epworth, WD	A	4:16.87
	Graber, Alley	Goins, Ava	
	Koetz, Paige	Soppe, Natalie	
7	Pleasant Valley	A	4:29.90
	Case, Josie	Wood, Kami	
	Quinn, Caitlin	Asselin, Riley	

8	Xavier, CR	A	4:30.41
	Neal, Annabelle	Schmit, Elena	
	Oehler, Lucy	Arnold, Emma	
9	Dub Senior	A	4:30.92
	Gorton, Emily	Kilgore, Julia	
	Miller, Kaitlyn	Gilligan, Molly	
10	Monticello	A	4:32.86
	Zimmerman, Ava	McQuillen, Keziah	
	Capron, Ava	Henderson, Hailey	
11	CR Washington	A	5:04.91
	Stock, Reagan	Tarvestad, Anna	
	Hetrick, Makenna	Keck, Avarie	

## Girls 4x800 Meter Relay Varsity

Team	Relay	Finals
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<b>Finals</b>			
1	Dub Hempstead	A	9:34.68
	Henneberry, Evie	Digman, Maddie	
	O'Brien, Brooke	Leitzen, Keelee	
2	Bettendorf	A	9:41.62
	See, Emily	Schaefer, Mackenzie	
	Rasmer, Calista	Williams, Maya	
3	Linn-Mar	A	9:49.24
	Trapp, Breka	Egbert, Chloe	
	Buck, Ally	Northrup, Bethany	
4	Dub Senior	A	10:03.67
	Hoyer, Claire	Harms, Georgia	
	Kilgore, Julia	Klapatauskas, Leah	
5	Monticello	A	10:07.36
	Kehoe, Marisa	Henderson, Hailey	
	Recker, Halle	Capron, Ava	
6	Epworth, WD	A	10:21.20
	Meyers, Bella	Klein, Alyssa	
	Koetz, Paige	Graber, Isabella	
7	Xavier, CR	A	10:32.44
	Deegan, Mia	Neal, Annabelle	
	Schmit, Elena	Richmond, Keira	
8	Pleasant Valley	A	10:46.27
	Case, Josie	Mehta, Khushi	
	Bharadwaj, Siddhi	Paul, Payton	
9	Prairie, CR	A	11:01.71
	Bishop, Chloe	Rose, Stella	
	McNabb, Sophie	Kwilose, Sarah	

## Girls 800 Sprint Medley Varsity

Lane	Team	Relay	Finals
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<b>Finals</b>			
1	Wahlert, Dub	A	1:49.34
	McClimon, Lauren	Donovan, Emma	
	McDonald, Meghan	Steffen, Rylee	
2	Linn-Mar	A	1:54.92
	Carsello, Sydney	Gaffney, Gwen	
	Mecklenburg, Abby	Denge-Hagen, Maia	
3	Bettendorf	A	1:57.86
	Magistrelli, Brooke	Teagarden, Tessa	
	Ostrom, Anna	Miller, Tatum	

## 2023 Hempstead Invitational - 4/18/2023

## Dalzell Field at Dubuque Senior HS

## Results

## Finals ... (Girls 800 Sprint Medley Varsity)

Lane	Team	Relay	Finals
4	Epworth, WD	A	1:58.76
	McKenna, Katie	Stuntz, Claire	
	Ehlers, Lucy	Graber, Alley	
5	Pleasant Valley	A	1:58.91
	Saddler, Rhema	Albertson, Malayna	
	Lewis, Sophia	Mowen, Kaylee	
6	Xavier, CR	A	2:00.05
	Durin, Sierra	Weiss, Kate	
	Durin, Naomi	Oehler, Lucy	
7	Prairie, CR	A	2:00.39
	Gammon, Hailey	Canny, Lyla	
	Ward, Aaliyah	Johnson, Piper	
8	CR Washington	A	2:00.65
	Scherrman, Jenna	Parker, Jocelyn	
	Pasker, Ava	Slessor, Sage	
9	Dub Senior	A	2:03.48
	Singletery, Ava	Brimeyer, Olivia	
	Miller, Kaitlyn	Jasper, Sophie	
10	Dub Hempstead	A	2:04.76
	Renne, Jillian	Tomkins, Mallory	
	Birkenholtz, Piper	Leeser, Maddie	
11	Monticello	A	2:10.03
	Glawatz, Ella	Freese, Savannah	
	Zimmerman, Olivia	Hermesen, Kennedy	

## Girls Distance Medley Varsity

Lane	Team	Relay	Finals
<b>Finals</b>			
1	Dub Senior	A	4:29.90
	Singletery, Ava	Brimeyer, Olivia	
	Hefel, Carly	Kessler, Nevaeh	
2	Wahlert, Dub	A	4:29.98
	McClimon, Lauren	Roling, Anna	
	Belken, Josie	Bellini, Olivia	
3	Linn-Mar	A	4:33.49
	Morris, Audrey	Nielsen, Ameriz	
	Sojka, Anna	Adamson, Rachel	
4	Bettendorf	A	4:34.69
	Rasmer, Calista	Schaefer, Mackenzie	
	Moran, Madeleine	Block, Kennah	
5	Epworth, WD	A	4:43.03
	Goins, Ava	Ernzen, Erica	
	Graber, Isabella	Meyers, Bella	
6	Dub Hempstead	A	4:44.28
	Timmerman, Rayna	Buchenau, Cassidy	
	Lange, Mylee	Brauhn, Isabel	
7	Prairie, CR	A	4:47.99
	Childers, Mackenzie	Gammon, Hailey	
	Hunt, Lauren	Redig, Riley	
8	Monticello	A	4:54.78
	Zimmerman, Ava	Barnhart, Gabi	
	McQuillen, Keziah	Stadtmueller, Jessica	
9	Pleasant Valley	A	4:59.02
	Carter, Avery	Ballenger, Dana	
	Menke, Avery	Asselin, Riley	

10	Xavier, CR	A	5:10.06
	hurkett, katie	Oehler, Lucy	
	Rexroth, Taylor	Stephenson, Ellie	
11	CR Washington	A	5:13.69
	Pasker, Ava	Penn, Aamina	
	Keck, Avarie	Stock, Reagan	

## Girls 4x100 Meter Shuttle Hurdle Varsity

Lane	Team	Relay	Finals
<b>Finals</b>			
1	Xavier, CR	A	1:07.64
	Van Berkem, Ava	Meyer, Jaclyn	
	Arnold, Emma	Durin, Naomi	
2	Pleasant Valley	A	1:07.71
	McVey, Hannah	Clemons, Jessie	
	Hassel, Reagan	Patten, Addy	
3	Linn-Mar	A	1:08.54
	Sherman, Petra	Hand, Katy	
	Kriegel, Allison	Young, Mariah	
4	Bettendorf	A	1:13.03
	Spector, Cecelia	Dopler, Campbell	
	Miller, Tatum	O'Neal, Alyssa	
5	Epworth, WD	A	1:15.72
	Leisen, Natalie	Kalb, Macy	
	Leisen, Isabel	Jacobi, Kendall	
6	Prairie, CR	A	1:22.82
	Papesh, Megan	Decker, Isabelle	
	Slosiarek, Katie	Hughes, Hannah	
---	Dub Hempstead	A	DQ
	Howieson, Paige	Long, Ashley	
	Anderson, Akeelah	May, Alivia	

## Girls High Jump Varsity

Name	Team	Finals
<b>Finals</b>		
1	Canny, Lyla	PRCR 5-01.00
2	Hand, Katy	LNM J5-01.00
3	Kriegel, Allison	LNM J5-01.00
4	Van Berkem, Ava	XCR 5-00.00
5	Drapeau, Cambel	DUBS 4-10.00
6	Schmidt, Hanley	PV J4-10.00
7	Williams, Janina	DUBS 4-06.00
7	Teagarden, Tessa	BETT 4-06.00
7	O'Neal, Alyssa	BETT 4-06.00
---	Sales, Ava	CRW NH
---	Butterworth, Madison	MOTC NH
---	Decker, Ryann	PRCR NH
---	Offerman, Rachel	DUBH NH

## Girls Long Jump Varsity

Lane	Name	Team	Finals
<b>Finals</b>			
1	Mecklenburg, Abby	LNM	17-08.50
2	Sherman, Petra	LNM	17-04.00
3	Gammon, Hailey	PRCR	17-01.25
4	Stroup, Elodie	PV	16-11.25
5	Meyer, Jaclyn	XCR	16-07.00

6	Kalb, Macy	EWDU	16-03.75
7	Chamberlin, Bella	PV	16-02.00
8	Osterkamp, Ayla	DUBH	15-09.50
9	Morris, Audrey	LNM	x15-07.25
10	Ernzen, Erica	EWDU	15-06.50
11	Dopler, Campbell	BETT	15-05.50
12	Buchenau, Cassidy	DUBH	14-08.00
13	Thurmond, Cassie	CRW	14-07.25
14	Penn, Aamina	CRW	14-04.75
15	Ward, Aaliyah	PRCR	14-01.50
16	Johnson, Piper	PRCR	x13-11.75
17	Rupp, Ava	DUBS	13-11.50
18	Gatto, Elise	DUBS	13-10.75
19	Stephenson, Ellie	XCR	13-09.75
20	Lawler, Jenna	DUBS	x10-10.50
---	Carter, Avery	PV	ND
---	Verhagen, Lauren	MOTC	ND
---	Booth, Ava	BETT	ND
---	Magistrelli, Brooke	BETT	ND

## Girls Shot Put Varsity

Name	Team	Finals
<b>Finals</b>		
1	Darter, Ally	DUBH 11-09.00

## Girls Shot Put Varsity

Lane	Name	Team	Finals
<b>Finals</b>			
1	Vonderhaar, Rachel	PV	38-02.00
2	Erpelding, Ellie	BETT	37-10.50
3	Fah, Mackenzie	PV	37-00.50
4	Elders, Kamiyah	CRW	36-11.00
5	Silich, Michaela	EWDU	35-07.50
6	Toingar, Josianna	LNM	34-06.00
7	Frederick, Gabbi	DUBH	33-04.50
8	Kiefer, Katelyn	PV	x32-04.00
9	Paddock, Dori	MOTC	31-06.50
10	Koffi, Eunice	LNM	30-05.00
11	Hilby, Olivia	WAHL	30-01.50
12	Stout, Emersyn	PRCR	30-00.00
13	Westhoff, Alyssa	DUBH	29-11.50
14	Engelken, Sharidan	EWDU	28-06.50
15	Holesinger, Mekdes	DUBH	x28-06.00
16	Beecher, Bailey	BETT	28-04.50
17	Coutchie, Maggie	WAHL	28-03.00
18	Printy, Natalie	DUBS	27-04.50
19	Drumm, Jasmine	LNM	x26-11.50
20	Weber, Madalynn	PRCR	25-11.50
21	Henderson, Natalie	MOTC	25-09.00
22	Grant, Marisa	MOTC	x25-07.50
23	Huseman, Kaylee	DUBS	24-00.00
24	Anderson, Lilly	DUBS	x23-00.00
25	Novak, Shelbi	CRW	22-08.50
26	Freking, Riley	BETT	x22-06.50
27	hurkett, katie	XCR	22-06.00
28	Alberts, Callie	XCR	22-00.50
29	Weininger, Lydia	XCR	x19-06.50

**2023 Hempstead Invitational - 4/18/2023**  
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**Results**

**Finals ... (Girls Shot Put Varsity)**

---	Mitchell, Trinity	PRCR	ND
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**Girls Discus Throw Varsity**

Lane Name	Team	Finals
<b>Finals</b>		
1	Goodlet, Reese	PV 140-07
2	Gaffney, Gwen	LNM 117-01
3	Kinn, Erica	LNM 114-00
4	Ragins, Gabriella	PV 109-03
5	Horsfall, Abby	WAHL 103-02.50
6	Erpelding, Ellie	BETT 100-08
7	Hilby, Olivia	WAHL 98-00
8	Coutchie, Maggie	WAHL x91-09
9	Kiefer, Katelyn	PV x90-11
10	Weber, Madalynn	PRCR 86-10.50
11	Frederick, Gabbi	DUBH 86-09.50
12	Silich, Michaela	EWDU 80-00.50
13	Fah, Mackenzie	PV x79-00
14	Holesinger, Mekdes	DUBH 78-09
15	Printy, Natalie	DUBS 73-00
16	Quillin, Grace	LNM x70-08
17	Anderson, Lilly	DUBS 70-05
18	Novak, Shelbi	CRW 69-11
19	LaGrange, Reagan	MOTC 69-01
20	Henderson, Natalie	MOTC 68-07
21	Huseman, Kaylee	DUBS x59-02
22	Freking, Riley	BETT 53-01.50
23	Alberts, Callie	XCR 45-11
24	Weininger, Lydia	XCR 35-06
---	Stout, Emersyn	PRCR ND
---	Elders, Kamiyah	CRW ND
---	Engelken, Sharidan	EWDU ND
---	Mitchell, Trinity	PRCR ND

**Girls 100 Meter Dash Junior Varsity**

Lane Name	Team	Finals
<b>Finals</b>		
1	McClure, Izzy	PRCR 13.49
2	Reittinger, Catie	PRCR 13.70
3	Muhlbauer, Regan	XCR 13.89
4	Williams, Janina	DUBS 13.96
5	McKenna, Katie	EWDU 14.13
6	McGregg, Aaniyah	PV 14.29
7	Hollenback, Kaylee	EWDU 14.38
8	Oberhoffer, Emma	DUBH 14.46
9	Batte, Lanera	CRW 14.50
10	Yaklich, Amia	WAHL 14.53
11	Piersall, Mattie	CRW 14.61
12	Wonten, Monica	LNM 14.81
13	Green, Maillaynnie	BETT 15.27
14	Gatto, Elise	DUBS 15.41
15	Eid, Thea	XCR 15.50
16	Yormie, Rita	LNM 15.54
17	Wommack, Aniya	BETT 15.98
18	Hartsock, Ava	PV 16.31

19	Pfeiffer, Ashlyn	DUBH	16.36
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**Girls 200 Meter Dash Junior Varsity**

Lane Name	Team	Finals
<b>Finals</b>		
1	Belken, Karley	WAHL 28.57
2	Sojka, Anna	LNM 29.16
3	Bellini, Olivia	WAHL 29.26
4	Rexroth, Taylor	XCR 29.56
5	Williams, Janina	DUBS 29.99
6	Shamrell, Eliza	PV 30.53
7	Batte, Lanera	CRW 30.85
8	Schindler, Olivia	EWDU 30.86
9	Witzel, Taylor	EWDU 31.04
10	Marmolejo, Valerie	PRCR 31.08
11	Narmeta, Swetha	PV 32.02
12	Green, Maillaynnie	BETT 32.03
13	Larrimore, Haley	MOTC 32.77
14	Sharkey, Caitlyn	DUBS 33.47
15	Mrstik, Melody	CRW 33.67
16	Arensdorf, Kaylie	DUBH 34.43
17	Gammage, Greta	DUBH 35.36
18	Myers, Sydney	LNM 35.37
19	Woodward, Gabrielle	BETT 36.29

**Girls 400 Meter Dash Junior Varsity**

Lane Name	Team	Finals
<b>Finals</b>		
1	Orr, Katelyn	LNM 1:10.42
2	Kearney, Brianna	MOTC 1:12.13
3	Odubasa, Valerie	XCR 1:12.73
4	Schwendeman, Gwen	XCR 1:13.65
5	Schulte, Claire	PRCR 1:13.79
6	Brooks, Addison	LNM 1:14.45
7	Mickelson, Paris	DUBH 1:14.63
8	Montgomery, London	DUBS 1:15.20
9	Wommack, Aniya	BETT 1:18.19
10	Hart, Maria	DUBH 1:18.28
11	McElmeel, Claire	MOTC 1:18.64
12	Sales, Ava	CRW 1:18.74
13	Woodward, Gabrielle	BETT 1:19.21
14	Larsen, Haley	PRCR 1:22.35

**Girls 800 Meter Run Junior Varsity**

Name	Team	Finals
<b>Finals</b>		
1	Bandy, Sara	WAHL 2:44.49
2	Paul, Payton	PV 2:45.10
3	Bishop, Chloe	PRCR 2:45.93
4	Viera, Constanza	PV 2:49.24
5	Dorman, Ella	LNM 2:52.21
6	Stierwalt, Macy	BETT 2:53.97
7	Block, Sydney	DUBH 2:54.48
8	Krapfl, Lily	DUBS 2:55.81
9	Denman, Paige	XCR 2:59.02
10	Van Otterloo, Anna	WAHL 2:59.75
11	Stadtmueller, Jackie	MOTC 3:01.04

12	Richter, Rachel	DUBH	3:04.85
13	Baustian, Mackenzie	PRCR	3:05.20
14	Kane, Emily	XCR	3:08.55
15	Nass, Mia	DUBS	3:29.69
16	Beech, Thanh	LNM	3:35.85

**Girls 1500 Meter Run Junior Varsity**

Name	Team	Finals
<b>Finals</b>		
1	McFadden, Hannah	DUBH 5:41.09
2	Hetrick, Maddy	CRW 5:41.64
3	Stilwell, Sophie	CRW 5:49.87
4	Orr, Katelyn	LNM 5:54.45
5	Appel, Rowan	BETT 5:58.63
6	Christenson, Katie	LNM 6:01.85
7	Schemmel, Leah	MOTC 6:07.69
8	Wagner, Clara	DUBS 6:09.23
9	Hart, Maria	DUBH 6:12.35
10	RubioFuentes, Sara	DUBS 6:13.03
11	Allard, Tori	PRCR 6:16.70
12	Siech, Ashley	PRCR 6:27.83
13	Pfab, Hailey	XCR 6:43.47

**Girls 3000 Meter Run Junior Varsity**

Name	Team	Finals
<b>Finals</b>		
1	Gehl, Lauren	DUBH 12:46.58
2	Berns, Kourtney	DUBH 12:58.64
3	Wullweber, Braeley	DUBS 13:19.70
4	Baustian, Mackenzie	PRCR 13:19.72

**Girls 100 Meter Hurdles Junior Varsity**

Lane Name	Team	Finals
<b>Finals</b>		
1	Van Berkem, Ava	XCR 16.84
2	Corcoran, Caroline	PV 17.42
3	Meyer, Jaclyn	XCR 17.76
4	Sletteland, Tori	LNM 17.80
5	Schmidt, Hanley	PV 17.84
6	Miller, Tatum	BETT 17.96
7	Tuchel, Ava	LNM 18.92
8	Salow, Lexi	EWDU 19.36
9	Boehm, Grace	BETT 20.49
10	Slosiarek, Katie	PRCR 21.37
11	Morrison, Mady	DUBH 23.85
12	Jacobi, Kendall	EWDU 24.46
13	Schaul, Sarah	DUBH 25.68

**Girls 400 Meter Hurdles Junior Varsity**

Name	Team	Finals
<b>Finals</b>		
1	Gehl, Lauren	DUBH 1:25.22
2	Besler, Anna	DUBH 1:26.08
3	McFarland, Rya	CRW 1:29.15
4	Slosiarek, Katie	PRCR 1:29.34
5	Deutmeyer, Malea	XCR 1:38.08

## 2023 Hempstead Invitational - 4/18/2023

## Dalzell Field at Dubuque Senior HS

## Results

## Girls 4x100 Meter Relay Junior Varsity

Lane	Team	Relay	Finals
<b>Finals</b>			
1	Linn-Mar	A	52.75
	Crawford, Ja'Niya	Sherman, Petra	
	Young, Mariah	Bunn, Kaylee	
2	Dub Hempstead	A	55.31
	Bailey, Savannah	Timmerman, Rayna	
	Buchenau, Cassidy	Oberhoffer, Emma	
3	Pleasant Valley	A	55.54
	Chamberlin, Bella	Mousel, Aubrey	
	Hiatt, Carly	Dowda-Uker, Emily	
4	Epworth, WD	A	56.57
	Harbaugh, Kate	Feldmann, Mallory	
	Steger, Leah	McIlrath, Kasey	
5	Dub Senior	A	57.08
	Kruse, Kylie	Ahart, Kaydence	
	Ava, Ahart	Ruden, Catharine	
6	Xavier, CR	A	58.23
	Linn, Ava	Marek, Erica	
	Odubasa, Valerie	McGregor, Emma	
7	Prairie, CR	A	59.23
	Ward, Aaliyah	Cooper, Avah	
	Johnson, Piper	Canny, Lyla	
8	Bettendorf	A	59.34
	Andrew, Emily	Cullum, Sara	
	Zorich, Thea	Rivers, Nehemiah	
9	CR Washington	A	59.94
	Piersall, Mattie	Mellish, Te Te	
	McFarland, Amaris	Rogel, Amari	
10	Monticello	A	1:00.83
	McElmeel, Claire	Jaeger, Koye	
	Butterworth, Hannah	Larrimore, Haley	

## Girls 4x200 Meter Relay Junior Varsity

Lane	Team	Relay	Finals
<b>Finals</b>			
1	Wahlert, Dub	A	1:52.35
	Ellis, Karyn	Sieverding, Kylie	
	Eisbach, Bella	Deuhr, Naomi	
2	Prairie, CR	A	1:57.09
	Johnson, Piper	Rodriguez, Ava	
	Decker, Isabelle	Cummings, Riley	
3	Epworth, WD	A	1:59.08
	Kalb, Macy	Soppe, Natalie	
	McKenna, Katie	Hollenback, Kaylee	
4	Bettendorf	A	2:02.15
	Smith, Emily	Cullum, Sara	
	Robinson, Ariell	Ruscitti, Alyssa	
5	Dub Hempstead	A	2:06.21
	Offerman, Rachel	Harbin, Robin	
	Pike, Sophia	Hayes, Tiana	
6	Pleasant Valley	A	2:07.67
	Horaney, Kyra	Kramer, Chloe	
	Hahm, Becca	Mousel, Aubrey	

7	Linn-Mar	A	2:08.81
	Winter, Callie	Balk, Megan	
	Hussein, Asiya	Paye, Kristy	
8	Xavier, CR	A	2:09.07
	McGregor, Emma	Eid, Thea	
	Ackerson, Juliana	Anctil, Lilly	
9	CR Washington	A	2:13.25
	Tate, Laila	Tarvestad, Vivian	
	Barnes, Kaydance	Rogel, Amari	
10	Dub Senior	A	2:13.68
	Martinez, Sophia	Tucker, Elaina	
	Silvis, Delaney	Gatto, Elise	

## Girls 4x400 Meter Relay Junior Varsity

Lane	Team	Relay	Finals
<b>Finals</b>			
1	Wahlert, Dub	A	4:37.07
	Bellini, Olivia	Belken, Josie	
	Zeal, Lexi	Manternach, Tatum	
2	Prairie, CR	A	4:43.51
	Decker, Isabelle	Keiper, Emma	
	Christensen, Ava	Redig, Riley	
3	Pleasant Valley	A	4:44.26
	Bharadwaj, Siddhi	Schrauben, Brooke	
	Welch, Ella	Mehta, Khushi	
4	Bettendorf	A	4:45.62
	Giza, Izzy	Boehm, Grace	
	Seesser, Whitney	Robinson, Ariell	
5	Monticello	A	4:51.32
	Stadtmueller, Jessica	Zimmerman, Olivia	
	Hermesen, Kennedy	Kearney, Brianna	
6	Linn-Mar	A	4:52.51
	Sourwine, Rita	Wilson, Gabby	
	Smiley, Megan	Like, Morgan	
7	Xavier, CR	A	5:07.46
	Maloney, Nora	Rexroth, Taylor	
	Lang, Jaselle	Ireland, Grace	
8	Dub Hempstead	A	5:09.31
	Hermiston, Ellie	Block, Sydney	
	Richter, Rachel	Stevenson, Eva	
9	CR Washington	A	5:29.37
	Novak, Sarah	Berryman, Jaedyn	
	Cherry, Alex	Stilwell, Frannie	

## Girls 4x800 Meter Relay Junior Varsity

Team	Relay	Finals
<b>Finals</b>		
1	Dub Hempstead	A 11:14.65
	Hart, Maria	Stockel, Carissa
	Hermiston, Ellie	Schlichte, Natalie
2	Bettendorf	A 11:18.79
	Giza, Izzy	Stierwalt, Macy
	Appel, Rowan	Seesser, Whitney
3	Linn-Mar	A 11:35.65
	Sourwine, Rita	Smiley, Megan
	Brooks, Addison	Like, Morgan

4	Wahlert, Dub	A	11:44.06
	Wethal, Grace	Van Otterloo, Anna	
	Manternach, Tatum	Cearlock, Annabelle	
5	Dub Senior	A	11:54.03
	Gunn, Ella	Krapfl, Lily	
	Sullivan, Maggie	Hesselman, Grace	
6	Xavier, CR	A	12:02.69
	Nguyen, Teresa	Denman, Paige	
	Kane, Emily	Schwendeman, Gwen	
7	CR Washington	A	12:56.77
	Novak, Sarah	Berryman, Jaedyn	
	Cherry, Alex	Stilwell, Frannie	

## Girls 800 Sprint Medley Junior Varsity

Lane	Team	Relay	Finals
<b>Finals</b>			
1	Wahlert, Dub	A	2:04.97
	Yaklich, Amia	Donovan, Olivia	
	Cantril, Kaydence	Callahan, Samantha	
2	Pleasant Valley	A	2:06.02
	Patten, Addy	Ohda, Addison	
	O'Donnell, Reese	Viera, Constanza	
3	Epworth, WD	A	2:06.32
	Soppe, Natalie	Schindler, Olivia	
	Feldmann, Mallory	Hillebrand, Carley	
4	Prairie, CR	A	2:08.05
	Cooper, Avah	Childers, Mackenzie	
	Decker, Isabelle	Sankot, Heidi	
5	Linn-Mar	A	2:08.10
	Lausen, Chayse	Wilfred, Joanna	
	Carpenter, Caelyn	Orr, Katelyn	
6	Bettendorf	A	2:09.71
	Andrew, Emily	Ruscitti, Alyssa	
	Moran, Madeleine	Boehm, Grace	
7	Xavier, CR	A	2:11.64
	hurkett, katie	Linn, Ava	
	Maybanks, Winnie	Maloney, Nora	
8	CR Washington	A	2:13.51
	Rogel, Amari	Mrstik, Melody	
	Pfremmer, Isolde	Stock, Reagan	
9	Monticello	A	2:13.53
	Jaeger, Koye	Butterworth, Hannah	
	McElmeel, Claire	Kearney, Brianna	
10	Dub Hempstead	A	2:15.53
	Harbin, Robin	Arensdorf, Kaylie	
	Hayes, Tiana	Mickelson, Paris	
11	Dub Senior	A	2:16.33
	Markham, Payton	Martinez, Sophia	
	Kruse, Kylie	RubioFuentes, Sara	

## Girls Distance Medley Junior Varsity

Team	Relay	Finals
<b>Finals</b>		
1	Wahlert, Dub	A 4:53.77
	Cantril, Kaydence	Zeal, Lexi
	Callahan, Samantha	Bandy, Sara

## 2023 Hempstead Invitational - 4/18/2023

## Dalzell Field at Dubuque Senior HS

## Results

## Finals ... (Girls Distance Medley Junior Varsity)

Rank	Team	Relay	Finals
2	Pleasant Valley	A	4:53.80
	Hart, Olivia	Kaur, Hargun	
	Culp, Mikenna	Welch, Ella	
3	Dub Hempstead	A	5:12.31
	Gammage, Greta	Schaul, Sarah	
	Stockel, Carissa	Besler, Anna	
4	Epworth, WD	A	5:13.38
	Harbaugh, Kate	Hillebrand, Carley	
	Kaiser, Gabby	Rima, Izzy	
5	Prairie, CR	A	5:13.73
	Ward, Aaliyah	Cooper, Avah	
	Marmolejo, Valerie	Allard, Tori	
6	Linn-Mar	A	5:15.56
	Koffi, Eunice	Wilfred, Joanna	
	Wilson, Gabby	Lindholm, Hannah	
7	Xavier, CR	A	5:19.11
	Lang, Jaselle	Marcello, Rachael	
	Ireland, Grace	Nguyen, Teresa	
8	Dub Senior	A	5:19.97
	Kruse, Kylie	Sharkey, Caitlyn	
	Hesselman, Grace	Gunn, Ella	

## Girls 4x100 Meter Shuttle Hurdle Junior Varsity

Rank	Team	Relay	Finals
<b>Finals</b>			
1	Linn-Mar	A	1:18.01
	Tuchel, Ava	Sletteland, Tori	
	Gorsich, Christina	Reznicow, Andrea	
2	Pleasant Valley	A	1:20.61
	Schmidt, Hanley	Schmidt, Grace	
	Mares, Gabby	Gowan, Bryce	
3	Epworth, WD	A	1:21.72
	Randall, Madison	Salow, Lexi	
	Witzel, Taylor	Mertz, Avery	
4	CR Washington	A	1:27.51
	Cihla, Lauren	McFarland, Rya	
	McFarland, Amaris	Mellish, Te Te	

## Girls High Jump Junior Varsity

Rank	Name	Team	Finals
<b>Finals</b>			
1	Carter, Avery	PV	4-04.00
2	Cihla, Lauren	CRW	J4-04.00
3	Bangwete, Blessing	CRW	J4-04.00
4	Crittenden, Mari	CRW	x4-02.00
5	Narmeta, Swetha	PV	xJ4-02.00
5	Ballenger, Dana	PV	J4-02.00
7	Kaur, Hargun	PV	xJ4-02.00
8	Jones, Tristan	DUBS	4-00.00
---	Slosiarek, Katie	PRCR	NH
---	Silvis, Delaney	DUBS	NH

## Girls Long Jump Junior Varsity

Rank	Lane Name	Team	Finals
<b>Finals</b>			
1	Wood, Kami	PV	15-01.50
2	Hiatt, Carly	PV	15-01.25
3	O'Donnell, Reese	PV	x14-05.50
4	Smith, Emily	BETT	14-00.00
5	McGregg, Aaniyah	PV	x13-07.50
6	Mertz, Avery	EWDU	13-05.00
7	Ahart, Kaydence	DUBS	13-03.75
8	Steger, Leah	EWDU	13-03.00
9	Carpenter, Caelyn	LNM	13-02.25
10	Ava, Ahart	DUBS	13-01.75
11	Kane, Emily	XCR	13-00.00
12	Rivers, Nehemiah	BETT	12-08.50
13	Lausen, Chayse	LNM	12-06.00
14	Sankot, Heidi	PRCR	12-04.75
15	Zorich, Thea	BETT	x12-01.75
16	Gammage, Greta	DUBH	12-00.75
17	Sharkey, Caitlyn	DUBS	x12-00.25
---	Bangwete, Blessing	CRW	ND
---	Jones, Tristan	DUBS	ND

## Girls Shot Put Junior Varsity

Rank	Lane Name	Team	Finals
<b>Finals</b>			
1	Knapp, Carly	EWDU	28-10.00
2	Rigdon, Sarah	PV	28-06.00
3	Foley, Kristina	EWDU	24-10.00
4	Howard, Kimora	DUBS	24-04.00
5	Ramsey, Journee	LNM	23-11.00
6	Steffens, Kimberly	DUBH	21-10.00
7	Bauer, Kylie	MOTC	21-03.50
8	Andes, Ella	BETT	19-11.50
9	Hoffman, Cheyenne	EWDU	x19-08.00
10	Jeffords, Kaylyn	CRW	19-05.00
11	Grant, Anna	MOTC	18-08.00
12	Mellish, Sompel	CRW	18-02.50
13	Zimmerman, Kyrie	MOTC	x18-00.50
14	White, Aariel	DUBS	17-10.50
15	Green, Nalanis	BETT	17-10.00
15	Stoner-Davis, Laila	LNM	17-10.00
17	Schmitt, Kendra	DUBS	x15-06.00
18	Stoner-Davis, Lazailva	LNM	x15-00.50
18	Crawford, Jayla	LNM	x15-00.50
20	Mickelson, Payton	DUBH	13-06.50
---	Ragins, Gabriella	PV	ND
---	Williams, Keana	DUBS	ND
---	Weininger, Lydia	XCR	ND
---	Horsfall, Abby	WAHL	ND
---	McDermott, Abigail	WAHL	ND
---	Goodlet, Reese	PV	ND
---	Munshower, Alison	WAHL	ND

## Girls Discus Throw Junior Varsity

Rank	Lane Name	Team	Finals
<b>Finals</b>			
1	Toingar, Josianna	LNM	88-04
2	Rigdon, Sarah	PV	87-10
3	Foley, Kristina	EWDU	71-03
4	Knapp, Carly	EWDU	69-04
5	Beecher, Bailey	BETT	67-07
6	Ramsey, Journee	LNM	67-02
7	Williams, Keana	DUBS	64-03
8	Steffens, Kimberly	DUBH	63-02
9	White, Aariel	DUBS	59-07
10	Ortiz, Eden	LNM	x59-06
11	Taylor, Izzy	MOTC	58-10
12	McDermott, Abigail	WAHL	57-07
13	McDermott, Addy	LNM	x57-04
14	Schwendinger, Emma	MOTC	55-01
15	Mellish, Sompel	CRW	48-09
16	Jeffords, Kaylyn	CRW	48-08.50
17	Howard, Kimora	DUBS	x43-07
18	Cloven, Dahlia	CRW	x43-04
19	Hoffman, Cheyenne	EWDU	x42-05
20	Achenbach, Carleigh	MOTC	x41-09
21	Green, Nalanis	BETT	35-11
22	Schmitt, Kendra	DUBS	x34-04.50
23	Mickelson, Payton	DUBH	26-01
---	Cummings, Riley	PRCR	ND
---	Vonderhaar, Rachel	PV	ND
---	Andes, Ella	BETT	ND
---	Munshower, Alison	WAHL	ND
---	Coutchie, Maggie	WAHL	ND
---	Fah, Mackenzie	PV	ND