

**Meet Results**

**Forwald/Colman Relays 20-Apr-23**

**Location: Iowa City**

Mark	Convert	Rnd	Name	Age/Yr	Place	Points	Improv
<b>Event # 1 V Female 100m Dash Open</b>							
14.00	NWI	F	Piper Birkenholz	Hempstead	FR	---	---
14.25	NWI	F	Aubrey Schlichte	Hempstead	SO	---	.64
<b>Event # 2 V Female 200m Dash Open</b>							
29.24	NWI	F	Kassidy Buchenau	Hempstead	FR	---	.01
<b>Event # 3 V Female 400m Dash Open</b>							
1:04.04		F	Camdyn Kay	Hempstead	JR	---	3.33
<b>Event # 4 V Female 800m Run Open</b>							
2:33.99		F	Sophia Dallal	Hempstead	SR	---	.21
<b>Event # 5 V Female 1500m Run Open</b>							
4:54.61		F	Keelee Leitzen	Hempstead	JR	---	13.25
5:00.73		F	Brooke O'Brien	Hempstead	SR	---	2.84
<b>Event # 7 V Female 100m Hurdles Open</b>							
19.26	NWI	F	Paige Howieson	Hempstead	SO	---	.51
20.40	NWI	F	Aliva May	Hempstead	SO	---	-.55
<b>Event # 9 V Female 4x100m Relay Relay Open</b>							
52.46		A Relay		Hempstead		---	---
Akeelah Anderson (SO)			Jillian Renne (FR)	Mallory Tomkins (FR)		Ayla Osterkamp (SO)	
		13.63	12.01	13.09		13.73	
<b>Event # 10 V Female 4x200m Relay Relay Open</b>							
1:51.47		A Relay		Hempstead		---	---
Piper Birkenholz (FR)			Mallory Tomkins (FR)	Jillian Renne (FR)		Ayla Osterkamp (SO)	
		28.01	26.44	30.11		26.91	
<b>Event # 11 V Female 4x400m Relay Relay Open</b>							
4:25.45		A Relay		Hempstead		---	---
Camdyn Kay (JR)			Isabel Brauhn (JR)	Maddie Leeser (JR)		Piper Birkenholz (FR)	
		1:03.88	1:05.59	1:07.70		1:08.28	
<b>Event # 12 V Female 4x800m Relay Relay Open</b>							
9:58.62		A Relay		Hempstead		---	---
Camdyn Kay (JR)			Sophia Dallal (SR)	Mylee Lange (SO)		Brooke O'Brien (SR)	
		2:22.50	2:33.50	2:35.50		2:27.12	
<b>Event # 13 V Female 800m Sprint Medley Relay Relay Open</b>							
1:52.20		A Relay		Hempstead		---	---
Akeelah Anderson (SO)			Mallory Tomkins (FR)	Ayla Osterkamp (SO)		Keelee Leitzen (JR)	
		12.64	13.88	25.88		59.80	
<b>Event # 14 V Female 1600m Distance Medley Relay Relay Open</b>							

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<b>Event # 14 V Female 1600m Distance Medley Relay Relay Open</b>							
4:42.13	A Relay			Hempstead	---	---	---
Kassidy Buchenau (FR)			Maddie Leeser (JR)	Isabel Brauhn (JR)		Mylee Lange (SO)	
	28.80	28.90	1:06.60	2:37.83			
<b>Event # 15 V Female 4x100m Shuttle Hurdle Relay Relay Open</b>							
1:21.53	A Relay			Hempstead	---	---	---
Ashley Long (SR)			Paige Howieson (SO)	Akeelah Anderson (SO)		Aliva May (SO)	
<b>Event # 17 V Female Long Jump Open</b>							
14-11.50	NWI	4.55m	F Ayla Osterkamp	Hempstead	SO	---	-1-02.75
13-00.75	NWI	3.98m	F Kassidy Buchenau	Hempstead	FR	---	-1-07.25
<b>Event # 18 V Female Shot Put Open</b>							
32-08.25		9.96m	F Gabbi Frederick	Hempstead	JR	---	-0-08.25
28-02.75		8.60m	F Mekdes Holesinger	Hempstead	SO	---	-0-11.25
<b>Event # 19 V Female Discus Open</b>							
97-02.00		29.61m	F Gabbi Frederick	Hempstead	JR	---	-10-03.00
61-06.00		18.74m	F Mekdes Holesinger	Hempstead	SO	---	-21-05.50