

MVC MISSISSIPPI DIVISIONAL

Cedar Rapids,
Xavier HS

May 5, 2016



OFFICIAL MEET REPORT

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RESULTS

#1 Girls' Shot Put (Varsity)

Pl	Name	Yr Team	Mark	Pts
1	GRONAU, Megan	JR DUB Hempst	37' 8 ¹ / ₂	10
2	JOENS, Meghan	SR Xavier	36' 9"	8
3	MURPHY, Luci	JR Iowa City	36' 1 ¹ / ₄	6
4	CEASER, NaTracia	FR WAT West	35' 1 ¹ / ₂	4
5	BLEYMEYER, Murphy	JR DUB Hempst	34' 5 ¹ / ₄	2
6	NEMEC, Brooke	SR CR Prairie	34' 2 ¹ / ₂	1
7	SILL, Alicia	SO CR Prairie	33' 4 ³ / ₄	
8	LEVY, Perisa	SR CR Washingt	30' 9 ³ / ₄	
9	KUEPKER, Paige	JR Iowa City	29' 5"	
10	JONES, Aviance	JR WAT West	27' 5"	

#2 Girls' Shot Put (JV)

Pl	Name	Yr Team	Mark	Pts
1	FLECKENSTEIN, Madison	FR DUB Hempst	32' 1 ¹ / ₂	10
2	MAHNKE, Abbey	JR CR Prairie	31' 8"	8
3	JENNINGS, Michelle	JR Iowa City	30' 10 ³ / ₄	6
4	STEWART, Tayzha	SO CR Washingt	28' 11 ¹ / ₂	4
5	CASSADY, Anna	FR Iowa City	28' 2"	2
6	POWERS, Maddie	SR DUB Hempst	25' 6 ¹ / ₂	1
7	TIES, Mackenzie	FR Xavier	25' 4"	
8	BARNES, Mackenzie	SR CR Prairie	24' 11"	
9	CHERRY, Charnika	SO WAT East	24' 5"	
10	HYKE, Jessica	FR WAT East	24' 2 ³ / ₄	

#4 Girls' Discus (JV)

Pl	Name	Yr Team	Mark	Pts
1	IKEDA, Kyra	SO CR Prairie	99' 8"	10
2	FLECKENSTEIN, Madison	FR DUB Hempst	88' 0"	8
3	BARNES, Mackenzie	SR CR Prairie	83' 4"	6
4	POWERS, Maddie	SR DUB Hempst	76' 3"	4
5	JENNINGS, Michelle	JR Iowa City	76' 3"	2
6	KUEPKER, Paige	JR Iowa City	72' 8"	1
7	TIES, Mackenzie	FR Xavier	66' 8 ¹ / ₂	
8	HARMS, Jillian	SO WAT East	65' 11"	
9	STEWART, Tayzha	SO CR Washingt	61' 11"	
10	HYKE, Jessica	FR WAT East	60' 0"	

#3 Girls' Discus (Varsity)

Pl	Name	Yr Team	Mark	Pts
1	JOENS, Meghan	SR Xavier	121' 10"	10
2	GRONAU, Megan	JR DUB Hempst	111' 7"	8
3	LEVY, Perisa	SR CR Washingt	109' 8"	6
4	BLEYMEYER, Murphy	JR DUB Hempst	104' 7"	4
5	MURPHY, Luci	JR Iowa City	102' 3"	2
6	NEMEC, Brooke	SR CR Prairie	100' 2 ¹ / ₂	1
7	SILL, Alicia	SO CR Prairie	97' 11"	
8	CASSADY, Anna	FR Iowa City	80' 8 ¹ / ₂	

#5 Girls' Long Jump (Varsity)

Pl	Name	Yr Team	Mark	Pts
1	BELL, Kitra	SO WAT West	18' 0" (NW)	10
2	ENIOLA, Vanessa	SO CR Washingt	17' 2 ¹ / ₂ (NW)	8
3	SCOTT, Calese	SO WAT West	15' 11 ¹ / ₂ (NW)	6
4	COOPER, Emma	FR Iowa City	15' 11" (NW)	4
5	BLEYMEYER, Riley	FR DUB Hempst	15' 3" (NW)	2
6	SCHWENDINGER, Emily	SR DUB Hempst	15' 0" (NW)	1
7	LEWIS, Morgan	SO CR Prairie	15' 0" (NW)	
8	FRANKLIN, Malika	JR Iowa City	14' 9" (NW)	

#6 Girls' Long Jump (JV)

Pl	Name	Yr Team	Mark	Pts
1	NURRE, Olivia	SO CR Prairie	14' 6" (NW)	10
2	COATES, Jenna	SO DUB Hempst	14' 4" (NW)	8
3	CARNAHAN, Lindsey	SO CR Prairie	13' 10" (NW)	6
4	SWENNING, Kate	FR Iowa City	13' 8" (NW)	4
5	WASHINGTON, Nia	FR Iowa City	13' 4 ¹ / ₂ (NW)	2

#8 Girls' High Jump (JV)

Pl	Name	Yr Team	Mark	Pts
1	WAGEMESTER, Jenna	SO CR Prairie	5' 0"	10
2	ALDRICH-INGRAM, Alexa	JR Iowa City	4' 10"	8

#7 Girls' High Jump (Varsity)

Pl	Name	Yr Team	Mark	Pts
1	GAMAMOU, Rose	SR Iowa City	5' 4"	10
2	SOEKEN, Kenzie	SR CR Prairie	5' 3"	8
3	MILLER, Nicole	JR CR Prairie	5' 2"	5
3	VANDERHOEF, Cyan	JR Iowa City	5' 2"	5
5	MCGRATH, Erin	SO DUB Hempst	5' 2"	2
6	SANDMAN, Bailey	JR DUB Hempst	5' 0"	1
7	ANDERSON, Danielle	SR WAT West	4' 8"	
	SCOTT, Calese	SO WAT West	NH	

#9 Girls' 3000 Meters (JV)

Pl	Name	Yr Team	Time	Pts
1	BRUNE, Meghan	JR CR Prairie	12:01.84	10
2	SHUTT, Izzy	JR Iowa City	12:19.98	8
3	MORROW, Amelia	SO Iowa City	12:26.95	6
4	PARROTT, Olivia	SR Iowa City	12:28.38	
5	CHAPNICK-SOROKIN, Phoebe	FR Iowa City	12:54.61	
6	BOURGEOUS, Meredith	SO CR Prairie	13:05.62	4
7	SMITH, Sage	SO DUB Hempst	13:11.87	2
8	BRAINARD, Bekah	SR WAT West	13:19.39	1
9	DAKE, Hannah	FR Xavier	13:22.75	
10	MARTI, Alaina	SR Xavier	13:41.77	
11	MORLEY, Heather	JR DUB Hempst	13:44.12	
12	BUTLER, Taylor	JR DUB Hempst	14:01.01	

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Xavier HS

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OFFICIAL MEET REPORT

printed: 5/5/2016 8:54 PM

RESULTS

#9 Girls' 3000 Meters (JV) (cont'd)

Pl Name	Yr Team	Time	Pts
13 KLEIN, Megan	JR DUB Hempst	14:02.00	

#10 Girls' 3000 Meters (Varsity)

Pl Name	Yr Team	Time	Pts
1 GORMAN, Reagan	FR CR Washingt	10:46.78	10
2 FRAZEE, Hannah	JR CR Prairie	10:53.73	8
3 BYWATER, Emily	JR Iowa City	11:17.27	6
4 HANSEN, Mollie	JR Iowa City	11:24.11	4
5 BROWN, Kristan	JR DUB Hempst	11:39.23	2
6 FORREST, Eady	FR CR Prairie	11:52.58	1
7 LENSS, Megan	JR Xavier	12:04.39	
8 WELU, Heidi	JR DUB Hempst	12:04.89	
9 SIGMON, Anne	JR Xavier	12:16.28	
10 URIBE, Drueana	SR WAT West	12:18.52	

#11 Girls' 4 x 800m Relay (JV)

Pl Team	Time	Pts
1 Iowa City (A) 1) NYAMBONEK, Janet SO 2) RUMMELHART, Annie FR 3) CAREY, Morgan FR 4) NOACK, Claire SR	11:12.10	10
2 DUB Hempstead (A) 1) ZILLIG, Becca JR 2) RIES, Lilly JR 3) LEIBFRIED, Ashley JR 4) BROSIUS, Autumn SO	11:49.20	8
3 CR Prairie (A) 1) FIERRO, MaryAnne FR 2) KELLY, Addie FR 3) ALLDREDGE, Anna FR 4) BANDY, Karly FR	11:55.80	6
4 Xavier (A) 1) TURSI, Gemma SO 2) ROSS, Peyton SO 3) HARRIS, Sydney FR 4) DEEGAN, Eva SO	12:26.05	4
5 WAT East (A) 1) KNEBEL, Jessica JR 2) DILPARIC, Doris FR 3) RODRIGUEZ, Adriana SO 4) DILPARIC, Daria SO	12:31.40	2
6 CR Washington (A) 1) RILEY, Caitlin FR 2) NICHOLS, Natasha JR 3) ALTEMEIER, Maya SR 4) APPLEBY-SPARROW, Madalyn	12:54.94	1

#12 Girls' 4 x 800m Relay (Varsity)

Pl Team	Time	Pts
1 Iowa City (A) 1) SMITH, Addy SO 2) HECKER, Aly FR 3) JONES, Izzy FR 4) TRAORE, Aminata SR	10:06.63	10
2 Xavier (A) 1) DICKES, Jennifer SR 2) COFFEY, Emiko JR 3) SCHMITT, Bridget FR 4) TALLETT, Katie JR	10:11.41	8
3 DUB Hempstead (A) 1) BUCHHEIT, Emily JR 2) HOSTAGER, Heather SO 3) FRANSEN, Brenna JR 4) SCHMITT, Emily SO	10:23.02	6

#12 Girls' 4 x 800m Relay (Varsity) (cont'd)

Pl Team	Time	Pts
4 CR Prairie (A) 1) ERICKSON, Morgan SO 2) BOOTH, Victoria SO 3) BELL, Blair FR 4) YODER, Tiffanay FR	10:43.90	4
5 CR Washington (A) 1) SHEETS, Sierra SR 2) WITT, Emma SO 3) KENNEDY, Olivia FR 4) ECK, Serena SO	10:55.29	2
6 WAT West (A) 1) LICHTY, Reiley FR 2) DEKOSTER, Katelyn SO 3) GRAVES, Haley SO 4) BRAINARD, Bekah SR	11:33.09	1

#13 Girls' 400m Shuttle Hurdles (JV)

Pl Team	Time	Pts
1 CR Prairie (A) 1) CATLETT, Ashton FR 2) WILGENBUSCH, Jayden FR 3) MILLER, Nicole JR 4) COOLEY, Lexie SO Iowa City (A) DQ	1:17.91	10
1) GREEN, Merryl FR 2) JENNINGS, Michelle JR 3) BAH, Assiatou FR 4) MWENEMKAMB, Anatasia FR		

#14 Girls' 400m Shuttle Hurdles (Varsity)

Pl Team	Time	Pts
1 Xavier (A) 1) SCHWACH, Jenna JR 2) STOVIE, Maddix JR 3) BALDUS, Brie JR 4) LAMPE, Theresa SO	1:09.92	10
2 CR Prairie (A) 1) SMITH, Sophia JR 2) SCHMITT, Sarah FR 3) BOHNSACK, Natalie JR 4) FLICKINGER, Leah SR	1:10.17	8
3 Iowa City (A) 1) FLANAGAN, Marleigh SO 2) SWENNING, Kate FR 3) WINDSCHITL, Elke SR 4) HILL, Naudia FR	1:14.21	6

#15 Girls' 100 Meters (JV)

Pl Name	Yr Team	Time	H(Pl)	Pts
1 CRINIGAN, Brenna	SO CR Prairie	13.40 (NW)	2(1)	10
2 ROBY, Allure	FR WAT East	13.62 (NW)	2(2)	8
3 NURRE, Olivia	SO CR Prairie	14.31 (NW)	2(3)	6
4 HILL, Naudia	FR Iowa City	14.33 (NW)	2(4)	4
5 PITTMAN, Kyra	JR WAT West	14.75 (NW)	2(5)	2
6 RAMYYEH, NyBria	FR CR Washingt	15.12 (NW)	1(1)	1
7 SHIN, Woojin	SO Xavier	15.27 (NW)	1(2)	
8 HOWARD, Erika	FR DUB Hempst	15.41 (NW)	2(6)	
9 WYNTER, Jada	FR WAT East	16.31 (NW)	1(3)	
HARRISON, Ciara	SR CR Washingt	DQ (NW)		2

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Xavier HS

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OFFICIAL MEET REPORT
printed: 5/5/2016 8:54 PM

RESULTS

#16 Girls' 100 Meters (Varsity)

Pl	Name	Yr Team	Time	H(Pl)	Pts
1	ROBERTS, Kerris	FR WAT East	12.17 (NW)	2(1)	10
2	GAMAMOU, Rose	SR Iowa City	12.68 (NW)	2(2)	8
3	HILDERBRAND, Raenice	FR CR Prairie	12.78 (NW)	2(3)	6
4	WARD, Mariah	JR CR Washingt	12.87 (NW)	2(4)	4
5	SOLOMON, Madelyn	FR WAT West	12.92 (NW)	2(5)	2
6	BELL, Kitra	SO WAT West	13.01 (NW)	2(6)	1
7	ROSS, Jenna	JR CR Prairie	13.10 (NW)	2(7)	
8	COOPER, Emma	FR Iowa City	13.12 (NW)	2(8)	
9	SCHAUL, Katie	FR DUB Hempst	13.55 (NW)	1(1)	
10	OAKLEY, Sydney	SR Xavier	13.79 (NW)	1(2)	
11	SODAWASSER, Rachel	SO Xavier	13.89 (NW)	1(3)	
12	PAULSEN, McKenzie	SO DUB Hempst	14.10 (NW)	1(4)	

#17 Girls' 1600m DMR (JV)

Pl	Team	Time	Pts
1	CR Prairie (A)	4:56.66	10
	1) SMITH, Avery FR	2) MATSON, Megan FR	
	3) GEARY, Raegan SO	4) GRADY, Ashley JR	
2	Iowa City (A)	5:04.51	8
	1) GRIMES, Jada SO	2) DEPRENGER, Sidney SO	
	3) WASHINGTON, Nia FR	4) DAMHORST, Drew FR	
3	CR Washington (A)	5:10.31	6
	1) KLOPFENSTEIN, Ava SO	2) PEAL, Lopou SO	
	3) KNOWLING, Melinda SR	4) WEIS, Emily FR	
4	Xavier (A)	5:16.22	4
	1) MALONEY, Katie JR	2) KING, Sarah SO	
	3) TALLETT, Katie JR	4) TURSI, Gemma SO	
5	DUB Hempstead (A)	5:43.88	2
	1) DILLON, Mallory SO	2) RHEINGANS, Emerson SO	
	3) MANDERS, Haley SO	4) ORTIZ-THOMAS, Lizette SO	

#18 Girls' 1600m DMR (Varsity)

Pl	Team	Time	Pts
1	Xavier (A)	4:22.71	10
	1) MILLER, Grace SO	2) PARR, Anna SO	
	3) STANEK, Kiana JR	4) DICKES, Jennifer SR	
2	Iowa City (A)	4:23.56	8
	1) FRANKLIN, Malika JR	2) DENEICE, Olivia FR	
	3) LINDOWER, Anna FR	4) ARCH, Mary JR	
3	CR Washington (A)	4:29.89	6
	1) ENIOLA, Vanessa SO	2) JOHNSON, Jayla SO	
	3) POWERS, Mya FR	4) ALTEMEIER, Maya SR	
4	CR Prairie (A)	4:35.23	4
	1) FULLER, Brie SO	2) WAGEMESTER, Jenna SO	
	3) POSSEHL, Paige SO	4) NEUBAUER, Alissa SO	

#18 Girls' 1600m DMR (Varsity) (cont'd)

Pl	Team	Time	Pts
5	DUB Hempstead (A)	4:37.51	2
	1) KRAMER, Anna SR	2) STEIL, Audra SO	
	3) RIES, Grace FR	4) LANGE, Erin SR	
6	WAT West (A)	4:44.53	1
	1) ROBY, Ta'Mara SO	2) CHRISTENSEN, Natalie SO	
	3) MEYER, Camryn FR	4) SHARES, Ruth SO	
7	WAT East (A)	4:49.48	
	1) JENKINS, Shamyia SO	2) CAMPBELL, Shania SR	
	3) KIEWIET, Brielle SR	4) SAGE, Mallory JR	

#19 Girls' 400 Meters (JV)

Pl	Name	Yr Team	Time	H(Pl)	Pts
1	COPELAND, Emma	FR CR Prairie	1:06.36	2(1)	10
2	LEPCIN, Anna	SO Iowa City	1:10.31	2(2)	8
3	WASHINGTON, Divine	JR WAT West	1:12.37	2(3)	6
4	OMAR, Khadeeja	SO Iowa City	1:13.73	2(4)	4
5	KING, Sarah	SO Xavier	1:17.25	2(5)	2
6	WANG, Chen	JR Xavier	1:18.71	2(6)	1
7	FRISCH, Abigale	SO DUB Hempst	1:19.04	2(7)	
8	NIE, Morgan	SR WAT East	1:21.55	1(1)	
9	GEHRKE, Rachel	FR WAT West	1:23.53	1(2)	
10	APPLEBY-SPARROW, Madalyn	SO CR Washingt	1:26.17	1(3)	

#20 Girls' 400 Meters (Varsity)

Pl	Name	Yr Team	Time	H(Pl)	Pts
1	THUNE, Zoey	SO WAT West	1:00.31	2(1)	10
2	SKRIVER, Kirstin	SO CR Prairie	1:01.35	2(2)	8
3	MUNTZ, Heather	SR DUB Hempst	1:02.56	2(3)	6
4	TRAORE, Fanta	SR Iowa City	1:03.62	2(4)	4
5	PARROTT, Lindsey	SO Iowa City	1:04.08	2(5)	1.5
5	OHNESORGE, Bailey	JR DUB Hempst	1:04.08	2(5)	1.5
7	BURT, Amari	FR WAT West	1:05.37	2(7)	
8	TAYLOR, Ayla	FR CR Washingt	1:08.40	1(1)	
9	MALONEY, Katie	JR Xavier	1:15.35	1(2)	
10	MARTI, Alaina	SR Xavier	1:17.13	1(3)	

#21 Girls' 4 x 200m Relay (JV)

Pl	Team	Time	Pts
1	Iowa City (A)	1:56.51	10
	1) ROGGEVEEN, Leigha SO	2) GREEN, Merryll FR	
	3) FLANAGAN, Marleigh SO	4) VANDERHOEF, Cyan JR	
2	CR Prairie (A)	1:57.89	8
	1) NURRE, Olivia SO	2) WAGEMESTER, Jenna SO	
	3) CRINIGAN, Brenna SO	4) DINICOLA, Cairo JR	
3	WAT West (A)	2:01.31	6
	1) COOPER, Jasmine SO	2) HANNA, Teionna JR	
	3) SELF, Morgan FR	4) HARNACK, Emma JR	

MVC MISSISSIPPI DIVISIONAL

Cedar Rapids,
Xavier HS

May 5, 2016



OFFICIAL MEET REPORT

printed: 5/5/2016 8:54 PM

RESULTS

#21 Girls' 4 x 200m Relay (JV) (cont'd)

Pl	Team	Time	Pts
4	WAT East (A)	2:01.50	4
	1) WISE, Camryn JR	2) CROWLEY, Nia FR	
	3) THEROITH, Jaela FR	4) ROBY, Allure FR	
5	CR Washington (A)	2:07.09	2
	1) RAMYYEH, NyBria FR	2) HARRISON, Ciara SR	
	3) MARTENS, Kathryn FR	4) ENIOLA, Victoria JR	

#22 Girls' 4 x 200m Relay (Varsity)

Pl	Team	Time	Pts
1	WAT East (A)	1:46.74	10
	1) ROBERTS, Kerris FR	2) HARRIS, Chalea JR	
	3) RYAN, McKayla JR	4) MUHAMMAD, Alanna SO	
1	WAT East (A)	1:46.74	
	1) ROBERTS, Kerris FR	2) HARRIS, Chalea JR	
	3) RYAN, McKayla JR	4) MUHAMMAD, Alanna SO	
3	WAT West (A)	1:48.15	8
	1) SOLOMON, Madelyn FR	2) DILLARD, Jallea FR	
	3) PHILLIPS, Tae'Anna JR	4) ALLISON, Claresa FR	
4	CR Prairie (A)	1:48.19	6
	1) SOEKEN, Kenzie SR	2) LEWIS, Morgan SO	
	3) FULLER, Brie SO	4) ROSS, Jenna JR	
5	Iowa City (A)	1:49.23	4
	1) CLARK, Emma FR	2) COOPER, Emma FR	
	3) JOHNSON, Delaney SR	4) DEPRENGER, Maddie SR	
6	CR Washington (A)	1:49.69	2
	1) POWERS, Mya FR	2) WARD, Mariah JR	
	3) WITT, Emma SO	4) JOHNSON, Jayla SO	
7	DUB Hempstead (A)	1:50.41	1
	1) MCDONALD, Mallory JR	2) MEEHAN, Julia SO	
	3) COATES, Jenna SO	4) JOHNSON, McKenna JR	
8	Xavier (A)	1:55.47	
	1) OAKLEY, Sydney SR	2) HILL, Jane JR	
	3) SODAWASSER, Rachel SO	4) MILLER, Grace SO	

#23 Girls' 100m Hurdles (JV)

Pl	Name	Yr	Team	Time	Pts
Wind: (+0.0)					
1	BALDUS, Brie	JR	Xavier	17.10	10
2	SCHMITT, Sarah	FR	CR Prairie	17.50	8
3	STOVIE, Maddix	JR	Xavier	17.88	6
4	BOHNSACK, Natalie	JR	CR Prairie	18.15	4
5	STARK, Gracie	FR	CR Washingt	18.61	2
6	HILL, Naudia	FR	Iowa City	18.81	1
7	BEMUS, Alyssa	FR	CR Washingt	19.79	
8	THEROITH, Jaela	FR	WAT East	19.83	

#24 Girls' 100m Hurdles (Varsity)

Pl	Name	Yr	Team	Time	H(Pl)	Pts
1	LAMPE, Theresa	SO	Xavier	15.80 (NW)	2(1)	10
2	ENIOLA, Vanessa	SO	CR Washingt	16.63 (NW)	2(2)	8
3	FLICKINGER, Leah	SR	CR Prairie	16.66 (NW)	2(3)	6
4	TAYLOR, Amara	JR	CR Washingt	16.91 (NW)	2(4)	4
5	SMITH, Sophia	JR	CR Prairie	17.19 (NW)	2(5)	2
6	WINDSCHITL, Elke	SR	Iowa City	17.20 (NW)	1(1)	1
7	SWENNING, Kate	FR	Iowa City	17.75 (NW)	1(2)	
8	SCHWACH, Jenna	JR	Xavier	18.00 (NW)	1(3)	
9	SANDMAN, Bailey	JR	DUB Hempst	18.13 (NW)	2(6)	

#25 Girls' 800 Meters (JV)

Pl	Name	Yr	Team	Time	Pts
1	SMITH, Addy	SO	Iowa City	2:30.18	10
2	HECKER, Aly	FR	Iowa City	2:32.48	8
3	LENSS, Megan	JR	Xavier	2:40.88	6
4	GRADY, Ashley	JR	CR Prairie	2:48.95	4
5	URDANGARIN, Agueda	JR	DUB Hempst	2:55.13	2
6	RILEY, Caitlin	FR	CR Washingt	2:58.51	1
7	KNEBEL, Jessica	JR	WAT East	3:02.14	
8	BROSIUS, Autumn	SO	DUB Hempst	3:04.04	
9	NICHOLS, Natasha	JR	CR Washingt	3:06.49	
10	WERNER, Jess	SR	WAT West	3:13.15	
11	RODRIGUEZ, Adriana	SO	WAT East	3:31.99	

#26 Girls' 800 Meters (Varsity)

Pl	Name	Yr	Team	Time	Pts
1	DICKES, Jennifer	SR	Xavier	2:25.73	10
2	BRANDS, Kinsee	SO	Iowa City	2:29.71	8
3	VERDICK, Hailey	SR	Iowa City	2:31.94	6
4	BUCHHEIT, Emily	JR	DUB Hempst	2:32.23	4
5	SHEETS, Sierra	SR	CR Washingt	2:37.98	2
6	WEEKLEY, Autumn	SR	WAT East	2:40.16	1
7	BROWN, Kristan	JR	DUB Hempst	2:42.56	
8	MEYER, Camryn	FR	WAT West	2:45.87	
9	BROWN, Lydia	SR	Xavier	2:50.54	
10	ECK, Serena	SO	CR Washingt	2:55.79	
11	BRAINARD, Bekah	SR	WAT West	3:02.42	

#27 Girls' 200 Meters (JV)

Pl	Name	Yr	Team	Time	H(Pl)	Pts
1	ROBY, Ta'Mara	SO	WAT West	27.53 (NW)	2(1)	10
2	DUNN, Jasmine	SO	WAT East	27.85 (NW)	2(2)	8
3	PARROTT, Lindsey	SO	Iowa City	28.47 (NW)	2(3)	6
4	BURT, Amari	FR	WAT West	28.55 (NW)	2(4)	4
5	DINICOLA, Cairo	JR	CR Prairie	28.98 (NW)	2(5)	2
6	ENIOLA, Victoria	JR	CR Washingt	30.20 (NW)	2(6)	1
7	DAVIS, Laniah	JR	WAT East	30.33 (NW)	1(1)	

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printed: 5/5/2016 8:54 PM

RESULTS

#27 Girls' 200 Meters (JV) (cont'd)

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8	HEIMS, Jessica	JR CR Prairie	30.42 (NW)	2(7)	
9	KING, Sarah	SO Xavier	31.59 (NW)	1(2)	
10	SHIN, Woojin	SO Xavier	31.64 (NW)	1(3)	
11	HILL, Naudia	FR Iowa City	31.93 (NW)	2(8)	
12	HOWARD, Erika	FR DUB Hempst	32.53 (NW)	1(4)	
13	MARTENS, Kathryn	FR CR Washingt	34.37 (NW)	1(5)	

#28 Girls' 200 Meters (Varsity)

Pl	Name	Yr Team	Time	H(Pl)	Pts
1	ROBERTS, Kerris	FR WAT East	25.95 (NW)	2(1)	10
2	MUHAMMAD, Alanna	SO WAT East	26.13 (NW)	2(2)	8
3	THUNE, Zoey	SO WAT West	26.19 (NW)	2(3)	6
4	SOEKEN, Kenzie	SR CR Prairie	26.39 (NW)	2(4)	4
5	SOLOMON, Madelyn	FR WAT West	26.63 (NW)	2(5)	2
6	CLARK, Emma	FR Iowa City	27.13 (NW)	2(6)	1
7	SKRIVER, Kirstin	SO CR Prairie	27.33 (NW)	2(7)	
8	EHLERS, Katie	SR DUB Hempst	27.73 (NW)	1(1)	
9	DENEICE, Olivia	FR Iowa City	28.72 (NW)	2(8)	
10	PEAL, Lopou	SO CR Washingt	28.84 (NW)	1(2)	
11	KNOWLING, Melinda	SR CR Washingt	28.95 (NW)	1(3)	
12	KLEIN, Hailey	FR DUB Hempst	29.29 (NW)	1(4)	
13	HILL, Jane	JR Xavier	30.09 (NW)	1(5)	
14	STOVIE, Maddix	JR Xavier	30.84 (NW)	1(6)	

#29 Girls' 400m Hurdles (JV)

Pl	Name	Yr Team	Time	Pts
1	FLANAGAN, Marleigh	SO Iowa City	1:17.49	10
2	BOHNSACK, Natalie	JR CR Prairie	1:19.65	8
3	MILLER, Nicole	JR CR Prairie	1:20.64	6
4	WEIS, Emily	FR CR Washingt	1:21.28	4
5	BEMUS, Alyssa	FR CR Washingt	1:21.29	2

#30 Girls' 400m Hurdles (Varsity)

Pl	Name	Yr Team	Time	H(Pl)	Pts
1	DEPRENGER, Maddie	SR Iowa City	1:10.10	2(1)	10
2	SCHMITT, Sarah	FR CR Prairie	1:12.66	2(2)	8
3	BALDUS, Brie	JR Xavier	1:13.10	2(3)	6
4	FRISCH, Ireland	FR WAT West	1:14.67	2(4)	4
5	SMITH, Sophia	JR CR Prairie	1:14.78	2(5)	2
6	HOSTAGER, Heather	SO DUB Hempst	1:15.34	1(1)	1
7	STARK, Gracie	FR CR Washingt	1:20.75	1(2)	
8	JONES, Izzy	FR Iowa City	1:22.33	2(6)	
9	ZILLIG, Becca	JR DUB Hempst	1:25.29	1(3)	

#31 Girls' 800m SMR (JV)

Pl	Team	Time	Pts
1	DUB Hempstead (A)	2:01.68	10
	1) SANDMAN, Bailey JR	2) BLEYMEYER, Riley FR	
	3) SCHWENDINGER, Emily SR	4) RIES, Grace FR	
2	Xavier (A)	2:03.44	8
	1) SCHWACH, Jenna JR	2) SODAWASSER, Rachel SO	
	3) HILL, Jane JR	4) TALLETT, Katie JR	
3	Iowa City (A)	2:03.60	6
	1) GRIMES, Jada SO	2) DEPRENGER, Sidney SO	
	3) ROGGEVEEN, Leigha SO	4) GREEN, Merryl FR	
4	CR Prairie (A)	2:04.25	4
	1) FLICKINGER, Leah SR	2) CRINIGAN, Brenna SO	
	3) WAGEMESTER, Jenna SO	4) BELL, Blair FR	
5	WAT West (A)	2:09.39	2
	1) PITTMAN, Kyra JR	2) HANNA, Teionna JR	
	3) SELF, Morgan FR	4) WASHINGTON, Divine JR	
6	CR Washington (A)	2:14.94	1
	1) RAMYIEH, NyBria FR	2) HARRISON, Ciara SR	
	3) PEAL, Lopou SO	4) RILEY, Caitlin FR	

#32 Girls' 800m SMR (Varsity)

Pl	Team	Time	Pts
1	CR Prairie (A)	1:53.27	10
	1) HILDERBRAND, Raenice FR	2) LEWIS, Morgan SO	
	3) ROSS, Jenna JR	4) SKRIVER, Kirstin SO	
2	Iowa City (A)	1:54.00	8
	1) JOHNSON, Delaney SR	2) FRANKLIN, Malika JR	
	3) TRAORE, Fanta SR	4) GAMAMOU, Rose SR	
3	Xavier (A)	1:55.61	6
	1) LAMPE, Theresa SO	2) PARR, Anna SO	
	3) MILLER, Grace SO	4) DICKES, Jennifer SR	
4	DUB Hempstead (A)	1:56.08	3
	1) MCDONALD, Mallory JR	2) SCHAUL, Katie FR	
	3) JOHNSON, McKenna JR	4) MUNTZ, Heather SR	
4	WAT East (A)	1:56.08	3
	1) JENKINS, Shamyra SO	2) MUHAMMAD, Alanna SO	
	3) RYAN, McKayla JR	4) KIEWIET, Brielle SR	
6	CR Washington (A)	1:56.99	1
	1) WARD, Mariah JR	2) JOHNSON, Jayla SO	
	3) WITT, Emma SO	4) POWERS, Mya FR	
7	WAT West (A)	1:58.44	
	1) BELL, Kitra SO	2) SPENCER, Jaclyn SR	
	3) DILLARD, Jallea FR	4) BARRETT, Tiana SO	

#33 Girls' 1500 Meters (JV)

Pl	Name	Yr Team	Time	Pts
1	MCCORMICK, Gabriel	SO Iowa City	5:14.13	10

MVC MISSISSIPPI DIVISIONAL

Cedar Rapids,
Xavier HS

May 5, 2016



OFFICIAL MEET REPORT

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RESULTS

#33 Girls' 1500 Meters (JV) (cont'd)

Pl	Name	Yr Team	Time	Pts
2	CHADWICK, Celeste	JR Iowa City	5:27.30	8
3	FORREST, Eady	FR CR Prairie	5:35.94	6
4	FIERRO, MaryAnne	FR CR Prairie	5:56.49	4
5	SALAS, Sara	SR DUB Hempst	5:56.73	2
6	ECK, Serena	SO CR Washingt	5:57.73	1
7	BROWN, Lydia	SR Xavier	6:00.51	
8	KENNEDY, Olivia	FR CR Washingt	6:00.89	
9	MARTI, Alaina	SR Xavier	6:08.69	
10	RHEINGANS, Emerson	SO DUB Hempst	6:25.88	
11	DILPARIC, Doris	FR WAT East	6:30.02	
12	GEHRKE, Rachel	FR WAT West	6:37.41	
13	ANDRIANO, Allyson	SO WAT West	6:39.01	
14	DILPARIC, Daria	SO WAT East	6:48.38	

#34 Girls' 1500 Meters (Varsity)

Pl	Name	Yr Team	Time	Pts
1	GORMAN, Reagan	FR CR Washingt	4:55.28	10
2	FRAZEE, Hannah	JR CR Prairie	4:58.02	8
3	ARCH, Mary	JR Iowa City	4:59.72	6
4	LINDOWER, Anna	FR Iowa City	5:00.66	4
5	ALTEMEIER, Sarah	SO CR Washingt	5:06.79	2
6	NEUBAUER, Alissa	SO CR Prairie	5:09.53	1
7	NICHOLS, Casey	SO DUB Hempst	5:19.11	
8	COFFEY, Emiko	JR Xavier	5:28.16	
9	SIGMON, Anne	JR Xavier	5:37.93	
10	URIBE, Drueana	SR WAT West	5:41.22	
11	SMITH, Abby	SO WAT West	6:04.29	

#35 Girls' 4 x 100m Relay (JV)

Pl Team	Time	Pts
1 CR Prairie (A) 1) FLICKINGER, Leah SR 2) CRINIGAN, Brenna SO 3) SMITH, Avery FR 4) LEWIS, Morgan SO	54.01	10
2 Xavier (A) 1) SCHWACH, Jenna JR 2) LAMPE, Theresa SO 3) BALDUS, Brie JR 4) SODAWASSER, Rachel SO	54.41	8
3 WAT West (A) 1) PITTMAN, Kyra JR 2) SCOTT, Calese SO 3) BURT, Amari FR 4) CHRISTENSEN, Natalie SO	54.88	6
4 Iowa City (A) 1) FRANKLIN, Malika JR 2) WINDSCHITL, Elke SR 3) SWENNING, Kate FR 4) GRIMES, Jada SO	55.33	4
5 CR Washington (A) 1) ENIOLA, Victoria JR 2) HARRISON, Ciara SR 3) BEMUS, Alyssa FR 4) PEAL, Lopou SO	57.32	2

#35 Girls' 4 x 100m Relay (JV) (cont'd)

Pl Team	Time	Pts
6 WAT East (A) 1) CROWLEY, Nia FR 2) WISE, Camryn JR 3) WYNTER, Jada FR 4) ROBY, Allure FR	57.87	1
7 DUB Hempstead (A) 1) FLECKENSTEIN, Madison FR 2) GRONAU, Megan JR 3) POWERS, Maddie SR 4) BLEYMEYER, Murphy JR	1:02.32	

#36 Girls' 4 x 100m Relay (Varsity)

Pl Team	Time	Pts
1 WAT East (A) 1) JENKINS, Shamyia SO 2) ROBERTS, Kerris FR 3) DUNN, Jasmine SO 4) MUHAMMAD, Alanna SO	49.91	10
2 CR Prairie (A) 1) HILDERBRAND, Raenice FR 2) ROSS, Jenna JR 3) FULLER, Brie SO 4) SOEKEN, Kenzie SR	49.92	8
3 CR Washington (A) 1) ENIOLA, Vanessa SO 2) WARD, Mariah JR 3) POWERS, Mya FR 4) JOHNSON, Jayla SO	50.88	6
4 Iowa City (A) 1) JOHNSON, Delaney SR 2) COOPER, Emma FR 3) CLARK, Emma FR 4) GAMAMOU, Rose SR	51.07	4
5 WAT West (A) 1) SOLOMON, Madelyn FR 2) SPENCER, Jaclyn SR 3) ALLISON, Claesa FR 4) ROBY, Ta'Mara SO	51.16	2
6 Xavier (A) 1) OAKLEY, Sydney SR 2) PARR, Anna SO 3) STANEK, Kiana JR 4) MILLER, Grace SO	51.98	1
7 DUB Hempstead (A) 1) EHLERS, Katie SR 2) PAULSEN, McKenzie SO 3) COATES, Jenna SO 4) KRAMER, Anna SR	53.16	

#37 Girls' 4 x 400m Relay (JV)

Pl Team	Time	Pts
1 Iowa City (A) 1) NYAMBONEK, Janet SO 2) DENEICE, Olivia FR 3) VERDICK, Hailey SR 4) BRANDS, Kinsee SO	4:27.16	10
2 WAT West (A) 1) SHARES, Ruth SO 2) MEYER, Camryn FR 3) FRISCH, Ireland FR 4) HARNACK, Emma JR	4:32.54	8
3 WAT East (A) 1) HARRIS, Chalea JR 2) WEEKLEY, Autumn SR 3) CROWLEY, Nia FR 4) DAVIS, Laniah JR	4:47.96	6
4 CR Prairie (A) 1) ERICKSON, Morgan SO 2) YODER, Tiffanay FR 3) BELL, Blair FR 4) GEARY, Raegan SO	4:50.57	4

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Xavier HS

May 5, 2016

**OFFICIAL MEET REPORT**

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RESULTS**#37 Girls' 4 x 400m Relay (JV) (cont'd)**

Pl	Team	Time	Pts
5	Xavier (A)	4:54.68	2
	1) MALONEY, Katie JR	2) BROWN, Lydia SR	
	3) SCHMITT, Bridget FR	4) DAKE, Hannah FR	
6	CR Washington (A)	4:59.58	1
	1) STARK, Gracie FR	2) NICHOLS, Natasha JR	
	3) ALTEMEIER, Maya SR	4) APPLEBY-SPARROW, Madalyn	
7	DUB Hempstead (A)	5:05.62	
	1) SMITH, Sage SO	2) ORTIZ-THOMAS, Lizette SO	
	3) MORLEY, Heather JR	4) FRISCH, Abigale SO	

JV Women's Scores (cont'd)

Pl	Team	Code	Score
5	WAT West	WATW	45
6	CR Washington	CRW	29
6	WAT East	WE	29

#38 Girls' 4 x 400m Relay (Varsity)

Pl	Team	Time	Pts
1	WAT West (A)	4:09.79	10
	1) BELL, Kitra SO	2) THUNE, Zoey SO	
	3) DILLARD, Jallea FR	4) PHILLIPS, Tae'Anna JR	
2	Iowa City (A)	4:13.76	8
	1) DEPRENGER, Maddie SR	2) JONES, Izzy FR	
	3) TRAORE, Aminata SR	4) PARROTT, Lindsey SO	
3	DUB Hempstead (A)	4:18.60	6
	1) MEEHAN, Julia SO	2) STEIL, Audra SO	
	3) SCHMITT, Emily SO	4) MCGRATH, Erin SO	
4	Xavier (A)	4:24.00	4
	1) OAKLEY, Sydney SR	2) PARR, Anna SO	
	3) HILL, Jane JR	4) STANEK, Kiana JR	
5	CR Washington (A)	4:24.77	2
	1) TAYLOR, Amara JR	2) KLOPFENSTEIN, Ava SO	
	3) KNOWLING, Melinda SR	4) WITT, Emma SO	
6	CR Prairie (A)	4:28.70	1
	1) BOOTH, Victoria SO	2) COPELAND, Emma FR	
	3) SKRIVER, Kirstin SO	4) POSSEHL, Paige SO	

Varsity Women's Scores

Pl	Team	Code	Score
1	Iowa City	IACT	134.5
2	CR Prairie	CRP	110
3	Xavier	Xav	83
4	CR Washington	CRW	73
5	WAT West	WATW	67
6	DUB Hempstead	DUBH	62.5
7	WAT East	WE	52

JV Women's Scores

Pl	Team	Code	Score
1	CR Prairie	CRP	184
2	Iowa City	IACT	156
3	DUB Hempstead	DUBH	57
4	Xavier	Xav	51