

Iowa Indoor Championships
A.Y. McDonald Indoor Track - University of Dubuque
Dubuque, Iowa - 3/25/2023
Results

Girls 55 Meter Dash
Top 16 Advance by Time

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 Meet Record: * 7.33 3/23/2019 Libby Wedewer, Wahlert Cath

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 Name Year School Prelims H#

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Preliminaries

1	Meghan McDonald	12	Dubuque Wahlert	7.49q	5	
2	Piper Stahle	9	Solon	7.69q	1	
3	Lauren McClimon	10	Dubuque Wahlert	7.88q	1	
4	Aubrey Schlichte	10	Dubuque Hempstead	7.90q	4	
5	Natalie Steva	10	Iowa City West	7.91q	4	
6	Ashlyn Latusick	12	Cedar Falls	7.95q	2	7.944
7	Jillian Renne	10	Dubuque Hempstead	7.95q	1	7.945
8	Emma Wolff	12	Solon	7.96q	2	
9	Madeline Schrader	12	Mid-Prairie	7.98q	3	
10	Carley Hefel	12	Dubuque Senior	8.00q	2	
11	Autumn Henderson	10	Iowa City West	8.01q	3	
12	Kylie Sieverding	9	Dubuque Wahlert	8.02q	5	8.016
13	Lindsey McKane	10	Iowa City West	8.02q	3	8.017
14	Karyn Ellis	9	Dubuque Wahlert	8.04q	1	8.032
15	Grace Kuehl	11	Central	8.04q	3	8.037
16	Mallory Tomkins	9	Dubuque Hempstead	8.04q	2	8.038
17	Calla Foster	12	Solon	8.05	4	8.042
18	Addi Spier	9	Cedar Falls	8.05	3	8.044
19	Sophia Mason	11	Cedar Falls	8.06	3	
20	Gillian McRae	12	Cedar Falls	8.08	5	
21	Olivia Brimeyer	11	Dubuque Senior	8.09	4	
22	Emma Lueck	11	Mid-Prairie	8.15	2	
23	Akeelah Anderson	10	Dubuque Hempstead	8.16	5	
24	Toyriana Hampton	9	Dubuque Hempstead	8.18	1	
25	Lilyanna Ganfield	12	Cedar Falls	8.21	1	8.203
26	Machaela Trask	10	Mason City	8.21	5	8.205
27	Evelyn Asay	10	Iowa City West	8.28	4	
28	Olivia Bonnema	10	Solon	8.29	3	
29	Naomi Duehr	10	Dubuque Wahlert	8.31	2	
30	Ava Singletary	10	Dubuque Senior	8.32	4	
31	Bella Jedlicka	11	Solon	8.43	5	
32	Catharine Ruden	9	Dubuque Senior	8.47	2	
33	Ariel Lee	11	Mason City	8.51	5	
34	Adriana Vargas	9	Iowa City West	8.52	3	

Girls 55 Meter Dash

=====
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=====
 Name Year School Finals H# Points

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Finals

1	Meghan McDonald	12	Dubuque Wahlert	7.43	2	10
2	Piper Stahle	9	Solon	7.66	2	8
3	Natalie Steva	10	Iowa City West	7.84	2	6

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4	Lauren McClimon	10	Dubuque Wahlert	7.85	2	5	
5	Jillian Renne	10	Dubuque Hempstead	7.86	2	4	
6	Aubrey Schlichte	10	Dubuque Hempstead	7.91	2	3	
7	Madeline Schrader	12	Mid-Prairie	7.94	1	2	
8	Emma Wolff	12	Solon	7.96	2	1	
9	Ashlyn Latusick	12	Cedar Falls	7.98	2		7.972
10	Carley Hefel	12	Dubuque Senior	7.98	1		7.978
10	Lindsey McKane	10	Iowa City West	7.98	1		7.978
12	Karyn Ellis	9	Dubuque Wahlert	7.99	1		
13	Mallory Tomkins	9	Dubuque Hempstead	8.00	1		
14	Grace Kuehl	11	Central	8.06	1		
15	Kylie Sieverding	9	Dubuque Wahlert	8.11	1		
16	Autumn Henderson	10	Iowa City West	8.21	1		

Girls 400 Meter Dash

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 Meet Record: * 58.50 3/23/2019 Carly King, Assumption

Name	Year	School	Finals	H#	Points	
1	Gracie Federspiel	11	Solon	58.67	6	10
2	Rylee Steffen	11	Dubuque Wahlert	59.42	6	8
3	Josee Simonson	10	Cedar Falls	1:02.16	6	6
4	Erinn Varga	11	Iowa City West	1:02.82	5	5
5	Avery Berte	10	Cedar Falls	1:04.08	5	4
6	Delaney Scherf	12	Central	1:04.57	5	3
7	Kerrigan Lyons	12	Solon	1:04.99	4	2
8	Anna Prouty	12	Iowa City West	1:05.18	4	1
9	Karly Belken	9	Dubuque Wahlert	1:05.35	4	
10	Jaydin Dettman	11	Central	1:05.47	5	
11	Lily McConnell	10	Iowa City West	1:06.88	3	
12	Maddie Lesser	11	Dubuque Hempstead	1:07.01	3	
13	Jacie Wessels	10	Cedar Falls	1:07.66	5	
14	Natalie Schlichte	12	Dubuque Hempstead	1:07.89	5	1:07.885
15	Lauren Waskow	11	Cedar Falls	1:07.89	4	1:07.887
16	Ashlin Cox	11	Dubuque Wahlert	1:11.25	3	
17	Yaya Orszula	11	Iowa City West	1:13.68	2	
18	Laura Obryon	10	Cedar Falls	1:13.73	3	
19	Tatum Manternach	12	Dubuque Wahlert	1:14.36	2	
20	Khamissa Tiea	9	Iowa City West	1:14.76	2	
21	Eve Hinners	10	Solon	1:20.58	2	
--	Hannah Asche	12	Central	DQ	6	

Girls 800 Meter Run

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 Meet Record: * 2:17.93 3/23/2019 Mackenzie Michael, Cedar Falls

Name	Year	School	Finals	H#	Points	
1	Brooke O'Brien	12	Dubuque Hempstead	2:19.78	2	10
2	Zoe Zylstra	10	Cedar Falls	2:27.71	2	8

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....Girls 800 Meter Run

3 Brogan Evans	9 Mason City	2:29.26	2	6
4 Ruby Schillinger	10 Cedar Falls	2:31.06	2	5
5 Maddie Digman	12 Dubuque Hempstead	2:33.55	2	4
6 Julia Kilgore	12 Dubuque Senior	2:39.15	2	3
7 Emma Chesterman	9 Dubuque Senior	2:40.53	2	2
8 Mary Fiala	12 Solon	2:41.57	1	1
9 Lauren Gehl	11 Dubuque Hempstead	2:41.61	1	
10 Anna Scannell	12 Cedar Falls	2:42.25	2	
11 Samantha Callahan	12 Dubuque Wahlert	2:46.65	2	
12 Kalli Titus	12 Iowa City West	2:52.57	1	
13 Annie Dickens	10 Iowa City West	2:58.99	1	
14 Lucy Klavitter	9 Dubuque Wahlert	3:03.91	1	
15 Helen Orsuzula	11 Iowa City West	3:09.03	1	
16 Sophia Miles	10 Solon	3:14.18	1	
17 Ivy Hendrickson	10 Iowa City West	3:20.91	1	
18 Alexis Thiese	10 Central	3:21.52	1	

Girls 1500 Meter Run

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 Meet Record: * 4:49.80 3/23/2019 Ainsley Erzen, Carlisle

Name	Year School	Finals	H#	Points
1 Keelee Leitzen	11 Dubuque Hempstead	4:41.36*	2	10
2 Julia Gehl	11 Dubuque Hempstead	4:42.46*	2	8
3 Evie Henneberry	10 Dubuque Hempstead	5:11.03	2	6
4 Kaitlyn Miller	11 Dubuque Senior	5:15.67	2	5
5 Neveah Kessler	12 Dubuque Senior	5:20.02	2	4
6 Emily Gorton	10 Dubuque Senior	5:21.02	2	3
7 Claire Hoyer	10 Dubuque Senior	5:21.04	2	2
8 Lucy Murphy	9 Dubuque Wahlert	5:24.53	2	1
9 Anna Scannell	12 Cedar Falls	5:25.23	2	
10 Lainey Schreiber	12 Cedar Falls	5:34.19	1	
11 Cindy Wang	11 Iowa City West	5:40.18	1	
12 Ella Sheeley	10 Solon	5:40.44	1	
13 Emily Meyer	10 Cedar Falls	5:46.78	2	
14 Gabrielle Moniza	11 Iowa City West	5:48.77	2	
15 Ava Mallaro	12 Cedar Falls	5:52.30	1	
16 Anna Dickens	10 Iowa City West	6:28.10	1	
17 Alexis Thiese	10 Central	6:56.41	1	

Girls 3000 Meter Run

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 Meet Record: * 10:27.75 3/23/2019 Claire Edmondson, Dubuque Seni

Name	Year School	Finals	Points
1 Leah Klapatauskas	11 Dubuque Senior	10:54.12	10
2 Kayla Young	12 Solon	10:54.83	8
3 Maddie Gallagher	11 Cedar Falls	11:11.17	6
4 Anna Becker	11 Cedar Falls	11:27.40	5

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5	Jaden Swarts	12 Cedar Falls	11:30.28	4
6	Audra Mulholland	11 Mason City	11:30.95	3
7	Cindy Wang	11 Iowa City West	12:34.17	2
8	Emilia Gruetter	9 Iowa City West	14:17.29	1
9	Grace Fiala	12 Solon	14:20.03	

Girls 55 Meter Hurdles
Top 16 Advance by Time

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 Meet Record: * 8.17 3/23/2019 Peyton Steva, Iowa City We

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 Name Year School Prelims H#

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Preliminaries

1	Erinah Carter	10 Iowa City West	9.07q	2
2	Paige Paup	11 Cedar Falls	9.12q	2
3	Mia Stahle	11 Solon	9.13q	2
4	Sophia Stahle	12 Solon	9.14q	1
5	Sophia Olivio	10 Iowa City West	9.16q	3
6	Sophia Tognetti	9 Cedar Falls	9.25q	3
7	Rosa Monarch	12 Mason City	9.32q	1
8	Ellea Lewerke	11 Mason City	9.55q	1
9	Gwen Fiser	11 Mason City	9.64q	3
10	Johnna Dieken	12 Cedar Falls	9.68q	1
11	Mattie Dieken	10 Cedar Falls	9.76q	1
12	Lauren Waskow	11 Cedar Falls	9.77q	2
13	Calla Foster	12 Solon	9.98q	3
14	Sophie Jasper	9 Dubuque Senior	10.18q	1
15	Lily McConnell	10 Iowa City West	10.24q	3
16	Greta Lewerke	10 Mason City	10.29q	3
17	Maliyah Lawrence	9 Iowa City West	10.34	2
18	Paige Howesion	10 Dubuque Hempstead	10.64	2
19	Ashley Long	11 Dubuque Hempstead	10.67	3
20	Macy Schlitter	10 Mason City	11.63	3

Girls 55 Meter Hurdles

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 Meet Record: * 8.17 3/23/2019 Peyton Steva, Iowa City We

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 Name Year School Finals H# Points

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Finals

1	Erinah Carter	10 Iowa City West	8.96	2	10	
2	Sophia Stahle	12 Solon	9.01	2	8	
3	Sophia Olivio	10 Iowa City West	9.03	2	6	9.021
4	Mia Stahle	11 Solon	9.03	2	5	9.025
5	Paige Paup	11 Cedar Falls	9.07	2	4	
6	Rosa Monarch	12 Mason City	9.22	2	3	
7	Sophia Tognetti	9 Cedar Falls	9.29	2	2	
8	Ellea Lewerke	11 Mason City	9.39	2	1	
9	Johnna Dieken	12 Cedar Falls	9.60	1		

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10 Gwen Fiser	11 Mason City	9.63	1
11 Mattie Dieken	10 Cedar Falls	9.66	1
12 Calla Foster	12 Solon	9.84	1
13 Greta Lewerke	10 Mason City	10.10	1
14 Lauren Waskow	11 Cedar Falls	10.15	1
15 Lily McConnell	10 Iowa City West	10.16	1
16 Sophie Jasper	9 Dubuque Senior	10.26	1

Girls 4x200 Meter Relay

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 Meet Record: * 1:47.13 3/23/2019 Wahlert Catholic, Wahlert Catholic
 C Broderick, A Schmidt, L Wedewer, A Wallace

School	Finals	H#	Points
1 Dubuque Wahlert	1:48.24	3	10
2 Solon	1:50.48	3	8
1) Mia Stahle 11	2) Emma Wolff 12		
3) Piper Stahle 9	4) Sophia Stahle 12		
3 Cedar Falls 'B'	1:52.95	3	6
1) Avery Berte 10	2) Sophia Mason 11		
3) Grace Hannam 10	4) Avalon Burns 11		
4 Central	1:53.61	2	5
1) Grace Kuehl 11	2) Jaydin Dettman 11		
3) Delaney Scherf 12	4) Hannah Asche 12		
5 Dubuque Hempstead	1:54.35	3	4
1) Akeelah Anderson 10	2) Ayla Osterkamp 10		
3) Mallory Tomkins 9	4) Aubrey Schlichte 10		
6 Iowa City West	1:55.47	3	3
1) Erinah Carter 10	2) Lindsey McKane 10		
3) Sophia Olivio 10	4) Erinn Varga 11		
7 Dubuque Wahlert 'B'	x1:57.01	2	
8 Mason City	1:57.11	2	2
1) Rosa Monarch 12	2) Gwen Fiser 11		
3) Kamina Munson 10	4) Greta Lewerke 10		
9 Solon 'B'	x1:57.28	1	
1) Aisley Foster 12	2) Hailey Miller 11		
3) Bella Jedlicka 11	4) Calla Foster 12		
10 Dubuque Senior	1:57.33	1	1
1) Ava Singletary 10	2) Olivia Brimeyer 11		
3) Jenna Lawler 9	4) Carley Hefel 12		
11 Cedar Falls	x1:58.08	2	
1) Gillian McRae 12	2) Ashlyn Latusick 12		
3) Johnna Dieken 12	4) Sophia Tognetti 9		
12 Dubuque Hempstead 'B'	x1:59.42	2	
1) Jillian Renne 10	2) Toyriana Hampton 9		
3) Emma Oberhoffer 11	4) Maddie Lesser 11		
13 Iowa City West 'B'	x2:02.53	1	
1) Lily McConnell 10	2) Natalie Steva 10		
3) Yasmeen Mohamed 11	4) Maliyah Lawrence 9		

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Girls 4x400 Meter Relay

Meet Record: * 4:09.68 3/23/2019 Assumption, Assumption			
L Nelson, L Fitzpatrick, P Hanley, C King			
School		Finals	H# Points
1 Dubuque Hempstead		4:07.10*	3 10
1) Camdyn Kay 11	2) Brooke O'Brien 12		
3) Ayla Osterkamp 10	4) Keelee Leitzen 11		
2 Solon		4:07.42*	3 8
1) Gracie Federspiel 11	2) Sophia Stahle 12		
3) Kerrigan Lyons 12	4) Grace Hoeper 10		
3 Cedar Falls		4:13.07	3 6
1) Avery Berte 10	2) Grace Hannam 10		
3) Paige Wilson 9	4) Josee Simonson 10		
4 Iowa City West		4:19.34	2 5
1) Anna Prouty 12	2) Kate Van Waning 9		
3) Annie Schwartz 12	4) Erinn Varga 11		
5 Dubuque Wahlert		4:23.23	3 4
6 Solon 'B'		x4:28.23	2
1) Hailey Miller 11	2) Mary Fiala 12		
3) Ashlyn Williams 11	4) Mia Stahle 11		
7 Mason City		4:28.59	2 3
1) Savannah Davis 10	2) Janae Hansen 10		
3) Machaela Trask 10	4) Kamina Munson 10		
8 Cedar Falls 'B'		x4:29.35	3
1) Kahlan Kearns 10	2) Lucy Dunning 12		
3) Avalon Burns 11	4) Jacie Wessels 10		
9 Iowa City West 'B'		x5:01.00	2

Girls 4x800 Meter Relay

Meet Record: * 9:57.24 3/23/2019 Dubuque Senior, Dubuque Senior			
I Gorton, L Miller, L Schmidt, C Edmondson			
School		Finals	Points
1 Cedar Falls		9:53.44*	10
1) Ruby Schillinger 10	2) Zoe Zylstra 10		
3) Rachel Mandt 12	4) Josee Simonson 10		
2 Dubuque Senior		10:20.95	8
1) Kaitlyn Miller 11	2) Claire Hoyer 10		
3) Neveah Kessler 12	4) Leah Klapatauskas 11		
3 Solon		10:23.64	6
1) Kayla Young 12	2) Ashlyn Williams 11		
3) Mary Fiala 12	4) Grace Hoeper 10		
4 Dubuque Hempstead		10:29.94	5
1) Evie Henneberry 10	2) Sophia Dallal 12		
3) Lauren Gehl 11	4) Maddie Digman 12		
5 Cedar Falls 'B'		x10:35.04	
1) Paige Wilson 9	2) Lucy Dunning 12		
3) Lainey Schreiber 12	4) Ava Mallaro 12		

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....Girls 4x800 Meter Relay

6 Iowa City West	10:39.18	4
7 Mason City	10:41.61	3
1) Audra Mulholland 11	2) Olivia Schissel 12	
3) Savannah Davis 10	4) Janae Hansen 10	
8 Dubuque Wahlert	11:04.88	2
9 Solon 'B'	x11:53.60	
1) Ella Sheeley 10	2) Piper Barnhouse 9	
3) Grace Fiala 12	4) Anna Quillin 10	
10 Iowa City West 'B'	x12:18.45	

Girls High Jump

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Meet Record: * 5-06 3/23/2019 Miracle Ailes, Keokuk

Name	Year School	Finals	Points
1 Meena Tate	12 Iowa City West	5-02.00	10
2 Addi Spier	9 Cedar Falls	J4-08.00	8
3 Isen O'Bryon	10 Cedar Falls	J4-08.00	5.50
3 Zoe Zylstra	10 Cedar Falls	J4-08.00	5.50
5 Lily Ganfield	12 Cedar Falls	J4-06.00	4
6 Sophia Miles	10 Solon	J4-06.00	3
7 Shea Ray	9 Cedar Falls	J4-06.00	2
8 Eva Willis	9 Iowa City West	4-04.00	0.50
8 Olivia Bonnema	10 Solon	J4-04.00	0.50
-- Toyriana Hampton	9 Dubuque Hempstead	NH	

Girls Long Jump

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Meet Record: * 17-10 3/23/2019 Dimia Burrell, Linn-Mar

Name	Year School	Finals	H#	Points
1 Shea Ray	9 Cedar Falls	15-09.50	2	10
2 Emma Lueck	11 Mid-Prairie	15-09.00	2	8
3 Lindsey McKane	10 Iowa City West	15-07.00	2	6
4 Piper Stahle	9 Solon	15-04.50	2	5
5 Meghan McDonald	12 Dubuque Wahlert	15-03.00	2	4
6 Aisley Foster	12 Solon	15-00.00	2	3
7 Kahlan Kearns	10 Cedar Falls	14-06.50	2	2
8 Ayla Osterkamp	10 Dubuque Hempstead	J14-06.50	2	1
9 Camdyn Kay	11 Dubuque Hempstead	14-05.50	1	
10 Maliyah Lawrence	9 Iowa City West	14-03.00	1	
11 Madeline Schrader	12 Mid-Prairie	14-00.00	2	
11 Alexis Hoeft	12 Mason City	14-00.00	1	
13 Lily Ganfield	12 Cedar Falls	13-06.00	2	
14 Eghe Sule	12 Iowa City West	12-05.00	1	

Iowa Indoor Championships
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Girls Shot Put

Meet Record: * 41-08.25 3/23/2019 Jamie Kofron, Tipton					
Name	Year	School	Finals	H#	Points
1 Helen Penning	11	Iowa City West	35-05.00	2	10
2 Gabby Fredrick	11	Dubuque Hempstead	32-09.00	2	8
3 Kate Shafer	10	Solon	32-08.00	2	6
4 Delaney Scherf	12	Central	32-02.00	2	5
5 Jaelyn Falls	11	Mason City	31-11.50	2	4
6 Hilary Wilson	12	Solon	31-08.00	2	3
7 Abigail Felton	10	Solon	31-07.00	2	2
8 Leah m Kollar	11	Solon	30-02.00	2	1
9 Alyssa Westhoff	12	Dubuque Hempstead	J30-02.00	2	
10 Reese Grimm	9	Solon	28-00.00	2	
11 Eno Sule	10	Iowa City West	27-09.50	1	
12 Eghe Sule	12	Iowa City West	27-09.00	1	
13 Alexis Hoefft	12	Mason City	27-05.00	2	
14 Natalie Printy	11	Dubuque Senior	27-01.00	1	
15 Nayelli Gonzalez	12	Mason City	26-11.00	1	
16 Alexis Thiese	10	Central	24-03.00	1	
17 Lilly Anderson	10	Dubuque Senior	21-01.50	1	

Women - Team Rankings - 12 Events Scored

1) Cedar Falls	103	2) Solon	88.50
3) Dubuque Hempstead	73	4) Iowa City West	69.50
5) Dubuque Wahlert	44	6) Dubuque Senior	38
7) Mason City	25	8) Central	13
9) Mid-Prairie	10		

Men - Team Rankings - 12 Events Scored

1) Pleasant Valley	165	2) Dubuque Senior	88
3) Dubuque Hempstead	80	4) Anamosa	45
5) Dubuque Wahlert	37	6) Bellevue	29