



## 2026 Track & Field Girls All-State Teams

(Only member schools are eligible for IATC All-State recognition)

### 100 METER DASH

#### Class 1A

Paige Richards	Madrid	12.31
McKenna Baker	West Monona, Onawa	12.41
Morgan Hast	Boyer Valley, Dunlap	12.44
Trista Hansaker	Melcher-Dallas	12.47

#### Class 2A

Rachel Kacmarynski	Pella Christian	11.70 *State Meet Record
Jovi Evans	Mid-Prairie, Wellman	12.32
Jeorgia Evans	Mid-Prairie, Wellman	12.41
Chloe Paulsen	Dike-New Hartford	12.66

#### Class 3A

Kaleigh Tooker	MOC-Floyd Valley	12.00
Mylee Stiefel	Burlington	12.01
Aiden Gosselink	Grinnell	12.12
Natalie Johnson	Algona	12.16

#### Class 4A

Katie Willits	Waukee, Northwest	11.66
Alayna Goldsberry	Southeast Polk	12.10
Morgan Karr	Valley, West Des Moines	12.18
Micayla Ramirez	North Scott, Eldridge	12.21

#### 100 METERS - Wheelchair

Payton Maas	West Liberty	24.63
Ellie Wunderlich	Council Bluffs, Thomas Jefferson	26.17
Bella Paulsen	Johnston	28.14

#### 100 METERS - Ambulatory

Josie Green	Cascade	18.14
Carly Sanders	Council Bluffs, Abraham Lincoln	38.45

#### 100 METERS - ELITE ALL-STATE

Katie Willits	Waukee, Northwest	11.66
Rachel Kacmarynski	Pella Christian	11.70
Kaleigh Tooker	MOC-Floyd Valley	12.00

Mylee Stiefel	Burlington	12.01
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### **200 METER DASH**

#### **Class 1A**

Jacey Johnston	Saint Ansgar	25.30
Lana Alley	Fremont-Mills, Tabor	25.31
Leah Lambe	Bellevue	25.32
Emma Reynolds	Mount Ayr	25.42

#### **Class 2A**

Rachel Kacmarynski	Pella Christian	24.08 *State Meet Record
Jordan Tegeler	Northeast, Goose Lake	24.93
Meredith Van Wyk	Pella Christian	25.00
Jovi Evans	Mid-Prairie, Wellman	25.35

#### **Class 3A**

CaliAna Whitaker	Mount Vernon	24.44
Aiden Gosselink	Grinnell	24.45
Mylee Stiefel	Burlington	24.92
Haley Williams	Epworth, Western Dubuque	25.15

#### **Class 4A**

Katie Willits	Waukee Northwest	23.70
Morgan Fisher	Ankeny	24.32
Quinn Jorgensen	Waukee Northwest	24.33
Kloe Nissen	Cedar Falls	24.38

#### **200 METERS - Wheelchair**

Payton Maas	West Liberty	48.27
Ellie Wunderlich	Council Bluffs, Thomas Jefferson	49.06
Bella Paulsen	Johnston	56.66

#### **200 METERS- Ambulatory**

Josie Green	Cascade, Western Dubuque	39.98
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#### **200 METERS - ELITE ALL-STATE**

Katie Willits	Waukee Northwest	23.70
Rachel Kacmarynski	Pella Christian	24.08
Morgan Fisher	Ankeny	24.32
Quinn Jorgensen	Waukee Northwest	24.33

## **400 METER DASH**

### **Class 1A**

Ada Hansen	CAM, Anita	56.90
Emma Reynolds	Mount Ayr	57.54
Eva Vaske	Edgewood-Colesburg	57.67
Kennedy Brant	Gladbrook-Reinbeck	58.53

### **Class 2A**

Bailey Vos	Pella Christian	55.29
Jordan Tegeler	Northeast, Goose Lake	56.30
Maryn Laures	Denver	57.04
Ella Hein	Tipton	57.09

### **Class 3A**

CaliAna Whitaker	Mount Vernon	55.51
Ava Hocker	Williamsburg	55.53
Avery Bitker	Sioux Center	56.83
Tierney Carter	Oskaloosa	57.29

### **Class 4A**

Kloe Nissen	Cedar Falls	53.93
Morgan Fisher	Ankeny	54.23
Logan Vogt	Waukee Northwest	55.23
Avery Vogt	Waukee Northwest	56.17

### **400 METERS - Wheelchair**

Ellie Wunderlich	Council Bluffs, Thomas Jefferson	1:36.85
Payton Maas	West Liberty	1:37.77
Bella Paulsen	Johnston	2:03.87

### **400 METERS - Ambulatory**

Josie Green	Cascade, Western Dubuque	1:32.69
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### **400 METERS - ELITE ALL-STATE**

Kloe Nissen	Cedar Falls	53.93
Morgan Fisher	Ankeny	54.23
Logan Vogt	Waukee Northwest	55.23
Bailey Vos	Pella Christian	55.29

## **800 METER RUN**

### **Class 1A**

Lili Denton	St. Albert, Council Bluffs	2:12.20
Chloe Glosser	Pekin	2:15.27
Maclaine German	Martensdale-St. Marys	2:15.43
Piper Smith	AGWSR, Ackley	2:15.92

### **Class 2A**

Grace Hamann	West Branch	2:12.64
Grace Storjohann	Grundy Center	2:13.50
Laura Streck	Van Meter	2:14.34
Rachel Schany	Emmettsburg	2:16.94

### **Class 3A**

Evelyn Moeller	Mount Vernon	2:11.46
Avery Fedler	Mount Pleasant	2:11.47
Audrina Jones	Sioux Center	2:12.23
Natalie Anderson	MOC-Floyd Valley	2:13.23

### **Class 4A**

Makenna Madetzke	Ankeny	2:09.50
Rebecca Flick	Ankeny Centennial	2:10.77
Katherine Tomlyanovich	Cedar Falls	2:11.09
Olivia Fehn	Johnston	2:11.48

### **800 METERS - Wheelchair**

Payton Maas	West Liberty	3:32.71
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### **800 METERS - Ambulatory**

(No competitors)

### **800 METERS - ELITE ALL-STATE**

Makenna Madetzke	Ankeny	2:09.50
Rebecca Flick	Ankeny Centennial	2:10.77
Katherine Tomlyanovich	Cedar Falls	2:11.09
Evelyn Moeller	Mount Vernon	2:11.46

## 1500 METER RUN

### Class 1A

Lili Denton	St. Albert, Council Bluffs	4:28.32 *State Meet Record
Chloe Glosser	Pekin	4:31.49
Karson Oberender	Martensdale-St. Marys	4:42.20
Elizabeth Erickson	Colo-NESCO	4:49.60

### Class 2A

Laura Streck	Van Meter	4:34.28
Mary Grace Lyons	Monticello	4:39.92
Kylie Rochholz	Panorama	4:41.64
Grace Hamann	West Branch	4:44.71

### Class 3A

Evelyn Moeller	Mount Vernon	4:28.07 *State Meet Record
Natalie Anderson	MOC-Floyd Valley	4:34.22
Elyse Erzen	Des Moines Christian	4:34.33
Alexis Hergenreter	North Polk, Alleman	4:40.65

### Class 4A

Charlee Gall	Cedar Falls	4:27.41
Makenna Madetzke	Ankeny	4:33.17
Emmy Stubbendeck	Waukee Northwest	4:33.62
Abigail Burns	Iowa City, City High	4:35.24

### 1500 METERS - ELITE ALL-STATE

Charlee Gall	Cedar Falls	4:27.41
Evelyn Moeller	Mount Vernon	4:28.07
Lili Denton	St. Albert, Council Bluffs	4:28.32
Chloe Glosser	Pekin	4:31.49

## 3000 METER RUN

### Class 1A

Chloe Glosser	Pekin	9:37.39 *State Meet Record
Lili Denton	St. Albert, Council Bluffs	10:01.14
Karson Oberender	Martensdale-St. Marys	10:09.56
Alexis Mujica	Newman Catholic, Mason City	10:12.51

### Class 2A

Laura Streck	Van Meter	9:48.31
McKenna Montgomery	Albia	10:08.09
Mary Grace Lyons	Monticello	10:15.44
Kylie Rochholz	Panorama	10:23.39

### **Class 3A**

Evelyn Moeller	Mount Vernon	9:27.31 *State Meet Record
Elsie Brenneman	Pella	9:41.48
Marissa Ferebee	Pella	9:49.14
Natalie Anderson	MOC-Floyd Valley	9:56.01

### **Class 4A**

Charlee Gall	Cedar Falls	9:37.85
Emmy Stubbendeck	Waukee Northwest	9:43.91
Emma Stanley	Ames	9:48.39
Maddie Millage	Pleasant Valley	9:52.81

### **3000 METERS - ELITE ALL-STATE**

Evelyn Moeller	Mount Vernon	9:27.31
Chloe Glosser	Pekin	9:37.39
Charlee Gall	Cedar Falls	9:37.85
Elsie Brenneman	Pella	9:41.48

### **100 METER HURDLES**

#### **Class 1A**

Lana Alley	Fremont-Mills, Tabor	14.59
Ada Hansen	CAM, Anita	14.65
Rowan Jacobi	Springville	14.96
Camryn Russell	Baxter	15.14

#### **Class 2A**

Rylee Hemmingsen	Treynor	14.63
Leah Bolluyt	Spirit Lake	14.86
Miranda Neighbor	Alburnett	15.00
Sara Mead	Jesup	15.08

#### **Class 3A**

Elise Coghlan	ADM, Adel	14.20 *State Meet Record
Renae Wilson	Decorah	14.69
Scout Ridout	South Tama	14.74
Aubrey Johnson	Gilbert	14.86

#### **Class 4A**

Morgan Karr	Valley, West Des Moines	13.53 *State/All-Time Records
Katie Willits	Waukee Northwest	13.70
Sophia Hatcher	Ames	14.17
Jana Maharry	Waukee	14.36

## **100 METER HURDLES - ELITE ALL-STATE**

Morgan Karr	Valley, West Des Moines	13.53
Katie Willits	Waukee Northwest	13.70
Sophia Hatcher	Ames	14.17
Elise Coghlan	ADM, Adel	14.20

## **400 METER HURDLES**

### **Class 1A**

Ada Hansen	CAM, Anita	1:01.28 *State Meet Record
Eva Vaske	Edgewood-Colesburg	1:03.98
Addison Winters	Kee, Lansing	1:04.37
Kennedy Brant	Gladbrook-Reinbeck	1:04.83

### **Class 2A**

Ella Hein	Tipton	1:02.29
Wendie Veit	East Sac County	1:03.32
Sara Mead	Jesup	1:04.91
Bella Bruins	Van Meter	1:05.12

### **Class 3A**

Ava Hocker	Williamsburg	1:00.46
Elise Coghlan	ADM, Adel	1:02.82
Tierney Carter	Oskaloosa	1:03.86
Leighton Messinger	Washington	1:04.65

### **Class 4A**

Jana Maharry	Waukee	1:00.11 *State Meet Record
Maeve Bowen-Burt	Iowa City, City High	1:01.61
Angelica Attinger	Ames	1:01.89
Avery Bradley	Muscatine	1:01.97

## **400 METER HURDLES - ELITE ALL-STATE**

Jana Maharry	Waukee	1:00.11
Ava Hocker	Williamsburg	1:00.46
Ada Hansen	CAM, Anita	1:01.28
Maeve Bowen-Burt	Iowa City, City High	1:01.61

## **LONG JUMP**

### **Class 1A**

McKenna Baker	West Monona, Onawa	18-00.75
Nataliya Linder	North Mahaska, New Sharon	17-05.25

Ella Whitney	Wayne, Corydon	17-01.75
Addison Winters	Kee, Lansing	16-11.75

### **Class 2A**

Georgia Evans	Mid-Prairie, Wellman	18-01.00
Anabel Sinz	Spirit Lake	17-11.25
Irelynne McNamara	MVAOCOU	17-06.00
Ella Hein	Tipton	17-06.00

### **Class 3A**

Aiden Gosselink	Grinnell	19-07.25 *State Meet Record
Aubrey Johnson	Gilbert	18-01.25
Shannon Cleary	Bishop Heelan Catholic, SC	17-08.25
Frankie Huether	North Polk, Alleman	17-07.50

### **Class 4A**

Abby Mecklenburg	Linn-Mar	19-00.00
Sophia Hatcher	Ames	18-11.25
Faith Kpeayeh	Prairie, Cedar Rapids	18-06.00
Lena Bruening	Ankeny	18-00.00

### **LONG JUMP - ELITE ALL-STATE**

Aiden Gosselink	Grinnell	19-07.25
Abby Mecklenburg	Linn-Mar	19-00.00
Sophia Hatcher	Ames	18-11.25
Faith Kpeayeh	Prairie, Cedar Rapids	18-06.00

### **HIGH JUMP**

#### **Class 1A**

Aubree Shields	Mount Ayr	5-05.00
Lilee Boriskey	Edgewood-Colesburg	5-04.00
Quin Smith	Winfield-Mt Union	5-04.00
Rowan Jacobi	Springville	5-02.00

#### **Class 2A**

Allison Koch	Grundy Center	5-08.00
Willow Ray	West Central Valley, Stuart	5-06.00
Cheyenne Hulshof	Unity Christian, Orange City	5-04.00
Rachel Schany	Emmetsburg	5-02.00

### **Class 3A**

Brielle Hoegh	MOC-Floyd Valley	5-06.50
Phenix Gibbs	Pella	5-04.00
Reese Wagner	North Polk, Alleman	5-04.00
Emma Robinson	Carlisle	5-02.00
Rena Wilson	Decorah	5-02.00
Jocelyn Endelman	Waverly-Shell Rock	5-02.00
Lauren LeClere	West Delaware, Manchester	5-02.00

### **Class 4A**

Elle Lonergan	Clinton	5-06.00
Alyssa Schroeder	North Scott, Eldridge	5-06.00
Hadassah Smith	Cedar Falls	5-04.00
Elodie Biggs	Ames	5-04.00
Ayak Akol	Ames	5-04.00
Piper Ladwig	Waukee Northwest	5-04.00

### **HIGH JUMP - ELITE ALL-STATE**

Allison Koch	Grundy Center	5-08.00
Brielle Hoegh	MOC-Floyd Valley	5-06.50
Willow Ray	West Central Valley, Stuart	5-06.00
Elle Lonergan	Clinton	5-06.00
Alyssa Schroeder	North Scott, Eldridge	5-06.00

### **SHOT PUT**

#### **Class 1A**

Anna Hadley	Pekin	43-09.75
Sophia Fenner	Riverside, Oakland	40-02.75
Kendall Whittman	Edgewood-Colesburg	40-00.50
Sellah Ambundo	Maquoketa Valley, Delhi	37-10.75

#### **Class 2A**

Lauren Travis	Spirit Lake	44-03.25
Morgan Divis	Hinton	41-00.50
Miya Schrock	Unity Christian, Orange City	40-09.75
Hannah Schroeder	North Fayette Valley	40-01.50

#### **Class 3A**

Kylee Hill	Burlington	46-06.00
Katie Scheckel	Pella	43-11.25
Taylor Schwenn	Clear Lake	40-07.00
Maleah Shivers	Boone	40-01.25

### **Class 4A**

Delilah Subsin	Ottumwa	47-01.00
Rachel Haack	Iowa City, City High	44-09.00
Sam Gripp	Indianola	43-05.25
Tatum Johnson	Urbandale	43-05.00

### **SHOT PUT - Wheelchair**

Brooklyn Wolthoff	Riceville	16-00.00
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### **SHOT PUT- Ambulatory**

Josie Green	Cascade, Western Dubuque	24-04.75 *State/All-Time Records
Blake Putney	Indianola	21-06.00 *State/All-Time Records

### **SHOT PUT - ELITE ALL-STATE**

Delilah Subsin	Ottumwa	47-01.00
Kylee Hill	Burlington	46-06.00
Rachel Haack	Iowa City, City High	44-09.00
Lauren Travis	Spirit Lake	44-03.25

## **DISCUS**

### **Class 1A**

Lindsay Kruse	Saint Ansgar	148-06
Anna Hadley	Pekin	145-07
Lauren Dvorak	Madrid	142-05
Sellah Ambundo	Maquoketa Valley, Delhi	122-02

### **Class 2A**

Kasey Frommelt	Anamosa	140-05
Payton Harris	Mediapolis	137-07
Hannah Schroeder	North Fayette Valley	134-03
Luxi Coutu	Northeast, Goose Lake	126-03

### **Class 3A**

Kylee Hill	Burlington	151-03
Ireland Bishop	Pella	144-09
Jorgia VanDeBerg	Sioux Center	136-02
Lauren Hagedorn	ADM, Adel	134-04

### **Class 4A**

Hannah Braun	Iowa City, City High	150-00
Delilah Subsin	Ottumwa	148-10
Rachel Haack	Iowa City, City High	142-08
Cassidy Danburg	Waukee Northwest	142-00

## **DISCUS - ELITE ALL-STATE**

Kylee Hill	Burlington	151-03
Hannah Braun	Iowa City, City High	150-00
Delilah Subsin	Ottumwa	148-10
Lindsay Kruse	Saint Ansgar	148-06

### **4 x 100 METER RELAY**

#### **Class 1A**

<b>Hillcrest Academy</b>	<b>49.29</b>
Karina Bourha Adia Scott Niva Helmuth Rya Scott	
<b>Edgewood-Colesburg</b>	<b>49.63</b>
Rylee Atkinson Lilee Boriskey Kaitlyn Hahn Faith Dugan	
<b>Lynnvile-Sully</b>	<b>49.88</b>
Morgan Hay Brilynn Tice Aubrey Harthoorn Tatum Huyser	
<b>Bellevue</b>	<b>49.92</b>
Karley McCombie Laney Steines Bella Leibfried Leah Lambe	

#### **Class 2A**

<b>Pella Christian</b>	<b>47.83</b> *State Meet Record
Lexi Terpstra Amaia Agre Olivia De Haan Rachel Kacmarynski	
<b>Mid-Prairie, Wellman</b>	<b>48.75</b>
Jeorgia Evans Kyrie Poll Myli Hershberger Jovi Evans	
<b>Garner-Hayfield-Ventura</b>	<b>48.85</b>
Isabella Schisel Hayden Bredlow Alayna Englin Malia Hinz	
<b>Spirit Lake</b>	<b>49.01</b>
Leah Bolluyt Anabel Sinz Miley Wells Anthea Leupold	

#### **Class 3A**

<b>ADM, Adel</b>	<b>48.24</b>
Haley Nelson Isabelle Book Brecken Morse Peyton Standley	
<b>Decorah</b>	<b>48.55</b>
Audrey Essa Cassandra Stammeyer Ava Holthaus Stella Pole	
<b>Wahlert, Dubuque</b>	<b>48.58</b>
Madison Brandenburg Karyn Ellis Claire Ludovissy Karley Belken	
<b>Mount Pleasant</b>	<b>48.72</b>
Kynlee White Alex Scott Taylor Williamson Delaney Anderson	

## Class 4A

<b>Waukee Northwest</b>	<b>46.93</b> *State Record/All-Time Best
Annie Adams Katie Stahl Bella Distefano Keziah Caldwell	
<b>Southeast Polk</b>	<b>47.08</b> *State Meet Record
Mylie Leo Berkley Weiland Teresa Tarplah Alayna Goldsberry	
<b>Pleasant Valley</b>	<b>47.90</b>
Olive Dankwah Kai Rebro Ivey Kitzman Cali McDermott	
<b>Valley, West Des Moines</b>	<b>48.16</b>
Payton Keiser Maggie Garrison Mila Hughes Morgan Karr	

## ELITE ALL-STATE 4x100m RELAY

<b>Waukee Northwest</b>	<b>46.93</b>
Annie Adams Katie Stahl Bella Distefano Keziah Caldwell	
<b>Southeast Polk</b>	<b>47.08</b>
Mylie Leo Berkley Weiland Teresa Tarplah Alayna Goldsberry	
<b>Pella Christian</b>	<b>47.83</b>
Lexi Terpstra Amaia Agre Olivia De Haan Rachel Kacmarynski	
<b>Pleasant Valley</b>	<b>47.90</b>
Olive Dankwah Kai Rebro Ivey Kitzman Cali McDermott	

## 4x200 METER RELAY

### Class 1A

<b>Edgewood-Colesburg</b>	<b>1:44.43</b>
Rylee Atkinson Lilee Boriskey Kaitlyn Hahn Faith Dugan	
<b>West Fork, Sheffield</b>	<b>1:45.11</b>
Alyssa Wood Dazie Huff Evelyn Hitzhusen Talia Pommrehn	
<b>West Hancock, Britt</b>	<b>1:45.73</b>
Ava Keiper Iselle Weiland Aubrey Madson Vanessa Nieto Mendez	
<b>Lake Mills</b>	<b>1:46.34</b>
Tatum Sauer Cora Sauer Makenzie Budach Regan Eastvold	

### Class 2A

<b>Pella Christian</b>	<b>1:39.70</b> *State Meet Record
Lexi Terpstra Bailey Vos Amaia Agre Meredith Van Wyk	
<b>Spirit Lake</b>	<b>1:42.91</b>
Miley Wells Leah Bolluyt Anabel Sinz Anthea Leupold	
<b>Dike-New Hartford</b>	<b>1:43.29</b>
Mila Syhlman Ruby Varney Isabella Stumbo Chloe Paulsen	
<b>South Hardin</b>	<b>1:44.03</b>
Lorina Dykman Katie Allison Brynley Weig Ayda Eller	

### Class 3A

**Wahlert, Dubuque** 1:41.16  
Kate Scherrman Claire Brosius Karley Belken Karyn Ellis  
**Epworth, Western Dubuque** 1:41.37  
Leah Steger Alley Graber Macy Kalb Haley Williams  
**West Delaware, Manchester** 1:41.75  
Anna O'Rear Sofia Schulte Avery Schmitz Natalie Mensen  
**Marion** 1:41.81  
Bristol Beachler Hayden Dietz Kendyl Aarhus Abby Cave

### Class 4A

**Waukee Northwest** 1:37.77 \*State Record/All-Time Best  
Sadie McCann Katie Willits Aunya Van Zetten Avery Vogt  
**Southeast Polk** 1:39.65  
Mylie Leo Berkley Weiland Teresa Tarplah Alayna Goldsberry  
**Waukee** 1:40.32  
Natalie Sitzmann Chloe Williams Emerson Chance Jana Maharry  
**Pleasant Valley** 1:40.69  
Cali McDermott Ivey Kitzman Brooklynn Kelley Kai Rebro

### ELITE ALL-STATE 4x200m RELAY

**Waukee Northwest** 1:37.77  
Sadie McCann Katie Willits Aunya Van Zetten Avery Vogt  
**Southeast Polk** 1:39.65  
Mylie Leo Berkley Weiland Teresa Tarplah Alayna Goldsberry  
**Pella Christian** 1:39.70  
Lexi Terpstra Bailey Vos Amaia Agre Meredith Van Wyk  
**Waukee** 1:40.32  
Natalie Sitzmann Chloe Williams Emerson Chance Jana Maharry

### 4 x 400 METER RELAY

#### Class 1A

**Mount Ayr** 3:59.84  
Tatum Friedrich Kacie Larsen Aubree Shields Emma Reynolds  
**AGWSR, Ackley** 4:00.37  
Brynn Buseman Gracie Wagoner Elise Olson Piper Smith  
**St. Albert, Council Bluffs** 4:03.73  
Sophia Denton Ellie Larmie Greta Livingston Stella Simms  
**AHSTW, Avoca** 4:04.85  
Macey Goshorn Ava Paulsen Kennedy Wyman Bella Lamp

## Class 2A

<b>Pella Christian</b>	<b>3:53.50</b> *State Meet Record
Rachel Kacmarynski Meredith Van Wyk Maisy Meinders Bailey Vos	
<b>Dike-New Hartford</b>	<b>3:56.86</b>
Emmie Sager Isabella Stumbo Ruby Varney Chloe Paulsen	
<b>Grundty Center</b>	<b>3:57.34</b>
Maddy Hendershot Raelyn Steinmeyer Karlee Lynch Grace Storjohann	
<b>Spirit Lake</b>	<b>4:01.30</b>
Addy Petersen Leah Bolluyt Maggie Bruinsma Anabel Sinz	

## Class 3A

<b>Wahlert, Dubuque</b>	<b>3:52.04</b> *State Meet Record
Kate Scherrman Karley Belken Karyn Ellis Claire Brosius	
<b>Sioux Center</b>	<b>3:52.63</b> *State Meet Record
Avery Bitker Kolby Oldenkamp Macyn VanAartsen Audrina Jones	
<b>West Delaware, Manchester</b>	<b>3:55.32</b>
Anna O'Rear Sofia Schulte Norah Peyton Natalie Mensen	
<b>ADM, Adel</b>	<b>3:56.27</b>
Elise Coghlan Vivian Novelli Claire Priestley Brecken Morse	

## Class 4A

<b>Waukee Northwest</b>	<b>3:45.32</b> *State Meet/All-Time Records
Quinn Jorgensen Sadie McCann Avery Vogt Logan Vogt	
<b>Cedar Falls</b>	<b>3:51.55</b>
Katherine Tomlyanovich Iabella Roth Shai Meyer Kloe Nissen	
<b>Ankeny Centennial</b>	<b>3:52.21</b>
Aly Balashaitis Ava Baarten Teagen Jackson Rebecca Flick	
<b>Ankeny</b>	<b>3:53.44</b>
Charlee Cibula Reagan Prendergast Gillian Schramm Lilly Buckley	

## ELITE ALL-STATE 4x400m RELAY

<b>Waukee Northwest</b>	<b>3:45.32</b> *State Meet/All-Time Records
Quinn Jorgensen Sadie McCann Avery Vogt Logan Vogt	
<b>Cedar Falls</b>	<b>3:51.55</b>
Katherine Tomlyanovich Iabella Roth Shai Meyer Kloe Nissen	
<b>Wahlert, Dubuque</b>	<b>3:52.04</b> *State Meet Record
Kate Scherrman Karley Belken Karyn Ellis Claire Brosius	
<b>Ankeny Centennial</b>	<b>3:52.21</b>
Aly Balashaitis Ava Baarten Teagen Jackson Rebecca Flick	

## 4 x 800 METER RELAY

### Class 1A

**Saint Ansgar** 9:42.64

Jacey Johnston Lila Powers Jaeda Mayer Ava Witt

**Madrid** 9:48.58

Hannah Brandhorst Charis Peasley Madelyn Grothos Katelyn Brandhorst

**South Winneshiek, Calmar** 9:51.09

Adele Conway Ava Franzen Annie Hageman Maddy Jansen

**WACO, Wayland** 9:51.11

Carlee Lunsford Macie Carter Aliya Graber Josie Dykstra

### Class 2A

**Grundy Center** 9:17.35 \*State Meet Record

Raelyn Steinmeyer Karlee Lynch Maddy Hendershot Grace Storjohann

**Van Meter** 9:35.84

Olivia Halfpap Lydia Hunter Laura Streck Lizzy McCann

**Mid-Prairie, Wellman** 9:43.54

Tessa Brokaw Rachel Hostetler Brooklyn Stutzman Kendal Landstrum

**Spirit Lake** 9:46.56

Marie Mueting Addy Petersen Elanor Sinz Ella Beck

### Class 3A

**Sioux Center** 9:14.43 \*State Meet Record

Molly Isakson Kolby Oldenkamp Macyn VanAartsen Audrina Jones

**Pella** 9:28.19

Ruth Dunham Erica Vos Bryn Paulsen Elizabeth VandeVoort

**Mount Vernon** 9:32.98

Kiersten Swart Sorell Telecky Edith Dawson Caroline Rupo

**Des Moines Christian** 9:34.75

Annie Bruxvoort Evie Van Wyk Ryley Kentfield Sienna Stec

### Class 4A

**Waukee Northwest** 8:58.01 \*State/All-Time Records

Piper Vander Ley Laney Sundet Ella Jones Emee Dani

**Johnston** 9:07.30

Alyx Woodley Jayna Lamping Ele Wharton Olivia Fehn

**Cedar Falls** 9:11.23

Katherine Tomlyanovich Emerlyn McNally Shai Meyer Charlee Gall

**Ankeny Centennial 9:11.85**

Rebecca Flick Sammi Maile Natalie Cogdill Ellie Blevins

**ELITE ALL-STATE 4x800m RELAY**

**Waukee Northwest 8:58.01 \*State/All-Time Records**

Piper Vander Ley Laney Sundet Ella Jones Emee Dani

**Johnston 9:07.30**

Alyx Woodley Jayna Lamping Ele Wharton Olivia Fehn

**Cedar Falls 9:11.23**

Katherine Tomlyanovich Emerlyn McNally Shai Meyer Charlee Gall

**Ankeny Centennial 9:11.85**

Rebecca Flick Sammi Maile Natalie Cogdill Ellie Blevins

**800m SPRINT MEDLEY RELAY**

**Class 1A**

**Mount Ayr 1:47.80 \*State Meet Record**

Chloe Robb Brittlyn Nickle Aubree Shields Emma Reynolds

**Edgewood-Colesburg 1:48.48 \*State Meet Record**

Faith Dugan Kaitlyn Hahn Rylee Atkinson Eva Vaske

**CAM, Anita 1:49.41**

Brookelyn Steffen Brylee Steffen Ruthie Rich Ada Hansen

**Lynnvile-Sully 1:49.98**

Morgan Hay Brilynn Tice Tatum Huyser Breah Lowry

**Class 2A**

**Pella Christian 1:46.04 \*State Meet Record**

Lexi Terpstra Amaia Agre Meredith Van Wyk Bailey Vos

**Northeast, Goose Lake 1:48.55**

Natalyn Tarr Raelyn Schroeder Tenley Holst Jordan Tegeler

**Tipton 1:49.71**

Bella Dallege Averie Bolger Tenley Hinderaker Ella Hein

**West Lyon, Inwood 1:49.92**

Savannah Smith Jessa Ciesielski Leah Blauwet Belah Kramer

**Class 3A**

**Marion 1:46.46**

Bristol Beachler Kendyl Aarhus Abby Cave Hayden Dietz

**Epworth, Western Dubuque 1:47.06**

Leah Steger Alley Graber Macy Kalb Haley Williams

**Mount Pleasant 1:47.29**

Kynlee White Delaney Anderson Alex Scott Avery Fedler

**Williamsburg 1:48.01**

Tenley Sanchez Gabriella Dayton Morgan Larson Ava Hocker

### **Class 4A**

**Ankeny 1:43.06 \*State/All-Time Records**

Charlee Cibula Lilly Buckley Lena Bruening Morgan Fisher

**Waukee Northwest 1:43.30 \*State/All-Time Records**

Annie Adams Bella Distefano Quinn Jorgensen Sadie McCann

**Cedar Falls 1:44.71**

Kate Roussell La'Neeha Bell Presley Davison Kloe Nissen

**Pleasant Valley 1:45.11**

Olive Dankwah Kai Rebro Cali McDermott Ivey Kitzman

### **ELITE ALL-STATE 800m SPRINT MEDLEY RELAY**

**Ankeny 1:43.06**

Charlee Cibula Lilly Buckley Lena Bruening Morgan Fisher

**Waukee Northwest 1:43.30**

Annie Adams Bella Distefano Quinn Jorgensen Sadie McCann

**Cedar Falls 1:44.71**

Kate Roussell La'Neeha Bell Presley Davison Kloe Nissen

**Pleasant Valley 1:45.11**

Olive Dankwah Kai Rebro Cali McDermott Ivey Kitzman

### **1600 METER MEDLEY RELAY**

#### **Class 1A**

**St. Albert, Council Bluffs 4:08.87**

Sophia Denton Ellie Larmie Greta Livingston Lili Denton

**Martensdale-St. Marys 4:11.79**

Lauren Tibbits Marin Janke Maclaine German Karson Oberender

**Maquoketa Valley, Delhi 4:13.14**

Camryn Paris Taryn Burbridge Lanni Beaman Audra Burbridge

**WACO, Wayland 4:16.22**

Rylen Pepper Taelyn Egli Carlee Lunsford Josie Dykstra

#### **Class 2A**

**Grundy Center 4:09.01**

Ava Heeren Karlee Lynch Maddy Hendershot Grace Storjohann

**West Branch 4:13.21**

Rena Holmes Addi Schultes Lexi Skay Grace Hamann

**Garner-Hayfield-Ventura 4:13.55**

Malia Hinz Isabella Schisel Molly Maurer Alayna Englin

**Unity Christian, Orange City 4:14.29**

Ava Landman Kaelyn Sikkema Katie Young Kambrie Dekkers

**Class 3A**

**Sioux Center 4:00.09 \*State Meet Record**

Stella Hietbrink Taylor Holverson Avery Bitker Kolby Oldenkamp

**Marion 4:01.74 \*State Meet Record**

Bristol Beachler Kendyl Aarhus Hayden Dietz Addison Dabroski

**Mount Vernon 4:04.70**

Taylor Franck Grace Hale Kiersten Swart Evelyn Moeller

**Des Moines Christian 4:07.34**

Quincey Vogel Hailey Mull Ryley Kentfield Elyse Erzen

**Class 4A**

**Ankeny 3:55.44 \*State/All-Time Records**

Lena Bruening Lilly Buckley Morgan Fisher Makenna Madetzke

**Cedar Falls 4:02.49**

Kate Roussell Presley Davison Katherine Tomlyanovich Charlee Gall

**Waukee Northwest 4:02.69**

Katie Stahl Avery Vogt Sadie McCann Emee Dani

**Ankeny Centennial 4:02.85**

Aly Drefke Belicia Buesch Aly Balashaitis Rebecca Flick

**ELITE ALL-STATE 1600m MEDLEY RELAY**

**Ankeny 3:55.44**

Lena Bruening Lilly Buckley Morgan Fisher Makenna Madetzke

**Sioux Center 4:00.09**

Stella Hietbrink Taylor Holverson Avery Bitker Kolby Oldenkamp

**Marion 4:01.74**

Bristol Beachler Kendyl Aarhus Hayden Dietz Addison Dabroski

**Cedar Falls 4:02.49**

Kate Roussell Presley Davison Katherine Tomlyanovich Charlee Gall

**SHUTTLE HURDLE RELAY**

**Class 1A**

**Fremont-Mills, Tabor** **1:05.35**

Carlie Nuckolls Reese Gute Abby Malcom Lana Alley

**Kee, Lansing** **1:06.86**

Lilah Strong Rylee Mudderman Morgan Mohn Addison Winters

**Baxter** **1:06.92**

Rossi Swihart Avery Wonders Grace Anderegg Camryn Russell

**Central Decatur, Leon** **1:07.12**

Soiyer Smith Aubri Perkins Zoey Quigley Breegan Lindsey

### **Class 2A**

**Roland Story, Story City** **1:05.88**

Brookelyn Jondle Maddi Lucas Taylor Rechkemmer Selah Helgeson

**Treynor** **1:06.06**

Zoey Zadalis Nora Konz Grace Mentzer Rylee Hemmingsen

**Alburnett** **1:06.45**

Josie McGraw Bristol Nannelli Kylie Cushman Miranda Neighbor

**Van Meter** **1:06.79**

Kylie Keller Bella Bruins Harper Hall Burkli Harkins

### **Class 3A**

**North Polk, Alleman** **1:02.59**

Frankie Huether Peyton Dirks Ali Weiser Reese Wagner

**ADM, Adel** **1:03.02**

Haley Nelson Addy Bjork Bella Smyth Elise Coghlan

**Epworth, Western Dubuque** **1:05.29**

Alexis Vogel Mya Hogrefe Addi Mohr Macy Kalb

**West Delaware, Manchester** **1:05.93**

Norah Peyton Sofia Schulte Lauren LeClere Avery Schmitz

### **Class 4A**

**Waukee Northwest** **:58.61** \*State/All-Time Records

Katie Willits Alayna Schulte Lily Twigg Faith Johnson

**Valley, West Des Moines** **:58.92** \*State/All-Time Records

Morgan Karr Matsi Bonkafo-Efofa Jayla Parker Mila Hughes

**Waukee** **1:00.51**

Natalie Sitzmann Sophia Taylor Payton Lundgren Jana Maharry

**Ankeny Centennial** **1:02.05**

Ava Barten Siena Peddicord Taylor Gilbreath Anna Woods

**ELITE ALL-STATE SHUTTLE HURDLE RELAY**

**Waukee Northwest** :58.61

Katie Willits Alayna Schulte Lily Twigg Faith Johnson

**Valley, West Des Moines** :58.92

Morgan Karr Matsi Bonkafo-Efofa Jayla Parker Mila Hughes

**Waukee** 1:00.51

Natalie Sitzmann Sophia Taylor Payton Lundgren Jana Maharry

**Ankeny Centennial** 1:02.05

Ava Barten Siena Peddicord Taylor Gilbreath Anna Woods