

2022 Mike Henderson JH Girls State Track Meet - 5/7/2022

Northwest Waukee Stadium

Results

Girls 100 Meter Dash 7th Large

Name	Team	Finals
Finals		
1	Goldsberry, Alayna	Sep 7 13.59
2	Ward, Parker	North Scott 13.85
3	Kruse, Elliott	Bondurant-Fa 13.93
4	Lovell, Amaria	Pleasant Val 14.04
5	Huether, Frankie	North Polk 14.05
6	Moore, Jaedyn	Washington 7 14.17
7	Leo, Mylie	Sep 7 14.28
8	Cornish, Evy	I.C. North 7 14.34
9	Folkerts, Leah	DallasCenter 14.46
10	Hill, Kylee	Burlington 14.59
11	Griffin, Aubrey	Indianola 14.64
12	Vizcarra, Matilda	Sacred Heart 14.72
13	Woodsmall, Vanessa	Burlington 14.87
14	Barnes, Emma	Bishop Heela 14.96
15	York, Latasha	Mason City 15.08
16	Spellman, Ziva	Merrill Dsm 15.14
17	Smyth, Bella	Adel DeSoto 15.20
18	Sewell, Claire	Mason City 15.30
19	Timmons, Kalynn	Solon Sparta 15.66
20	Wagner, Reese	North Polk 15.76
21	Johnson, Olivya	Clear Creek 15.85
22	Fuller, Amaya	Adel DeSoto 15.94
22	Collins, Kate	Pleasant Val 15.94
24	Ice, Daisy	DallasCenter 16.44
25	Orhon, Norah	I.C. North 7 16.48
26	Guinn, Kendall	Solon Sparta 17.34

Girls 200 Meter Dash 7th Large

Name	Team	Finals
Finals		
1	Kruse, Elliott	Bondurant-Fa 27.53
2	Goldsberry, Alayna	Sep 7 27.93
3	Huether, Frankie	North Polk 28.29
4	Lovell, Amaria	Pleasant Val 28.56
5	VeDepo, Chelsea	IC North Cen 28.78
6	Folkerts, Leah	DallasCenter 28.82
7	Cornish, Evy	I.C. North 7 28.94
8	Moore, Jaedyn	Washington 7 28.95
9	Murphy, Lilah	Sacred Heart 29.45
10	Rebro, Kai	Pleasant Val 29.59
11	Hill, Kylee	Burlington 29.71
12	Brynn, Reed	North Scott 29.72
13	Helm, Kodi	Indianola 30.35
14	Thamontri, Kailee	Sep 7 30.52
15	Worley, Emma	Adel DeSoto 30.72
16	York, Latasha	Mason City 30.87
17	Ewers, Olivia	DallasCenter 31.19
18	Barnes, Emma	Bishop Heela 31.38
19	Woodsmall, Vanessa	Burlington 31.53
20	Guyer, Alexa	Indianola 31.58
21	McConaughy, Laila	I.C. North 7 31.79
22	Barndt, Isabella	Ottumwa 31.86

23	Oliver, Fiorella	Perry 32.07
24	Canales, Ameilie	Perry 32.13
25	McKinnon, Katie	Ottumwa 32.38
26	Shirley-Brown, Cora	Adel DeSoto 32.41
27	Daughenbaugh, Grace	North Polk 32.89
27	Nicholson, Harper	Solon Sparta 32.89
29	Guinn, Kendall	Solon Sparta 35.61

Girls 400 Meter Dash 7th Large

Name	Team	Finals
Finals		
1	Kruse, Elliott	Bondurant-Fa 1:01.00
2	Glay, Alicia	DallasCenter 1:03.69
3	Watson, Taryn	Muscatine 7t 1:04.00
4	VeDepo, Chelsea	IC North Cen 1:04.04
5	Graham, Olivia	North Scott 1:05.44
6	Worley, Emma	Adel DeSoto 1:05.98
7	Moore, Jaedyn	Washington 7 1:06.72
8	Erickson, Hadley	Indianola 1:07.10
9	Grosiak, Vivian	Pleasant Val 1:08.13
10	Goedken, Alli	Ottumwa 1:08.36
11	Erickson, Cate	Perry 1:08.40
12	Austen, Sophia	I.C. North 7 1:09.40
13	Smith, Charlotte	Bettendorf 1:09.82
14	Collins, Kate	Pleasant Val 1:10.27
15	Woodsmall, Vanessa	Burlington 1:11.69
16	Beals, Audrey	Sep 7 1:12.73
17	Van Voorst, Addy	CR Prairie 1:13.78
18	Chen, Erin	I.C. North 7 1:15.27
19	Plummer, Gemma	Burlington 1:15.58
20	Wong, Ashley	DallasCenter 1:18.59
21	Hoffman, Haley	Adel DeSoto 1:21.76
22	Dillon, Charlotte	IC North Cen 1:35.14

Girls 800 Meter Run 7th Large

Name	Team	Finals
Finals		
1	Messerly, Piper	DallasCenter 2:30.49
2	Watson, Taryn	Muscatine 7t 2:32.18
3	Stanley, Emma	Ames - 7th 2:33.20
4	VeDepo, Chelsea	IC North Cen 2:34.75
5	Rolwes, Ava	Solon Sparta 2:37.29
6	Goedken, Alli	Ottumwa 2:38.20
7	Hergenreter, Alexis	North Polk 2:44.08
8	Hoger, Paige	Indianola 2:45.59
9	Erickson, Hadley	Indianola 2:45.82
10	Shirley-Brown, Cora	Adel DeSoto 2:47.38
11	Albertsen, Emece	Gilbert2 2:47.82
12	Dunham, Ruth	Pella MS 2:48.76
13	Montag, Grace	Adel DeSoto 2:50.23
14	Geng, Hannah	I.C. North 7 2:51.09
15	Olson, Susanna	I.C. North 7 2:51.13
16	Mora, Julia	DallasCenter 2:51.47
17	Carroll, Colby	Bishop Heela 2:51.95
18	Henderson, Hope	Creston 8th 2:53.98
19	Myers, Lily	Perry 2:55.94

2022 Mike Henderson JH Girls State Track Meet - 5/7/2022

Northwest Waukee Stadium

Results

Finals ... (Girls 800 Meter Run 7th Large)

Name	Team	Finals
20 Asselin, Chloe	Pleasant Val	2:56.16
21 Lentsch, Caitlyn	North Polk	2:56.61
22 McCombs, Vivian	Pleasant Val	2:59.15
23 Van Voorst, Addy	CR Prairie	3:00.15
24 Plummer, Gemma	Burlington	3:00.81
25 Riley-Poma, Brooklyn	IC South Eas	3:01.18
26 Stockwell, Ella	Sep 7	3:03.82
27 Shounick, Alyssa	Clear Creek	3:04.44
28 Fordice, Audree	Solon Sparta	3:06.11
29 Beals, Audrey	Sep 7	3:06.31
30 McDermott, Raegan	IC North Cen	3:10.96

Girls 1500 Meter Run 7th Large

Name	Team	Finals
1 Messerly, Piper	DallasCenter	5:02.86
2 Stanley, Emma	Ames - 7th	5:12.96
3 Hales, Callie	Gilbert	5:14.30
4 Hergenreter, Alexis	North Polk	5:30.49
5 Goedken, Alli	Ottumwa	5:35.43
6 Janssen, Jillian	Solon Sparta	5:37.08
7 Heaberlin, Eliza	Sep 7	5:37.30
8 Dunham, Ruth	Pella MS	5:40.87
9 McCombs, Vivian	Pleasant Val	5:42.75
10 Carter, Paizlee	Mason City	5:43.08
11 Myers, Lily	Perry	5:45.05
12 Labertew, Keira	Indianola	5:49.50
13 Hamilton, Khloe	North Scott	5:51.39
14 Mora, Julia	DallasCenter	5:53.49
15 Olson, Susanna	I.C. North 7	5:54.53
16 Asselin, Chloe	Pleasant Val	5:55.67
17 Riley-Poma, Brooklyn	IC South Eas	6:02.03
18 Bogard, Maddy	Solon Sparta	6:05.36
19 Tenges, Rylee	Indianola	6:08.60
20 Hoepker, Gretchen	Creston 8th	6:17.04
21 Shounick, Alyssa	Clear Creek	6:18.71
22 Eggleston, Allie	Adel DeSoto	6:19.42
23 Eure, Veronica	Sacred Heart	6:19.64
24 Martinez, Amaia	I.C. North 7	6:40.82
25 Howard, Amelia	Sacred Heart	6:46.60

Girls 100 Meter Hurdles 7th Large

Name	Team	Finals
1 Hoger, Lilly	Indianola	18.14
2 Lemman, Georgia	Sacred Heart	18.21
3 Vizcarra, Matilda	Sacred Heart	18.87
4 Brauschweig-Norris, Emory	Sep 7	19.15
5 Kincaide, Caylee	Mason City	19.19
6 Chukwumezie, Amaka	Ottumwa	19.27
7 Bjork, Addy	Adel DeSoto	19.28
8 Austen, Sophia	I.C. North 7	19.30
9 Smyth, Bella	Adel DeSoto	19.31
10 Smith, Charlotte	Bettendorf	19.54

11 Simmons, Saylor	DallasCenter	19.59
12 Swanson, Ella	DallasCenter	19.69
13 Spellman, Ziva	Merrill Dsm	19.96
14 Sewell, Claire	Mason City	20.46
15 Thovson, Rylee	Sep 7	20.49
16 Werner, Kendall	Solon Sparta	20.65
17 Dickens, Caroline	I.C. North 7	20.84
18 Becker, Siera	Indianola	20.94
19 Johnson, Olivya	Clear Creek	20.95
20 Wormley, Abigail	Ames - 7th	21.02
21 Strunk, Reese	Creston 8th	21.14
22 Law, Grace	Pleasant Val	21.56
23 McDermott, Raegan	IC North Cen	21.87
24 Rohrig, Taylor	Creston 8th	21.89

Girls 200 Meter Hurdles 7th Large

Name	Team	Finals
1 Brauschweig-Norris, Emory	Sep 7	32.66
2 Austen, Sophia	I.C. North 7	33.14
3 Hoger, Lilly	Indianola	33.41
4 Schroeder, Alyssa	North Scott	34.09
5 Smith, Charlotte	Bettendorf	34.28
6 Bjork, Addy	Adel DeSoto	34.29
7 Rohrbeck, Macey	DallasCenter	34.69
8 Lemman, Georgia	Sacred Heart	34.89
9 Abbas, Sadie	I.C. North 7	35.45
10 Lane, Addy	DallasCenter	35.50
11 Wormley, Abigail	Ames - 7th	35.70
12 Thovson, Rylee	Sep 7	35.85
13 Chukwumezie, Amaka	Ottumwa	36.17
14 Nicholson, Harper	Solon Sparta	36.29
15 Werner, Kendall	Solon Sparta	36.42
16 Johnson, Olivya	Clear Creek	37.38
17 Burns, Finlee	Adel DeSoto	37.56
18 Eure, Veronica	Sacred Heart	39.50
19 Law, Grace	Pleasant Val	40.08

Girls 4x100 Meter Relay 7th Large

Team	Relay	Finals
1 Southeast Polk 7	A	55.47
2 Sacred Heart	A	57.04
3 North Scott	A	57.87
4 Mason City	A	59.40
5 North Polk	A	1:00.23
6 I.C. Northwest 7	A	1:00.24
7 Bishop Heelan	A	1:00.65
8 Ottumwa	A	1:01.49
9 Southeast Polk 7	B	x1:01.72
10 I.C. Northwest 7	B	x1:02.11
11 Pleasant Valley JH	A	1:02.70
12 DallasCenter Grimes7	A	1:03.07
13 Adel DeSoto Minburn	B	1:03.39
14 Adel DeSoto Minburn	A	x1:03.41
15 Adel DeSoto Minburn	C	x1:09.86

2022 Mike Henderson JH Girls State Track Meet - 5/7/2022

Northwest Waukee Stadium

Results

Finals ... (Girls 4x100 Meter Relay 7th Large)

Team	Relay	Finals
--- Indianola	A	DQ

Girls 4x200 Meter Relay 7th Large

Team	Relay	Finals
Finals		
1 North Scott	A	1:57.15
2 Indianola	A	1:58.35
3 Sacred Heart	A	2:00.42
4 Southeast Polk 7	A	2:02.80
5 I.C. Northwest 7	A	2:05.77
6 DallasCenter Grimes7	A	2:05.78
7 Ottumwa	A	2:09.39
8 Adel DeSoto Minburn	A	2:10.93
9 DallasCenter Grimes7	B	x2:11.47
10 North Polk	A	2:20.47

Girls 4x400 Meter Relay 7th Large

Team	Relay	Finals
Finals		
1 Indianola	A	4:35.84
2 DallasCenter Grimes7	A	4:36.51
3 Pleasant Valley JH	A	4:43.29
4 Adel DeSoto Minburn	A	4:46.28
5 Southeast Polk 7	A	4:46.37
6 Solon Spartans	A	4:49.43
7 I.C. Northwest 7	A	5:12.89
8 Sacred Heart	A	5:16.97
9 DallasCenter Grimes7	B	x5:40.13

Girls 4x800 Meter Relay 7th Large

Team	Relay	Finals
Finals		
1 DallasCenter Grimes7	A	11:02.48
2 I.C. Northwest 7	A	11:04.69
3 Solon Spartans	A	11:07.99
4 Southeast Polk 7	A	11:11.31
5 Indianola	A	11:16.44
6 North Polk	A	11:39.92
7 Adel DeSoto Minburn	A	11:41.21
8 DallasCenter Grimes7	B	x12:45.37

Girls 800 Sprint Medley 7th Large

Team	Relay	Finals
Finals		
1 Indianola	A	2:03.12
2 Southeast Polk 7	A	2:03.85
3 DallasCenter Grimes7	A	2:10.17
4 North Polk	A	2:10.82
5 I.C. Northwest 7	A	2:14.79
6 Pleasant Valley JH	A	2:17.35
7 Adel DeSoto Minburn	A	2:17.70
8 Sacred Heart	A	2:18.71
9 DallasCenter Grimes7	B	x2:22.76
10 Ottumwa	A	2:23.76

11 Solon Spartans	A	2:23.87
-------------------	---	---------

Girls Distance Medley 7th Large

Team	Relay	Finals
Finals		
1 Indianola	A	4:54.87
2 Solon Spartans	A	5:06.10
3 Southeast Polk 7	A	5:07.87
4 I.C. Northwest 7	A	5:20.68
5 Ottumwa	A	5:21.18
6 Bishop Heelan	A	5:23.16
7 Ottumwa	B	x5:28.16
8 Sacred Heart	A	5:30.58
9 DallasCenter Grimes7	A	5:31.22

Girls 4x100 Meter Shuttle Hurdle 7th Large

Team	Relay	Finals
Finals		
1 North Scott	A	1:12.92
2 Indianola	A	1:18.55
3 Sacred Heart	A	1:19.42
4 DallasCenter Grimes7	A	1:20.92
5 North Polk	A	1:22.74
6 Southeast Polk 7	A	1:24.25
7 I.C. Northwest 7	A	1:24.79
8 Solon Spartans	A	1:25.54
9 Adel DeSoto Minburn	A	1:28.63

Girls High Jump 7th Large

Name	Team	Finals
Finals		
1 Biggs, Elodie	Ames - 7th 2	4-10.00
2 Cornish, Evy	I.C. North 7	4-08.00
3 Schroeder, Alyssa	North Scott	J4-08.00
4 Grover, Madison	Indianola	4-06.00
5 Moore, Jaedyn	Washington 7	4-04.00
6 Brauschweig-Norris, Emory	Sep 7	4-02.00
7 Spengler, Emma	Solon Sparta	J4-02.00
8 Champlin, Makenna	Adel DeSoto	4-00.00
8 Jay, Noemie	I.C. North 7	4-00.00
8 King, Preslie	DallasCenter	4-00.00
--- Laffin, Isabelle	Bishop Heelan	NH
--- Eure, Veronica	Sacred Heart	NH
--- Laksey, Ellie	DallasCenter	NH
--- Schoessler, Hallie	Sacred Heart	NH

Girls Long Jump 7th Large

Name	Team	Finals
Finals		
1 Huether, Frankie	North Polk	16-01.00
2 Goldsberry, Alayna	Sep 7	14-00.25
3 Griffin, Aubrey	Indianola	14-00.00
4 Glay, Alicia	DallasCenter	13-10.50
5 Guyer, Alexa	Indianola	13-04.00
6 Johnson, Olivya	Clear Creek	12-09.50
7 Smyth, Bella	Adel DeSoto	12-05.50

2022 Mike Henderson JH Girls State Track Meet - 5/7/2022

Northwest Waukee Stadium

Results

Finals ... (Girls Long Jump 7th Large)

Name	Team	Finals
8 McKinnon, Katie	Ottumwa	12-04.50
9 Woodsmall, Vanessa	Burlington	12-04.25
10 Plummer, Gemma	Burlington	12-03.00
10 Thamontri, Kailee	Sep 7	12-03.00
10 Thammavongsa, Aubrey	Ottumwa	12-03.00
13 Wagner, Reese	North Polk	12-02.00
14 Chen, Erin	I.C. North 7	12-01.00
15 Foreman, Emersyn	Adel DeSoto	11-10.50
16 Leman, Georgia	Sacred Heart	10-09.50

Girls Shot Put 7th Large

Name	Team	Finals
Finals		
1 Hill, Kylee	Burlington	32-05.00
2 New, Haley	Indianola	30-02.50
3 Gripp, Sam	Indianola	28-11.00
4 Schroeder, Alaina	Adel DeSoto	27-10.00
5 Garvis, Brooke	I.C. North 7	25-11.00
6 Bird, Makenna	North Polk	25-06.00
7 Miller, Harper	Pleasant Val	25-06.00
8 Regennitter-Davis, Alivia	I.C. North 7	25-03.00
9 Greiner, Colbie	Washington 7	24-02.00
10 Kain, Bailey	Sep 7	24-01.00
11 Wilson, Kate	DallasCenter	23-03.00
12 Van Dyke, Peyton	I.C. North 7	x23-01.00
13 Young, Chloe	Bishop Heela	22-00.00
14 Brewer, Catherine	North Scott	21-02.00
15 Adams, Alyssa	Ottumwa	20-10.00
16 Hendricks, Olivia	Sacred Heart	19-02.00
17 Meacham, CJ	Adel DeSoto	19-00.00
18 Dicks, Bella	Ottumwa	18-09.00

Girls Discus Throw 7th Large

Name	Team	Finals
Finals		
1 Hill, Kylee	Burlington	88-08
2 Grover, Madison	Indianola	85-06.25
3 New, Haley	Indianola	85-05
4 Bird, Makenna	North Polk	78-08
5 Regennitter-Davis, Alivia	I.C. North 7	75-07
6 Kain, Bailey	Sep 7	70-06
7 Garvis, Brooke	I.C. North 7	69-08
8 Miller, Harper	Pleasant Val	66-04
8 Hubbard, Delores	I.C. North 7	x66-04
10 Brewer, Catherine	North Scott	65-07.50
11 Wilson, Kate	DallasCenter	65-07
12 Metzger, Brianna	Pleasant Val	59-02.50
13 O'Brien, Khloe	Ottumwa	57-00
14 Werner, Kendall	Solon Sparta	54-02.50
15 Adams, Alyssa	Ottumwa	51-01
16 Hendricks, Olivia	Sacred Heart	50-01
17 Meacham, CJ	Adel DeSoto	48-09.50
18 Trout, Mckenzie	Adel DeSoto	39-02

Girls 100 Meter Dash 7th Small

Name	Team	Finals
Finals		
1 Hast, Morgan	Boyer Valley	14.35
2 Payne, Jozie	Tri-Center	14.73
3 Hazen, Sophia	Tri-Center	14.77
4 Whitney, Ella	Wayne	14.88
5 McNamara, Irelynne	MVAO	15.16
6 Montgomery, Kia	Sigourney	15.23
7 Barnett, Cora	North Butler	15.43
8 Bender, Morgyn	Mid-Prairie	15.44
9 Foster, Addy	Sidney	15.50
10 Oltmann, Lauren	Anamosa	15.68
11 Steele, Eliese	Eddyville-BI	15.80
12 Smith, Ava	Earlham	16.03
13 Colsch, Alicia	Kee	16.04
14 Terrell, Shilyn	Earlham	16.14
15 Joyce, Josephine	Emmetsburg	16.16
16 Urfer, Leah	Montezuma	16.38
17 O'Connor, Ashlyn	Madrid Tiger	16.41
18 Baker, Gracyn	Hudson	16.61
19 Glandon, Lilly	Sigourney	16.88
20 Webb, Aubrey	North Cedar	17.04
21 Saunders, Dede	Anamosa	17.09
21 Robertson, Hayden	Springville	17.09
23 Pasquariello, Ava	Collins-Maxw	17.28
24 Harris, Wren	Mid-Prairie	17.51
25 Reed, Allison	Lone Tree	17.52
26 Sexton, Carlee	Lone Tree	17.56
27 Eggers, Ella	Osage	17.94
28 Potter, Katherine	North Cedar	18.81
29 Voelker, Addison	North Butler	18.90
30 Schrodt, Maddy	Wayne	19.69

Girls 200 Meter Dash 7th Small

Name	Team	Finals
Finals		
1 Whitney, Ella	Wayne	29.32
2 McNamara, Irelynne	MVAO	29.93
3 Hazen, Sophia	Tri-Center	30.21
4 Curley, Caylee	North Cedar	30.44
5 Peck, Brystal	Wayne	31.16
6 Potter, Katherine	North Cedar	31.32
7 Bender, Morgyn	Mid-Prairie	31.84
8 Rodgers, Shea	Earlham	31.94
9 Koop, Whitney	Aplington-Pa	32.22
10 Reed, Ella	Riverside	32.92
11 Bentn, Lillie	Madrid Tiger	33.05
12 Colsch, Alicia	Kee	33.08
13 Tiemeyer, Peyton	Earlham	33.47
14 Rees, Zeah	Collins-Maxw	34.15
15 Kiger, Maria	Logan-Magnol	34.25
16 Borrer, Chloe	Eddyville-BI	34.41
17 Baker, Gracyn	Hudson	34.59
18 Litterer, Aubrie	North Butler	35.06

2022 Mike Henderson JH Girls State Track Meet - 5/7/2022

Northwest Waukee Stadium

Results

Finals ... (Girls 200 Meter Dash 7th Small)

Name	Team	Finals
19 Troendle, Regan	Kee	35.07
20 Saunders, Dede	Anamosa	35.32
21 Plambeck, Katelyn	Tri-Center	35.60
22 Rodemeyer, Sloan	Emmetsburg	35.89
23 Boller, Lilly	Mid-Prairie	36.18
24 Steinkamp, Paige	Emmetsburg	37.19
25 Joyce, Sophie	Logan-Magnol	40.19

Girls 400 Meter Dash 7th Small

Name	Team	Finals
Finals		
1 Casey, Tess	Tri-Center	1:02.11
2 Davis, Taylor	Hudson	1:03.91
3 Peters, Jayden	Collins-Maxw	1:06.11
4 Linder, Nataylia	North Mahask	1:08.40
5 Kalkwarf, Kennedy	Aplington-Pa	1:09.86
6 Arkulari, Shelby	Aplington-Pa	1:12.55
7 Kurth, Macie	Logan-Magnol	1:15.78
8 McDonald, Sydney	Tri-Center	1:17.74
9 Bahlmann, Ella	Sigourney	1:26.71
--- Brown, Destiny	Wayne	NT
--- Lucas, Maddi	Roland-Story	NT
--- Robinson, Olivia	Davis County	NT
--- Foster, Addy	Sidney	NT
--- Steele, Eliese	Eddyville-BI	NT
--- Bowman, Alayna	Colo-Nesco	NT
--- Burdick, Caroline	Emmetsburg	NT
--- Poll, Kyrie	Mid-Prairie	NT
--- Boller, Lilly	Mid-Prairie	NT

Girls 800 Meter Run 7th Small

Name	Team	Finals
Finals		
1 Pothoven, Stella	Des Moines C	2:31.25
2 Casey, Tess	Tri-Center	2:35.15
3 Peters, Jayden	Collins-Maxw	2:38.07
4 Brandhorst, Hannah	Madrid Tiger	2:41.43
5 Leahy, Taylor	Central Deca	2:44.96
6 Erickson, Elizabeth	Colo-Nesco	2:45.52
7 Merritt, Addison	Springville	2:46.11
8 Maxwell, Elyse	Interstate 3	2:47.32
9 Brown, Destiny	Wayne	2:48.86
10 Thompson, Kennedy	Anamosa	2:52.50
11 Hansen, Reese	Hudson	2:52.88
12 Bloom, Karina	Sioux Centra	2:53.77
13 Voelker, Addison	North Butler	2:53.78
14 Cook, Vivian	Montezuma	2:58.68
15 Herr, Addison	Nodaway Vall	3:07.45
16 Barnett, Cora	North Butler	3:09.94
17 Davis, Nora	Kee	3:11.50
18 Anderson, Carsyn	Wayne	3:13.14
19 Rachut, Abby	Osage	3:18.72
20 Troendle, Regan	Kee	3:25.88

Girls 1500 Meter Run 7th Small

Name	Team	Finals
Finals		
1 Brandhorst, Hannah	Madrid Tiger	5:22.29
2 Merritt, Addison	Springville	5:31.83
3 Grothus, Madelyn	Madrid Tiger	5:36.20
4 Leahy, Taylor	Central Deca	5:50.70
5 Yoder, Marie	Mid-Prairie	5:56.19
6 Voelker, Addison	North Butler	5:57.65
7 Maxwell, Elyse	Interstate 3	5:59.98
8 Davis, Nora	Kee	6:12.05

Girls 100 Meter Hurdles 7th Small

Name	Team	Finals
Finals		
1 Payne, Zohie	Tri-Center	18.02
2 Hershberger, Myli	Mid-Prairie	18.41
3 Peck, Brystal	Wayne	19.67
4 Reed, Ella	Riverside	20.31
5 Christensen, Ivy	Osage	20.38
6 Gretter, Bailey	Keota Junior	20.43
7 Redlinger, Jaylah	Keota Junior	20.46
8 Atkinson, Carley	Midland	20.86
9 Nerland, Lilly	Osage	20.97
10 Zacharias, Addison	Tri-Center	20.98
11 Mudderman, Rylee	Kee	21.09
12 Robertson, Hayden	Springville	21.24
13 Colsch, Alicia	Kee	21.30
14 Urfer, Leah	Montezuma	21.55
15 Thoren, Elizabeth	Emmetsburg	21.60
16 Fetter, Hadley	Logan-Magnol	21.80
17 Kimberly, Grace	Collins-Maxw	21.85
18 Reed, Allison	Lone Tree	22.33
19 Miller, Ruby	Mid-Prairie	22.37
20 Oltmann, Lauren	Anamosa	22.47
21 Baker, Gracyn	Hudson	23.33
22 Sexton, Carlee	Lone Tree	28.44
23 Weatherman, Madi	North Fayett 7	33.68

Girls 200 Meter Hurdles 7th Small

Name	Team	Finals
Finals		
1 Payne, Zohie	Tri-Center	31.53
2 Davis, Taylor	Hudson	33.41
3 Hershberger, Myli	Mid-Prairie	33.53
4 Linder, Nataylia	North Mahask	34.35
5 Husz, Mia	Riverside	34.73
6 Luhring, Emery	Aplington-Pa	34.75
7 Mudderman, Rylee	Kee	35.07
8 Reed, Lili	Riverside	36.69
9 Hansen, Jaela	Madrid Tiger	37.63
10 Miller, Ruby	Mid-Prairie	37.69
11 Lockey, Ainsley	Tri-Center	37.77
12 Robertson, Hayden	Springville	38.74
13 Atkinson, Carley	Midland	39.34

2022 Mike Henderson JH Girls State Track Meet - 5/7/2022

Northwest Waukee Stadium

Results

Finals ... (Girls 200 Meter Hurdles 7th Small)

Name	Team	Finals
14 Thoren, Elizabeth	Emmetsburg	39.41
15 Day, Bella	Nodaway Vall	39.50
16 Martzahn, Jenna	Osage	42.55

Girls 4x100 Meter Relay 7th Small

Team	Relay	Finals
Finals		
1 South Hardin	A	57.07
2 North Cedar	A	1:00.48
3 Sigourney	A	1:03.40
4 Tri-Center	A	1:03.74
5 Osage	A	1:04.48
6 North Cedar	B	x1:04.55

Girls 4x200 Meter Relay 7th Small

Team	Relay	Finals
Finals		
1 South Hardin	A	1:59.95
2 Tri-Center	A	2:08.12
3 Emmetsburg	A	2:12.11
4 Midland	A	2:13.38
5 North Cedar	A	2:13.44
6 Logan-Magnolia	A	2:13.60
7 Mid-Prairie	A	2:17.78
8 North Fayette 7th	A	2:17.85

Girls 4x400 Meter Relay 7th Small

Team	Relay	Finals
Finals		
1 Tri-Center	A	4:40.18
2 Aplington-Parkersburg	A	4:57.82
3 North Fayette 7th	A	5:05.16
4 Davis County	A	5:10.08
5 Emmetsburg	A	5:17.19

Girls 4x800 Meter Relay 7th Small

Team	Relay	Finals
Finals		
1 Aplington-Parkersburg	A	11:46.09
2 North Fayette 7th	A	11:54.14
3 Davis County	A	12:28.60
4 Tri-Center	A	12:31.73
5 Mid-Prairie	A	12:44.17
6 Lenox	A	14:00.73

Girls 800 Sprint Medley 7th Small

Team	Relay	Finals
Finals		
1 South Hardin	A	2:13.30
2 Osage	A	2:19.82
3 North Cedar	A	2:20.24
4 Tri-Center	A	2:20.43
5 North Fayette 7th	A	2:20.61
6 Aplington-Parkersburg	A	2:23.62
7 Davis County	A	2:23.76

8 Emmetsburg	A	2:24.49
9 Logan-Magnolia	A	2:29.35
10 Midland	A	2:29.69
11 Mid-Prairie	A	2:32.30

Girls Distance Medley 7th Small

Team	Relay	Finals
Finals		
1 North Cedar	A	5:06.74
2 Aplington-Parkersburg	A	5:15.22
3 Mid-Prairie	A	5:18.97
4 Boyer Valley	A	5:21.41
5 North Fayette 7th	A	5:24.18
6 Nodaway Valley	A	5:24.22
7 Davis County	A	5:25.40
8 Emmetsburg	A	5:27.34
9 Tri-Center	A	5:42.06
--- Midland	A	DQ

Girls 4x100 Meter Shuttle Hurdle 7th Small

Team	Relay	Finals
Finals		
1 Aplington-Parkersburg	A	1:21.57
2 North Fayette 7th	A	1:25.76
3 Tri-Center	A	1:30.83

Girls High Jump 7th Small

Name	Team	Finals
Finals		
1 Hast, Morgan	Boyer Valley	4-10.00
2 Buresh, Alivia	Midland	4-08.00
3 Burgess, Sydney	Montezuma	J4-08.00
4 Rear, Brianna	North Fayette 7	4-06.00
5 Payne, Zohie	Tri-Center	J4-06.00
6 Brisby, Reece	Pekin 7th	J4-06.00
7 Ray, Willow	West Central	4-04.00
7 Hershberger, Myli	Mid-Prairie	4-04.00
9 Foster, Addy	Sidney	4-02.00
9 James, Jada	Tri-Center	4-02.00
9 Allan, Adri	Aplington-Pa	4-02.00
12 Bender, Morgyn	Mid-Prairie	4-00.00
12 Picton, Nevaeh	Davis County	4-00.00
12 Mostek, Julia	Aplington-Pa	4-00.00
12 McGowan, Lexi	North Fayette 7	4-00.00
12 Fetter, Hadley	Logan-Magnol	4-00.00
--- Atkinson, Carley	Midland	NH
--- Fiene, Dylan	Emmetsburg	NH

Girls Long Jump 7th Small

Name	Team	Finals
Finals		
1 Casey, Tess	Tri-Center	15-09.50
2 Payne, Jozie	Tri-Center	15-04.00
3 Arkulari, Shelby	Aplington-Pa	15-00.00
4 Whitney, Ella	Wayne	J15-00.00
5 Schnack, Kayden	Riverside	14-08.00

2022 Mike Henderson JH Girls State Track Meet - 5/7/2022

Northwest Waukee Stadium

Results

Finals ... (Girls Long Jump 7th Small)

Name	Team	Finals
6 Glade, Addison	Nodaway Vall	14-05.75
7 Linder, Nataylia	North Mahask	14-00.00
8 Montgomery, Kia	Sigourney	13-10.75
9 Davis, Taylor	Hudson	13-03.00
10 Robertson, Hayden	Springville	13-02.50
11 Joyce, Josephine	Emmetsburg	13-00.25
12 Peck, Brystal	Wayne	12-11.75
13 Cummings, Cece	North Fayette 7	12-11.00
14 Cook, Vivian	Montezuma	12-10.50
14 Rouse, Makayla	Emmetsburg	12-10.50
16 Glandon, Lilly	Sigourney	12-08.00
17 Colsch, Alicia	Kee	12-06.75
18 Bentn, Lillie	Madrid Tiger	12-00.00
19 Boller, Lilly	Mid-Prairie	11-11.75
20 Barnett, Cora	North Butler	11-11.00
21 Harris, Wren	Mid-Prairie	11-00.75
22 Rachut, Abby	Osage	10-04.50
23 Joyce, Sophie	Logan-Magnol	9-08.50

Girls Shot Put 7th Small

Name	Team	Finals
Finals		
1 Fenner, Sophia	Riverside	27-01.00
2 Perkins, Kaycie	Riverside	25-07.00
3 Prevo, Gabby	Davis County	25-05.00
4 Rodemeyer, Sloan	Emmetsburg	23-00.00
5 Greiner, Caitlin	Tri-Center	23-00.00
6 Mitchell, Jenna	Boyer Valley	22-00.00
7 Zaloudek, Bailey	Tri-Center	21-03.00
8 Terrell, Shilyn	Earlham	21-00.00
9 Brant, Saydie	Madrid Tiger	20-01.00
10 Creed, Emma	Mid-Prairie	19-11.00
11 Pence, Taylor	Mid-Prairie	19-07.00
12 Bethards, Korah	Wayne	19-06.00

Girls Discus Throw 7th Small

Name	Team	Finals
Finals		
1 Prevo, Gabby	Davis County	72-06
2 Mitchell, Jenna	Boyer Valley	70-02
3 Zaloudek, Bailey	Tri-Center	66-09
4 Wingert, Ella	Tri-Center	66-06
5 Urfer, Leah	Montezuma	65-08.50
6 Rodemeyer, Sloan	Emmetsburg	59-07
7 Creed, Emma	Mid-Prairie	54-07
8 Brant, Saydie	Madrid Tiger	54-00
9 Perkins, Kaycie	Riverside	50-03
10 Bethards, Korah	Wayne	50-00
11 Oltmann, Lauren	Anamosa	47-09
12 Poll, Kyrie	Mid-Prairie	47-02
13 Hilding, Mackenzie	Wayne	42-09.25

Girls 100 Meter Dash 8th Large

Name	Team	Finals
Finals		
1 Thigpen, Alexi	IC North Cen	13.33
2 Stiefel, Mylee	Burlington	13.45
3 Hansen, Ashley	Pleasant Val	13.51
4 Stahl, Katie	Waukee Prair	14.04
5 Scott, Rya	I.C. North 8	14.12
6 Christenson, Morgan	Sep 8	14.15
6 Reed, Jayci	Atlantic 8	14.15
8 Cochran, Ella	Sep 8	14.16
8 Stahle, Piper	Solon Sparta	14.16
10 Wilken, Ryleigh	Oskaloosa	14.20
11 Cowles, Edyn	Ames	14.28
12 Timmerman, Elizabeth	Clear Creek	14.33
13 Thompsonn, Summer	Algona	14.36
14 Balashaitis, Aly	Ankeny North	14.37
15 Kayser, Riley	Ankeny South	14.41
16 Stumbo, Graci	Adel DeSoto	14.58
17 Tamaro, Mia	Pleasant Val	14.76
17 Fisher, Laila	Goodrell Dsm	14.76
19 Seidl, Brenna	Adel DeSoto	14.82
20 Paul, Camryn	Urbandale	14.87
21 Gonzalez, Yamilet	Perry	14.90
22 Drefke, Aly	Ankeny North	14.94
23 Eddy, Maslyn	Waukee Prair	14.95
24 Salazar, Leighton	Washington 7	14.97
25 Rife, Maliya	Merrill Dsm	15.15
26 Cremer, Jaelyn	Ottumwa	15.58
27 Madetzke, Makenna	Ankeny South	15.71
28 Akol, Ayak	Ames	16.36
29 Hahn, Madyn	Solon Sparta	17.03
30 Levy, Alliyonna	Clear Creek	19.45

Girls 200 Meter Dash 8th Large

Name	Team	Finals
Finals		
1 McCoy, Lauren	St. Francis	26.84
2 Hansen, Ashley	Pleasant Val	27.14
3 Thigpen, Alexi	IC North Cen	27.37
4 Knapp, Julia	Merrill Dsm	27.56
5 Stiefel, Mylee	Burlington	28.02
6 Stahl, Katie	Waukee Prair	28.15
7 Hatcher, Sophia	Ames	28.30
8 Ortega, Sofia	Solon Sparta	28.68
9 Wilken, Ryleigh	Oskaloosa	28.93
10 Myers, Brooke	Sep 8	28.99
11 Timmerman, Elizabeth	Clear Creek	29.18
12 Muelhaupt, Jojo	Waukee Timbe	29.23
13 Reed, Jayci	Atlantic 8	29.52
14 Balashaitis, Aly	Ankeny North	29.55
15 Baroma, Lea	Ottumwa	29.85
16 Smith, Mara	Fort Madison	29.87
17 Schwaller, Rilynn	Sep 8	30.03
18 Heinrich, Mia	Waukee Timbe	30.16

2022 Mike Henderson JH Girls State Track Meet - 5/7/2022

Northwest Waukee Stadium

Results

Finals ... (Girls 200 Meter Dash 8th Large)

Name	Team	Finals
19 Kayser, Riley	Ankeny South	30.18
20 Weiss, Ellie	Burlington	30.19
21 Deardorff, Natalya	Ames	30.21
22 Strand, Mara	I.C. North 8	30.39
23 Erwin, Morgan	Ankeny North	30.41
24 Frank, Jena	I.C. North 8	30.66
25 Reed, Maddie	Pleasant Val	30.97
26 Brose, Natalie	Adel DeSoto	31.28
27 Eddy, Maslyn	Waukee Prair	31.34
28 Griffiths, Breanna	Ottumwa	31.35
29 Wells, Ryen	Adel DeSoto	31.45
30 Ashbacher, Marin	Solon Sparta	31.55
31 Larson, Hayleigh	Urbandale	32.09
32 Braun, Gracyn	Mason City	32.95
33 Stetich, Ella	Ankeny South	34.06
34 Robertson, Kylie	Clear Creek	34.98

Girls 400 Meter Dash 8th Large

Name	Team	Finals
1 McCoy, Lauren	St. Francis	59.67
2 Fehn, Olivia	Johnston	1:01.93
3 Gentry, Meredith	Merrill Dsm	1:04.06
4 Carter, Tierney	Oskaloosa	1:04.46
5 Stiefel, Mylee	Burlington	1:05.14
6 Coon, Paige	North Scott JH	1:05.28
7 Schulte, Alayna	Waukee Prair	1:05.43
8 Bennett, Isabella	Sep 8	1:06.23
9 Scott, Rya	I.C. North 8	1:06.27
10 Lahr, Jozie	Solon Sparta	1:06.75
11 Vogt, Imani	Bishop Heela	1:07.58
12 Stock, Ella	Pleasant Val	1:08.16
13 Olson, Clara	Waukee Prair	1:08.41
14 Morse, Brecken	Adel DeSoto	1:08.57
15 Edgin, Brynn	Pleasant Val	1:09.33
16 Bogdanski, Ada	Merrill Dsm	1:09.46
17 Evans, Lydia	I.C. North 8	1:09.79
18 Knight, Gable	Solon Sparta	1:10.79
19 Braun, Gracyn	Mason City	1:11.11
20 Burns, Rylee	Indianola	1:11.53
21 Miller, Addison	Washington 7	1:12.27
22 Anderson, Lily	Ames	1:12.82
23 Schrage, Alex	Clear Creek	1:13.15
24 Almquist, Ivy	Ames	1:13.16
25 Mitchell, Addy	Ankeny South	1:14.89
26 Breuer, Ella	Ankeny South	1:15.22
27 Hamilton, Klairissa	Burlington	1:18.57
28 Robertson, Kylie	Clear Creek	1:22.78

Girls 800 Meter Run 8th Large

Name	Team	Finals
1 Woodley, Alyx	Johnston	2:28.31
2 Evans, Brogan	Mason City	2:30.51

3 James, Haley	Adel DeSoto	2:33.60
4 Duncan, Jaylee	Pleasant Val	2:34.66
5 Beyer, Hayden	Waukee Timbe	2:39.97
6 Bennett, Isabella	Sep 8	2:40.91
7 Carter, Tierney	Oskaloosa	2:41.02
8 Wiegand, Ivy	Ankeny South	2:41.05
9 Patterson, Kylee	Ankeny North	2:41.30
10 Roerig, Grace	Bishop Heela	2:43.42
11 McConkey, Michelle	Waukee Timbe	2:43.81
12 Rueber, Grace	Sep 8	2:44.01
13 Van Waning, Kate	I.C. North 8	2:44.22
14 Nelson, Alaina	Adel DeSoto	2:47.74
15 Evans, Lydia	I.C. North 8	2:47.82
16 Rosenboom, Kaitlyn	Johnston	2:49.21
17 Estabrook, Whitney	Muscatine 8	2:49.77
18 Stelpflug, Annabelle	Solon Sparta	2:52.49
19 Burns, Rylee	Indianola	2:54.09
20 Bertrand, Addison	Bishop Heela	2:54.63
21 Frandsen, Meredith	Ames	2:55.22
22 Duffy, Reagan	Waukee Prair	2:55.68
23 Hamilton, Klairissa	Burlington	2:56.93
24 Duhn, Alaina	Ames	2:59.17
25 Schrage, Alex	Clear Creek	3:01.82
26 Keith, Emerson	Ottumwa	3:03.11
27 Kingkade, Melina	Indianola	3:04.95
28 Young, Simona	Ankeny South	3:23.17

Girls 1500 Meter Run 8th Large

Name	Team	Finals
1 Woodley, Alyx	Johnston	4:57.14
2 Bergman, Greta	Valley West(5:03.04
3 James, Haley	Adel DeSoto	5:13.73
4 Beyer, Hayden	Waukee Timbe	5:16.14
5 Rump, Avery	Fort Madison	5:17.25
6 Wiegand, Ivy	Ankeny South	5:28.08
7 McConkey, Michelle	Waukee Timbe	5:33.29
8 Hartford, Leah	Indianola	5:33.31
9 Dummermuth, Audrey	Johnston	5:34.47
10 Flanigan, Selah	Pleasant Val	5:37.07
11 Rump, Addison	Fort Madison	5:43.64
12 Miller, Rhyen	Adel DeSoto	5:53.05
13 Hillis, Kilie	Pleasant Val	5:55.19
14 Stelpflug, Annabelle	Solon Sparta	5:56.25
15 Lovejoy, Mallory	Sep 8	5:57.38
16 Dayton, Emelia	Sep 8	5:59.03
17 Crippen, Grace	North Polk	6:01.47
18 Estabrook, Whitney	Muscatine 8	6:01.87
19 Palmer, Samantha	Ames	6:08.47
20 Vogel, Kate	Indian Hills	6:16.72
21 Van Waning, Kate	I.C. North 8	6:20.66
22 Etnyre, Kayla	Indianola	6:28.96
23 Casady, Sareena	Ankeny South	6:38.13
24 Baxter, Bailey	Ottumwa	6:43.21
25 Petrie, Elizabeth	Solon Sparta	6:53.45

2022 Mike Henderson JH Girls State Track Meet - 5/7/2022

Northwest Waukee Stadium

Results

Girls 100 Meter Hurdles 8th Large

Name	Team	Finals
Finals		
1 Sitzmann, Natalie	Waukee Timbe	17.32
2 Fisher, Laila	Goodrell Dsm	17.38
3 Schulte, Alayna	Waukee Prair	17.39
4 Messinger, Leighton	Washington 7	17.45
5 Reed, Jayci	Atlantic 8	17.53
6 Beneke, Emily	Peet Girls	17.93
7 Bailey, Kadley	Creston 8th	17.98
8 Varghese, Elia	Ames	18.06
9 Olson, Lauren	Indianola	18.30
10 Craig, Maggie	Waukee Timbe	18.41
11 Pruitt, Rylie	Urbandale	18.57
12 Pedersen, Danni	Urbandale	18.68
13 Pesek, Sophia	Sep 8	18.78
14 Salazar, Leighton	Washington 7	18.89
15 Bell, Dynasty	Fort Madison	19.03
16 Strand, Mara	I.C. North 8	19.10
17 Pfeiffer, Sydney	Clear Creek	19.12
18 Williams, Brooke	Sep 8	19.21
19 Ellermeir, Katiya	IC South Eas	19.35
20 Kelley, Carsyn	Pleasant Val	19.36
21 Kirby, Morgan	Oskaloosa	19.57
22 Nelson, Haley	Adel DeSoto	19.72
23 Sundet, Cora	Waukee Prair	19.98
24 Davis, Dayonna	Fort Madison	20.15
25 Metcalf, Maliah	Pleasant Val	20.19
26 Stagg, Isabel	Ames	20.40
27 Mahoney, Alannah	Solon Sparta	20.53
28 Weiss, Ellie	Burlington	20.63
29 Anglo, Kandace	Johnston	20.79
30 Piffer, Kylie	Indianola	21.11
31 Boisen, Peyton	Indian Hills	21.25
32 Matar, Aseel	I.C. North 8	21.76
33 Lewis, Finney	Ankeny South	21.80
34 Ream, Ahvien	Ottumwa	22.75
35 Fortmann, Ella	Ankeny South	23.56

Girls 200 Meter Hurdles 8th Large

Name	Team	Finals
Finals		
1 Herring, Jaylin	Clear Creek	30.16
2 Sitzmann, Natalie	Waukee Timbe	30.25
3 Messinger, Leighton	Washington 7	31.20
4 Smith, Mara	Fort Madison	32.08
5 Fisher, Laila	Goodrell Dsm	32.16
6 Craig, Maggie	Waukee Timbe	32.69
7 Erwin, Morgan	Ankeny North	33.00
8 Ray, Shea	Peet Girls	33.20
9 Pesek, Sophia	Sep 8	33.22
10 Varghese, Elia	Ames	33.54
11 Williams, Brooke	Sep 8	33.57
12 Ellermeir, Katiya	IC South Eas	33.88
13 Holloway, Anna	Adel DeSoto	33.91

14 Ahrens, Paityn	Johnston	34.19
15 Kirby, Morgan	Oskaloosa	34.64
16 Eidahl, Trea	Solon Sparta	34.70
17 Jaster, Cydney	Solon Sparta	34.72
18 Crooks, Caralena	Fort Madison	35.08
19 Schulz, Ella	Ankeny South	35.16
20 Schmidt, Eliza	Adel DeSoto	35.17
21 Nelson, Natalie	Waukee Prair	35.64
22 Akol, Ayak	Ames	35.73
23 Beneke, Emily	Peet Girls	35.75
24 Shamrell, Eliza	Pleasant Val	36.08
25 Boisen, Peyton	Indian Hills	36.18
26 Tjaden, Ava	Waukee Prair	36.30
27 Di Gioia, Giana	Ankeny South	36.95
28 Curry, Mia	Johnston	37.03
29 War, Galia	I.C. North 8	37.70
30 Ream, Ahvien	Ottumwa	38.62

Girls 4x100 Meter Relay 8th Large

Team	Relay	Finals
Finals		
1 St. Francis	A	52.70
2 Southeast Polk 8	A	54.15
3 Ankeny Southview	A	54.64
4 Waukee Prairieview	A	54.75
5 Johnston	A	54.83
6 Adel DeSoto Minburn	A	55.10
7 Indianola	A	55.29
8 Southeast Polk 8	B	x55.30
9 Washington 7th	A	55.32
10 Waukee Timberline	A	55.33
11 Bishop Heelan	A	55.42
12 Solon Spartans	A	56.76
13 Ankeny Northview	A	57.47
14 Perry	A	58.46
15 Adel DeSoto Minburn	B	x59.43
16 Ames	A	59.48
17 Indian Hills 8	A	59.98
18 Johnston	B	x1:00.21
19 Pleasant Valley JH	A	1:00.47
20 Ottumwa	A	1:00.70
21 Clear Creek Amana	A	1:01.20
22 Ankeny Southview	B	x1:01.59
23 I.C. Northwest 8	A	1:03.43
24 Ankeny Southview	C	x1:04.48
25 Solon Spartans	B	x1:04.64
26 Ankeny Southview	D	x1:10.40
27 Clear Creek Amana	B	x1:13.45

Girls 4x200 Meter Relay 8th Large

Team	Relay	Finals
Finals		
1 Southeast Polk 8	A	1:53.32
2 Ankeny Southview	A	1:57.00
3 Bishop Heelan	A	1:58.06
4 Waukee Timberline	A	1:58.75

2022 Mike Henderson JH Girls State Track Meet - 5/7/2022

Northwest Waukee Stadium

Results

Finals ... (Girls 4x200 Meter Relay 8th Large)

Team	Relay	Finals
5 I.C. Northwest 8	A	2:00.59
6 Adel DeSoto Minburn	A	2:00.88
7 Washington 7th	A	2:01.91
8 Ames	A	2:02.14
9 Creston 8th	A	2:02.51
10 Clear Creek Amana	A	2:04.44
11 Waukee Prairieview	A	2:05.89
12 Ankeny Southview	B	x2:05.92
13 Johnston	A	2:06.63
14 Indian Hills 8	A	2:07.30
15 Indianola	A	2:07.85
16 Solon Spartans	A	2:07.99
17 Ottumwa	A	2:08.41

Girls 4x400 Meter Relay 8th Large

Team	Relay	Finals
1 Johnston	A	4:30.36
2 Southeast Polk 8	A	4:33.14
3 Indianola	A	4:40.75
4 Ankeny Southview	A	4:41.46
5 Solon Spartans	A	4:42.82
6 Fort Madison	A	4:42.95
7 Adel DeSoto Minburn	A	4:45.78
8 Pleasant Valley JH	A	4:47.14
9 Waukee Timberline	A	4:49.32
10 Waukee Prairieview	A	4:52.45
11 Mason City	A	4:53.48
12 Ames	A	4:53.88
13 Ankeny Southview	B	x5:09.41
14 I.C. Northwest 8	A	5:10.15
15 Ottumwa	A	5:14.85

Girls 4x800 Meter Relay 8th Large

Team	Relay	Finals
1 Johnston	A	10:28.70
2 Ankeny Southview	A	10:36.00
3 Waukee Prairieview	A	11:05.60
4 Southeast Polk 8	A	11:08.70
5 Fort Madison	A	11:17.20
6 Solon Spartans	A	11:41.80
7 Adel DeSoto Minburn	A	11:46.60
8 Indianola	A	11:51.00
9 Ames	A	11:56.90
10 Washington 7th	A	11:58.60
11 Ankeny Southview	B	x12:19.50

Girls 800 Sprint Medley 8th Large

Team	Relay	Finals
1 Clear Creek Amana	A	2:04.05
2 Merrill Dsm	A	2:04.57
3 Southeast Polk 8	A	2:05.79

4 Johnston	A	2:06.03
5 I.C. Northwest 8	A	2:07.60
6 Waukee Prairieview	A	2:07.66
7 Solon Spartans	A	2:07.67
8 Waukee Timberline	A	2:08.68
9 Southeast Polk 8	B	x2:08.94
10 Creston 8th	A	2:10.91
11 Adel DeSoto Minburn	A	2:11.97
12 Indianola	A	2:12.92
13 Waukee Timberline	B	x2:14.49
14 Ankeny Southview	A	2:14.89
15 Washington 7th	A	2:15.34
16 Pleasant Valley JH	A	2:16.47
17 Indian Hills 8	A	2:18.32
18 Adel DeSoto Minburn	B	x2:19.87
19 Ankeny Southview	B	x2:20.32
20 Ames	A	2:23.53
21 Ottumwa	A	2:27.64
22 Ottumwa	B	x2:29.17
23 Clear Creek Amana	B	x2:36.92

Girls Distance Medley 8th Large

Team	Relay	Finals
1 Indianola	A	4:44.64
2 Johnston	A	4:44.70
3 Fort Madison	A	4:45.49
4 Ankeny Southview	A	4:47.15
5 Waukee Prairieview	A	4:47.76
6 Southeast Polk 8	A	4:51.94
7 Ankeny Northview	A	4:52.00
8 Pleasant Valley JH	A	4:53.49
9 Bishop Heelan	A	4:58.36
10 Waukee Timberline	A	4:59.83
11 Ames	A	5:00.90
12 Adel DeSoto Minburn	A	5:13.48
13 Urbandale	A	5:14.86
14 Ankeny Southview	B	x5:24.24
15 Ottumwa	A	5:40.42

Girls 4x100 Meter Shuttle Hurdle 8th Large

Team	Relay	Finals
1 Waukee Timberline	A	1:12.63
2 Johnston	A	1:15.20
3 Urbandale	A	1:15.78
4 Southeast Polk 8	A	1:15.81
5 Pleasant Valley JH	A	1:15.89
6 Solon Spartans	A	1:18.08
7 Ames	A	1:18.69
8 Creston 8th	A	1:19.60
9 Indianola	A	1:20.13
10 Adel DeSoto Minburn	A	1:20.76
11 Waukee Prairieview	A	1:22.04
12 Ankeny Southview	A	1:27.39
13 Ankeny Southview	B	x1:29.06

2022 Mike Henderson JH Girls State Track Meet - 5/7/2022

Northwest Waukee Stadium

Results

Girls High Jump 8th Large

Name	Team	Finals
Finals		
1 Wilken, Ryleigh	Oskaloosa	4-11.00
2 Messinger, Leighton	Washington 7	4-08.00
2 Carter, Tierney	Oskaloosa	4-08.00
4 Woods, Jadya	Sep 8	J4-08.00
5 Knapp, Julia	Merrill Dsm	J4-08.00
6 Parker, Jayla	Indian Hills	J4-08.00
7 Schmidt, Hanley	Pleasant Val	J4-08.00
8 Vogt, Imani	Bishop Heela	4-06.00
8 Akol, Ayak	Ames	4-06.00
8 Veigel, Avery	Johnston	4-06.00
8 Timmerman, Elizabeth	Clear Creek	4-06.00
12 Catalano, Ellie	Sep 8	4-04.00
12 Pokorny, Braylee	Creston 8th	4-04.00
12 Grant, Madison	Bishop Heela	4-04.00
12 Kendrick, Liberty	Ottumwa	4-04.00
12 Leiker, Jennalee	Ankeny South	4-04.00
12 Baker, Cailey	Indianola	4-04.00
12 Lee, Katelyn	Indianola	4-04.00
--- Mortvedt, Julia	Ames	NH
--- Ward, Jacy	Ankeny South	NH
--- Brown, Lily	Washington 7	NH
--- Lamping, Jayna	Johnston	NH
--- Lopez-Rodriguez, Camila	Ottumwa	NH
--- Beneke, Emily	Peet Girls	NH
--- Frank, Jena	I.C. North 8	NH
--- Shipley, Layla	Solon Sparta	NH

Girls Long Jump 8th Large

Name	Team	Finals
Finals		
1 Powell, Ellie	Sep 8	16-09.75
2 Stiefel, Mylee	Burlington	16-06.25
3 Christenson, Morgan	Sep 8	15-07.75
4 Willis, Eva	I.C. North 8	15-07.50
5 Anglo, Kandace	Johnston	15-07.00
6 Ray, Shea	Peet Girls	15-06.75
7 Thompsonn, Summer	Algona	15-04.50
8 Cleary, Shannon	Bishop Heela	15-03.75
9 Hatcher, Sophia	Ames	14-11.75
10 Schermerhorn, Maddy	Bishop Heela	14-11.50
11 Scott, Rya	I.C. North 8	14-09.75
12 Stahle, Piper	Solon Sparta	14-06.50
13 Rife, Maliya	Merrill Dsm	14-05.75
14 Pfeiffer, Sydney	Clear Creek	14-04.00
15 Baroma, Lea	Ottumwa	14-01.00
16 Troster, Lauryn	Adel DeSoto	14-00.75
17 Morse, Brecken	Adel DeSoto	13-11.75
18 Shamrell, Eliza	Pleasant Val	13-09.75
19 Deardorff, Natalya	Ames	13-08.75
20 Herring, Jaylin	Clear Creek	13-06.00
21 Huebner, Ellie	Fort Madison	13-05.25
22 Stahl, Katie	Waukee Prair	13-04.00

23 Taylor, Avery	Ankeny South	13-01.50
24 Smith, Mara	Fort Madison	13-00.75
25 Howe, Gracie	Ankeny North	13-00.50
26 Knight, Gable	Solon Sparta	12-06.50
27 Crosby, Sicily	Ankeny South	12-02.75

Girls Shot Put 8th Large

Name	Team	Finals
Finals		
1 Travis, Lauren	Spirit Lake	38-00.00
2 Hagedorn, Lauren	Adel DeSoto	31-08.00
3 Haack, Rachel	IC South Eas	31-03.50
4 Subsin, Delilah	Ottumwa	29-11.00
5 Olson, Lauren	Indianola	29-04.00
6 Tangang, Nakia	Clear Creek	29-03.50
7 Coon, Paige	North Scott JH	28-10.50
8 Stobbe, Ella	Waukee Timbe	27-00.00
9 Braun, Hannah	IC South Eas	26-10.00
10 Kongshaug, Emilia	Johnston	26-08.00
11 Kluver, Katie	Indianola	26-04.50
12 Nathaniel, Karma	Ottumwa	25-10.00
13 Greenfield, Elizabeth	Ames	25-05.00
14 Fisher, Laila	Goodrell Dsm	24-10.00
15 Tussey, Brynn	Creston 8th	24-00.50
16 Wirth, Avery	Ames	24-00.00
17 Steele, Lexi	Sep 8	23-10.00
17 Christensen, Gwyn	Ankeny South	23-10.00
19 Grimm, Reese	Solon Sparta	22-11.00
20 Johnson, Nellie	Holy Trinity	22-10.00
21 Bentz, Brette	Ankeny South	22-08.00
22 Jordan, Franny	I.C. North 8	22-05.00
23 Nurre, Lucy	Waukee Timbe	21-08.00
24 Sanders, Schipper	Waukee Prair	21-03.50
25 Bumgardner, Sophie	Waukee Prair	21-00.00
26 Hobbs, Kayla	Clear Creek	20-05.00
27 Yokem, Kennedy	Peet Girls	19-04.00
28 White, Sailor	Peet Girls	15-04.00

Girls Discus Throw 8th Large

Name	Team	Finals
Finals		
1 Haack, Rachel	IC South Eas	98-08
2 Hagedorn, Lauren	Adel DeSoto	95-11
3 Subsin, Delilah	Ottumwa	91-07
4 Kluver, Abbie	Indianola	90-03
5 Miksch, Taylor	Washington 7	89-09.50
6 Stobbe, Ella	Waukee Timbe	87-00
7 Braun, Hannah	IC South Eas	84-01
8 Cobb, Maliya	Ankeny South	83-03
9 Travis, Lauren	Spirit Lake	81-07.50
10 Tangang, Nakia	Clear Creek	78-01.50
11 Jordan, Franny	I.C. North 8	78-00.50
12 Johnson, Nellie	Holy Trinity	77-00
13 Coon, Paige	North Scott JH	74-04.25
14 Pease, Jovie	Indian Hills	73-04.50
15 Steele, Lexi	Sep 8	68-09

2022 Mike Henderson JH Girls State Track Meet - 5/7/2022

Northwest Waukee Stadium

Results

Finals ... (Girls Discus Throw 8th Large)

Name	Team	Finals
15 Bumgardner, Sophie	Waukee Prair	68-09
17 Nathaniel, Karma	Ottumwa	66-09
18 Sanders, Schipper	Waukee Prair	64-05.50
19 Nurre, Lucy	Waukee Timbe	62-04
20 Curry, Mia	Johnston	60-10.50
21 Mahoney, Alannah	Solon Sparta	60-03
22 Galvin, Lillie	Ames	59-01
23 Higgins, Sarah	Ames	58-08.50
24 Versteegh, Tessa	Ankeny South	57-11
25 Claude, Teegan	Johnston	56-11.50
26 Yokem, Kennedy	Peet Girls	53-03
26 Petrie, Elizabeth	Solon Sparta	53-03
28 Fuller, Ja'Kilah	Clear Creek	49-09
29 White, Sailor	Peet Girls	37-00

Girls 100 Meter Dash 8th Small

Name	Team	Finals
Finals		
1 Bartleson, Aubri	Woodward-Gra	13.60
2 Johnston, Jacey	Osage	13.62
3 Keys, Sophia	Columbus/BMA	13.75
4 Schlenger, Natalie	River valley	13.91
5 Olson, Elise	Agwswr	14.20
6 Weber, Grace	Logan-Magnol	14.23
7 Lund, Olivia	Riverside	14.35
8 Leaders, Mallorie	Ums Girls	14.43
9 Beeler-Allen, Anniese	Tipton 7th	14.48
10 Nieto, Vanessa	West Hancock	14.54
11 Lyle, Olivia	Keota Junior	14.57
12 Elsener, Lucy	Tri-Center	14.69
13 Demmerly, Keara	Woodward-Gra	14.82
14 Wagner, Macie	Danville	15.03
15 Moeller, Emily	Keota Junior	15.17
16 Lopez, Aubrey	Riverside	15.19
17 VanDerSluis, Olivia	Grand View C	15.21
18 Sirotiak, Eliska	North Butler	15.22
19 Reitano, Olivia	Roland-Story	15.27
20 Roberts, Hollie	Eddyville-BI	15.28
21 Keune, Ella	Regina	15.44
22 Kjormoe, Gabbi	Anamosa	15.46
23 Nuss, Kaelyn	North Fayett 8	15.62
24 Stine, Brooke	Hudson	15.78
25 Behymer, Cadence	Eddyville-BI	15.83
26 Wasenius, Lanece	Treynor Girl	15.89
27 Toornstra, Opal	Collins-Maxw	15.91
28 Prugh, Neveah	Grundy Cente	15.94
29 Cunningham, Keegan	Tri-Center	16.10
30 Frederick, Claire	Emmetsburg	16.26
31 Casson, Lilley	Treynor Girl	16.57
32 Davis, Maddie	Saint Edmond	16.78
33 Bowman, Mary	Logan-Magnol	16.86
34 Kinshaw, Kalista	Collins-Maxw	17.32
35 Pence, Taylor	Mid-Prairie	17.62
36 Clark, Jillian	Mid-Prairie	17.90

37 Hyde, Zoey	Central Elka	18.08
38 Grieser, Avalin	Lone Tree	18.35
39 Kulow, Erin	Emmetsburg	18.37
40 Hinton-Edwards, Amara	North Mahask	19.74
41 Heidebur, Shawna	Madrid Tiger	20.69
42 Steere, Kiera	North Butler	21.59

Girls 200 Meter Dash 8th Small

Name	Team	Finals
Finals		
1 Johnston, Jacey	Osage	27.77
2 Schlenger, Natalie	River valley	28.27
3 Bartleson, Aubri	Woodward-Gra	28.28
4 Keys, Sophia	Columbus/BMA	28.67
5 Olson, Elise	Agwswr	28.96
6 Alley, Lana	Fremont Mill	29.29
7 Storjohann, Grace	Grundy Cente	29.42
8 Gourley, Alaina	Danville	29.51
9 Evans, Hallie	Des Moines C	29.57
10 Ambrose, Hailey	Ums Girls	30.02
10 Nieto, Vanessa	West Hancock	30.02
12 Weber, Grace	Logan-Magnol	30.09
13 Demmerly, Keara	Woodward-Gra	30.23
14 Pryor, Katy	Woodbine	30.35
15 Saathoff, Brianna	Saint Edmond	30.47
16 Beeler-Allen, Anniese	Tipton 7th	30.61
17 Erwin, Harper	Regina	30.69
18 Leslie, Ashlyn	Collins-Maxw	30.71
19 Steele, Ella	Hudson	30.74
20 Wagner, Macie	Danville	30.86
21 Janes, Alli	Roland-Story	30.98
22 Reitano, Olivia	Roland-Story	31.27
23 Elsener, Lucy	Tri-Center	31.31
24 Roberts, Hollie	Eddyville-BI	31.57
25 LaRue, Gabby	Anamosa	31.58
26 VanDerSluis, Olivia	Grand View C	31.64
27 Kerger, Lilly	Woodbine	31.77
28 Brown, Daeshawna	Colo-Nesco	32.18
29 Waltz, Taylor	Earlham	32.25
30 Melvin, Alyssa	Sidney	32.30
31 Haskovec, Maggie	Hudson	32.58
32 Recker, Avery	Regina	32.61
33 Kjormoe, Gabbi	Anamosa	32.68
34 Putnam, Paige	Treynor Girl	32.73
35 Steward, Avery	Madrid Tiger	32.78
36 Mausbach, Elsie	Treynor Girl	32.85
37 McCarty, Ava	Sioux Centra	33.50
38 Brown, Natalia	Wayne	33.79
39 Prugh, Neveah	Grundy Cente	33.85
40 Davis, Brynn	Davis County	34.52
41 Rivera, Neveah	Midland	35.23
42 Embretson, Layla	Central Elka	35.24
43 Moorman, Emalee	Wayne	35.44
44 Hyde, Ava	Collins-Maxw	35.46
45 Davis, Maddie	Saint Edmond	35.65
46 Geno, Gabby	Mid-Prairie	35.79

2022 Mike Henderson JH Girls State Track Meet - 5/7/2022

Northwest Waukee Stadium

Results

Finals ... (Girls 200 Meter Dash 8th Small)

Name	Team	Finals
47 Clark, Jillian	Mid-Prairie	36.97
48 Kulow, Erin	Emmetsburg	38.35
49 Grieser, Avalin	Lone Tree	38.67
50 Bandow, Olivia	Tri-Center	41.41
51 Hinton-Edwards, Amara	North Mahask	42.09
52 Heidebur, Shawna	Madrid Tiger	44.33

Girls 400 Meter Dash 8th Small

Name	Team	Finals
1 Schany, Rachel	Emmetsburg	1:00.34
2 Johnston, Jacey	Osage	1:00.44
3 Gourley, Alaina	Danville	1:01.58
4 Schlenger, Natalie	River valley	1:01.72
5 Lursen, Anna	Saint Edmond	1:03.13
6 Pryor, Katy	Woodbine	1:04.19
7 Eddy, Ava	Aplington-Pa	1:04.50
8 Storjohann, Grace	Grundy Cente	1:05.41
9 Martin, Maddie	Woodward-Gra	1:06.53
10 Clawson, Sophie	Colo-Nesco	1:07.23
11 Smith, Amanda	Earlham	1:07.34
12 Sly, Camryn	Earlham	1:08.42
13 Less, Amaiya	Riverside	1:09.04
14 Melvin, Alyssa	Sidney	1:10.18
15 Avis, Ella	Treynor Girl	1:11.96
16 Scott, Triona	Collins-Maxw	1:12.49
17 Schneckloth, Macie	Tri-Center	1:13.03
18 Uthoff, Rheagyn	Anamosa	1:13.74
19 Bell, Sophie	Lone Tree	1:13.90
20 Whiston, Leah	Anamosa	1:14.14
21 Schroeder, Livia	Treynor Girl	1:14.34
22 Landauer, Ady	Sioux Centra	1:15.12
23 Yates, Addison	Sigourney	1:17.01
24 Merryman, Haylee	Collins-Maxw	1:17.70
25 Graap, Dalanie	Lone Tree	1:18.86
26 Embretson, Layla	Central Elka	1:19.64
27 Flarety, Maggie	Saint Edmond	1:19.87
28 Yoder, Naomi	Mid-Prairie	1:21.68
29 Wallington, Rebekah	Mid-Prairie	1:21.79
30 Cunningham, Keegan	Tri-Center	1:21.86

Girls 800 Meter Run 8th Small

Name	Team	Finals
1 Ollivierre, Nakia	Agwswr	2:29.57
2 Gourley, Alaina	Danville	2:33.48
3 Brandhorst, Katelyn	Madrid Tiger	2:33.73
4 Prendergast, Reagan	Grand View C	2:36.57
5 Johnsen, Allysen	Logan-Magnol	2:37.72
6 Fleshner, Eva	Woodward-Gra	2:39.61
7 Greving, Ruby	Regina	2:40.56
8 Casady, Meryl	Des Moines C	2:45.28
9 Hillesland, Lauren	North Iowa S	2:45.89
10 Lursen, Anna	Saint Edmond	2:46.51

11 Roberts, Kira	Dsm Christia	2:46.75
12 Yochum, Lilly	Treynor Girl	2:46.86
13 Hansen, Mollie	Hudson	2:49.66
14 Storjohann, Grace	Grundy Cente	2:54.25
15 Rodgers, Shea	Earlham	2:55.66
16 Schultz, Morgan	Davis County	2:56.54
17 Tiemeyer, Peyton	Earlham	2:56.70
18 Hoden, Danica	Tri-Center	2:57.91
19 Scott, Triona	Collins-Maxw	2:58.31
20 Yates, Ellie	Sigourney	2:58.61
21 Ringlaben, Danica	Emmetsburg	2:59.85
22 Yates, Addison	Sigourney	3:03.78
23 Brauhn, Nevaeh	Sioux Centra	3:05.04
24 Everman, London	Wayne	3:05.46
25 Greiner, Kassidi	Mid-Prairie	3:11.31
26 Embretson, Layla	Central Elka	3:13.33
27 Coffman, Molly	Treynor Girl	3:14.08
28 Huff, Miah	Collins-Maxw	3:14.89
29 Kuhse, Tristan	North Fayett 8	3:18.41
30 Mueller, Alivia	North Fayett 8	3:21.24
31 Steele, Megan	Hudson	3:22.78
32 Fort, Audrey	Anamosa	3:25.90
33 Safly, Alaina	Mid-Prairie	3:26.36

Girls 1500 Meter Run 8th Small

Name	Team	Finals
1 Ollivierre, Nakia	Agwswr	5:03.53
2 Fleshner, Eva	Woodward-Gra	5:08.47
3 Johnsen, Allysen	Logan-Magnol	5:12.27
4 Brandhorst, Katelyn	Madrid Tiger	5:13.62
5 Glosser, Chloe	Pekin 8th	5:20.31
6 Prendergast, Reagan	Grand View C	5:25.21
7 Hillesland, Lauren	North Iowa S	5:26.22
8 Knispel, Madeline	Treynor Girl	5:26.38
9 Byrnes, Scarlett	Osage	5:32.83
10 Casady, Meryl	Des Moines C	5:43.17
11 Roberts, Kira	Dsm Christia	5:48.32
12 Yates, Ellie	Sigourney	5:50.17
13 Miller, Anne	Treynor Girl	5:55.28
14 Lang, Desarae	Hudson	5:55.80
15 Hansen, Mollie	Hudson	5:56.57
16 Martens, Jenna	Tri-Center	5:57.14
17 Nebel, Kallee	Davis County	6:07.50
18 Heying, Brooke	Anamosa	6:09.01
19 Everman, London	Wayne	6:17.01
20 Schneckloth, Macie	Tri-Center	6:24.02
21 Bruggeman, Charlie	West Hancock	6:26.46
22 Fort, Audrey	Anamosa	7:01.48
23 Safly, Alaina	Mid-Prairie	7:17.76

Girls 100 Meter Hurdles 8th Small

Name	Team	Finals
1 Helgeson, Selah	Roland-Story	17.36
2 Konz, Nora	Treynor Girl	17.40

2022 Mike Henderson JH Girls State Track Meet - 5/7/2022

Northwest Waukee Stadium

Results

Finals ... (Girls 100 Meter Hurdles 8th Small)

Name	Team	Finals
3 Achenbach, Jaidyn	Woodward-Gra	17.41
4 Lindsey, Breegan	Central Deca	17.71
5 Taylor, Lacey	Eddyville-BI	17.99
6 Winters, Addison	Kee	18.11
7 Mason, Lilly	Pleasantvill	18.17
8 Harris, Ava	Earlham	18.21
9 Klocke, Charissa	Woodward-Gra	18.50
10 Wilkinson, Quinn	Sioux Centra	18.86
11 Britten, Caroline	Nodaway Vall	19.33
12 Russell, Camryn	Baxter	19.42
12 Rose, Alexis	North Butler	19.42
14 Joyce, Calista	Emmetsburg	19.45
15 Rubida, Makenzie	Siouxland Ch	19.52
16 Rodgers, Hannah	Mid-Prairie	19.58
17 Junker, Megan	Aplington-Pa	19.71
18 Gangwish, Lexi	Ums Girls	20.01
19 Sloan, Ava	Logan-Magnol	20.06
20 Herrick, KaRenna	Osage	20.15
21 Gute, Reese	Fremont Mill	20.20
22 Little, Rilie	Anamosa	20.44
23 Mitchell, Saige	Fremont Mill	20.49
24 Wilson, Ana	Riverside	20.64
25 Bromert, Mataya	Boyer Valley	20.76
26 Sirotiak, Eliska	North Butler	20.86
27 Gunia, Madeline	Boyer Valley	20.88
28 Robinson, Danielle	Lenox	20.97
29 Blocker, Kealey	Sidney	21.04
30 Meyer, Valerie	Earlham	21.30
31 Johnson, Fuschia	Treynor Girl	21.43
32 Feigenbutz, Danika	Riverside	21.49
33 Blocker, Kailey	Sidney	21.91
34 Pruiett, Ella	Wayne	22.13
35 Nelson, Danielle	West Hancock	22.16
36 Hyde, Ava	Collins-Maxw	22.24
37 Buseman, Cali	Agwsr	22.57
38 Hunter, Sophia	Midland	23.52
39 Prevo, Atalena	Davis County	23.79
40 Sayer, Addie	North Fayett 8	23.87
41 Hyde, Zoey	Central Elka	29.53

Girls 200 Meter Hurdles 8th Small

Name	Team	Finals
1 Lindsey, Breegan	Central Deca	31.18
2 Taylor, Lacey	Eddyville-BI	31.44
3 Alley, Lana	Fremont Mill	32.02
4 Winters, Addison	Kee	32.24
5 Achenbach, Jaidyn	Woodward-Gra	32.30
6 Helgeson, Selah	Roland-Story	32.40
7 Zadalis, Zoey	Treynor Girl	32.51
8 Eddy, Ava	Aplington-Pa	32.71
9 Speichinger, Meleah	West Central	33.02
10 Wilkinson, Quinn	Sioux Centra	33.41
11 Husted, Halle	Davis County	33.79

12 Moore, Darby	Earlham	33.96
13 Joyce, Calista	Emmetsburg	33.97
14 Funk, Delaney	Lenox	34.00
15 Steele, Ella	Hudson	34.01
16 Little, Rilie	Anamosa	34.08
17 Klocke, Charissa	Woodward-Gra	34.20
18 Russell, Camryn	Baxter	34.35
19 Rubida, Makenzie	Siouxland Ch	34.79
20 Bromert, Mataya	Boyer Valley	35.05
21 Leslie, Ashlyn	Collins-Maxw	35.16
22 Melvin, Alyssa	Sidney	35.85
23 Rodgers, Hannah	Mid-Prairie	36.06
24 Herrick, KaRenna	Osage	36.26
25 Wilson, Ana	Riverside	36.81
26 Robinson, Danielle	Lenox	37.63
27 Hunter, Sophia	Midland	38.41
28 Meier, Emily	Tipton 7th	39.10
29 Blocker, Kailey	Sidney	39.38
30 Hyde, Zoey	Central Elka	51.94

Girls 4x100 Meter Relay 8th Small

Team	Relay	Finals
1 Denver	A	55.71
2 Ums Girls	A	55.94
3 Woodward-Granger	A	56.75
4 Riverside	A	57.00
5 Pleasantville	A	57.48
6 Earlham	A	58.05
7 Treynor Girls JH	A	58.35
8 Keota Junior High	A	58.45
9 Anamosa	A	58.70
10 Lone Tree	A	58.74
11 Woodbine	A	59.58
12 Aplington-Parkersburg	A	1:00.21
13 Nodaway Valley	A	1:00.26
14 Logan-Magnolia	A	1:00.32
15 Montezuma	A	1:00.50
16 Treynor Girls JH	B	x1:02.14
17 Lenox	A	1:03.16
18 Emmetsburg	A	1:04.43
19 Lenox	B	x1:10.63
20 Lenox	C	x1:10.64
21 Woodward-Granger	B	x1:12.73

Girls 4x200 Meter Relay 8th Small

Team	Relay	Finals
1 Montezuma	A	1:57.00
2 Treynor Girls JH	A	1:58.35
3 Roland-Story	A	2:01.11
4 Ums Girls	A	2:01.41
5 West Central Valley	A	2:02.09
6 Woodward-Granger	A	2:02.88
7 Lone Tree	A	2:03.13
8 Earlham	A	2:04.34

2022 Mike Henderson JH Girls State Track Meet - 5/7/2022

Northwest Waukee Stadium

Results

Finals ... (Girls 4x200 Meter Relay 8th Small)

Team	Relay	Finals
9 Riverside	A	2:05.81
10 Midland	A	2:05.87
11 West Hancock	A	2:08.12
12 Nodaway Valley	A	2:08.53
13 Madrid Tigers	A	2:09.59
14 Davis County	A	2:09.86
15 Lenox	A	2:10.87
16 Emmetsburg	A	2:11.19
17 North Fayette 8th	A	2:16.84
18 Collins-Maxwell	A	2:22.53
--- Aplington-Parkersburg	A	DQ

Girls 4x400 Meter Relay 8th Small

Team	Relay	Finals
1 Des Moines Christian	A	4:33.08
2 Treynor Girls JH	A	4:35.38
3 Riverside	A	4:36.55
4 Earlham	A	4:41.54
5 Montezuma	A	4:41.73
6 Regina	A	4:41.94
7 Hudson	A	4:47.87
8 Emmetsburg	A	4:51.45
9 Wayne	A	4:54.49
10 Davis County	A	4:55.39
11 Collins-Maxwell	A	4:56.23
12 Anamosa	A	5:01.36
13 Lone Tree	A	5:05.77
14 Sidney	A	5:11.79
15 Lenox	A	5:12.52
16 Midland	A	5:13.11
--- Woodward-Granger	A	DQ

Girls 4x800 Meter Relay 8th Small

Team	Relay	Finals
1 Earlham	A	10:46.10
2 Madrid Tigers	A	11:00.60
3 Woodward-Granger	A	11:21.80
4 Treynor Girls JH	A	11:29.70
5 Boyer Valley	A	11:32.80
6 Hudson	A	11:50.70
7 Davis County	A	11:54.60
8 North Mahaska	A	11:57.20
9 Anamosa	A	12:04.30
10 Emmetsburg	A	12:08.80
11 Sigourney	A	12:38.50
12 Sidney	A	12:59.60
13 Mid-Prairie	A	13:17.50

Girls 800 Sprint Medley 8th Small

Team	Relay	Finals
1 Montezuma	A	2:02.40

2 Riverside	A	2:05.19
3 Treynor Girls JH	A	2:09.02
4 Colo-Nesco	A	2:10.03
5 Earlham	A	2:11.21
6 North Butler 7	A	2:11.62
7 Boyer Valley	A	2:12.81
8 Saint Edmond	A	2:14.46
9 Keota Junior High	A	2:14.52
10 Montezuma	B	x2:14.73
11 Woodward-Granger	A	2:15.05
12 Aplington-Parkersburg	A	2:16.67
13 Lone Tree	A	2:18.24
14 Sioux Central	A	2:19.03
15 Earlham	B	x2:19.71
16 Tri-Center	A	2:20.19
17 Emmetsburg	A	2:20.56
18 North Fayette 8th	A	2:21.90
19 Nodaway Valley	A	2:21.94
20 Davis County	A	2:22.90
21 Collins-Maxwell	A	2:25.85
22 Mid-Prairie	A	2:26.21
23 Lenox	A	2:26.62
24 West Hancock	A	2:30.20

Girls Distance Medley 8th Small

Team	Relay	Finals
1 Des Moines Christian	A	4:38.05
2 Regina	A	4:49.07
3 Colo-Nesco	A	4:50.03
4 Riverside	A	4:50.66
5 Hudson	A	5:01.37
6 Montezuma	A	5:02.67
7 Davis County	A	5:05.34
8 West Central Valley	A	5:08.55
9 Tri-Center	A	5:09.36
10 Earlham	A	5:11.78
11 Anamosa	A	5:11.88
12 Sioux Central	A	5:14.83
13 Midland	A	5:17.98
14 Kee	A	5:18.03
15 Nodaway Valley	A	5:18.27
16 Boyer Valley	A	5:19.97
17 Treynor Girls JH	A	5:20.04
18 Emmetsburg	A	5:21.24
19 Madrid Tigers	A	5:30.61
20 Sidney	A	5:32.25
21 Wayne	A	5:34.84
22 Lenox	A	5:43.17
23 Woodward-Granger	A	5:48.18
24 Saint Edmond	A	5:48.96

Girls 4x100 Meter Shuttle Hurdle 8th Small

Team	Relay	Finals
1 Treynor Girls JH	A	1:13.53

2022 Mike Henderson JH Girls State Track Meet - 5/7/2022

Northwest Waukee Stadium

Results

Finals ... (Girls 4x100 Meter Shuttle Hurdle 8th Small)

Team	Relay	Finals
2 Fremont Mills	A	1:14.65
3 Roland-Story	A	1:14.87
4 Earlham	A	1:16.74
5 Woodward-Granger	A	1:16.90
6 Aplington-Parkersburg	A	1:16.94
7 Ums Girls	A	1:18.47
8 Woodbine	A	1:19.41
9 Pleasantville	A	1:21.36
10 Riverside	A	1:22.06
11 Lenox	A	1:23.51
12 North Fayette 8th	A	1:25.76
--- North Butler 7	A	DQ

Girls High Jump 8th Small

Name	Team	Finals
Finals		
1 Shields, Aubree	Mount Ayr Gi	5-03.00
2 Schany, Rachel	Emmetsburg	5-02.00
3 Koch, Allison	Grundy Cente	5-01.00
4 Smith, Amanda	Earlham	4-10.00
5 Brandhorst, Katelyn	Madrid Tiger	J4-10.00
6 Bartleson, Aubri	Woodward-Gra	J4-10.00
7 Little, Rilie	Anamosa	4-08.00
7 Williams, Talia	West Central	4-08.00
9 Crook, Izzy	Woodbine	4-06.00
9 Lund, Olivia	Riverside	4-06.00
11 Konz, Nora	Treynor Girl	4-04.00
11 Brown, Natalia	Wayne	4-04.00
11 Flattebo, Caitlyn	Roland-Story	4-04.00
11 Hill, Noelle	Davis County	4-04.00
11 Knight, Sheridan	Madrid Tiger	4-04.00
11 Lang, Desarae	Hudson	4-04.00
11 Presler, Ally	Earlham	4-04.00
11 Russell, Camryn	Baxter	4-04.00
11 Ferry, Lily	Montezuma	4-04.00
11 Yoder, Naomi	Mid-Prairie	4-04.00
21 Saathoff, Brianna	Saint Edmond	4-01.00
--- Davis, Maddie	Saint Edmond	NH
--- Robinson, Danielle	Lenox	NH
--- Vargason, Alyssa	West Branch	NH
--- Clark, Savanna	North Butler	NH
--- Hunter, Sophia	Midland	NH
--- Jacobs, Gabi	Sidney	NH
--- Eblen, Kenner	Treynor Girl	NH
--- Nieto, Vanessa	West Hancock	NH
--- Smith, Mackenzie	Woodward-Gra	NH

Girls Long Jump 8th Small

Name	Team	Finals
Finals		
1 Keys, Sophia	Columbus/BMA	15-10.00
2 Schany, Rachel	Emmetsburg	15-08.00
3 Helgeson, Selah	Roland-Story	15-05.00
4 Russell, Camryn	Baxter	15-02.50

5 Alley, Lana	Fremont Mill	14-10.00
6 Achenbach, Jaidyn	Woodward-Gra	14-09.00
7 Winters, Addison	Kee	14-08.50
8 Schlenger, Natalie	River valley	14-06.00
8 Harris, Ava	Earlham	14-06.00
10 Steele, Ella	Hudson	14-04.00
11 Zadalis, Zoey	Treynor Girl	14-02.50
12 Recker, Avery	Regina	14-02.00
13 Erwin, Harper	Regina	14-01.50
14 Snook, Chloe	Montezuma	14-01.00
15 Lursen, Anna	Saint Edmond	14-00.50
16 Joyce, Calista	Emmetsburg	13-11.50
16 Weber, Grace	Logan-Magnol	13-11.50
18 Storjohann, Grace	Grundy Cente	13-10.50
18 Leaders, Reese	Woodbine	13-10.50
20 Eddy, Ava	Aplington-Pa	13-09.00
21 Husted, Halle	Davis County	13-08.00
22 Rodgers, Hannah	Mid-Prairie	13-06.50
23 Walker, Eva	Aplington-Pa	13-05.50
24 Elsener, Lucy	Tri-Center	13-05.00
25 Hollingsworth, Haley	Woodward-Gra	13-02.00
26 Martens, Adaline	Riverside	13-01.00
27 Ferry, Lily	Montezuma	13-00.50
28 Rose, Alexis	North Butler	12-10.50
29 Flarety, Maggie	Saint Edmond	12-09.00
29 Lyle, Olivia	Keota Junior	12-09.00
31 Melvin, Alyssa	Sidney	12-08.50
32 Herrick, KaRenna	Osage	12-04.00
32 Pruiett, Ella	Wayne	12-04.00
34 Sloan, Ava	Logan-Magnol	12-01.50
35 Funk, Delaney	Lenox	12-00.50
36 Kerger, Lilly	Woodbine	11-10.50
37 Harskamp, Kenna	Earlham	11-09.00
38 Scott, Triona	Collins-Maxw	11-08.50
39 Franzen, Gabbie	Midland	11-06.50
40 Cunningham, Keegan	Tri-Center	10-05.50
41 Larson, Carley	Lenox	9-05.00

Girls Shot Put 8th Small

Name	Team	Finals
Finals		
1 Mathews, Delaney	Treynor Girl	30-11.00
2 Hadley, Anna	Pekin 8th	29-10.50
3 Barber, Madison	Moulton-Udel	29-00.50
4 Schroeder, Hannah	North Fayett 8	28-11.00
5 Hammon, Gabby	Siouxland Ch	28-04.00
6 Dvorak, Lauren	Madrid Tiger	27-11.50
7 Rupperecht, Jaeda	North Fayett 8	27-10.50
8 Sullivan, Sylvia	Boyer Valley	27-02.00
9 Brokaw, Piper	Lenox	27-00.00
10 Hollingsworth, Taya	South Hardin	26-11.50
11 Renner, Kayla	Sigourney	26-09.00
12 Goldapp, Joenellie	Tri-Center	25-11.50
13 McCarty, Ava	Sioux Centra	25-10.75
14 McDonald, Darbi	PCM	25-10.50
15 Westerfield, Kalen	Ums Girls	25-03.50

2022 Mike Henderson JH Girls State Track Meet - 5/7/2022

Northwest Waukee Stadium

Results

Finals ... (Girls Shot Put 8th Small)

Name	Team	Finals
16 Soper, AJ	Midland	25-02.50
17 Uhlenhopp, Zoey	Aplington-Pa	24-11.00
18 Nelson, Nora	Emmetsburg	24-10.75
19 Blocker, Kailey	Sidney	24-08.50
20 Casson, Lilley	Treynor Girl	24-07.25
21 Sims, Kloie	Wayne	24-06.00
22 Meyer, Khelee	Eddyville-BI	24-05.50
23 Vermeulen, Rebekah	Davis County	24-03.25
24 Tussey, Brynn	Creston 8th	24-00.50
25 Bowman, Mary	Logan-Magnol	23-10.25
26 Conrad, Reese	Keota Junior	23-03.25
27 Melody, Shannon	South Centra	22-08.25
28 Devilbiss-Sholley, Ava	Woodward-Gra	22-06.50
29 Wilmer, Genesis	Lenox	22-01.50
30 Stanley, CeCe	Earlham	21-08.25
31 Janssen, Gretta	Woodward-Gra	21-08.00
32 Coree, Grayce	Collins-Maxw	21-03.25
33 Waltz, Taylor	Earlham	19-09.75
34 Hyde, Zoey	Central Elka	19-03.50
35 Kulow, Erin	Emmetsburg	17-10.00
36 Steere, Kiera	North Butler	17-01.00
37 Hinton-Edwards, Amara	North Mahask	16-00.75

Girls Discus Throw 8th Small

Name	Team	Finals
1 Hadley, Anna	Pekin 8th	98-07
2 O'Doud, Isabelle	North Butler	94-04
3 Blackburn, Kinley	Fremont Mill	87-00
4 Schroeder, Hannah	North Fayette 8	86-05
5 Hammon, Gabby	Siouxland Ch	83-09.50
6 Goldapp, Joenellie	Tri-Center	82-06
7 Hollingsworth, Taya	South Hardin	82-00
8 Brokaw, Piper	Lenox	80-01
9 Uhlenhopp, Zoey	Aplington-Pa	78-06
10 Mathews, Delaney	Treynor Girl	77-07
11 Van Eaton, Kynnady	Nodaway Vall	77-02
12 McCarty, Ava	Sioux Centra	72-04
13 Dvorak, Lauren	Madrid Tiger	71-08
14 Kinshaw, Kalista	Collins-Maxw	70-09.50
15 Pryor, Katy	Woodbine	70-09
16 Keune, Ella	Regina	70-08
17 Casey, Brooklyn	Treynor Girl	70-03.50
18 Melody, Shannon	South Centra	70-02
19 Noble, Teresa	Grundy Cente	69-03
20 Wuebker, Sophia	South Centra	69-00
21 Doll, McKenna	Midland	68-06
22 Embretson, Layla	Central Elka	67-07
23 Nelson, Nora	Emmetsburg	65-03
24 Sly, Camryn	Earlham	65-01
25 Jackson, Kennedy	Keota Junior	63-07
26 Vermeulen, Rebekah	Davis County	63-06
27 Bowman, Mary	Logan-Magnol	63-04
28 McDonald, Darbi	PCM	63-03

29 Sims, Kloie	Wayne	62-03
30 Devilbiss-Sholley, Ava	Woodward-Gra	61-04
31 Mettille, Isabelle	Kee	61-03
32 Curtis, Payton	Roland-Story	61-02
33 Moore, Darby	Earlham	60-03
34 Bromert, Mataya	Boyer Valley	59-06
35 Wilmer, Genesis	Lenox	58-01
36 Soper, AJ	Midland	56-07
37 Westerfield, Kalen	Ums Girls	55-03.25
38 Rupprecht, Jaeda	North Fayette 8	53-04
39 Pence, Taylor	Mid-Prairie	51-07
40 Woodard, Rylee	Woodward-Gra	51-04
41 Meyer, Khelee	Eddyville-BI	46-02
42 Kulow, Erin	Emmetsburg	41-07.50

Women - 7th Large - Team Rankings - 18 Events Scored

1) Indianola	104
2) Southeast Polk 7	77
3) DallasCenter Grimes7	62
4) North Scott	46
5) I.C. Northwest 7	37
6) North Polk	36
7) Sacred Heart	34
8) Bondurant-Farrar	26
9) Burlington	20
10) Solon Spartans	18
11) Pleasant Valley JH	15
12) Muscatine 7th	14
12) Ames - 7th	14
14) IC North Central	10
14) Adel DeSoto Minburn	10
14) Ames - 7th 2	10
17) Mason City	6
17) Gilbert	6
17) Ottumwa	6
20) Washington 7th	3
21) Bettendorf	2
22) Clear Creek Amana	1
22) Bishop Heelan	1

Women - 7th Small - Team Rankings - 18 Events Scored

1) Tri-Center	126
2) Aplington-Parkersburg	47
3) Boyer Valley	33
4) North Cedar	31
5) North Fayette 7th	30
5) South Hardin	30
7) Davis County	26
7) Riverside	26
7) Wayne	26
10) Mid-Prairie	24
11) Madrid Tigers	20
12) Hudson	16
13) Emmetsburg	13
14) Collins-Maxwell	12
14) Osage	12
14) Midland	12
17) Des Moines Christian	10
17) MVAO	10

2022 Mike Henderson JH Girls State Track Meet - 5/7/2022

Northwest Waukee Stadium

Results

19) Montezuma	8
19) Springville	8
19) North Mahaska	8
22) Sigourney	7
23) Central Decatur	6
24) Nodaway Valley	2
25) Keota Junior High	1
25) Logan-Magnolia	1
25) Colo-Nesco	1
25) Lenox	1

25) North Butler 7	1
25) Pekin 7th	1

Women - 8th Large - Team Rankings - 18 Events Scored

1) Johnston	72
2) Southeast Polk 8	62.5
3) Waukee Timberline	40
4) Ankeny Southview	31
5) Adel DeSoto Minburn	30
5) St. Francis	30
7) Waukee Prairieview	24
8) Indianola	22
9) Clear Creek Amana	21
9) Oskaloosa	21
11) Burlington	20
11) Pleasant Valley JH	20
11) Merrill DSM	20
14) Washington 7th	19
15) IC South East	16
15) IC North Central	16
17) Fort Madison	15
18) Goodrell DSM	10
18) I.C. Northwest 8	10
18) Ottumwa	10
18) Spirit Lake	10
22) Valley West(Bergman)	8
22) Mason City	8
24) Urbandale	6
24) Bishop Heelan	6
26) Solon Spartans	4
27) Atlantic 8	2.5
28) Peet Girls	2
29) Indian Hills 8	1
29) North Scott Jr High	1

Women - 8th Small - Team Rankings - 18 Events Scored

1) Treynor Girls JH	54
2) Woodward-Granger	50
3) Roland-Story	29
4) Emmetsburg	26
4) Osage	26
6) Earlham	25
7) AGWSR	24
8) Fremont Mills	23
8) Montezuma	23
10) Riverside	22
11) Madrid Tigers	21
12) Pekin 8th	20
12) Des Moines Christian	20
12) Columbus/BMAP	20
15) River valley	16
16) Central Decatur	14
16) Danville	14
18) UMS Girls	12
19) Denver	10
19) Mount Ayr Girls	10
19) Colo-Nesco	10
19) Eddyville-Blakesburg	10

2022 Mike Henderson JH Girls State Track Meet - 5/7/2022**Northwest Waukee Stadium****Results**

23) North Butler 7	9
23) Regina	9
23) Logan-Magnolia	9
26) North Fayette 8th	8
27) Moulton-Udell	6
27) Grundy Center	6
29) Kee	5
29) Grand View Christian	5
31) Siouxland Christian	4
31) Baxter	4
33) Hudson	3
34) Pleasantville	2
34) Boyer Valley	2
34) West Central Valley	2
34) Saint Edmond	2
38) Aplington-Parkersburg	1
38) Tri-Center	1
38) Woodbine	1