Mississippi Valley Conference

Women's Indoor Meet

UNI-Dome, Cedar Falls, Iowa

Monday, March 16, 2009

3000 Meter Run

Mississippi Division			Valley Division		
Time	**Name**	**School**	**Time**	**Name**	**School**
	No Entry	Cedar Falls	12:26.14	Allie Koch	C.R. Kennedy
		Cedar Falls			C.R. Kennedy
		Cedar Falls			C.R. Kennedy
		Cedar Falls			C.R. Kennedy
12:11.93	Hannah Schneekloth	C.R. Jefferson		Not in attendance	C.R. Xavier
14:04.99	Haley Huddleston	C.R. Jefferson			C.R. Xavier
		C.R. Jefferson			C.R. Xavier
		C.R. Jefferson			C.R. Xavier
13:58.00	Brittany Perkins	C.R. Prairie	12:43.80	Kayleigh McDaniel	Dubuque Hempstead
		C.R. Prairie	14:28.30	Alisa Lattner	Dubuque Hempstead
		C.R. Prairie			Dubuque Hempstead
		C.R. Prairie			Dubuque Hempstead
11:11.27	Maddy Becker	C.R. Washington	12:08.10	Lauren Rusch	Dubuque Wahlert
12:17.53	Kirsten Rogers	C.R. Washington	12:42.50	Katherine Mockler	Dubuque Wahlert
12:39.74	Sara Belay	C.R. Washington			Dubuque Wahlert
13:07.40	Sam Stuer	C.R. Washington			Dubuque Wahlert
11:43.48	Kathryn Schilling	Dubuque Senior	11:08.80	Rebecca Rathwisch	Iowa City High
12:34.26	Katerina Martin	Dubuque Senior	12:04.80	Izzy Shinnick-Gordon	Iowa City High
		Dubuque Senior			Iowa City High
		Dubuque Senior			Iowa City High
12:51.87	Stef McGraw	Linn-Mar	10:58.80	Nicole Engelhardt	Iowa City West
		Linn-Mar			Iowa City West
		Linn-Mar			Iowa City West
		Linn-Mar			Iowa City West
	No Entry	Waterloo East		No Entry	Waterloo West
		Waterloo East			Waterloo West
		Waterloo East			Waterloo West
		Waterloo East			Waterloo West

Mississippi Valley Conference

Women's Indoor Meet

UNI-Dome, Cedar Falls, Iowa

Monday, March 16, 2009

4 x 800 Meter Relay

Mississippi Division			Valley Division		
Time	**Name**	**School**	**Time**	**Name**	**School**
11:45.00		Cedar Falls	11:11.06		C.R. Kennedy
		Cedar Falls	12:24.06		C.R. Kennedy
11:13.94		C.R. Jefferson		Not in attendance	C.R. Xavier
12:16.86		C.R. Jefferson			C.R. Xavier
11:48.00		C.R. Prairie	10:46.80		Dubuque Hempstead
		C.R. Prairie	11:52.10		Dubuque Hempstead
11:20.91		C.R. Washington	10:25.71		Dubuque Wahlert
11:42.52		C.R. Washington	10:32.86		Dubuque Wahlert
11:26.45		Dubuque Senior	10:49.40		Iowa City High
12:28.45		Dubuque Senior			Iowa City High
11:43.90		Linn-Mar	10:21.05		Iowa City West
		Linn-Mar	11:31.78		Iowa City West
	No entry	Waterloo East		No entry	Waterloo West
		Waterloo East			Waterloo West

Mississippi Valley Conference

Women's Indoor Meet

UNI-Dome, Cedar Falls, Iowa

Monday, March 16, 2009

Shuttle Hurdle Relay

Mississippi Division			Valley Division		
Time	**Name**	**School**	**Time**	**Name**	**School**
45.00		Cedar Falls		No entry	C.R. Kennedy
		Cedar Falls			C.R. Kennedy
43.71		C.R. Jefferson		Not in attendance	C.R. Xavier
		C.R. Jefferson			C.R. Xavier
43.52		C.R. Prairie	42.59		Dubuque Hempstead
		C.R. Prairie			Dubuque Hempstead
44.30		C.R. Washington	44.18		Dubuque Wahlert
		C.R. Washington			Dubuque Wahlert
43.46		Dubuque Senior	41.72		Iowa City High
47.59		Dubuque Senior			Iowa City High
48.42		Linn-Mar	39.36		Iowa City West
		Linn-Mar			Iowa City West
	No entry	Waterloo East		No entry	Waterloo West
		Waterloo East			Waterloo West

Mississippi Valley Conference

Women's Indoor Meet

UNI-Dome, Cedar Falls, Iowa

Monday, March 16, 2009

Distance Medley Relay

Mississippi Division			Valley Division		
Time	**Name**	**School**	**Time**	**Name**	**School**
4:42.10		Cedar Falls	5:00.26		C.R. Kennedy
		Cedar Falls			C.R. Kennedy
5:01.70		C.R. Jefferson		Not in attendance	C.R. Xavier
		C.R. Jefferson			C.R. Xavier
4:41.21		C.R. Prairie	4:40.49		Dubuque Hempstead
		C.R. Prairie			Dubuque Hempstead
4:58.12		C.R. Washington	4:54.20		Dubuque Wahlert
5:26.97		C.R. Washington	5:10.20		Dubuque Wahlert
4:40.79		Dubuque Senior		No entry	Iowa City High
		Dubuque Senior			Iowa City High
4:43.26		Linn-Mar	4:34.49		Iowa City West
5:03.40		Linn-Mar			Iowa City West
	No entry	Waterloo East	4:59.05		Waterloo West
		Waterloo East			Waterloo West

Mississippi Valley Conference

Women's Indoor Meet

UNI-Dome, Cedar Falls, Iowa

Monday, March 16, 2009

60 Meter Dash

Mississippi Division			Valley Division		
Time	**Name**	**School**	**Time**	**Name**	**School**
7.90	Jacqueline Jordan	Cedar Falls	7.85	Maggie Schatzel	C.R. Kennedy
8.34	Cassie Crotty	Cedar Falls	8.02	Kerriane Savery	C.R. Kennedy
8.69	Kelsey Flemming	Cedar Falls	8.34	Mariah Simmons	C.R. Kennedy
		Cedar Falls	9.10	Courtney Kalb	C.R. Kennedy
7.99	Alex Young	C.R. Jefferson		Not in attendane	C.R. Xavier
8.34	Jamie Robertson	C.R. Jefferson			C.R. Xavier
8.64	Summer Garber	C.R. Jefferson			C.R. Xavier
8.60	Kaylese Johnson	C.R. Jefferson			C.R. Xavier
8.72	H. Olson	C.R. Prairie	8.63	Liza Kramer	Dubuque Hempstead
8.98	K. Zbanek	C.R. Prairie	8.85	Erica Johnson	Dubuque Hempstead
8.80	K. Ludvicek	C.R. Prairie	9.90	Katrina Stache	Dubuque Hempstead
9.85	K. Bandy	C.R. Prairie	9.59	Monica Tembe	Dubuque Hempstead
7.89	Maddy Halyard	C.R. Washington	8.35	Beth Miller	Dubuque Wahlert
8.34	Jazzmine Royster	C.R. Washington	8.40	Brianna Kramer	Dubuque Wahlert
8.48	Ashley Aull	C.R. Washington	9.12	Katie Wedewer	Dubuque Wahlert
9.30	Channing Tackaberry	C.R. Washington	9.39	Kelly Crimmins	Dubuque Wahlert
9.69	Katie Michels	Dubuque Senior	7.87	Nelson	Iowa City High
9.02	Maddison Buse	Dubuque Senior	7.68	Wilinson	Iowa City High
		Dubuque Senior	8.29	Larsen	Iowa City High
		Dubuque Senior			Iowa City High
8.66	Kate Schneider	Linn-Mar	7.47	Jessica Gehrke	Iowa City West
9.05	Manon Lausch	Linn-Mar	7.87	Chloe Hoagland	Iowa City West
9.59	Megan Grogne	Linn-Mar	7.89	Shahana Williams	Iowa City West
9.86	Dakota Nelson	Linn-Mar	7.91	Katie Kelley	Iowa City West
8.42	Shakeyla Scott	Waterloo East	8.96	Dominque Lyles	Waterloo West
8.67	Brittany Matlock	Waterloo East	10.00	Jori Jacobson	Waterloo West
8.86	Personda Bruce	Waterloo East	11.70	Cait Denning	Waterloo West
8.86	Miosha Quinn	Waterloo East	11.80	Brandie Lenius	Waterloo West

Mississippi Valley Conference

Women's Indoor Meet

UNI-Dome, Cedar Falls, Iowa

Monday, March 16, 2009

400 Meter Dash

Mississippi Division			Valley Division		
Time	**Name**	**School**	**Time**	**Name**	**School**
	No entry	Cedar Falls	1:08.24	Kaylee Oates	C.R. Kennedy
		Cedar Falls	1:12.38	Allison Kindig	C.R. Kennedy
		Cedar Falls	1:17.51	Natalie Erickson	C.R. Kennedy
		Cedar Falls	1:17.33	Brenda Forstrom	C.R. Kennedy
1:13.11	Allison Gruwell	C.R. Jefferson		Not in attendance	C.R. Xavier
1:13.60	Courtney Cahalan	C.R. Jefferson			C.R. Xavier
1:29.21	Jade Johnson	C.R. Jefferson			C.R. Xavier
		C.R. Jefferson			C.R. Xavier
1:05.13	M. Titler	C.R. Prairie	1:07.23	Savanha Pierce	Dubuque Hempstead
1:16.25	T. Gould	C.R. Prairie	1:10.10	Krista Grutz	Dubuque Hempstead
1:18.63	S. Santos	C.R. Prairie	1:13.48	Nicole Schmitt	Dubuque Hempstead
1:18.12	M. Blood	C.R. Prairie	1:13.59	Kayla Voorhees	Dubuque Hempstead
1:04.34	Mariah Steinburg-Garner	C.R. Washington		No entry	Dubuque Wahlert
1:08.84	Meg Zmolek	C.R. Washington			Dubuque Wahlert
1:17.60	Molly Mudd	C.R. Washington			Dubuque Wahlert
1:18.43	Sable Phillips	C.R. Washington			Dubuque Wahlert
1:11.41	Kayla Oppelt	Dubuque Senior		No entry	Iowa City High
1:17.75	Gretchen Fischer	Dubuque Senior			Iowa City High
1:21.21	Jackie Piper	Dubuque Senior			Iowa City High
1:24.25	Susana Jurisic	Dubuque Senior			Iowa City High
1:12.14	Mandy Kalena	Linn-Mar	1:05.87	Alison Stephan	Iowa City West
1:19.12	Emily Blaisdell	Linn-Mar			Iowa City West
1:20.70	Dana Hayes	Linn-Mar			Iowa City West
1:40.67	Sarah Dudley	Linn-Mar			Iowa City West
1:09.30	Daytazsha Payson	Waterloo East	1:04.70	Abby Coselman	Waterloo West
1:10.60	Jackie Riggins	Waterloo East	1:18.00	Kristina Rudic	Waterloo West
1:12.10	Janae Stigler	Waterloo East			Waterloo West
1:17.50	Daeja O'Donnell	Waterloo East			Waterloo West

Mississippi Valley Conference

Women's Indoor Meet

UNI-Dome, Cedar Falls, Iowa

Monday, March 16, 2009

4 x 200 Meter Relay

Mississippi Division			Valley Division		
Time	**Name**	**School**	**Time**	**Name**	**School**
2:00.60		Cedar Falls	1:49.64		C.R. Kennedy
2:01.72		Cedar Falls	1:58.94		C.R. Kennedy
1:50.38		C.R. Jefferson		Not in attendance	C.R. Xavier
1:59.03		C.R. Jefferson			C.R. Xavier
2:03.82		C.R. Prairie	1:57.62		Dubuque Hempstead
		C.R. Prairie	2:02.39		Dubuque Hempstead
1:53.83		C.R. Washington	1:52.47		Dubuque Wahlert
2:05.64		C.R. Washington	2:01.91		Dubuque Wahlert
2:01.15		Dubuque Senior	1:51.19		Iowa City High
2:01.80		Dubuque Senior			Iowa City High
2:03.72		Linn-Mar	1:51.61		Iowa City West
2:10.47		Linn-Mar	1:52.14		Iowa City West
1:51.50		Waterloo East	1:57.20		Waterloo West
2:15.15		Waterloo East			Waterloo West

Mississippi Valley Conference

Women's Indoor Meet

UNI-Dome, Cedar Falls, Iowa

Monday, March 16, 2009

60 Meter Hurdles

Mississippi Division			Valley Division		
Time	**Name**	**School**	**Time**	**Name**	**School**
10.41	Kaitlyn Gillett	Cedar Falls	10.59	Kylie VonAhsen	C.R. Kennedy
10.56	Megan Hartman	Cedar Falls	12.15	Rayeanne Mason	C.R. Kennedy
10.76	Abby Hermanson	Cedar Falls			C.R. Kennedy
11:44	Hannah Reibkes	Cedar Falls			C.R. Kennedy
9.85	Katie Naber	C.R. Jefferson		Not in attendance	C.R. Xavier
12.02	Allison Gruwell	C.R. Jefferson			C.R. Xavier
12.50	Jade Johnson	C.R. Jefferson			C.R. Xavier
		C.R. Jefferson			C.R. Xavier
10.40	M. Montgomery	C.R. Prairie	10.15	Katie Crawford	Dubuque Hempstead
10.92	J. Miller	C.R. Prairie	10.73	Alaina Belken	Dubuque Hempstead
11.64	K. Zbanek	C.R. Prairie	10.78	Jessica Fischer	Dubuque Hempstead
11.69	T. Marion	C.R. Prairie	11.62	Felicia Fischer	Dubuque Hempstead
9.80	Layloni Beard	C.R. Washington	10.42	Maggie Dietzel	Dubuque Wahlert
10.20	Brooke Foreman	C.R. Washington	10.70	Michelle Goedken	Dubuque Wahlert
10.50	MaryKate Schmitt	C.R. Washington	10.72	Brooke Tashner	Dubuque Wahlert
11.90	Callie Stone	C.R. Washington	12.97	Rachel Olk	Dubuque Wahlert
10.76	Emily Wagner	Dubuque Senior	10.19	Sam Kunc	Iowa City High
10.81	Kayla McMahon	Dubuque Senior	10.20	Caitlin Ward	Iowa City High
10.94	Mallory Steffen	Dubuque Senior	10.24	Beth Larsen	Iowa City High
11.80	Kayla McLaughlin	Dubuque Senior	10.69	Lori Lines	Iowa City High
10.20	Megan Holdgrafen	Linn-Mar	9.25	Natalie Mason	Iowa City West
11.02	Sierra Evans	Linn-Mar	11.02	Jesse Robinson	Iowa City West
12.89	Kylie Houer	Linn-Mar	11.71	Lexi Hanson	Iowa City West
13.38	Kawsas Thorp	Linn-Mar	12.35	Erin Davidson	Iowa City West
	No entry	Waterloo East	11.25	Rachel Swisher	Waterloo West
		Waterloo East			Waterloo West
		Waterloo East			Waterloo West
		Waterloo East			Waterloo West

Mississippi Valley Conference

Women's Indoor Meet

UNI-Dome, Cedar Falls, Iowa

Monday, March 16, 2009

800 Meter Run

Mississippi Division			Valley Division		
Time	**Name**	**School**	**Time**	**Name**	**School**
2:33.50	Paige Hersom	Cedar Falls	2:33.12	Hannah Rohling	C.R. Kennedy
2:44.40	Allie Wirth	Cedar Falls	2:46.04	Erin O-Brien	C.R. Kennedy
2:47.90	Rebecca Oberreider	Cedar Falls	2:50.08	Megan Terukina	C.R. Kennedy
		Cedar Falls			C.R. Kennedy
2:44.42	Hannah Schneekloth	C.R. Jefferson		Not in attendance	C.R. Xavier
2:49.83	Tara Naber	C.R. Jefferson			C.R. Xavier
2:56.68	Jennifer McDowell	C.R. Jefferson			C.R. Xavier
		C.R. Jefferson			C.R. Xavier
2:45.18	A. Wiesender	C.R. Prairie	2:39.10	Stacy Barton	Dubuque Hempstead
2:51.10	B. Tonyan	C.R. Prairie	3:08.70	Rory Smith	Dubuque Hempstead
3:13.14	A. Cook	C.R. Prairie	3:17.10	Kenzie Hankes	Dubuque Hempstead
		C.R. Prairie			Dubuque Hempstead
2:41.66	Maddy Becker	C.R. Washington		No Entry	Dubuque Wahlert
2:44.86	Lauren Kelley	C.R. Washington			Dubuque Wahlert
2:58.33	Sara Belay	C.R. Washington			Dubuque Wahlert
2:59.74	Sam Stuer	C.R. Washington			Dubuque Wahlert
2:44.52	Courtney Klein	Dubuque Senior	2:30.25	Fuller	Iowa City High
2:56.80	Chelsey Thill	Dubuque Senior	2:45.54	Tamerius	Iowa City High
		Dubuque Senior	2:48.20	Schnoebelen	Iowa City High
		Dubuque Senior	2:54.65	Aguilair-Rosales	Iowa City High
2:43.75	Kenzie Dolezal	Linn-Mar	2:30.24	Nicole Jensen	Iowa City West
2:51.55	Megan Sherwood	Linn-Mar	2:45.32	Griffin Reed	Iowa City West
2:52.76	Brooklyn Kascor	Linn-Mar			Iowa City West
3:14.42	Daisey Clymen	Linn-Mar			Iowa City West
	No entry	Waterloo East		No entry	Waterloo West
		Waterloo East			Waterloo West
		Waterloo East			Waterloo West
		Waterloo East			Waterloo West

Mississippi Valley Conference

Women's Indoor Meet

UNI-Dome, Cedar Falls, Iowa

Monday, March 16, 2009

200 Meter Dash

Mississippi Division			Valley Division		
Time	**Name**	**School**	**Time**	**Name**	**School**
28.30	Jacqueline Jordan	Cedar Falls	27.20	Ashley Heffernen	C.R. Kennedy
28.35	Cassie Crotty	Cedar Falls	27.44	Daysha Lichty	C.R. Kennedy
29.43	Alexis Higgins	Cedar Falls	29.09	Deyanna Waaley	C.R. Kennedy
30.00	Kaitlyn Hennings	Cedar Falls	30.08	Kerianne Savery	C.R. Kennedy
28.67	Ashley Madsen	C.R. Jefferson		Not in attendance	C.R. Xavier
28.72	Maddy Rizor	C.R. Jefferson			C.R. Xavier
30.48	Courtney Cahalan	C.R. Jefferson			C.R. Xavier
31.25	Taylor Guerra	C.R. Jefferson			C.R. Xavier
28.38	M. Titler	C.R. Prairie	28.93	Riedl	Dubuque Hempstead
29.87	H. Olson	C.R. Prairie	31.38	Barnett	Dubuque Hempstead
31.33	A. Speltz	C.R. Prairie	32.41	Neyen	Dubuque Hempstead
31.64	K. Abben	C.R. Prairie	33.56	Scales	Dubuque Hempstead
30.50	Camisha Stamps	C.R. Washington	29.04	Rachel Ward	Dubuque Wahlert
30.93	Kanisha Weeks	C.R. Washington	29.24	Claire Till	Dubuque Wahlert
31.51	Briana Phelps	C.R. Washington	30.25	Kate Smith	Dubuque Wahlert
		C.R. Washington	30.33	Jessica Janecke	Dubuque Wahlert
30.61	Cassie Cummings	Dubuque Senior		No entry	Iowa City High
31.94	Carolyn Duvelier	Dubuque Senior			Iowa City High
32.65	Jordan Lattner	Dubuque Senior			Iowa City High
33.09	Courtney Thill	Dubuque Senior			Iowa City High
32.04	Marisa Way	Linn-Mar	27.49	Shahana Williams	Iowa City West
33.17	Katie Schmidt	Linn-Mar	28.08	Chloe Hoagland	Iowa City West
		Linn-Mar	32.78	Gaelle Nzombo	Iowa City West
		Linn-Mar			Iowa City West
29.36	Daytazsha Parsons	Waterloo East	28.00	Zinka Duric	Waterloo West
29.98	Ashley Cummings	Waterloo East	29.50	Abby Coselman	Waterloo West
30.20	Essoria Greer	Waterloo East	31.90	Dominque Lyles	Waterloo West
30.40	Dakia Frazier	Waterloo East	33.60	S. Tooson	Waterloo West

Mississippi Valley Conference

Women's Indoor Meet

UNI-Dome, Cedar Falls, Iowa

Monday, March 16, 2009

Sprint Medley Relay

Mississippi Division			Valley Division		
Time	**Name**	**School**	**Time**	**Name**	**School**
2:13.55		Cedar Falls	2:04.85		C.R. Kennedy
		Cedar Falls	2:26.03		C.R. Kennedy
2:00.95		C.R. Jefferson		Not in attendance	C.R. Xavier
2:11.35		C.R. Jefferson			C.R. Xavier
2:03.25		C.R. Prairie	2:06.50		Dubuque Hempstead
2:18.16		C.R. Prairie			Dubuque Hempstead
2:11.38		C.R. Washington	2:00.38		Dubuque Wahlert
2:13.20		C.R. Washington	2:05.54		Dubuque Wahlert
2:12.09		Dubuque Senior		No entry	Iowa City High
2:16.21		Dubuque Senior			Iowa City High
2:11.37		Linn-Mar	2:02.39		Iowa City West
2:29.92		Linn-Mar	2:05.01		Iowa City West
2:17.30		Waterloo East	2:09.90		Waterloo West
		Waterloo East			Waterloo West

Mississippi Valley Conference

Women's Indoor Meet

UNI-Dome, Cedar Falls, Iowa

Monday, March 16, 2009

1500 Meter Run

Mississippi Division			Valley Division		
Time	**Name**	**School**	**Time**	**Name**	**School**
	No entry	Cedar Falls	5:35.53	Katherine Manders	C.R. Kennedy
		Cedar Falls	6:19.44	Stephanie Wenklaskwi	C.R. Kennedy
		Cedar Falls	6:34.37	Elle Pope	C.R. Kennedy
		Cedar Falls	6:53.24	Haliey Raue	C.R. Kennedy
6:00.36	Sam Kaska	C.R. Jefferson		Not in attendance	C.R. Xavier
6:09.16	Vicki Dostal	C.R. Jefferson			C.R. Xavier
		C.R. Jefferson			C.R. Xavier
		C.R. Jefferson			C.R. Xavier
5:27.43	Ana Jordan	C.R. Prairie	5:23.90	Amy Bowden	Dubuque Hempstead
		C.R. Prairie			Dubuque Hempstead
		C.R. Prairie			Dubuque Hempstead
		C.R. Prairie			Dubuque Hempstead
5:20.72	Maddy Becker	C.R. Washington	5:48.78	Katherine Mockler	Dubuque Wahlert
5:29.62	Lauren Kelley	C.R. Washington			Dubuque Wahlert
5:45.20	Kristen Rogers	C.R. Washington			Dubuque Wahlert
		C.R. Washington			Dubuque Wahlert
5:35.21	Krista Laufenberg	Dubuque Senior	5:26.27	Katie Langenfeld	Iowa City High
5:38.03	Meredith Petty	Dubuque Senior	5:29.26	Harper Beasley	Iowa City High
		Dubuque Senior	5:30.66	Maggie Mahaffa	Iowa City High
		Dubuque Senior	5:49.38	Kennedy Rodnarek	Iowa City High
	No entry	Linn-Mar	5:15.87	Allison Fick	Iowa City West
		Linn-Mar	5:15.98	Taylor Fehlberg	Iowa City West
		Linn-Mar	5:26.97	Jenna Broghamer	Iowa City West
		Linn-Mar	5:36.57	Hannah Skopec	Iowa City West
	No entry	Waterloo East	5:56.41	Haley Waschkat	Waterloo West
		Waterloo East			Waterloo West
		Waterloo East			Waterloo West
		Waterloo East			Waterloo West

Mississippi Valley Conference

Women's Indoor Meet

UNI-Dome, Cedar Falls, Iowa

Monday, March 16, 2009

4 x 100 Meter Relay

Mississippi Division			Valley Division		
Time	**Name**	**School**	**Time**	**Name**	**School**
57.90		Cedar Falls	53.15		C.R. Kennedy
		Cedar Falls	1:02.34		C.R. Kennedy
58.87		C.R. Jefferson		Not in attendance	C.R. Xavier
		C.R. Jefferson			C.R. Xavier
56.63		C.R. Prairie	58.81		Dubuque Hempstead
57.37		C.R. Prairie	1:04.18		Dubuque Hempstead
55.14		C.R. Washington	53.44		Dubuque Wahlert
56.23		C.R. Washington	57.32		Dubuque Wahlert
56.50		Dubuque Senior	54.30		Iowa City High
58.50		Dubuque Senior			Iowa City High
54.80		Linn-Mar	50.70		Iowa City West
1:01.93		Linn-Mar	57.05		Iowa City West
56.10		Waterloo East		No entry	Waterloo West
57.90		Waterloo East			Waterloo West

Mississippi Valley Conference

Women's Indoor Meet

UNI-Dome, Cedar Falls, Iowa

Monday, March 16, 2009

4 x 400 Meter Relay

Mississippi Division			Valley Division		
Time	**Name**	**School**	**Time**	**Name**	**School**
4:26.12		Cedar Falls	4:32.84		C.R. Kennedy
4:50.00		Cedar Falls	5:06.80		C.R. Kennedy
4:24.10		C.R. Jefferson		Not in attendance	C.R. Xavier
4:45.13		C.R. Jefferson			C.R. Xavier
4:57.89		C.R. Prairie	4:48.29		Dubuque Hempstead
5:02.54		C.R. Prairie	4:49.71		Dubuque Hempstead
4:27.96		C.R. Washington	4:24.86		Dubuque Wahlert
4:58.76		C.R. Washington	4:35.69		Dubuque Wahlert
4:22.38		Dubuque Senior	4:21.33		Iowa City High
4:55.90		Dubuque Senior	4:32.10		Iowa City High
4:35.87		Linn-Mar	4:16.66		Iowa City West
4:58.19		Linn-Mar	4:40.38		Iowa City West
5:17.32		Waterloo East		No entry	Waterloo West
		Waterloo East			Waterloo West