

Luther High School Invitational - 3/21/2009  
Luther College, Decorah, IA  
Results

**Event 1 Girls 55 Meter Dash**

**2008 winner: 7.71 3/22/2008 Jadyn Spencer, Waterloo West**

Name	Year	School	Seed	Finals	H#
Finals					
1 Rachel Banham	10	Lakeville No	7.80	7.75	1
2 Kelsey Strand	10	Decorah	8.00	7.81	3
2 Angie Anyaogu	09	Lakeville No	8.00	7.81	2
4 Sam Shindelar	09	South Winnes	7.70	8.00	1
5 Cambria Berentsen	12	Riceville	7.50	8.01	2
5 Emily Pratt	10	Lakeville No	7.90	8.01	1
7 Leah Broderick	10	Decorah	8.20	8.03	4
8 Maria Wetli	12	Decorah	8.25	8.12	5
9 Rachel Burras	11	Decorah	8.00	8.18	3
10 Abby Guggenbuehl	09	La Crosse Lo	8.50	8.19	6
11 Kasara Batzler	10	Decorah	8.10	8.20	3
12 Allie Canoy	11	Decorah	8.00	8.23	2
13 Laura Francois	09	Decorah	8.30	8.29	5
14 Maria Green	11	Riceville	7.50	8.30	1
15 Kelsey Bruvold	12	Decorah	8.10	8.31	5
16 Chelsey Neitzke	10	Lakeville No	8.35	8.32	5
17 Andra Trakalo	10	Lakeville No	8.55	8.34	6
18 Steph Rima	09	Decorah	8.10	8.39	4
19 Jordan Murphy	10	Waukon	8.62	8.40	7
20 Cassie Gilmore	10	Lakeville No	8.65	8.42	7
<b>21 Bre Fencl</b>	<b>09</b>	<b>Waterloo Wes</b>		<b>8.45</b>	<b>9</b>
21 Amanda Twait	11	Decorah	8.00	8.45	2
23 Kalian Bauer	11	Prairie du C	8.00	8.46	2
23 Lorelei Smith	10	Riceville	8.00	8.46	3
25 Lindsay Erstad	09	Lakeville No	8.15	8.55	4
26 Jessica Spekman	12	Lakeville No	8.25	8.56	4
27 Marissa Yorgey	11	Riceville	9.00	8.59	10
28 Roxy Smith	11	South Winnes	7.90	8.60	2
29 Kayla Smith	10	Waukon	8.80	8.62	9
30 Addie Hansen	10	Decorah	8.10	8.65	3
31 Sarah Franzen	10	South Winnes	8.50	8.66	6
32 Danielle Steger	12	Prairie du C	7.60	8.70	1
33 Whitney Hirth	09	Waukon	8.65	8.73	1
34 Dominique Lyles	10	Waterloo Wes	8.26	8.76	5
35 Rachel Haindfield	09	Decorah	8.75	8.77	8
36 Anne Luzum	11	South Winnes	9.00	8.78	9
36 Ciarra Renne	09	Waukon	8.75	8.78	8
38 Olivia Mitchell	09	Decorah	8.10	8.89	4
39 Jessie Murphy	10	Waukon	8.65	8.90	7
40 Molly Reicks	11	Crestwood	8.70	8.94	7
41 Kandace Glock	09	South Winnes	8.10	8.95	3
41 Jessica DeVries	12	Crestwood	8.50	8.95	6
43 Shelby Claman	11	South Winnes	9.00	8.96	10
44 Amber Daniel	09	Crestwood	8.50	8.98	6
45 Kayla Brown	09	La Crosse Lo	8.98	9.05	9
46 Sara Schloesser	09	Decorah	8.75	9.09	8
47 Kyla Lelifeld	10	Decorah	9.00	9.11	10
48 Rachel Riley	11	Decorah	8.75	9.12	8
49 Kelsey Wagner	09	Decorah	9.11	9.16	10
50 Samantha Martin	09	Crestwood	8.60	9.25	7
51 Whitney Hogan	10	Waukon	9.00	9.27	9

52	Jordan Coleman	09	La Crosse Lo	9.19	9.38	11
53	Courtney Kowalke	12	Crestwood	9.00	9.39	10
54	Grace Danbeck	09	Decorah	9.50	9.53	11
55	Ashten Frana	09	Decorah	8.50	9.57	7
56	Kelsey Mitchell	10	Decorah	9.10	9.66	10
57	Emily Sorenson	11	Decorah	9.50	9.76	11
58	Ali Hamamoto	11	La Crosse Lo	9.46	9.86	11
58	Megan Hegy	11	La Crosse Lo	10.19	9.86	12
<b>60</b>	<b>Katie Dowle</b>	<b>09</b>	<b>Waterloo Wes</b>		<b>9.90</b>	<b>11</b>
61	April Shupe	11	Waukon	10.00	10.15	12
62	Becca Rinken	10	Decorah	9.75	10.35	11
<b>63</b>	<b>Brandie Lenius</b>	<b>09</b>	<b>Waterloo Wes</b>	<b>11.10</b>	<b>10.90</b>	<b>12</b>
<b>64</b>	<b>Cait Denning</b>	<b>11</b>	<b>Waterloo Wes</b>	<b>11.00</b>	<b>10.93</b>	<b>12</b>
--	Lexi Lloyd	11	Decorah		DQ	12
--	Lindsay Lloyd	09	Decorah	8.75	DNS	8
--	Robyn Eickelberg	11	Waukon	9.00	DNS	9
--	Lexi Knutson	10	South Winnes	8.50	DNS	6
--	Imani Paul	09	La Crosse Lo	8.40	DNS	5
--	Zoe Crumpton	09	Lakeville No	8.75	DNS	8
--	Nicole Naatjes	10	Lakeville No	8.10	DNS	4
--	<b>Shabbrea Tooson</b>	<b>10</b>	<b>Waterloo Wes</b>	<b>10.00</b>	<b>SCR</b>	
--	<b>Nichole Miles</b>	<b>09</b>	<b>Waterloo Wes</b>	<b>8.80</b>	<b>SCR</b>	

Illegal Runner

### Event 3 Girls 200 Meter Dash

2008 winner: 29.15 3/22/2008 Maria Green, Riceville

Name	Year	School	Seed	Finals	H#	
1	Sophie Lasko	12	Lakeville No	27.25	27.39	1
<b>2</b>	<b>Jadyn Spencer</b>	<b>10</b>	<b>Waterloo Wes</b>	<b>28.00</b>	<b>28.85</b>	<b>1</b>
3	Cambria Berentsen	12	Riceville	28.00	29.03	1
4	Megan Tappe	11	Decorah	28.50	29.19	2
5	Maria Green	11	Riceville	27.00	29.26	1
<b>6</b>	<b>Kate Worthington</b>	<b>10</b>	<b>Waterloo Wes</b>		<b>29.51</b>	<b>8</b>
7	Emily Pratt	10	Lakeville No	27.80	29.55	1
8	Jessica Beran	10	Riceville	28.00	29.71	2
9	Amanda Waters	12	Waukon	30.00	29.97	5
10	Steph Rima	09	Decorah	29.20	30.03	4
11	Carly Heimerdinger	09	Crestwood	30.15	30.12	5
12	Brittany Holthaus	09	South Winnes	29.20	30.30	4
13	Amanda Twait	11	Decorah	29.20	30.36	3
14	Cara Collins	11	Waukon	29.00	30.39	3
<b>15</b>	<b>Bre Fencl</b>	<b>09</b>	<b>Waterloo Wes</b>		<b>30.57</b>	<b>8</b>
16	Shelly Grube	12	Crestwood	29.00	30.58	3
17	Abby Guggenbuehl	09	La Crosse Lo	32.00	30.64	7
18	Loralei Smith	10	Riceville	30.00	30.66	4
19	Lindsay Erstad	09	Lakeville No	29.00	30.83	3
20	Chelsey Neitzke	10	Lakeville No	28.75	30.99	2
21	Marissa Yorgey	11	Riceville	32.00	31.09	7
22	Shelby Frana	12	South Winnes	30.20	31.13	6
23	Allanda Hageman	11	South Winnes	30.30	31.14	6
24	Roxy Smith	11	South Winnes	30.10	31.19	5
<b>25</b>	<b>Vaneesha Williams</b>	<b>10</b>	<b>Waterloo Wes</b>	<b>28.50</b>	<b>31.41</b>	<b>2</b>
26	Stephanie Pehler	10	La Crosse Lo	31.90	31.42	7
27	Addie Hansen	10	Decorah	29.75	31.43	4
28	Olivia Mitchell	09	Decorah	29.50	31.71	4
29	Sam Shindelar	09	South Winnes	28.80	31.76	3
<b>30</b>	<b>Dominque Lyles</b>	<b>10</b>	<b>Waterloo Wes</b>	<b>30.00</b>	<b>31.95</b>	<b>5</b>
31	Whitney Hirth	09	Waukon	30.00	32.19	5
32	Amber Daniel	09	Crestwood	31.00	32.30	6
33	Jessica Spekman	12	Lakeville No	28.70	32.41	2

34	Mollee Key	12	Prairie du C	31.00	32.68	6
35	Molly Reicks	11	Crestwood	31.50	32.69	6
36	Kandace Glock	09	South Winnes	31.50	33.26	6
37	Jessy Stika	11	Crestwood	32.00	33.74	7
38	Danielle Bartow	12	Prairie du C	40.00	34.30	9
39	Taylor Moret	09	Prairie du C	32.00	34.39	8
40	Ashten Frana	09	Decorah	30.00	34.46	5
<b>41</b>	<b>Jori Jacobsen</b>	<b>09</b>	<b>Waterloo Wes</b>	<b>32.00</b>	<b>34.52</b>	<b>7</b>
42	Jordan Coleman	09	La Crosse Lo	36.00	35.12	8
43	Courtney Kowalke	12	Crestwood	37.00	36.15	9
44	Ali Hamamoto	11	La Crosse Lo	35.76	36.52	8
<b>45</b>	<b>Katie Dowle</b>	<b>09</b>	<b>Waterloo Wes</b>		<b>37.92</b>	<b>9</b>
46	Megan Hegy	11	La Crosse Lo	41.10	40.02	9
--	Imani Paul	09	La Crosse Lo	32.00	DNS	7
--	Kristyna Herman	10	Waukon	28.00	DNS	2
--	Tatum Meyer	11	Waukon	28.00	DNS	1
--	Brittney Brown	10	Lakeville No	29.50	DNS	4
--	Becca Steele	09	Prairie du C	35.00	DNS	8
--	Mullen Wacker	09	Waukon	29.00	DNS	3
--	<b>Nichole Miles</b>	<b>09</b>	<b>Waterloo Wes</b>	<b>32.00</b>	<b>SCR</b>	
--	<b>Shabbrea Tooson</b>	<b>10</b>	<b>Waterloo Wes</b>	<b>33.00</b>	<b>SCR</b>	

#### Event 5 Girls 400 Meter Dash

2008 winner: 1:06.55 3/22/2008 Sierra Klimesh, Decorah

Name	Year	School	Seed	Finals	H#		
1	Jaya Perkins	10	Lakeville No	1:03.50	1:01.51	1	
<b>2</b>	<b>Zinka Duric</b>	<b>09</b>	<b>Waterloo Wes</b>	<b>1:07.00</b>	<b>1:03.04</b>	<b>2</b>	
3	Leah Broderick	10	Decorah	1:04.00	1:04.98	1	
4	Jamie Montgomery	12	Lakeville No	1:05.50	1:06.58	1	
5	Eliza Betteridge	10	Decorah	1:08.00	1:07.55	2	
6	Karli Ramstad	11	Decorah	1:06.00	1:07.88	1	
7	Max Leake	09	Lakeville No	1:05.00	1:08.77	2	
8	Ashley Wenthold	10	South Winnes	1:12.00	1:09.22	4	
9	Jenna Berger	10	La Crosse Lo	1:14.45	1:09.67	4	
<b>10</b>	<b>Mikayla Campbell</b>	<b>10</b>	<b>Waterloo Wes</b>	<b>1:07.00</b>	<b>1:10.03</b>	<b>2</b>	
11	Briana Neuzil	10	Lakeville No	1:06.00	1:10.77	2	
12	Casey Meyer	11	Waukon	1:10.00	1:11.11	3	
<b>13</b>	<b>Alix Risse</b>	<b>09</b>	<b>Waterloo Wes</b>	<b>1:08.00</b>	<b>1:12.32</b>	<b>1</b>	
14	Bethany Davidson	10	Decorah	1:12.00	1:12.84	4	
15	Emily Lensing	10	South Winnes	1:12.00	1:13.17	4	
16	Sammi Pisney	09	Crestwood	1:12.00	1:13.61	3	
17	Mollie King	11	Decorah	1:10.00	1:16.73	3	
<b>18</b>	<b>Jasmine McGee</b>	<b>12</b>	<b>Waterloo Wes</b>	<b>1:12.00</b>	<b>1:17.80</b>	<b>3</b>	
<b>19</b>	<b>Kristina Rudic</b>	<b>12</b>	<b>Waterloo Wes</b>	<b>1:15.00</b>	<b>1:19.53</b>	<b>5</b>	
20	Allison Kephart	10	Decorah	1:14.00	1:20.19	4	
21	Caprice Delagrave	11	Prairie du C	1:15.00	1:20.72	5	
22	Sam Cota	09	Waukon		1:26.97	6	
23	Molly Skoda	11	Crestwood	1:20.00	1:29.43	5	
24	Kelsey Bronner	10	Crestwood	1:21.00	1:30.61	6	
--	Tally Gullickson	10	South Winnes	1:13.90	DQ	4	False Start
--	Molly Reicks	11	Crestwood	1:17.00	DNS	5	
--	Emily Sir	09	Crestwood	1:15.00	DNS	5	
--	Carissa Bodette	12	Lakeville No	1:06.50	DNS	2	
--	Megan Braun	09	Crestwood	1:08.00	DNS	1	
--	Rachel Bjerke	09	Waukon	1:12.00	DNS	3	
--	Jared Kriener	09	South Winnes	1:16.00	DNS	5	
--	Kelsey Reddel	11	Riceville	1:10.00	DNS	3	
--	Felicia Herman	12	Waukon		DNS	6	

**Event 7 Girls 800 Meter Run**

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2008 winner:	2:28.04	3/22/2008	Scotti Schon, Waukon		
Name	Year	School	Seed	Finals	
1 Taylor Perkins	08	Lakeville No	2:30.00	2:33.71	
2 Marie Ferguson	12	Lakeville No	2:31.10	2:34.65	
3 Allie Miller	09	Lakeville No	2:38.00	2:36.93	
4 Marea Holkesvik	09	Decorah	2:40.00	2:38.22	
5 Jessica Beran	10	Riceville	2:50.00	2:42.04	
6 Jackie Hoyme	09	Decorah	2:45.00	2:42.91	
7 Emilia Kenow	10	La Crosse Lo	2:52.00	2:47.43	
8 Emma Baker	12	Crestwood	2:50.00	2:49.61	
9 Whitney Weymiller	11	La Crosse Lo	2:55.00	2:50.43	
10 Amanda Wilson	11	Lakeville No	2:40.00	2:51.28	
11 Megan Vanderkolk	10	Waukon		2:54.51	
12 Stephanie Nibaur	12	Crestwood	2:52.00	2:55.74	
13 Alexa Johnson	11	La Crosse Lo	3:10.00	2:59.12	
14 Cassie Drew	10	Waukon	3:00.00	3:08.43	
15 Alexis Kuennen	11	Decorah	2:55.00	3:10.83	
16 Sarah Wullner	10	Waukon		3:11.98	
17 Anne Luzum	11	South Winnes	3:00.00	3:13.55	
18 Sam Cota	09	Waukon		3:31.45	
19 Ellie Dixon	09	Prairie du C	3:00.00	3:35.00	
20 Lauren Nelson	10	Decorah	2:59.00	3:36.07	
21 Laney Luenberger	09	South Winnes	3:15.00	3:43.18	
-- Kelley O'Donnell	09	Lakeville No	2:55.00	DNS	
-- Jamie Mergen	09	Prairie du C	2:55.00	DNS	
-- Kelsey Reddel	11	Riceville	3:05.00	DNS	
-- Amanda Tran	09	Lakeville No	2:55.00	DNS	
-- Maryl Fennie	09	La Crosse Lo	3:30.00	SCR	

**Event 9 Girls 1600 Meter Run**

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2008 winner:	5:38.35	3/22/2008	Scotti Schon, Waukon		
Name	Year	School	Seed	Finals	
1 Taylor Augustine	08	Lakeville No	5:50.10	5:41.50	
2 Emma Johnson	10	Lakeville No	5:50.10	5:41.67	
3 Danielle Stark	12	Prairie du C	6:25.00	5:58.70	
4 Hannah Kuehner	09	Decorah	5:45.00	6:05.78	
5 Jenna Saunders	10	Lakeville No	5:55.00	6:06.09	
6 Lexie Felix	09	La Crosse Lo	6:10.00	6:06.88	
7 Emma Baker	12	Crestwood	6:10.00	6:08.78	
8 Katrina Nichols	11	La Crosse Lo	6:20.00	6:15.00	
9 Liz Hovden	09	Decorah	5:45.00	6:20.18	
<b>10 Haley Waschkat</b>	<b>09</b>	<b>Waterloo Wes</b>	<b>5:50.00</b>	<b>6:28.05</b>	
11 Stephanie Nibaur	12	Crestwood	6:25.00	6:30.79	
12 Erica Gillett	12	La Crosse Lo	6:40.00	6:57.83	
13 Erin Anderson	11	South Winnes	7:20.00	7:35.20	
-- Amanda Ward	10	South Winnes	8:00.00	DNS	
<b>-- Morgan Kosar</b>	<b>11</b>	<b>Waterloo Wes</b>	<b>5:40.00</b>	<b>DNS</b>	
-- Anne Luzum	11	South Winnes	8:00.00	DNS	



8	Crestwood 'B'		2:01.10	2:01.67	3
	1) Lauren Obermann 09	2)			
9	South Winneshiek 'B'		2:04.00	2:01.72	3
	1) Sara Albertson 11	2)			
10	Lakeville North High School 'B'		2:00.00	2:02.95	3
	1) Cassie Gilmore 10	2)			
11	Decorah 'B'			2:04.63	3
12	Waukon 'B'		2:00.00	2:04.88	3
	1) Casey Meyer 11	2)			
13	Prairie du Chien 'A'		2:05.00	2:07.67	2
	1) Caprice Delagrave 11	2)			
14	La Crosse Logan 'B'		2:15.00	2:09.71	3
	1) Jordan Coleman 09	2)			

#### Event 15 Girls 4x400 Meter Relay

=====					
2008 winner:	4:22.39	3/22/2008	La Crosse Logan,	La Crosse Logan	
School			Seed	Finals	H#
=====					
1	Decorah 'A'		4:18.00	4:20.38	1
	1) Allie Canoy 11	2)			
2	Lakeville North High School 'A'		4:19.00	4:22.73	1
	1) Rachel Banham 10	2) Katrina Nicholson 11			
	3)	4) Sophie Lasko 12			
3	Lakeville North High School 'B'		4:30.00	4:32.18	2
	1) Brenna Carda	2) Allie Miller 09			
	3) Marie Ferguson 12	4)			
4	Decorah 'B'			4:35.90	3
5	Crestwood 'A'		4:37.00	4:40.83	1
	1) Shelly Grube 12	2)			
6	Waukon 'A'		4:35.00	4:41.63	1
	1) Logan Hjerleid 11	2)			
7	South Winneshiek 'A'		4:40.00	4:42.01	2
	1) Megan Lien 09	2)			
8	La Crosse Logan 'A'		4:46.00	4:46.55	2
	1) Jenna Berger 10	2)			
9	South Winneshiek 'B'		4:50.00	4:48.13	3
	1) Ashley Wenthold 10	2)			
10	Lakeville North High School 'C'		4:40.00	4:58.21	3
	3) Amanda Wilson 11	4) Kelley O'Donnell 09			
11	Waukon 'B'		4:50.00	4:58.47	3
	1) Casey Meyer 11	2)			
12	Crestwood 'B'		4:55.00	4:59.63	3
	1) Haylee Ollendieck 11	2)			
13	La Crosse Logan 'B'		5:00.00	5:08.37	3
	1) Lexie Felix 09	2)			
14	Prairie du Chien 'A'		5:30.00	5:34.56	2
	1) Taylor Moret 09	2)			

#### Event 17 Girls 4x800 Meter Relay

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2008 winner:	11:00.25	3/22/2008	Decorah Vikings,	Decorah	
School			Seed	Finals	
=====					
1	Decorah 'A'		10:10.00	10:12.84	
	1) Kayla Kregel 10	2)			
2	Decorah 'B'			10:31.32	
3	Lakeville North High School 'A'		10:25.10	10:40.58	
	1) Taylor Perkins 08	2)			
	3) Brenna Carda	4)			
4	South Winneshiek 'A'		11:00.00	11:00.72	

1) Megan Lien 09	2)		
5 Crestwood 'A'		11:30.00	11:17.02
1) Ariel Grinhaus 09	2)		
6 Prairie du Chien 'A'		11:30.00	11:35.65
1) Danielle Stark 12	2)		
7 Waukon 'A'		11:10.00	11:35.89
1) Shelby Hammel 11	2)		
8 Waukon 'B'		11:30.00	11:49.92
1) Keisha Troendle 10	2)		
9 Crestwood 'B'		11:58.00	12:13.32
1) Stephanie Nibaur 12	2)		
10 South Winneshiek 'B'		12:15.00	13:20.12
1) Breann Hageman 12	2)		

### Event 19 Girls Distance Medley

1200, 400, 800, 1600

2008 winner: 14:09.89 3/22/2008 Waukon, Waukon

School		Seed	Finals
1 Prairie du Chien 'A'		14:30.00	15:20.23
1) Emma Schultz 11	2)		
2 Waukon 'A'		14:04.00	15:42.38
1) Shelby Hammel 11	2)		
3 Decorah 'A'		13:30.00	15:48.42
1) Eden Ehm 12	2)		
4 Decorah 'B'			16:02.94
5 South Winneshiek 'A'		15:00.00	17:32.66
1) Laney Luenberger 09	2)		
-- Lakeville North High School 'A'		13:00.00	DNS
1) Angie Anyaogu 09	2)		

### Event 21 Girls 1600 Sprint Medley

200, 200, 400, 800

2008 winner: 4:42.72 3/22/2008 Decorah Vikings, Decorah

School		Seed	Finals	H#
1 Waukon 'A'		5:05.00	4:28.74	1
1) Tatum Meyer 11	2)			
2 Lakeville North High School 'A'		4:45.00	4:34.45	1
1) Emily Pratt 10	2)			
3) Michelle Ferguson 10	4)			
3 Decorah 'A'		4:42.00	4:47.76	1
1) Beth Courtney 10	2)			
4 Crestwood 'A'		4:48.00	4:59.29	1
1) Shelly Grube 12	2)			
5 South Winneshiek 'A'		5:10.00	5:10.18	1
1) Allanda Hageman 11	2)			
6 Crestwood 'B'		5:15.00	5:18.71	2
1) Jessica DeVries 12	2)			
7 South Winneshiek 'B'		5:35.00	5:29.92	2
1) Lexi Knutson 10	2)			
8 Lakeville North High School 'B'		5:20.00	5:50.47	2
1) Angie Anyaogu 09	2)			
3) Carissa Bodette 12	4)			
-- Decorah 'B'			DQ	2 Jewelry
-- Riceville 'A'		5:10.00	DNS	1
1) Cambria Berentsen 12	2)			

**Event 23 Girls High Jump**

Name	Year	School	Seed	Finals
1 Samantha Cuvelier	11	Decorah	4-08.00	4-10.00
2 Mollee Key	12	Prairie du C	5-00.00	J4-10.00
<b>3 Zinka Duric</b>	<b>09</b>	<b>Waterloo Wes</b>	<b>4-08.00</b>	<b>4-08.00</b>
4 Rachel Banham	10	Lakeville No	4-08.00	J4-08.00
5 Leah Broderick	10	Decorah	4-08.00	4-06.00
5 Max Leake	09	Lakeville No	4-02.00	4-06.00
6 Sam Shindelar	09	South Winnes	4-02.00	J4-06.00
7 Olivia Kriener	09	Crestwood	4-08.00	J4-06.00
9 Briana Neuzil	10	Lakeville No	4-04.00	4-04.00
10 Brittany Holthaus	09	South Winnes	4-02.00	4-02.00
<b>10 Bre FencI</b>	<b>09</b>	<b>Waterloo Wes</b>	<b>4-08.00</b>	<b>4-02.00</b>
11 Rachel Bjerke	09	Waukon		J4-02.00
12 Ariel Grinhaug	09	Crestwood	4-06.00	J4-02.00
-- Taylor Moret	09	Prairie du C		FAIL
-- Kristyna Herman	10	Waukon	4-08.00	FAIL
-- Logan Hjerleid	11	Waukon	4-08.00	FAIL
-- Brittney Brown	10	Lakeville No	4-04.00	DNS
-- Stephanie Pehler	10	La Crosse Lo	4-04.00	DNS

**Event 25 Girls Long Jump**

4 Jumps

2008 winner: 17-02.25 3/22/2008 Emily Betz, La Crosse Logan

Name	Year	School	Seed	Finals
1 Karli Ramstad	11	Decorah	15-05.00	16-03.00
16-03 15-05 15-07		FOUL		
2 Katrina Nicholson	11	Lakeville No	16-05.00	15-03.00
14-05.75 14-04.50 15-03 14-01				
3 Sophie Lasko	12	Lakeville No	16-05.00	15-01.50
FOUL 14-00.25 FOUL 15-01.50				
4 Angie Anyaogu	09	Lakeville No	14-00.00	15-00.25
14-08 15-00.25 13-09.25 14-11.25				
5 Rachel Burras	11	Decorah	15-00.00	14-11.25
14-02 13-11.50 14-11.25 14-06.75				
6 Lauren Obermann	09	Crestwood	14-06.00	14-04.00
13-09.50 14-01 14-00.25 14-04				
7 Jamie Montgomery	12	Lakeville No		14-02.00
14-02 13-03 13-11 13-05.50				
8 Danielle Steger	12	Prairie du C	14-06.00	14-00.25
14-00.25 14-00 12-07.25 FOUL				
9 Kasara Batzler	10	Decorah		13-11.25
13-11.25 13-04.25 13-05 13-01.75				
10 Jessica DeVries	12	Crestwood	13-05.00	13-04.50
FOUL 13-01 13-04.50 12-07				
11 Emily Lensing	10	South Winnes	13-06.00	13-04.00
12-04 13-04 11-07.50 FOUL				
12 Laura Francois	09	Decorah		13-02.75
12-11 12-10.50 12-10 13-02.75				
13 Marea Holkesvik	09	Decorah	14-00.00	12-10.00
12-08.75 12-02.25 12-09.25 12-10				
14 Kalian Bauer	11	Prairie du C	13-10.00	12-09.50
11-10 12-04 12-09.50 12-04				
15 Amber Severson	09	South Winnes	12-06.00	12-09.00
12-09 12-05.25 12-05 12-04				
15 Paige Rustad	10	Decorah	14-00.00	12-09.00
12-09 12-04 12-00 FOUL				

17	Hannah Kuehner		09 Decorah			12-06.75
	11-11.25	11-05	12-06.75	FOUL		
18	Steph Rima		09 Decorah		14-00.00	12-05.00
	12-00.75	12-01.25	11-09	12-05		
19	Abby Guggenbuehl		09 La Crosse Lo		12-00.00	12-03.00
	10-09.25	11-05	12-03	FOUL		
20	Megan Braun		09 Crestwood		14-02.00	11-11.75
	11-05.25	11-11.75	11-04	11-07.75		
21	Emma Schultz		11 Prairie du C		13-10.00	11-07.00
	11-02.50	11-07	11-04.50	9-06.50		
22	Kyla Lelifeld		10 Decorah			11-00.00
	FOUL	FOUL	10-03	11-00		
23	Breanne Pierce		09 Decorah		14-00.00	10-05.50
	10-05.50	10-04.25	10-03.50	7-04		
--	April Shupe		11 Waukon			DNS

### Event 27 Girls Triple Jump

4 Jumps						
2008 winner: 33-08.50 3/22/2008 Emily Betz, La Crosse Logan						
	Name		Year School		Seed	Finals
1	Emily Wright		12 Lakeville No		30-02.00	31-01.00
	28-11	30-00	31-01	30-10.25		
2	Danielle Steger		12 Prairie du C		32-06.00	30-05.00
	29-06.25	30-05	30-01.50	29-11.50		
3	Katrina Nicholson		11 Lakeville No		31-00.00	30-01.00
	29-01.75	29-07.75	27-08.25	30-01		
4	Jaya Perkins		10 Lakeville No		31-02.00	29-05.50
	29-05.50	FOUL	27-11.75	28-03		
5	Kalian Bauer		11 Prairie du C		30-00.00	27-10.00
	27-01	27-10	27-09.75	26-05.75		
6	Emma Schultz		11 Prairie du C		29-00.00	26-07.50
	25-02.50	26-06.25	26-07.50	26-05		
--	Chelsey Neitzke		10 Lakeville No		29-00.00	FOUL
	FOUL	FOUL	FOUL	FOUL		
--	Nicole Naatjes		10 Lakeville No		29-00.00	FOUL
	FOUL	FOUL	FOUL	FOUL		

### Event 29 Girls Shot Put

4 Throws						
2008 winner: 36-00 3/22/2008 Jadyn Spencer, Waterloo Wes						
	Name		Year School		Seed	Finals
1	Caitlin Caraway		11 Lakeville No		37-07.00	38-00.00
	38-00	37-04	36-00	34-08		
<b>2</b>	<b>Jadyn Spencer</b>		<b>10 Waterloo Wes</b>		<b>39-00.00</b>	<b>37-11.00</b>
	<b>36-07</b>	<b>36-04.50</b>	<b>37-11</b>	<b>36-10</b>		
3	Raquel Ristau		12 Crestwood		38-05.00	36-09.00
	36-09	36-05.50	36-00.50	36-03.50		
4	Leah Lauer		10 Lakeville No		31-11.00	35-01.00
	32-05.50	32-02.50	32-05.50	35-01		
5	Rachel Burras		11 Decorah		35-00.00	34-10.00
	30-07	33-11	34-10	34-09.50		
6	Emma Erickson		09 Lakeville No		32-00.00	32-03.50
	31-03	32-03.50	31-05	31-06		
7	Becky Krynski		10 Lakeville No		31-10.00	31-04.50
	31-04.50	FOUL	29-05	29-05.50		
8	Dani Humpal		09 South Winnes		27-10.00	J31-04.50
	27-06	25-06	31-04.50	28-11		

9	Kayla Brown			09 La Crosse Lo	29-00.00	31-02.50
		31-02.50	29-07	29-08.50		31-01
10	Cassie Drew			10 Waukon		30-00.00
		24-03	29-03.50	30-00		26-05
11	Amanda Twait			11 Decorah	35-00.00	29-10.50
		29-02	28-00	29-10.50		29-10.50
12	Kasara Batzler			10 Decorah	32-00.00	28-11.00
		26-00.50	FOUL	28-11		25-09
13	Kayla Kregel			10 Decorah	33-00.00	28-05.50
		26-06	28-05.50	25-03		25-02.50
14	Megan Stram			12 Prairie du C	23-00.00	28-01.00
		26-08	28-01	27-08		27-09
15	Delaney Miller			09 Lakeville No	27-03.00	27-02.50
		26-01	26-05.50	27-00.50		27-02.50
16	Kylie Slatts-Reikowshi			10 La Crosse Lo	28-00.00	26-07.50
		24-10	25-08.50	25-01		26-07.50
17	Kaley Heffern			09 Waukon		26-04.00
		26-04	25-09.50	25-07		22-06.25
18	Stephanie Pehler			10 La Crosse Lo	28-00.00	26-02.00
		25-04	25-01.50	26-02		25-05.50
19	Alissa Smith			09 Waukon		25-03.50
		24-07	23-06.50	25-03.50		24-11
20	Cathy Melcher			10 Waukon		24-06.50
		22-08	21-11	24-06.50		21-09
21	Dani Jenkins			09 Lakeville No	30-00.00	23-08.50
		23-08.50	FOUL	20-08.50		19-10
22	Kelsey Wagner			09 Decorah		23-04.50
		21-05	23-03	23-04		23-04.50
23	Emily Sorenson			11 Decorah	20-00.00	22-04.50
		18-08	22-00	22-04.50		21-11
24	Sandy Meder			10 Waukon		22-00.50
		21-06	22-00.50	18-02		20-10
24	Mary Hilleshiem			10 Waukon		22-00.50
		21-07	21-05	22-00.50		FOUL
26	Becca Rinken			10 Decorah		21-07.00
		19-05	21-07	19-04		19-05
27	Kaitie Panka			10 Prairie du C	20-00.00	19-10.50
		17-10	18-02	19-08.50		19-10.50
28	Samantha Connor			09 Prairie du C	15-00.00	19-08.00
		19-08	18-02	19-06.50		18-06.25
29	Kelsey Mitchell			10 Decorah	20-00.00	19-01.50
		FOUL	17-06	18-05		19-01.50
30	Paige Stovey			09 Prairie du C	15-00.00	17-07.50
		16-01	17-07.50	16-01		17-04
31	Ellie Dixon			09 Prairie du C	15-00.00	17-00.00
		17-00	16-03.50	16-11		15-01.50
--	Jackalyn Smith			10 Waukon		DNS
--	Annie Gullickson			09 South Winnes	24-00.00	DNS
--	Morgan Lensing			09 South Winnes	24-00.00	DNS
--	Lauryn Christianson			11 Waukon		DNS
--	Molly Reicks			11 Crestwood	30-00.00	DNS
--	Taylor Schlake			10 Waukon		DNS
--	Meghan McAllister			10 Crestwood	30-00.00	DNS

**Event 31 Girls 4x55 Meter Shuttle Hurdle**

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2008 winner:	35.28	3/22/2008	Crestwood, Crestwood			
School				Seed	Finals	H#
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1 Crestwood 'A'				37.50	36.2h	1
1) Jami Henry 11			2)			
2 Lakeville North High School 'A'				35.50	36.5h	1
1) Rachel Banham 10			2) Katrina Nicholson 11			
3) Carissa Bodette 12			4) Michelle Ferguson 10			
3 Decorah 'A'				45.00	38.2h	2
1) Megan McDonough 11			2)			
4 Waukon 'A'				38:09.00	40.3h	2
1) Jessie Murphy 10			2)			
5 Decorah 'B'					41.5h	2

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