

2009 MISSISSIPPI VALLEY CONFERENCE WOMEN'S TRACK LEADERS

Thru 4/4/2009

100 Meter Dash	Gr	School	Time
Jessica Gehrke	11	ICW	:12.20
Madeleine Halyard	12	CRW	:12.34
Chloe Hoagland	11	ICW	:12.55
Kate Steingreaber	10	CRX	:12.71
Daysha Lichty	12	CRK	:12.75
Lauren Stoner		ICW	:12.82
Mary Nesson	11	DS	:12.85
Ashley Heffernen	10	CRK	:12.89
Alex Young	11	CRJ	:12.93
Beth Miller	12	DW	:13.00
Jaqueline Jordan	12	CF	:13.06
Brienne Hutchins	12	CF	:13.09
Aubrey Lindgren	11	CRX	:13.15
Jazz Royster	9	CRW	:13.30
Brianna Kramer	9	DW	:13.36
Kaylese Johnson	9	CRJ	:13.40
Brittany Nelson	11	ICC	:13.42
Rachel Ward	10	DW	:13.45
Kate Smith	9	DW	:13.48
Mary Lohberg	11	DW	:13.68

200 Meter Dash	Gr	School	Time
Jessica Gehrke	11	ICW	:25.93
Shahana Williams		ICW	:26.61
Laura Stenzel	9	DH	:26.84
Samantha Francois	10	DS	:27.02
Ashley Heffernen	10	CRK	:27.20
Shelby Crist	10	CRP	:27.23
Ashley Wilkinson	11	ICC	:27.31
Monique Davison	12	CRW	:27.39
Maggie Schatzle	11	CRK	:27.41
Daysha Lichty	12	CRK	:27.44
Krista McCright		L-M	:27.44
Jaqueline Jordan	12	CF	:27.51
Kate Steingreaber	10	CRX	:27.53
Aubrey Lindgren	11	CRX	:27.62
Tyler Sampson	10	CRX	:27.64
Kalee Schilling		ICW	:27.77
Ashley Heffernen	10	CRK	:27.79
Brienne Hutchins	12	CF	:27.92
Katie Kelley	10	ICW	:27.92
<b>Zinka Duric</b>		<b>WW</b>	<b>:28.00</b>

400 Meter Dash	Gr	School	Time
Emily Whitters	12	CRX	1:02.19
Sam Francois	10	DS	1:03.07
Cassie Crotty	10	CF	1:03.26
Jessica Shull	9	ICW	1:03.36
Kalee Schilling	12	ICW	1:03.61
Erin Davidson	11	ICW	1:03.77
Megan Titler	10	CRP	1:03.99
Mariah Steinburg-Garner	11	CRW	1:04.34
Natalie Mason	11	ICW	1:04.45
Chelsea Burkle	11	L-M	1:04.50
<b>Abby Coselman</b>	<b>11</b>	<b>WW</b>	<b>1:04.51</b>
Claire Till	9	DW	1:04.53
Kris Hanson	11	CRX	1:04.58
Jordan Weichers	9	CF	1:05.05
Capria Davis	9	CRJ	1:05.17
Amy Joens	12	CRP	1:05.28
Audrey Ternus	12	CRP	1:05.52
Alison Stephan	11	ICW	1:05.87
Amanda Burger	12	CRJ	1:05.97
Casey Sublett		L-M	1:06.36

800 Meter Run	School	Time
Rachel Hegeman	ICW	2:24.99
Taylor Fehlberg	10 ICW	2:29.48
Kathryn Schilling	12 DS	2:29.91
Samantha Perry	11 DW	2:30.03
Nicole Jensen	ICW	2:30.24
Ashley Fuller	10 ICC	2:30.25
Paige Hersom	12 CF	2:31.49
Tessa Leytem	9 DW	2:32.87
Hannah Rohling	11 CRK	2:33.12
Nichole Engelhardt	12 ICW	2:33.49
Rebecca Rethwisch	10 ICC	2:34.04
Katie Carver	10 CRP	2:34.23
Whitney Schuette	11 ICW	2:34.40
Lauren Rusch	9 DW	2:34.55
Katie Langenfeld	9 ICC	2:35.13
Alex Saxen	10 CRX	2:36.06
Emily Fagan	11 ICC	2:38.50
Torin Mallonee	12 CRX	2:38.55
Erin Marks	11 CRX	2:39.09
Stacy Barton	11 DH	2:39.10

1500 Meter Run	School	Time
Rachel Hegeman	9 ICW	5:01.83
Nichole Engelhardt	12 ICW	5:02.05
Taylor Fehlberg	10 ICW	5:02.07
Rebecca Rethwisch	10 ICC	5:07.74
Allison Fick	12 ICW	5:09.44
Carolyn Newhouse		L-M 5:11.91
Meg Richardson	9 ICC	5:12.38
Emily Fagan	11 ICC	5:13.64
Hannah Savage	9 CF	5:15.46
Melanie Holman	11 ICC	5:16.86
Cara Strike	10 CF	5:18.79
Kathryn Schilling	12 DS	5:19.04
Sarah McNamara	11 DW	5:19.65
Tessa Leytem	9 DW	5:20.12
Maddy Becker	11 CRW	5:20.72
Ana Jordan	9 CRP	5:20.83
Paige Engelhardt	ICW	5:21.27
Stacy Barton	11 DH	5:23.08
Amy Bowden	12 DH	5:23.90
Meredith Petty	9 DS	5:24.09

3000 Meter Run	School	Time
Maddy Becker	11 CRW	10:55.48
Nichole Engelhardt	12 ICW	10:58.80
Taylor Fehlberg	10 ICW	10:58.95
Rebecca Rethwisch	10 ICC	11:04.62
Meg Richardson	9 ICC	11:07.83
Allison Fick	12 ICW	11:11.55
Jenna Broghammer	12 ICW	11:24.11
Hannah Kregel	12 ICC	11:28.24
Lauren Rusch	9 DW	11:30.75
Brooklyn Kascel		L-M 11:39.20
Harper Beasley	9 ICC	11:42.54
Kathryn Schilling	12 DS	11:43.48
Courtney Klein	11 DS	11:49.15
Lauren Kelley	11 CRW	11:50.38
Katharine Manders	11 CRK	11:53.10
Kristin Rogers	10 CRW	11:54.35
Izzy Shinnick-Gordon	11 ICC	11:55.00
Lindsey McFarland	12 ICC	11:56.00
Allie Koch	10 CRK	11:56.30
Katherine Mockler	11 DW	12:03.13

100 Meter Hurdles	School	Time
Layloni Beard	10 CRW	:15.86
Brooke Ludvicek	12 ICW	:16.13
Katie Crawford	11 DH	:16.36
Mary Nesson	11 DS	:16.44
Brooke Foreman	9 CRW	:16.64
Madyson Moore	10 DH	:16.65
Mackenzie Welsh	10 CRK	:16.88
Katie Naber	10 CRJ	:17.09
Megan Holdgrafer		L-M :17.44
Amanda Hosper	12 CF	:17.56
Rachel Ascoli	10 ICW	:17.68
Mariah Montgomery	12 CRP	:17.77
Alaina Belken	12 DH	:17.82
Kaitlyn Gillette	10 CF	:17.87
Kylee Von Ahsen	10 CRK	:18.13
Megan Hartmann		CF :18.27
Sarah Korte	11 CF	:18.29
Jesse Robinson		ICW :18.37
Keegan Osborn	12 CRW	:18.59
Jessica Fischer	11 DH	:18.72

400 Meter Hurdles	School	Time
Liza Minor	12 ICW	1:10.98
Taylor Vogel	9 CRW	1:12.15
Emily Sotelo	10 ICC	1:13.20
Kris Hanson	11 CRX	1:13.45
Maggie Dietzel	12 DW	1:13.45
Michelle Goedken	10 DW	1:14.10
Megan Holdgrafer		L-M 1:14.41
Sarah Korte	11 CF	1:15.18
Lori Lines	10 ICC	1:16.16
Rachel Ascoli	10 ICW	1:18.46
Hannah Riebkes		CF 1:18.77
Mary Kate Schmitt	11 CRW	1:19.34
Ebony Kunkle	11 CF	1:19.74
Tara Naber	11 CRJ	1:20.49
Maneesha Buress	10 CRW	1:20.78
Jessica Fischer	11 DH	1:20.87
Felicia Fischer	10 DH	1:21.08
Jesse Robinson		ICW 1:21.87
Emily Skillen		CF 1:23.88
Summer Carber	9 CRJ	1:25.59

High Jump	School	Height
Virginia Johnson	10 ICC	5' 3"
Rachel Peters	11 CRP	5' 2"
Layloni Beard	10 CRW	5' 2"
Molly Gunn	11 CRX	5' 2"
Kristen Huebsch	10 CRK	5' 1"
Stephanie Brooks	11 ICC	5' 1"
Molly Youde	10 CF	5'
Claire Till	9 DW	5'
<b>Zinka Duric</b>		<b>WW 5'</b>
Beth Larson	9 ICC	4' 10"
Ashley Weinschenk	10 ICW	4' 10"
Caroline VanVoorhis	9 ICW	4' 10"
Krista Grutz	10 DH	4' 8"
Cassie Thill	12 DS	4' 8"
Megan Reiss	12 DS	4' 8"
Hanna Hogan	11 DW	4' 8"
Summer Burch	9 ICW	4' 8"
Katie Naber	10 CRJ	4' 6"
Brittani Nolkemper	11 CRJ	4' 6"
Kelsey Streif	10 DH	4' 6"

Long Jump		School	Distance
Jessica Gehrke	11	ICW	18' 10"
Mary Nessian	11	DS	16' 2.5"
Shelby Crist	10	CRP	16' 1.5"
Chelsea Thayer	11	L-M	16'
Chelsea Herkelman	10	CF	15' 11.75"
Shahana Williams		ICW	15' 10.75"
Brittany Nelson	11	ICC	15' 9"
Caitlin Ward	9	ICC	15' 3.5"
Brooke Foreman	9	CRW	15' 3"
Meg Zmolek	11	CRW	14' 11.75"
Venessa Schmitz	10	CRK	14' 11.5"
Elizabeth Ebot	11	ICW	14' 11"
Taylor Riedl	10	DH	14' 10.5"
Mar. Steinburg-Garne	11	CRW	14' 10"
Ashley Madsen	10	CRJ	14' 9.75"
Haley Zenner	9	DS	14' 9.75"
Gina Harrison	12	CRK	14' 8.5"
Katie Kelley		ICW	14' 7.75"
Valerie Ross	10	CRK	14' 7"
Jess Nunemaker	12	CRP	14' 7"

Shot Put		School	Distance
Micaela Haight	11	ICW	41' 4"
<b>Jadyn Spencer</b>	<b>10</b>	<b>WW</b>	<b>39' 5"</b>
Majesty Tutson	12	ICC	38' 10"
Marion Epperson	11	CRW	38' 4"
Courtney Fritz	11	ICW	37' 6"
Sam Reimer	12	DW	36' 5"
Cara Jansen	10	ICW	35' 4.5"
Brittany Demmer	11	DH	34' 11"
Christiana Fairfield	11	ICW	34' 8"
Brittany Nelson	11	ICC	34' 5"
Cimone Wright	11	CRK	33' 11"
Carrie Panther	11	CF	33' 6"
Kayla Hyche	10	ICC	33' 3"
Elizabeth McDonnell	12	CRJ	32' 9"
Emily Schoenberger	12	DS	32' 6"
Liz Smith	12	ICC	32' 4"
Hannah Smith	12	DH	32' 3"
Ashley Bolyen	10	DH	32'
Amanda Schultz	11	CRK	31' 6"
Nia Epperson	11	CRW	31' 4"

Discus		School	Distance
Majesty Tutson	12	ICC	127' 3"
Courtney Fritz	11	ICW	122' 10"
Morgan May	12	DW	118' 5"
Amanda Piche	10	L-M	113' 1"
Elizabeth McDonnell	12	CRJ	113'
Micaela Haight	11	ICW	110' 11"
Nicole Titus	11	ICW	107' 11"
Nia Epperson	11	CRW	105' 1"
Carrie Panther	11	CF	104' 3"
Kayla Hyche	10	ICC	101' 5"
Mercedes Larsen	11	CF	98' 3"
Marion Epperson	11	CRW	96' 4"
Lindsey Schueller	12	DH	95' 1"
Amanda Schultz	11	CRK	94' 2"
Brittany Demmer	11	DH	94' 1"
Emily Schoenberger	12	DS	94"
Lauren Austin	11	DS	93' 6"
Amy Joens	12	CRP	91' 2"
Briannie Kraft	10	ICW	90' 1"
Hannah Smith	12	DH	76'

4x100 M Relay	Time
Iowa City West	:50.41
CR Xavier	:50.69
CR Washington	:52.09
CR Jefferson	:52.21
Iowa City High	:52.28
CR Kennedy	:52.30
Dubuque Wahlert	:52.41
Cedar Falls	:52.79
Dubuque Senior	:53.15
CR Prairie	:53.23
Linn-Mar	:53.34
Waterloo East	:53.44
Dubuque Hempstead	:58.81
<b>Waterloo West</b>	

4x200 M Relay	Time
Iowa City West	1:45.99
Iowa City High	1:49.31
CR Jefferson	1:49.47
CR Kennedy	1:49.52
CR Xavier	1:49.90
Cedar Falls	1:50.45
Dubuque Wahlert	1:50.78
CR Washington	1:50.99
Waterloo East	1:51.50
CR Prairie	1:53.08
Dubuque Hempstead	1:53.90
Linn-Mar	1:54.19
<b>Waterloo West</b>	<b>1:57.20</b>
Dubuque Senior	1:57.75

4x400 M Relay	Time
Dubuque Wahlert	4:05.50
CR Xavier	4:10.78
Iowa City West	4:14.47
CR Jefferson	4:16.48
Linn-Mar	4:18.56
Iowa City High	4:18.60
Cedar Falls	4:18.94
Dubuque Senior	4:22.33
CR Prairie	4:27.00
CR Washington	4:27.96
Dubuque Hempstead	4:29.04
CR Kennedy	4:32.84
Waterloo East	4:37.36
<b>Waterloo West</b>	

4x800 M Relay	Time
Iowa City West	9:50.06
Iowa City High	10:00.22
Dubuque Wahlert	10:01.47
Cedar Falls	10:16.87
CR Prairie	10:29.20
Dubuque Hempstead	10:30.22
CR Xavier	10:36.57
CR Jefferson	10:50.37
Dubuque Senior	11:02.74
CR Kennedy	11:06.07
CR Washington	11:20.91
Linn-Mar	11:43.90
Waterloo East	
<b>Waterloo West</b>	

Sprint Medley	Time
CR Xavier	1:52.52
Dubuque Wahlert	1:53.46
Iowa City West	1:58.00
CR Jefferson	1:58.26
CR Washington	2:00.26
CR Kennedy	2:02.37
Cedar Falls	2:02.71
Iowa City High	2:02.77
Dubuque Hempstead	2:02.87
CR Prairie	2:03.25
Dubuque Senior	2:06.24
Linn-Mar	2:07.65
Waterloo East	2:08.75
<b>Waterloo West</b>	<b>2:09.90</b>

100 Wheelchair	School	Time

200 Wheelchair	School	Time

Shot Wheelchair	School	Time

Distance Medley	Time
Iowa City West	4:24.21
Cedar Falls	4:29.96
Dubuque Wahlert	4:31.37
Iowa City High	4:31.39
Dubuque Senior	4:31.71
Dubuque Hempstead	4:40.49
CR Prairie	4:41.21
Linn-Mar	4:43.26
CR Xavier	4:44.37
CR Washington	4:47.69
CR Kennedy	4:51.58
CR Jefferson	4:52.16
<b>Waterloo West</b>	<b>4:59.05</b>
Waterloo East	6:38.87

Shuttle Hurdle	Time
Iowa City West	1:11.17
Cedar Falls	1:12.43
CR Washington	1:12.51
Dubuque Hempstead	1:12.64
Dubuque Wahlert	1:13.15
CR Jefferson	1:15.36
CR Prairie	1:16.54
Dubuque Senior	1:16.56
Linn-Mar	1:19.15
CR Kennedy	
CR Xavier	
Iowa City High	
<b>Waterloo West</b>	
Waterloo East	

All times converted to hand held times. Fully automatic times have been adjusted by .24.