

2009 MISSISSIPPI VALLEY CONFERENCE WOMEN'S TRACK LEADERS

Thru 4/11

100 Meter Dash	Gr	School	Time
Jessica Gehrke	11	ICW	:12.20
Ashley Wilkinson	11	ICC	:12.22
Madeleine Halyard	12	CRW	:12.34
Chloe Hoagland	11	ICW	:12.55
Aubrey Lindgren	11	CRX	:12.67
Kate Steingreaber	10	CRX	:12.71
Daysha Lichty	12	CRK	:12.75
Lauren Stoner	9	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
Brianne Hutchins	12	CF	:13.09
Laura Stenzel	9	DH	:13.10
Audrey Kass	12	DW	:13.13
Morgan Roskos	11	ICW	:13.22
Jazz Royster	9	CRW	:13.30
Shelby Crist	10	CRP	:13.32
Nicole Burrian	10	ICC	:13.33

200 Meter Dash	Gr	School	Time
Ashley Wilkinson	11	ICC	:25.36
Jessica Gehrke	11	ICW	:25.93
Shahana Williams	9	ICW	:26.61
Laura Stenzel	9	DH	:26.84
Samantha Francois	10	DS	:27.02
Ashley Heffernen	10	CRK	:27.08
Monique Davison	12	CRW	:27.09
Shelby Crist	10	CRP	:27.23
Maggie Schatzle	11	CRK	:27.41
Daysha Lichty	12	CRK	:27.44
Krista McCright	12	L-M	:27.44
Aubrey Lindgren	11	CRX	:27.47
Jaqueline Jordan	12	CF	:27.51
Kate Steingreaber	10	CRX	:27.53
Tyler Sampson	10	CRX	:27.64
Katie Kelley	10	ICW	:27.66
Capria Davis	9	CRJ	:27.69
Kalee Schilling	12	ICW	:27.77
Ashley Heffernen	10	CRK	:27.79
Mariah Steinburg-Garn	11	CRW	:27.86

400 Meter Dash	Gr	School	Time
Emily Whitters	12	CRX	1:02.19
Sam Francois	10	DS	1:02.45
Megan Titer	10	CRP	1:02.62
Zinka Duric	9	WW	1:03.04
Mariah Steinburg-Gar	11	CRW	1:03.16
Whitney Schuette	11	ICW	1:03.24
Cassie Crotty	10	CF	1:03.26
Katie Carver	10	CRP	1:03.28
Jessica Shull	9	ICW	1:03.36
Kalee Schilling	12	ICW	1:03.61
Erin Davidson	11	ICW	1:03.77
Tara Mills	11	ICC	1:03.90
Kris Hanson	11	CRX	1:04.07
Natalie Mason	11	ICW	1:04.45
Chelsea Burkle	11	L-M	1:04.50
Abby Coselman	11	WW	1:04.51
Claire Till	9	DW	1:04.53
Jordan Sullivan	9	ICC	1:04.62
Jordan Weichers	9	CF	1:05.05
Capria Davis	9	CRJ	1:05.17

800 Meter Run	Gr	School	Time
Rachel Hegeman	9	ICW	2:24.99
Samantha Perry	11	DW	2:26.84
Taylor Fehlberg	10	ICW	2:26.88
Abby Coselman	11	WW	2:27.21
Katie Langenfeld	9	ICC	2:29.08
Meg Richardson	9	ICC	2:29.40
Kathryn Schilling	12	DS	2:29.91
Nicole Jensen	10	ICW	2:30.24
Ashley Fuller	10	ICC	2:30.25
Paige Hersom	12	CF	2:30.61
Tessa Leytem	9	DW	2:30.68
Nichole Engelhardt	12	ICW	2:31.48
Hannah Kregel	12	ICC	2:31.92
Hannah Rohling	11	CRK	2:33.12
Hannah Savage	9	CF	2:34.00
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
Sarah McNamara	11	DW	2:34.67

1500 Meter Run	Gr	School	Time
Meg Richardson	9	ICC	5:01.59
Rachel Hegeman	9	ICW	5:01.83
Nichole Engelhardt	12	ICW	5:02.05
Taylor Fehlberg	10	ICW	5:02.07
Melanie Holman	11	ICC	5:05.10
Rebecca Rethwisch	10	ICC	5:07.74
Allison Fick	12	ICW	5:09.44
Carolyn Newhouse	9	L-M	5:11.91
Emily Fagan	11	ICC	5:13.64
Hannah Savage	9	CF	5:15.46
Maddy Becker	11	CRW	5:16.06
Amy Bowden	12	DH	5:16.06
Cara Strike	10	CF	5:17.89
Kathryn Schilling	12	DS	5:19.04
Katharine Manders	11	CRK	5:19.10
Sarah McNamara	11	DW	5:19.65
Tessa Leytem	9	DW	5:20.12
Ana Jordan	9	CRP	5:20.75
Paige Engelhardt	11	ICW	5:21.27
Torin Mallonee	12	CRX	5:21.47

3000 Meter Run	Gr	School	Time
Rachel Hegeman	9	ICW	10:40.11
Carolyn Newhouse	9	L-M	10:43.28
Maddy Becker	11	CRW	10:48.47
Allison Fick	12	ICW	10:51.64
Rebecca Rethwisch	10	ICC	10:53.12
Meg Richardson	9	ICC	10:54.47
Nichole Engelhardt	12	ICW	10:58.80
Taylor Fehlberg	10	ICW	10:58.95
Hannah Kregel	12	ICC	10:59.80
Jenna Broghamer	12	ICW	11:24.11
Lauren Rusch	9	DW	11:30.75
Kathryn Schilling	12	DS	11:32.86
Brooklyn Kascel	9	L-M	11:39.20
Lauren Kelley	11	CRW	11:41.45
Harper Beasley	9	ICC	11:42.59
Erin Seymour	12	DH	11:45.61
Liz Bauer	12	CF	11:48.40
Courtney Klein	11	DS	11:49.15
Katharine Manders	11	CRK	11:53.10
Kristin Rogers	10	CRW	11:54.35

100 Meter Hurdles	Gr	School	Time
Mariah Jordan	12	ICC	:15.31
Layloni Beard	10	CRW	:15.86
Mary Nesson	11	DS	:15.89
Brooke Ludvicek	12	ICW	:16.13
Katie Crawford	11	DH	:16.36
Brooke Foreman	9	CRW	:16.64
Madyson Moore	10	DH	:16.65
Amanda Hosper	12	CF	:16.81
Katie Naber	10	CRJ	:16.86
Mackenzie Welsh	10	CRK	:16.88
Rebecca Tanner	9	ICW	:16.94
Michelle Goedken	10	DW	:17.32
Brooke Tashner	11	DW	:17.33
Mariah Montgomery	12	CRP	:17.39
Meghan Holdgrafer	9	L-M	:17.44
Molly Youde	10	CF	:17.45
Mallory Young	9	L-M	:17.51
Rachel Ascoli	10	ICW	:17.68
Alaina Belken	12	DH	:17.82
Kaitlyn Gillette	10	CF	:17.87

400 Meter Hurdles	Gr	School	Time
Brooke Foreman	9	CRW	1:09.62
Liza Minor	12	ICW	1:10.98
Megan Titer	10	CRP	1:11.17
Maggie Dietzel	12	DW	1:11.34
Brooke Tashner	10	DW	1:11.56
Emily Sotelo	10	ICC	1:11.63
Meghan Holdgrafer	9	L-M	1:11.92
Taylor Vogel	9	CRW	1:12.13
Kris Hanson	11	CRX	1:12.26
Sarah Korte	11	CF	1:13.90
Michelle Goedken	10	DW	1:14.10
Lori Lines	10	ICC	1:14.52
Holly Hearn	12	DS	1:15.84
Amy Joens	12	CRP	1:16.51
Rachel Ascoli	10	ICW	1:16.67
Jessica Fischer	11	DH	1:17.08
Felicia Fischer	10	DH	1:17.64
Megan Hartmann	10	CF	1:18.30
Haley Zenner	9	DS	1:18.39
Kayla McMahon	10	DS	1:18.57

High Jump	Gr	School	Height
Virginia Johnson	10	ICC	5' 3"
Layloni Beard	10	CRW	5' 2"
Rachel Peters	11	CRP	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'
Zinka Duric	9	WW	5'
Ashley Weinschenk	10	ICW	4' 10"
Beth Larson	9	ICC	4' 10"
Caroline VanVoorhis	9	ICW	4' 10"
Cassie Thill	12	DS	4' 8"
Hanna Hogan	11	DW	4' 8"
Allie Wirth	9	CF	4' 8"
Krista Grutz	10	DH	4' 8"
Megan Reiss	12	DS	4' 8"
Summer Burch	9	ICW	4' 8"
Kelsey Sullivan	11	DW	4' 6.25"
Alison Dalton	10	DH	4' 6.25"
Stephany Remakel	11	DH	4' 6.25"

Long Jump		School	Distance
Jessica Gehrke	11	ICW	18' 10"
Brittany Nelson	11	ICC	16' 5"
Mary Nesson	11	DS	16' 3"
Shelby Crist	10	CRP	16' 1.5"
Chelsea Thayer	11	L-M	16'
Chelsea Herkelman	10	CF	15' 11.75"
Shahana Williams	9	ICW	15' 10.75"
Samantha Francois	10	DS	15' 10.25"
Caitlin Ward	9	ICC	15' 3.5"
Brooke Foreman	9	CRW	15' 3.25"
Taylor Riedl	10	DH	15' 2"
McKenzie Drahn	9	CRK	15'
Meg Zmolek	11	CRW	14' 11.75"
Venessa Schmitz	10	CRK	14' 11.5"
Elizabeth Ebot	11	ICW	14' 11"
Mariah Steinburg-Garn	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	10	ICW	14' 7.75"

Shot Put		School	Distance
Micaela Haight	11	ICW	41' 4"
Majesty Tutson	12	ICC	39' 10.5"
Jadyn Spencer	10	WW	39' 5"
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"
Nia Epperson	11	CRW	35' 2"
Brittany Demmer	11	DH	34' 11"
Brittany Nelson	11	ICC	34' 9.5"
Christiana Fairfield	11	ICW	34' 8"
Kimone Wright	11	CRK	33' 11"
Carrie Panther	11	CF	33' 6"
Emily Schoenberger	12	DS	33' 3.5"
Kayla Hyche	10	ICC	33' 3"
Elizabeth McDonnell	12	CRJ	32' 9"
Liz Smith	12	ICC	32' 4"
Hannah Smith	12	DH	32' 3"
Ashley Bolyen	10	DH	32'
Kesa Ahomona	9	L-M	31' 7.25"

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'
Mercedes Larsen	11	CF	111' 9"
Micaela Haight	11	ICW	110' 11"
Marion Epperson	11	CRW	108' 2"
Brittany Demmer	11	DH	108' 2"
Nicole Titus	11	ICW	107' 11"
Nia Epperson	11	CRW	105' 1"
Carrie Panther	11	CF	104' 3"
Kayla Hyche	10	ICC	103' 10"
Amy Joens	12	CRP	103' 3"
Lindsey Schueller	12	DH	96' 1"
Kayleigh Koester	12	DS	95' 10.5"
Amanda Schultz	11	CRK	94' 2"
Emily Schoenberger	12	DS	94'
Lauren Austin	11	DS	93' 6"
Morgan Meyer	10	DW	92' 10"

4x100 M Relay	Time
CR Xavier	:50.29
Iowa City West	:50.41
Iowa City High	:51.44
Dubuque Wahlert	:51.49
CR Kennedy	:51.61
CR Washington	:51.71
CR Jefferson	:52.21
Cedar Falls	:52.33
Dubuque Hempstead	:52.54
Linn-Mar	:52.66
CR Prairie	:52.70
Waterloo West	:52.99
Dubuque Senior	:53.15
Waterloo East	:53.44

4x200 M Relay	Time
Iowa City West	1:45.99
Dubuque Wahlert	1:48.60
CR Jefferson	1:48.98
Iowa City High	1:49.25
CR Kennedy	1:49.52
CR Xavier	1:49.90
Cedar Falls	1:50.10
CR Washington	1:50.99
Waterloo East	1:51.50
Dubuque Hempstead	1:51.85
Waterloo West	1:52.25
CR Prairie	1:53.08
Linn-Mar	1:54.19
Dubuque Senior	1:56.90

4x400 M Relay	Time
Dubuque Wahlert	4:05.50
Iowa City High	4:07.01
Iowa City West	4:09.20
CR Jefferson	4:10.40
CR Xavier	4:10.78
Cedar Falls	4:18.16
Linn-Mar	4:18.56
Dubuque Senior	4:19.39
Dubuque Hempstead	4:23.44
CR Prairie	4:27.00
CR Washington	4:27.85
CR Kennedy	4:32.84
Waterloo East	4:37.36
Waterloo West	4:40.60

4x800 M Relay	Time
Dubuque Hempstead	10:25.77
CR Prairie	10:29.20
Linn-Mar	10:34.38
Dubuque Senior	10:34.95
CR Xavier	10:36.57
CR Washington	10:37.91
CR Kennedy	10:40.46
CR Jefferson	10:50.37
Waterloo West	11:33.70
Iowa City High	9:48.18
Dubuque Wahlert	9:48.18
Iowa City West	9:50.06
Cedar Falls	9:56.56
Waterloo East	

Sprint Medley	Time
Iowa City West	1:51.53
CR Xavier	1:51.69
Dubuque Wahlert	1:53.46
Linn-Mar	1:54.35
CR Prairie	1:56.85
CR Jefferson	1:58.26
CR Kennedy	1:58.64
Iowa City High	1:59.07
Cedar Falls	1:59.10
CR Washington	1:59.66
Dubuque Hempstead	2:02.12
Dubuque Senior	2:02.54
Waterloo West	2:07.30
Waterloo East	2:08.75

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
Iowa City High	4:30.82
Dubuque Wahlert	4:31.37
Linn-Mar	4:31.60
Dubuque Senior	4:31.71
Waterloo West	4:36.90
Dubuque Hempstead	4:37.34
CR Jefferson	4:37.50
CR Xavier	4:38.17
CR Prairie	4:41.21
CR Washington	4:45.59
CR Kennedy	4:47.01
Waterloo East	6:38.87

Shuttle Hurdle	Time
Iowa City High	1:09.93
Iowa City West	1:10.17
CR Washington	1:12.35
Dubuque Hempstead	1:12.42
Cedar Falls	1:12.43
Dubuque Wahlert	1:12.88
CR Jefferson	1:14.99
Linn-Mar	1:15.15
Dubuque Senior	1:15.49
CR Prairie	1:16.33
CR Kennedy	
Waterloo West	
CR Xavier	
Waterloo East	

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