

2009 MISSISSIPPI VALLEY CONFERENCE WOMEN'S TRACK LEADERS

Thru 4/18

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
Daysha Lichty	12	CRK	:12.64
Kate Steingreaber	10	CRX	:12.65
Aubrey Lindgren	11	CRX	:12.67
Audrey Kass	12	DW	:12.69
Brianne Hutchins	12	CF	:12.71
<b>Jadyn Spencer</b>	<b>10</b>	<b>WW</b>	<b>:12.73</b>
Jaqueline Jordan	12	CF	:12.78
Laura Stenzel	9	DH	:12.82
Lauren Stoner	9	ICW	:12.82
Mary Nesson	11	DS	:12.85
Ashley Heffernen	10	CRK	:12.89
Alex Young	11	CRJ	:12.93
Jillian Jones	11	WE	:12.95
Beth Miller	12	DW	:13.00
Krista McCright	12	L-M	:13.02
Chelsea Thayer	11	L-M	:13.08

200 Meter Dash	Gr	School	Time
Ashley Wilkinson	11	ICC	:25.36
Jessica Gehrke	11	ICW	:25.93
Mary Nesson	11	DS	:26.53
Shahana Williams	9	ICW	:26.61
Kate Steingreaber	10	CRX	:26.77
Ashley Heffernen	10	CRK	:26.84
Laura Stenzel	9	DH	:26.84
Maggie Schatzle	11	CRK	:26.95
Monique Davison	12	CRW	:26.97
Samantha Francois	10	DS	:27.02
Krista McCright	12	L-M	:27.04
Jaqueline Jordan	12	CF	:27.05
<b>Jadyn Spencer</b>	<b>10</b>	<b>WW</b>	<b>:27.22</b>
Shelby Crist	10	CRP	:27.23
Mariah Hinton	12	ICW	:27.24
Morgan Roskos	11	ICW	:27.31
Brianne Hutchins	12	CF	:27.38
<b>Zinka Duric</b>	<b>9</b>	<b>WW</b>	<b>:27.42</b>
Daysha Lichty	12	CRK	:27.44
Aubrey Lindgren	11	CRX	:27.47

400 Meter Dash	Gr	School	Time
Maria Kalb	12	DW	1:00.36
<b>Zinka Duric</b>	<b>9</b>	<b>WW</b>	<b>1:01.72</b>
Sam Francois	10	DS	1:01.80
Jessica Shull	9	ICW	1:01.88
Kalee Schilling	12	ICW	1:02.08
Emily Whitters	12	CRX	1:02.19
Megan Titler	10	CRP	1:02.62
Mariah Steinburg-Gar	11	CRW	1:02.70
Abby Coselman	11	WW	1:02.90
Whitney Schuette	11	ICW	1:03.24
Cassie Crotty	10	CF	1:03.26
Katie Carver	10	CRP	1:03.28
Erin Davidson	11	ICW	1:03.77
Tara Mills	11	ICC	1:03.90
Kris Hanson	11	CRX	1:04.07
Monica Anton	9	CF	1:04.35
Natalie Mason	11	ICW	1:04.45
Chelsea Burkle	11	L-M	1:04.50
Cimone Wright	11	CRK	1:04.52
Claire Till	9	DW	1:04.53

800 Meter Run	Gr	School	Time
Jessica Shull	9	ICW	2:22.03
Rachel Hegeman	9	ICW	2:24.99
Samantha Perry	11	DW	2:26.84
Taylor Fehlberg	10	ICW	2:26.88
<b>Abby Coselman</b>	<b>11</b>	<b>WW</b>	<b>2:27.21</b>
Paige Hersom	12	CF	2:27.50
Nichole Engelhardt	12	ICW	2:27.77
Katie Langenfeld	9	ICC	2:29.08
Meg Richardson	9	ICC	2:29.40
Sarah McNamara	11	DW	2:29.57
Kathryn Schilling	12	DS	2:29.91
Nicole Jensen	10	ICW	2:30.24
Ashley Fuller	10	ICC	2:30.25
Tessa Leytem	9	DW	2:30.68
Hannah Kregel	12	ICC	2:31.92
Monica Anton	9	CF	2:32.09
Hannah Rohling	11	CRK	2:33.03
Hannah Savage	9	CF	2:34.00
Rebecca Rethwisch	10	ICC	2:34.04
Katie Carver	10	CRP	2:34.23

1500 Meter Run	Gr	School	Time
Rachel Hegeman	9	ICW	4:50.84
Nichole Engelhardt	12	ICW	5:01.37
Meg Richardson	9	ICC	5:01.59
Taylor Fehlberg	10	ICW	5:02.07
Melanie Holman	11	ICC	5:05.10
Hannah Savage	9	CF	5:05.82
Carolyn Newhouse	9	L-M	5:06.52
Kathryn Schilling	12	DS	5:06.53
Rebecca Rethwisch	10	ICC	5:07.74
Allison Fick	12	ICW	5:09.44
Lauren Rusch	9	DW	5:12.31
Maddy Becker	11	CRW	5:13.36
Emily Fagan	11	ICC	5:13.64
Amy Bowden	12	DH	5:16.06
Cara Strike	10	CF	5:17.89
Katharine Manders	11	CRK	5:18.32
Samantha Perry	10	DW	5:19.61
Sarah McNamara	11	DW	5:19.65
Tessa Leytem	9	DW	5:20.12
Ana Jordan	9	CRP	5:20.75

3000 Meter Run	Gr	School	Time
Nichole Engelhardt	12	ICW	10:31.67
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
Taylor Fehlberg	10	ICW	10:51.85
Rebecca Rethwisch	10	ICC	10:53.12
Meg Richardson	9	ICC	10:54.47
Hannah Kregel	12	ICC	10:59.80
Sarah McNamara	11	DW	11:22.69
Jenna Broghamer	12	ICW	11:24.11
Amy Bowden	12	DH	11:26.61
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	11:42.54
Erin Seymour	12	DH	11:45.61
Liz Bauer	12	CF	11:48.40
Courtney Klein	11	DS	11:49.15

100 Meter Hurdles	Gr	School	Time
Mariah Jordan	12	ICC	:15.31
Mary Nesson	11	DS	:15.63
Layloni Beard	10	CRW	:15.86
Brooke Ludvick	12	ICW	:15.97
Amanda Hosper	12	CF	:16.36
Katie Crawford	11	DH	:16.36
Molly Youde	10	CF	:16.61
Michelle Goedken	10	DW	:16.64
Brooke Foreman	9	CRW	:16.64
Madyson Moore	10	DH	:16.65
Rebecca Tanner	9	ICW	:16.81
Katie Naber	10	CRJ	:16.86
Mackenzie Welsh	10	CRK	:16.88
Dayna Diggs	12	CRW	:17.06
Maggie Dietzel	12	DW	:17.18
Brooke Tashner	11	DW	:17.33
Mariah Montgomery	12	CRP	:17.39
Kaitlyn Gillette	10	CF	:17.39
Meghan Holdgrafer	9	L-M	:17.44
Nicole Jensen	10	ICW	:17.48

400 Meter Hurdles	Gr	School	Time
Liza Minor	12	ICW	1:08.24
Maggie Dietzel	12	DW	1:09.00
Brooke Foreman	9	CRW	1:09.62
Mackenzie Welsh	10	CRK	1:10.95
Megan Titler	10	CRP	1:11.17
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
Michelle Goedken	10	DW	1:12.23
Kris Hanson	11	CRX	1:12.26
Erin Davidson	11	ICW	1:12.73
Sarah Korte	11	CF	1:13.02
Dayna Diggs	12	CRW	1:13.39
Amy Joens	12	CRP	1:13.70
Lori Lines	10	ICC	1:14.52
Erin Seymour	12	DH	1:15.18
Ebony Kunkle	11	CF	1:15.51
Holly Hearn	12	DS	1:15.84
Kendra Coffin	11	DS	1:16.20

High Jump	Gr	School	Height
Virginia Johnson	10	ICC	5' 3"
Kristen Huebsch	10	CRK	5' 2"
Layloni Beard	10	CRW	5' 2"
Rachel Peters	11	CRP	5' 2"
Molly Gunn	11	CRX	5' 2"
Stephanie Brooks	11	ICC	5' 1"
Molly Youde	10	CF	5'
Claire Till	9	DW	5'
<b>Zinka Duric</b>	<b>9</b>	<b>WW</b>	<b>5'</b>
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"
Chelsea Thayer	11	L-M	17' 2.25"
Mary Nesson	11	DS	16' 8"
Brittany Nelson	11	ICC	16' 5"
Chelsea Herkelman	10	CF	16' 1.5"
Shelby Crist	10	CRP	16' 1.5"
McKenzie Drahn	9	CRK	15' 11.5"
Shahana Williams	9	ICW	15' 10.75"
Jackie Riggins	9	WE	15' 10.5"
Samantha Francois	10	DS	15' 10.25"
Elizabeth Ebot	11	ICW	15' 8"
Caitlin Ward	9	ICC	15' 3.5"
Brooke Foreman	9	CRW	15' 3.25"
Taylor Riedl	10	DH	15' 3"
<b>Kate Worthington</b>	<b>10</b>	<b>WW</b>	<b>15' 2.5"</b>
Mariah Steinburg-Garn	11	CRW	15'
Roselyn Hanenek	9	DW	15'
Meg Zmolek	11	CRW	14' 11.75"
Venessa Schmitz	10	CRK	14' 11.5"
Valerie Ross	10	CRK	14' 10"

Shot Put		School	Distance
Micaela Haight	11	ICW	43' 1"
Majesty Tutson	12	ICC	39' 10.5"
<b>Jadyn Spencer</b>	<b>10</b>	<b>WW</b>	<b>39' 5"</b>
Cara Jansen	10	ICW	39' 4"
Courtney Fritz	11	ICW	39' 1"
Marion Epperson	11	CRW	38' 4"
Sam Reimer	12	DW	36' 5"
Christiana Fairfield	11	ICW	36' 3.5"
Nia Epperson	11	CRW	35' 2"
Brittany Demmer	11	DH	34' 11"
Brittany Nelson	11	ICC	34' 9.5"
Carrie Panther	11	CF	34'
Cimone Wright	11	CRK	33' 11"
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"
Danielle Pierce	11	CRP	31' 9"

Discus		School	Distance
Courtney Fritz	11	ICW	129' 11"
Majesty Tutson	12	ICC	127' 3"
Micaela Haight	11	ICW	125' 7"
Amanda Piche	10	L-M	125'
Morgan May	12	DW	118' 8"
Elizabeth McDonnell	12	CRJ	114' 10"
Mercedes Larsen	11	CF	111' 9"
Amy Joens	12	CRP	110' 9"
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"
Emily Schoenberger	12	DS	103' 10"
Kayla Hyche	10	ICC	103' 10"
Kayleigh Koester	12	DS	102' 9"
Amanda Schultz	11	CRK	96' 8"
Lindsey Schueller	12	DH	96' 1"
Lauren Austin	11	DS	93' 6"
Morgan Meyer	10	DW	92' 10"

4x100 M Relay		Time
Iowa City West		:49.71
CR Xavier		:50.29
CR Washington		:51.30
Iowa City High		:51.44
Dubuque Wahlert		:51.49
CR Kennedy		:51.61
Cedar Falls		:51.97
Dubuque Senior		:52.06
CR Jefferson		:52.21
<b>Waterloo West</b>		<b>:52.23</b>
Dubuque Hempstead		:52.54
Linn-Mar		:52.66
CR Prairie		:52.70
Waterloo East		:53.29

4x200 M Relay		Time
Iowa City West		1:45.99
CR Kennedy		1:48.12
Dubuque Wahlert		1:48.60
CR Xavier		1:48.66
CR Jefferson		1:48.98
Cedar Falls		1:49.11
Iowa City High		1:49.25
Dubuque Hempstead		1:49.99
CR Prairie		1:50.50
CR Washington		1:50.62
Waterloo East		1:51.50
<b>Waterloo West</b>		<b>1:52.25</b>
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		4:14.31
Linn-Mar		4:18.56
Dubuque Senior		4:19.39
Dubuque Hempstead		4:19.71
CR Washington		4:24.36
CR Kennedy		4:24.96
CR Prairie		4:27.00
Waterloo East		4:35.96
<b>Waterloo West</b>		<b>4:38.50</b>

4x800 M Relay		Time
Iowa City High		9:48.18
Dubuque Wahlert		9:48.18
Iowa City West		9:50.06
Cedar Falls		9:56.56
Dubuque Hempstead		10:25.77
CR Kennedy		10:26.94
Linn-Mar		10:28.47
CR Prairie		10:29.20
Dubuque Senior		10:34.95
CR Xavier		10:36.57
CR Washington		10:37.91
CR Jefferson		10:50.37
<b>Waterloo West</b>		<b>11:16.00</b>
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 Kennedy		1:55.00
CR Jefferson		1:55.41
CR Washington		1:56.05
Dubuque Senior		1:56.83
CR Prairie		1:56.85
Cedar Falls		1:57.38
Dubuque Hempstead		1:58.87
Iowa City High		1:59.07
<b>Waterloo West</b>		<b>1:59.43</b>
Waterloo East		2:02.26

100 Wheelchair	School	Time

  

200 Wheelchair	School	Time

  

Shot Wheelchair	School	Time

Distance Medley		Time
Dubuque Wahlert		4:22.28
Iowa City West		4:24.21
Dubuque Senior		4:25.26
Cedar Falls		4:29.96
Iowa City High		4:30.82
Linn-Mar		4:31.60
Dubuque Hempstead		4:34.26
<b>Waterloo West</b>		<b>4:36.90</b>
CR Jefferson		4:37.50
CR Xavier		4:38.17
CR Prairie		4:41.21
CR Washington		4:44.71
CR Kennedy		4:47.01
Waterloo East		6:38.87

Shuttle Hurdle		Time
CR Washington		1:08.10
Iowa City West		1:08.66
Iowa City High		1:09.93
Cedar Falls		1:10.33
Dubuque Hempstead		1:11.34
Linn-Mar		1:12.69
Dubuque Wahlert		1:12.88
CR Jefferson		1:14.49
Dubuque Senior		1:15.49
CR Prairie		1:16.33
<b>Waterloo West</b>		<b>1:16.80</b>
CR Kennedy		1:22.44
Waterloo East		1:25.45
CR Xavier		1:29.31

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