

2009 MISSISSIPPI VALLEY CONFERENCE WOMEN'S TRACK LEADERS

Thru 4/25

100 Meter Dash	Gr	School	Time
Madeleine Halyard	12	CRW	:12.15
Jessica Gehrke	11	ICW	:12.20
Ashley Wilkinson	11	ICC	:12.22
Chloe Hoagland	11	ICW	:12.55
Kate Steingreaber	10	CRX	:12.61
Daysha Lichty	12	CRK	:12.64
Jadyn Spencer	10	WW	:12.64
Aubrey Lindgren	11	CRX	:12.67
Jaqueline Jordan	12	CF	:12.68
Audrey Kass	12	DW	:12.69
Brianne Hutchins	12	CF	:12.71
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
Samantha Francois	10	DS	:12.94
Alissa Oney	10	CRW	:12.95
Jillian Jones	11	WE	:12.95
Beth Miller	12	DW	:13.00

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
Laura Stenzel	9	DH	:26.82
Ashley Heffernen	10	CRK	: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
Jadyn Spencer	10	WW	:27.22
Shelby Crist	10	CRP	:27.23
Mariah Hinton	12	ICW	:27.24
Morgan Roskos	11	ICW	:27.31
Beth Miller	12	DW	:27.34
Brianne Hutchins	12	CF	:27.38
Zinka Duric	9	WW	:27.42
Daysha Lichty	12	CRK	:27.44

400 Meter Dash	Gr	School	Time
Maria Kalb	12	DW	1:00.36
Cassie Crotty	10	CF	1:01.30
Zinka Duric	9	WW	1:01.72
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
Katie Carver	10	CRP	1:03.28
Monica Anton	9	CF	1:03.60
Erin Davidson	11	ICW	1:03.77
Tara Mills	11	ICC	1:03.90
Kris Hanson	11	CRX	1:04.07
Megan Reiss	12	DS	1:04.36
Natalie Mason	11	ICW	1:04.45
Chelsea Burkle	11	L-M	1:04.50
Cimone Wright	11	CRK	1:04.52

800 Meter Run	Gr	School	Time
Maria Kalb	12	DW	1:00.36
Cassie Crotty	10	CF	1:01.30
Zinka Duric	9	WW	1:01.72
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
Katie Carver	10	CRP	1:03.28
Monica Anton	9	CF	1:03.60
Erin Davidson	11	ICW	1:03.77
Tara Mills	11	ICC	1:03.90
Kris Hanson	11	CRX	1:04.07
Megan Reiss	12	DS	1:04.36
Natalie Mason	11	ICW	1:04.45
Chelsea Burkle	11	L-M	1:04.50
Cimone Wright	11	CRK	1:04.52

1500 Meter Run	Gr	School	Time
Nichole Engelhardt	12	ICW	4:48.53
Rachel Hegeman	9	ICW	4:50.84
Meg Richardson	9	ICC	4:54.34
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
Lauren Rusch	9	DW	5:09.01
Allison Fick	12	ICW	5:09.44
Torin Mallonee	12	CRX	5:12.61
Tessa Leytem	9	DW	5:12.85
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

3000 Meter Run	Gr	School	Time
Nichole Engelhardt	12	ICW	10:25.73
Rachel Hegeman	9	ICW	10:34.11
Maddy Becker	11	CRW	10:36.98
Carolyn Newhouse	9	L-M	10:41.42
Allison Fick	12	ICW	10:43.67
Rebecca Rethwisch	10	ICC	10:44.07
Taylor Fehlberg	10	ICW	10:49.32
Meg Richardson	9	ICC	10:54.47
Hannah Kregel	12	ICC	10:59.80
Sarah McNamara	11	DW	11:17.80
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
Lauren Kelley	11	CRW	11:37.38
Brooklyn Kascel	9	L-M	11:39.20
Harper Beasley	9	ICC	11:42.54
Stacy Barton	11	DH	11:44.24
Erin Seymour	12	DH	11:45.61
Hallie Martin	10	CRX	11:48.26

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 Ludvicek	12	ICW	:15.97
Molly Youde	10	CF	:16.19
Amanda Hosper	12	CF	:16.21
Katie Crawford	11	DH	:16.36
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
Megan Hartmann	10	CF	:17.48

400 Meter Hurdles	Gr	School	Time
Liza Minor	12	ICW	1:08.24
Maggie Dietzel	12	DW	1:08.49
Brooke Foreman	9	CRW	1:09.62
Michelle Goedken	10	DW	1:10.22
Mackenzie Welsh	10	CRK	1:10.95
Megan Titler	10	CRP	1:11.17
Kris Hanson	11	CRX	1:11.30
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	1:12.15
Erin Davidson	11	ICW	1:12.73
Dayna Diggs	12	CRW	1:12.92
Sarah Korte	11	CF	1:13.02
Erin Seymour	12	DH	1:13.46
Amy Joens	12	CRP	1:13.70
Lori Lines	10	ICC	1:14.52
Holly Hearn	12	DS	1:14.82
Ebony Kunkle	11	CF	1:15.51
Kendra Coffin	11	DS	1:16.17

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'
Zinka Duric	9	WW	5'
Ashley Weinschen	10	ICW	4' 10"
Alexis Higgins	9	CF	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"
Charmin Anderson	12	WW	4' 8"
Kelsey Sullivan	11	DW	4' 8"
Allie Wirth	9	CF	4' 8"
Kayla Voorhees	9	DH	4' 8"
Krista Grutz	10	DH	4' 8"
Megan Reiss	12	DS	4' 8"
Summer Burch	9	ICW	4' 8"

Long Jump		School	Distance
Jessica Gehrke	11	ICW	18' 11"
Chelsea Thayer	11	L-M	17' 2.25"
Mary Nessan	11	DS	16' 8"
Brittany Nelson	11	ICC	16' 8"
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"
Paris Alston	12	WW	15' 6"
Kate Worthington	10	WW	15' 5.5"
Caitlin Ward	9	ICC	15' 3.5"
Brooke Foreman	9	CRW	15' 3.25"
Taylor Riedl	10	DH	15' 3"
Roselyn Hancock	9	DW	15' 2.5"
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"
Jadyn Spencer	10	WW	39' 5"
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"
Brittany Demmer	11	DH	35' 6.5"
Carrie Panther	11	CF	35' 6"
Nia Epperson	11	CRW	35' 2"
Brittany Nelson	11	ICC	34' 9.5"
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 Boleyn	10	DH	32'
Danielle Pierce	11	CRP	31' 9"

Discus		School	Distance
Majesty Tutson	12	ICC	138' 9"
Courtney Fritz	11	ICW	135' 9"
Micaela Haight	11	ICW	125' 7"
Amanda Piche	10	L-M	125'
Morgan May	12	DW	125'
Mercedes Larsen	11	CF	121' 10"
Elizabeth McDonnell	12	CRJ	114' 10"
Marion Epperson	11	CRW	112'
Amy Joens	12	CRP	110' 9"
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"
Lindsey Schueller	12	DH	102' 2"
Amanda Schultz	11	CRK	96' 8"
Lauren Austin	11	DS	93' 6"
Morgan Meyer	10	DW	92' 10"

4x100 M Relay		Time
Iowa City West		:48.69
Iowa City High		:49.94
CR Jefferson		:50.21
CR Xavier		:50.29
CR Washington		:50.95
Dubuque Wahlert		:51.01
Cedar Falls		:51.61
CR Kennedy		:51.61
Linn-Mar		:51.79
Waterloo West		:51.91
Dubuque Hempstead		:52.02
Dubuque Senior		:52.06
Waterloo East		:52.29
CR Prairie		:52.70

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		1:49.54
CR Prairie		1:50.50
CR Washington		1:50.62
Waterloo East		1:51.50
Dubuque Senior		1:51.85
Waterloo West		1:52.25
Linn-Mar		1:54.19

4x400 M Relay		Time
Dubuque Wahlert		4:05.50
Iowa City High		4:07.01
CR Xavier		4:09.20
Iowa City West		4:10.40
CR Jefferson		4:10.78
Cedar Falls		4:14.31
Dubuque Senior		4:18.56
Linn-Mar		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
Waterloo West		4:38.50

4x800 M Relay		Time
Iowa City High		9:32.34
Iowa City West		9:36.02
Dubuque Wahlert		9:48.18
Cedar Falls		9:49.12
Dubuque Senior		10:12.06
Dubuque Hempstead		10:19.13
CR Kennedy		10:26.94
Linn-Mar		10:28.47
CR Prairie		10:29.20
CR Xavier		10:36.57
CR Washington		10:37.91
CR Jefferson		10:50.37
Waterloo West		11:16.00
Waterloo East		

Sprint Medley		Time
Iowa City High		1:50.33
Iowa City West		1:51.53
CR Xavier		1:51.69
Dubuque Wahlert		1:51.96
CR Kennedy		1:52.27
Linn-Mar		1:52.71
Dubuque Senior		1:55.07
CR Jefferson		1:55.41
CR Washington		1:56.05
Cedar Falls		1:56.57
CR Prairie		1:56.85
Dubuque Hempstead		1:57.96
Waterloo West		1:59.43
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
Waterloo West		4:36.90
CR Jefferson		4:37.50
CR Xavier		4:38.17
CR Washington		4:41.21
CR Prairie		4:44.71
CR Kennedy		4:47.01
Waterloo East		6:38.87

Shuttle Hurdle		Time
Iowa City West		1:07.44
CR Washington		1:08.10
Iowa City High		1:08.88
Cedar Falls		1:10.33
Dubuque Wahlert		1:11.31
Dubuque Hempstead		1:11.34
Linn-Mar		1:12.69
Dubuque Senior		1:13.68
CR Jefferson		1:14.49
CR Prairie		1:16.33
Waterloo West		1:16.80
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.