Mississippi Valley Conference

Women's Indoor Meet

UNI-Dome, Cedar Falls, Iowa

Tuesday, March 16, 2010

3000 Meter Run

Mississippi Division			Valley Division		
Time	**Name**	**School**	**Time**	**Name**	**School**
No Entry		Cedar Falls	11:59.32	Alli Koch	C.R. Kennedy
		Cedar Falls			C.R. Kennedy
		Cedar Falls			C.R. Kennedy
		Cedar Falls			C.R. Kennedy
No Entry		C.R. Jefferson	12:07.90	Angie O'Brien	C.R. Xavier
		C.R. Jefferson	12:52.94	Viola Vollmer	C.R. Xavier
		C.R. Jefferson	14:59.56	Liz Trusi	C.R. Xavier
		C.R. Jefferson			C.R. Xavier
No Entry		C.R. Prairie	13:49.00	Alyssa Lattner	Dubuque Hempstead
		C.R. Prairie	14:09.00	Natalie Feldman	Dubuque Hempstead
		C.R. Prairie			Dubuque Hempstead
		C.R. Prairie			Dubuque Hempstead
11:02.78	Maddy Becker	C.R. Washington	12:47.34	Katherine Mocker	Dubuque Wahlert
11:53.82	Kristen Rogers	C.R. Washington			Dubuque Wahlert
14:02.64	Christina Scharmar	C.R. Washington			Dubuque Wahlert
		C.R. Washington			Dubuque Wahlert
12:13.47	Randi Westervelt	Dubuque Senior	No Entry		Iowa City High
		Dubuque Senior			Iowa City High
		Dubuque Senior			Iowa City High
		Dubuque Senior			Iowa City High
11:08.54	Carolyn Newhouse	Linn-Mar	12:15.32	Hannah Skopec	Iowa City West
		Linn-Mar			Iowa City West
		Linn-Mar			Iowa City West
		Linn-Mar			Iowa City West
		Waterloo East	No Entry		Waterloo West
		Waterloo East			Waterloo West
		Waterloo East			Waterloo West
		Waterloo East			Waterloo West

Mississippi Valley Conference

Women's Indoor Meet

UNI-Dome, Cedar Falls, Iowa

Tuesday, March 16, 2010

4 x 800 Meter Relay

Mississippi Division			Valley Division		
Time	**Name**	**School**	**Time**	**Name**	**School**
10:18.59		Cedar Falls	11:03.21		C.R. Kennedy
		Cedar Falls	11:08.01		C.R. Kennedy
11:00.53		C.R. Jefferson	11:10.22		C.R. Xavier
		C.R. Jefferson	12:00.89		C.R. Xavier
No Entry		C.R. Prairie	11:12.97		Dubuque Hempstead
		C.R. Prairie	11:55.74		Dubuque Hempstead
11:23.20		C.R. Washington	10:30.68		Dubuque Wahlert
		C.R. Washington	12:36.47		Dubuque Wahlert
10:58.80		Dubuque Senior	10:29.57		Iowa City High
11:28.33		Dubuque Senior			Iowa City High
No Entry		Linn-Mar	9:51.24		Iowa City West
		Linn-Mar			Iowa City West
No Entry		Waterloo East	No Entry		Waterloo West
		Waterloo East			Waterloo West

Mississippi Valley Conference

Women's Indoor Meet

UNI-Dome, Cedar Falls, Iowa

Tuesday, March 16, 2010

Shuttle Hurdle Relay

Mississippi Division			Valley Division		
Time	**Name**	**School**	**Time**	**Name**	**School**
42.20		Cedar Falls	42.64		C.R. Kennedy
		Cedar Falls			C.R. Kennedy
47.14		C.R. Jefferson	45.17		C.R. Xavier
		C.R. Jefferson			C.R. Xavier
44.10		C.R. Prairie	46.32		Dubuque Hempstead
		C.R. Prairie	49.13		Dubuque Hempstead
44.94		C.R. Washington	43.33		Dubuque Wahlert
		C.R. Washington			Dubuque Wahlert
44.23		Dubuque Senior	44.39		Iowa City High
		Dubuque Senior			Iowa City High
48.13		Linn-Mar	44.14		Iowa City West
		Linn-Mar			Iowa City West
No Entry		Waterloo East	No Entry		Waterloo West
		Waterloo East			Waterloo West

Mississippi Valley Conference

Women's Indoor Meet

UNI-Dome, Cedar Falls, Iowa

Tuesday, March 16, 2010

Distance Medley Relay

Mississippi Division			Valley Division		
Time	**Name**	**School**	**Time**	**Name**	**School**
5:29.98		Cedar Falls	4:58.13		C.R. Kennedy
5:15.90		Cedar Falls	5:40.35		C.R. Kennedy
4:38.30		C.R. Jefferson	5:13.47		C.R. Xavier
5:02.23		C.R. Jefferson	5:16.84		C.R. Xavier
5:06.13		C.R. Prairie	4:54.12		Dubuque Hempstead
5:18.87		C.R. Prairie			Dubuque Hempstead
5:12.62		C.R. Washington	4:37.81		Dubuque Wahlert
5:30.62		C.R. Washington	4:59.86		Dubuque Wahlert
4:39.50		Dubuque Senior	4:31.01		Iowa City High
5:44.81		Dubuque Senior			Iowa City High
4:51.06		Linn-Mar	4:27.63		Iowa City West
		Linn-Mar	5:16.01		Iowa City West
5:41.00		Waterloo East	4:58.40		Waterloo West
		Waterloo East			Waterloo West

Mississippi Valley Conference

Women's Indoor Meet

UNI-Dome, Cedar Falls, Iowa

Tuesday, March 16, 2010

60 Meter Dash

Mississippi Division			Valley Division		
Time	**Name**	**School**	**Time**	**Name**	**School**
8.30	Ashley Stow	Cedar Falls	7.24	Maggie Schatzle	C.R. Kennedy
8.50	McKenzie Sesterhenn	Cedar Falls	8.05	Kristen Hahn	C.R. Kennedy
9.60	Hannah Niemann	Cedar Falls	8.24	Kaylese Johnson	C.R. Kennedy
12.00	Abbie McFadden	Cedar Falls	8.52	Melilssa Aldinger	C.R. Kennedy
8.18	Alex Young	C.R. Jefferson	8.06	Aubrey Lindgren	C.R. Xavier
8.36	Jamie Robertson	C.R. Jefferson	8.56	Katie Lampe	C.R. Xavier
9.07	Courtney Calahan	C.R. Jefferson	9.52	Claire Holt	C.R. Xavier
10.25	Madeline Freeze	C.R. Jefferson			C.R. Xavier
8.46	H. Olson	C.R. Prairie	8.09	Stenzel	Dubuque Hempstead
8.56	A. Bradford	C.R. Prairie	8.59	Hovind	Dubuque Hempstead
8.90	D. Miller	C.R. Prairie	8.88	Wilson	Dubuque Hempstead
9.18	B. Hrabak	C.R. Prairie	9.46	Gustav	Dubuque Hempstead
8.08	Jazz Royster	C.R. Washington	8.15	Jessica Janecke	Dubuque Wahlert
8.42	Alilssa Oney	C.R. Washington	8.34	Keri Larson	Dubuque Wahlert
9.40	Lynette Barker	C.R. Washington	9.68	Hanna McMahon	Dubuque Wahlert
10.40	Cassandra Deal	C.R. Washington	9.83	Emily Lange	Dubuque Wahlert
8.73	Tanisha Frazier	Dubuque Senior	8.19	Crew	Iowa City High
9.74	Susy Edahl	Dubuque Senior	8.42	Kuddes	Iowa City High
9.96	Tiera Person	Dubuque Senior			Iowa City High
		Dubuque Senior			Iowa City High
9.28	Kellie Alexander	Linn-Mar	7.99	Chloe Hoagland	Iowa City West
10.01	Abby Souwine	Linn-Mar	8.18	Courtney Dauber	Iowa City West
		Linn-Mar	8.30	Paola Jarmillo-Guayara	Iowa City West
		Linn-Mar	8.72	Akimi Oya	Iowa City West
8.08	Shakari Baker-Bruce	Waterloo East	7.98	Nikki Miles	Waterloo West
8.51	Jessica Price	Waterloo East	8.10	Jadyn Spencer	Waterloo West
8.82	Anna Quinn	Waterloo East	9.25	Josie Jensen	Waterloo West
		Waterloo East	10.5	Brandie Lenius	Waterloo West

Mississippi Valley Conference

Women's Indoor Meet

UNI-Dome, Cedar Falls, Iowa

Tuesday, March 16, 2010

400 Meter Dash

Mississippi Division			Valley Division		
Time	**Name**	**School**	**Time**	**Name**	**School**
1:14.30	Emily Skillen	Cedar Falls	1:14.13	Caitlin Brown	C.R. Kennedy
		Cedar Falls	1:16.62	Natalie Endeson	C.R. Kennedy
		Cedar Falls			C.R. Kennedy
		Cedar Falls			C.R. Kennedy
1:13.50	Sydney Stodola	C.R. Jefferson	1:19.41	Elizabeth Robinson	C.R. Xavier
1:21.18	Sarah Antons	C.R. Jefferson			C.R. Xavier
		C.R. Jefferson			C.R. Xavier
		C.R. Jefferson			C.R. Xavier
1:13.00	Kiana Jackson	C.R. Prairie	1:08.62	Pierce	Dubuque Hempstead
		C.R. Prairie	1:09.59	N. Schmitt	Dubuque Hempstead
		C.R. Prairie	1:20.54	Olmstead	Dubuque Hempstead
		C.R. Prairie	1:33.00	K. Schueller	Dubuque Hempstead
1:11.62	Alex McFarland	C.R. Washington	1:11.32	Greta Hartmann	Dubuque Wahlert
1:15.89	Natalie Runneals	C.R. Washington	1:12.05	Emily Brimeyer	Dubuque Wahlert
1:16.50	Gacari Johnson	C.R. Washington	1:15.06	Teah Meyer	Dubuque Wahlert
1:19.08	Elizabeth Summers	C.R. Washington			Dubuque Wahlert
1:10.75	Mallory Feeney	Dubuque Senior	1:08.08	Rethwisch	Iowa City High
1:12.10	Andrea Arthofer	Dubuque Senior	1:13.14	Siglin	Iowa City High
1:13.91	Jane Bradley	Dubuque Senior			Iowa City High
		Dubuque Senior			Iowa City High
1:12.36	Kelsey Duesan	Linn-Mar	1:03.42	Whitney Schuette	Iowa City West
1:13.82	Abby VanDyke	Linn-Mar	1:04.74	Ally Disterhoff	Iowa City West
		Linn-Mar			Iowa City West
		Linn-Mar			Iowa City West
1:15.30	Taylor Price	Waterloo East	1:04.09	Abby Coselman	Waterloo West
1:24.50	Allicia Shavers	Waterloo East	1:32.70	Meredith Durbahn	Waterloo West
		Waterloo East			Waterloo West
		Waterloo East			Waterloo West

Mississippi Valley Conference
Women's Indoor Meet
UNI-Dome, Cedar Falls, Iowa
Tuesday, March 16, 2010

4 x 200 Meter Relay

Mississippi Division			Valley Division		
Time	**Name**	**School**	**Time**	**Name**	**School**
1:51.90		Cedar Falls	1:52.67		C.R. Kennedy
1:57.20		Cedar Falls	1:57.66		C.R. Kennedy
1:53.30		C.R. Jefferson	2:06.38		C.R. Xavier
2:00.22		C.R. Jefferson			C.R. Xavier
2:07.00		C.R. Prairie	1:54.50		Dubuque Hempstead
2:14.41		C.R. Prairie	2:05.50		Dubuque Hempstead
1:56.59		C.R. Washington	1:54.14		Dubuque Wahlert
2:04.62		C.R. Washington	1:57.53		Dubuque Wahlert
2:01.85		Dubuque Senior	1:51.63		Iowa City High
2:08.95		Dubuque Senior			Iowa City High
No Entry		Linn-Mar	1:46.88		Iowa City West
		Linn-Mar	1:59.76		Iowa City West
No Entry		Waterloo East	1:55.05		Waterloo West
		Waterloo East	2:08.79		Waterloo West

Mississippi Valley Conference

Women's Indoor Meet

UNI-Dome, Cedar Falls, Iowa

Tuesday, March 16, 2010

60 Meter Hurdles

Mississippi Division			Valley Division		
Time	**Name**	**School**	**Time**	**Name**	**School**
9.40	Molly Youde	Cedar Falls	10.02	Marissa Estelle	C.R. Kennedy
10.30	Katelyn Haan	Cedar Falls	10.13	MacKenzie Welsh	C.R. Kennedy
11.30	Miranda Dusenberry	Cedar Falls	12.23	Kaitlyn Thomas	C.R. Kennedy
11.60	Ebony Kunkle	Cedar Falls	12.28	Raeann Mason	C.R. Kennedy
10.84	Allison Gruwell	C.R. Jefferson	10.88	Sydney Galligan	C.R. Xavier
10.95	Shelby Brivey	C.R. Jefferson	12.15	Mareike Fell	C.R. Xavier
11.82	MacKenzie Main	C.R. Jefferson			C.R. Xavier
		C.R. Jefferson			C.R. Xavier
10.18	M. Titler	C.R. Prairie	11.02	Sprague	Dubuque Hempstead
10.76	J. Miller	C.R. Prairie	11.46	F. Fischer	Dubuque Hempstead
10.96	T. Marion	C.R. Prairie	11.56	Koerprich	Dubuque Hempstead
11.53	K. Carstens	C.R. Prairie	11.99	L. Kramer	Dubuque Hempstead
9.57	Brooke Foreman	C.R. Washington	10.45	Brooke Tashner	Dubuque Wahlert
10.49	Manesha Buress	C.R. Washington	10.82	Beth Walker	Dubuque Wahlert
12.01	Erica Lindgren	C.R. Washington	10.99	Rachel Olk	Dubuque Wahlert
		C.R. Washington	11.54	Emily Sullivan	Dubuque Wahlert
11.07	Haley Zenner	Dubuque Senior	10.25	Kunc	Iowa City High
11.44	Amanda Sarazin	Dubuque Senior	10.38	Sotelo	Iowa City High
11.77	Kendra Coffin	Dubuque Senior	12.30	Omar	Iowa City High
		Dubuque Senior			Iowa City High
11.75	Malgta Montagug	Linn-Mar	9.80	Jesse Robinson	Iowa City West
12.18	Amber Gonsoki	Linn-Mar	10.38	Nicole Jensen	Iowa City West
		Linn-Mar	11.06	Lauren Bobst	Iowa City West
		Linn-Mar	11.39	Savannah Wilson	Iowa City West
12.24	Brittney Becker	Waterloo East	No Entry		Waterloo West
12.64	Justice Jones	Waterloo East			Waterloo West
		Waterloo East			Waterloo West
		Waterloo East			Waterloo West

Mississippi Valley Conference

Women's Indoor Meet

UNI-Dome, Cedar Falls, Iowa

Tuesday, March 16, 2010

800 Meter Run

Mississippi Division			Valley Division		
Time	**Name**	**School**	**Time**	**Name**	**School**
3:06.90	Rachel Green	Cedar Falls	2:40.92	Jessica Rodman	C.R. Kennedy
3:16.20	Kristen DeSerano	Cedar Falls	2:49.96	Michalea Saunders	C.R. Kennedy
		Cedar Falls	2:57.15	Stephanie Wenclawski	C.R. Kennedy
		Cedar Falls			C.R. Kennedy
2:57.50	Courtney Hanson	C.R. Jefferson	2:46.73	Carly Bro	C.R. Xavier
3:07.70	Carly Beastrom	C.R. Jefferson	2:47.79	Rachel Sigmon	C.R. Xavier
		C.R. Jefferson	3:07.72	Andrea Driscoll	C.R. Xavier
		C.R. Jefferson			C.R. Xavier
3:38.50	Tally Pleiness	C.R. Prairie	3:08.00	M. Schmitt	Dubuque Hempstead
		C.R. Prairie	3:10.00	O'Brien	Dubuque Hempstead
		C.R. Prairie	3:12.00	Leick	Dubuque Hempstead
		C.R. Prairie	3:23.00	Hankes	Dubuque Hempstead
2:53.71	Sam Stuer	C.R. Washington	2:41.09	Betsy Osterberger	Dubuque Wahlert
3:08.07	Molly Mudd	C.R. Washington			Dubuque Wahlert
3:10.79	Emily Arkenberg	C.R. Washington			Dubuque Wahlert
		C.R. Washington			Dubuque Wahlert
2:57.98	Gretchen Fischer	Dubuque Senior	2:27.02	Jill Stephenson	Iowa City High
3:09.44	Jackie Piper	Dubuque Senior	2:53.94	Yovik Aguilar-Rosales	Iowa City High
3:11.00	Katie Evans	Dubuque Senior	2:56.50	Whitney Jones	Iowa City High
		Dubuque Senior	3:01.28	Amel Ali	Iowa City High
No Entry		Linn-Mar	2:27.18	Brett Guerra	Iowa City West
		Linn-Mar			Iowa City West
		Linn-Mar			Iowa City West
		Linn-Mar			Iowa City West
3:05.00	Kyrene Carter	Waterloo East	2:44.90	Morgan Kosar	Waterloo West
		Waterloo East	2:45.30	Samantha Storey	Waterloo West
		Waterloo East			Waterloo West
		Waterloo East			Waterloo West

Mississippi Valley Conference

Women's Indoor Meet

UNI-Dome, Cedar Falls, Iowa

Tuesday, March 16, 2010

200 Meter Dash

Mississippi Division			Valley Division		
Time	**Name**	**School**	**Time**	**Name**	**School**
29.50	Madison Hersom	Cedar Falls	28.14	Caprice Davis	C.R. Kennedy
29.60	Makayla Abbas	Cedar Falls	28.33	Breanna Cooper	C.R. Kennedy
30.60	Chandel Geerdes	Cedar Falls	29.70	Kaitlyn Thomas	C.R. Kennedy
30.80	Sabrina Young	Cedar Falls			C.R. Kennedy
28.21	Alex Young	C.R. Jefferson	28.90	Aubrey Lindgren	C.R. Xavier
29.90	Jamie Robertson	C.R. Jefferson	30.50	Mary Kapsch	C.R. Xavier
30.42	Kylie Steimer	C.R. Jefferson	31.64	Swawntel Young	C.R. Xavier
		C.R. Jefferson	32.85	Claire Holt	C.R. Xavier
28.95	A. Bradford	C.R. Prairie	29.09	Splinter	Dubuque Hempstead
31.72	B. Jackson	C.R. Prairie	29.61	VanCleave	Dubuque Hempstead
31.92	B. Tonyan	C.R. Prairie	29.75	Riedel	Dubuque Hempstead
31.94	S. Sloan	C.R. Prairie	30.77	C. Johnson	Dubuque Hempstead
28.45	Mariah Steinburg-Garner	C.R. Washington	27.56	Jessica Janecke	Dubuque Wahlert
31.79	Janae Allison	C.R. Washington	31.08	Haile Denlinger	Dubuque Wahlert
32.35	Jasmine Teague	C.R. Washington			Dubuque Wahlert
		C.R. Washington			Dubuque Wahlert
27.93	Sam Fraancois	Dubuque Senior	29.49	Fatimal Omar	Iowa City High
31.37	Ashari Allen	Dubuque Senior	32.20	Brooks	Iowa City High
34.07	Sam Kloft	Dubuque Senior	33.79	McDowell	Iowa City High
35.37	Tiera Person	Dubuque Senior	35.22	Cook	Iowa City High
32.08	Kelsey Duggan	Linn-Mar	29.93	Akimi Oya	Iowa City West
32.90	Amber Gonsokl	Linn-Mar	30.25	Alyssa McKeone	Iowa City West
33.43	Moleta Montague	Linn-Mar	30.35	Griffin Reed	Iowa City West
33.62	Abby VanDyke	Linn-Mar	33.95	Ashlee Waters	Iowa City West
28.65	Jaclyn Riggins	Waterloo East	30.22	Vaneesha Williams	Waterloo West
32.62	Anna Quinn	Waterloo East	30.30	Ieashia Moore	Waterloo West
33.00	Allicia Shavers	Waterloo East	39.30	Brandie Lenius	Waterloo West
36.34	Keona Williams	Waterloo East			Waterloo West

Mississippi Valley Conference

Women's Indoor Meet

UNI-Dome, Cedar Falls, Iowa

Tuesday, March 16, 2010

Sprint Medley Relay

Mississippi Division			Valley Division		
Time	**Name**	**School**	**Time**	**Name**	**School**
2:00.10		Cedar Falls	2:01.79		C.R. Kennedy
		Cedar Falls			C.R. Kennedy
2:06.67		C.R. Jefferson	2:08.15		C.R. Xavier
2:12.62		C.R. Jefferson	2:10.79		C.R. Xavier
1:59.87		C.R. Prairie	2:07.02		Dubuque Hempstead
		C.R. Prairie	2:11.20		Dubuque Hempstead
2:11.60		C.R. Washington	2:02.11		Dubuque Wahlert
2:11.90		C.R. Washington	2:07.03		Dubuque Wahlert
2:05.13		Dubuque Senior	2:01.23		Iowa City High
2:09.82		Dubuque Senior			Iowa City High
2:08.92		Linn-Mar	2:02.35		Iowa City West
		Linn-Mar			Iowa City West
2:19.41		Waterloo East	1:59.50		Waterloo West
		Waterloo East			Waterloo West

Mississippi Valley Conference

Women's Indoor Meet

UNI-Dome, Cedar Falls, Iowa

Tuesday, March 16, 2010

1500 Meter Run

Mississippi Division			Valley Division		
Time	**Name**	**School**	**Time**	**Name**	**School**
5:04.50	Hannah Savage	Cedar Falls	5:22.51	Katherine Manders	C.R. Kennedy
		Cedar Falls	5:32.93	Tara Mittleberg	C.R. Kennedy
		Cedar Falls	6:06.69	Michalea Saunders	C.R. Kennedy
		Cedar Falls	6:14.17	Jenn Smith	C.R. Kennedy
5:17.91	Hannah Schneekloth	C.R. Jefferson	5:40.43	Angie O'Brien	C.R. Xavier
6:00.52	Molly Miller	C.R. Jefferson	5:56.04	Lindsey Mueller	C.R. Xavier
		C.R. Jefferson	6:02.63	Allison Pitz	C.R. Xavier
		C.R. Jefferson	6:56.75	Michaela Powell	C.R. Xavier
5:39.10	Amanda Weyer	C.R. Prairie	5:46.00	K. Lattner	Dubuque Hempstead
		C.R. Prairie	6:16.00	S. Thielen	Dubuque Hempstead
		C.R. Prairie	6:27.00	K. Kremer	Dubuque Hempstead
		C.R. Prairie			Dubuque Hempstead
5:10.53	Maddy Becker	C.R. Washington	5:15.89	Lauren Rusch	Dubuque Wahlert
5:36.70	Eveline Niyokwizigi	C.R. Washington	5:28.67	Anna Herber	Dubuque Wahlert
5:42.79	Kristin Rogers	C.R. Washington			Dubuque Wahlert
		C.R. Washington			Dubuque Wahlert
5:32.26	Courtney Klein	Dubuque Senior	5:39.95	Beasley	Iowa City High
6:05.43	Olivia Opelt	Dubuque Senior	5:59.07	Tamerious	Iowa City High
6:07.47	Jane Bradley	Dubuque Senior	5:59.15	Peterson	Iowa City High
6:09.06	Mallory Feeney	Dubuque Senior	6:10.96	Mendenhall	Iowa City High
5:09.32	Carolyn Howhouser	Linn-Mar	5:07.94	Taylor Fehlberg	Iowa City West
7:06.94	Preya Rawell	Linn-Mar	5:09.10	Molly Lexeille	Iowa City West
		Linn-Mar	5:23.16	Annie Schaeckenbach	Iowa City West
		Linn-Mar	5:41.12	Hannah Skopec	Iowa City West
5:54.00	Katharina Kiel	Waterloo East	No Entry		Waterloo West
		Waterloo East			Waterloo West
		Waterloo East			Waterloo West
		Waterloo East			Waterloo West

Mississippi Valley Conference

Women's Indoor Meet

UNI-Dome, Cedar Falls, Iowa

Tuesday, March 16, 2010

4 x 100 Meter Relay

Mississippi Division			Valley Division		
Time	**Name**	**School**	**Time**	**Name**	**School**
56.90		Cedar Falls	53.79		C.R. Kennedy
57.30		Cedar Falls	56.44		C.R. Kennedy
55.04		C.R. Jefferson	59.55		C.R. Xavier
64.16		C.R. Jefferson			C.R. Xavier
54.03		C.R. Prairie	57.09		Dubuque Hempstead
59.59		C.R. Prairie	59.37		Dubuque Hempstead
53.88		C.R. Washington	53.45		Dubuque Wahlert
63.50		C.R. Washington	1:00.65		Dubuque Wahlert
54.68		Dubuque Senior	No Entry		Iowa City High
1:02.65		Dubuque Senior			Iowa City High
No Entry		Linn-Mar	50.89		Iowa City West
		Linn-Mar	55.57		Iowa City West
No Entry		Waterloo East	1:00.90		Waterloo West
		Waterloo East			Waterloo West

Mississippi Valley Conference

Women's Indoor Meet

UNI-Dome, Cedar Falls, Iowa

Tuesday, March 16, 2010

4 x 400 Meter Relay

Mississippi Division			Valley Division		
Time	**Name**	**School**	**Time**	**Name**	**School**
4:18.60		Cedar Falls	4:26.54		C.R. Kennedy
4:33.70		Cedar Falls	5:03.11		C.R. Kennedy
4:24.72		C.R. Jefferson	4:40.80		C.R. Xavier
5:00.68		C.R. Jefferson	5:12.31		C.R. Xavier
4:54.29		C.R. Prairie	4:27.10		Dubuque Hempstead
		C.R. Prairie	4:45.00		Dubuque Hempstead
4:26.15		C.R. Washington	4:22.02		Dubuque Wahlert
4:57.10		C.R. Washington	4:30.11		Dubuque Wahlert
4:37.50		Dubuque Senior	4:25.14		Iowa City High
5:24.78		Dubuque Senior	4:34.44		Iowa City High
No Entry		Linn-Mar	4:15.59		Iowa City West
		Linn-Mar	4:40.02		Iowa City West
5:11.40		Waterloo East	No Entry		Waterloo West
		Waterloo East			Waterloo West

Mississippi Valley Conference

Women's Indoor Meet

UNI-Dome, Cedar Falls, Iowa

Tuesday, March 16, 2010

High Jump

Mississippi Division			Valley Division		
Height	**Name**	**School**	**Height**	**Name**	**School**
5' 4"	Molly Youde	Cedar Falls	5' 5"	Kristen Huebsch	C.R. Kennedy
4' 4"	Miranda Dusenberrry	Cedar Falls	4' 4"	Mariah Simmons	C.R. Kennedy
		Cedar Falls	4' 4"	Alexis Rodgers	C.R. Kennedy
		Cedar Falls			C.R. Kennedy
No Entry		C.R. Jefferson	4' 4"	Kelly Biermann	C.R. Xavier
		C.R. Jefferson	NH	Hannah Olstad	C.R. Xavier
		C.R. Jefferson	NH	Hannah Rochford	C.R. Xavier
		C.R. Jefferson			C.R. Xavier
4' 6"	Leslie Harder	C.R. Prairie	4' 6"	Stephanie Remakle	Dubuque Hempstead
NH	Avary Bradford	C.R. Prairie	4' 4"	Kayla Voorhees	Dubuque Hempstead
		C.R. Prairie			Dubuque Hempstead
		C.R. Prairie			Dubuque Hempstead
4' 10"	Jasmine Teague	C.R. Washington	4' 6"	Hannah Hogan	Dubuque Wahlert
4' 4"	Elizabeth Summer	C.R. Washington			Dubuque Wahlert
NH	Shea Stobaugh	C.R. Washington			Dubuque Wahlert
		C.R. Washington			Dubuque Wahlert
No Entry		Dubuque Senior	5' 2"	Stephanie Brooks	Iowa City High
		Dubuque Senior	4' 10"	Elizabeth Larsen	Iowa City High
		Dubuque Senior	4' 8"	Ceclila DeBoeck	Iowa City High
		Dubuque Senior			Iowa City High
No Entry		Linn-Mar	4' 10"	Griffin Reed	Iowa City West
		Linn-Mar	4' 8"	Ashley Weinschenk	Iowa City West
		Linn-Mar	4' 8"	Caroline Van Voorhis	Iowa City West
		Linn-Mar			Iowa City West
No Entry		Waterloo East	4' 10"	Zinka Duric	Waterloo West
		Waterloo East			Waterloo West
		Waterloo East			Waterloo West
		Waterloo East			Waterloo West

Mississippi Valley Conference

Women's Indoor Meet

UNI-Dome, Cedar Falls, Iowa

Tuesday, March 16, 2010

Long Jump

Mississippi Division			Valley Division		
Distance	**Name**	**School**	**Distance**	**Name**	**School**
16' 2"	Molly Youde	Cedar Falls	15' 7 1/2"	McKenzie Drahn	C.R. Kennedy
14' 3"	Chandal Geerdes	Cedar Falls	15' 4 "	Breyna Cooper	C.R. Kennedy
		Cedar Falls	14' 5"	Hannah Rohling	C.R. Kennedy
		Cedar Falls	14' 2 1/2"	Melissa Aldinger	C.R. Kennedy
14' 3 1/2	Maliya Rattliffe	C.R. Jefferson	No Entry		C.R. Xavier
12' 9"	Allison Grivell	C.R. Jefferson			C.R. Xavier
		C.R. Jefferson			C.R. Xavier
		C.R. Jefferson			C.R. Xavier
15' 0"	Shelby Crist	C.R. Prairie	14' 7 1/2"	Taylor Riedel	Dubuque Hempstead
12' 5"	Megan Titler	C.R. Prairie	12' 11 1/2"	Elllie Arnsdorff	Dubuque Hempstead
11' 0"	Chelsey Montgomery	C.R. Prairie	12' 9"	Shorty Hovind	Dubuque Hempstead
		C.R. Prairie	12' 6"	Ashley Smith	Dubuque Hempstead
13' 0"	Theresa Fuller	C.R. Washington	14' 2"	Roselyn Hancok	Dubuque Wahlert
12' 10 1/2"	Tayla Browning	C.R. Washington	11' 9 1/2"	Jacqueline Swift	Dubuque Wahlert
		C.R. Washington	10' 10"	Teah Meyer	Dubuque Wahlert
		C.R. Washington			Dubuque Wahlert
No Entry		Dubuque Senior	No Entry		Iowa City High
		Dubuque Senior			Iowa City High
		Dubuque Senior			Iowa City High
		Dubuque Senior			Iowa City High
No Entry		Linn-Mar	18' 4 1/2"	Jess Gehrke	Iowa City West
		Linn-Mar	15' 0"	Ellizabeth Ebot	Iowa City West
		Linn-Mar	14' 9"	Gaby Weber	Iowa City West
		Linn-Mar	13' 6"	Alli Hansen	Iowa City West
15' 6"	Jaclyn Riggins	Waterloo East	14' 1"	Dominique Lyles	Waterloo West
		Waterloo East			Waterloo West
		Waterloo East			Waterloo West
		Waterloo East			Waterloo West

Mississippi Valley Conference

Women's Indoor Meet

UNI-Dome, Cedar Falls, Iowa

Tuesday, March 16, 2010

Shot Put

Mississippi Division			Valley Division		
Distance	**Name**	**School**	**Distance**	**Name**	**School**
31' 4"	Sammy Meehan	Cedar Falls	32' 11"	Katie Sickelka	C.R. Kennedy
25' 7"	Ashlyn Ryan	Cedar Falls	32' 7"	Amanda Schultz	C.R. Kennedy
		Cedar Falls	28' 6"	Brooke Sherman	C.R. Kennedy
		Cedar Falls	27' 0"	Kelsey Haight	C.R. Kennedy
29' 9"	Sam Fillenworth	C.R. Jefferson	26' 10"	Krissi Tow	C.R. Xavier
26' 3"	Emma Edelen	C.R. Jefferson			C.R. Xavier
22' 7"	Allison Aquice	C.R. Jefferson			C.R. Xavier
		C.R. Jefferson			C.R. Xavier
32' 6"	Dabryana Miller	C.R. Prairie	36' 4"	Ashley Boeyln	Dubuque Hempstead
30' 10"	Danielle Pierce	C.R. Prairie	34' 5"	Brittany Demmer	Dubuque Hempstead
29' 6"	Alex Malloy	C.R. Prairie	29' 11"	Taylor Riedel	Dubuque Hempstead
25' 8"	Amanda Tharp	C.R. Prairie	29' 10"	Stephanie Remakel	Dubuque Hempstead
28' 1"	Marci Novak	C.R. Washington	30' 6"	Kaitlin Wiemerskirch	Dubuque Wahlert
26' 3"	Mellissa Hoffer	C.R. Washington	28' 1"	Morgan Meyer	Dubuque Wahlert
25' 0"	Haley Broadie	C.R. Washington	22' 4"	Alex Bahl	Dubuque Wahlert
24' 9"	Tydell Jones	C.R. Washington	16' 11"	Emily Duve	Dubuque Wahlert
30' 5"	Lauren Austin	Dubuque Senior	34' 6-1/2"	Kayla Hyche	Iowa City High
26' 5"	Stephanie Schulz	Dubuque Senior			Iowa City High
22' 7"	Molly O'Brien	Dubuque Senior			Iowa City High
21' 3"	Rachel Forbes	Dubuque Senior			Iowa City High
31' 3"	Almanda Piche	Linn-Mar	38' 7-1/2"	Cara Jansen	Iowa City West
24' 11"	Kesa Ahomana	Linn-Mar	38' 6-1/2"	Courtney Fritz	Iowa City West
21' 2"	Abby Costello	Linn-Mar	37' 8-3/4"	Micaela Haight	Iowa City West
		Linn-Mar	32' 4"	Zascha Bell	Iowa City West
No Entry		Waterloo East	41' 4"	Jadyn Spencer	Waterloo West
		Waterloo East			Waterloo West
		Waterloo East			Waterloo West
		Waterloo East			Waterloo West