

Luther High School Invitational - 3/20/2010
Luther College, Decorah, IA
Results

Girls 55 Meter Dash

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Meet Record: %	7.71	3/22/2008	Jadyn Spencer, Waterloo Wes			
2009 Winner:	7.75	3/20/2010	Rachel Banham, Lakeville No			
Name	Year	School	Seed	Finals	H#	
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Finals						
1	Jadyn Spencer	11 Waterloo West	2.00	7.80	2	
2	Kayla Wolthoff	12 Riceville	1.00	7.85	1	
3	Leah Broderick	11 Decorah	16.00	7.90	9	
4	Nikki Miles	10 Waterloo West	1.00	7.93	1	
5	Kayla Kregel	11 Decorah	12.00	7.98	8	
6	Laura Francious	10 Decorah	4.00	8.10	5	
7	Mikayla Campbell	11 Waterloo West	4.00	8.13	6	
8	Paige Evans	12 Decorah	2.00	8.15	3	8.144
9	Steph Rima	10 Decorah	5.00	8.15	6	8.146
10	Maria Green	12 Riceville	2.00	8.17	3	
11	Allie Canoy	12 Decorah	6.00	8.21	7	
12	Emmalee Brown	09 Crestwood	1.00	8.25	1	
13	Megan Tappe	12 Decorah	1.50	8.27	2	
14	Jordan Murphy	11 Waukon	1.00	8.32	2	
15	Imani Paul	10 La Crosse Logan	1.00	8.37	1	8.361
16	Kaliann Bauer	09 Prairie du Chien	1.00	8.37	1	8.370
17	Claire Breitenstein	09 Decorah	21.00	8.38	10	
18	Kasara Batzler	11 Decorah	3.00	8.41	4	
19	Amanda Pehler	09 La Crosse Logan	2.00	8.42	3	
20	Brittany Hudson	09 Decorah	29.00	8.47	11	
21	Amanda Twait	12 Decorah	7.00	8.49	8	
22	Shelby Claman	12 South Winneshiek	3.00	8.52	3	8.511
22	Brelynn Lensing	11 Decorah	1.00	8.52	1	8.511
24	Kate Green	10 Riceville	3.00	8.52	4	8.520
25	Danielle Strong	09 La Crosse Logan	3.00	8.54	4	
26	Jamie Wilkinson	11 Prairie du Chien	2.00	8.55	2	8.547
27	Jessica Murphy	11 Waukon	2.00	8.55	2	8.550
28	Fran Freiding	10 La Crosse Logan	4.00	8.56	5	
29	Kelsey Ohlert	09 Prairie du Chien	3.00	8.58	3	
30	Amber Severson	10 South Winneshiek	2.00	8.60	3	
31	Chelsea Bullerman	09 South Winneshiek	4.00	8.65	6	
32	Sarah Schloesser	10 Decorah	10.00	8.66	8	
33	Natalie Meyer	09 Decorah	26.00	8.71	11	
34	Brandi Novotny	09 Crestwood	3.00	8.76	4	
35	Rachel Haindfield	10 Decorah	24.00	8.78	10	8.776
36	Lindsey Lenehan	09 Crestwood	2.00	8.78	2	8.780
37	Ciarra Renne	09 Waukon	4.00	8.83	5	
38	Tori Hartman	09 Decorah		8.87	11	
39	Emily Theismann	09 Decorah	31.00	8.94	11	8.936
40	Anna Madrigal	09 Decorah	9.00	8.94	8	8.939
41	Kayla Peterson	09 Decorah	27.00	8.96	11	
42	Claire Burkard	11 La Crosse Logan	5.00	8.98	6	
43	Jordyn Dixon	10 Decorah	23.00	9.00	10	
44	Morgan Ihde	09 Decorah	20.00	9.03	10	9.026
44	Danielle Holstad	09 Decorah	15.00	9.03	9	9.026
46	Kelsey Einck	09 Decorah	13.00	9.11	8	
47	Brittany Krueger	09 Decorah	17.00	9.13	9	
48	Addie Burkard	09 La Crosse Logan	6.00	9.19	7	
49	Martina McIntosh	09 Crestwood	4.00	9.28	5	
50	Cheyenne Sackmaster	09 La Crosse Logan	7.00	9.29	7	
51	Kelsey Mitchell	11 Decorah	25.00	9.36	10	
52	Marcela Jandova	12 La Crosse Logan	6.00	9.44	7	
53	Savannah Hayes	09 Decorah	14.00	9.45	9	
54	Jared Kreiner	10 South Winneshiek	5.00	9.46	7	
55	Courtney Bruening	09 Decorah	18.00	9.50	9	

56	Cierra Steiner	10	Prairie du Chien	4.00	9.61	5
57	Bethany Balk	09	Crestwood	5.00	9.70	6
58	Ashten Frana	10	Decorah	22.00	9.75	10
59	Brandie Lenius	10	Waterloo West	7.00	10.14	8

Girls 200 Meter Dash

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Meet Record: % 27.39 3/21/2009 Sophie Lasko, Lakeville No						
2009 Winner: 27.39 3/20/2010 Sophie Lasko, Lakeville No						
Name	Year	School	Seed	Finals	H#	
=====						
1	Kayla Kregel	11	Decorah	2.00	27.69	2
2	Leah Broderick	11	Decorah	4.00	28.31	5
3	Nikki Miles	10	Waterloo West	2.00	28.32	3
4	Jadyn Spencer	11	Waterloo West	1.00	28.94	2
5	Maria Green	12	Riceville	1.00	29.10	1
6	Allie Canoy	12	Decorah	1.00	29.12	1
7	Kayla Wolthoff	12	Riceville	2.00	29.27	3
8	Laura Francious	10	Decorah	5.00	29.35	6
9	Imani Paul	10	La Crosse Logan	2.00	29.67	3
10	Hannah Kuehner	10	Decorah	8.00	29.68	9
11	Megan Tappe	12	Decorah		29.72	4
12	Dominique Lyles	11	Waterloo West		29.98	8
13	Kasara Batzler	11	Decorah	7.00	30.01	9
14	Emmalee Brown	09	Crestwood	1.00	30.04	1
15	Logan Hjerleid	12	Waukon	1.00	30.24	1
16	Mikayla Campbell	11	Waterloo West	4.00	30.31	5
17	Anquasha Gates	09	Waterloo West	3.00	30.38	5
18	Josie Gooder	11	Crestwood	2.00	30.49	2
19	Brittany Hudson	09	Decorah		30.51	9
20	Jenna Berger	11	La Crosse Logan	1.00	30.54	1
21	Addie Hansen	11	Decorah	6.00	30.55	8
22	Kate Green	10	Riceville	3.00	30.59	4
23	Carly Heimerdinger	09	Crestwood	4.00	30.68	5
24	Ieashia Moore	09	Waterloo West	9.00	30.81	10
25	Alicia Johnson	12	La Crosse Logan	3.00	30.94	4
26	Jamie Wilkinson	11	Prairie du Chien	2.00	30.97	3
27	Tally Gullickson	11	South Winneshiek	4.00	31.38	5
28	Amber Severson	10	South Winneshiek	3.00	31.49	4
29	Amanda Pehler	09	La Crosse Logan	6.00	31.57	7
30	Annie Gullickson	10	South Winneshiek	5.00	31.65	6
31	Lindsey Lenehan	09	Crestwood	3.00	31.84	4
32	Claire Burkard	11	La Crosse Logan	4.00	31.89	6
33	Brooke Jones	09	Waterloo West	7.00	32.05	8
34	Anne Luzum	12	South Winneshiek	2.00	32.09	2
35	Kayla Brown	10	La Crosse Logan	5.00	32.14	7
36	Kelsey Ohlert	09	Prairie du Chien	3.00	32.17	4
37	Rachel Bjerke	10	Waukon	2.00	32.21	2
38	Erin Buehler	09	Crestwood	5.00	32.44	6
39	Tiffany Schick	09	Crestwood	7.00	32.53	8
40	Paige Cook	09	Waukon	4.00	32.72	5
41	Brandi Novotny	09	Crestwood	6.00	33.29	7
42	Addie Burkard	09	La Crosse Logan	7.00	33.50	9
43	Grace Harken	09	Riceville	5.00	33.51	6
44	Francis Meger	09	La Crosse Logan	9.00	33.74	10
45	Lydia Guanitz	10	Waukon	3.00	33.78	3
46	Cheyenne Sackmaster	09	La Crosse Logan	11.00	34.24	11
47	Martina McIntosh	09	Crestwood	8.00	34.36	9
48	Marcela Jandova	12	La Crosse Logan	12.00	34.43	11
49	Caitlin McCoy	09	Prairie du Chien	5.00	35.04	7
50	Lauren Jensen	09	Riceville	7.00	35.08	8
51	Missy Mays	09	Prairie du Chien	3.00	35.15	3
52	Molly Stram	09	Prairie du Chien	6.00	35.30	8
53	Feryn Hsieh	12	La Crosse Logan	10.00	35.64	10
54	Bethany Balk	09	Crestwood	9.00	39.18	10
55	Marissa Yorgey	12	Riceville	6.00	39.74	7

Girls 400 Meter Dash

Name	Year	School	Seed	Finals	H#
Meet Record: % 1:01.51 3/21/2009 Jaya Perkins, Lakeville No					
2009 Winner: 1:01.51 3/20/2010 Jaya Perkins, Lakeville No					
1 Zinka Duric	10	Waterloo West	1.00	1:02.48	1
2 Sierra Klimesh	09	Decorah	1.00	1:04.43	1
3 Logan Hjerleid	12	Waukon	2.00	1:05.82	2
4 brittany Holthaus	10	South Winneshiek	2.00	1:06.43	2
5 Devon Hovey	09	Decorah	2.00	1:06.57	2
6 Jessica Lensing	09	South Winneshiek	1.00	1:06.76	1
7 Emily Morris	10	La Crosse Logan	1.00	1:10.61	1
8 Breanne Pierce	10	Decorah	3.00	1:10.68	3
9 Eliza Betteridge	11	Decorah	4.00	1:11.29	4
10 Heather Praska	09	Crestwood	2.00	1:14.12	2
11 Lyndsey Buddenberg	09	South Winneshiek	4.00	1:18.26	4
12 Grace Harken	09	Riceville	2.00	1:18.95	3
13 Erika Bordwell	11	Crestwood	3.00	1:21.21	3
14 Missy Mays	09	Prairie du Chien	3.00	1:22.09	4
15 Lauren Jensen	09	Riceville	3.00	1:24.18	3
16 Nicole Newton	10	Riceville	3.00	1:27.08	4
17 Sam Cota	10	Waukon	3.00	1:29.22	3
-- Fran Freiding	10	La Crosse Logan	2.00	DNF	2

Girls 800 Meter Run

Name	Year	School	Seed	Finals
Meet Record: % 2:28.04 3/22/2008 Scotti Schon, Waukon				
2009 Winner: 2:33.71 3/20/2010 Taylor Perkins, Lakeville No				
1 Samantha Storey	09	Waterloo West	1.00	2:37.34
2 Megan McDonough	12	Decorah	1.00	2:38.74
3 Claire Long	09	Prairie du Chien	1.00	2:38.99
4 Elle Welch	11	La Crosse Logan	2.00	2:42.08
5 Jessica Beran	11	Riceville	1.00	2:44.51
6 Whitney Weymiller	12	La Crosse Logan	1.00	2:45.13
7 Kelsie Smock	09	Prairie du Chien	2.00	2:47.67
8 Shelby Varney	09	Decorah	3.00	2:50.58
9 Kelsey Johnson	12	La Crosse Logan	5.00	2:51.34
10 Kelsey Foster	09	Riceville	2.00	2:52.66
11 Haylee Blackburn	09	Crestwood	2.00	2:55.81
12 Maryl Fennie	10	La Crosse Logan	4.00	3:02.38
13 Taylor Byrnes	11	Decorah	4.00	3:03.65
14 Meagan VanderKolk	11	Waukon	1.00	3:04.67
15 Grace Dambeck	10	Decorah	5.00	3:08.68
16 Sarah Ward	09	South Winneshiek	4.00	3:26.77
17 Meredith Durbahn	09	Waterloo West	2.00	3:27.13
18 Alisha Andera	09	Crestwood	1.00	3:30.12
19 Kayla Goetsch	12	Waukon	3.00	3:37.99
20 Sam Cota	10	Waukon	2.00	4:02.25

Girls 1500 Meter Run

Name	Year	School	Seed	Finals
Meet Record: % 5:38.35 3/22/2008 Scotti Schon, Waukon				
2009 Winner: 5:41.50 3/20/2010 Taylor Augustine, Lakeville No				
1 Shana Kelly	09	Decorah	2.00	5:19.16%
2 Emilia Kenow	11	La Crosse Logan	1.00	5:25.09%
3 Lexie Felix	10	La Crosse Logan	2.00	5:25.14%
4 Taylor Grosvold	10	La Crosse Logan	3.00	5:32.82%
5 Liz Hovden	10	Decorah	1.00	5:42.10
6 Lydia Baker	09	Crestwood	1.00	6:17.87
7 Sarah Hammel	11	Decorah	3.00	6:37.20

8 Laney Leuenberger	10 South Winneshiek	4.00	6:39.85
9 Amber Schroeder	12 Crestwood	2.00	6:59.98

Girls 55 Meter Hurdles

Meet Record: % 9.15 3/22/2008 Emily Betz, La Crosse Logan
 2009 Winner: 9.81 3/20/2010 Megan McDonough, Decorah

Name	Year	School	Seed	Finals	H#
1 Megan McDonough	12	Decorah	1.00	9.48	1
2 Josie Gooder	11	Crestwood	1.00	9.53	1
3 Jami Henry	11	Crestwood	3.00	9.58	2
4 Lauren Obermann	09	Crestwood	2.00	10.00	1
5 Jordan Murphy	11	Waukon	1.00	10.09	1
6 Carly Heimerdinger	09	Crestwood	4.00	10.32	3
7 Molly Wettach	09	Decorah	3.00	10.46	2
8 Tiffany Schick	09	Crestwood	5.00	10.54	4
9 Kaitlin McAllister	09	Crestwood	6.00	10.59	4 10.587
10 Rachel Haindfield	10	Decorah	2.00	10.59	1 10.590
11 Alicia Johnson	12	La Crosse Logan	2.00	10.73	2
12 Tori Hartman	09	Decorah	4.00	10.97	3
13 Brooke Kreiner	09	South Winneshiek	2.00	11.28	1
14 Nicole Hayek	09	South Winneshiek	4.00	11.47	3
15 Jessica Murphy	11	Waukon	2.00	11.48	2
16 Sarah Tappe	09	Decorah	6.00	11.51	4
17 Kandace Glock	10	South Winneshiek	3.00	11.58	2
18 Leah Bossom	09	Waukon	3.00	12.11	2
19 Emily Alcock	09	Decorah	5.00	12.27	3 12.261
20 Max Hubert	09	Waukon	4.00	12.27	3 12.265
21 Nicole Newton	10	Riceville	4.00	13.70	3

Girls 4x200 Meter Relay

Meet Record: % 1:50.05 3/21/2009 Lakeville North High School, Lakeville No
 R Banham, K Nicholson, S Lasko
 2009 Winner: 1:50.05 3/20/2010 Lakeville North High School, Lakeville No
 R Banham, K Nicholson, S Lasko

School	Seed	Finals	H#
1 Waterloo West 'A'	1:55.00	1:54.82	2
2 Decorah 'A'	1.00	1:58.75	1
3 South Winneshiek 'A'	1.00	1:58.85	2
1) brittany Holthaus 10			
2) Sam Shindelar 10			
3) Emily Lensing 11			
4) Ashley Wenthold 11			
4 Crestwood 'A'	1.00	1:59.30	1
1) Lauren Obermann 09			
2) Emmalee Brown 09			
3) Brandi Miller 09			
4) Megan Braun 09			
5 Riceville 'A'	1.00	1:59.90	1
1) Kayla Wolthoff 12			
2) Kate Green 10			
3) Jessica Beran 11			
4) Maria Green 12			
6 Waukon 'A'	1.00	2:00.43	1
1) Daneshia Snitker 09			
2) Tatum Meyer 12			
3) Casey Meyer 12			
4) Cara Collins 12			
7 South Winneshiek 'B'	2.00	2:02.23	3
1) kelley hauber 10			
2) Jessica Lensing 09			
3) megan lien 10			
4) Kiersten Wenthold 09			
8 Decorah 'B'	2.00	2:02.63	3
9 Waterloo West 'B'	2:05.00	2:03.23	3
10 Decorah 'D'	4.00	2:06.66	4
11 Waukon 'B'	2.00	2:08.71	3
1) Kim Promnitz 10			
2) Rachel Bjerke 10			
3) Ciarra Renne 09			
4) Sammy Miller 09			
12 Crestwood 'B'	2.00	2:09.49	3
1) Lindsey Lenahan 09			
2) Heather Praska 09			
3) Kyleigh Munkel 09			
4) Erin Buehler 09			
13 Decorah 'C'	3.00	2:10.09	4

14	Prairie du Chien 'A'	2:05.00	2:11.27	2
	1) Chandra Mara 09	2) Caitlin McCoy 09		
	3) Cierra Steiner 10	4) Jamie Wilkinson 11		
15	Decorah 'F'	6.00	2:11.62	4
16	Decorah 'E'	5.00	2:12.33	4
17	Waukon 'C'	3.00	2:13.34	4
	1) Max Hubert 09	2) Breanna VanderKolk 09		
	3) Brooklyn Adam 09	4) Cassie Drew 11		
18	Riceville 'B'	2.00	2:17.34	3
	1) Christen Cody 11	2) Kelsey Foster 09		
	3) Grace Harken 09	4) Marissa Yorgey 12		
19	Decorah 'G'	7.00	2:19.74	4

Girls 4x400 Meter Relay

Meet Record: % 4:20.38 3/21/2009 Decorah, Decorah
S Klimesh
2009 Winner: 4:20.38 3/20/2010 Decorah, Decorah
S Klimesh

School	Seed	Finals	H#
1 Decorah 'A'	1.00	4:23.82	2
2 Decorah 'B'	2.00	4:35.36	3
3 South Winneshiek 'A'	1.00	4:38.60	1
	1) sara Franzen 11	2) Ashley Wenthold 11	
	3) kelley hauber 10	4) Kiersten Wenthold 09	
4 La Crosse Logan 'A'	4:45.00	4:39.37	1
5 La Crosse Logan 'B'	5:00.00	4:43.13	3
6 Crestwood 'A'	1.00	4:43.71	2
	1) Brandi Miller 09	2) Megan Braun 09	
	3) Ariel Grinhaug 09	4) Jessica Chapman 09	
7 Prairie du Chien 'A'	4:55.00	4:50.71	2
	1) Kaliann Bauer 09	2) Kelsey Ohlert 09	
	3) Claire Long 09	4) Kelsie Smock 09	
8 Waterloo West 'A'	4:50.00	4:53.40	1
9 Waukon 'A'	1.00	4:54.25	1
	1) Abie Mellick 09	2) Sammy Miller 09	
	3) Leah Bossom 09	4) Casey Meyer 12	
10 La Crosse Logan 'C'	5:15.00	4:55.10	3
11 Decorah 'C'	3.00	5:06.10	3
12 Crestwood 'B'	2.00	5:20.08	3
	1) Kyleigh Munkel 09	2) Lindsey Lenehan 09	
	3) Lydia Baker 09	4) Erika Bordwell 11	
13 South Winneshiek 'B'	2.00	5:36.38	3
	1) Jared Kreiner 10	2) Dominic Boe 09	
	3) Cassie Wagner 12	4) Sandy Nesvik 09	

Girls 4x800 Meter Relay

Meet Record: % 10:12.84 3/21/2009 Decorah, Decorah
K Miller
2009 Winner: 10:12.84 3/20/2010 Decorah, Decorah
K Miller

School	Seed	Finals
1 Decorah 'A'	1.00	10:28.75
2 Decorah 'B'	2.00	11:10.53
3 Waukon 'A'	1.00	11:24.33
	1) Elizabeth Riese 11	2) Susan Maslo 09
	3) Katie Riese 10	4) Sarah Maslo 12
4 Crestwood 'A'	1.00	11:28.80
	1) Ariel Grinhaug 09	2) Sammi Pisney 09
	3) Haylee Blackburn 09	4) Erika Bordwell 11
5 Crestwood 'B'	2.00	12:29.87
	1) Lydia Baker 09	2) Amber Schroeder 12
	3) Jessica Chapman 09	4) Alisha Andera 09

6 South Winneshiek 'A'	1.00	12:30.58
1) Kristina Ward 12	2) Tally Gullickson 11	
3) Lyndsey Buddenberg 09	4) Sarah Ward 09	
7 Waukon 'B'	2.00	12:37.53
1) Dacia Brink 12	2) Lydia Guanitz 10	
3) Sammi Manning 09	4) Sadie Burroughs 09	
8 South Winneshiek 'B'	2.00	12:50.36
1) Jared Kreiner 10	2) Cassie Wagner 12	
3) Dominic Boe 09	4) Sandy Nesvik 09	

Girls 1600 Sprint Medley

200, 200, 400, 800

Meet Record: % 4:28.74 3/21/2009 Waukon, Waukon
T Meyer

2009 Winner: 4:28.74 3/20/2010 Waukon, Waukon
T Meyer

School	Seed	Finals	H#
1 Riceville 'A'	1.00	4:43.98	1
1) Kate Green 10	2) Maria Green 12		
3) Kelsey Foster 09	4) Jessica Beran 11		
2 Decorah 'A'	1.00	4:45.76	1
3 South Winneshiek 'A'	1.00	4:45.78	1
1) Sam Shindelar 10	2) Emily Lensing 11		
3) Megan Lien 10	4) Debbie Nesvik 12		
4 Crestwood 'A'	1.00	4:51.93	1
1) Jami Henry 11	2) Megan Braun 09		
3) Brandi Miller 09	4) Ariel Grinhaug 09		
5 Waukon 'B'	2.00	5:05.30	2
1) Daneshia Snitker 09	2) Kim Promnitz 10		
3) Cara Collins 12	4) Sarah Wullner 11		
6 Waukon 'A'	1.00	5:07.51	1
1) Abie Mellick 09	2) Tatum Meyer 12		
3) Katie Blocker 12	4) Keisha Troendle 11		
7 Crestwood 'B'	2.00	5:39.02	2
1) Carly Heimerdinger 09	2) Jessy Stika 11		
3) Sammi Pisney 09	4) Alisha Andera 09		

Girls Distance Medley

1200, 400, 800, 1600

Meet Record: % 14:09.89 3/22/2008 Waukon, Waukon

2009 Winner: 15:20.23 3/20/2010 Prairie du Chien, Prairie du C
E Schultz

School	Seed	Finals
1 Waukon 'B'	2.00	15:21.95
1) Elizabeth Riese 11	2) Sadie Burroughs 09	
3) Dacia Brink 12	4) Susan Maslo 09	
2 Waukon 'A'	1.00	15:29.00
1) Katie Riese 10	2) Lydia Guanitz 10	
3) Sammi Manning 09	4) Sarah Maslo 12	
3 Decorah 'A'	1.00	15:37.27
4 South Winneshiek 'A'	1.00	15:43.59
1) Debbie Nesvik 12	2) Shelby Claman 12	
3) Laney Leuenberger 10	4) Kristina Ward 12	

Girls 4x55 Meter Shuttle Hurdle

Meet Record: % 35.28 3/22/2008 Crestwood, Crestwood

2009 Winner: 36.20 3/20/2010 Crestwood, Crestwood
J Henry

School	Seed	Finals	H#
1 Crestwood 'A'	1.00	35.54	1

1) Jami Henry 11	2) Josie Gooder 11			
3) Carly Heimerdinger 09	4) Lauren Obermann 09			
2 Decorah 'A'		1.00	38.64	1
2 Crestwood 'B'		2.00	38.64	3
1) Tiffany Schick 09	2) Kaitlin McAllister 09			
3) Kyleigh Munkel 09	4) Megan Braun 09			
4 Waukon 'A'		1.00	40.54	2
1) Jessica Murphy 11	2) Jordan Murphy 11			
3) Max Hubert 09	4) Leah Bossom 09			
5 Decorah 'B'		2.00	40.94	3
6 South Winneshiek 'A'		2.00	42.34	2
1) Brooke Kreiner 09	2) Kandace Glock 10			
3) Nicole Hayek 09	4) Chelsea Bullerman 09			

Girls High Jump

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Meet Record: %	5-04	3/22/2008	Ashley Sickles, Crestwood	
2009 Winner:	4-10	3/20/2010	Samantha Cuvelier, Decorah	
Name	Year	School	Seed	Finals
=====				
1 Sam Cuvelier	12	Decorah	4-10.00	5-00.00
2 Logan Hjerleid	12	Waukon		4-10.00
3 Leah Broderick	11	Decorah	4-08.00	4-08.00
4 Erin Buehler	09	Crestwood	4-06.00	4-06.00
4 Ariel Grinhaus	09	Crestwood	4-06.00	4-06.00
6 Brittany Hudson	09	Decorah	4-02.00	4-04.00
7 Alyssa Davison	09	South Winneshiek		4-02.00
8 Megan McDonough	12	Decorah	4-06.00	J4-02.00
9 Heather Praska	09	Crestwood	4-02.00	3-10.00
-- Cierra Steiner	10	Prairie du Chien		NH

Girls Long Jump

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4 Jumps				
Meet Record: %	17-02.25	3/22/2008	Emily Betz, La Crosse Logan	
2009 Winner:	16-03	3/20/2010	Karli Ramstad, Decorah	
Name	Year	School	Seed	Finals
=====				
1 Lauren Obermann	09	Crestwood	14-06.00	15-00.00
	14-07.50	14-09.50	15-00	14-08
2 Rachel Burras	12	Decorah	15-00.00	14-11.00
	14-04	13-02	14-11	14-06.50
3 Emmalee Brown	09	Crestwood	14-05.00	14-03.50
	12-04	14-01	13-10.50	14-03.50
4 Kasara Batzler	11	Decorah	14-10.00	14-00.00
	13-09	14-00	13-06	FOUL
5 Emily Lensing	11	South Winneshiek		13-11.00
	12-10	FOUL	12-11	13-11
6 Laura Francious	10	Decorah	14-00.00	13-10.50
	13-06.50	13-10.50	13-08.50	13-08.50
7 Zinka Duric	10	Waterloo West	15-00.00	13-10.00
	12-10	13-06	13-10	13-09
8 Dominique Lyles	11	Waterloo West	14-01.00	13-08.00
	13-04	13-08	FOUL	12-00
9 Sammi Pisney	09	Crestwood	13-09.00	13-06.00
	12-06	13-06	12-08	13-00.50
10 Brandi Novotny	09	Crestwood	13-05.00	13-00.00
	12-00	FOUL	13-00	12-09
11 Martina McIntosh	09	Crestwood	12-00.00	12-11.00
	12-06.50	12-11	FOUL	FOUL
12 Kylie Kozelka	09	Decorah	13-00.00	12-07.50
	12-07.50	11-03	11-05	11-11
13 Amber Severson	10	South Winneshiek		12-07.00
	8-06	12-04.50	12-05	12-07
14 Alix Risse	10	Waterloo West	14-05.00	12-03.50
	12-03.50	12-00	12-01	11-06

15	Annie Gullickson	10	South Winneshiek			11-11.00
	10-05 FOUL	11-11	FOUL			
16	Brooke Jones	09	Waterloo West	13-06.00		11-09.50
	10-03.50	11-08.50	11-02	11-09.50		
16	Claire Breitenstein	09	Decorah	13-00.00		11-09.50
	FOUL	11-07	11-09.50	11-09		
18	Brandie Lenius	10	Waterloo West			6-06.00
	FOUL	5-10.50	6-05	6-06		

Girls Triple Jump

4 Jumps

Meet Record: % 33-08.50 3/22/2008 Emily Betz, La Crosse Logan

2009 Winner: 31-01 3/20/2010 Emily Wright, Lakeville No

Name	Year	School	Seed	Finals
1 Kaliann Bauer	09	Prairie du Chien	28-00.00	28-01.00
	27-07.50	28-01	27-03	FOUL
2 Caitlin McCoy	09	Prairie du Chien	23-00.00	23-03.00
	23-01	FOUL	22-04	23-03

Girls Shot Put

4 Throws

Meet Record: % 38-00 3/21/2009 Caitlin Caraway, Lakeville No

2009 Winner: 38-00 3/20/2010 Caitlin Caraway, Lakeville No

Name	Year	School	Seed	Finals
1 Jadya Spencer	11	Waterloo West	41-01.00	39-09.25%
	38-00.50	39-04	39-09.25	38-06
2 Rachel Burras	12	Decorah	35-00.00	34-07.00
	33-01	34-07	34-04	32-06.50
3 Kayla Brown	10	La Crosse Logan	36-02.00	34-05.75
	33-04.50	34-05.75	31-03	33-04.50
4 Jessy Stika	11	Crestwood	30-00.00	33-06.00
	32-05.75	32-09.25	33-06	32-09.25
5 Amanda Twait	12	Decorah	34-00.00	31-08.50
	31-04.50	31-04	31-08.50	FOUL
6 Kayla Kregel	11	Decorah	31-00.00	31-08.25
	30-01	31-07	30-10.25	31-08.25
7 Cassie Drew	11	Waukon		30-09.00
	28-09	30-09	28-08.25	29-04
8 Meghan McAllister	10	Crestwood	27-00.00	29-04.50
	27-03.25	29-04.50	27-03.25	27-06.75
9 Lauryn Christianson	12	Waukon		28-07.25
	28-05	28-05.50	28-07.25	26-10.50
10 Dani Humpal	10	South Winneshiek		28-07.00
	27-11	27-04.75	28-07	
11 Kaley Heffern	10	Waukon		27-10.50
	27-10.50	26-11	27-04.50	26-11.50
12 Michelle Lechtenberg	12	South Winneshiek		27-08.00
	25-07	27-01	27-08	26-10.25
13 Kasara Batzler	11	Decorah	31-00.00	27-03.00
	22-09.50	25-09.75	27-03	25-08
14 Allisa Smith	10	Waukon		26-09.00
	26-09	24-11.25	26-04.50	25-03.25
15 Erin Buehler	09	Crestwood	28-00.00	26-06.00
	24-05	26-02.50	24-05.25	26-06
16 Karissa Knutson	09	South Winneshiek		26-00.25
	25-06.50	25-07.25	25-09	26-00.25
17 Katie Panka	09	Prairie du Chien	28-00.00	25-08.50
	24-11.25	25-08.50	24-08.50	23-05.50
18 Sarah Baker	09	South Winneshiek		25-01.00
	25-01	23-08.50	24-11	FOUL
19 Brooklyn Adam	09	Waukon		24-09.00
	24-09	24-02.75	FOUL	22-03.75

20	Emily Sorenson		12	Decorah	23-00.00	24-00.50
	22-04	22-08.25	24-00.50	23-05		
21	Erin McAllister		12	Crestwood	22-00.00	23-10.75
	22-11	23-10.75	22-00.50	23-04.50		
22	Kelsey Mitchell		11	Decorah	25-00.00	23-08.00
	22-04.50	23-08	21-03	23-06		
23	Anna Madrigal		09	Decorah	28-00.00	23-05.00
	23-05	23-00.25	FOUL	23-01.25		
24	Mary Hillshiem		11	Waukon		23-01.50
	19-03	20-07.50	22-06.50	23-01.50		
25	Becca Rincken		11	Decorah	23-00.00	22-00.50
	21-00.50	21-09	19-11	22-00.50		