

TEAM RESULTS FOR MNW KRUSE COED - FEMALE

1 Pocahon Area/LM	127.00	<u>Point Breakdown</u>
2 Alta-Aurelia	81.00	<u>Point Breakdown</u>
3 Southeast Valley	75.00	<u>Point Breakdown</u>
4 Manson NW Webster	62.00	<u>Point Breakdown</u>
5 East Sac County	60.00	<u>Point Breakdown</u>
6 South Central Calhou	54.00	<u>Point Breakdown</u>
7 Oa-Bcig	46.00	<u>Point Breakdown</u>
8 Eagle Grove	42.00	<u>Point Breakdown</u>
9 Newell-Fonda	21.00	<u>Point Breakdown</u>
10 South Hamilton	15.00	<u>Point Breakdown</u>
11 SL St. Mary's	6.00	<u>Point Breakdown</u>

100M DASH - FINALS - HEAT 3

1 Allison Birks	South Central Calhou	12.89	10.00
2 Lily Peterson	Alta-Aurelia	13.32	8.00
3 Katara Jondle	Southeast Valley	13.75	6.00
4 Aja Bell	Eagle Grove	13.83	4.00
5 Kanyon Pepples	Southeast Valley	13.85	2.00
7 Brittany Turnquist	Alta-Aurelia	14.16	
10 Gabbie Herzberg	Manson NW Webster	14.42	
11 Sara Wedemeyer	Manson NW Webster	14.61	

100M DASH - FINALS - HEAT 2

6 Olivia Schaller	SL St. Mary's	13.90	1.00
8 Maggie Veit	East Sac County	14.24	
9 Jordyn Hedberg	Oa-Bcig	14.33	
12 Hannah Beecher	Eagle Grove	14.86	
14 Emily Archer	Newell-Fonda	14.97	
15 Breanna Pierce	South Hamilton	15.00	
17 Autum Radig	Pocahon Area/LM	15.06	
19 Elle Boeve	Pocahon Area/LM	15.94	

100M DASH - FINALS - HEAT 1

13 Courtney Andersen	South Central Calhou	14.95	
16 Grace Jesse	Newell-Fonda	15.03	
18 Rylee Woodall	South Hamilton	15.43	
20 Raquel Rubio	Oa-Bcig	16.05	
Dijay Hammond	East Sac County	DNS	
Lizzie Lenhart	SL St. Mary's	DNS	

200M DASH - FINALS - HEAT 3

1 Lily Peterson	Alta-Aurelia	27.01	10.00
2 Allison Birks	South Central Calhou	27.02	8.00
3 Jordan Kastler	Eagle Grove	28.67	6.00
4 Olivia Schaller	SL St. Mary's	28.93	4.00
5 Courtney Paysen	East Sac County	29.06	2.00
6 Carli Grau	Newell-Fonda	29.64	1.00
11 Sophie Herzberg	Manson NW Webster	30.32	

18 Yesenia Salazar Eagle Grove 33.36

200M DASH - FINALS - HEAT 2

7 Mady Jaeschke Southeast Valley 29.77
8 Savannah Seeusen Southeast Valley 30.03
9 Abby Jones SL St. Mary's 30.20
12 Danielle Neumann Pocahon Area/LM 30.43
13 Jocelyn Johnson Pocahon Area/LM 30.56
14 Taylor Volkmann South Hamilton 30.70
20 Kayla Aber Manson NW Webster 34.10
Anna Van Dussen Oa-Bcig DNS

200M DASH - FINALS - HEAT 1

10 Sydney Buehler Oa-Bcig 30.24
15 Hanna Westphal Alta-Aurelia 30.87
16 Courtney Andersen South Central Calhou 32.26
17 Dijay Hammond East Sac County 32.99
19 Scottie Daniels South Hamilton 33.63
21 Maribel Garcia Newell-Fonda 37.50

400M DASH - FINALS - HEAT 3

1 Lily Peterson Alta-Aurelia 1:02.24 10.00
2 Kendal Herrig East Sac County 1:06.74 8.00
3 Natalie Vrba Eagle Grove 1:08.24 6.00
4 Allison True Southeast Valley 1:08.96 4.00
6 Mary Barnes Alta-Aurelia 1:10.67 1.00
7 Hannah Demory Eagle Grove 1:10.92
9 Emily Wubben Manson NW Webster 1:12.42
11 Ashlee Grady Manson NW Webster 1:13.76

400M DASH - FINALS - HEAT 2

5 Danielle Neumann Pocahon Area/LM 1:09.39 2.00
8 Wylee Kreft East Sac County 1:11.85
10 Anastasia Wiederin-Sackfield South Central Calhou 1:13.10
12 Sydney Buehler Oa-Bcig 1:15.31
14 Brenna Emerick Newell-Fonda 1:16.55
15 Kasey Lundberg Southeast Valley 1:16.61
17 Emily Henkenius South Central Calhou 1:21.22
Kara Neumann Pocahon Area/LM DNS

400M DASH - FINALS - HEAT 1

13 Salena Schmitz South Hamilton 1:16.26
16 Kim Renze Oa-Bcig 1:17.97
18 Scottie Daniels South Hamilton 1:21.37
19 Maribel Garcia Newell-Fonda 1:30.71

800M RUN - FINALS

1 Lauren Rohwer Alta-Aurelia 2:32.46 10.00
2 Katie Berte Pocahon Area/LM 2:34.50 8.00
3 Sydney Batz South Central Calhou 2:41.80 6.00
4 Jill Vonnahme Pocahon Area/LM 2:43.01 4.00

5	Megan Hardy	South Central Calhou	2:46.65	2.00
6	Samantha Ruhland	Manson NW Webster	2:49.43	1.00
7	Samantha Helmke	Eagle Grove	2:49.60	
8	Sophie Steinkamp	East Sac County	2:52.64	
9	Lanie Nelson	Southeast Valley	2:57.74	
10	Mckenzie Crail	Eagle Grove	3:01.68	
11	Carly Drenth	Alta-Aurelia	3:03.20	
12	Dulce Ramos	SL St. Mary's	3:08.90	
13	Emily Scott	East Sac County	3:11.38	
14	Tessa Berg	Southeast Valley	3:16.18	
15	Angelika Solis	Oa-Bcig	3:18.64	
	Renee Ried	Newell-Fonda	DNS	
	Sydney Friest	South Hamilton	DNS	
	Kendra Durbin	Manson NW Webster	DNS	
	Brenna Emerick	Newell-Fonda	DNS	
	Anna Moss	South Hamilton	DNS	
	Brooklyn Hoffman	Oa-Bcig	DNS	

100M HURDLES - FINALS - HEAT 3

1 Grace Meyer Pocahon Area/LM 16.57 10.00

2	DJ Flores	Alta-Aurelia	16.92	8.00
3	Natalie Lambert	Southeast Valley	17.37	6.00
4	Olivia Devitt	Oa-Bcig	17.51	4.00
5	Emilee Drost	East Sac County	17.56	2.00
6	Mackenzie Laven	SL St. Mary's	17.56	1.00
7	Kennedy Pieken	East Sac County	17.85	
9	Alicia Turnquist	Alta-Aurelia	18.08	

100M HURDLES - FINALS - HEAT 2

8	Payton Hjerleid	Pocahon Area/LM	18.07	
10	Brittany Hamann	Oa-Bcig	18.15	
11	Jadyn Khommanyvong	South Central Calhou	18.18	
12	Jessica Hicks	South Central Calhou	18.27	
13	Savannah Michalski	Manson NW Webster	18.71	
15	Karissa Hiesterman	Southeast Valley	19.13	
16	Breanna Pierce	South Hamilton	19.20	
20	Thutam Nguyen	Eagle Grove	21.18	

100M HURDLES - FINALS - HEAT 1

14	Rylee Woodall	South Hamilton	19.06	
17	Dru Boatner	Eagle Grove	20.41	
18	Addie Scheidegger	Newell-Fonda	20.54	
19	Tiffany Foley	Newell-Fonda	20.95	
21	Ashlee Grady	Manson NW Webster	21.28	

1500M RUN - FINALS

1 Madison Schiernbeck Oa-Bcig 5:17.69 10.00

2	Destini Oehlertz	Pocahon Area/LM	5:23.73	8.00
3	Allison True	Southeast Valley	5:33.59	6.00
4	Jana Willard	Eagle Grove	5:35.27	4.00

5 Kendra Sifuentes	Newell-Fonda	5:54.03	2.00
6 Bailey Vainreb	Pocahon Area/LM	6:05.91	1.00
7 Alecia Anderson	Eagle Grove	6:06.37	
8 Emily Beukelman	Alta-Aurelia	6:18.74	
9 Louisa Soriano	Manson NW Webster	6:22.51	
10 Alyssa Hegland	South Hamilton	6:22.80	
11 Rylee Wood	Manson NW Webster	6:28.40	
12 Emma Graves	Southeast Valley	6:30.25	
13 Lauren Ukena	South Central Calhou	6:31.12	
14 Meghan Dietrich	South Central Calhou	6:32.64	
15 Carly Drenth	Alta-Aurelia	6:33.19	
16 Shyla Mohr	East Sac County	6:39.86	
17 Dulce Ramos	SL St. Mary's	6:47.54	
Morgan Sholty	East Sac County	DNS	
Alyssa Mason	Oa-Bcig	DNS	

3000M RUN - FINALS

1 Kasey Lundberg	Southeast Valley	13:05.14	10.00
2 Kendra Durbin	Manson NW Webster	13:05.71	8.00
3 Morgan Sholty	East Sac County	13:05.71	6.00
4 Bailey Vainreb	Pocahon Area/LM	13:14.80	4.00
5 Addie Duitscher	Pocahon Area/LM	13:41.84	2.00
6 Louisa Soriano	Manson NW Webster	13:51.21	1.00
7 Alecia Anderson	Eagle Grove	13:55.98	
8 Emily Beukelman	Alta-Aurelia	14:08.85	
9 Katelyn Gilbert	Eagle Grove	14:23.11	
10 Shantell Williams	South Central Calhou	14:29.27	
11 Lauren Ukena	South Central Calhou	15:03.59	
12 Angelika Solis	Oa-Bcig	15:06.23	
13 Emily Willadsen	South Hamilton	15:25.50	
Lauren Falck	Alta-Aurelia	DNS	
Sammy Alphas	Southeast Valley	DNS	
Brooklyn Hoffman	Oa-Bcig	DNS	
Hayley Bell	South Hamilton	DNS	

400M HURDLE - FINALS - HEAT 3

1 Natalie Lambert	Southeast Valley	1:12.18	10.00
2 Payton Hjerleid	Pocahon Area/LM	1:13.19	8.00
3 Kendal Herrig	East Sac County	1:14.05	6.00
4 Alicia Turnquist	Alta-Aurelia	1:16.82	4.00
6 Shelby Cummins	Southeast Valley	1:18.47	1.00
8 Gracie Meier	Alta-Aurelia	1:20.18	
Summit Nielsen	Oa-Bcig	DNS	
Kara Neumann	Pocahon Area/LM	DNS	

400M HURDLE - FINALS - HEAT 2

5 Jessica Hicks	South Central Calhou	1:17.72	2.00
7 Hannah Schmitt	East Sac County	1:19.27	
9 Dru Boatner	Eagle Grove	1:26.38	

10 Ashley Lindner	Oa-Bcig	1:26.57
12 Danielle Koester	Eagle Grove	1:26.81
Ashlee Grady	Manson NW Webster	DNS

400M HURDLE - FINALS - HEAT 1

11 Hannah Seil	South Central Calhou	1:26.71
13 Salena Schmitz	South Hamilton	1:32.40
14 Rylee Woodall	South Hamilton	1:33.68

DISCUS - FINALS

1 Kenzie Sullivan	Pocahon Area/LM	120-09	10.00
2 Taylor Wood	Manson NW Webster	107-06	8.00
3 Ady Wintermote	South Hamilton	107-05	6.00
4 Jaden Ackerson	Southeast Valley	101-03	4.00
5 Lily Skartvedt	South Hamilton	98-11	2.00
6 Becca Krueger	Manson NW Webster	96-11	1.00
7 Hanna Westphal	Alta-Aurelia	95-11	
8 Lexie Berry	East Sac County	87-03	
9 Olivia Flummerfelt	Eagle Grove	85-09	
10 Beth Rehse	Oa-Bcig	84-07	
11 Jatelyn Jessen	Oa-Bcig	83-10	
12 Rowan Kolpin	Alta-Aurelia	78-09	
13 Dez Blankenship	South Central Calhou	77-11	
14 Megan Ukena	South Central Calhou	77-07	
15 Kayla Werneburg	Newell-Fonda	77-02	
16 Janie Brinkman	Pocahon Area/LM	74-03	
17 Lizzie Lenhart	SL St. Mary's	72-01	
18 Mallory Sievers	Newell-Fonda	71-03	
19 Jessica Sandhoff	SL St. Mary's	69-08	
20 Taylor Houska	East Sac County	56-06	
21 Deborah Fidler	Eagle Grove	56-01	

HIGH JUMP - FINALS

1 Sydney Durbin	Oa-Bcig	5-02.00	10.00
2 Dijana Hammond	East Sac County	5-00.00	8.00
3 Alyssa Hegland	South Hamilton	5-00.00	6.00
4 Micah Barnes	Alta-Aurelia	4-08.00	4.00
5 Kayla Aber	Manson NW Webster	4-08.00	2.00
6 Dijay Hammond	East Sac County	4-06.00	1.00
7 Rowan Kolpin	Alta-Aurelia	4-06.00	
7 Natalie Vrba	Eagle Grove	4-06.00	
9 Sara Wedemeyer	Manson NW Webster	4-04.00	
9 Taylor Ratzke	South Hamilton	4-04.00	

LONG JUMP - FINALS

1 Jarika Eisentrager	Eagle Grove	16-05.50	10.00
2 Dijana Hammond	East Sac County	15-09.00	8.00
3 Maggie Veit	East Sac County	15-06.00	6.00
4 Carli Grau	Newell-Fonda	15-03.50	4.00
5 Calli Wareham	Oa-Bcig	15-03.25	2.00

6	Jadyn Khommanyvong	South Central Calhou	15-01.75	1.00
7	Olivia Ahlers	Pocahon Area/LM	14-11.00	
8	Mady Jaeschke	Southeast Valley	14-10.75	
9	Meg Nakazawa	Oa-Bcig	14-00.75	
10	Autum Radig	Pocahon Area/LM	13-11.00	
10	Olivia Schaller	SL St. Mary's	13-11.00	
12	DJ Flores	Alta-Aurelia	13-09.50	
13	Micah Barnes	Alta-Aurelia	13-06.00	
14	Hannah Beecher	Eagle Grove	13-02.25	
15	Emily Wubben	Manson NW Webster	12-06.75	
16	Anastasia Wiederin-Sackfield	South Central Calhou	12-02.00	
17	Tiffany Foley	Newell-Fonda	12-00.00	
18	Natalie Reese	Manson NW Webster	11-10.75	
	Anna Moss	South Hamilton	DNS	

SHOT PUT - FINALS

1	Kenzie Sullivan	Pocahon Area/LM	36-02.75	10.00
2	Becca Krueger	Manson NW Webster	36-02.00	8.00
3	Mallory Sievers	Newell-Fonda	33-11.50	6.00
4	Taylor Wood	Manson NW Webster	33-08.75	4.00
5	Kim Daisy	South Central Calhou	33-02.75	2.00
6	Janie Brinkman	Pocahon Area/LM	32-09.50	1.00
7	Lily Skartvedt	South Hamilton	32-08.00	
8	Jaden Ackerson	Southeast Valley	32-01.75	
9	Jatelyn Jessen	Oa-Bcig	29-02.50	
10	Courtney Peters	Oa-Bcig	28-08.25	
11	Autymn Olson	South Hamilton	28-08.00	
12	Payton Steig	South Central Calhou	26-08.50	
13	Hanna Westphal	Alta-Aurelia	26-08.00	
14	Rachel Spangler	Eagle Grove	26-02.75	
15	Jessica Sandhoff	SL St. Mary's	25-01.00	
16	Kayla Werneburg	Newell-Fonda	23-05.00	
16	Jamie Dickens	Eagle Grove	23-05.00	
18	Paige Wollesen	East Sac County	21-05.75	

4X100M RELAY - FINALS - HEAT 2

1	South Central Calhou	53.90	10.00	Runners
2	Manson NW Webster	54.03	8.00	Runners
3	Oa-Bcig	54.47	6.00	Runners
4	East Sac County	54.80	4.00	Runners
5	Southeast Valley	56.39	2.00	Runners
6	Pocahon Area/LM	56.40	1.00	Runners
9	Eagle Grove	59.92		Runners
	Alta-Aurelia	DNF		Runners

4X100M RELAY - FINALS - HEAT 1

7	Newell-Fonda	56.43	Runners
8	South Hamilton	57.57	Runners
10	SL St. Mary's	1:02.18	Runners

4X200M RELAY - FINALS - HEAT 2

1 Pocahon Area/LM	1:53.49	10.00	<u>Runners</u>
2 Oa-Bcig	1:55.97	8.00	<u>Runners</u>
3 Alta-Aurelia	1:56.14	6.00	<u>Runners</u>
4 Manson NW Webster	1:57.22	4.00	<u>Runners</u>
5 Eagle Grove	1:57.71	2.00	<u>Runners</u>
6 South Central Calhou	1:57.76	1.00	<u>Runners</u>
8 Southeast Valley	2:00.74		<u>Runners</u>

4X200M RELAY - FINALS - HEAT 1

7 Newell-Fonda	2:00.00		<u>Runners</u>
9 East Sac County	2:04.10		<u>Runners</u>
10 South Hamilton	2:05.77		<u>Runners</u>

4X400M RELAY - FINALS - HEAT 2

1 Pocahon Area/LM	4:15.74	10.00	<u>Runners</u>
2 Southeast Valley	4:26.24	8.00	<u>Runners</u>
3 Eagle Grove	4:39.59	6.00	<u>Runners</u>
4 Alta-Aurelia	4:41.34	4.00	<u>Runners</u>
6 Manson NW Webster	4:54.10	1.00	<u>Runners</u>
8 South Central Calhou	4:57.41		<u>Runners</u>
10 Oa-Bcig	5:04.14		<u>Runners</u>

4X400M RELAY - FINALS - HEAT 1

5 Newell-Fonda	4:46.14	2.00	<u>Runners</u>
7 East Sac County	4:56.77		<u>Runners</u>
9 South Hamilton	4:59.21		<u>Runners</u>

4X800M RELAY - FINALS

1 Pocahon Area/LM	10:16.29	10.00	<u>Runners</u>
2 Southeast Valley	10:40.58	8.00	<u>Runners</u>
3 Alta-Aurelia	10:58.47	6.00	<u>Runners</u>
4 Eagle Grove	11:17.21	4.00	<u>Runners</u>
5 Manson NW Webster	11:54.80	2.00	<u>Runners</u>
6 East Sac County	12:07.38	1.00	<u>Runners</u>
7 South Central Calhou	12:30.33		<u>Runners</u>
8 Newell-Fonda	12:31.23		<u>Runners</u>
9 South Hamilton	12:51.29		<u>Runners</u>

400M SHUTTLE HURDLE RELAY - FINALS - HEAT 2

1 Pocahon Area/LM	1:12.28	10.00	<u>Runners</u>
2 East Sac County	1:13.43	8.00	<u>Runners</u>
4 South Central Calhou	1:16.43	4.00	<u>Runners</u>
Oa-Bcig	1:12.89		<u>Runners</u>

400M SHUTTLE HURDLE RELAY - FINALS - HEAT 1

3 Manson NW Webster	1:15.83	6.00	<u>Runners</u>
5 Southeast Valley	1:19.82	2.00	<u>Runners</u>
6 Newell-Fonda	1:26.33	1.00	<u>Runners</u>
Alta-Aurelia	DQ		<u>Runners</u>

800-SPRINT MEDLEY RELAY - FINALS - HEAT 2

1 Alta-Aurelia	1:55.49	10.00	<u>Runners</u>
2 Pocahon Area/LM	1:56.20	8.00	<u>Runners</u>
3 Southeast Valley	2:01.58	6.00	<u>Runners</u>
4 Oa-Bcig	2:03.97	4.00	<u>Runners</u>
5 South Central Calhou	2:05.01	2.00	<u>Runners</u>
6 Newell-Fonda	2:06.09	1.00	<u>Runners</u>
7 Eagle Grove	2:07.14		<u>Runners</u>
8 South Hamilton	2:10.23		<u>Runners</u>

800-SPRINT MEDLEY RELAY - FINALS - HEAT 1

9 Manson NW Webster	2:10.60		<u>Runners</u>
10 East Sac County	2:15.70		<u>Runners</u>
11 SL St. Mary's	2:20.80		<u>Runners</u>

1600-DISTANCE MEDLEY RELAY - FINALS - HEAT 2

1 Pocahon Area/LM	4:38.85	10.00	<u>Runners</u>
2 Manson NW Webster	4:55.14	8.00	<u>Runners</u>
3 South Central Calhou	4:56.22	6.00	<u>Runners</u>
5 Oa-Bcig	5:06.36	2.00	<u>Runners</u>
8 Eagle Grove	5:18.22		<u>Runners</u>
9 Southeast Valley	5:23.43		<u>Runners</u>

1600-DISTANCE MEDLEY RELAY - FINALS - HEAT 1

4 Newell-Fonda	5:01.29	4.00	<u>Runners</u>
6 South Hamilton	5:06.54	1.00	<u>Runners</u>
7 East Sac County	5:06.67		<u>Runners</u>