

MFLMM HS Girls 2026 - 4/30/2026**MFLMM High School****Results****Girls 100 Meter Dash**

Name	Year	School	Seed	Finals	H#	Points
Finals						
1 Vonderhaar, Ava	09	Clayton Ridge	13.42	13.43	4	10
2 Ward, Aleigha	10	N Fayette Val	13.86	13.58	4	8
3 Puls, Avery	10	West Central, M	13.68	14.07	4	6
4 Tellin, Macey	11	West Central, M	14.11	14.12	4	4
5 Colsch, Alicia	11	Kee, Lansing	14.58	14.15	3	2
6 Keppler, Maci	12	Central, Elkader	14.66	14.56	3	1
7 Wheeler, Rose	12	Kee, Lansing	15.29	14.62	2	
8 Little, Emma	09	West Central, M	14.95	x14.68	3	
9 Mohn, Morgan	10	Kee, Lansing	15.02	x14.74	3	
10 Yourison, Skyler	09	N Fayette Val	14.94	14.88	3	
11 Dehli, Allison	10	Waukon	14.91	15.02	3	
12 Cole, Caylee	10	West Central, M	14.55	x15.05	4	
13 Dunlap, Katalina	09	Central, Elkader	15.61	15.08	2	
14 Wilson, Kaylie	10	Central, Elkader	15.50	x15.24	2	
15 Duffield, Amelia	10	Mfl MarMac	15.43	15.36	2	
16 Wilker, Ashlyn	10	N Fayette Val	15.34	x15.42	2	
17 Wells, Bianca	09	Clayton Ridge	16.71	15.97	1	
18 Evans, Mikayla	11	Central, Elkader	16.04	x16.41	2	
19 Wood, Makya	11	Mfl MarMac	16.79	17.05	1	
20 Abbott, Ava	09	Clayton Ridge	17.34	x17.17	1	
21 Bries, Elliana	10	Clayton Ridge	18.48	x18.34	1	
22 Fish, Ariana	12	Mfl MarMac	18.89	x19.08	1	

Girls 200 Meter Dash

Name	Year	School	Seed	Finals	H#	Points
1 Vonderhaar, Ava	09	Clayton Ridge	27.51	27.60	4	10
2 Strong, Lilah	11	Kee, Lansing	28.00	27.70	4	8
3 Teague, Taylor	12	West Central, M	28.88	28.65	4	6
4 Dickson, Audrey	11	Clayton Ridge	30.00	29.71	4	4
5 Puls, Avery	10	West Central, M	28.15	29.78	4	2
6 Colsch, Alicia	11	Kee, Lansing	30.45	29.86	4	1
7 Chmeler, Sophia	09	Clayton Ridge	30.72	x30.40	3	
8 Hepker, Kenidee	10	West Central, M	31.00	x31.32	3	
9 Connelly, Josy	09	Kee, Lansing	31.14	x31.43	3	
10 Erickson, Brylee	11	Central, Elkader	31.94	31.50	2	
11 Little, Emma	09	West Central, M	31.31	x31.56	3	
12 Wilson, Kaylie	10	Central, Elkader	31.50	31.81	3	
13 Yourison, Skyler	09	N Fayette Val	30.84	32.19	3	
14 Arce, Yordanys	09	Clayton Ridge	32.24	x32.20	2	
15 Dunlap, Katalina	09	Central, Elkader	32.20	x32.35	2	
16 Plein, Lauren	09	Waukon	32.78	32.36	2	
17 Wilker, Ashlyn	10	N Fayette Val	33.36	32.39	1	
18 Duffield, Amelia	10	Mfl MarMac	33.08	33.40	2	
19 Evans, Mikayla	11	Central, Elkader	33.83	x34.01	1	
20 Wheeler, Rose	12	Kee, Lansing	31.73	x35.75	2	

MFLMM HS Girls 2026 - 4/30/2026**MFLMM High School****Results****Girls 400 Meter Dash**

Name	Year	School	Seed	Finals	H#	Points
1 Schutte, Khloe	09	Mfl MarMac	1:01.47	1:02.77	2	10
2 Groth, Serena	10	Clayton Ridge	1:15.00	1:12.58	2	8
3 Becwar, Lillian	11	Central, Elkader	1:12.95	1:14.51	2	6
4 Bailey, Emily	10	Kee, Lansing	1:19.67	1:20.18	2	4
5 Wilker, Gabby	12	Clayton Ridge	1:23.16	1:31.27	1	2
6 Larson, Iyanna	09	Waukon	1:45.33	1:43.85	1	1
7 Friedlein, Hannah	11	Central, Elkader	1:41.24	1:52.26	1	

Girls 800 Meter Run

Name	Year	School	Seed	Finals	Points
1 Scherf, Blair	10	Central, Elkader	2:40.23	2:41.51	10
2 Hanson, Kayler	10	Waukon	2:51.78	2:50.71	8
3 Reimer, Hayden	10	Clayton Ridge	2:56.61	2:55.44	6
4 Tudahl, Megan	10	N Fayette Val	3:03.28	2:57.94	4
5 Cline, Lillie	09	N Fayette Val	2:51.55	2:59.13	2
6 Schutte, Briella	09	Mfl MarMac	2:54.98	3:15.42	1
7 Winter, Harper	10	Waukon	2:50.04	3:24.95	
8 Wilker, Gabby	12	Clayton Ridge	3:31.78	3:37.69	

Girls 1500 Meter Run

Name	Year	School	Seed	Finals	Points
1 Meyer, Charlotte	10	Mfl MarMac	5:32.71	5:34.91	10
2 Murray, Annie	10	N Fayette Val	5:49.39	5:49.42	8
3 Swensen, Anna	10	N Fayette Val	6:25.04	6:16.47	6
4 Dugan, Tatum	09	Waukon	6:28.00	6:22.00	4
5 Peake, Leah	09	Waukon	6:07.59	6:29.13	2
6 Friedlein, Hannah	11	Central, Elkader	7:34.82	8:01.03	1

Girls 3000 Meter Run

Name	Year	School	Seed	Finals	Points
1 Kurth, Makenna	11	Waukon	13:30.18	13:00.25	10
2 Peake, Leah	09	Waukon	13:05.73	13:25.42	8
3 Friedlein, Hannah	11	Central, Elkader	15:31.93	16:01.32	6

Girls 100 Meter Hurdles

Name	Year	School	Seed	Finals	H#	Points
1 Loftsgard, Maddie	11	N Fayette Val	16.98	16.97	2	10
2 Mudderman, Rylee	11	Kee, Lansing	17.77	17.17	2	8
3 Zuercher, Braelyn	10	Waukon	18.01	18.95	2	6
4 Mohn, Morgan	10	Kee, Lansing	19.15	19.50	2	4
5 McElree, Peyton	10	N Fayette Val	19.61	19.71	2	2
6 Ostrander, Emery	09	Clayton Ridge	18.59	20.26	2	1
7 Erickson, Brylee	11	Central, Elkader	20.50	20.46	1	
8 Dehli, Allison	10	Waukon		21.98	1	

MFLMM HS Girls 2026 - 4/30/2026**MFLMM High School****Results****Girls 400 Meter Hurdles**

Name	Year School	Seed	Finals	Points
1 Ostrander, Emery	09 Clayton Ridge	1:13.44	1:18.60	10
2 Wiley, Alivia	12 Central, Elkader	1:19.13	1:20.73	8

Girls 4x100 Meter Relay

School	Seed	Finals	H#	Points
1 N Fayette Val 'A'	54.95	57.45	2	10
1) Kuhse, Tristan 12				
3) McElree, Peyton 10				
2 Central, Elkader 'A'	56.83	58.43	2	8
1) Bormann, Tenley 10				
3) Becwar, Lillian 11				
3 Waukon 'A'	1:02.00	58.63	1	6
1) Crary, Peyton 09				
3) Iverson, Ada 09				
4 Mfl MarMac 'A'	57.19	58.94	1	4
1) Corcoran, Aaliyah 09				
3) Duffield, Amelia 10				
5 Kee, Lansing 'A'	56.90	1:00.02	2	2
1) Wheeler, Rose 12				
3) Kolsrud, Lillian 12				
6 West Central, M 'A'	55.37	1:01.18	2	1
1) Scott, Hannah 12				
3) Tellin, Macey 11				
-- Clayton Ridge 'A'	58.61	DNF	1	
1) Judkins, Alayna 09				
3) Reimer, Hayden 10				

Girls 4x200 Meter Relay

School	Seed	Finals	H#	Points
1 Clayton Ridge 'A'	1:56.53	1:56.49	2	10
1) Ostrander, Emery 09				
3) Chmeler, Sophia 09				
2 West Central, M 'A'	1:56.96	1:59.32	2	8
1) Scott, Hannah 12				
3) Tellin, Macey 11				
3 Mfl MarMac 'A'	1:56.69	1:59.67	2	6
1) Sandstrom, Lauryn 11				
3) Driscoll, Olivia 09				
4 Central, Elkader 'A'	2:02.00	2:02.47	1	4
1) Gregerson, Mya 10				
3) Keppler, Maci 12				
5 N Fayette Val 'A'	2:07.00	2:07.01	1	2
1) Cline, Lillie 09				
3) Whittle, Anya 09				
6 Waukon 'A'	2:02.00	2:08.05	1	1
1) Ash, Tegan 09				
3) Iverson, Ada 09				
7 Kee, Lansing 'A'	2:01.97	2:12.31	2	
1) Kolsrud, Lillian 12				

MFLMM HS Girls 2026 - 4/30/2026**MFLMM High School****Results****....Girls 4x200 Meter Relay**

3) Dibert, Evelynn 09

4) Troendle, Regan 11

Girls 4x400 Meter Relay

School	Seed	Finals	Points
1 Mfl MarMac 'A'	4:27.80	4:33.35	10
1) Landt, Brooklyn 09			
3) Driscoll, Olivia 09			
2 Central, Elkader 'A'	4:38.29	4:42.73	8
1) Bergan, Carlie 09			
3) Wiley, Alivia 12			
3 Waukon 'A'	5:10.00	5:09.62	6
1) Hanson, Kayler 10			
3) Matthews, Madison 09			
4 N Fayette Val 'A'	5:01.33	5:23.84	4
1) Cline, Lillie 09			
3) Tudahl, Megan 10			

Girls 4x800 Meter Relay

School	Seed	Finals	Points
1 N Fayette Val 'A'	12:05.32	12:01.01	10
1) Murray, Annie 10			
3) Swensen, Anna 10			
2 Waukon 'A'	12:15.00	12:33.29	8
1) Reinhardt, Emily 10			
3) Dugan, Tatum 09			
3 West Central, M 'A'		14:02.00	6
1) Scott, Hannah 12			
3) Munley, Alayna 10			

Girls 800 Sprint Medley

School	Seed	Finals	Points
1 Mfl MarMac 'A'	1:57.51	2:03.47	10
1) Landt, Brooklyn 09			
3) Winter, Blair 09			
2 Central, Elkader 'A'	2:05.00	2:08.82	8
1) Gregerson, Mya 10			
3) Becwar, Lillian 11			
3 Clayton Ridge 'A'	2:00.67	2:09.40	6
1) Groth, Serena 10			
3) Dickson, Audrey 11			
4 N Fayette Val 'A'	2:06.35	2:12.20	4
1) Kuhse, Tristan 12			
3) Loftsgard, Maddie 11			
5 Waukon 'A'	2:10.00	2:13.61	2
1) Ash, Tegan 09			
3) Winter, Harper 10			
6 West Central, M 'A'	2:04.32	2:15.52	1
1) Cole, Caylee 10			
3) Tellin, Macey 11			

MFLMM HS Girls 2026 - 4/30/2026**MFLMM High School****Results****Girls Distance Medley**

School	Seed	Finals	Points
1 Central, Elkader 'A'	4:42.74	4:46.30	10
1) Stannard, Payton 10			
2) Bormann, Tenley 10			
3) Bergan, Carlie 09			
4) Scherf, Blair 10			
2 Mfl MarMac 'A'	4:59.83	5:11.86	8
1) Corcoran, Aaliyah 09			
2) Driscoll, Olivia 09			
3) Meyer, Charlotte 10			
4) Schutte, Briella 09			
3 Kee, Lansing 'A'	5:29.77	5:21.41	6
1) Wheeler, Rose 12			
2) Troendle, Regan 11			
3) Dibert, Evelynnn 09			
4) Connelly, Josy 09			
4 Waukon 'A'	5:00.00	5:36.11	4
1) Zuercher, Braelyn 10			
2) Crary, Peyton 09			
3) Reinhardt, Emily 10			
4) Winter, Harper 10			
5 Clayton Ridge 'A'	5:30.00	5:37.26	2
1) Judkins, Alayna 09			
2) Arce, Yordanys 09			
3) Reimer, Hayden 10			
4) Davis, Addison 09			

Girls 4x100 Meter Shuttle Hurdle

School	Seed	Finals	H#	Points
1 Kee, Lansing 'A'	1:09.95	1:11.88	2	10
1) Strong, Lilah 11				
2) Mudderman, Rylee 11				
3) Mohn, Morgan 10				
4) Winters, Addison 12				
2 N Fayette Val 'A'	1:16.41	1:17.96	2	8
1) Ward, Aleigha 10				
2) Loftsgard, Maddie 11				
3) McElree, Peyton 10				
4) Yourison, Skyler 09				
3 Clayton Ridge 'A'		1:19.51	1	6
1) Groth, Serena 10				
2) Judkins, Alayna 09				
3) Dickson, Audrey 11				
4) Chmeler, Sophia 09				
4 Central, Elkader 'A'	1:21.71	1:21.79	1	4
1) Stannard, Payton 10				
2) Erickson, Brylee 11				
3) Frieden, Ella 10				
4) Wiley, Alivia 12				

Girls High Jump

Name	Year School	Seed	Finals	Points
1 Mudderman, Rylee	11 Kee, Lansing	5-00.00	5-00.00	10
2 Strong, Lilah	11 Kee, Lansing	5-04.00	4-10.00	8
3 Plein, Lauren	09 Waukon		4-00.00	6

Girls Long Jump

Name	Year School	Seed	Finals	Points
1 Winters, Addison	12 Kee, Lansing	18-08.00	17-09.25	10
2 Vonderhaar, Ava	09 Clayton Ridge	16-11.50	16-04.00	8
3 Ward, Aleigha	10 N Fayette Val	15-11.50	15-11.00	6
4 Bergan, Carlie	09 Central, Elkader	15-09.25	15-09.00	4
5 Landt, Brooklyn	09 Mfl MarMac	15-08.50	14-07.75	2
6 Colsch, Alicia	11 Kee, Lansing	14-09.00	14-02.00	1
7 Ostrander, Emery	09 Clayton Ridge	14-11.50	13-05.50	
8 Crary, Peyton	09 Waukon		12-11.25	

MFLMM HS Girls 2026 - 4/30/2026**MFLMM High School****Results****....Girls Long Jump**

9 Dibert, Evelynn	09 Kee, Lansing	13-04.00	x12-03.00
10 Winter, Harper	10 Waukon		12-01.00

Girls Shot Put

Name	Year	School	Seed	Finals	Points
1 Schroeder, Hannah	12	N Fayette Val	42-02.25	40-01.00	10
2 Embretson, Layla	12	Central, Elkader	32-10.00	33-01.00	8
3 Kolsrud, Lillian	12	Kee, Lansing	33-03.25	32-01.00	6
4 Teague, Sydney	11	West Central, M	32-10.50	32-00.00	4
5 Steines, Cora	11	N Fayette Val	32-08.00	29-06.00	2
6 Hornseth, Grace	11	Kee, Lansing	35-08.00	29-03.00	1
7 Kleppe, Ella	10	West Central, M	29-01.00	27-07.00	
8 Meyer, Tenley	09	Central, Elkader	28-10.00	27-05.00	
9 Helle, Adelyn	09	Clayton Ridge	31-03.25	27-04.00	
10 Steines, Isla	09	N Fayette Val	29-06.50	x27-02.00	
11 Scott, Hannah	12	West Central, M	29-09.75	x26-05.00	
12 Jeglum, Hannah	09	Waukon	24-04.75	24-08.00	
13 Moser, Lennox	09	Clayton Ridge	23-02.00	22-10.00	
14 Simon, Amerikka	09	Clayton Ridge	25-08.00	x21-08.00	
15 Tonn, Brooklyn	12	Mfl MarMac	23-00.00	21-05.00	
16 Larson, Iyanna	09	Waukon	21-07.50	21-00.00	
17 Fish, Ariana	12	Mfl MarMac	22-02.00	20-03.00	
17 Claycomb, Areona	11	Kee, Lansing	19-03.00	x20-03.00	
19 Bries, Elliana	10	Clayton Ridge	20-04.50	x19-03.00	
20 Martin, Maddie	09	Kee, Lansing	20-05.50	x18-03.00	

Girls Discus Throw

Name	Year	School	Seed	Finals	Points
1 Schroeder, Hannah	12	N Fayette Val	139-00	128-08	10
2 Winter, Blair	09	Mfl MarMac	130-00	116-03	8
3 Embretson, Layla	12	Central, Elkader	115-06	109-00	6
4 Steines, Isla	09	N Fayette Val	97-10	103-04	4
5 Scherf, Blair	10	Central, Elkader	102-04	96-02	2
6 Hornseth, Grace	11	Kee, Lansing	105-07	95-00	1
7 Steines, Cora	11	N Fayette Val	99-04	x94-03	
8 Meyer, Tenley	09	Central, Elkader	71-04	x79-09	
9 Kleppe, Ella	10	West Central, M	73-05	77-00	
10 Teague, Sydney	11	West Central, M	83-04	76-09	
11 Kolsrud, Lillian	12	Kee, Lansing	82-01	69-09	
12 Simon, Amerikka	09	Clayton Ridge	67-07.50	65-09	
13 Helle, Adelyn	09	Clayton Ridge	61-05.50	63-04	
14 Jeglum, Hannah	09	Waukon	65-02	61-11	
15 Martin, Maddie	09	Kee, Lansing	66-02	x56-10	
16 Bries, Elliana	10	Clayton Ridge	57-02	x53-07	
17 Tonn, Brooklyn	12	Mfl MarMac	58-06	52-02	
18 Claycomb, Areona	11	Kee, Lansing	49-01	x47-05	

Women - Team Rankings - 19 Events Scored

1) N Fayette Val	110	2) Central, Elkader	94
3) Clayton Ridge	83	4) Kee, Lansing	82

MFLMM HS Girls 2026 - 4/30/2026

MFLMM High School

Results

....Girls Discus Throw

5) Waukon	72	6) MFL MarMac	69
7) West Central, M	38		