

# MRAC GIRLS TRACK HISTORY

## Regular Season Champions

<b>YEAR</b>	<b>SCHOOL</b>	<b>SCORE</b>	<b>COACH</b>
2001	Sioux City Heelan	151	Dan O'Brien
2002	Sioux City Heelan	129	Dan O'Brien
2003	Sioux City East	110	Ken Steuve
2004	Sioux City North	127	Tunisia Billings
2005	Sioux City North	159	Tunisia Billings
2006	Sioux City North	154	Tunisia Billings
2007	Sioux City North	133	Chad Fengel
2008	Sioux City East	149	Nick Gaul
2009	Sioux City East	144	Rick Clarahan
2010	Sioux City East	147	Rick Clarahan
2011	Sioux City Heelan	148	Terry Sudrla
2012	Sioux City Heelan	180	Terry Sudrla
2013	Sioux City Heelan	175	Terry Sudrla
2014	Sioux City Heelan	153	Terry Sudrla
2015	Sioux City Heelan	150	Gina Cougill/Dan O'Brien
2016	Sioux City Heelan	127	Gina Cougill/Dan O'Brien
2017	Sioux City Heelan	166	Gina Cougill
2018	C.B. Abraham Lincoln	135	Don Schwartz
2019	Sioux City East	171	Rick Clarahan
2020	SEASON CANCELED DUE TO COVID-19		
2021	Sioux City East	127	Rick Clarahan
2022	Sioux City East	135	Rick Clarahan
2023	Le Mars	135.5	Tami Dunn
2024	Sioux City East	152.5	Rick Clarahan
2025	Sioux City Heelan	189.5	Amanda Wilmesherr



# MRAC GIRLS TRACK HISTORY

<b>2001 At Memorial</b>	<b>SCORE</b>	<b>2008 At Olsen</b>	<b>SCORE</b>	<b>2014 At Olsen</b>	<b>SCORE</b>
Heelan	151	East	149	Heelan	153
Abraham Lincoln	117	North	119.5	East	96
East	80	Heelan	104	Abraham Lincoln	76
West	68	Abraham Lincoln	98	North	76
North	59	West	69.5	Thomas Jefferson	74
Thomas Jefferson	21	Thomas Jefferson	42	West	51
				Sergeant Bluff-Luton	47
<b>2002 At Roberts</b>	<b>SCORE</b>	<b>2009 At Olsen</b>	<b>SCORE</b>	<b>2015 At Olsen</b>	<b>SCORE</b>
Heelan	129	East	144	Heelan	150
East	94	Heelan	107	East	109
Abraham Lincoln	93	West	86	North	81
North	81	Abraham Lincoln	86	Abraham Lincoln	74
West	69	Thomas Jefferson	77	Thomas Jefferson	68
Thomas Jefferson	30	North	76	West	59
				Sergeant Bluff-Luton	46
<b>2003 At C.B. Stadium</b>	<b>SCORE</b>	<b>2010 At Glenwood</b>	<b>SCORE</b>	<b>2016 At Olsen</b>	<b>SCORE</b>
East	110	East	147	Heelan	127
Heelan	109	Abraham Lincoln	115	Abraham Lincoln	118
Abraham Lincoln	105	Heelan	109	East	110
North	81	Thomas Jefferson	93	North	78
West	72	West	58	Thomas Jefferson	70
Thomas Jefferson	16	North	58	West	55
				Sergeant Bluff-Luton	29
<b>2004 At C.B. Stadium</b>	<b>SCORE</b>	<b>2011 At Olsen</b>	<b>SCORE</b>	<b>2017 At Council Bluffs</b>	<b>SCORE</b>
North	127	Heelan	148	Heelan	166
East	111	Thomas Jefferson	145	Abraham Lincoln	118
Heelan	104	East	126	East	102
Abraham Lincoln	80	Abraham Lincoln	76	North	69
West	45	North	42	Thomas Jefferson	66
Thomas Jefferson	35	West	27	West	40
		Sergeant Bluff-Luton	16	Sergeant Bluff-Luton	27
<b>2005 At Memorial</b>	<b>SCORE</b>	<b>2012 At Olsen</b>	<b>SCORE</b>	<b>2018 At Memorial</b>	<b>SCORE</b>
North	159	Heelan	180	Abraham Lincoln	135
Heelan	89	Thomas Jefferson	99.6	East	132
West	70	East	91.3	Heelan	127
East	65	Sergeant Bluff-Luton	72	Thomas Jefferson	79
Abraham Lincoln	64	Abraham Lincoln	53	Thomas Jefferson	57
Thomas Jefferson	54	North	46	Sergeant Bluff-Luton	57
		West	43	North	44
<b>2006 At C.B. Stadium</b>	<b>SCORE</b>			West	12
North	159	<b>2013 At Olsen</b>	<b>SCORE</b>	<b>2019 At SBL</b>	<b>SCORE</b>
Heelan	129	Heelan	175	East	171
Abraham Lincoln	104	East	112	Abraham Lincoln	144
West	74	Thomas Jefferson	73	Sergeant Bluff-Luton	72
Thomas Jefferson	58	Abraham Lincoln	69	North	60
East	57	North	62	West	56
<b>2007 At Olsen</b>	<b>SCORE</b>	Sergeant Bluff-Luton	57	Heelan	55
North	133	West	39	Thomas Jefferson	30
Heelan	116			<b>2020</b>	<b>SCORE</b>
Abraham Lincoln	96			Season Canceled	
East	86				
West	85				
Thomas Jefferson	63				

# MRAC GIRLS TRACK HISTORY

<u>2021 At Olsen</u>	<u>SCORE</u>	<u>2023 At Memorial</u>	<u>SCORE</u>	<u>2025 At SBL</u>	<u>SCORE</u>
East	127	Le Mars	135.5	Heelan	189.5
North	106	East	120	Le Mars	130.5
Sergeant Bluff-Luton	102	North	113	Sergeant Bluff-Luton	102
Le Mars	85	Abraham Lincoln	102	North	77
Heelan	69	Heelan	87.5	East	76.5
Abraham Lincoln	54	Sergeant Bluff-Luton	85	Abraham Lincoln	66
West	37	West	68	West	47
Thomas Jefferson	5	Thomas Jefferson	22	Thomas Jefferson	29.5

<u>2022 At Council Bluffs</u>	<u>SCORE</u>	<u>2024 At Le Mars</u>	<u>SCORE</u>	(SC) – State Champs
East	135	East	152.5	
West	123	Heelan	134	
Le Mars	108	Le Mars	101	
Sergeant Bluff-Luton	106	North	88	
Abraham Lincoln	81	Sergeant Bluff-Luton	80.5	
North	78	Abraham Lincoln	76	
Heelan	73	West	72	
Thomas Jefferson	25	Thomas Jefferson	23	

# Missouri River Activities Conference

## GIRLS TRACK AND FIELD RECORDS

High jump	Tiffanie Synacek (Thomas Jefferson) . . . . .	5-8.25 . . . . .	2005
Long jump	Darby Thomas (Abraham Lincoln) . . . . .	18-2.25 . . . . .	2017
Shot put	Lee Holland (West) . . . . .	41-3 . . . . .	2003
Discus	Chelsea Colpitts (Abraham Lincoln) . . . . .	137-10 . . . . .	2010
100	Brittini Bailey (North) . . . . .	11.82 . . . . .	2005
200	Darby Thomas (Abraham Lincoln) . . . . .	24.55 . . . . .	2017
400	Ellen Dougherty (East) . . . . .	55.88 . . . . .	2009
800	Shelby Houlihan (East) . . . . .	2:14.19 . . . . .	2009
1,500	Shelby Houlihan (East) . . . . .	4:39.89 . . . . .	2011
3,000	Kaia Downs (East) . . . . .	10:48.93 . . . . .	2021
100 hurdles (33')	Darby Thomas (Abraham Lincoln) . . . . .	15.31 . . . . .	2019
400 hurdles	Ariana Klein (North) . . . . .	1:06.10 . . . . .	2023
4x100	Heelan . . . . .	49.49 . . . . .	2025
	Alize Rau, Shannon Cleary, Trelyn White, Trishelle Miller		
4x200	West . . . . .	1:43.63 . . . . .	2008
	Cheyanne Simon, Gabriel Williams, Rae Twohig, Monique Pearson		
4x400	East . . . . .	4:01.28 . . . . .	2008
	Shelby Houlihan, Kathleen Reynolds, Emily McCarthy, Ellen Dougherty		
4x800	East . . . . .	9:52.53 . . . . .	2019
	Katie Lammers, Alex Radcliffe, Karlee Phillips, Kaia Downs		
Sprint medley	Bishop Heelan . . . . .	1:50.31 . . . . .	2017
	Katie Rizk, Ellie Cropley, Maddie Brown, Madison Jochum		
Distance medley	Bishop Heelan . . . . .	4:18.29 . . . . .	2019
	Hope Sokolowski, Joslyn Verzal, Hannah Hutchinson, Amber Aesoph		
Shuttle hurdle (33')	Thomas Jefferson . . . . .	1:08.81 . . . . .	2011
	Nyachan Pal, Amanda Coffelt, Faith Oswald, Jordan Mundt		

Note: Hurdle events changed from 30 inches to 33 inches in 2009

100 hurdles (30')	Natalie Olorundami (West) . . . . .	15.03 . . . . .	2005
Shuttle hurdle (30')	Abraham Lincoln . . . . .	1:02.00 . . . . .	2001
	Jessica Regan, Megan Petretis, Kendra Chapin, Sarah Lopez		

## TEAM CHAMPS

2001	Heelan	151 points	2007	North	133 points	2014	Heelan	153 points	2021	East	127 points
2002	Heelan	129 points	2008	East	149 points	2015	Heelan	150 points	2022	East	135 points
2003	Heelan	127 points	2009	East	144 points	2016	Heelan	127 points	2023	Le Mars	135.5 points
2003	East	110 points	2010	East	147 points	2017	Heelan	166 points	2024	East	152.5 points
2004	North	127 points	2011	Heelan	148 points	2018	CBAL	135 points	2025	Heelan	189.5 points
2005	North	159 points	2012	Heelan	180 points	2019	East	171 points			
2006	North	154 points	2013	Heelan	175 points	2020	Cancelled				

# Missouri River Activities Conference Girls Track Results

## 2001 (5/10 at Memorial)

### TEAM SCORES

Sioux City Bishop Heelan	147
Council Bluffs Abraham Lincoln	123
Sioux City East	74
Sioux City West	62
Sioux City North	59
Council Bluffs Thomas Jefferson	19

### FIELD EVENTS

Shot put: 1, Kellie Price, Abraham Lincoln, 39-5; 2, Lee Holland, North, 37-3; 3, Kelli Cone, Abraham Lincoln, 36-6; 4, Amy Beringer, North, 35-4; 5, Stacy Gray, Thomas Jefferson, 34-5; 6, Megan Hinds, Heelan, 33-7.

Discus: 1, Kellie Price, Abraham Lincoln, 123-10; 2, Amy Beringer, North, 115-9; 3, Mikala Larsen, Thomas Jefferson, 112-8 1/2; 4, Stacy Gray, Thomas Jefferson, 111-6 1/2; 5, Kelli Cone, Abraham Lincoln, 106-0; 6, Lindsay LaFleur, Heelan, 104-6.

High jump: 1, Laura Tomes, East, 5-8; 2, Ashley Freeman, Abraham Lincoln, 5-8; 3, Elisha Turek, Abraham Lincoln, 5-0; 4, Jessica Winter, West, 5-0; 5, Chauntee Alfredson, East, 4-10; 6, Kim Edwards, Heelan, 4-8.

Long jump: 1, Laura Tomes, East, 16-6; 2, Niya Branch, West, 16-5 1/2; 3, Anne Berger, Heelan, 15-9; 4, Minette Ridenour, Abraham Lincoln, 15-0 1/2; 5, Andrea Crane, Thomas Jefferson, 14-9 1/4; 6, Tiffany Shaheen, Abraham Lincoln, 14-9.

### INDIVIDUAL RUNNING

3,000: 1, Lisa Niederges, Heelan, 11:45.89; 2, Emily Bengford, Heelan, 11:58.73; 3, Patricia Keane, Heelan, 12:05.60; 4, Becky Reynolds, CBAL, 13:01.87; 5, Sami Nicolls, East, 13:31.55; 6, Amanda Schofield, CBAL, 13:51.61.

100: 1, Shanna Kissingger, West, 13.26; 2, Kara Fenceroy, Heelan, 13.30; 3, Christine Wagner, CBAL, 13.47; 4, Sheena Wright, Heelan, 13.60; 5, Jenny Jones, Heelan, 13.75; 6, Kayleigh Coker, CBAL, 13.86.

400: 1, Carrie Cale, North, 1:01.78; 2, Tylinn Rouillard, West, 1:03.14; 3, Rachel Tritz, Heelan, 1:03.31; 4, Tabthaha Shaw, Abraham Lincoln, 1:04.29; 5, Tami Roethler, Heelan, 1:05.42; 6, Lindsey Fleming, Heelan, 1:05.57.

100 hurdles: 1, Laura Tomes, East, 15.52; 2, Katie O'Byrne, East, 16.06; 3, Laura Brouwer, East, 16.35; 4, Megan Backer, Heelan, 16.54; 5, Elisha Turek, Abraham Lincoln, 16.62; 6, Ashley Freeman, Abraham Lincoln, 16.73.

800: 1, Karla Block, Heelan, 2:23.0; 2, Madison Davis, North, 2:29.24; 3, Sharon Benzoni, North, 2:34.16; 4, Shannon Wright, Heelan, 2:36.65; 5, Danielle Yeutter, Abraham Lincoln, 2:38.13; 6, Reta Sitzmann, West, 2:40.69.

200: 1, Melissa Rhinehart, Heelan, 27.08; 2, Shanna Kissingger, West, 27.23; 3, Kayleigh Coker, Abraham Lincoln, 27.61; 4, Sheena Wright, Heelan, 27.65; 5, Christine Wagner, Abraham Lincoln, 27.69; 6, Jenny Brouwer, East, 28.35.

400 hurdles: 1, Katie O'Byrne, East, 1:08.40; 2, Elisha Turek, Abraham Lincoln, 1:09.24; 3, Jessica Regan, Abraham Lincoln, 1:14.26; 4, Nicole Kreber, Heelan, 1:16.03; 5, Julianne Severa, East, 1:19.24; 6, Sara Schoenfish, North, 1:20.83.

1,500: 1, Jessica Pape, Heelan, 5:14.64; 2, Beth Knott, Abraham Lincoln, 5:15.11; 3, Lisa Niederges, Heelan, 5:30.05; 4, Shayla Houlihan, East, 5:33.47; 5, Patricia Keane, Heelan, 5:37.75; 6, April Evans, North, 5:46.46.

### RELAYS

4x800: 1, North (Holly Boston, Katie Stewart, Madison Davis, Alex Wink) 10:06.91; 2, Heelan, 10:12.62; 3, Abraham Lincoln, 10:21.77; 4, West, 10:24.21; 5, Thomas Jefferson, 11:46.93.

Shuttle hurdle: 1, Abraham Lincoln (Jessica Regan, Megan Petretis, Kendra Chapin, Sarah Lopez) 1:02.00; 2, Thomas Jefferson 1:02.14; 3, East 1:03.88; 4, Heelan, 1:11.77; 5, West, 1:13.87.

Distance medley: 1, Heelan (Anna Shook, Jessica Hooks, Anne Berger, Karla Block) 4:26.39; 2, Abraham Lincoln, 4:35.83; 3, North, 4:43.40; 4, West, 4:47.59; 5, East, 4:52.80; 6, Thomas Jefferson, 5:00.21.

4x200: 1, Heelan (Melissa Rhinehart, Brooke Niles, Jessica Hooks, Kara Fenceroy) 1:48.67; 2, East, 1:53.32; 3, West, 1:54.77; 4, Abraham Lincoln, 1:56.14; 5, Thomas Jefferson, 1:57.84.

Sprint medley: 1, Heelan (Jenni Jones, Megan Backer, Anna Shook, Brooke Niles) 1:55.52; 2, West, 1:59.43; 3, Abraham Lincoln, 2:01.38; 4, East, 2:02.59; 5, Thomas Jefferson, 2:10.30; 6, North, 2:13.46.

4x100: 1, Heelan (Sheena Wright, Brooke Niles, Jessica Hooks, Kara Fenceroy) 51.92; 2, Abraham Lincoln, 53.29; 3, West, 55.05; 4, East, 56.10; 5, Thomas Jefferson, 59.78.

4x400: 1, Heelan (Melissa Rhinehart, Anne Berger, Karla Block, Rachel Tritz) 4:12.90; 2, North, 4:15.29; 3, Abraham Lincoln, 4:23.95; 4, West, 4:27.62; 5, Thomas Jefferson, 4:53.67.

## 2002 (5/9 at Roberts)

### TEAM SCORES

Sioux City Bishop Heelan	129
Sioux City East	94
Council Bluffs Abraham Lincoln	93
Sioux City North	81
Sioux City West	69
Council Bluffs Thomas Jefferson	30

### FIELD EVENTS

Shot put: 1, Trellany Canady, East, 35-6 1/2; 2, Kellie Price, Abraham Lincoln, 35-6; 3, Amy Beringer, North, 34-6; 4, Cassie Cheever, Heelan, 34-3; 5, Megan Hinds, Heelan, 33-3; 6, Ashley Hansen, Thomas Jefferson, 31-3.

Discus: 1, Kellie Price, Abraham Lincoln, 122-3; 2, Mikala Larsen, Thomas Jefferson, 118-11; 3, Amy Beringer, North, 111-6; 4, Megan Hinds, Heelan, 110-0; 5, Shanna Harms, North, 101-10; 6, Amanda Jones, West, 96-7.

High jump: 1, Ashley Freeman, Abraham Lincoln, 5-4; 2, Laura Tomes, East, 5-2; 3, Jessica Winter, West, 5-0; 4, Megan Freeman, Abraham Lincoln, 4-10; 5, tie, Erin Newburn, West, and Katie Yockey, North, 4-8.

Long jump: 1, Shanna Kissingger, West, 16-2; 2, Laura Tomes, East, 16-2; 3, Elisha Turek, Abraham Lincoln, 15-9 1/2; 4, Erin Newburn, West, 14-11 1/2; 5, Rachael Tritz, Heelan, 14-6 1/2; 6, Erin Kellar, Abraham Lincoln, 14-6.

### INDIVIDUAL RUNNING

3,000: 1, Jessica Pape, Heelan, 11:06.40; 2, Shayla Houlihan, East, 11:53.49; 3, Tricia Keane, Heelan, 12:02.89; 4, Steph Wilson, West, 12:38.45; 5, Maureen Weber, Heelan, 13:18.74; 6, Jenny Frank, West, 13:33.07.

100: 1, Sonya Bonwell, West, 12.96; 2, Cassie Tonjes, East, 13.08; 3, Ashley Holstein, East, 13.52; 4, Christine Wagner, Abraham Lincoln, 13.67; 5, Terri Berger, Heelan, 14.07; 6, Brittan Syppi, North, 14.26.

400: 1, Carrie Cale, North, 1:01.05; 2, Britni Persinger, North, 1:02.29; 3, Tami Roethler, Heelan, 1:03.99; 4, Tylinn Rouillard, West, 1:04.38; 5, Madison Davis, North, 1:04.74; 6, Abbi Boutwell, Heelan, 1:07.28.

100 hurdles: 1, Laura Tomes, East, 15.49; 2, Katie O'Byrne, East, 15.74; 3, Ashley Freeman, Abraham Lincoln, 16.11; 4, Elisha Turek, Abraham Lincoln, 16.33; 5, Laura Brouwer, East, 16.37; 6, Megan Backer, Heelan, 16.49.

800: 1, Karla Block, Heelan, 2:24.00; 2, Nicole Kreber, Heelan, 2:27.99; 3, Sharon Benzoni, North, 2:33.31; 4, Sarah Pattison, Heelan, 2:34.82; 5, Danielle Yeutter, Abraham Lincoln, 2:35.70; 6, Holly Boston, North, 2:39.47.

200: 1, Brooke Niles, Heelan, 27.28; 2, Marie Lucas, North, 28.07; 3, Ashley Hansen, Thomas Jefferson, 28.10; 4, Christine Wagner, Abraham Lincoln, 28.73; 5, Katie Yockey, North, 28.78; 6, Kelli Nelson, West, 28.92.

400 hurdles: 1, Katie O'Byrne, East, 1:07.37; 2, Jessica Regan, Abraham Lincoln, 1:09.66; 3, Callie Christensen, West, 1:17.19; 4, Caitie Rumberger, West, 1:19.32; 5, Amanda Grause, East, 1:20.32; 6, Amanda Krausel, Thomas Jefferson, 1:20.73.

1,500: 1, Jessica Pape, Heelan, 5:06.21; 2, Katie Stewart, North, 5:10.53; 3, Beth Knott, Abraham Lincoln, 5:20.41; 4, Rula Andriessen, Heelan, 5:21.29; 5, Shayla Houlihan, East, 5:26.79; 6, Nikki Prevail, Heelan, 5:31.71.

### RELAYS

4x800: 1, North (Holly Boston, Katie Stewart, Christy Vongphakdy, Sharon Benzoni) 10:06.59; 2, Heelan, 10:13.36; 3, Abraham Lincoln, 10:37.22; 4, West, 10:55.28; 5, Thomas Jefferson, 10:58.89.

Shuttle hurdle: 1, East (Laura Tomes, Laura Brouwer, Chauntee Alfredson, Katie O'Byrne) 1:04.60; 2, Abraham Lincoln, 1:06.83; 3, Heelan, 1:11.23; 4, Thomas Jefferson, 1:23.28; 5, none.

Distance medley: 1, Heelan (Jenni Jones, Ashley Vogt, Brooke Niles, Nikki Prevail) 4:30.54; 2, North, 4:30.55; 3, Abraham Lincoln, 4:34.82; 4, Thomas Jefferson, 4:45.61; 5, East, 5:03.60.

4x200: 1, Heelan (Sheena Wright, Megan Iverson, Anna Shook, Brooke Niles) 1:51.48; 2, West, 1:52.10; 3, East, 1:52.53; 4, North, 1:53.53; 5, Abraham Lincoln, 2:01.45.

Sprint medley: 1, West (Sonya Bonwell, Jessica Winter, Steph Brommer, Shanna Kissingger) 1:56.20; 2, Heelan, 1:56.53; 3, Abraham Lincoln, 2:03.34; 4, Thomas Jefferson, 2:05.91; 5, North, 2:11.90.

4x100: 1, Heelan (Anna Shook, Jenni Jones, Sheena Wright, Megan Iverson) 52.08; 2, East, 52.56; 3, West, 52.65; 4, Abraham Lincoln, 57.64; 5, Thomas Jefferson, 57.79.

4x400: 1, North (Sara Schoenfish, Carrie Cale, Katie Yockey, Britni Persinger) 4:10.06; 2, Heelan, 4:15.31; 3, Abraham Lincoln, 4:22.08; 4, East, 4:36.16; 5, Thomas Jefferson, 4:39.81.

## 2003 (5/8 at CB)

### TEAM SCORES

Sioux City East	110
Sioux City Bishop Heelan	109
Council Bluffs Abraham Lincoln	105
Sioux City North	81
Sioux City West	72
Council Bluffs Thomas Jefferson	16

### FIELD EVENTS

Shot put: 1, Lee Holland, West, 41-3 (record, old mark 39-5 by Kellie Price, Abraham Lincoln, 39-5); 2, Kellie Price, Abraham Lincoln, 36-11; 3, Megan Hinds, Heelan, 36-1; 4, Shanna Harms, 35-4.5; 5, Trellany Canady, East, 35-0; 6, Jordan Johnson, East, 34-9.5.

Discus: 1, Kellie Price, Abraham Lincoln, 134-7 (record, old mark 123-10 by Price, 2001); 2, Megan Hinds, Heelan, 123-8; 3, Cat Nelson, North, 108-0.5; 4, Shanna Harms, North, 102-9; 5, Rachel Widner, East, 100-2; 6, Pam Powers, East, 99-2.5.

High jump: 1, Laura Tomes, East, 5-6; 2, Candace Harrell, North, 5-0; 3, Megan Freeman, Abraham Lincoln, 4-10; 4, Elisha Turek, Abraham Lincoln, 4-8; no other entries.

Long jump: 1, Laura Tomes, East, 17-1.5 (record, old mark 16-6 by Tomes, 2001); 2, Elisha Turek, Abraham Lincoln, 16-3.5; 3, Megan Iverson, Heelan, 16-1; 4, Megan Tuttle, East, 13-9; 5, Amanda Grause, East, 13-2; 6, Sonya Bonwell, West, 9-9.

### INDIVIDUAL RUNNING

3,000: 1, Jessica Pape, Heelan, 11:13.80; 2, Shayla Houlihan, East, 11:25.14; 3, Nikki Prevail, Heelan, 11:53.59; 4, Emilee Sorenson, Abraham Lincoln, 11:56.58; 5, Angie McGrath, Heelan, 12:11.29; 6, Becky Reynolds, Abraham Lincoln, 12:17.46.

100: 1, Sonya Bonwell, West, 12.74 (record, old mark 12.96 by Bonwell, 2002); 2, Betsy Reynolds, East, 13.54; 3, Brooke Niles, Heelan, 13.60; 4, Kelli Nelson, West, 13.93; 5, Britney Thomas, Abraham Lincoln, 14.02; 6, Samantha Mollet, Heelan, 14.09.

400: 1, Carrie Cale, North, 1:02.07; 2, Molly Lohry, Heelan, 1:03.65; 3, Nikki Nolan, East, 1:05.07; 4, Christy Vongphakdy, North, 1:05.88; 5, Carrie VanWyk, West, 1:06.63; 6, Sara Mousel, Heelan, 1:07.23.

100 hurdles: 1, Laura Tomes, East, 15.40 (record, old mark 15.49 by Tomes, 2002); 2, Natalie Olorundami, West, 16.49; 3, Kendra Chapin, Abraham Lincoln, 16.63; 4, Elisha Turek, Abraham Lincoln, 16.91; 5, Sierra Lammers, West, 17.50; 6, Natalia Toddy, Heelan, 17.77.

800: 1, Katie Stewart, North, 2:23.86; 2, Karla Block, Heelan, 2:28.45; 3, Beth Knott, Abraham Lincoln, 2:29.21; 4, Ali Lenz, Heelan, 2:29.27; 5, Sara Funk, Heelan, 2:32.43; 6, Annie Schulte, East, 2:45.74.

200: 1, Megan Iverson, Heelan, 26.88 (record, old mark 27.08 by Melissa Rhinehart, Heelan, 2001); 2, Candace Harrell, North, 27.82; 3, Cassie Rysta, East, 29.17; 4, Nicole Olney, West, 29.24; 5, Donnisha James, West, 29.58; 6, Britney Thomas, Abraham Lincoln, 30.01.

400 hurdles: 1, Jessica Regan, Abraham Lincoln, 1:09.03; 2, Crystal Reedy, Abraham Lincoln, 1:13.39; 3, Megan Tuttle, East, 1:13.42; 4, Natalia Toddy, Heelan, 1:14.34; 5, Whitney Kellen, East, 1:15.26; 6, Callie Christensen, West, 1:15.73.

1,500: 1, Katie Stewart, North, 4:57.42 (record, old mark 5:06.21 by Jessica Pape, Heelan, 2002); 2, Jessica Pape, Heelan, 5:09.56; 3, Shayla Houlihan, East, 5:13.85; 4, Rula Andriessen, Heelan, 5:18.76; 5, Dara Beltran, Abraham Lincoln, 5:22.50; 6, Nikki Prevail, Heelan, 5:31.52.

### RELAYS

4x800: 1, Heelan (Sarah Pattison, Sara Funk, Ali Lenz, Rula Andriessen) 10:28.42; 2, West, 10:43.49; 3, Abraham Lincoln, 11:14.56; 4, East, 12:18.42; 5, Thomas Jefferson, 12:59.05.

Shuttle hurdle: 1, East (Amanda Grause, Ashley Marron, Megan Tuttle, Laura Tomes) 1:07.54; 2, Abraham Lincoln, 1:08.06; 3, Heelan, 1:16.31; 4, Thomas Jefferson, 1:21.26; no other entries.

Distance medley: 1, North (Carrie Cale, Candace Harrell, Britni Persinger, Katie Stewart) 4:19.25 (record, old mark 4:26.39 by Heelan, 2001); 2, Heelan, 4:25.35; 3, Abraham Lincoln, 4:30.01; 4, East, 4:42.45; 5, East, 4:47.15.

4x200: 1, North (Britni Persinger, Candace Harrell, Anya Tomscha, Katie Yockey) 1:50.99; 2, East, 1:53.55; 3, Abraham Lincoln, 1:54.31; 4, Thomas Jefferson, 1:55.82; 5, West, 2:00.72.

Sprint medley: 1, Abraham Lincoln (Tiffany Shaheen, Megan Petretis, Christine Wagner, Erin Kellar) 1:57.41; 2, West, 1:59.33; 3, East, 2:02.35; 4, Heelan, 2:03.30; 5, Thomas Jefferson, 2:06.19.

4x100: 1, West (Sonya Bonwell, Lee Holland, Antoinette Green, Kelli Nelson) 52.07; 2, East, 53.35; 3, Abraham Lincoln, 54.29; 4, Thomas Jefferson, 55.16; 5, North, 59.09.

4x400: 1, North (Britni Persinger, Carrie Cale, Christy Vongphakdy, Katie Yockey) 4:10.42; 2, Heelan, 4:24.49; 3, West, 4:29.92; 4, East, 4:32.66; 5, Abraham Lincoln, 4:37.52.

## 2004 (5/6 at CB)

### TEAM SCORES

Sioux City North	127
Sioux City East	111
Sioux City Bishop Heelan	104
Council Bluffs Abraham Lincoln	80
Sioux City West	45
Council Bluffs Thomas Jefferson	35

### FIELD EVENTS

Shot put: 1, Jordan Johnson, East, 37-4.25; 2, Cassie Cheever, Heelan, 37-4; 3, Emilee Harvey, Abraham Lincoln, 34-10; 4, Trellany Canady, East, 33-0.5; 5, Kelsey Johnnikin, West, 33-0; 6, Julie Mason, North, 32-0.5.

Discus: 1, Cat Nelson, North, 106-10.5; 2, Jordan Johnson, East, 106-8; 3, Shelby Shadden, Thomas Jefferson, 98-7.5; 4, Pam Powers, East, 95-7.5; 5, Kayla Curry, North, 94-0.5; 6, Erica Kuester, West, 93-0.

High jump: 1, Tiffany Synacek, Thomas Jefferson, 5-1; 2, Megan Freeman, Abraham Lincoln, 4-10; 3, Candace Harrell, North, 4-8; 4, Molly Ostrichovsky, Heelan, 4-8; 5, Jenna Jansen, Heelan, 4-8; 6, Kendra Chapin, Abraham Lincoln, 4-8.

Long jump: 1, Megan Iverson, Heelan, 15-7.75; 2, Emily Schneider, North, 14-10; 3, Erin Kellar, Abraham Lincoln, 14-9.5; 4, Anya Tomscha, North, 14-9.5; 5, Ashley Maron, East, 14-8; 6, Tasha Anderson, West, 14-8.

### INDIVIDUAL RUNNING

3,000: 1, Jessica Pape, Heelan, 11:16.68; 2, Stefanie Stark, West, 12:24.29; 3, Emily Jarman, Heelan, 12:26.56; 4, Abby Jung, East, 12:39.37; 5, Becky Reynolds, Abraham Lincoln, 12:49.87; 6, MacKenzie Landholm, East, 13:04.96.

100: 1, Megan Iverson, Heelan, 12.41 (record, old record, Sonya Bonwell, West, 12.74, 2003); 2, Kelli Herman, East, 13.01; 3, Alex Jones, Abraham Lincoln, 13.6; 4, Hillary Gibson, East, 13.66; 5, Emily Snyders, North, 13.68; 6, Samantha Mollett, Heelan, 13.69.

400: 1, Carrie Cale, North, 1:01.24; 2, Katie Heacock, East, 1:04.16; 3, Erin Kellar, Abraham Lincoln, 1:05.40; 4, Veronica Limon, North, 1:05.43; 5, Heather Rutledge, Abraham Lincoln, 1:08.10; 6, Jenny Newton, Heelan, 1:08.18.

800: 1, Sarah Nelson, North, 2:31.22; 2, Ali Lenz, Heelan, 2:37.07; 3, Stephanie Baird, North, 2:42.31; 4, Amanda Liston, Abraham Lincoln, 2:46.93; 5, Abby Moes, East, 2:49.80; 6, Callie O'Hern, East, 2:52.37.

100 hurdles: 1, Kendra Chapin, Abraham Lincoln, 15.65; 2, Crystal Reedy, Abraham Lincoln, 16.07; 3, Ashley Marron, East, 16.37; 4, Whitney Kellen, East, 16.98; 5, Jennifer Pettit, Thomas Jefferson, 17.03; 6, Anya Tomscha, North, 17.29.

200: 1, Megan Iverson, Heelan, 25.35 (record, old record, Iverson, Heelan, 26.88, 2003); 2, Carrie Cale, North, 25.90; 3, Kelli Herman, East, 26.94; 4, Hillary Gibson, East, 27.75; 5, Colleen Wolpert, Heelan 28.60; 6, Candace Harrell, North 29.00.

400 hurdles: 1, Jacqui Kalin, North, 1:07.73; 2, Molly Lohry, North, 1:10.20; 3, Lindsey Beyeler, East, 1:14.67; 4, Megan Tuttle, East, 1:15.15; 5, Crystal Reedy, Abraham Lincoln, 1:16.72; 6, Sarah Milner, Abraham Lincoln, 1:17.28.

1,500: 1, Jessica Pape, Heelan, 5:08.97; 2, Hilary Rice, North, 5:21.93; 3, Emilee Sorenson, Abraham Lincoln, 5:22.92; 4, MacKenzie Landholm, East, 5:26.48; 5, Susie Williams, North, 5:32.96; 6, Stefanie Stark, West, West, 5:33.81.

### RELAYS

Shuttle hurdle: 1, West (Sierra Lammers, Gina Christensen, Molly Amman, Natalie Olorundami), 1:08.76; 2, Abraham Lincoln, 1:11.62; 3, East, 1:14.22; 4, North, 1:15.42; 5, Thomas Jefferson, 1:15.55.

4x800: 1, North (Sarah Nelson, Jacqui Kalin, Hilary Rice, Susie Williams) 10:31.69; 2, Heelan, 10:57.34; 3, Abraham Lincoln, 11:08.46; 4, Thomas Jefferson, 11:58.41; 5, West, 12:14.63.

Distance medley: 1, Heelan (Danielle Bousquet, Jenna Jansen, Erin Forker, Jessica Pape), 4:34.54; 2, North, 4:41.06; 3, Abraham Lincoln, 5:00.0; 4, East, 5:04.76; 5, West, 5:15.67.

4x200: 1, West (Tasha Anderson, Kelsey Johnnikin, Gina Christensen, Nicole Olney), 1:52.95; 2, East, 1:53.58; 3, North, 1:53.76; 4, Thomas Jefferson, 1:54.70; 5, Abraham Lincoln, 1:58.41.

Sprint medley: 1, West (Tasha Anderson, Sierra Lammers, Nicole Olney, Kelsey Johnnikin) 1:59.18; 2, East, 1:59.50; 3, Heelan, 2:01.58; 4, North, 2:05.65; 5, Thomas Jefferson, 2:07.87.

4x100: 1, Heelan (Ellen O'Brien, Samantha Mollett, Danielle Bousquet, Megan Iverson), 53.44; 2, East, 53.67; 3, North, 55.79; 4, Abraham Lincoln, 55.80; 5, Thomas Jefferson, 58.52.

4x400: 1, North (Jenna Kalin, Carrie Cale, Michelle Smith, Molly Lohry), 4:14.61; 2, East, 4:22.56; 3, Thomas Jefferson, 4:32.57; 4, Heelan, 4:36.61; 5, Abraham Lincoln, 4:45.60.

# Missouri River Activities Conference Girls Track Results

## 2005 (5/5 at Memorial)

### TEAM SCORES

Sioux City North	159
Sioux City Bishop Heelan	89
Sioux City West	70
Sioux City East	65
Council Bluffs Abraham Lincoln	64
Council Bluffs Thomas Jefferson	54

### FIELD EVENTS

Shot put: 1, Kelsey Johnnikin, West, 33-11.5; 2, Ruth Knott, CBAL, 33-2.5; 3, Julie Mason, North, 33-2.5; 4, Hillary Fraley, North, 31-3; 5, Allison Padomek, East, 31-0; 6, Jean Carlson, CBTJ, 30-0.5.

Discus: 1, Cat Nelson, North, 120-5; 2, Dana Wilson, Heelan, 111-2; 3, Reyn Wilson, Heelan, 103-9; 4, Julie Mason, North, 101-5; 5, Elizabeth Simpson, East, 97-5; 6, Jean Carlson, CBTJ, 96-1.

Long jump: 1, Michelle Lund, Heelan, 16-10; 2, Emily Schneider, North, 16-7.75; 3, Steph Robinson, North, 16-3.5; 4, Tasha Anderson, West, 16-3; 5, Brittney Ridenour, CBAL, 15-2; 6, Monica Iverson, Heelan, 13-10.5.

High jump: 1, Tiffanie Synacek, CBTJ, 5-8.25 (record, old mark 5-8 by Laura Tomes, East, 2001); 2, Emily Schneider, North, 4-10; 3, Ashlee Andersen, West, 4-10; 4, Jordan Higginbottom, CBAL, 4-8; 5, Jacqui Kalin, North, 4-8; 6, Katrina Mosey, West, 4-8.

### INDIVIDUAL RUNNING

3,000: 1, Emily Jarman, Heelan, 11:49.35; 2, Nicole Benzoni, North, 11:50.53; 3, Angie McGrath, Heelan, 11:56.87; 4, Abby Jung, East, 12:02.71; 5, Stefanie Stark, West, 12:38.97; 6, Stephanie Anson, East, 13:40.07.

100: 1, Brittini Bailey, North, 11.82 (record, old mark 12.41 by Megan Iverson, Heelan, 2004); 2, Hillary Gibson, East, 12.26; 3, Katie Mann, CBTJ, 12.44; 4, Kayla Fiscus, East, 12.91; 5, Jessica Driver, CBTJ, 12.92; 6, Stephanie Robinson, North, 13.00.

400: 1, Katie Heacock, East, 1:01.93; 2, Molly Lohry, North, 1:02.25; 3, Tristana Tigges, Heelan, 1:04.0; 4, Jenna Kalin, North, 1:04.05; 5, Lindsey Miller, Heelan, 1:06.91; 6, Rachel Wright, CBAL, 1:09.97.

800: 1, Sarah Nelson, North, 2:25.16; 2, Amanda Grupp, North, 2:35.58; 3, Jesse Grego, CBAL, 2:37.58; 4, Dara Beltran, CBAL, 2:41.49; 5, Ali Lenz, Heelan, 2:44.0; 6, Emily Jarman, Heelan, 2:45.39.

100 hurdles: 1, Natalie Olorundami, West, 15.03 (record, old mark 15.40 by Laura Tomes, East, 2003); 2, Ashlee Andersen, West, 15.81; 3, Jacqui Kalin, North, 16.15; 4, Brittney Ridenour, CBAL, 16.53; 5, Crystal Reedy, CBAL, 17.34; 6, Anya Tomsha, North, 18.21.

200: 1, Hillary Gibson, East, 27:21; 2, LiKeisha Dotson, North, 27.49; 3, Katrina Mosey, West, 27.93; 4, Alyssa Hedrick, CBTJ, 27.94; 5, Emily Schneider, North, 28.53; 6, Cassie Rysta, East, 28.78.

400 hurdles: 1, Jacqui Kalin, North, 1:07.15 (record, old mark 1:07.37 by Katie O'Byrne, East, 2002); 2, Lyndsey McCoy, CBAL, 1:15.72; 3, Brooke Noe, CBAL, 1:19.37; 4, Sally Williams, North, 1:19.645; 5, Marjory Christensen, CBTJ, 1:22.51; 6, none.

1,500: 1, Sierra McCauley, Heelan, 4:58.56; 2, Sarah Nelson, North, 5:06.33; 3, Hilary Rice, North, 5:18.82; 4, Amy Roder, Heelan, 5:28.29; 5, Emilee Sorenson, CBAL, 5:41.13; 6, Abby Jung, East, 5:41.37.

### RELAYS

Shuttle hurdle: 1, West (Tasha Anderson, Tori Heisterkamp, Ashlee Andersen, Natalie Olorundami) 1:07.52; 2, Abraham Lincoln, 1:11.72; 3, North, 1:18.94; 4, Thomas Jefferson, 1:29.49; no other finishers.

4x800: 1, North (Sarah Nelson, Amanda Grupp, Molly Lohry, Hilary Rice) 10:07.40; 2, Heelan, 10:20.07; 3, Abraham Lincoln, 10:59.58; 4, Thomas Jefferson, 11:16.89; 5, West, 11:33.63; 6, East, 12:11.16.

Distance medley: 1, Heelan (Ellen O'Brien, Jenna Jansen, Hannah Maly, Sierra McCauley) 4:29.12; 2, Thomas Jefferson, 4:30.02; 3, Abraham Lincoln, 4:45.37; 4, North, 4:48.12; 5, West, 4:53.58; 6, East, 4:59.22.

4x200: 1, North (Brittini Bailey, LiKeisha Dotson, Steph Robinson, Brittney Supri) 1:49.65; 2, West, 1:50.54; 3, Thomas Jefferson, 1:53.25; 4, East, 1:53.65; 5, Heelan, 1:53.84; 6, Abraham Lincoln, 2:02.81.

Sprint medley: 1, East (Ashley Marron, Kaeli Austin, Hillary Gibson, Katie Heacock) 1:56.23; 2, Thomas Jefferson, 1:59.94; 3, Heelan, 2:00.32; 4, Abraham Lincoln, 2:02.41; 5, North, 2:02.45; 6, West, 2:02.68.

4x100: 1, North (Brittini Bailey, Emily Schneider, Steph Robinson, LiKeisha Dotson) 52.27; 2, West, 52.45; 3, East, 53.21; 4, Abraham Lincoln, 54.29; 5, Heelan, 54.57; 6, Thomas Jefferson, 1:01.51.

4x400: 1, North (Jenna Kalin, Molly Lohry, Susie Williams, Jacqui Kalin) 4:13.07; 2, Thomas Jefferson, 4:17.19; 3, Heelan, 4:26.89; 4, East, 4:39.05; 5, Abraham Lincoln, 4:39.50; 6, West, 5:07.68.

## 2006 (5/5 at Council Bluffs)

### TEAM SCORES

Sioux City North	154
Sioux City Bishop Heelan	129
Council Bluffs Abraham Lincoln	104
Sioux City West	74
Council Bluffs Thomas Jefferson	58
Sioux City East	57

### FIELD EVENTS

Shot put: 1, Kelsey Johnnikin, West, 33-3.75; 2, Hillary Fraley, North, 33.0.50; 3, Andrea Wallace, North, 32-1; 4, Abby Heistand, Abraham Lincoln, 31-10.25; 5, Ruth Knott, Abraham Lincoln, 31-2.5; 6, Amber Bentzinger, Thomas Jefferson, 30-0.5.

Discus: 1, Cat Nelson, North, 118-0; 2, Dana Wilson, Heelan, 106-1; 3, Brittany Turpen, Thomas Jefferson, 99-1; 4, Reyn Wilson, Heelan, 97-10; 5, Amber Bentzinger, Thomas Jefferson, 97-0; 6, Tiff Asher, East, 94-0.

Long jump: 1, Tanaeya Worden, North, 15-0.75; 2, Tasha Anderson, West, 14-9.5; 3, Michelle Lund, Heelan, 14-6.5; 4, Stephanie Robinson, North, 14-6.5; 5, Danielle Merchant, Heelan, 13-7.5; 6, Kieonna Strong, West, 13-6.5.

High jump: 1, Tiffanie Synacek, Thomas Jefferson, 5-6; 2, Jordan Higginbottom, Abraham Lincoln, 5-1; 3, Hillary Hanno, Heelan, 4-10; 3, Ashlee Andersen, West, 4-8; 4, Candace Harrell, North, 4-6; 5, Joanna Fravel, Heelan, 4-4.

### INDIVIDUAL RUNNING

3,000: 1, Emilee Sorenson, Abraham Lincoln, 11:50.17; 2, Emily Jarman, Heelan, 12:00.01; 3, Sarah Oberle, Heelan, 12:14.84; 4, Kelsey Nielsen, West, 12:24.24; 5, Abby Jung, East, 12:32.41; 6, Elizabeth Lippke, North, 12:42.62.

100: 1, Stephanie Huntoon, Abraham Lincoln, 12:68; 2, Brittini Bailey, North, 12.76; 3, Gabriel Williams, West, 12.76; 4, (tie) Alyssa Hedrick, Thomas Jefferson, 13.16; Danielle Merchant, Heelan, 13.16; 6, Hillary Gibson, East, 13.38.

400: 1, Katie Heacock, East, 1:01.64; 2, Hannah Maly, Heelan, 1:02.20; 3, Allison Jordan, Heelan, 1:03.11; 4, Heather Rutledge, Abraham Lincoln, 1:03.67; 4, Kieonna Strong, West, 1:04.14; 5, Courtney Cale, North, 1:07.95.

800: 1, Sarah Nelson, North, 2:22.13 (record, old mark 2:23.0; Karla Block, Heelan, 2001); 2, Molly Lohry, North, 2:27.16; 3, Lyndsay Lierman, East, 2:32.11; 4, Eva Barron, West, 2:35.31; 5, Amy Roder, Heelan, 2:36.11; 6, Brittney Stanek, Heelan, 2:40.74.

100 hurdles: 1, Brittney Ridenour, Abraham Lincoln, 15.41; 2, Jamie Swotek, Thomas Jefferson, 15.48; 3, Tasha Anderson, West, 15.79; 4, Ashlee Andersen, West, 16.01; 5, Sarah Milner, Abraham Lincoln, 17.39; 6, Julia Vander Wilt, North, 17.67.

200: 1, Stephanie Huntoon, Abraham Lincoln, 26.43; 2, Kelsey Johnnikin, West, 27.45; 3, LiKeisha Dotson, North, 27.55; 4, Mariah Irwin, Heelan, 27.64; 5, Monica Iverson, Heelan, 27.67; 6, Monique Pearson, West, 28.43.

400 hurdles: 1, Jacqui Kalin, North, 1:06.52 (record, old mark 1:07.15; Kalin, 2005); 2, Heather Rutledge, Abraham Lincoln, 1:10.74; 3, Breanna Schwartz, East, 1:13.54; 4, Erin Barkley, Heelan, 1:16.25; 5, Megan Stiles, East, 1:16.31; 6, Julia Vander Wilt, North, 1:16.68.

1,500: 1, Sarah Nelson, North, 5:05.50; 2, Amy Roder, Heelan, 5:18.49; 3, Emilee Sorenson, Abraham Lincoln, 5:23.44; 4, Hilary Rice, North, 5:33.76; 5, Becca Anderson, Heelan, 5:38.19; 6, Kasey Hohl, East, 5:39.25.

### RELAYS

Shuttle hurdle: 1, Abraham Lincoln (Sarah Milner, Heather Rutledge, Erica Shockey, Brittney Ridenour) 1:08.56; 2, North, 1:13.81; 3, East, 1:15.01; 4, Thomas Jefferson, 1:16.51; 5, West, 1:20.41.

4x800: 1, North (Sarah Nelson, Hilary Rice, Nicole Benzoni, Molly Lohry) 10:07.06; 2, Heelan, 10:34.77; 3, Thomas Jefferson, 11:43.13; 4, Abraham Lincoln, 11:49.44; 5, East, 11:57.78.

Distance medley: 1, Heelan (Elen O'Brien, Samantha Kuehl, Bridget Skaggs, Becca Anderson) 4:36.71; 2, East, 4:39.08; 3, North, 4:47.58; 4, Abraham Lincoln, 4:57.47; 5, Thomas Jefferson, 5:35.94.

4x200: 1, Heelan (Jessica Bennett, Danielle Merchant, Michelle Lund, Mariah Irwin) 1:49.95; 2, North, 1:50.62; 3, East, 1:59.13; Only 3 finished.

Sprint medley: 1, Thomas Jefferson (CeCe Wright, Katie Mann, Tiffanie Synacek, Alyssa Hedrick) 1:53.46 (record, old mark 1:55.52, Heelan, 2001); 2, Abraham Lincoln, 1:55.45; 3, Heelan, 1:57.13; 4, North, 1:58.39; 5, East, 2:02.45.

4x100: 1, North (Brittini Bailey, Stephanie Robinson, Michelle Smith, LiKeisha Dotson) 51.24 (record, old mark 51.92, Heelan, 2001); 2, West, 51.73; 3, Thomas Jefferson, 51.94; 4, Heelan, 51.96; 5, Abraham Lincoln, 53.99.

4x400: 1, Heelan (Allison Jordan, Hannah Maly, Monica Iverson, Bridget Skaggs) 4:14.21; 2, North, 4:19.38; 3, West, 4:24.69; 3, East, 4:26.84; 5, Abraham Lincoln, 4:30.28.

## 2007 (5/4 at Olsen)

### TEAM SCORES

Sioux City North	133
Sioux City Bishop Heelan	116
Council Bluffs Abraham Lincoln	96
Sioux City East	86
Sioux City West	85
Council Bluffs Thomas Jefferson	63

### FIELD EVENTS

High jump: 1, Tiffanie Synacek, Thomas Jefferson, 5-4; 2, (tie) Sarah Milner, Abraham Lincoln; Jordan Higginbottom, Abraham Lincoln, 4-10; 4, (tie) Tori Vondrak, Bishop Heelan; Hillary Hanno, Bishop Heelan, 4-8.

Long jump: 1, Jacqui Kalin, North, 17-7 (record, old mark 17-1.5 Laura Tomes, East, 2003); 2, Michelle Lund, Bishop Heelan, 16-6; 3, Samantha Kuehl, Bishop Heelan, 15-6.5; 4, Stephanie Robinson, North, 14-11.5; 5, CeCe Wright, Thomas Jefferson, 14-11; 6, Emily Olsen, Abraham Lincoln, 14-7.5.

Shot put: 1, Hillary Fraley, North, 34-5; 2, Christine Avery, North, 34-4; 3, Amber Bentzinger, Thomas Jefferson, 32-6; 4, Ruth Knott, Abraham Lincoln, 31-9; 5, Chelsea Colpitts, Abraham Lincoln, 31-5; 6, Millie Niggeling, Bishop Heelan, 31-0.

Discus: 1, Dana Wilson, Bishop Heelan, 118-9; 2, Tiffany Asher, East, 98-10; 3, Brittany Turpen, Thomas Jefferson, 96-5; 4, Amber Bentzinger, Thomas Jefferson, 91-3; 5, Kristen Chartier, North, 90-6; 6, Ruth Knott, Abraham Lincoln, 79-10.

### INDIVIDUAL RUNNING

3,000: 1, Nicole Benzoni, North, 11:39.26; 2, Sara Oberle, Bishop Heelan, 11:53.82; 3, Dannika Nash, West, 12:31.74; 4, Kelsey Nielsen, West, 12:47.15; 5, Masha Koutounova, North, 12:53.79; 6, Bev Cloud, East, 12:54.82.

100: 1, Gabriel Williams, West, 12.37; 2, Stephanie Huntoon, Abraham Lincoln, 12.52; 3, Monique Pearson, West, 12.84; 4, Kayla Lavalais, North, 12.89; 5, Jessica Bennett, Bishop Heelan, 12.96; 6, Brittini Bailey, North, 13.02.

400: 1, Ellen Dougherty, East 58.93 (record, old mark 1:01.05, Carrie Cale, North, 2002); 2, Stephanie Huntoon, Abraham Lincoln, 1:01.08; 3, Katie Heacock, East, 1:03.05; 4, Allison Jordan, Bishop Heelan, 1:07.31; 5, Kieonna Strong, West, 1:07.31; 6, Hilary Rice, North, 1:07.66.

100 hurdles: 1, Jacqui Kalin, North, 15.79; 2, Tori Vondrak, Bishop Heelan, 15.81; 3, Jamie Swotek, Thomas Jefferson, 16.17; 4, Sarah Milner, Abraham Lincoln, 17.17; 5, Makayla Felix, West, 17.49; 6, Emily Stapleton, East, 17.71.

800: 1, Ellen Dougherty, East, 2:21.61 (record, old mark 2:22.13 Sarah Nelson, North, 2006); 2, Emily Olsen, Abraham Lincoln, 2:35.82; 3, Emma Murray, Abraham Lincoln, 2:35.96; 4, Alicia Pick, Bishop Heelan, 2:40.95; 5, Becca Anderson, Bishop Heelan, 2:41.63; 6, Amanda Grupp, North, 2:45.98.

200: 1, Rae Twohig, West, 26.05; 2, Stephanie Huntoon, Abraham Lincoln, 26.28; 3, Tiffanie Synacek, Thomas Jefferson, 26.32; 4, Monique Pearson, West, 26.67; 5, Emily McCarthy, East, 27.01; 6, Mariah Irwin, Bishop Heelan, 27.25.

400 hurdles: 1, Jacqui Kalin, North, 1:07.13; 2, Lyndsey McCoy, Abraham Lincoln, 1:12.52; 3, Megan Stiles, East, 1:15.37; 4, Erin Barkley, Bishop Heelan, 1:16.13; 5, Makayla Felix, West, 1:18.14; 6, Charity Oswald, Thomas Jefferson, 1:19.49.

1,500: 1, Nicole Benzoni, North, 5:20.55; 2, Christine Madsen, North, 5:29.75; 3, Margaux Genoff, Bishop Heelan, 5:33.01; 4, Sara Oberle, Bishop Heelan, 5:36.48; 5, Katelyn Wilson, West, 5:52.07; 6, Kelsey Nielsen, West, 6:06.99.

### RELAYS

4x800: 1, North (Hilary Rice, Breezy Johnson, Christine Madsen, Amanda Grupp) 10:25.99; 2, Bishop Heelan 10:30.29; 3, Abraham Lincoln 11:03.30; 4, Thomas Jefferson 11:29.45; 5, East 11:32.14; 6, West 11:34.27.

Shuttle hurdle: 1, East (Noelle Lichy, Nicole Owens, Megan Stiles, Emily Stapleton) 1:14.75; 2, Thomas Jefferson 1:17.60; 3, North 1:19.34; 4, West 1:29.03. Note: only four teams ran.

Distance medley: 1, East (Kilee Watson, Emily McCarthy, Kaeli Austin, Lyndsay Lierman) 4:32.85; 2, Abraham Lincoln 4:38.97; 3, Bishop Heelan 4:48.09; 4, North 4:51.97; 5, Thomas Jefferson 4:58.70; 6, West 5:16.74.

4x200: 1, West (Ashlee Andersen, Gabriel Williams, Rae Twohig, Monique Pearson) 1:45.56; 2, Bishop Heelan 1:49.75; 3, Thomas Jefferson 1:51.53; 4, North 1:51.90; 5, East 1:59.58; 6, Abraham Lincoln 1:59.83.

Sprint medley: 1, West (Ashlee Andersen, Gabriel Williams, Monique Pearson, Kieonna Strong) 1:58.43; 2, Bishop Heelan 1:59.86; 3, North 2:01.53; 4, East 2:02.16; 5, Abraham Lincoln 2:03.30; 6, Thomas Jefferson 2:05.17.

4x100: 1, West (Felicia Mace, Gabriel Williams, Ashlee Andersen, Rae Twohig) 50.87 (record, old mark 51.24, North, 2006); 2, Bishop Heelan 51.85; 3, North 52.26; 4, East 63.15; 5, Thomas Jefferson 53.23; 6, Abraham Lincoln 54.64.

4x400: 1, East (Katie Heacock, Lyndsay Lierman, Emily McCarthy, Ellen Dougherty) 4:09.91 (record, old mark 4:10.06 North, 2002); 2, Abraham Lincoln 4:20.03; 3, North 4:22.49; 4, Bishop Heelan 4:29.25; 5, West 4:34.40; 6, Thomas Jefferson 4:44.63.

## 2008 (5/5 at Olsen)

### TEAM SCORES

Sioux City East	149
Sioux City Bishop Heelan	119.5
Sioux City North	104
Council Bluffs Abraham Lincoln	98
Sioux City West	69.5
Council Bluffs Thomas Jefferson	42

### FIELD EVENTS

High jump: 1, Tori Vondrak, Heelan, 5-0; 2, Emily Koontz, Abraham Lincoln, 4-10; 3, Amie Vorthmann, Abraham Lincoln, 4-6; 4, Krystal Wittner, North, 4-4; 5, (tie) Rosie Nguyen, West, 4-2; Joanna Fravel, Heelan, 4-2.

Long jump: 1, Michelle Lund, Heelan, 17-0.5; 2, Kayla Lavalais, North, 16-6.25; 3, Stephanie Robinson, North, 16-3.25; 4, Kieonna Strong, West, 15-0.75; 5, Emily Olsen, Abraham Lincoln, 14-11; 6, Emily Manning, Heelan, 14-9.75.

Shot put: 1, Chelsea Colpitts, Abraham Lincoln, 36-3; 2, Jordan Gilenwater, Abraham Lincoln, 32-10; 3, Christine Avery, North, 31-10.5; 4, Liz Simpson, East, 30-8; 5, Ashley Konz, North, 28-11; 6, Rebakah Soria, West, 27-2.

Discus: 1, Chelsea Colpitts, Abraham Lincoln, 116-1; 2, Liz Simpson, East, 102-2; 3, Savannah Slezak, Thomas Jefferson, 90-11; 4, Lindsey Remien, North, 90-8; 5, Christine Avery, North, 86-6.5; 6, Darrington, Abraham Lincoln, 81-0.

### INDIVIDUAL RUNNING

3,000: 1, Shelby Houlihan, East, 11:04.84 (record, old mark 11:06.40, Jessica Pape, Heelan, 2002); 2, Sara Oberle, Heelan, 11:53.37; 3, Christine Madsen, North, 12:20.09; 4, Courtney Ruff, Thomas Jefferson, 12:24.88; 5, Kasey Hohl, East, 12:29.11; 6, Katelyn Wilson, West, 13:36.05.

100: 1, Gabriel Williams, West, 12.58; 2, Stephanie Huntoon, Abraham Lincoln, 13.08; 3, Michelle Lund, Heelan, 13.19; 4, Jessica Bennett, Heelan, 13.35; 5, Cheyanne Simon, West, 13.44; 6, Kayla Lavalais, North, 13.44.

400: 1, Ellen Dougherty, East, 56.28 (record, old mark 58.93, Dougherty, 2007); 2, Emily McCarthy, East, 58.43; 3, Hannah Maly, Heelan, 1:02.94; 4, MacKenzie Schuch, North, 1:05.28; 5, Kieonna Strong, West, 1:06.19; 6, Katie Goebel, Heelan, 1:06.89.

100 hurdles: 1, Jamie Swotek, Thomas Jefferson, 15.76; 2, Tori Vondrak, Heelan, 15.77; 3, Megan Stiles, East, 17.37; 4, Emily Stapleton, East, 17.70; 5, Erin Barkley, Heelan, 18.47; 6, Kaity Schumacher, West, 18.74.

800: 1, Ellen Dougherty, East, 2:19.03 (record, old mark 2:21.61 by Dougherty, 2007); 2, Shelby Houlihan, East, 2:20.44; 3, Emily Olsen, Abraham Lincoln, 2:31.12; 4, Rachael Fischer, North, 2:31.94; 5, Lauren Eckert, Heelan, 2:33.95; 6, Indra Ramassamy, Abraham Lincoln, 2:41.17.

200: 1, Rae Twohig, West, 26.10; 2, Stephanie Huntoon, Abraham Lincoln, 26.54; 3, Emily McCarthy, East, 26.56; 4, Jessica Bennett, Heelan, 27.08; 5, Monique Pearson, West, 27.33; 6, Cecilia Mendiola, North, 28.36.

400 hurdles: 1, Nicole Owens, East, 1:12.47; 2, Megan Stiles, East, 1:12.59; 3, Mary Horton, North, 1:13.47; 4, Victoria Mendiola, North, 1:17.68; 5, Erin Barkley, Heelan, 1:19.25; 6, McKayla Johnson, West, 1:20.14.

1,500: 1, Shelby Houlihan, East, 4:55.52 (record, old mark 4:57.42, Katie Stewart, North, 2003); 2, Josee Jansen, North, 5:07.77; 3, Nicole Benzoni, North, 5:13.99; 4, Hannah Zimmerman, Abraham Lincoln, 5:28.22; 6, Kasey Hohl, East, 5:37.86.

### RELAYS

4x800: 1, North (Nicole Benzoni, Rachael Fischer, Allyson Cord, Josee Jansen) 10:20.97; 2, Heelan, 10:46.67; 3, East, 10:48.80; 4, Abraham Lincoln, 10:56.51; 5, West, 11:39.09.

Shuttle hurdle: 1, Thomas Jefferson (Jamie Swotek, Liz Chadwick, Charity Oswald, Mary Smelser) 1:12.36; 2, Heelan, 1:12.97; 3, East, 1:13.10; 4, North, 1:19.80; 5, West, 1:22.92.

Distance medley: 1, North (Kayla Lavalais, Cecilia Mendiola, Alex Zeimet, Nicole Benzoni) 4:22.97; 2, Heelan, 4:25.22; 3, East, 4:37.47; 4, Abraham Lincoln, 4:44.71; 5, Thomas Jefferson, 4:53.36.

4x200: 1, West (Cheyanne Simon, Gabriel Williams, Rae Twohig, Monique Pearson) 1:43.63 (record, old mark 1:45.56, West, 2007); 2, Heelan, 1:48.97; 3, Abraham Lincoln, 1:50.79; 4, East, 1:54.98; 5, Thomas Jefferson, 2:06.53.

Sprint medley: 1, East (Sam Mersch, Kathleen Reynolds, Emily McCarthy, Ellen Dougherty) 1:50.84 (record, old mark 1:53.46, Thomas Jefferson, 2006); 2, West, 1:55.54; 3, Heelan, 1:58.01; 4, Abraham Lincoln, 1:59.51; 5, Thomas Jefferson, 2:03.01.

4x100: 1, West (Monique Pearson, Gabriel Williams, Cheyanne Simon, Rae Twohig) 50.03 (record, old mark 50.87, West, 2007); 2, Heelan, 51.82; 3, Thomas Jefferson, 53.23; 4, North, 53.33; 5, East, 54.21.

4x400: 1, East (Shelby Houlihan, Kathleen Reynolds, Emily McCarthy, Ellen Dougherty) 4:01.28 (record, old mark 4:09.91, East, 2007); 2, Abraham Lincoln 4:13.97; 3, Heelan, 4:18.74; 4, North, 4:21.56; 5, West, 4:31.52.

# Missouri River Activities Conference Girls Track Results

## 2009 (5/8 at Olsen)

### TEAM SCORES

Sioux City East	144
Sioux City Bishop Heelan	107
Sioux City West	86
Council Bluffs Abraham Lincoln	86
Council Bluffs Thomas Jefferson	77
Sioux City North	76

### FIELD EVENTS

Shot put: 1, Jordan Gillenwater, Abraham Lincoln, 34-1.5; 2, Ariel Hudson, North, 31-5.5; 3, Christine Avery, North, 31-3; 4, Tricia Brown, Thomas Jefferson, 30-9.5; 5, Kelsey Tobin, Bishop Heelan, 28-10; 6, Rebekah Soria, West, 27-0.5.

Discus: 1, Christine Avery, North, 92-0; 2, Morgan Darrington, Abraham Lincoln, 90-1; 3, Kelsey Van Patten, Bishop Heelan, 87-2; 4, Ariel Hudson, North, 86-4; 5, Kelsey Tobin, Bishop Heelan, 81-2; 6, Cailee Conlon, West, 79-3.

Long jump: 1, Reyna Mikulicz, East, 14-7.50; 2, Monique Smith, North, 14-7; 3, Kieonna Strong, West, 14-5; 4, Kayla Lavalais, North, 14-5; 5, Tara Osterholt, West, 13-4.50; 6, Madeline Hanno, Bishop Heelan, 13-2.50.

High jump: 1, Tori Vondrak, Bishop Heelan, 4-10; 2, Abby Pollow, East, 4-10; 3, Emily Koontz, Abraham Lincoln, 4-8; 4, Megan Stiles, East, 4-8; 5, Madeline Hanno, Bishop Heelan, 4-6; 6, Jordan Mundt, Thomas Jefferson, 4-6.

### INDIVIDUAL RUNNING

3,000: 1, Courtney Ruff, Thomas Jefferson, 11:07.88; 2, Kaylene Leiting, Bishop Heelan, 11:23.94; 3, Kasey Hohl, East, 11:54.0; 4, Hillary Tiarks, Abraham Lincoln, 13:01.25; 5, Devon Murray, Abraham Lincoln, 13:02.56; 6, Masha Kovtunova, North, 13:45.

100: 1, Gabriel Williams, West, 12.5; 2, Rae Twohig, West, 13.09; 3, Rachel Harrill, Thomas Jefferson, 13.13; 4, Jessica Bennett, Bishop Heelan, 13.14; 5, Lacey Wright, Abraham Lincoln, 13.15; 6, Taylor Thomas, Thomas Jefferson, 13.47.

400: 1, Ellen Dougherty, East, 55.88 (record, old record :56.28, Dougherty, 2008); 2, Emily McCarthy, East, 57.34; 3, Megan Beacom, Bishop Heelan, 1:04.60; 4, Faythe Pitkin, North, 1:05.59; 5, Kelly Daniels, Bishop Heelan, 1:05.65; 6, Sarah Murray, Abraham Lincoln, 1:05.66.

100 hurdles: 1, Jordan Mundt, Thomas Jefferson, 1:17.2 (record, new event); 2, Abby Pollow, East, 1:17.81; 3, Faith Oswald, Thomas Jefferson, 1:17.94; 4, Megan Stiles, East, 1:18.5; 5, Tanea White, Abraham Lincoln, 1:18.56; 6, Carena Chwirka, North, 1:19.06.

200: 1, Emily McCarthy, East, 2:59.90; 2, Gabriel Williams, West, 2:59.91; 3, Rae Twohig, West, 2:58.86; 4, Jessica Bennett, Bishop Heelan, 2:58.88; 5, Lacey Wright, Abraham Lincoln, 2:57.56; 6, Kajia Bergdale, North, 2:58.19.

400 hurdles: 1, Morgan Deboer, Abraham Lincoln, 1:12.98; 2, Nicole Owens, East, 1:13.69; 3, Kieonna Strong, West, 1:14.34; 4, Abby Pollow, East, 1:15.28; 5, Charity Oswald, Thomas Jefferson, 1:15.50; 6, Anna Pritchard, North, 1:16.03.

1,500: 1, Shelby Houlihan, East, 4:58.82; 2, Josee Jansen, North, 5:13.44; 3, Emily Olson, Abraham Lincoln, 5:16.78; 4, Kaylene Leiting, Bishop Heelan, 5:20.91; 5, Christine Madsen, North, 5:22.84.

800: 1, Shelby Houlihan, East, 2:14.19 (record, old record 2:19.03, Ellen Dougherty, East, 2008); 2, Ellen Dougherty, East, 2:14.37; 3, Lauren Ceckert, Bishop Heelan, 2:38.82; 4, Lindsey Combs, West, 2:46.19; 5, Emily Manning, Bishop Heelan, 2:47.91; 6, Bailey Kinney, Abraham Lincoln, 2:49.24.97.8.

### RELAYS

4x800: 1, Abraham Lincoln (Emma Murray, Emily Olsen, Hannah Zimmerman, Morgan DeBoer), 10:28.86; 2, Bishop Heelan, 10:55.16; 3, North, 11:47.65; 4, Thomas Jefferson, 12:00.38; 5, West, 12:09.41.

Shuttle hurdle: 1, Thomas Jefferson (Jamie Swotek, Charity Oswald, Jordan Mundt, Amanda Coffelt), 1:13.11 (record; new event); 2, West, 1:17.0; 3, Bishop Heelan, 1:17.16.

Distance medley: 1, East (Sam Mersch, Kylie Strom, Reyna Mikulicz, Shelby Houlihan), 4:20.97; 2, Abraham Lincoln, 4:33.56; 3, North, 4:39.35; 4, Bishop Heelan, 4:47.06; 5, Thomas Jefferson, 5:00.07; 6, West, 5:08.32.

4x200: 1, West (Cheyenne Simon, Summer Gordon, Gabriel Williams, Rae Twohig), 1:47.40; 2, Bishop Heelan, 1:48.53; 3, Thomas Jefferson, 1:49.59; 4, Abraham Lincoln, 1:52.19; 5, East, 1:52.20; 6, North, 1:52.94.

Sprint medley: 1, East (Sam Mersch, Baili Kleinberg, Reyna Mikulicz, Emily McCarthy), 1:53.19; 2, Thomas Jefferson, 1:56.88; 3, Bishop Heelan, 1:59.56; 4, Abraham Lincoln, 1:59.87; 5, West, 2:01.22; 6, North, 2:11.53.

4x100: 1, West (Kieonna Strong, Cheyenne Simon, Rae Twohig, Gabriel Williams), 49.63 (record, old record :50.03, West, 2008); 2, Bishop Heelan, 51.0; 3, Thomas Jefferson, 51.91; 4, East, 53.57; 5, North, 54.53; 6, Abraham Lincoln, 54.75.

4x400: 1, East (Shelby Houlihan, Reyna Mikulicz, Emily McCarthy, Ellen Dougherty), 4:07.19; 2, Bishop Heelan, 4:23.43; 3, Abraham Lincoln, 4:23.91; 4, North, 4:47.13; 5, West, 4:48.25; 6, Thomas Jefferson, 4:54.75

## 2010 (5/7 at Glenwood)

### TEAM SCORES

Sioux City East	147
Council Bluffs Abraham Lincoln	115
Sioux City Bishop Heelan	109
Council Bluffs Thomas Jefferson	93
Sioux City North	58
Sioux City West	58

### FIELD EVENTS

High jump: 1, Tori Vondrak, Heelan, 5-2; 2, Emily Koontz, Abraham Lincoln, 5-0; 3, Abby Pollow, East, 4-10; 4, Jordyn Anderson, East, 4-10; 5, Jordan Widman, Abraham Lincoln, 4-8; 6, Corinne Spears, Heelan, 4-10.

Discus: 1, Chelsea Colpitts, Abraham Lincoln, 137-10 (record; old mark 134-7, Kellie Price, Abraham Lincoln, 2003); 2, Dusty Olson, Thomas Jefferson, 115-7; 3, Morgan Darrington, Abraham Lincoln, 105-7.25; 4, Kelsey Van Patten, Heelan, 98-9.50; 5, Diamond Denney, North, 97-5.75; 6, Melissa Mounts, East, 93-0.75.

Shot put: 1, Chelsea Colpitts, Abraham Lincoln, 39-2.50; 2, Jordan Gillenwater, Abraham Lincoln, 36-0.25; 3, McKayla Johnson, West, 33-0; 4, Ariel Hudson, North, 32-1; 5, Tricia Brown, Thomas Jefferson, 31-9; 6, Linsey Remien, North, 30-0.

Long jump: 1, Kayla Lavalais, North, 16-2.50; 2, Jordyn Anderson, East, 15-1.25; 3, Nyachan Pal, Thomas Jefferson, 15-0.25; 4, Tanea White, Abraham Lincoln, 14-6.75; 5, Sam Mersch, East, 14-6; 6, Chante Pope, West, 13-7.

### INDIVIDUAL RUNNING

3,000: 1, Courtney Ruff, Thomas Jefferson, 11:34.01; 2, Maddy Sullivan, Heelan, 12:47.63; 3, Amanda Delzell, North, 12:54.22; 4, Anna White, Abraham Lincoln, 13:12.15; 5, Anna Ahlers, Heelan, 13:35.42; 6, Carly Neilsen, West, 14:26.37.

100: 1, Ellen Dougherty, East, 12.14; 2, Rae Twohig, West, 12.69; 3, Lacey Wright, Abraham Lincoln, 12.75; 4, Lexie Strom, East, 12.92; 5, Mary Chicoine, Heelan, 13.01; 6, Kayla Lavalais, North, 13.04.

400: 1, Ellen Dougherty, East, 56.36; 2, Shelby Houlihan, 57.49; 3, Corinne Spears, Heelan, 1:04.97; 4, Hannah Koerselman, West, 1:07.75; 5, Sarah Murray, Abraham Lincoln, 1:07.75; 6, Hanna Christensen, Abraham Lincoln, 1:08.22.

100 hurdles: 1, Jordan Mundt, Thomas Jefferson, 16.28 (record; old mark 17.72; Jordan Mundt, Thomas Jefferson, 2009); 2, Tori Vondrak, Bishop Heelan, 16.29; 3, Kaity Schumacher, West, 17.37; 4, Tanea White, Abraham Lincoln, 17.59; 5, Emily McElwain, East, 17.88; 6, Emily Keane, Heelan, 18.03.

800: 1, Shelby Houlihan, East, 2:19.98; 2, Josee Jansen, North, 2:24.91; 3, Emily Manning, Heelan, 2:38.98; 4, Michelle Davids, Thomas Jefferson, 2:39.11; 5, Ali Heithoff, Abraham Lincoln, 2:45.32; 6, Danielle Renshaw, Thomas Jefferson, 2:49.55.

200: 1, Ellen Dougherty, East, 26.15; 2, Rae Twohig, West, 26.87; 3, Lacey Wright, Abraham Lincoln, 27.25; 4, Kelly Daniels, Heelan, 27.36; 5, Stephanie Pace, West, 27.48; 6, Reyna Mikulicz, East, 27.57.

400 hurdles: 1, Ellen Dougherty, East, 1:09.08; 2, Hayley Hendrickson, Thomas Jefferson, 1:14.58; 3, Anna Pritchard, North, 1:15.78; 4, Emily McElwain, East, 1:16.35; 5, Emily Keane, Heelan, 1:16.64; 6, Tori Vondrak, Heelan, 1:19.70.

1,500: 1, Shelby Houlihan, East, 4:55.15 (record; old mark, 4:55.52, Shelby Houlihan, East, 2009); 2, Josee Jansen, North, 5:06.84; 3, Carson Leiting, Heelan, 5:26.60; 4, Courtney Ruff, Thomas Jefferson, 5:31.81; 5, Christine Madsen, North, 5:31.85; 6, Crystal McElhose, East, 5:44.75.

### RELAYS

4x800: 1, Heelan (Katie Dougherty, Emily Manning, Claire Svec, Carson Leiting), 10:39.42; 2, Abraham Lincoln, 10:47.75; 3, Thomas Jefferson, 10:50.11; 4, East, 10:57.82; 5, West, 12:59.73.

Shuttle hurdle: 1, Thomas Jefferson (Amanda Coffelt, Faith Oswald, Jordan Mundt, Hayley Hendrickson), 1:11.47 (record; old mark 1:13.11, Thomas Jefferson, 2009); 2, East, 1:14.75; 3, West, 1:17.63; 4, Heelan, 1:18.72.

Distance medley: 1, North (Kayla Lavalais, Kajia Bergdale, Cecilia Mendiola, Christine Madsen), 4:34.12; 2, Heelan, 4:34.25; 3, Thomas Jefferson, 4:37.43; 4, Abraham Lincoln, 4:43.63; 5, East, 4:51.23; 6, West, 5:33.20.

4x200: 1, Abraham Lincoln (Jessica Nee, Peyton Holman, Amie Vorthmann, Peyton Holman, Lacey Wright), 1:50.89; 2, East, 1:51.08; 3, West, 1:52.52; 4, Heelan, 1:54.88; 5, Thomas Jefferson, 2:04.69.

Sprint medley: 1, Thomas Jefferson (Jordan Mundt, Faith Oswald, Amanda Coffelt, Taylor Thomas), 1:55.65; 2, Heelan, 1:57.79; 3, Abraham Lincoln, 2:00.59; 4, East, 2:00.59; 5, West, 2:04.26; 6, North, 2:05.03.

4x100: 1, East (Sam Mersch, Jordyn Anderson, Reyna Mikulicz, Lexie Strom), 51.79; 2, Abraham Lincoln, 52.33; 3, Heelan, 52.40; 4, West, 52.55; 5, Thomas Jefferson, 53.57.

4x400: 1, East (Christina Holden, Reyna Mikulicz, Lexie Strom, Shelby Houlihan), 4:15.57; 2, Heelan, 4:25.53; 3, Abraham Lincoln, 4:37.92; 4, Thomas Jefferson, 4:38.11; 5, West, 4:57.92.

## 2011 (5/6 at Olsen)

### TEAM SCORES

Sioux City Heelan	148
Council Bluffs Thomas Jefferson	145
Sioux City East	126
Council Bluffs Abraham Lincoln	76
Sioux City North	42
Sioux City West	27
Sergeant Bluff-Luton	16

### FIELD EVENTS

High jump: 1, Mackenzie Geary, Bishop Heelan, 5-0; 2, Jordyn Anderson, East, 4-10; 3, Madison Yohe, Bishop Heelan, 4-8; 4, Nicole Hahn, East, 4-6; 5, Ejanee Hume, Thomas Jefferson, 4-4.

Long jump: 1, Elizabeth Bohlmann, East, 15-8.75; 2, Nyachan Pal, Thomas Jefferson, 15-4.75; 3, Kylee Hickman, Bishop Heelan, 15-0; 4, Michelle Brown, North, 14-9; 5, Allie Sweeney, Bishop Heelan, 14-3.75; 6, Cecilia Mendiola, North, 13-11.25.

Shot put: 1, Amie Vorthmann, Abraham Lincoln, 39-0.5; 2, Dusty Olson, Thomas Jefferson, 37-10; 3, Jordan Gillenwater, Abraham Lincoln, 36-11.5; 4, Tricia Brown, Thomas Jefferson, 36-0.5; 5, Ariel Hudson, North, 34-8; 6, Miles Ludwigs, Sergeant Bluff-Luton, 33-10.

Discus: 1, Dusty Olson, Thomas Jefferson, 121-10; 2, Jordan Gillenwater, Abraham Lincoln, 119-11; 3, Morgan Darrington, Abraham Lincoln, 107-7; 4, Melissa Mounts, East, 98-10.5; 5, Miles Ludwigs, Sergeant Bluff-Luton, 98-4; 6, Kelsey Van Patten, Bishop Heelan, 96-7.5.

### INDIVIDUAL RUNNING

3,000: 1, Lindsay Joyce, Bishop Heelan, 12:19.74; 2, Brooke Bleeker, Bishop Heelan, 12:24.04; 3, Amanda Delzell, North, 13:15.50; 4, Paige McGrath, Sergeant Bluff-Luton, 13:33.15; 5, Katie Schmidt, West, 14:49.42; 6, Carly Nielsen, West, 15:07.26.

100: 1, Taylor Thomas, Thomas Jefferson, 13.30; 2, Rachele Harrill, Thomas Jefferson, 13.32; 3, Amie Vorthmann, Abraham Lincoln, 13.48; 4, Lexie Strom, East, 13.51; 5, Reyna Mikulicz, East, 13.52; 6, Mary Chicoine, Bishop Heelan, 13.66.

400: 1, Shelby Houlihan, East, 56.91; 2, Kelly Daniels, Bishop Heelan, 1:02.79; 2, Mackenzie Smith, Sergeant Bluff-Luton, 1:04.04; 4, Chelsey Hogan, Thomas Jefferson, 1:05.95; 5, Adrianna Duarte, Thomas Jefferson, 1:05.96; 6, Brenna Sweeney, Bishop Heelan, 1:07.08.

100 hurdles: 1, Jordan Mundt, Thomas Jefferson, 15.83 (record; old mark 16.28, Mundt, Thomas Jefferson, 2010); 2, Emily McElwain, East, 17.36; 3, Kaity Schumacher, West, 17.85; 4, Emily Keane, Bishop Heelan, 18.18; 5, Nyachan Pal, Thomas Jefferson, 18.35; 6, Kennedy Colvert, Sergeant Bluff-Luton, 18.66.

800: 1, Shelby Houlihan, East, 2:16.83; 2, Josee Jansen, North, 2:25.29; 3, Cassie Geopfert, East, 2:29.49; 4, Carly Williamson, Thomas Jefferson, 2:34.70; 5, Alyssa Nash, West, 2:36.99; 6, Abby Wostoupal, Bishop Heelan, 2:37.33.

200: 1, Kelly Daniels, Bishop Heelan, 27.64; 2, Madison Yohe, Bishop Heelan, 27.79; 3, Jessica Nee, Abraham Lincoln, 29.16; 4, Adrianna Duarte, Thomas Jefferson, 29.55; 5, Chelsey Hogan, Thomas Jefferson, 29.67; 6, Heidi Jones, West, 29.74.

400 hurdles: 1, Faith Oswald, Thomas Jefferson, 1:12.35; 2, Emily Keane, Bishop Heelan, 1:13.34; 3, Emily McElwain, East, 1:14.14; 4, Kaity Schumacher, West, 1:16.29; 5, Nyachan Pal, Thomas Jefferson, 1:16.83; 6, Kelsey Krohn, Sergeant Bluff-Luton, 1:22.39.

1,500: 1, Shelby Houlihan, East, 4:39.89 (record; old mark 4:55.15, Houlihan, East, 2010); 2, Josee Jansen, North, 5:17.56; 3, Carson Leiting, Bishop Heelan, 5:32.69; 4, Lindsay Joyce, Bishop Heelan, 5:37.90; 5, Emma Preston, Abraham Lincoln, 5:42.10; 6, Yesenia Olan, Thomas Jefferson, 5:52.35.

### RELAYS

4x800: 1, Bishop Heelan (Carson Leiting, Kaylene Leiting, Katie Dougherty, Abby Wostoupal) 10:21.10; 2, Abraham Lincoln 10:39.64; 3, Thomas Jefferson 11:09.39; 4, West 12:19.99.

Shuttle hurdle: 1, Thomas Jefferson (Nyachan Pal, Amanda Coffelt, Faith Oswald, Jordan Mundt) 1:08.81 (record; old mark 1:11.47; Thomas Jefferson, 2010); 2, East 1:12.33; 3, Bishop Heelan 1:17.48; 4, North 1:18.24.

Distance medley: 1, East (Jordyn Anderson, Tina Holden, Britney Cavillo, Cassie Geopfert) 4:30.87; 2, Bishop Heelan 4:37.25; 3, Abraham Lincoln 4:38.78; 4, Thomas Jefferson 5:27.49; 5, West 5:33.23.

4x200: 1, Thomas Jefferson (Faith Oswald, Rachele Harrill, Amanda Coffelt, Taylor Thomas) 1:47.45; 2, East 1:48.61; 3, Abraham Lincoln 1:52.12; 4, Bishop Heelan 1:53.13; 5, West 1:57.09; 6, North 2:00.78.

Sprint medley: 1, Thomas Jefferson (Jordan Mundt, Amanda Coffelt, Rachele Harrill, Taylor Thomas) 1:53.38; 2, Bishop Heelan 1:59.58; 3, North 2:05.65; 4, Abraham Lincoln 2:08.40; 5, East 2:09.24; 6, Sergeant Bluff-Luton 2:09.98.

4x100: 1, Bishop Heelan (Madison Yohe, Emily Keane, Brielle Luft, Mary Chicoine) 50.61; 2, Thomas Jefferson 51.14; 3, East 51.51; 4, Abraham Lincoln 52.42; 5, North 53.13; 6, West 55.00.

4x400: 1, East (Lexie Strom, Cassie Geopfert, Reyna Mikulicz, Shelby Houlihan) 4:07.44; 2, Bishop Heelan 4:15.66; 3, Thomas Jefferson 4:22.78; 4, Abraham Lincoln 4:28.59; 6, West 4:48.46.

## 2012 (5/3 at Olsen)

### TEAM SCORES

Sioux City Heelan	180
Council Bluffs Thomas Jefferson	99.6
Sioux City East	91.3
Sergeant Bluff-Luton	72
Council Bluffs Abraham Lincoln	53
Sioux City North	46
Sioux City West	43

### FIELD EVENTS

Long jump: 1, Elizabeth Bohlmann, East, 17-5.25; 2, Nyachan Pal, Thomas Jefferson, 15-8.5; 3, Kylee Hickman, Bishop Heelan, 15-7.5; 4, Shauna Folchert, North, 15-1; 5, Kayla Inlay, East, 15-0.5; 6, Megan Todd, Bishop Heelan, 14-11.75.

Shot put: 1, Dusty Olson, Thomas Jefferson, 37-3; 2, Tricia Brown, Thomas Jefferson, 34-7.5; 3, Miles Ludwigs, Sergeant Bluff-Luton, 34-6; 4, Jaylee Lester, Bishop Heelan, 29-11.5; 5, Marissa Schmidt, Sergeant Bluff-Luton, 29-1; 6, Azaria Hudson, West, 28-7.

Discus: 1, Dusty Olson, Thomas Jefferson, 124-4; 2, Ally Leos, Thomas Jefferson, 110-11; 3, Miles Ludwigs, Sergeant Bluff-Luton, 95-4; 4, Jaylee Lester, Bishop Heelan, 92-3; 5, Skylar Roupe, West, 89-6; 6, Mikayla Leuer, Bishop Heelan, 83-11.

High jump: 1, Mackenzie Geary, Bishop Heelan, 5-3; 2, (tie) Jordyn Anderson, East; Lauren Lennon, Sergeant Bluff-Luton, 4-10; 4, (tie) Megan Wolf, East; Rachel O'Neal, Thomas Jefferson, Ejanee Hume, Thomas Jefferson, 4-6.

### INDIVIDUAL RUNNING

3,000: 1, Lindsay Joyce, Bishop Heelan, 11:50.29; 2, Madi Peck, Bishop Heelan, 12:13.22; 3, Megan Adams, Sergeant Bluff-Luton, 12:47.76; 4, Shelby Boettcher, West, 12:59.36; 5, Yesenia Olan, Thomas Jefferson, 13:30.98; 6, Paige McGrath, Sergeant Bluff-Luton, 14:05.91.

100: 1, Britney Calvillo, East, 12.80; 2, Yasmeen Rose, Bishop Heelan, 12.85; 3, Emily Keane, Bishop Heelan, 13.07; 4, Michaela Daniel, North, 13.20; 5, Tina Holden, East, 13.43; 6, Tori Davenport, North, 14.13.

400: 1, Alyssa Nash, West, 1:02.11; 2, Hanna Vanderloo, East, 1:02.22; 3, Katrina Diaz, East, 1:04.54; 4, Kelcie Meier, Bishop Heelan, 1:05.40; 5, Heidi Jones, West, 1:05.86; 6, Victoria Krohn, Abraham Lincoln, 1:06.62.

100 hurdles: 1, Mackenzie Geary, Bishop Heelan, 15.85; 2, Jordan Mundt, Thomas Jefferson, 16.08; 3, Shauna Folchert, North, 16.71; 4, Courtney Morrison, Sergeant Bluff-Luton, 17.44; 5, Trista Thoreson, East, 17.45; 6, Kelsey Krohn, Sergeant Bluff-Luton, 17.68.

800: 1, Lauren Graves, Bishop Heelan, 2:30.55; 2, Carly Williamson, Thomas Jefferson, 2:33.57; 3, Kaylene Leiting, Bishop Heelan, 2:33.97; 4, Alyssa Nash, West, 2:35.60; 5, Alexa Murphy, Abraham Lincoln, 2:38.67; 6, Alizah Wink, North, 2:42.18.

200: 1, Yasmeen Rose, Bishop Heelan, 27.0; 2, Madison Yohe, Bishop Heelan, 27.26; 3, Stephanie Pace, West, 28.26; 4, Amber Schubert, Sergeant Bluff-Luton, 28.56; 5, Katrina Diaz, East, 28.71; 6, Heidi Jones, West, 29.12.

400 hurdles: 1, Kelsey Krohn, Sergeant Bluff-Luton, 1:10.25; 2, Faith Oswald, Thomas Jefferson, 1:10.95; 3, Shauna Folchert, North, 1:12.44; 4, Shaina McCullough, East, 1:13.39; 5, Lexie Nader, Abraham Lincoln, 1:14.24; 6, Hannah Hennings, Thomas Jefferson, 1:14.37.

1,500: 1, Lindsay Joyce, Bishop Heelan, 5:11.77; 2, Amy Samuelson, North, 5:25.11; 3, Carson Leiting, Bishop Heelan, 5:26.61; 4, Megan Adams, Sergeant Bluff-Luton, 5:27.29; 5, Emma Preston, Abraham Lincoln, 5:34.59; 6, Shelby Boettcher, West, 5:34.75.

### RELAYS

4x800: 1, Bishop Heelan (Abby Wostoupal, Lauren Graves, Carson Leiting, Kaylene Leiting) 10:20.76; 2, Thomas Jefferson 10:44.75; 3, Abraham Lincoln 10:48.11; 4, Sergeant Bluff-Luton 12:35.99.

Shuttle hurdle: 1, Thomas Jefferson (Faith Oswald, Hannah Hennings, Nyachan Pal, Jordan Mundt) 1:10.69; 2, Sergeant Bluff-Luton 1:12.55; 3, East 1:12.94; 4, Abraham Lincoln 1:25.92; 5, West 1:29.59.

Distance medley: 1, Bishop Heelan (Kylee Hickman, Yasmeen Rose, Lauren Graves, Lindsay Joyce) 4:21.59; 2, Abraham Lincoln 4:28.08; 3, Sergeant Bluff-Luton 4:43.83; 4, East 4:57.31; 5, Thomas Jefferson 5:17.58; 6, West 5:29.27.

4x200: 1, Bishop Heelan (Madison Yohe, Emily Keane, Brielle Luft, Mary Chicoine

# Missouri River Activities Conference Girls Track Results

## 2013 (5/2 at Olsen)

### TEAM SCORES

Sioux City Heelan	175
Sioux City East	112
Council Bluffs Thomas Jefferson	73
Council Bluffs Abraham Lincoln	69
Sioux City North	62
Sergeant Bluff-Luton	57
Sioux City West	39

### FIELD EVENTS

Shot put: 1, Mistie Kackley, Thomas Jefferson, 37-2.75; 2, Miles Ludwigs, Sergeant Bluff-Luton, 37-0; 3, Tanya Meyer, West, 35-4; 4, Jessica Shew, Thomas Jefferson, 32-10.5; 5, Allie Verzani, Bishop Heelan, 32-2; 6, Jaylee Lester, Bishop Heelan, 29-7.5.

High jump: 1, Mackenzie Geary, Bishop Heelan, 5-2; 2, Kaisha Billings, North, 4-10; 3, Brenna Karrer, Bishop Heelan, 4-10; 4, Danyel Moran, East, 4-8; 5, Lauren Lennon, Sergeant Bluff-Luton, 4-8; 6, Carl Robinson, Sergeant Bluff-Luton, 4-8.

Long jump: 1, Madie Pike, Sergeant Bluff-Luton, 16-10; 2, Elizabeth Bohlmann, East, 16-2; 3, Kaisha Billings, North, 15-1.75; 4, Kylee Hickman, Bishop Heelan, 15-0; 5, Brianna Waugh, Abraham Lincoln, 14-5.5; 6, Dairen Martinson, Sergeant Bluff-Luton, 13-10.5.

Discus: 1, Miles Ludwigs, Sergeant Bluff-Luton, 105-1; 2, Kayla Stottlemeyer, Abraham Lincoln, 97-2.5; 3, Allie Verzani, Bishop Heelan, 96-5; 4, Jaylee Lester, Bishop Heelan, 92-10; 5, Mollie Lower, Sergeant Bluff-Luton, 88-6; 6, Jessica Shew, Thomas Jefferson, 87-5.

### INDIVIDUAL RUNNING

3,000: 1, Emma Preston, Abraham Lincoln, 11:54.03; 2, Paige Noble, North, 12:47.54; 3, Allison Lester, East, 13:13.20; 4, Claire Schaefer, Bishop Heelan, 13:16.51; 5, Kelsi Thurman, Thomas Jefferson, 13:26.99; 6, Amanda Wilmescherr, Bishop Heelan, 13:33.90.

100: 1, Brittney Calvillo, East, 12.87; 2, Yasmeen Rose, Bishop Heelan, 12.90; 3, Lakendra Black, Thomas Jefferson, 13.61; 4, Taylor Ferguson, Bishop Heelan, 13.62; 5, Rylie Zyzda, East, 13.62; 6, Michaela Daniel, North, 13.80.

400: 1, Hanna Vanderloo, East, 1:05.25; 2, Kelcie Meier, Bishop Heelan, 1:05.29; 3, Alizah Wink, North, 1:06.64; 4, Alyssa Nash, West, 1:07.14; 5, Kathleen Meis, West, 1:08.43; 6, Lakendra Black, Thomas Jefferson, 1:08.61.

100 hurdles: 1, Mackenzie Geary, Bishop Heelan, 16.23; 2, Shauna Folchert, North, 17.17; 3, Carley Huisenga, East, 17.81; 4, Megan Wolf, East, 17.95; 5, Kennedy Colvert, Sergeant Bluff-Luton, 18.29; 6, Brenna Karrer, Bishop Heelan, 18.34.

800: 1, Lindsay Joyce, Bishop Heelan, 2:28.56; 2, Alyssa Nash, West, 2:36.17; 3, Alizah Wink, North, 2:37.62; 4, Lauren Luft, Bishop Heelan, 2:38.35; 5, Hannah Hildahl, East, 2:42.11; 6, Megan Adams, Sergeant Bluff-Luton, 2:42.88.

200: 1, Yasmeen Rose, Bishop Heelan, 26.91; 2, Rylie Zyzda, East, 27.14; 3, Emily Keane, Bishop Heelan, 27.99; 4, Katrina Diaz, East, 28.03; 5, Lakendra Black, Thomas Jefferson, 28.19; 6, Emily Dickerson, Thomas Jefferson, 29.07.

400 hurdles: 1, Carly Williamson, Thomas Jefferson, 1:10.46; 2, Shauna Folchert, North, 1:11.57; 3, Annie Fitzsimmons, Bishop Heelan, 1:12.66; 4, Shaina McCullough, East, 1:14.60; 5, Hannah Hennings, Abraham Lincoln, 1:15.94; 6, Taylor Volentine, Abraham Lincoln, 1:19.72.

1,500: 1, Lindsay Joyce, Bishop Heelan, 5:15.51; 2, Megan Adams, Sergeant Bluff-Luton, 5:25.30; 3, Emma Sealey, Bishop Heelan, 5:30.31; 4, Shelby Boettcher, West, 5:34.02; 5, CeCe Saldana, Abraham Lincoln, 5:35.06; 6, Paige Noble, North, 5:45.07.

### RELAYS

4x800: 1, Bishop Heelan (Carson Leiteng, Emma Sealey, Lauren Luft, Lindsay Joyce) 10:22.33; 2, Abraham Lincoln 10:48.65; 3, Thomas Jefferson 10:55.17; 4, Sergeant Bluff-Luton 11:35.54; 5, East 12:18.18.

Shuttle hurdle: 1, East (Megan Wolf, Maci Heimsoth, Shaina McCullough, Carley Huisenga) 1:11.61; 2, Abraham Lincoln 1:14.03; 3, Bishop Heelan 1:15.46; 4, Thomas Jefferson 1:21.98; 5, Sergeant Bluff-Luton 1:22.69.

Distance medley: 1, Thomas Jefferson (Alissia Tallant, Chelsey Hogan, Emily Dickerson, Carly Williamson) 4:31.44; 2, Abraham Lincoln 4:36.71; 3, Bishop Heelan 4:44.54; 4, West 5:05.17; 5, East 5:08.65; 6, Sergeant Bluff-Luton 5:08.65.

4x200: 1, East (Katrina Diaz, Rylie Zyzda, Elizabeth Bohlmann, Britney Calvillo) 1:49.67; 2, Bishop Heelan 1:52.63; 3, North 1:54.45; 4, Thomas Jefferson 1:56.76; 5, Abraham Lincoln 1:58.36; 6, West 2:03.61.

Sprint medley: 1, Bishop Heelan (Kylee Hickman, Emily Keane, Taylor Ferguson, Yasmeen Rose) 1:55.90; 2, Abraham Lincoln 2:01.05; 3, West 2:05.53; 4, Sergeant Bluff-Luton 2:07.57; 5, East 2:08.61; 6, Thomas Jefferson 2:09.32.

4x100: 1, East (Katrina Diaz, Rylie Zyzda, Elizabeth Bohlmann, Britney Calvillo) 51.13; 2, Bishop Heelan 51.41; 3, Abraham Lincoln 52.95; 4, North 53.12; 5, West 56.34; 6, Thomas Jefferson 56.35.

4x400: 1, Thomas Jefferson (Carly Williamson, Emily Dickerson, Alissia Tallant, Chelsey Hogan) 4:19.63; 2, East 4:22.62; 3, Bishop Heelan 4:25.74; 4, Abraham Lincoln 4:30.26; 5, West 4:40.90; 6, Sergeant Bluff-Luton 5:13.55.

## 2014 (5/8 at Olsen)

### TEAM SCORES

Sioux City Heelan	153
Sioux City East	96
Council Bluffs Abraham Lincoln	76
Sioux City North	76
Council Bluffs Thomas Jefferson	74
Sioux City West	51
Sergeant Bluff-Luton	47

### FIELD EVENTS

High jump: 1, Kaisha Billings, North, 4-10; 2, Danyel Moran, East, 4-10; 3, Brenna Karrer, Heelan, 4-06; 4, Kaitlyn Murphy, Abraham Lincoln, 4-04; 5, Rachel O'Neal, Thomas Jefferson, 4-04; 6, Annie Fitzsimmons, Heelan, 4-04.

Long jump: 1, Kaisha Billings, North, 17-07.5 (record, old mark 17-07 by Jacqui Kalin, North, 2007); 2, Elizabeth Bohlmann, East, 17-00; 3, Brenna Waugh, Abraham Lincoln, 15-10; 4, Sidonia Davis, North, 14-04.5; 5, Brenna Karrer, Heelan, 14-02; 6, Ayy Viola, Abraham Lincoln, 13-11.5.

Shot put: 1, Mistie Kackley, Thomas Jefferson, 38-10.5; 2, Miles Ludwigs, Sergeant Bluff-Luton, 38-09.25; 3, Tanya Meyer, West, 34-05.75; 4, Justyce Tieck, East, 34-04.25; 5, Azaria Hudson, West, 33-00; 6, Jaylee Lester, Heelan, 32-02.

Discus: 1, Miles Ludwigs, Sergeant Bluff-Luton, 110-06; 2, Allie Verzani, Heelan, 107-03; 3, Jaylee Lester, Heelan, 98-02; 4, Kayla Stottlemeyer, Abraham Lincoln, 96-09; 5, Azaria Hudson, West, 94-04; 6, Madison Jensen, West, 93-11.

### INDIVIDUAL RUNNING

3,000: 1, Avery Lester, East, 12:22.37; 2, Lillyana Yebra, North, 12:29.99; 3, Emma Preston, Abraham Lincoln, 12:39.63; 4, Kelsi Thurman, Thomas Jefferson, 13:32.97; 5, Kelly Espinosa, Thomas Jefferson, 13:41.76; 6, Amanda Wilmescherr, Heelan, 13:59.04.

100: Khenadi Jones, West, 13.36; 2, Yasmeen Rose, Heelan, 13.50; 3, Elizabeth Bohlmann, East, 13.64; 4, Kelsey Krohn, Sergeant Bluff-Luton, 13.99; 5, Mercy Oyadare, North, 14.04; 6, Madison Brown, Heelan, 14.08.

400: 1, Anna Albenesius, Heelan, 1:03.81; 2, Kali Ryan, East, 1:04.30; 3, Sami McCulley, East, 1:06.00; 4, Lauren Bleeker, Heelan, 1:07.18; 5, Kendall Bainbridge, Abraham Lincoln, 1:08.02; 6, Dairen Martinson, Sergeant Bluff-Luton, 1:10.80.

100 hurdles: 1, Shauna Folchert, North, 17.20; 2, Kelsey Krohn, Sergeant Bluff-Luton, 17.64; 3, Kendra Janjickiewicz, Abraham Lincoln, 18.24; 4, Brenna Karrer, Heelan, 19.23; 5, Teah Gilmore, Thomas Jefferson, 19.45; 6, Ashley Davis, Sergeant Bluff-Luton, 19.46.

800: 1, Lindsay Joyce, Heelan, 2:34.42; 2, Cassie Warner, Thomas Jefferson, 2:34.56; 3, Lauren Luft, Heelan, 2:37.31; 4, Merle Stock, Abraham Lincoln, 2:38.58; 5, Shelby Boettcher, West, 2:39.57; 6, Hannah Hildahl, East, 2:44.14.

200: 1, Yasmeen Rose, Heelan, 27.49; 2, Mercedes Hart, Abraham Lincoln, 28.33; 3, Rylie Zyzda, East, 28.40; 4, Madison Brown, Heelan, 28.75; 5, LaKendra Black, Thomas Jefferson, 28.96; 6, Hannah Hammer, North, 29.31.

400 hurdles: 1, Shauna Folchert, North, 1:10.95; 2, Hannah Hennings, Abraham Lincoln, 1:14.44; 3, Annie Fitzsimmons, Heelan, 1:14.71; 4, Hunter Hendrickson, Thomas Jefferson, 1:18.01; 5, Ashley Davis, Sergeant Bluff-Luton, 1:19.63; 6, Delaney Crowl, Sergeant Bluff-Luton, 1:24.22.

1,500: 1, Emma Sealey, Heelan, 5:27.33; 2, Shelby Boettcher, West, 5:31.48; 3, Lillyana Yebra, North, 5:34.08; 4, Avery Lester, East, 5:46.16; 5, Rainell Hobson, West, 5:54.98; 6, Lindsay Joyce, Heelan, 6:00.78.

### RELAYS

4x800: Heelan (Lindsay Joyce, Lauren Luft, Emma Sealey, Madi Peck) 10:34.70; 2, Thomas Jefferson, 11:22.17; 3, East, 11:41.76; 4, Abraham Lincoln, 12:48.35; no other entries.

Shuttle hurdle: 1, Abraham Lincoln (Hannah Hennings, Alicia Steppuhn, Abbie McIntosh, Kendra Janjickiewicz) 1:19.39; 2, Thomas Jefferson, 1:24.56; no other entries.

Distance medley: 1, Thomas Jefferson (LaKendra Black, TeLeigha Starks, Alissia Tallant, Cassie Warner) 4:28.0; 2, Heelan, 4:29.46; 3, West, 4:38.46; 4, Abraham Lincoln, 4:44.14; 5, Sergeant Bluff-Luton, 5:07.21; 6, East, 5:13.07.

4x200: 1, Heelan (Noelle Weaver, Katie Glover, Madison Brown, Yasmeen Rose) 1:51.19; 2, East, 1:51.73; 3, North, 1:53.22; 4, Sergeant Bluff-Luton, 1:58.69; 5, Abraham Lincoln, 2:02.34; 6, Thomas Jefferson, 2:04.77.

Sprint medley: 1, Heelan (Noelle Weaver, Lauren Bleeker, Anna Albenesius, Brooke Bleeker) 1:57.96; 2, West, 1:58.11; 3, Thomas Jefferson, 1:59.16; 4, Sergeant Bluff-Luton, 2:02.10; 5, East, 2:04.32; 6, Abraham Lincoln, 2:04.96.

4x100: 1, East (Katrina Diaz, Rylie Zyzda, Elizabeth Bohlmann, Kayla Inlay) 51.32; 2, North, 51.61; 3, Heelan, 52.59; 4, Abraham Lincoln, 53.39; 5, Sergeant Bluff-Luton, 53.44; 6, Thomas Jefferson, 59.70.

4x400: 1, Heelan (Anna Albenesius, Lauren Bleeker, Lauren Luft, Brooke Bleeker) 4:15.02; 2, East, 4:17.00; 3, Thomas Jefferson, 4:19.27; 4, West, 4:36.26; 5, Abraham Lincoln, 4:37.18; 6, North, 4:54.32.

## 2015 (5/7 at Olsen)

### TEAM SCORES

Sioux City Heelan	150
Sioux City East	109
Sioux City North	81
Council Bluffs Abraham Lincoln	74
Council Bluffs Thomas Jefferson	68
Sioux City West	59
Sergeant Bluff-Luton	46

### FIELD EVENTS

High jump: 1, Taylor Copple, East, 4-10; 2, Sam McGowan, Heelan, 4-10; 3, Kelsi Ryan, Sergeant Bluff-Luton, 4-8; 4, Josey Starner, Thomas Jefferson 4-8; 5, Anna Lucas, Sergeant Bluff-Luton, 4-6; 6, Grace Schiltz, North, 4-6.

Long jump: 1, LaKendra Black, Thomas Jefferson, 17-00; 2, Madie Pike, Sergeant Bluff-Luton, 16-08.00; 3, Kayla Inlay, East, 15-6.50; 4, Anna Larson, Thomas Jefferson, 15-6; 5, Ellie Cropley, Heelan, 15-1.5; 6, Breanna Waugh, Abraham Lincoln, 15-1.5.

Shot put: 1, Azariah Hudson, West, 35-4; 2, Sarah Spender, East, 35-2.5; 3, Allie Verzani, Heelan, 34-6.5; 4, Kitty Turner, West, 32-10; 5, Holli Verzan, Heelan, 32-4; 6, Cire Strim, North, 32-2.

Discus: 1, Sarah Spender, East, 119-8.5; 2, Josey Starner, Thomas Jefferson, 108-4; 3, Allie Verzani, Heelan, 106-0; 4, Kayla Stottlemeyer, Abraham Lincoln, 96-4; 5, Caitlin Spurgin, Abraham Lincoln, 93-3; 6, Taylor Brown, Sergeant Bluff-Luton, 92-8.

### INDIVIDUAL RUNNING

3,000: 1, Kierra McKernan, West, 10:56.56 (record; old mark 11:04.84, Shelby Houlihan, East, 2008); 2, Annie Jensen, Heelan, 11:50.41; 3, Kylee Davis, North, 12:14.96; 4, Kiley Boeshart, Heelan, 12:22.25; 5, Shayna Skokan, East, 12:46.84; 6, Sunshine Wink, Abraham Lincoln, 13:00.63.

100: 1, Khenadi Jones, West, 12.71; 2, Mercy Oyadare, North, 13.30; 3, Maddie Brown, Heelan, 13.33; 4, Kayla Inlay, East, 14.0; 5, Malika Peak-Wallace, North, 14.08; 6, Katie Rizk, Heelan, 14.19.

400: 1, Kaitlyn Mulder, North, 1:01.27; 2, Anna Albenesius, Heelan, 1:03.23; 3, Sami McCulley, East, 1:04.37; 4, Kendall Bainbridge, Abraham Lincoln, 1:05.77; 5, Deziree Ayon, Thomas Jefferson, 1:06.09; 6, Lexi Hettinger, North, 1:08.66.

100 hurdles: 1, Shauna Folchert, North, 17.31; 2, Paige Hanson, East, 17.95; 3, Sam McGowan, Heelan, 18.11; 4, Kaly Damgaard, Abraham Lincoln, 18.22; 5, Alicia Steppuhn, Abraham Lincoln, 18.45; 6, Teah Gilmore, Thomas Jefferson, 18.56.

800: 1, Lauren Van Dyke, East, 2:24.98; 2, Lauren Luft, Heelan, 2:32.61; 3, Anna Peterson, Heelan, 2:36.92; 4, Hannah Hildahl, East, 2:38.37; 5, Grace Scott, Sergeant Bluff-Luton, 2:44.46; 6, Ashley Gruis, West, 2:44.95.

200: 1, Khenadi Jones, West, 26.87; 2, Rylie Zyzda, East, 27.47; 3, Mercy Oyadare, North, 27.56; 3, Mercedes Hart, Abraham Lincoln, 27.88; 5, Kali Ryan, Heelan, 28.84; 6, Savannah Brand, 28.91.

400 hurdles: 1, Shauna Folchert, North, 1:09.72; 2, Annie Fitzsimmons, Heelan, 1:11.44; 3, Hannah Hennings, Abraham Lincoln, 1:12.41; 4, Paige Hanson, East, 1:13.89; 5, Brooke Doohen, Heelan, 1:16.23; 6, Sydney Schilling, Abraham Lincoln, 1:18.92.

1,500: 1, Kierra McKernan, West, 5:10.28; 2, Claire Jones, Abraham Lincoln, 5:20.50; 3, Megan Adams, Sergeant Bluff-Luton, 5:25.10; 4, Breanna Waugh, Abraham Lincoln, 5:27.53; 5, Annie Jensen, Heelan, 5:27.64; 6, Emma Sealey, Heelan, 5:33.94.

### RELAYS

4x800: 1, Heelan (Lauren Luft, Callie Doohen, Emma Sealey, Kali Ryan) 10:01.75 (record; old mark 10:06.59, North, 2002); 2, East 10:18.53; 3, Abraham Lincoln 10:56.25; 4, Sergeant Bluff-Luton 11:03.05; 5, North 11:42.80; 6, Thomas Jefferson 12:15.97.

Shuttle hurdle: 1, Abraham Lincoln (Hannah Hennings, Kaly Damgaard, Alicia Steppuhn, Hayley Hartman) 1:14.11; 2, Heelan 1:17.78; 3, Thomas Jefferson 1:20.06; 4, Sergeant Bluff-Luton 1:21.09; 5, North 1:23.34.

Distance medley: 1, Thomas Jefferson (LaKendra Black, TeLeigha Starks, Alissia Tallant, Cassie Warner) 4:22.40; 2, Abraham Lincoln 4:26.93; 3, Heelan 4:31.12; 4, Sergeant Bluff-Luton 4:38.40; 5, West 4:42.30; 6, East 4:47.38.

4x200: 1, Heelan (Ellie Cropley, Brooke Doohen, Maddie Brown, Yasmeen Rose) 1:48.84; 2, Thomas Jefferson 1:49.88; 3, East 1:54.90; 4, North 1:55.77; 5, Sergeant Bluff-Luton 1:58.88; 6, Abraham Lincoln 2:01.88.

Sprint medley: 1, Heelan (Maddie Brown, Ellie Cropley, Yasmeen Rose, Lauren Luft) 1:54.74; 2, North 1:56.00; 3, East 1:56.21; 4, Thomas Jefferson 1:57.31; 5, Abraham Lincoln 1:58.73; 6, Sergeant Bluff-Luton 1:59.05.

4x100: 1, Heelan (Maddie Brown, Yasmeen Rose, Ellie Cropley, Katie Rizk) 52.05; 2, North 52.66; 3, Sergeant Bluff-Luton 53.92; 4, Thomas Jefferson 53.97; 5, Abraham Lincoln 55.02.

4x400: 1, Heelan (Lauren Bleeker, Anna Albenesius, Callie Doohen, Kali Ryan) 4:12.34; 2, East 4:15.23; 3, Thomas Jefferson 4:15.94; 4, Abraham Lincoln 4:32.99; 5, West 4:33.50; 6, North 4:40.08.

## 2016 (5/5 at Olsen)

### TEAM SCORES

Sioux City Heelan	147
Council Bluffs Abraham Lincoln	118
Sioux City East	110
Sioux City North	78
Council Bluffs Thomas Jefferson	70
Sioux City West	55
Sergeant Bluff-Luton	29

### FIELD EVENTS

Shot put: 1, Holli Verzani, Bishop Heelan, 36-9.50; 2, Kitty Turner, West, 36-4.50; 3, Cecelia Yale, Thomas Jefferson, 36-3.50; 4, Sarah Spender, East, 35-6.5; 5, Gianni Gurneau, North, 35-1.5; 6, Brooklyn Coughlin, Bishop Heelan, 34-2.5.

Discus: 1, Cecelia Yale, Thomas Jefferson, 113-7; 2, Josey Starner, Thomas Jefferson, 112-1.3; 3, Sarah Spender, East, 108-0; 4, Hailey Hoogers, North, 107-4; 5, Brooklyn Coughlin, Bishop Heelan, 100-3; 6, Taylor Brown, Sergeant Bluff-Luton, 96-3.

Long jump: 1, Darby Thomas, Abraham Lincoln, 17-2.25; 2, Jayda Graham, North, 16-9.50; 3, Ellie Cropley, Bishop Heelan, 15-7.75; 4, Anna Larson, Thomas Jefferson, 15-7.75; 5, Caitlyn Jones, Thomas Jefferson, 15-6.25; 6, Malika Peak-Wallace, North, 15-1.5.

High jump: 1, Kelsi Ryan, Sergeant Bluff-Luton, 5-2; 2, Madison Harms, Sergeant Bluff-Luton, 5-0; 3, Kirstin Sykes, East, 4-10; 4, Helen Mayerhofer, Thomas Jefferson, 4-10; 5, Taylor Copple, East, 4-10; 6, Josey Starner, Thomas Jefferson, 4-10.

### INDIVIDUAL RESULTS

3,000: 1, Avery Lester, East, 11:19.49; 2, Hannah Hutchinson, Bishop Heelan, 11:31.72; 3, Claire Jones, Abraham Lincoln, 11:33.58; 4, Annie Jensen, Bishop Heelan, 11:41.91; 5, Kierra McKernan, West 11:52.90; 6, Shayna Skokan, East, 12:02.34.

100: 1, Khenadi Jones, West, 12.06; 2, Darby Thomas, Abraham Lincoln, 12.37; 3, Kayleigh Calvillo, East, 12.62; 4, Mercedes Hart, Abraham Lincoln, 12.68; 5, Jayda Graham, North, 12.79; 6, Malika Peak-Wallace, North, 12.83.

400: 1, Darby Thomas, Abraham Lincoln, 58.50; 2, Kaitlyn Mulder, North, 1:00.20; 3, Mercy Oyadare, North, 1:00.63; 4, Sami McCulley, East, 1:01.48; 5, Madison Jochum, Bishop Heelan, 1:01.96; 6, Kathleen Meis, West, 1:02.97.

100 hurdles: 1, Sam McGowan, Bishop Heelan, 16.72; 2, Hayley Hartman, Thomas Jefferson, 16.84; 3, Paige Hanson, East, 17.30; 4, Kaly Damgaard, Abraham Lincoln, 17.31; 5, Josey Starner, Thomas Jefferson, 17.68; 6, Mariah Mammen, Sergeant Bluff-Luton, 17.91.

800: 1, Lauren Van Dyke, East, 2:23.62; 2, Lauren Luft, Bishop Heelan, 2:30.49; 3, Kendall Bainbridge, Abraham Lincoln, 2:32.38; 4, Caitly Schaa, Abraham Lincoln, 2:32.47; 5, Joselyn Hill, East, 2:32.72; 6, Ashley Aesoph, Bishop Heelan, 2:38.44.

200: 1, Khenadi Jones, West, 24.99 (record, old record 25.35, Megan Iverson, Bishop Heelan, 2004); 2, Mercedes Hart, Abraham Lincoln, 25.49; 3, Mercy Oyadare, North, 26.09; 4, Rylie Zyzda, East, 26.22; 5, Kayleigh Calvillo, East, 26.42; 6, Maddie Brown, Bishop Heelan, 26.49.

400 hurdles: 1, Hayley Hartman, Abraham Lincoln, 1:09.99; 2, Paige Hanson, East, 1:10.55; 3, Kierra McKernan, West, 1:13.52; 4, Sam McGowan, Bishop Heelan, 1:13.98; 5, Rachel Jones, Bishop Heelan, 1:15.50; 6, Kylee Davis, North, 1:19.32.

1,500: 1, Avery Lester, East, 5:12.61; 2, Hannah Hutchinson, Bishop Heelan, 5:19.95; 3, Lillyana Yebra, North, 5:20.72; 4, Claire Jones, Abraham Lincoln, 5:25.03; 5, Annie Jensen, Bishop Heelan, 5:33.93; 6, Sydney McManamy, East, 5:35.63.

### RELAYS

4x800: 1, Bishop Heelan (Callie Doohen, Lauren Luft, Ashley Aesoph, Madison Jochum) 10:02.13; 2, East 10:11.68; 3, Thomas Jefferson 11:39.24; 4, North 11:40.19; 5, Abraham Lincoln 12:16.64.

Shuttle hurdle: 1, Abraham Lincoln (Alicia Steppuhn, Kaly Damgaard, Abby McIntosh, Hayley Hartman) 1:11.06; 2, Bishop Heelan 1:14.79; 3, Thomas Jefferson 1:17.81; 4, Sergeant Bluff-Luton 1:17.94; 5, West 1:21.13; 6, North 1:22.93.

Distance medley: 1, Bishop Heelan (Callie Doohen, Elyse Meis, Ashley Peck, Ashley Aesoph) 4:29.94; 2, Thomas Jefferson 4:30.16; 3, North 4:40.29; 4, East 4:45.12; 5, Abraham Lincoln 4:49.03; 6, Sergeant Bluff-Luton 4:59.13.

# Missouri River Activities Conference Girls Track Results

## 2017 (5/4 at Council Bluffs)

### TEAM SCORES

Sioux City Heelan	166
Council Bluffs Abraham Lincoln	118
Sioux City East	102
Sioux City North	69
Council Bluffs Thomas Jefferson	66
Sioux City West	40
Sergeant Bluff-Luton	27

### FIELD EVENTS

Shot put: 1, Cecelia Yale, Thomas Jefferson, 37-2.25; 2, Holli Verzani, Bishop Heelan, 35-6.75; 3, Brooklyn Cougill, Bishop Heelan, 34-10.5; 4, Caitlin Spurgin, Abraham Lincoln, 33-3.5; 5, Hailey Hoogers, North, 32-11.25; 6, Hope Wagner, West, 32-5.

Discus: 1, Josey Starner, Thomas Jefferson, 129-0; 2, Cecelia Yale, Thomas Jefferson, 121-3; 3, Brooklyn Cougill, Bishop Heelan, 116-5; 4, Nicole Jacobson, Bishop Heelan, 116-2; 5, Taylor Brown, Sergeant Bluff-Luton, 114-1; 6, Hailey Hoogers, North, 113-6.

Long jump: 1, Darby Thomas, Abraham Lincoln, 18-2.25 (record; old mark 17-7.5, Kaisha Billings, North, 2014); 2, MaLiKa Peak-Wallace, North, 16-5; 3, Anna Larson, Thomas Jefferson, 16-3.5; 4, Caitlyn Jones, Thomas Jefferson, 16-2.5; 5, Ellie Cropley, Bishop Heelan, 15-9; 6, Kelli Gilsar, North, 15-7.5.

High jump: 1, Madison Harms, Sergeant Bluff-Luton, 5-5; 2, Amber Aesoph, Bishop Heelan, 5-0; 3, Taylor Coppel, East; Anna Lucas, Sergeant Bluff-Luton, 4-10; 5, Jeannette Jurez, Abraham Lincoln, 4-10; 6, Josey Starner, Thomas Jefferson, 4-10.

### INDIVIDUAL RUNNING

100: 1, Darby Thomas, Abraham Lincoln, 11:83; 2, Mercy Oyadare, 12:47; 3, Amelia Duax, West, 12:80; 4, Kayleigh Calvillo, East, 12:81; 5, Kenna Inlay, East, 12:83; 6, MaLiKa Peak-Wallace, North, 12:90.

100 hurdles: 1, Hayley Hartman, Abraham Lincoln, 16:06; 2, Brooke Doohen, Bishop Heelan, 16:64; 3, Sam McGowan, Bishop Heelan, 16:40; 4, Kalynd Damgaard, Abraham Lincoln, 17:49; 5, Paige Hanson, East, 17:50; 6, Akia Aimpson, East, 18:12.

200: 1, Darby Thomas, Abraham Lincoln, 24.55 (record; old mark 24.99, Khenadi Jones, West, 2016); 2, Laken Gardner, West, 25:76; 3, Caitlyn Jones, Thomas Jefferson, 26:09; 4, Mercy Oyadare, North, 26:33; 5, Madison Jochum, Bishop Heelan, 26:35; 6, Maddie Brown, Bishop Heelan, 26:44.

400: 1, Darby Thomas, Abraham Lincoln, 57:37; 2, Madison Jochum, Bishop Heelan, 58:04; 3, Mercy Oyadare, North, 59:49; 4, Kaitlyn Mulder, North, 59:55; 5, Lexie Thomas, Abraham Lincoln, 1:05:90; 6, Madi Van Dyke, East, 1:07:29.

400 hurdles: 1, Paige Hanson, East, 1:08:39; 2, Ashley Aesoph, Bishop Heelan, 1:11:90; 3, Hayley Hartman, Abraham Lincoln, 1:12:08; 4, Jeannette Jurez, Abraham Lincoln, 1:14:19; 5, Savannah Brand, North, 1:14:29; 6, Rachel Joines, Bishop Heelan, 1:18:11.

800: 1, Lauren Van Dyke, Bishop Heelan, 2:22:13; 2, Amber Aesoph, Bishop Heelan, 2:25:02; 3, Kali Ryan, Bishop Heelan, 2:30:70; 4, McKenzie Coyle, North, 2:35:66; 5, Cailey Schaa, Abraham Lincoln, 2:36:42; 6, Alee Lewis, East, 2:36:88.

1,500: 1, Avery Lester, East, 5:10:86; 2, Annie Jensen, Bishop Heelan, 5:13:72; 3, Hannah Hutchinson, Bishop Heelan, 5:24:63; 4, Moriah Heilesen, Abraham Lincoln, 5:24:79; 5, Jasmine Ramos, Thomas Jefferson, 5:28:23; 6, Karlee Phillips, East, 5:32:61.

3,000: 1, Avery Lester, East, 11:17:25; 2, Annie Jensen, Bishop Heelan, 11:26:06; 3, Karlee Phillips, East, 11:57:89; 4, Leila Santiago, Sergeant Bluff-Luton, 12:18:39; 5, Ashlyn Peck, Bishop Heelan, 12:28:27; 6, Hayleigh Vandervelde, Abraham Lincoln, 12:41:53.

### RELAYS

4x100: 1, West (Makayla Mozak, Khenadi Jones, Laken Gardner, Amelia Duax) 49:69; 2, North 50:53; 3, East 51:59; 4, Bishop Heelan 51:61

4x200: 1, Bishop Heelan (Elsy Meis, Anna Albenesius, Katie Rizk, Ellie Cropley) 1:50:06; 2, Thomas Jefferson 1:50:18; 3, Abraham Lincoln 1:51:68; 4, North 1:53:04; 5, West 1:54:71; 6, East 1:56:20.

4x400: 1, Bishop Heelan (Brooke Doohen, Anna Albenesius, Madison Jochum, Amber Aesoph) 4:08:05; 2, East 4:08:91; 3, Abraham Lincoln 4:24:49; 4, North 4:32:22; 5, Thomas Jefferson 4:38:54; 6, Sergeant Bluff-Luton 4:48:99.

4x800: 1, East (Paige Hanson, Alee Lewis, Sami McCulley, Lauren Van Dyke) 9:56:93 (record; old mark 10:01:75, Bishop Heelan, 2015); 2, Bishop Heelan 10:03:67; 3, Abraham Lincoln 10:13:12; 4, North 10:24:47; 5, Thomas Jefferson 10:52:18; 6, West 13:03:02.

Sprint medley: 1, Bishop Heelan (Katie Rizk, Ellie Cropley, Maddie Brown, Madison Jochum) 1:50:31 (record; old mark 1:50:74, Abraham Lincoln, 2016); 2, East 1:52:84; 3, West 1:53:27; 4, North 1:54:84; 5, Thomas Jefferson 1:56:80; 6, Abraham Lincoln 2:02:27.

Distance medley: 1, Bishop Heelan (Maddie Brown, Sam McCabe, Callie Doohen, Hannah Hutchinson) 4:30:62; 2, Abraham Lincoln 4:32:44; 3, East 4:34:61; 4, Sergeant Bluff-Luton 4:46:32; 5, North 4:46:38; 6, Thomas Jefferson 4:52:30.

Shuttle hurdle: 1, Abraham Lincoln (Kalynd Damgaard, Taylan Keefer, Jocelyn Hendrix, Hayley Hartman) 1:09:79; 2, Bishop Heelan 1:11:25; 3, West 1:18:06; 4, Thomas Jefferson 1:21:47; 5, North 1:25:74.

## 2018 (5/4 at Memorial)

### TEAM SCORES

Council Bluffs Abraham Lincoln	135
Sioux City East	132
Sioux City Heelan	127
Council Bluffs Thomas Jefferson	79
Sergeant Bluff-Luton	57
Sioux City North	44
Sioux City West	12

### FIELD EVENTS

High jump: 1, Madison Harms, Sergeant Bluff-Luton, 5-1; 2, Josey Starner, Thomas Jefferson, 5-0; 3, Anna Lucas, Sergeant Bluff-Luton, 4-10; 4, Kayla Schiefman, Abraham Lincoln, 4-8; 5, Kerrigan Keefer, Abraham Lincoln, 4-8; 6, Taylor Coppel, East, 4-8.

Long jump: 1, Darby Thomas, Abraham Lincoln, 18-1.5; 2, Malika Peak-Wallace, North, 17-6.5; 3, Caitlyn Jones, Thomas Jefferson, 17-0.5; 4, Shelby Wilfong, Abraham Lincoln, 16-7; 5, Sam McGowan, Heelan, 15-8; 6, Anna Larson, Thomas Jefferson, 14-6.

Discus: 1, Josey Starner, Thomas Jefferson, 130-10; 2, Taylor Brown, Sergeant Bluff-Luton, 121-1; 3, Brooklyn Cougill, Heelan, 115-8; 4, Nicole Jacobson, Heelan, 111-3; 5, Hailey Hoogers, North, 109-7; 6, Ali Palmersheim, East, 104-8.

Shot Put: 1, Josey Starner, Thomas Jefferson, 38-5.25; 2, Holli Verzani, Heelan, 37-9.75; 3, Caitlin Spurgin, Abraham Lincoln, 36-10; 4, Hope Wagner, West, 35-0.5; 5, Brooklyn Cougill, Heelan, 34-10.5; 6, Hailey Hoogers, North, 33-7.5.

### INDIVIDUAL RUNNING

3,000: 1, Annie Jensen, Heelan, 11:16:00; 2, Karlee Phillips, East, 11:52:08; 3, Moriah Heilesen, Abraham Lincoln, 11:54:68; 4, Katie Lammers, East, 12:01:49; 5, Jasmine Ramos, Thomas Jefferson, 12:12:67; 6, Leila Laureano, Sergeant Bluff-Luton, 12:13:13.

100: 1, Darby Thomas, Abraham Lincoln, 12:47; 2, Caitlyn Jones, Thomas Jefferson, 12:74; 3, Kenna Inlay, East, 13:01; 4, Kaitlyn Mulder, North, 13:14; 5, Lineya Wells, East, 13:14; 6, Alexis Archie, Thomas Jefferson, 13:62.

400: 1, Madison Jochum, Heelan, 57:61; 2, Lauren Van Dyke, East, 58:62; 3, Kaitlyn Mulder, North, 58:97; 4, Brooklyn Huberty, Sergeant Bluff-Luton, 1:02:75; 5, Chloe Black, Sergeant Bluff-Luton, 1:04:18; 6, McKenzie Coyle, North, 1:04:78.

100 hurdles: 1, Darby Thomas, Abraham Lincoln, 15:48 (record; old mark 15:83, Jordan Mundt, CBT, 2011); 2, Laken Gardner, East, 15:73; 3, Hayley Hartman, Abraham Lincoln, 16:53; 4, Nya Lul, East, 17:29; 5, Sam McGowan, Heelan, 17:32; 6, Hailey Watts, Thomas Jefferson, 18:00.

800: 1, Amber Aesoph, Heelan, 2:18:11; 2, Lauren Van Dyke, East, 2:25:49; 3, Suzie Miller, Thomas Jefferson, 2:29:46; 4, Joslyn Hill, East, 2:34:45; 5, Claire Jones, Abraham Lincoln, 2:35:07; 6, Sam Christiansen, Abraham Lincoln, 2:36:63.

200: 1, Darby Thomas, Abraham Lincoln, 25:86; 2, Lineya Wells, East, 26:57; 3, Caitlyn Jones, Thomas Jefferson, 26:58; 4, Kaitlyn Mulder, North, 26:71; 5, Madison Jochum, Heelan, 26:91; 6, Hope Sokolowski, Heelan, 28:64.

1,500: 1, Annie Jensen, Heelan, 5:13:28; 2, Karlee Phillips, East, 5:19:63; 3, Emma Hutchinson, Heelan, 5:23:83; 4, Moriah Heilesen, Abraham Lincoln, 5:25:94; 5, Emma Kelley, North, 5:31:60; 6, Jasmine Ramos, Thomas Jefferson, 5:41:61.

400 hurdles: 1, Paige Hanson, East, 1:07:98; 2, Hayley Hartman, Abraham Lincoln, 1:09:61; 3, Ashley Aesoph, Heelan, 1:12:07; 4, Jeannette Jurez, Abraham Lincoln, 1:15:89; 5, Laken Gardner, East, 1:20:54; 6, AnnDea Boetger, North, 1:20:76.

### RELAYS

Sprint medley: 1, East (Kenna Inlay, Allyson Smith, Lineya Wells, Paige Hanson) 1:53:17; 2, Thomas Jefferson 1:54:16; 3, Bishop Heelan 1:54:93; 4, Sergeant Bluff-Luton 1:57:62; 5, Abraham Lincoln 1:58:54; 6, West 2:04:73.

4x800: 1, Bishop Heelan (Emma Hutchinson, Ashley Aesoph, Brenna Joyce, Amber Aesoph) 10:15:35; 2, Abraham Lincoln 10:19:49; 3, Sergeant Bluff-Luton 10:34:94; 4, North 10:53:78; 5, East 10:58:87.

Shuttle hurdle: 1, Abraham Lincoln, (Jocelyn Hendrix, Emily Steskal, Taylan Keefer, Hayley Hartman) 1:11:82; 2, Heelan 1:14:80; 3, West 1:15:78; 4, East 1:16:38; 5, Sergeant Bluff-Luton 1:23:96.

Distance medley: 1, Heelan, (Brooke Doohen, Elsy Meis, Callie Doohen, Amber Aesoph) 4:22:82; 2, Abraham Lincoln 4:29:70; 3, Thomas Jefferson 4:41:47; 4, East 4:42:90; 5, Sergeant Bluff-Luton 4:53:10; 6, North 5:05:77.

4x200: 1, East (Kenna Inlay, Allyson Smith, Paige Hanson, Lineya Wells) 1:49:16; 2, Abraham Lincoln 1:51:96; 3, Heelan 1:55:02; 4, Sergeant Bluff-Luton 1:57:47; 5, North 1:59:29; 6, West 1:59:52.

4x100: 1, East (Myerra Parker, Kenna Inlay, Allyson Smith, Lineya Wells) 50:26; 2, North 51:75; 3, Sergeant Bluff-Luton 53:02; 4, Abraham Lincoln 53:70; 5, Heelan 54:19; 6, Thomas Jefferson 54:66.

4x400: 1, East (Paige Hanson, Taylor Coppel, Allyson Smith, Lauren Van Dyke) 4:11:06; 2, Abraham Lincoln 4:11:52; 3, Heelan 4:15:69; 4, Thomas Jefferson 4:28:73; 5, Sergeant Bluff-Luton 4:36:50.

## 2019 (5/2 at SBL)

### TEAM SCORES

Sioux City East	171
Council Bluffs Abraham Lincoln	144
Sergeant Bluff-Luton	72
Sioux City North	60
Sioux City West	56
Sioux City Heelan	55
Council Bluffs Thomas Jefferson	30

### FIELD EVENTS

High jump: 1, Kirsten Sykes, East, 5-0; 2, (tie) Kerigan Keefer, Abraham Lincoln; Kayla Schleifman, Abraham Lincoln, 4-10; 4, Taylor Jochum, Bishop Heelan, 4-10; 5, Addy Mosier, Sergeant Bluff-Luton, 4-10; 6, Kyley Vondrak, East, 4-8.

Long jump: 1, Darby Thomas, Abraham Lincoln, 17-3.5; 2, Lineya Wells, East, 16-10; 3, Addy Mosier, Sergeant Bluff-Luton, 15-6.5; 4, Adriel Simien, North, 15-4.75; 5, Maxine Mass, Thomas Jefferson, 14-8.25; 6, Hanna Schimmer, Abraham Lincoln, 14-8.25.

Shot put: 1, Hope Wagner, West, 38-9.5; 2, Hailey Hoogers, North, 36-5; 3, Ella Skinner, Bishop Heelan, 35-4; 4, Lucy Turner, Abraham Lincoln, 35-0.5; 5, Jacee Tindall, Abraham Lincoln, 32-7; 6, Sedrena Phillips, North, 32-2.5.

Discus: 1, Hailey Hoogers, North, 118-1; 2, Lucy Turner, Abraham Lincoln, 110-8; 3, Tessa Smith, Sergeant Bluff-Luton, 110-2; 4, Caitlyn Miller, North, 106-8; 5, Ali Palmersheim, East, 98-2; 6, Jennifer Stottemeyer, Abraham Lincoln, 94-9.

### INDIVIDUAL RUNNING

3,000: 1, Sydney Helt, East, 11:41:03; 2, Hannah Belt, Thomas Jefferson, 12:00:27; 3, Karlee Stoops, East, 12:28:83; 4, McKenzie Brown, Abraham Lincoln, 12:40:04; 5, Belinda James, Abraham Lincoln, 12:43:46; 6, Michele Becker, Sergeant Bluff-Luton, 12:58:36.

100: 1, Darby Thomas, Abraham Lincoln, 12:32; 2, Lineya Wells, East, 12:82; 3, Myerra Parker, East, 13:46; 4, Emma Salkner, Sergeant Bluff-Luton, 13:56; 5, Alexis Smith, Thomas Jefferson, 13:72; 6, Ashleigh Amelung, North, 13:92.

400: 1, Holly Duax, West, 58:32; 2, Lineya Wells, East, 58:67; 3, Brooklyn Huberty, Sergeant Bluff-Luton, 59:22; 4, Hanna Schimmer, Abraham Lincoln, 1:01:80; 5, Mia Conley, Bishop Heelan, 1:02:77; 6, Michelle Sanchez, North, 1:03:64.

100 hurdles: 1, Darby Thomas, Abraham Lincoln, 15:31 (record; old mark 15:48, Thomas, 2018); 2, Laken Gardner, East, 16:29; 3, Nya Lul, East, 16:57; 4, Taylan Keefer, Abraham Lincoln, 16:70; 5, Akia Simpson, West, 17:89; 6, Hailey Watts, Thomas Jefferson, 18:68.

800: 1, Madison Jochum, Bishop Heelan, 2:20:76; 2, Kaia Downs, East, 2:23:04; 3, Alex Radcliffe, East, 2:23:90; 4, Maddie Hinkel, Sergeant Bluff-Luton, 2:28:55; 5, Amelie Quartier, Thomas Jefferson, 2:36:50; 6, Brenda Phillips, North, 2:37:13.

200: 1, Darby Thomas, Abraham Lincoln, 25:20; 2, Lineya Wells, East, 26:42; 3, Laken Gardner, East, 27:03; 4, Lily Juhnke, West, 27:16; 5, Suzie Miller, Thomas Jefferson, 28:03; 6, Isabelle Lenz, Sergeant Bluff-Luton, 28:74.

400 hurdles: 1, Yuriciz Montes, West, 1:12:40; 2, Kerigan Keefer, Abraham Lincoln, 1:13:68; 3, Brylee Hempey, East, 1:14:65; 4, Ashley Aesoph, Bishop Heelan, 1:14:71; 5, Nya Lul, East, 1:16:68; 6, Akaysha Cole Johnson, Thomas Jefferson, 1:18:91.

1,500: 1, Kaia Downs, East, 5:08:52; 2, Lillian Garay, North, 5:15:19; 3, Karlee Phillips, East, 5:20:92; 4, Moriah Heilesen, Abraham Lincoln, 5:27:71; 5, Hannah Belt, Thomas Jefferson, 5:31:94; 6, Emma Hutchinson Bishop Heelan, 5:34:53.

### RELAYS

Sprint medley: 1, Sergeant Bluff-Luton (Chloe Black, Madison Harms, Emma Salkner, Brooklyn Huberty) 1:53:05; 2, Abraham Lincoln 1:55:98; 3, East 1:56:01; 4, North 1:56:49; 5, Thomas Jefferson 1:58:22; 6, West 1:58:88.

4x800: 1, East (Katie Lammers, Alex Radcliffe, Karlee Phillips, Kaia Downs) 9:52:53 (record; old mark 9:56:93, East, 2017); 2, Abraham Lincoln 10:14:53; 3, North 10:21:32; 4, Sergeant Bluff-Luton 10:23:26; 5, Thomas Jefferson 11:36:97; 6, West 11:41:22.

Shuttle hurdle: 1, East (Nya Lul, Brylee Hempey, Laken Gardner, Kyley Vondrak) 1:09:93; 2, Abraham Lincoln 1:12:95; 3, West 1:13:80; 4, Sergeant Bluff-Luton 1:18:51; 5, Thomas Jefferson 1:22:79.

Distance medley: 1, Bishop Heelan (Hope Sokolowski, Joslyn Verzal, Hannah Hutchinson, Amber Aesoph) 4:18:29 (record; old mark 4:19:25, North, 2003); 2, North 4:25:81; 3, Abraham Lincoln 4:30:51; 4, Sergeant Bluff-Luton 4:42:34; 5, East 4:45:31; 6, Thomas Jefferson 4:45:51.

4x200: 1, Sergeant Bluff-Luton (Chloe Black, Maddie Hinkel, Isabelle Lenz, Emma Salkner) 1:48:94; 2, East 1:51:20; 3, Abraham Lincoln 1:54:05; 4, Bishop Heelan 1:54:07; 5, West 1:56:10; 6, Thomas Jefferson 2:00:45.

4x100: 1, West (Makayla Mozak, Lily Juhnke, Braedyn Downs, Holly Duax) 50:73; 2, East 52:39; 3, Abraham Lincoln 53:39; 4, Bishop Heelan 54:49; 5, Sergeant Bluff-Luton 54:52; 6, Thomas Jefferson 55:06.

4x400: 1, Bishop Heelan (Hannah Hutchinson, Amber Aesoph, Mia Conley, Madison Jochum) 4:04:48; 2, Sergeant Bluff-Luton 4:06:90; 3, Abraham Lincoln 4:14:72; 4, North 4:15:01; 5, East 4:19:65; 6, Thomas Jefferson 4:34:34.

## 2021 (5/6 at Olsen)

### TEAM SCORES

Sioux City East	127
Sioux City North	106
Sergeant Bluff-Luton	102
Le Mars	85
Sioux City Heelan	69
Council Bluffs Abraham Lincoln	54
Sioux City West	37
Council Bluffs Thomas Jefferson	5

### FIELD EVENTS

High jump: 1, Taylor Jochum, Heelan, 5-1; 2, Kyley Vondrak, East, 5-0; 3, Addy Mosier, Sergeant Bluff-Luton; Avery Nelson, Heelan, 5-0; 5, Baling Tang, East, 4-10; 6, Madelyn Welp, North, 4-10.

Long jump: 1, Lineya Wells, East, 16-8.25; 2, Lilly McNaughton, Le Mars, 16-8; 3, Kenley Meis, Heelan, 16-4; 4, Addy Mosier, Sergeant Bluff-Luton, 15-9; 5, Hanna Schimmer, Abraham Lincoln, 15-7; 6, Shelby Wilfong, Abraham Lincoln, 15-2.

Shot put: 1, Courtney Johnson, North, 35-11; 2, Jacee Tindall, Abraham Lincoln, 35-1.5; 3, Libby Leraas, Le Mars, 30-9.5; 4, Julianna Massey, Sergeant Bluff-Luton, 29-1; 5, Addisyn Kibby, Le Mars, 28-4; 6, Yalixa Laureano, Sergeant Bluff-Luton, 28-2.

Discus: 1, Caitlyn Miller, North, 123-9; 2, Tessa Smith, Sergeant Bluff-Luton, 107-7; 3, Hailey Mulder, Le Mars, 98-6; 4, Courtney Johnson, North, 97-8; 5, Lilly Thompson, Thomas Jefferson, 94-7; 6, Libby Leraas, Le Mars, 88-3.

### INDIVIDUAL RUNNING

100: 1, Lily Juhnke, West, 12:11; 2, Jillian Shanks, Abraham Lincoln, 13:51; 3, Alyssa Erick, East, 13:54; 4, Ashleigh Amelung, North, 14:15; 5, Kendall Ahrendt, Sergeant Bluff-Luton, 14:26; 6, Alice Hansen, West, 14:32.

200: 1, Lineya Wells, East, 26:02; 2, Lily Juhnke, West, 26:20; 3, Jillian Shanks, Abraham Lincoln, 26:95; 4, Emma Salkner, Sergeant Bluff-Luton, 27:58; 5, Trinity Wagner, East, 27:89; 6, Madison Demke, Heelan, 28:13.

400: 1, Holly Duax, West, 57:41; 2, Kaia Downs, East, 1:01:13; 3, Kenley Meis, Heelan, 1:02:17; 4, Abby Lasale, Abraham Lincoln, 1:02:20; 5, Brooklyn Stanley, Heelan, 1:02:92; 6, Sidney Chamberlain, North, 1:03:91.

800: 1, Kaia Downs, East, 2:25:92; 2, Nicole Zuehl, North, 2:29:64; 3, Sophia Karras, Sergeant Bluff-Luton, 2:30:82; 4, Avery Beller, North, 2:31:39; 5, Scarlett Walsh, Heelan, 2:33:04; 6, Ella Brester, Sergeant Bluff-Luton, 2:37:92.

1,500: 1, Kaia Downs, East, 5:03:57; 2, Elizabeth Jordan, North, 5:12:89; 3, Sophia Karras, Sergeant Bluff-Luton, 5:22:16; 4, Katie Lammers, East, 5:22:48; 5, Lillian Garay, North, 5:27:02; 6, Brynn Wolf, Sergeant Bluff-Luton, 5:28:64.

3,000: 1, Kaia Downs, East, 10:48:93 (record; old mark 10:56:56, Kierra McKernan, West, 2015); 2, Elizabeth Jordan, North, 11:42:07; 3, Becca Hulinsky, Le Mars, 12:13:90; 4, Arilyn Van Eiten, North, 12:22:87; 5, Sabrina Hazuka, Sergeant Bluff-Luton, 12:49:80; 6, Lydia Heald, East, 13:25:76.

100 hurdles: 1, Lilly McNaughton, Le Mars, 16:52; 2, Nyadeng Lul, Sergeant Bluff-Luton, 16:86; 3, Baling Tang, West, 17:03; 4, Ariana Speight, North, 17:19; 5, Grace Nelson, Heelan, 17:33; 6, Addie Harris, East, 17:79.

400 hurdles: 1, Abby Lasale, Abraham Lincoln, 1:07:92; 2, Ariana Speight, North, 1:10:56; 3, Grace Nelson, Heelan, 1:15:44; 4, Nyadeng Lul, Sergeant Bluff-Luton, 1:16:16; 5, Bailey Anderson, North, 1:16:20; 6, Baling Tang, East, 1:17:68.

### RELAYS

4x100: 1, East (Brylee Hempey, Lineya Wells, Trinity Wagner, Alyssa Erick) 51:21; 2, West 51:55; 3, Le Mars 51:60; 4, Abraham Lincoln 52:80; 5, Sergeant Bluff-Luton 53:38; 6, North 54:00.

4x200: 1, Le Mars (Katie Cunningham, Stella Hector, Jenna Allen, Madi Huls) 1:47:09; 2, East 1:49:05; 3, Sergeant Bluff-Luton 1:54:28; 4, North 1:55:38; 5, Abraham Lincoln 2:00:10; 6, Heelan 2:00:56.

4x400: 1, Heelan (Mia Conley, Grace Mahaney, Kenley Meis, Brooklyn Stanley) 4:11:19; 2, Sergeant Bluff-Luton 4:14:96; 3, Le Mars 4:15:42; 4, North 4:19:54; 5, East 4:31:82; 6, Thomas Jefferson 4:36:11.

4x800: 1, Sergeant Bluff-Luton (Sophia Karras, Brynn Wolf, Ella Brester, Maddie Hinkel) 10:11:85; 2, North 10:14:85; 3, East 11:01:63; 4, Abraham Lincoln 11:14:71; 5, Thomas Jefferson 13:11:41.

Sprint medley: 1, Le Mars (Mya Kibby, Stella Hector, Katie Cunningham, Madi Huls) 1:54:71; 2, Heelan 1:55:17; 3, Sergeant Bluff-Luton 1:55:23; 4, Abraham Lincoln 1:56:84; 5, East 2:00:99; 6, North 2:01:01.

Distance medley: 1, Heelan (Joslyn Verzal, Madison Demke, Mia Conley, Grace Mahaney) 4:25:78; 2, Sergeant Bluff-Luton 4:32:75; 3, North 4:39:30;

# Missouri River Activities Conference Girls Track Results

## 2022 (5/5 at Council Bluffs)

### TEAM SCORES

Sioux City East	135
Sioux City West	123
Le Mars	108
Sergeant Bluff-Luton	106
Council Bluffs Abraham Lincoln	81
Sioux City North	78
Bishop Heelan	73
Council Bluffs Thomas Jefferson	25

### FIELD EVENTS

High jump: 1, Taylor Jochum, Bishop Heelan, 5-6; 2, Kenley Meis, Bishop Heelan, 4-10; 3, Addy Mosier, Sergeant Bluff-Luton, 4-8; 4, Kenya Harris, West, 4-8; 5, Jayden Kneif, Sergeant Bluff-Luton, 4-8; 6, Baling Tang, East, 4-6.

Long jump: 1, Holly Duax, West, 17-11; 2, Kenley Meis, Bishop Heelan, 16-7; 3, Addy Mosier, Sergeant Bluff-Luton, 16-2.5; 4, Grace Erick, East, 15-9; 5, Maya Augustine, West, 15-4.5; 6, Allie Kruse, Le Mars, 15-3.5.

Discus: 1, Jacee Tindall, Abraham Lincoln, 102-11; 2, Hayli Mulder, Le Mars, 100-6; 3, Libby Leraas, Le Mars, 94-6; 4, Payton Schermerhorn, Bishop Heelan, 91-10; 5, Hannah Burge, West, 88-9; 6, Jade Mammen, Sergeant Bluff-Luton, 86-10.

Shot put: 1, Jacee Tindall, Abraham Lincoln, 33-7.25; 2, Payton Schermerhorn, Bishop Heelan, 32-10.75; 3, Libby Leraas, Le Mars, 30-8.5; 4, Sophia Verzani, North, 30-0.5; 5, Julianna Massey, Sergeant Bluff-Luton, 28-8.25; 6, Addison Kibby, Le Mars, 28-6.5.

### INDIVIDUAL RUNNING

100: 1, Holly Duax, West, 12:12; 2, Lily Juhnke, West, 12:60; 3, Elliana Harris, East, 12:84; 4, Madi Huls, Le Mars, 13:14; 5, Alyssa Erick, East, 13:23; 6, Hailey Holcombe, Abraham Lincoln, 13:70.

200: 1, Holly Duax, West, 24:60; 2, Elliana Harris, East, 25:55; 3, Lily Juhnke, West, 25:83; 4, Yanelli Luna, North, 27:04; 5, Grace Erick, East, 27:46; 6, Isabelle Lenz, Sergeant Bluff-Luton, 28:10.

400: 1, Holly Duax, West, 1:00:28; 2, Yanelli Luna, North, 1:01:35; 3, Bella Leon, West, 1:03:04; 4, Grace Erick, East, 1:03:36; 5, Jayden Kneif, Sergeant Bluff-Luton, 1:04:17; 6, Sidney Chamberlain, North, 1:05:75.

800: 1, Kaia Downs, East, 2:30:88; 2, Sienna Kass, Le Mars, 2:35:14; 3, Avery Beller, North, 2:36:06; 4, Maddie Hinkel, Sergeant Bluff-Luton, 2:37:53; 5, Emma O'Neal, Abraham Lincoln, 2:43:03; 6, Sophia Karras, Sergeant Bluff-Luton, 2:48:16.

1500: 1, Kaia Downs, East, 5:13:81; 2, Elizabeth Jordan, North, 5:22:07; 3, Ellie Rizt, Bishop Heelan, 5:31:19; 4, Sophia Karras, Sergeant Bluff-Luton, 5:40:32; 5, Aleesha Mascarenas, Abraham Lincoln, 5:46:45; 6, Becca Hulinsky, Le Mars, 5:47:12.

3000: 1, Kaia Downs, East, 11:14:74; 2, Elizabeth Jordan, North, 11:29:20; 3, Gabby Ryan, Sergeant Bluff-Luton, 12:02:20; 4, Sabrina Hazuka, Sergeant Bluff-Luton, 12:02:28; 5, KayLynn Kepler Thomason, Abraham Lincoln, 12:18:83; 6, Jennifer Rangel, Abraham Lincoln, 13:02:33.

100 hurdles: 1, Kyrie Olorundami, West, 16:42; 2, Lilly McNaughton, Le Mars, 16:76; 3, Baling Tang, East, 16:89; 4, Savannah Manley, Le Mars, 17:54; 5, Mia Rice, East, 17:83; 6, Kenya Harris, West, 17:90.

400 hurdles: 1, Abby LaSale, Abraham Lincoln, 1:06:38 (record); old mark 1:06:52, Jacqui Kalin, North, 2:00; 2, Mia Rice, East, 1:09:13; 3, Ariana Klein, North, 1:12:40; 4, Meredith Westra, East, 1:12:98; 5, Savannah Manley, Le Mars, 1:15:05; 6, Preslie Girres, Abraham Lincoln, 1:18:11.

### RELAYS

4x100: 1, East (Bella Gordon, Grace Erick, Alyssa Erick, Elliana Harris) 50:54; 2, Le Mars 52:17; 3, Abraham Lincoln 52:73; 4, West 52:79; 5, North 53:57; 6, Sergeant Bluff-Luton 53:97.

4x200: 1, East (Alyssa Erick, Bella Gordon, Trinity Wagner, Elliana Harris) 1:48:34; 2, Le Mars 1:49:69; 3, Bishop Heelan 1:51:29; 4, West 1:53:22; 5, Sergeant Bluff-Luton 1:57:14; 6, Thomas Jefferson 1:58:40.

4x400: 1, East (Bella Gordon, Mia Rice, Meredith Westra, Kaia Downs) 4:16:45; 2, Sergeant Bluff-Luton 4:17:08; 3, Bishop Heelan 4:19:67; 4, West 4:25:40; 5, Le Mars 4:32:13; 6, North 4:33:84.

4x800: 1, Sergeant Bluff-Luton (Sophia Karras, Ella Brester, Jayden Kneif, Dani Rodriguez) 10:10:78; 2, Bishop Heelan 10:18:12; 3, North 10:40:84; 4, East 11:46:81; 5, Thomas Jefferson 11:54:07; 6, Le Mars 11:59:01.

Sprint medley: 1, West (Kellesse Heard, Kenya Harris, Lily Juhnke, Bella Leon) 1:53:17; 2, Le Mars 1:55:07; 3, Abraham Lincoln 1:56:43; 4, Sergeant Bluff-Luton 1:56:66; 5, East 1:57:72; 6, North 2:02:55.

Distance medley: 1, Abraham Lincoln (Ava Watkins, Hutson Rau, Abby LaSale, Emma O'Neal) 4:33:64; 2, Sergeant Bluff-Luton 4:38:24; 3, Thomas Jefferson 4:47:35; 4, East 4:49:68; 5, Bishop Heelan 4:53:50; 6, Le Mars 4:53:92.

Shuttle hurdle: 1, Le Mars (Savannah Manley, Liberty Larson, Aubree Leusink, Lilly McNaughton) 1:11:19; 2, Sergeant Bluff-Luton 1:19:10; 3, West 1:22:43; 4, North 1:25:0.

## 2023 (5/4 at Memorial)

### TEAM SCORES

Le Mars	135.5
Sioux City East	120
Sioux City North	113
Council Bluffs Abraham Lincoln	102
Bishop Heelan	87.5
Sergeant Bluff-Luton	85
Sioux City West	68
Council Bluffs Thomas Jefferson	22

### FIELD EVENTS

High Jump: 1, Jayden Kneif, Sergeant Bluff-Luton, 4-10; 2, (tie) Olivia Williams, Abraham Lincoln; Kenya Harris, West, 4-8; 4, Izzy Schaap, Sergeant Bluff-Luton, 4-8; 5, Natalie Rasmussen, North, 4-8; 6, (tie) Maya Hogrefe, Le Mars; Imani Vogt, Vishop Heelan, 4-6.

Long jump: 1, Kenley Meis, Bishop Heelan, 16-9.75; 2, Olivia Mentzer, East, 16-8.75; 3, Maya Augustine, West, 16-7.75; 4, Aubrey Sandbothe, Abraham Lincoln, 16-7; 5, Ariana Klein, North, 16-1.75; 6, Shannon Cleary, Bishop Heelan, 15-5.

Discus: 1, Maddie Kneif, Sergeant Bluff-Luton, 109-8; 2, Madeline Woods, Abraham Lincoln, 100-11; 3, Brandi Jarmon, Thomas Jefferson, 93-4; 4, Libby Leraas, Le Mars, 91-7; 5, Addison Kibby, Le Mars, 91-6; 6, Danyka Peterson, North, 91-5.

Shot put: 1, Payton Schermerhorn, Sergeant Bluff-Luton, 34-10.25; 2, Olivia Garcia, East, 31-9.75; 3, Brandi Jarmon, Thomas Jefferson, 31-8; 4, Lulu Vaul, West, 31-5.75; 5, Sophia Verzani, North, 31-5.25; 6, Addison Kibby, Le Mars, 30-8.75.

### INDIVIDUAL RUNNING

100: 1, Elliana Harris, East, 12:34; 2, Grace Erick, East, 12:85; 3, Shannon Cleary, Bishop Heelan, 12:85; 4, Ava Watkins, Abraham Lincoln, 13:06; 5, Yanelli Luna, North, 13:14; 6, Camille Strim, North, 13:20.

200: 1, Elliana Harris, East, 25:75; 2, Madi Huls, Le Mars, 26:26; 3, Yanelli Luna, North, 27:06; 4, Ava Watkins, Abraham Lincoln, 27:10; 5, Alize Rau, Bishop Heelan, 27:53; 6, Evey Jackson, West, 27:88.

400: 1, Maya Hogrefe, Le Mars, 1:01:56; 2, Yanelli Luna, North, 1:01:81; 3, Claire Beitelspacher, Le Mars, 1:05:48; 4, Izzy Schaap, Sergeant Bluff-Luton, 1:05:82; 5, Kiki Demke, Bishop Heelan, 1:07:45; 6, Maliyah Hacker, Bishop Heelan, 1:10:10.

800: 1, Sienna Kass, Le Mars, 2:27:19; 2, Scarlett Walsh, Bishop Heelan, 2:28:47; 3, Hanna Johnson, North, 2:32:26; 4, Delaney Saulsbury, Bishop Heelan, 2:33:34; 5, KayLynn Kepler Thomason, Abraham Lincoln, 2:39:01; 6, Korbyn Savary, Sergeant Bluff-Luton, 2:39:76.

1500: 1, Elizabeth Jordan, North, 5:14:58; 2, Makenzie DeRoche, Le Mars, 5:22:69; 3, Becca Hulinsky, Le Mars, 5:22:69; 4, Emma Scott, East, 5:31:22; 5, Ruby Johnson, Abraham Lincoln, 5:33:64; 6, Ashleigh Jochum, Bishop Heelan, 5:35:83.

3000: 1, Elizabeth Jordan, North, 11:58:97; 2, Emma Scott, East, 12:04:73; 3, Becca Hulinsky, Le Mars, 12:16:70; 4, Ruby Johnson, Abraham Lincoln, 12:24:28; 5, Gabby Ryan, Sergeant Bluff-Luton, 12:48:41; 6, Halle Walton, Abraham Lincoln, 13:50:03.

100 hurdles: 1, Kenya Harris, West, 15:83; 2, Ariana Klein, North, 16:16; 3, Claire Susemihl, Le Mars, 16:57; 4, Kyrie Olorundami, West, 16:81; 5, Mia Rice, East, 16:86; 6, Savannah Manley, Le Mars, 16:97.

400 hurdles: 1, Ariana Klein, North, 1:06:10 (record); old mark 1:06:38, Abby LaSale, Abraham Lincoln, 2:02; 2, Abby LaSale, Abraham Lincoln, 1:06:34; 3, Mia Rice, East, 1:12:70; 4, Camille Strim, North, 1:12:71; 5, Preslie Girres, Abraham Lincoln, 1:14:64; 6, Kiki Demke, Bishop Heelan, 1:16:38.

### RELAYS

4x100: 1, East (Alyssa Erick, Elliana Harris, Bella Gordon, Shama Grant) 50:51; 2, West 50:63; 3, Bishop Heelan 50:89; 4, Le Mars 52:21; 5, Sergeant Bluff-Luton 52:30; 6, North 53:86.

4x200: 1, East (Bella Gordon, Elliana Harris, Alyssa Erick, Olivia Mentzer) 1:46:42; 2, Le Mars 1:47:91; 3, Abraham Lincoln 1:49:63; 4, Bishop Heelan 1:50:54; 5, Sergeant Bluff-Luton 1:52:64; 6, West 1:55:14.

4x400: 1, Le Mars (Maya Hogrefe, Madi Huls, Jenna Allen, Sienna Kass) 4:09:39; 2, Sergeant Bluff-Luton 4:14:66; 3, Bishop Heelan 4:15:12; 4, East 4:22:13; 5, Abraham Lincoln 4:24:14; 6, North 4:31:49.

4x800: 1, Bishop Heelan (Grace Roerig, Maddie Demke, Reese Bleeker, Scarlett Walsh) 10:14:69; 2, Abraham Lincoln 10:57:86; 3, East 11:06:81; 4, Sergeant Bluff-Luton 11:10:54; 5, Thomas Jefferson 11:46:15; 6, West 12:03:40.

Sprint medley: 1, Abraham Lincoln (Ava Watkins, Hutson Rau, Hailey Holcombe, Audrey Sandbothe) 1:56:96; 2, Le Mars 1:58:08; 3, North 2:01:96; 4, Sergeant Bluff-Luton 2:03:32; 5, East 2:03:52; 6, Bishop Heelan 2:04:78.

Distance medley: 1, Le Mars (Akhrianna Westhoff, Holly McNaughton, Sienna Kass, Makenzie DeRoche) 4:27:30; 2, Sergeant Bluff-Luton 4:31:76; 3, Bishop Heelan 4:41:56; 4, North 4:48:28; 5, Abraham Lincoln 4:48:67; 6, East 4:55:59.

Shuttle hurdle: 1, Le Mars (Savannah Manley, Aubree Leusink, Liberty Larson, Claire Susemihl) 1:09:93; 2, West 1:11:16; 3, Abraham Lincoln 1:12:96; 4, East 1:16:71; 5, North 1:20:73; 6, Sergeant Bluff-Luton 1:21:77.

## 2024 (5/2 at Le Mars)

### TEAM SCORES

Sioux City East	152.5
Bishop Heelan	134
Le Mars	101
Sioux City North	88
Sergeant Bluff-Luton	80.5
Council Bluffs Abraham Lincoln	76
Sioux City West	72
Council Bluffs Thomas Jefferson	23

### FIELD EVENTS

High Jump: 1, Kenya Harris, West, 4-10; 2, Jayden Kneif, Sergeant Bluff-Luton, 4-08; 3, Mackenzie Clifford, Bishop Heelan, 4-08; 4, Madison Kvidera, Sergeant Bluff-Luton, 4-06; 4, Olivia Mentzer, East, 4-06; 6, Natalie Rasmussen, North, 4-06.

Long Jump: 1, Kenzie Niehus, Le Mars, 17-02; 2, Shannon Cleary, Bishop Heelan, 16-03.25; 3, Olivia Mentzer, East, 16-02.25; 4, Aubrey Sandbothe, Abraham Lincoln, 15-08.50; 5, Alize Rau, Bishop Heelan, 15-07; 6, Allie Kruse, Le Mars, 14-11.

Shot Put: 1, Addison Wheeler, Sergeant Bluff-Luton, 36-04.50; 2, Kamryn Hamilton, Abraham Lincoln, 33-07; 3, Brandi Jarmon, Thomas Jefferson, 32-04.50; 4, Lulu Vaul, West, 32-00.25; 5, Addison Kibby, Le Mars, 31-05.50; 6, Mariha Nichols, Thomas Jefferson, 30-00.

Discus: 1, Maddie Kneif, Sergeant Bluff-Luton, 116-01; 2, Brandi Jarmon, Thomas Jefferson, 97-02; 3, Addison Kibby, Le Mars, 94-01; 4, Danyka Peterson, North, 91-11; 5, Kamryn Hamilton, Abraham Lincoln, 85-03; 6, Reese Barch, West, 75-09.

### INDIVIDUAL RUNNING

100: 1, Elliana Harris, East, 12:62; 2, Grace Erick, East, 12:86; 3, Shannon Cleary, Bishop Heelan, 13:25; 4, Rylon Anderson, West, 13:68; 5, Chloe Cross, North, 13:72; 6, Taylor Prosser, Sergeant Bluff-Luton, 13:86.

200: 1, Elliana Harris, East, 25:72; 2, Grace Erick, East, 26:29; 3, Alize Rau, Bishop Heelan, 26:66; 4, Kenya Harris, West, 27:69; 5, Mya Motz, North, 27:85; 6, Rylon Anderson, West, 28:05.

400: 1, Grace Erick, East, 1:01:52; 2, Alex Flattery, East, 1:01:57; 3, Maya Hogrefe, Le Mars, 1:03:35; 4, Taylor Prosser, Sergeant Bluff-Luton, 1:05:58; 5, Bridg McGowan, Bishop Heelan, 1:06:98; 6, Colby Carroll, Bishop Heelan, 1:07:37.

800: 1, Addison Bertrand, Bishop Heelan, 2:30:62; 2, Alex Flattery, East, 2:33:04; 3, Scarlett Walsh, Bishop Heelan, 2:33:77; 4, Makenzie Demke, East, 2:41:23; 5, Peyton Brester, Sergeant Bluff-Luton, 2:41:76; 6, Bailee Hansen, West, 2:47:55.

1500: 1, Addison Bertrand, Bishop Heelan, 5:12:65; 2, KayLynn Kepler Thomason, Abraham Lincoln, 5:32:30; 3, Bjella Bockenstedt, Sergeant Bluff-Luton, 5:33:87; 4, Ashleigh Jochum, Bishop Heelan, 5:35:40; 5, Bailee Hansen, West, 5:39:22; 6, Emma Scott, East, 5:40:34.

3000: 1, Addison Bertrand, Bishop Heelan, 11:18:01; 2, Bailee Hansen, West, 11:55:43; 3, Mya Scheer, Abraham Lincoln, 12:08:65; 4, Marcella Palmer, North, 12:12:45; 5, Emma Scott, East, 12:26:91; 6, Hanna Johnson, North, 12:36:34.

100 hurdles: 1, Kenya Harris, West, 15:48; 2, Ariana Klein, North, 16:39; 3, Claire Susemihl, Le Mars, 16:39; 4, Mia Rice, East, 17:27; 5, Addison Beasley, East, 17:37; 6, Olivia Williams, Abraham Lincoln, 17:45.

400 hurdles: 1, Ariana Klein, North, 1:07:05; 2, Mia Rice, East, 1:07:94; 3, Camille Strim, North, 1:12:47; 4, Annabelle Jacobsen, East, 1:14:74; 5, Colby Carroll, Bishop Heelan, 1:16:21; 6, Britt Hennesius, Le Mars, 1:18:18.

### RELAYS

4X100: 1, Bishop Heelan (Alize Rau, Shannon Cleary, Maddy Schermerhorn, Trelyn White), 49:99; 2, East 50:33; 3, Le Mars 50:93; 4, North 51:84; 5, Sergeant Bluff-Luton 55:71; 6, Abraham Lincoln 56:43.

4x200: 1, Bishop Heelan (Alize Rau, Shannon Cleary, Maddie Demke, Trelyn White), 1:46:30; 2, Le Mars 1:47:12; 3, East 1:48:47; 4, Abraham Lincoln 1:53:05; 5, North 1:53:96; 6, Thomas Jefferson 1:57:82.

4x400: 1, Le Mars (Sienna Kass, Claire Susemihl, Claire Beitelspacher, Madi Huls), 4:12:18; 2, Bishop Heelan 4:26:59; 3, Sergeant Bluff-Luton 4:28:03; 4, Abraham Lincoln 4:30:91; 5, East 4:33:83; 6, North 4:58:41.

4x800: 1, Bishop Heelan (Maddie Demke, Reese Bleeker, Colby Carroll, Scarlett Walsh), 10:27:46; 2, Sergeant Bluff-Luton 10:39:82; 3, Abraham Lincoln 10:48:87; 4, East 11:09:53; 5, Le Mars 11:12:50; 6, North 11:31:89.

Sprint medley: 1, North (Camille Strim, Chloe Cross, Mya Motz, Ariana Klein), 1:52:73; 2, East 1:54:28; 3, Le Mars 1:58:28; 4, Bishop Heelan 2:00:92; 5, Abraham Lincoln 2:04:14; 6, Sergeant Bluff-Luton 2:08:53.

Distance medley: 1, Le Mars (Stella Hector, Ahrianna Westhoff, Claire Beitelspacher, Marilyn Roller), 4:37:13; 2, Bishop Heelan 4:43:74; 3, Abraham Lincoln 4:46:82; 4, North 4:53:23; 5, Sioux City East 5:04:82; 6, Sergeant Bluff-Luton 5:07:36.

Shuttle hurdle: 1, Le Mars (Aubree Leusink, Liberty Larson, Aduk Dut, Claire Susemihl), 1:09:55; 2, North 1:12:79; 3, East 1:14:06; 4, Abraham Lincoln 1:16:79; 5, West 1:19:80.

## 2025 (5/8 at SBL)

### TEAM SCORES

Bishop Heelan	189.5
Le Mars	130.5
Sergeant Bluff-Luton	102
Sioux City North	77
Sioux City East	76.5
Council Bluffs Abraham Lincoln	67
Sioux City West	66
Council Bluffs Thomas Jefferson	29.5

### FIELD EVENTS

High Jump: 1, Jayden Kneif, Sergeant Bluff-Luton, 4-10; 2, Madison Kvidera, Sergeant Bluff-Luton, 4-8; 3, Imani Vogt, Bishop Heelan, 4-8; 4, Jaida Douch, Bishop Heelan, 4-06; 4, Maya Hogrefe, Le Mars, 4-6; 6, Cierra Wieland, Thomas Jefferson, 4-4; 6, Socorra Mothershead, East, 4-4.

Long Jump: 1, Grace Erick, East, 17-4.50; 2, Shannon Cleary, Bishop Heelan, 16-9.50; 3, Aubrey Sandbothe, Abraham Lincoln, 16-3.75; 4, Kenzie Niehus, Le Mars, 15-9.75; 5, Alize Rau, Bishop Heelan, 15-4.50; 6, Brinley Winklepleck, East, 14-7.50.

Discus: 1, Madison Kneif, Sergeant Bluff-Luton, 115-0; 2, Addison Wheeler, Sergeant Bluff-Luton, 105-4; 3, Danyka Peterson, North, 97-10; 4, Kamryn Hamilton, Abraham Lincoln, 96-1; 5, Aaliyah Vleck, Le Mars, 91-6; 6, Mya Otto, Thomas Jefferson, 86-8.

Shot Put: 1, Addison Wheeler, Sergeant Bluff-Luton, 36-1.50; 2, Aaliyah Moon, North, 34-9; 3, Kamryn Hamilton, Abraham Lincoln, 34-3; 4, Lulu Vaul, West, 34-00; 5, Mariha Nichols, Thomas Jefferson, 29-09; 6, Branaya Jarmon, Thomas Jefferson, 129-09.

### INDIVIDUAL RUNNING

100: 1, Grace Erick, East, 12:31; 2, Shannon Cleary, Bishop Heelan, 12:78; 3, Trelyn White, Bishop Heelan, 13:05; 4, Anna Watkins, Abraham Lincoln, 13:24; 5, Brinley Winklepleck, East, 13:37; 6, Kamesha Zinn, North, 13:42.

200: 1, Grace Erick, East, 24:57; 2, Alize Rau, Bishop Heelan, 26:37; 3, Lillian Wooten, Bishop Heelan, 26:66; 4, Aubrey Sandbothe, Abraham Lincoln, 26:74; 5, Sienna Kass, Le Mars, 27:06; 6, Maya Hogrefe, Le Mars, 27:90.

400: 1, Reese Bleeker, Bishop Heelan, 1:03:33; 2, Maya Hogrefe, Le Mars, 1:03:89; 3, Angela Gonzalez, Bishop Heelan, 1:05:20; 4, Alondra Prieto, West, 1:07:53; 5, Carlee Morris, Thomas Jefferson, 1:08:06; 6, Jayden Kluer, Le Mars, 1:08:09.

800: 1, Addison Bertrand, Bishop Heelan, 2:27:50; 2, Marcella Palmer, North, 2:30:60; 3, Eva Kass, Le Mars, 2:38:52; 4, Lilly Whiteshirt, West, 2:39:06; 5, Bjella Bockenstedt, Sergeant Bluff-Luton, 2:39:56; 6, Brisa Guevara, East, 2:40:13.

1500: 1, Addison Bertrand, Bishop Heelan, 5:10:89; 2, Kailyn Fitch, Bishop Heelan, 5:24:36; 3, Lilly Whiteshirt, West, 5:24:77; 4, Karis Hulinsky, Le Mars, 5:27:48; 5, Brisa Guevara, East, 5:29:10; 6, Hanna Johnson, North, 5:35:08.

3000: 1, Addison Bertrand, Bishop Heelan, 11:24:87; 2, Marcella Palmer, North, 11:32:02; 3, Kailyn Fitch, Bishop Heelan, 11:45:23; 4, Lilly Whiteshirt, Sc, West, 11:55:09; 5, Bjella Bockenstedt, Sergeant Bluff-Luton, 12:43:72; 6, Abby Hall, North, 12:48:42.

100 hurdles: 1, Claire Susemihl, Le Mars, 15:83; 2, Claire Nelson, Bishop Heelan, 17:73; 3, Addison Beasley, East, 17:75; 4, Madeline Conley, North, 17:83; 5, Maddie Tisher, Sergeant Bluff-Luton, 17:86; 6, Aduk Dut, Le Mars, 18:25.

400 hurdles: 1, Colby Carroll, Bishop Heelan, 1:10:92; 2, Viviane Pettigrew, Sergeant Bluff-Luton, 1:13:82; 3, Sadie Meyer, Le Mars, 1:14:19; 4, Annabelle Jacobsen, East, 1:15:56; 5, Claire Nelson, Bishop Heelan, 1:17:51; 6, Alondra Prieto, West, 1:17:57.

### RELAYS

4x100: 1, Bishop Heelan (Alize Rau, Shannon Cleary, Trelyn White, Trishelle Miller), 49:49 (record); old mark 49:63, West, 2009; 2, Le Mars 51:23; 3, Abraham Lincoln 52:14; 4, East 52:58; 5, North 54:16; 6, Sergeant Bluff-Luton 55:20.

4x200: 1, Bishop Heelan (Alize Rau, Shannon Cleary, Trelyn White, Lillian Wooten), 1:45:70; 2, Le Mars 1:47:43; 3, North 1:53:58; 4, Abraham Lincoln 1:58:61; 5, West 2:07:69; 6, Thomas Jefferson 2:14:11.

4x400: 1, Le Mars (Sienna Kass, Claire Susemihl, Claire Beitelspacher, Maya Hogrefe), 4:18:01; 2, Sergeant Bluff-Luton 4:23:45; 3, Bishop Heelan 4:39:48; 4, North 4:42:73; 5, Abraham Lincoln 4:46:16; 6, Thomas Jefferson 4:46:72.

4x800: 1, Bishop Heelan (Ellie Topf, Colby Carroll, Grace Roerig, Reese Bleeker), 10:31:36; 2, Le Mars 10:35:38; 3, North 11:05:11; 4, East 11:14:06; 5, Abraham Lincoln 11:47:88; 6, Sergeant Bluff-Luton 12:02:27.

800 medley: 1, Le Mars (Claire Susemihl, Holly McNaughton, Ahrianna Westhoff, Sienna Kass), 1:53:83; 2, Bishop Heelan 1:55:80; 3, Abraham Lincoln