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HY-TEK's Meet Manager 3/22/2014 06:14

PM

Decorah Invitational - 3/22/2014

Hosted by: Luther College

Luther College, Decorah, IA

Results

Girls 55 Meter Dash

Seed Times = 100m

Meet Record: % 7.71 3/22/2008 Jadyn Spencer, Waterloo Wes

2013 Winner: 7.76 3/16/2013 Alexis Hove, Decorah

Name	Year	School	Seed	Finals	H#
Finals					
1 Dani Reicherts		Dunkerton		7.63%	3
2 McKenzie Ellis	12	Holmen	13.50	7.82	14
3 Miranda Kerian	12	Crestwood	13.25	8.08	14
4 Mishy Wang	11	Rochester Centur	13.20	8.09	14
5 Kirsten Olson	10	Holmen	13.00	8.11	14
8.102					
6 Monica Tappe	10	Decorah	13.90	8.11	12
8.108					
7 Lauren Nee	08	Rochester Centur	13.90	8.23	13
8 Tayla Stuttley	09	Onalaska	13.80	8.26	13
8.252					
8 Erin Markworth	09	Onalaska	14.00	8.26	12
8.252					
10 Justina Lenning	09	Mason City	14.80	8.26	8
8.255					
11 Makayla Day	09	Rochester Centur	14.50	8.32	9
12 Kristen Schaefer	12	Onalaska	13.50	8.33	13
13 Grace Dokken	10	Rochester JM	14.02	8.36	11
14 Zoe Krone	08	Rochester Centur	14.30	8.38	10
15 Kassie Hoyme	11	Decorah	15.00	8.42	7
16 Monica Malila	11	Decorah	14.20	8.43	10
8.421					
17 Kylie Kerndt	09	Decorah	14.10	8.43	11
8.428					
18 Maria Hoyme	12	Decorah	15.90	8.46	5
19 Ruth Hallstead	09	Onalaska	14.00	8.49	12
20 Bekah Johnson	12	Crestwood	14.10	8.53	11
8.522					
21 Katlyn Long	10	Holmen	14.00	8.53	12
8.524					
22 Heather Lager	10	Holmen	13.50	8.54	14
23 Leah Tolvstad	10	Holmen	14.00	8.59	11
24 Kelsey Conway	09	Onalaska	14.00	8.60	12
25 Katelyn Ramstad	10	Decorah	16.00	8.61	5
26 Alex Marti	10	Waukon	15.00	8.62	7
27 Megan Dittmer	10	La Crosse Logan	14.40	8.65	10
28 Kenyatta Kruetzfeldt	10	Rochester JM		8.68	1
29 Kayla Walter	09	Decorah	14.90	8.72	8
30 Erin Baba- Lola	10	Rochester JM		8.75	2
8.743					

31 Shayla Murphy	11 Crestwood	14.45	8.75	10
8.749				
32 Shanelle Kendrick	11 La Crosse Logan	15.50	8.77	7
33 Ashan Barnaba	12 Rochester JM	13.88	8.78	13
34 Sierra Grinna	10 Decorah	15.00	8.80	7
8.792				
34 Emily Meierotto	10 Mason City	14.50	8.80	10
8.792				
36 Brena Davis	11 Holmen	13.50	8.82	13
37 Lexie Leuenberger	09 Decorah	14.50	8.85	9
38 Abby Ahrens	09 Decorah	15.90	8.94	5
39 Rylee Upton	12 Decorah	15.50	8.99	7
8.983				
40 Lydia Kleckner	09 Decorah	15.90	8.99	6
8.984				
41 Kasey Thompson	09 Decorah	16.00	8.99	5
8.988				
42 Sabrina Duvel	12 Waukon	15.50	9.00	6
43 Crystal Mensen	12 Decorah	15.80	9.02	6
44 Lindsey Fischer	10 Onalaska	14.00	9.04	12
45 Katlyn Cox	09 Mason City	14.60	9.07	9
46 Dianne Murray	09 Holmen		9.12	2
47 Maryjo Ekhoﬀ	09 Rochester JM		9.17	2
48 Anna Townswick	10 Decorah	17.00	9.21	4
9.201				
49 Sandra Bitashimwa	10 Rochester JM		9.21	2
9.203				
50 Ihsan Idy	09 Rochester JM		9.27	1
9.263				
51 Maddie Niedermeyer	09 Mason City	14.55	9.27	9
9.265				
52 Courtney Vreeman	09 Crestwood	14.95	9.32	8
53 Madison Howe	09 Mason City	14.70	9.33	9
54 Amelia Jobe	09 La Crosse Logan	16.00	9.39	5
55 Chelsea Fager	Dunkerton		9.41	1
56 Alisa Ta	Rochester JM		9.54	1
57 Kaitlyn Finke	09 Crestwood	15.20	9.55	7
9.545				
58 Justine Nagel	Dunkerton		9.55	3
9.548				
59 Abigail LaCroix	10 Rochester JM		9.74	3
60 Kyr Preap	Rochester JM		9.76	2
61 Carol Morales	Rochester JM		9.77	1
62 Maggie Schwarz	09 Decorah	17.00	9.83	3
63 Katie Schultz	09 La Crosse Logan	15.70	9.85	6
64 Nicole O'Hara	Dunkerton		9.94	3
65 Karly Hemmersbach	09 Waukon	17.00	10.09	4
66 Madison McCabe	10 Decorah	16.50	10.21	4
67 Macey Burtness	09 Mason City	14.95	10.28	8
68 Erin Pierce	09 La Crosse Logan	16.00	10.34	4
69 Ashlyn Fonstad	11 Holmen	13.50	10.39	13
70 Maiah Johanningmeier	09 Decorah	15.90	10.42	6
71 Bailey O'Banion	09 Mason City	14.90	10.43	8
-- Mylissa Munkel	09 Crestwood		DNS	9
-- Acingoth Mabor	10 Rochester JM		DNS	3
-- Cindy Hguyen	Rochester JM		DNS	2
-- Aundrea Hedegard	09 Mason City	16.50	DNS	4

-- Morgan Willmann	09	Mason City	14.90	DNS	8
-- Crystal Ball	09	Onalaska	14.00	DNS	11
-- Lucee Laursen	11	Onalaska	13.50	DNS	14
-- Rylee Monteith	09	Decorah	15.90	DNS	6
-- Lauryn Eggert	09	Decorah	16.00	DNS	5
-- Kristy Good	12	Decorah	17.00	DNS	4
-- Kelsie Jarzowski	12	Holmen	14.50	DNS	10
-- Devyn Martinez	09	Holmen	14.00	DNS	11
-- Shaunna Erickson	09	Crestwood	14.65	SCR	
-- Jordyn Nagel		Dunkerton		SCR	
-- Agoum Mabor		Rochester JM		SCR	

Girls 200 Meter Dash

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Meet Record: % 27.17 3/17/2012 Amber Sanderson, La Crosse Lo						
2013 Winner: 27.96 3/16/2013 Dailen Folkedahl, Decorah						
Name	Year	School	Seed	Finals	H#	
=====						
1 Makenzie Meyer	10	Mason City	26.50	27.85	20	
2 Emma Allen	12	Rochester Centur	27.52	28.01	20	
3 Dani Reicherts		Dunkerton		28.52	2	
4 Amanda Wiebke	10	Onalaska	28.50	28.55	20	
5 Karli Fink	12	Rochester Centur	28.21	28.59	20	
6 Olivia Sandvig	10	Decorah	30.00	28.68	16	
7 Dailen Folkedahl	12	Decorah	28.50	28.75	19	
8 Hannah Degener	09	Rochester JM	29.26	28.85	18	
9 Katie Perez	10	Decorah	29.50	28.94	18	
10 Yvora Thomas	11	La Crosse Logan	29.00	29.02	18	
11 Nicole Behrend	10	Waukon	29.00	29.35	18	
12 Kaitlyn Ganrude	11	La Crosse Logan	29.50	29.55	18	
13 Sarah Delacey	08	Rochester Centur	29.95	29.57	17	
14 Monica Tappe	10	Decorah	28.90	29.81	19	
15 Kelsey Koelbl	09	Holmen	33.00	29.82	9	
16 Courtney Christnovich	09	Holmen	32.00	29.91	11	
17 Leah Riese	10	Waukon	32.00	30.07	11	
18 Kylie Kerndt	09	Decorah	29.60	30.13	17	
19 Megan Guyer	12	Crestwood	29.00	30.57	19	
20 Maia Heineck	11	Holmen	33.00	30.71	9	
21 Madeline Woodford	09	Rochester JM		30.73	3	
22 Hannah Johnson		Dunkerton		30.76	3	
23 Maria Hoyme	12	Decorah	31.50	30.85	13	
24 Heather Lager	10	Holmen	34.00	30.89	8	
25 Shaylan Martin	11	Decorah	31.50	30.93	13	
26 Sierra DeWald	10	La Crosse Logan	31.00	31.07	14	
27 Brooke Holden	11	Holmen	35.00	31.16	7	
28 Olivia Eppen	09	Rochester Centur	31.44	31.18	13	
29 Zoe Krone	08	Rochester Centur	32.50	31.19	10	
30 Grace Dokken	10	Rochester JM	30.92	31.21	15	
31.203						
31 Carly Morris	11	La Crosse Logan	31.00	31.21	15	
31.207						
31 Grace Blocker	09	Waukon	32.00	31.21	12	
31.207						
33 Kylie Skillings	11	Decorah	31.90	31.48	12	
34 Claire Beyer	09	Waukon	31.00	31.56	14	
35 Sabrina Andera	10	Crestwood	30.10	31.59	16	

36 Bekah Johnson	12 Crestwood	30.00	31.74	16
31.732				
37 Lexi Marcon	09 Onalaska	29.50	31.74	18
31.733				
38 Lanci Bulman	09 Waukon	31.00	31.83	14
39 Kelsey Conway	09 Onalaska	31.00	31.96	14
40 Kenyatta Kruetzfeldt	10 Rochester JM	31.97	32.01	12
41 Kayla Walter	09 Decorah	29.90	32.02	17
42 Lauren Grade	09 Holmen	34.00	32.06	8
43 Megan Dittmer	10 La Crosse Logan	31.50	32.10	13
44 Alyssa Rasmussen	11 La Crosse Logan	31.80	32.11	12
32.107				
45 Katelyn Ramstad	10 Decorah	34.50	32.11	7
32.108				
46 Emily Thomas	10 Rochester Centur	31.25	32.19	14
47 Kasey Thompson	09 Decorah	34.50	32.23	7
48 Tiffany Weinacht	10 Crestwood	31.00	32.26	14
49 Kim Carpenter	10 Mason City	30.00	32.30	16
50 Abby Ahrens	09 Decorah	33.50	32.33	8
51 Anna Townswick	10 Decorah	36.50	32.48	5
52 Lynzie Every	09 Holmen	33.00	32.58	9
53 Emily Meierotto	10 Mason City	28.90	32.68	19
54 Sierra Grinna	10 Decorah	32.50	33.05	10
33.041				
55 Lydia Kleckner	09 Decorah	34.50	33.05	8
33.050				
56 Erin Baba- Lola	10 Rochester JM		33.13	1
57 Katlyn Cox	09 Mason City	30.50	33.20	15
58 Chelsea Fager	Dunkerton		33.62	4
59 Crystal Mensen	12 Decorah	32.00	33.68	11
60 Ali Voigt	10 Decorah	33.50	33.72	8
61 Christa Heffern	09 Waukon	35.00	33.88	7
62 Shaunna Erickson	09 Crestwood	30.20	34.23	15
63 Michaela Orfield	09 Mason City	31.00	34.42	15
64 Madison Howe	09 Mason City	31.75	34.45	13
34.443				
65 Noelani Vargas	09 Holmen	35.00	34.45	6
34.449				
66 Dianne Murray	09 Holmen		34.64	4
67 Crystal Ball	09 Onalaska	30.00	34.73	17
68 Maryjo Ekhoft	09 Rochester JM		34.75	2
69 Amelia Jobe	09 La Crosse Logan	38.00	34.93	5
70 Ihsan Idy	09 Rochester JM		34.94	1
71 Justine Nagel	Dunkerton		34.96	3
72 Kyrý Preap	Rochester JM		35.19	2
73 Alexis Steinlage	10 Decorah	36.00	35.24	6
74 Alisha DeWolf	09 Crestwood	33.00	35.31	9
75 Sarah Goetsch	12 Crestwood	33.00	35.55	9
76 Maria Jackson	09 La Crosse Logan	36.00	35.61	6
77 Courtney Vreeman	09 Crestwood	32.00	35.65	11
78 Emily Dusenberg	10 Onalaska	35.00	35.89	7
79 Katie Schultz	09 La Crosse Logan	37.00	36.06	5
80 Alisa Ta	Rochester JM		36.08	3
81 Maddie Niedermeyer	09 Mason City	28.95	36.27	19
82 Kaitlyn Finke	09 Crestwood	32.50	36.31	10
83 Abigail LaCroix	10 Rochester JM		36.90	2
84 Shelby Weathers	11 La Crosse Logan	40.00	36.95	4

85	Nicole O'Hara		Dunkerton		37.01	1
86	Abby Kennon	10	Crestwood	33.60	37.57	8
87	Madison McCabe	10	Decorah	35.90	38.59	6
88	Erin Pierce	09	La Crosse Logan	39.00	38.69	5
89	Macey Burtness	09	Mason City	30.10	39.99	15
90	Nicole Tuecke	10	Waukon	40.00	46.66	4
91	Bailey O'Banion	09	Mason City	33.00	50.06	9
--	Carol Morales		Rochester JM		DQ	2
Finished Out Of Lane						
--	Sandra Bitashimwa	10	Rochester JM		DQ	2
Finished Out Of Lane						
--	Acingoth Mabor	10	Rochester JM		DNS	3
--	Jordyn Nagel		Dunkerton		DNS	3
--	Madison Fitzgerald	09	Crestwood	32.00	DNS	10
--	Kieanna Green	10	Rochester JM	29.93	DNS	17
--	Agoum Mabor		Rochester JM		DNS	4
--	Ashan Barnaba	12	Rochester JM	28.64	DNS	19
--	Cindy Hguyen		Rochester JM		DNS	4
--	Maggie Schwarz	09	Decorah	36.00	DNS	5
--	Olivia Syverson	09	Decorah	32.00	DNS	12
--	Kelsie Jarzemski	12	Holmen	36.00	DNS	5
--	Taylor Bekkum	11	La Crosse Logan	32.00	DNS	11
--	Monica Malila	11	Decorah	29.50	DNS	17
--	Grace Sanchez-Gannett	09	Mason City	31.50	DNS	13
--	Erika Johnson	09	Waukon	30.00	DNS	16
--	Justina Lenning	09	Mason City	32.65	DNS	10
--	Morgan Willmann	09	Mason City	32.85	DNS	10
--	Tore Washa	11	La Crosse Logan	28.40	DNS	20
--	Kristy Good	12	Decorah	36.00	DNS	6
--	Katelyn Dehning	09	Decorah	30.00	DNS	16
--	Rylee Monteith	09	Decorah	32.00	DNS	12
--	Caroline Marlow	11	Decorah	35.00	DNS	6
--	Lauryn Eggert	09	Decorah	34.50	DNS	7
--	Chloe Malin	11	La Crosse Logan	28.40	DNS	20
--	Lexie Leuenberger	09	Decorah	32.00	DNS	11

#### Girls 400 Meter Dash

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Meet Record: % 1:01.51 3/21/2009 Jaya Perkins, Lakeville No						
2013 Winner: 1:05.30 3/16/2013 Kiana Stender, central elka						
Name	Year	School	Seed	Finals	H#	
=====						
1	Olivia Woyak	12	Onalaska	1:02.00	1:01.80	7
2	Emma Allen	12	Rochester Centur	1:02.45	1:02.95	7
3	Dani Reicherts		Dunkerton		1:03.89	2
4	Kaitlyn Kregel	11	Decorah	1:06.00	1:06.07	6
5	Andrea Happel	11	La Crosse Logan	1:05.00	1:06.67	6
6	Sophia Cieslicki	11	Holmen	1:04.00	1:08.04	7
7	Lauren Nee	08	Rochester Centur	1:09.54	1:08.80	6
8	Caitlin Barth	11	La Crosse Logan	1:05.00	1:08.86	7
9	Kayla Quandahl	09	Decorah	1:08.00	1:09.35	6
10	Ashan Barnaba	12	Rochester JM	1:01.56	1:09.38	7
11	Sydney Ferrie	09	Crestwood	1:11.00	1:11.28	5
12	Grace Blocker	09	Waukon	1:15.00	1:11.38	4
13	Blair Bodermann	09	Crestwood	1:14.00	1:11.83	4
14	Jennifer Laux	09	Onalaska	1:11.00	1:12.67	5
15	Bailey Haines	11	La Crosse Logan	1:09.00	1:13.03	6

16	Brianna Doyle	10	Decorah		1:13.11	3
17	Hannah Johnson		Dunkerton		1:13.18	2
18	Rachel Frandsen	11	Rochester Centur	1:15.25	1:13.51	3
19	Alissa Erickson	09	Rochester Centur	1:13.45	1:13.87	4
20	Sylvia Betteridge	09	Decorah	1:20.00	1:15.65	3
21	Hannah McLaughlin	10	Mason City	1:15.00	1:15.69	4
22	Chelsea Fager		Dunkerton		1:18.91	1
23	Kali Olson	09	Holmen	1:18.00	1:21.72	3
24	Justine Nagel		Dunkerton		1:23.22	2
25	Emma Nichols	12	Onalaska	1:11.00	1:24.36	5
26	Shelby Weathers	11	La Crosse Logan	1:25.00	1:24.59	3
27	Nicole O'Hara		Dunkerton		1:28.93	1
28	Stephanie Holub	09	Onalaska	1:15.00	1:30.45	4
29	Julia Heiderscheit	11	Holmen	1:58.00	1:48.69	2
--	Crystal Ball	09	Onalaska	1:11.00	DNS	5
--	Madison Fitzgerald	09	Crestwood	1:15.00	DNS	4
--	Jordyn Nagel		Dunkerton		DNS	1
--	Kemmesha Thomas	10	La Crosse Logan	1:03.00	DNS	7
--	Verena Heilman	09	Mason City	1:17.00	DNS	3
--	Danielle Kohlwey	11	Holmen	1:10.00	DNS	6
--	Shawnee Falck	09	Decorah	1:12.00	DNS	5
--	Erin Markworth	09	Onalaska	1:10.00	DNS	5
--	Caroline Marlow	11	Decorah	1:25.00	SCR	

#### Girls 800 Meter Run

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Meet Record:	% 2:28.04	3/22/2008	Scotti Schon,	Waukon		
2013 Winner:	2:33.28	3/16/2013	Tessa Anderson,	Crestwood		
Name	Year	School	Seed	Finals	H#	
=====						
1	Taylor Schuring	10	Decorah	2:25.00	2:36.47	2
2	Brook Jortad	09	La Crosse Logan	2:40.00	2:38.37	2
3	Meredith Targonski	09	Rochester Centur	2:45.00	2:39.11	2
4	Kalle Solberg	10	Decorah	2:30.00	2:45.33	2
5	Kyra Miller	10	Rochester Centur	2:50.00	2:45.53	2
6	Signe Johnson	09	La Crosse Logan	2:40.00	2:47.66	2
7	Kenzie Penca	10	Mason City	2:54.00	2:48.08	2
8	Payton Hjerleid	09	Decorah	2:40.00	2:48.89	2
9	Alyssa Wendel	10	Mason City	2:51.00	2:49.34	2
10	Hannah VonRuden	09	La Crosse Logan	2:55.00	2:51.76	2
11	Prabhjot Singh	11	Rochester JM		2:52.02	1
12	Katelyn Griffith	09	Waukon	3:00.00	2:58.49	1
13	Miranda Massman	10	Holmen	3:00.00	2:58.91	1
14	Kaylee Duxbury	10	Holmen	3:18.00	3:00.83	1
15	Courtney Anderson	11	Rochester Centur		3:02.89	1
16	Abby Berg	09	Rochester Centur		3:05.57	1
17	Emily Schwabenbauer	10	Holmen	3:20.00	3:06.78	1
18	Jacqueline Hambrick	11	Rochester JM		3:10.98	1
19	Marlee Pronschinske	11	Holmen	3:15.00	3:12.23	1
20	Tabitha Wisted	10	Holmen	3:00.00	3:12.51	1
21	Tracy Martinek	09	Crestwood	3:15.00	3:24.26	1
22	Lizabeth Waters	09	Waukon	3:30.00	3:40.88	1
--	Sarah Arndt	11	Rochester Centur	2:45.00	DNS	2
--	Bri Laplante	11	Rochester Centur	2:50.00	DNS	2

#### Girls 1600 Meter Run

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Meet Record: % 5:19.16 3/20/2010 Shana Kelly, Decorah  
 2013 Winner: 6:04.24 3/16/2013 Lizzy Schmida, La Crosse Lo

Name	Year	School	Seed	Finals
1	Monica Delgado	12 Onalaska	5:40.00	5:31.58
2	Kellyn Lamore	11 Holmen	6:00.00	5:41.17
3	Aly Welch	08 Rochester Centur	5:40.00	5:49.03
4	Hannah Johnson	Dunkerton		5:57.31
5	Ashley Edvenson	08 Rochester Centur	5:45.00	5:58.65
6	Kaitlin Miller	07 Rochester Centur	6:10.00	5:58.98
7	Brenna Betts	09 Decorah	6:00.00	6:09.87
8	Alexis Steinlage	10 Decorah	6:20.00	6:23.06
9	Lindsay Vande Lune	12 Decorah	6:10.00	6:23.55
10	Meagan Peterson	10 Rochester Centur	6:20.00	6:30.94
11	Laura Duffield	09 Rochester Centur		6:43.93
12	Jennifer Zimmer	10 Onalaska	6:15.00	6:48.47
13	Lexi Schuder	10 Rochester Centur		7:02.58
--	Maria McDonough	11 Decorah	6:05.00	DNS
--	Kaitlin Lubinski	11 Holmen	6:44.00	DNS
--	Kendra Berns	10 Crestwood	6:45.00	DNS
--	Danielle Dahle	09 Mason City	7:00.00	DNS
--	Lauren Casey	12 Mason City	6:55.00	DNS

#### Girls 3000 Meter Run

Meet Record: % 11:12.51 3/16/2013 Bailey Oettel, La Crosse Lo  
 2013 Winner: 11:12.51 3/16/2013 Bailey Oettel, La Crosse Lo

Name	Year	School	Seed	Finals
1	Kate Sheehy	12 Crestwood	13:00.00	11:39.76
2	Mackenzie Davis	10 Onalaska	11:40.00	11:43.98
3	Mara Wiebke	12 Onalaska	11:40.00	12:22.38
4	Heather Bordwell	12 Crestwood	13:35.00	13:23.07
5	Shania Kelly	09 Decorah	12:10.00	13:29.32
6	Emma Dambek	11 Decorah	12:03.00	13:49.27
7	Julia Dunlavey	09 Mason City	14:00.00	13:50.06
--	MaKayla Percy	09 Mason City	14:25.00	DNF

#### Girls 55 Meter Hurdles

Seed Times = 100H

Meet Record: % 8.70 3/16/2013 Danielle Kohlway, Holmen  
 2013 Winner: 8.70 3/16/2013 Danielle Kohlway, Holmen

Name	Year	School	Seed	Finals	H#
1	Olivia Sandvig	10 Decorah	16.90	9.17	6
2	Andy Jacobs	10 Rochester Centur	15.70	9.35	7
3	Yvora Thomas	11 La Crosse Logan	16.50	9.43	7
4	Kaitlyn Ganrude	11 La Crosse Logan	17.00	9.57	6
5	Jenni King	10 Mason City	17.80	9.97	5
6	Kenedy Heimerdinger	12 Crestwood	18.00	9.99	4
7	Danielle DeRoy	10 Mason City	17.75	10.03	5
8	Morgan Dvorak	10 Mason City	18.20	10.12	4
9	Kylie Kerndt	09 Decorah	17.00	10.23	6
10	Alyssa Matl	12 Holmen	17.00	10.33	6
11	Sydney Ferrie	09 Crestwood	18.30	10.34	4
12	Kaylie Henry	09 Crestwood	19.00	10.35	2

13	Isabel Erickson	10 Rochester Centur	18.50	10.38	3
14	Regan Wasson	09 Waukon	19.00	10.42	2
15	Madeline Woodford	09 Rochester JM		10.47	1
16	Katelyn Griffith	09 Waukon	21.00	10.49	1
17	Katelyn Dehning	09 Decorah	17.50	10.53	5
18	Alyssa Rasmussen	11 La Crosse Logan	18.00	10.59	4
19	Hannah Degener	09 Rochester JM		10.63	1
20	Lexi Marcon	09 Onalaska	18.50	10.66	4
21	Mckenna Dahlquist	10 Mason City	18.00	10.69	5
22	Erin Markworth	09 Onalaska	18.00	10.83	5
23	Casey Kriewald	11 Onalaska	16.00	10.85	7
10.842					
24	Kylie Skillings	11 Decorah	19.90	10.85	2
10.849					
25	Shaylan Martin	11 Decorah	19.30	10.87	2
26	Megan Strittmater	12 Onalaska	16.50	11.19	7
27	Daron Wiltgen	12 Crestwood	18.50	11.20	3
28	Sabrina Duvel	12 Waukon	20.00	11.23	1
29	Lexi Carl	11 Onalaska	16.50	11.42	7
30	Callie Ferring	09 Waukon	22.00	11.46	1
31	Ali Voigt	10 Decorah	20.10	11.48	1
32	Annalise Meier	10 Rochester Centur	19.50	11.51	2
33	Hailey Praska	09 Crestwood	19.00	11.59	2
34	Nicole Kelemen	10 Onalaska	17.00	11.74	6
35	Alisha DeWolf	09 Crestwood	19.00	11.88	3
36	Alison Kolek	09 Holmen	18.00	12.23	4
37	Maddie Rowe	10 Onalaska	18.50	12.50	3
--	Kayla Till	09 Mason City	17.85	DQ	5
False Start					
--	Jenna Rasmussen	11 Rochester Centur	18.90	DQ	3
False Start					
--	Monica Tappe	10 Decorah	18.50	DNS	3
--	Danielle Kohlwey	11 Holmen	15.00	DNS	7
--	Payton Hjerleid	09 Decorah	17.40	DNS	6

#### Girls 4x200 Meter Relay

Meet Record: % 1:50.05 3/21/2009 Lakeville North High School, Lakeville  
No

2013 Winner: 1:54.98 3/16/2013 Decorah, Decorah  
D Folkedahl, R Canoy, M Malila, K Kregel

School	Seed	Finals	H#
=====			
1 Decorah 'A'	1:54.00	1:52.51	3
1) Kalle Solberg 10			
2) Taylor Schuring 10			
3) Kayla Quandahl 09			
4) Dailen Folkedahl 12			
2 La Crosse Logan 'A'	1:54.00	1:52.56	3
1) Kemmesha Thomas 10			
2) Shanelle Kendrick 11			
3) Tore Washa 11			
4) Chloe Malin 11			
3 Crestwood 'A'	1:55.00	1:55.87	3
1) Miranda Kerian 12			
2) Tessa Anderson 12			
3) Megan Guyer 12			
4) Madison Sickles 11			
4 Waukon 'A'	2:00.00	1:58.21	2
1) Lyvia Bulman 11			
2) Regan Wasson 09			
3) Lanci Bulman 09			
4) Nicole Behrend 10			
5 Rochester Century 'A'	1:57.00	1:58.80	3



1) Jenna Myhro 11	2) EmMarie Norton 09			
3) Elise Weber 10	4) Sarah Delacey 08			
6 Rochester Century 'B'		2:02.00	1:58.95	2
1) Hannah Heguer 09	2) Makayla Day 09			
3) Olivia Eppen 09	4) Alissa Erickson 09			
7 Onalaska 'A'		2:00.00	2:01.49	2
8 Holmen 'A'		2:20.00	2:01.73	1
1) Brenna Davis 11	2) Brooke Holden 11			
3) Alyssa Matl 12	4) Sophia Cieslicki 11			
9 Crestwood 'B'		1:58.00	2:03.25	3
1) Emily Sickles 10	2) Rachel Russell 10			
3) Sabrina Andera 10	4) Shayla Murphy 11			
10 Rochester Century 'C'		2:04.00	2:05.70	2
1) Emily Fleming 10	2) Erin Cichanski 09			
3) Geena Burgess 08	4) Emily Thomas 10			
11 Crestwood 'C'		2:00.00	2:07.60	3
1) Bekah Johnson 12	2) Kenedy Heimerdinger 12			
3) Daron Wiltgen 12	4) Tiffany Weinacht 10			
12 Waukon 'B'		2:05.00	2:10.14	2
1) Dietsy Mitchell 09	2) Marissa Hermanson 09			
3) Cassie Miller 09	4) Erika Johnson 09			
13 Mason City 'A'		2:12.00	2:10.81	1
1) Verena Heilman 09	2) Madison Howe 09			
3) Grace Sanchez-Gannett 09	4) Michaela Orfield 09			
14 Crestwood 'D'		2:09.00	2:12.54	2
1) Shaunna Erickson 09	2) Alisha DeWolf 09			
3) Kaylie Henry 09	4) Karley Freidhof 09			
15 Dunkerton 'A'			2:14.20	1
16 Crestwood 'E'		2:14.00	2:23.72	1
1) Kaitlyn Finke 09	2) Courtney Vreeman 09			
3) Tracy Martinek 09	4) Abby Kennon 10			

#### Girls 4x400 Meter Relay

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Meet Record: %	4:18.71	3/19/2011	Hudson, Hudson	
			H Garvey, J Brandhorst, H Halstead, C Miller	
2013 Winner:	4:19.27	3/16/2013	Decorah, Decorah	
			K Kregel, T Schuring, T Olinger, M Malila	
School		Seed	Finals	H#
=====				
1 Rochester Century 'A'		4:25.00	4:19.18	2
1) Andy Jacobs 10	2) Sarah Delacey 08			
3) Isabel Erickson 10	4) Emma Allen 12			
2 Decorah 'A'		4:18.00	4:20.37	2
1) Dailen Folkedahl 12	2) Kalle Solberg 10			
3) Katie Perez 10	4) Taylor Schuring 10			
3 Decorah 'B'		4:25.00	4:30.17	2
1) Olivia Sandvig 10	2) Amanda Taylor 11			
3) Alison Sexton 12	4) Payton Hjerleid 09			
4 La Crosse Logan 'A'		4:25.00	4:33.59	2
1) Alexis Stika 12	2) Andrea Happel 11			
3) Caitlin Barth 11	4) Brook Jortad 09			
5 Onalaska 'A'		4:35.00	4:40.36	2
6 Rochester Century 'B'		4:45.00	4:41.00	1
1) Carloyn Arndt 11	2) Annalise Meier 10			
3) Meredith Targonski 09	4) Jenna Rasmussen 11			
7 Crestwood 'A'		4:40.00	4:41.49	1

1) Emily Sickles 10	2) Tessa Anderson 12		
3) Rachel Russell 10	4) Madison Sickles 11		
8 Holmen 'A'	5:20.00	4:55.78	1
1) Lynzie Every 09	2) Lauren Grade 09		
3) Alison Kolek 09	4) Katlyn Long 10		
9 La Crosse Logan 'B'	5:00.00	4:56.60	1
1) Bailey Haines 11	2) Signe Johnson 09		
3) Hannah VonRuden 09	4) Sierra DeWald 10		
10 Mason City 'B'	5:00.00	5:12.41	1
1) Danielle Dahle 09	2) Haley Wiemann 09		
3) Kim Carpenter 10	4) Rylee Hickman 09		
11 Crestwood 'B'	5:10.00	5:16.16	1
1) Blair Bodermann 09	2) Amber Hinck 09		
3) Karley Freidhof 09	4) Tracy Martinek 09		
-- Mason City 'A'	4:20.00	DNS	2
1) Jaqueline Rier 09	2) Kayla Till 09		
3) Ashley Alert 09	4) Makenzie Meyer 10		

#### Girls 4x800 Meter Relay

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Meet Record: % 10:12.84	3/21/2009	Decorah, Decorah	
		K Miller	
2013 Winner: 10:23.83	3/16/2013	central elkader, central elka	
		K Stender, A Asche, E Asche, H Schroeder	
School	Seed	Finals	
1 Decorah 'A'	10:20.00	10:29.60	
1) Kaitlyn Kregel 11	2) Amanda Taylor 11		
3) Katie Perez 10	4) Lindsay Vande Lune 12		
2 Rochester Century 'A'	11:00.00	11:10.84	
1) Bri Laplante 11	2) Sarah Arndt 11		
3) Courtney Anderson 11	4) Kyra Miller 10		
3 Mason City 'A'	11:20.00	11:22.22	
1) Jaqueline Rier 09	2) Alyssa Wendel 10		
3) Kenzie Penca 10	4) Adison Cobb 10		
4 Decorah 'B'	10:45.00	11:35.53	
1) Maria McDonough 11	2) Shawnee Falck 09		
3) Sylvia Betteridge 09	4) Brianna Doyle 10		
5 Onalaska 'A'	12:00.00	12:04.68	
6 Crestwood 'A'	11:45.00	12:07.33	
1) Sydney Ferrie 09	2) Blair Bodermann 09		
3) Heather Bordwell 12	4) Hailey Praska 09		
7 Rochester Century 'B'	12:00.00	12:15.70	
1) Abby Berg 09	2) Laura Duffield 09		
3) Sam Rashid 11	4) Lexi Schuder 10		
8 Crestwood 'B'	12:10.00	12:27.30	
1) Madison Fitzgerald 09	2) Amber Hinck 09		
3) Kendra Berns 10	4) Nikki Saltou 09		
9 Mason City 'B'	12:35.00	12:32.31	
1) Rylee Hickman 09	2) Haley Wiemann 09		
3) Julia Dunlavey 09	4) MaKayla Percy 09		
-- Dunkerton 'A'		DNS	

#### Girls 1600 Sprint Medley

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200, 200, 400, 800		
Meet Record: % 4:28.74	3/21/2009	Waukon, Waukon

2013 Winner: 4:40.00 3/16/2013 Holmen, Holmen  
 T Meyer  
 M Heineck, S Cieslicki, K Lamore, J Rieber

School	Seed	Finals	H#
1 Crestwood 'A'	4:41.00	4:38.33	2
1) Emily Sickles 10	2) Miranda Kerian 12		
3) Tessa Anderson 12	4) Kate Sheehy 12		
2 Rochester Century 'C'		4:55.58	1
3 Rochester Century 'B'	4:53.00	4:58.73	2
1) Jenna Myhro 11	2) Hannah Heguer 09		
3) Meredith Targonski 09	4) Sydney Hollman 09		
4 Mason City 'A'	5:00.00	5:07.78	2
1) Mari Wilson 11	2) Mckenna Dahlquist 10		
3) Emily Meierotto 10	4) Adison Cobb 10		
5 Waukon 'A'	6:00.00	5:08.62	1
1) Alex Marti 10	2) Marissa Hermanson 09		
3) Cassie Miller 09	4) Leah Riese 10		
6 Holmen 'A'	5:20.00	5:16.28	1
1) McKenzie Ellis 12	2) Maia Heineck 11		
3) Kirsten Olson 10	4) Makinsey Schmidt 10		
7 Rochester Century 'A'	4:40.00	5:26.41	2
1) Karli Fink 12	2) Elise Weber 10		
3) EmMarie Norton 09	4) Lucy Burgess 10		
8 Crestwood 'B'	5:05.00	5:28.93	1
1) Shayla Murphy 11	2) Rachel Russell 10		
3) Sabrina Andera 10	4) Nikki Saltou 09		
-- Decorah 'A'	4:45.00	DNS	2
1) Monica Malila 11	2) Olivia Syverson 09		
3) Alison Sexton 12	4) Brianna Doyle 10		

#### Girls 4x55 Meter Shuttle Hurdle

Meet Record: % 35.28 3/22/2008 Crestwood, Crestwood  
 2013 Winner: 35.97 3/16/2013 Valley, Valley  
 C Liebe, M Burke, E Britt, N Fettkether

School	Seed	Finals	H#
1 Mason City 'A'	1:01.60	36.11	2
1) Jenni King 10	2) Danielle DeRoy 10		
3) Mckenna Dahlquist 10	4) Morgan Dvorak 10		
2 Crestwood 'A'	1:14.00	37.78	1
1) Sydney Ferrie 09	2) Kaylie Henry 09		
3) Daron Wiltgen 12	4) Kenedy Heimerdinger 12		
3 Rochester Century 'A'	1:02.21	39.20	2
1) Jenna Rasmussen 11	2) Andy Jacobs 10		
3) Annalise Meier 10	4) Isabel Erickson 10		
4 Decorah 'A'	1:12.50	40.02	1
1) Shaylan Martin 11	2) Katelyn Dehning 09		
3) Kylie Skillings 11	4) Ali Voigt 10		
-- Onalaska 'A'	1:07.20	DNS	2

#### Girls High Jump

Meet Record: % 5-04 3/22/2008 Ashley Sickles, Crestwood  
 2013 Winner: 4-10 3/16/2013 Karlee Grabau, Crestwood

Name	Year	School	Seed	Finals
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1	Yvora Thomas	11	La Crosse Logan	5-00.00	5-00.00
2	Karli Fink	12	Rochester Centur	4-08.00	5-00.00
3	Carly Morris	11	La Crosse Logan	5-00.00	5-00.00
4	Alexis Stika	12	La Crosse Logan	5-00.00	5-00.00
5	Karlee Grabau	11	Crestwood	4-06.00	4-10.00
6	Carloyn Arndt	11	Rochester Centur	4-08.00	4-08.00
6	Rachel Frandsen	11	Rochester Centur	4-08.00	4-08.00
8	Taylor Schuring	10	Decorah	4-08.00	4-08.00
9	Amanda Wiebke	10	Onalaska	4-08.00	4-08.00
10	Kemmesha Thomas	10	La Crosse Logan	4-08.00	4-06.00
11	Karin Canakes	11	Rochester Centur	4-08.00	4-06.00
12	Regan Wasson	09	Waukon	4-02.00	4-06.00
13	Taylor Martinek	11	Crestwood	4-06.00	4-04.00
14	Sierra DeWald	10	La Crosse Logan	4-08.00	4-04.00
15	Amber Hinck	09	Crestwood	4-00.00	4-02.00
16	Tracy Martinek	09	Crestwood	4-04.00	4-02.00
17	Hailey Praska	09	Crestwood	4-02.00	4-02.00
18	Lindsey Fischer	10	Onalaska	4-04.00	4-00.00
--	Alison Kolek	09	Holmen		NH
--	Kasey Thompson	09	Decorah	3-10.00	NH
--	Kirsten Olson	10	Holmen		NH
--	Lynzie Every	09	Holmen		DNS
--	Payton Hjerleid	09	Decorah	4-02.00	DNS
--	Jaqueline Rier	09	Mason City	4-06.00	DNS
--	Devyn Martinez	09	Holmen		DNS

#### Girls Long Jump

4 Jumps No Finals

Meet Record: % 17-02.25 3/22/2008 Emily Betz, La Crosse Logan

2013 Winner: 15-05.75 3/16/2013 Arika Wooldridge, Center Point

Name	Year	School	Seed	Finals	
1	Mishy Wang	11	Rochester Centur	15-00.00	16-03.25
2	Kaitlyn Ganrude	11	La Crosse Logan	15-10.00	16-00.50
3	Dani Reicherts		Dunkerton		15-10.00
4	Makenzie Meyer	10	Mason City	17-00.00	15-10.00
5	Alexis Stika	12	La Crosse Logan	16-00.00	15-04.25
6	Madison Sickles	11	Crestwood	14-06.00	15-01.00
7	Olivia Sandvig	10	Decorah	14-00.00	14-10.00
8	Katelyn Dehning	09	Decorah	13-06.00	14-01.00
9	Shayla Murphy	11	Crestwood	14-06.00	14-00.50
10	Megan Guyer	12	Crestwood	14-06.00	13-11.00
11	Kendall Kupfer	10	Rochester Centur	15-00.00	13-09.50
12	EmMarie Norton	09	Rochester Centur	13-00.00	13-07.00
13	Danielle DeRoy	10	Mason City	14-06.00	13-06.25
14	Lucee Laursen	11	Onalaska		13-03.00
15	Carloyn Arndt	11	Rochester Centur	13-00.00	13-02.00
16	Tiffany Weinacht	10	Crestwood	13-06.00	12-10.00
17	Hannah McLaughlin	10	Mason City	12-05.00	12-06.00
18	Kaylie Henry	09	Crestwood	13-00.00	12-06.00
19	Ruth Hallstead	09	Onalaska		12-02.00
20	Karley Freidhof	09	Crestwood	12-06.00	11-10.50
21	Shawnee Falck	09	Decorah	13-00.00	11-09.50
22	Shanelle Kendrick	11	La Crosse Logan	14-00.00	11-08.50
23	Tegan Steenburgh	11	Rochester Centur	13-00.00	11-06.50

24	Katelyn Ramstad	10	Decorah	12-00.00	11-06.00
25	Crystal Mensen	12	Decorah	13-00.00	11-04.50
26	Abby Ahrens	09	Decorah	11-00.00	11-04.00
27	Emma Moorhead	09	Onalaska		11-04.00
28	Emily Dusenberg	10	Onalaska		10-01.00
29	Katlyn Long	10	Holmen		9-09.50
30	Maria Jackson	09	La Crosse Logan	13-00.00	9-07.50
31	Kali Olson	09	Holmen		9-05.00
32	Noelani Vargas	09	Holmen		8-09.00
33	Leah Tolvstad	10	Holmen		8-08.50
--	Ashan Barnaba	12	Rochester JM		DNS
--	Kendra Berns	10	Crestwood	12-00.00	DNS
--	Kieanna Green	10	Rochester JM	14-01.75	DNS
--	Crystal Ball	09	Onalaska		DNS
--	Shaunna Erickson	09	Crestwood	13-06.00	DNS

#### Girls Triple Jump

4 Jumps No Finals

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

2013 Winner: 28-09.50 3/16/2013 Hannah Erickson, Holmen

Name	Year	School	Seed	Finals
1	Kendall Kupfer	10 Rochester Centur	32-00.00	32-07.00
2	Carloyn Arndt	11 Rochester Centur	30-00.00	30-00.50
3	Sophia Cieslicki	11 Holmen		29-11.00
4	EmMarie Norton	09 Rochester Centur	30-00.00	29-03.00
5	Lucee Laursen	11 Onalaska		27-08.00
5	Erin Markworth	09 Onalaska		27-08.00
7	Rachel Frandsen	11 Rochester Centur	30-00.00	27-05.50
8	Tegan Steenburgh	11 Rochester Centur		25-09.50
9	Ruth Hallstead	09 Onalaska		25-09.00
--	Emma Moorhead	09 Onalaska		FOUL
--	Sarah Arndt	11 Rochester Centur	30-00.00	DNS
--	Maia Heineck	11 Holmen		DNS
--	Karin Canakes	11 Rochester Centur	30-00.00	DNS

#### Girls Shot Put

4 Throws No Finals

Meet Record: % 39-09.25 3/20/2010 Jadyn Spencer, Waterloo West

2013 Winner: 36-08.50 3/16/2013 Kassie Hoyme, Decorah

Name	Year	School	Seed	Finals
1	Nicole Fautsch	10 Rochester JM	38-06.00	40-09.75%
2	Kassie Hoyme	11 Decorah	36-00.00	37-11.00
3	Jenna Iverson	12 Decorah	33-00.00	33-00.50
4	Kassera Hansen	11 La Crosse Logan	33-08.00	32-08.00
5	Kierra Walske	11 Rochester JM	31-06.75	31-07.50
6	Sierra Paske	11 Rochester Centur	31-04.00	31-04.25
7	Alexis Reicks	12 Crestwood	31-00.00	31-03.50
8	Audrey Webster	12 Rochester Centur	29-09.00	31-03.25
9	Mikaela Murphy	10 Crestwood	29-00.00	30-07.75
10	Rachel Edvenson	11 Rochester Centur	31-01.00	30-03.75
11	Stacia Munson	11 La Crosse Logan	30-09.00	29-11.25
12	Kaleigh Gosa	10 La Crosse Logan	31-01.00	29-11.00
13	Macy Hembd	12 La Crosse Logan	30-09.00	29-09.00

14	Tayla Stuttley	09	Onalaska	27-00.00	29-08.50
15	Michaela Pinter	10	Crestwood	27-06.00	28-00.75
16	Melissa Holyoake	10	Decorah	26-00.00	27-02.25
17	Bethany Stock	10	Waukon	27-00.00	27-00.75
18	Meghan Emerfoll	11	Rochester Centur	26-11.00	27-00.50
19	Lauren Heaton	10	Rochester JM	25-08.00	26-08.50
20	Madison McCabe	10	Decorah	20-00.00	26-06.00
21	Mariah Tweed	12	Rochester Centur	25-08.00	26-06.00
22	Molly McConnell	09	Crestwood	28-00.00	26-02.75
23	Maddie Wozney	11	La Crosse Logan	25-02.00	26-00.00
24	Kerigan Hunziker	11	Crestwood	27-06.00	25-10.50
25	Olyvia Stromberg	09	Holmen		25-06.00
26	Sarah Goetsch	12	Crestwood	27-06.00	25-01.75
27	Megan Ryan	09	Crestwood	25-00.00	25-01.25
28	Lydia Kleckner	09	Decorah	20-00.00	24-09.75
29	Meredith Lensing	09	Waukon	25-00.00	24-09.50
30	Tracey Smith	09	La Crosse Logan	24-01.00	24-02.75
31	Jessica Carolan	10	Crestwood	26-00.00	23-03.00
32	Emily Hammel	10	Waukon	25-00.00	23-02.00
33	Abby Kennon	10	Crestwood	23-00.00	23-00.75
34	Susan Pielhop	11	La Crosse Logan	25-02.00	22-09.75
35	Meretta Peterson	09	Decorah		22-08.75
36	Lacy Harter	11	La Crosse Logan	24-01.00	22-06.50
37	Kayla Walter	09	Decorah	20-00.00	22-04.50
38	Rylee Monteith	09	Decorah	20-00.00	21-10.75
39	Caitlin Shelton	09	Waukon	25-00.00	21-10.50
40	Courtney Kinyon	10	Rochester Centur	23-05.00	21-07.50
41	Dianne Murray	09	Holmen		21-01.25
42	Kasinda McKee	09	Waukon	23-00.00	21-00.25
43	Maiah Johanningmeier	09	Decorah	20-00.00	20-09.00
44	Christa Heffern	09	Waukon	23-00.00	19-11.50
45	Taityana Austin	09	La Crosse Logan	24-01.00	18-00.25
--	Lauren Reicks	09	Crestwood	27-00.00	DNS
--	Mylissa Munkel	09	Crestwood	20-00.00	DNS
--	Mari Wilson	11	Mason City	30-00.00	DNS
--	Karyssa Symons	12	Holmen		SCR