

# 1995 DRAKE RELAYS

Drake University, Des Moines, Iowa  
April 28-29

## HIGH SCHOOL BOYS' AND GIRLS'

FRIDAY WEATHER: MORNING - 48 degrees, 78% relative humidity, winds South at 12 mph. Partly Sunny.

AFTERNOON - 60 degrees, 57% relative humidity, winds Southwest 15 mph. Partly Sunny. Friday attendance--16,675

SATURDAY WEATHER: MORNING - 51 degrees, 74% relative humidity, winds South at 12 mph. AFTERNOON - 54 degrees, 69% relative humidity, winds Southeast at 13 mph. Some light rain. Attendance--18,000 (30th consecutive Saturday sellout)

Software by Track-on-a-Mac...1-800-PETE-MAC

### High School Boys' 100 Meter Dash Finals

Wind - -1.27

1	Doug Miller, Mount Pleasant	SR	11.12
2	Zeron Flemister, Sioux City, West	SR	11.18
3	Merrill Coleman, Iowa City	JR	11.25
4	Greg Owens, Des Moines, East		11.31
5	Thomas Hubers, Pella Christian	FR	11.33
6	Tony Tatman, Urbandale	SR	11.38
7	Marshall Frazier, Bettendorf	JR	11.39
8	Aaron Burrell, Cedar Rapids, Washington	SR	11.41

### Preliminary Heat 1

1	Merrill Coleman, Iowa City	JR	11.17
2	Marshall Frazier, Bettendorf	JR	11.26
3	Corey Willie, North Scott of Eldridge	SR	11.29
4	Dan McMahon, Iowa City	JR	11.33
5	Rory McKenna, Sioux City, East		11.40
6	Geovanti Steward, Davenport, North	SR	11.46
7	Bryan Shorter, Davenport, Central	SR	11.56
8	Nick Stahly, Valley of West Des Moines	SO	11.60

### Preliminary Heat 2

1	Doug Miller, Mount Pleasant	SR	10.94
2	Zeron Flemister, Sioux City, West	SR	10.99
3	Phil Wagner, North Fayette of West Union	JR	11.26
4	Marc Ricketts, Spencer	SR	11.27
5	Marc Vloedman, Valley of West Des Moines	SR	11.31
6	J.C. Steinberg, Cedar Rapids, Kennedy	FR	11.35
7	Mike King, Mason City	SO	11.39
8	Quanta Moss, Clarinda Academy		11.45

### Preliminary Heat 3

1	Thomas Hubers, Pella Christian	FR	11.17
2	Aaron Burrell, Cedar Rapids, Washington	SR	11.22
3	Tony Tatman, Urbandale	SR	11.24
4	Dave Ferguson, Dowling of West Des Moines	JR	11.30
5	Ryan Godfrey, Sioux City, Heelan	JR	11.32
6	Michael Martin, Johnston	JR	11.39
7	Josh Sheley, Spencer	JR	11.45
	Chip Williams, Mount Ayr		DNR

### Preliminary Heat 4

1	Greg Owens, Des Moines, East		11.26
2	John Ballou, Waukee	SR	11.36
3	Dan Brice, Oskaloosa	SR	11.60
4	Deangelow Dudley, Des Moines, East	JR	11.62
5	Mark Charter, Ames	SO	11.63
6	Dan Ryan, Woodward-Granger	SR	11.66
7	Tim Williams, Burlington	JR	11.71
	Tony Collins, Davenport, Assumption		DNR

### High School Boys' 1600 Meter Run Finals

1	Tom Caughlin, Mason City	SO	4:20.56
2	Rob Brock, Dubuque	SO	4:21.32
3	Shaun Allen, Fort Madison	FR	4:24.91
4	Jeremy Haack, Spencer	SR	4:25.39

5	Jon Lindaman, Humboldt	SR	4:25.87
6	Zane Nielsen, Missouri Valley	SR	4:26.26
7	Dave Repass, Dubuque	JR	4:29.03
8	Jason Wray, Ames	SR	4:30.29
9	Charlie Kelly, Marshalltown	JR	4:30.90
10	Nolan Speichinger, Sioux City, East		4:31.49
11	Jesse Sand, Cedar Rapids, Regis		4:33.25
12	Bryant Arns, Waverly-Shell Rock	JR	4:33.32
13	Tom Hesse, Cedar Falls	SR	4:34.26
14	Andy Morris, Ankeny		4:34.54
15	Sam Burkett, Urbandale	SR	4:34.55
16	Mike Stults, Knoxville	SR	4:36.19
17	Scott Reichel, Dubuque, Wahlert	SR	4:37.32
18	Esteve Conesa, Dubuque, Hempstead	SR	4:38.01
19	Jason Peppers, Ankeny		4:38.13
	Tavis Cummings, Van Buren of Keosauqua		DNR
	Matt Canterbury, Sioux City, East		DNR

### High School Boys' 3200 Meter Run Finals

1	Tom Caughlin, Mason City	SO	9:26.20
2	Tavis Cummings, Van Buren of Keosauqua		9:26.76
3	Nolan Speichinger, Sioux City, East		9:29.28
4	Jeremy Haack, Spencer	SR	9:29.76
5	Sam Burkett, Urbandale	SR	9:30.21
6	Matt Mosman, Carroll, Kuemper	JR	9:32.73
7	Charlie Kelly, Marshalltown	JR	9:33.56
8	Jon Lindaman, Humboldt	SR	9:42.39
9	Trent Corey, Dubuque	SO	9:43.59
10	Eric Bergman, Indianola	SR	9:45.19
11	Jason Peppers, Ankeny		9:46.32
12	Jason Probasco, Woodbine	JR	9:48.54
13	Andy Morris, Ankeny		9:48.83
14	Mike Stults, Knoxville	SR	9:50.55
15	Jay Jenness, Bettendorf	JR	9:59.95
16	Jason Steger, Council Bluffs, Lincoln	JR	10:00.70
17	Brian Peterson, Dowling of West Des Moines	SR	10:01.27
18	Joshua Illian, Denver	SR	10:11.20
19	Adam Wheelock, Sioux City, East		10:11.39
20	Jon Voight, Cedar Falls	JR	10:11.94
	Luke VanHyfte, West Central of Maynard		DNR

### High School Boys' 110 Meter Hurdles Finals

1	Brian Dunn, Glenwood	SR	15.10
2	Ramon Christopher, Des Moines, Hoover	SR	15.14
3	Dave Nielsen, New Hampton	SR	15.26
4	Dustin Avey, Ames	JR	15.27
5	Scott VeDepo, Iowa City	SR	15.30
6	Greg Orberg, West Delaware of Manchester	SR	15.38
7	Chris Harms, Spencer	JR	15.47
8	Josh Hansen, Cedar Falls	SR	20.49

### Preliminary Heat 1 (Wind: -0.94)

1	Brian Dunn, Glenwood	SR	14.91
2	Ramon Christopher, Des Moines, Hoover	SR	15.14

3	Dave Nielsen, New Hampton	SR	15.38
4	Josh Hansen, Cedar Falls	SR	15.42
5	Chris Harms, Spencer	JR	15.43
6	Scott VeDepo, Iowa City	SR	15.62
7	Josh Grau, Tipton	JR	16.14
8	Nick Brown, Burlington	JR	16.44

### Preliminary Heat 2 (Wind: -3.19)

1	Dustin Avey, Ames	JR	15.52
2	Greg Ortberg, West Delaware of Manchester	SR	15.61
3	Luke Wilson, Mason City	SR	15.86
4	Kenny Fry, Clarke of Osceola	SR	16.03
5	Jason Drewelow, Cedar Rapids, Kennedy	JR	16.09
6	Charlie Stelk, Davenport, Assumption		16.11
7	Clint Harvey, Knoxville	SR	16.14
8	Aaron Abram, Valley of West Des Moines	JR	16.30

### Preliminary Heat 3 (Wind: -1.95)

1	Ryan Erwin, Sioux City, East		15.71
2	Josh Hulling, Des Moines, Hoover	SR	15.74
3	Ben Koehler, Dubuque, Hempstead	SR	15.97
4	Andy Estey, Southeast Polk of Runnells	SR	16.31
5	Chris Nelson, Urbandale	SR	16.37
6	Nate Glenn, Southeast Polk of Runnells	SO	16.53
7	Sang Cam, Mount Pleasant	SR	16.57

### Preliminary Heat 4 (Wind: +1.84)

1	Darrin DeVries, Kingsley-Pierson	SR	15.70
2	Ryan Loftin, Waukee	SR	15.89
3	Scott Kuchel, Kingsley-Pierson	JR	16.09
4	Dave Kamprath, South O'Brien of Paullina	JR	16.65
5	Jamie Lynch, Urbandale	JR	16.94
6	Aaron Clinton, Davenport, North	JR	16.95
7	Chris Kinsler, Bettendorf	SO	18.82
8	Joe Byers, Pella	JR	19.01

### High School Boys' 400 Meter Hurdles Finals

1	Dustin Avey, Ames	JR	51.94
2	Brent Mac Lagan, Jefferson-Scranton	SR	53.42
3	Rob Thein, Iowa City	SR	54.30
4	Ryan Smith, Lawton-Bronson	SR	54.37
5	Matt Nanninga, Le Mars, Gehlen	SR	54.87
6	Aaron Brock, Storm Lake	SR	55.33
7	Jeff Miller, Paton-Churdan		56.08
	Chris Harms, Spencer	JR	DNF

RECORD--Old Mark, :52.29, Tim Dwight, Iowa City High, 1993

### High School Boys' 4x100 Meter Relay Finals

1	IOWA CITY	42.67
	Dan McMahon, Scott VeDepo Cory Kendall, Merrill Coleman	
2	SIOUX CITY, WEST	42.87
	Derrick Franklin, Jason Alter Tony Salmon, Justin Ball	
3	WATERLOO, EAST	43.07
	Devin Love, David Love Jerry Moses, Mark Norman	
4	DES MOINES, EAST	43.24
	James Lee, Deangelow Dudley Cory Cason, Greg Owens	
5	SPENCER	43.80
	Josh Sheley, Marc Ricketts Eric Maurer, Matt Maurer	
6	WAUKEE	43.90
	Gary Uhl, Ryan Loftin John Ballou, Jason Pulliam	
7	MOUNT PLEASANT	43.97
	Nate Ensminger, Jason Schroeder Chad Menke, Doug Miller	
	DAVENPORT, NORTH	DNF
	Brent Browner, Geovanti Steward Mark Sturdivant, Micky Sisk	

### Preliminary Heat 1

1	SIOUX CITY, WEST	43.00
	Derrick Franklin, Jason Alter Tony Salmon, Zeron Flemister	
2	IOWA CITY	43.17
	Dan McMahon, Scott VeDepo Cory Kendall, Merrill Coleman	
3	DAVENPORT, NORTH	43.68
	Brent Browner, Geovanti Steward Mark Sturdivant, Micky Sisk	
4	SPENCER	43.89
	Josh Sheley, Marc Ricketts Eric Maurer, Matt Maurer	
5	MOUNT PLEASANT	44.05
	Nate Ensminger, Jason Schroeder Chad Menke, Doug Miller	
6	BALLARD OF HUXLEY	44.15
	B.J. Harmon, Curt Accola Clint Blackburn, Amos Nelson	
7	CEDAR RAPIDS, JEFFERSON	44.73
	Jason Ringler, Corey Young Dan Wolfe, A.B. Cassell	
8	DUBUQUE	46.77
	Sam Kaune, Colin Cornelius Tony Smith, Jeremy Vize	

### Preliminary Heat 2

1	SIOUX CITY, HEELAN	44.17
	Ryan Godfrey, Troy Schulte Dave Duzik, Chad Heying	
2	FORT DODGE	44.29
	Cory Braunschweig, Terry Reiners Mark Wills, Randy Reiners	
3	DOWLING OF WEST DES MOINES	44.31
	Tim White, Dave Ferguson Tom Tavegia, Tyrone Tyler	
4	DAVENPORT, ASSUMPTION	44.60
	Matt Forbes, Kevin Collins Grant Pohlmann, Mike Froehlich	
5	WEST DELAWARE OF MANCHESTER	44.65
	Brian Lynch, Aaron Allgood Jesse Lewin, Greg Ortberg	
6	VALLEY OF WEST DES MOINES	44.68
	Nick Stahly, Chris Starostka Josh McIntire, Marc Vloedman	
7	WATERLOO, WEST	44.92
	Sir Gardner, Rico Jordan Eric Johnson, DeCarlos Anderson	
8	WAVERLY-SHELL ROCK	44.95
	Bryan Gilbreath, Doug Norton Mike Ramker, Adam Folkerts	

### Preliminary Heat 3

1	DES MOINES, EAST	43.74
	James Lee, Deangelow Dudley Cory Cason, Greg Owens	
2	WAUKEE	44.10
	Gary Uhl, John Ballou Ryan Loftin, Jason Pulliam	
3	JOHNSTON	44.32
	David Rittgers, Jay Christianson Jon French, Michael Martin	
4	URBAN DALE	44.43
	Tony Tatman, Dan Boes Joel Straw, Abram Sloss	
5	DES MOINES, NORTH	44.67
	Ray Cole, Ou Meksay Eltegra Young, Lewis Miner	
6	NORTH SCOTT OF ELDRIDGE	44.73
	Darin Burmeister, Brent Decker Jay Nichols, Corey Willie	

3	WATERLOO	44.81	Chris Taylor, Jared Heinz Brad Hill, Jon Lindaman
8	MEDIAPOLIS	45.45	Eric Belzer, Allen Whitaker Brandon Egan, Derek Lipper
<b>Preliminary Heat 4</b>			
1	CEDAR RAPIDS, KENNEDY	44.62	Jason Drewelow, J.C. Steinberg Patrick Krambeer, Myron Blocksome
2	IOWA FALLS	44.74	Jesse Off, Kyle Ingebritson Matt Stockdale, Aaron Stensland
3	CEDAR FALLS	44.94	Shad Hecht, T. J. Kimble Matt Hulse, Tony Wieland
4	CEDAR RAPIDS, WASHINGTON	44.99	Casey Prince, Rob Brimmer Jason Dicken, Aaron Burrell
5	NEWTON	45.17	Terry Bricker, Ryan Maki Todd Karsten, Matt Sparks
6	TREYNOR	45.39	Tim Wiig, Todd Mundt Nick Andersen, Cory Woods
	CLINTON	DNF	Jeremy Glasgow, Brian Young Ulysses Patterson, Jason Johnson
	ANKENY	DQ-FS	Shane Conner, Scott Phillips Chris Froehle, Joey White
<b>Preliminary Heat 5</b>			
1	OTTUMWA	44.90	Tim Lunsford, Chad Chadwick Zach Baayen, Trent White
2	WEST HANCOCK OF BRITT	45.19	Rob Thompson, Al Love Doug Thompson, Troy Doughan
3	WINFIELD-MOUNT UNION	45.42	Brian Jones, Ryan Buffington Nate Riordan, Eric Rawson
4	DAVENPORT, WEST	45.44	Erik Rogers, Nathan Meierbachtol Rashad Boswell, Brad Kononovs
5	SPIRIT LAKE PARK	45.50	David Urbanos, Ben Espelund Jason Graff, Scott Faber
6	BECKMAN OF DYERSVILLE	45.54	Tony Scherrman, Jason White Rob Kennedy, Joe Kubicek
7	PELLA	45.97	Ross Polking, Sophin Sarin John DeYarman, Matt Farmer
	AMES	DQ-48.98	Mark Charter, Steve Steenbeke Winston Huang, Clint Houge
<b>Preliminary Heat 6</b>			
1	WATERLOO, EAST	43.64	Devin Love, David Love Jerry Moses, Mark Norman
2	STORM LAKE	44.70	Aaron Brock, Chad Milbrandt John Cejka, Anthony DeMan,
3	ALGONA	45.21	Jeremy Holcomb, Ryan Halverson Pat Williams, Kurt Bormann
4	DES MOINES, HOOVER	45.24	Jay Hall, Brad Haugh Josh Hulling, Toshi Ueda

5	WILTON	45.34	Terry Ramsey, Matt Sawvell Steve Eiselstein, Chris Akers
6	WAPSIE VALLEY OF FAIRBANK	45.47	Tyler Molstre, Jeremy Kuker Trent Buenzow, Josh Wedemier
7	OSKALOOSA	45.73	Shannon Binns, Andy Fish Mitch Comstock, Dan Brice
8	BCLUW OF CONRAD	45.90	Daniel Reece, John Zehr Jeremy Hines, Marc Grant
<b>Preliminary Heat 7</b>			
1	ATLANTIC	44.79	Danny Mueller, Matt Nelson Nick Furlong, Mike Pellett
2	DAVENPORT, CENTRAL	44.91	James Thomas, Tony Sisk Ricky McBride, Bryan Shorter
3	PELLA CHRISTIAN	45.07	Mark Boender, Eric Stam Shaun Van Dusseldorp, Thomas Hubers
4	IOWA CITY, WEST	45.24	Daren Dickel, Damon Harney Vong XayKosy, Jason McNatt
5	LOUISA-MUSCATINE OF LETTUS	45.73	Daniel Crabtree, Nathan Koppe Mike Mulder, Mike Hart
6	CLARINDA	45.91	Jeremy Latham, Billy Williams Ragan Pullen, Matt Moore
	MASON CITY	DNF	Dan Caropreso, Ben Kellogg Dan Youmans, Steve Linville
	CLARKE OF OSCEOLA	DQ-45.74	Jason Kiger, Cade Kelly Kenny Fry, Jason Rowe
<b>Preliminary Heat 8</b>			
1	HUBBARD-RADCLIFFE	45.32	Marty Eide, Chad Holt Curt Winter, Russ Camacho
2	ADM OF ADEL	45.36	Brad Douglas, Courtney Bruce Justin Bandy, Joe Straight
3	WOODWARD-GRANGER	45.49	Ron Trump, Nathan Struve Dan Ryan, J. B. Kiley
4	DES MOINES, ROOSEVELT	45.52	Chris Oliver, Anthony Rife Cassius Cooper, Matt Casebolt
5	PLEASANT VALLEY	45.58	Cory Huff, Tom Dodds Dave Rodgers, Chris Norris
6	GRINNELL	45.64	Dan Johnson, Geoff Jensen Drew Sherman, Tim Longman
7	WESTWOOD OF SLOAN	45.68	Brian Koenig, Bret Healy A. J. Godfredson, Tom Green
8	MISSOURI VALLEY	46.33	Jason Kohl, Mike Aronson Nate Tierney, Jeremy Damon
<b>Preliminary Heat 9</b>			
1	OGDEN	45.29	Jason Simpson, Brent Faber Chris Paulson, Chad Sorenson
2	OELWEIN	45.41	Dustin Smith, Steve Kalb Tony Bradley, Eric Weiford

Brandon Meinders, Chris Van Scoy	45.50
Chad Brown, Aaron Waggie	
4 PANORAMA OF PANORA	45.73
Mark Petersen, Shaun Moylan	
Bob McFadden, Jacob Taylor	
5 CARDINAL OF ELDON	45.94
Steve Blumer, Aaron Yeager	
Matt Eakins, Jeff Adam	
6 FAIRFIELD	46.39
Tim Egli, Nathan Porter	
Ryan Richardson, Jeremy Small	
7 LAWTON-BRONSON	46.42
Jeremy Hoelker, Paul Bata	
Brent Horsley, Skip Miller	
8 POCAHONTAS AREA	46.76
Mike Dolan, Brian Tjaden	
Mike Hayungs, Joe Slattery	

**Preliminary Heat 10**

1 DENVER	45.92
Collin Anderson, David Goebel	
Josh Meier, Christian Guenther	
2 CLARINDA ACADEMY	45.96
Isaiah LaBeaux, Joe Gillenwater	
Isom Rogers, Quanta Moss	
3 LEWIS CENTRAL OF COUNCIL BLUFFS	46.06
Chris Gates, Doug Kinsel	
Kyle Coleman, Karl Kraut	
4 ALBERT CITY-TRUESDALE	46.67
Kyle Kolander, Barry Engelmann	
Kyle Herrig, Chad Buske	
5 WEST MONONA OF ONAWA	46.76
Jacob McCracken, Jeremy Struble	
Jon Hardersen, Jeremy Hinkel	
6 STARMONT OF ARLINGTON	47.11
Nick Wallace, Brandon Brown	
Brandon Stumberg, Isaac Otdoerfer	
ARLINGTON-PARKERSBURG	DNF
Nate Lester, Chadd Johnson	
Dusty DeVries, Cody Wiegmann	
CHARLES CITY	DQ-46.40
Brian Bohlen, Nate Gabel	
Chris Grimm, James Fisher	

**Preliminary Heat 11**

1 BETTENDORF	44.67
Marshall Frazier, Nick Dehner	
Rob Colvin, Andrew McFedries	
2 MUSCATINE	45.41
Steve Robertson, Edwin Colon	
Jacob Furlong, Ryan Nicholson	
3 NORTH POLK OF ALLEMAN	45.44
Ryan Sparks, Jason Bailey	
Ben Fjelland, Chris Ryan	
4 COLUMBUS OF COLUMBUS JUNCTION	46.34
Tim Prior, Sam Reighard	
Don McCullough, Jake Sands	
5 KINGSLEY-PIERSON	46.37
Tim Crabb, Jeremy Sitzmann	
Scott Kuchel, Darrin DeVries	
6 DUBUQUE, HEMPSTEAD	46.38
Glen Kramer, Scott Claussen	
Jeff Weidemann, Matt Koch	
7 GRUNDY CENTER	46.47
Dan McMartin, Barry Kuiper	
Jerod Wilson, Andy Lebo	
8 MANSON-NW WEBSTER	46.50
Dan Oswald, Aaron Zieg	
Greg Goeders, Kyle Troyer	

**Preliminary Heat 12**

1 SOUTHEAST POLK OF RUNNELLS	45.14
Josh Alton, Brian Town	
Dave Dunagan, Cory Blood	
2 GLENWOOD	45.57
Brian Dunn, Scott Bryson	
Corey Cain, Clint Madison	
3 MADRID	45.87
Scott Olsen, Bill Albright	
Stephen Pohl, Larry Fuller	
4 NEW HAMPTON	45.91
Chad Leonard, Robb Steven	
Ryan Rausch, Dave Nielsen	
5 KEOKUK	45.93
Nate Summers, Chris Moander	
Matt Mueller, Mark Woodring	
6 KNOXVILLE	46.07
Corey Garrington, Scott Hoch	
Jamie Klootwyk, Clint Harvey	
7 WEST LIBERTY	46.20
Brad Guinn, James Laughlin	
Tavo Garcia, Shane Kaalberg	
8 FORT MADISON	46.92
Jason Haessig, Jason Crooks	
Clint Boeding, Shaun Allen	

**Preliminary Heat 13**

1 INDIANOLA	45.06
Mike Noble, Matt Heideman	
Matt Carlson, Ben Overman	
2 CENTRAL CITY	45.88
Troy Craine, Darrin Silver	
Greg Pflughaupt, Ken Marsh	
3 NORTH FAYETTE OF WEST UNION	45.92
Phil Wagner, Dave Wagner	
Chris Wiebers, Court Lutgen	
4 COUNCIL BLUFFS, JEFFERSON	46.17
Jerod Madden, Steve Messerli	
Nick Ochoa, Shawn Goldsberry	
5 ELDORA-NEW PROVIDENCE	46.25
Ira Wikert, Ryan Butler	
Josh Harrell, Mike Rooks	
6 MARSHALLTOWN	46.26
Brandon Landas, Nate Hegdahl	
Brad Hanchak, Brandon Davison	
7 NORTHEAST OF GOOSE LAKE	46.62
Lucas Rickertsen, Ryan Wisor	
Matt Mommsen, Jason Heiar	
8 WASHINGTON	46.80
Luke Miller, Matt Good	
Travis Carlson, Tanner Pump	

**Preliminary Heat 14**

1 AUDUBON	46.53
Dean Nielsen, Nate Levis	
Tony Englin, Nate King	
2 BATTLE CREEK-IDA GROVE	46.66
Nathan Buss, Mike Meier	
Todd Henderson, Donovan Buss	
3 FARRAGUT	46.88
Jake Welchans, Wes Gee	
Ben Thompson, Donovan Spears	
4 HARLAN	46.98
Brad Schmitz, Brandon Haigh	
Steve Schechinger, Chad Hansen	
5 VAN BUREN OF KEOSAUQUA	46.99
Sam Allums, Cory Begley	
Cam Appleman, Colin Smith	
6 JEFFERSON-SCRANTON	47.99
Nate Haypert, Lee Marshal	
Adam La Cock, Brian Sacre	

WINNERSEI	DNF	Jeremy Willis, Matt Ladwig Ryan Armstrong, Chad Pritts
EDDYVILLE-BLAKESBURG	DNF	Robert Rupprecht, Dave Gordan Josh Rouw, Joe Blommers
<b>Preliminary Heat 15</b>		
1 ANAMOSA	45.44	Dan Achenbach, Tim Lambertsen Tyler Remley, Ben Schwartz
2 ROCKFORD	46.49	Mark Nichols, Eric Schmitt Travis Ehlebracht, Eric Muller
3 VINTON-SHELLSBURG	46.55	Randy Johnson, David Geater Ryan Thole, Blake Trantham
4 CEDAR RAPIDS, REGIS	46.63	Shawn Fenton, Jeff Oakley Matt Friedman, Matt Johnson
5 CEDAR RAPIDS, PRAIRIE	46.74	Adam Rudd, Grant Kellogg Brian Beaty, Mark Westemier
6 ESSEX	46.82	James York, Steve Franks Nick Carlson, Kasey Carlson
7 BOONE	46.90	Cory Wood, Scott Miller Nate Chown, Nick Fitzgerald
SIOUX CITY, NORTH	DNF	Shawn Frankl, Kelvin Rinzy Chad La Fave, Mark Millard
<b>Preliminary Heat 16</b>		
1 LINN-MAR OF MARION	45.16	Rob Truss, Nate Neuhart Todd DeWoody, Andy Maloney
2 NORWALK	46.03	Pete Nutting, Troy Atherton Rob Davis, Brett Upchurch
3 DES MOINES, LINCOLN	46.81	Bob Beltrame, Joe Nizzi Rob Johnson, Theron Hunt
4 OLIN-OXFORD JUNCTION	47.05	Aaron Smiley, Kasey Nebergall Michael Wagner, Kahm Saver
5 GILBERT	47.20	Chris Trampel, Kelsey Jacob B.J. Terrones, Ryan Smith
6 OKOBOJI OF MILFORD	47.25	Jacob Jostand, Nate Noble Wes Enderson, Eric Holman
7 NORTH MAHASKA OF NEW SHARON	47.76	Jeremy Van Zee, Brad Johnson Brad Colligan, Mike Miller
WAUKON	DNF	Joey Zimmerli, Tom Otting Jeremy Mohwinkle, Jeremy Fahey
<b>Preliminary Heat 17</b>		
1 ODEBOLT-ARTHUR	46.55	Jared Bruening, Tyson Quirk Seth Profit, Clint Profit
2 GRISWOLD	46.63	Charles James, Jedd Taylor Nick Turner, Dan Towne
3 ALBIA	47.04	Nick Griffin, Dusty Hutchinson Mark Sertterh, Mitch Chance
4 RED OAK	47.14	Randy Mundt, Matt Clayton Dustin Williams, Cam Elliott

5 WINNERSEI	47.21	Ted Bergstrom, Curtis Waddingham Ben Hoskinson, Brian Tadlock
6 TIPTON	47.24	Josh Grau, Eric Daufeldt Josh Meier, Bill Tate
7 NISHNA VALLEY OF HASTINGS	47.27	Ryan Colerick, Jamie Reents Chris Payne, John Glynn
8 NEVADA	47.59	Jason Montegna, Mike Langmo Sangka Luck, Dan Ross
<b>Preliminary Heat 18</b>		
1 DUBUQUE, WAHLERT	45.50	Jaime Marshall, Matt Walker Josh Azebeokhai, Wade Schmelzer
2 LE MARS, GEHLEN	45.53	Ryan Meis, Matt Nanninga Kevin Flaherty, Jed Dull
3 ALTA-AURELIA	45.92	Chris York, Brent Carmichael Ryan Wilkenson, Cory Wuebben
4 SCHALLER-CRESTLAND OF EARLY	46.27	Derek Wall, Travis Wunschel Ben Reis, Stuart Helming
5 WATERLOO, COLUMBUS-DON BOSCO	46.76	Chris Breidenbach, Greg McLaughlin Mark Thompson, Andy Adams
6 WEBSTER CITY	46.97	Erik Hoveland, Kit Thongsouk Zach Mitchell, Jeremy Runyan
7 IOWA MENNONITE OF KALONA	47.15	Ledru Miller, Nate DeHerrera Andy Houts, Nate Miller
BONDURANT-FARRAR	DQ-47.11	Eric Ray, Eric Jackson Justin Hall, Joel Looft
<b>Preliminary Heat 19</b>		
1 DUNKERTON	46.78	Matt Tisue, Joe Carter Bryan Grady, Paul Burger
2 DALLAS CENTER-GRIMES	46.93	Brian Patrick, Jay Clinkinbeard Mike Nelson, Ryan Smith
3 SIGOURNEY	46.95	Ryan Schauf, Dustin Dobbins Tim Flynn, Greg Hammes
4 HARTLEY-MELVIN-SANBORN	47.01	Bryan Nieman, Ryan Lux Matt Lux, Troy Salazar
5 SOUTH PAGE OF COLLEGE SPRINGS	47.38	Mark Edwards, Brad Farmer Colin Grafft, Kevin Wise
6 BELMOND-KLEMME	47.41	Colby Yoder, John Williams Brad Dougherty, Jesse Armour
CRESTON	DQ-47.46	Mike Mansour, Pat Coen Matt Nardy, Brad Adamson
<b>Preliminary Heat 20</b>		
1 SHENANDOAH	46.30	Brian Blank, Heath Graham Tim Meyer, Chris Gardner
2 GARNER-HAYFIELD	46.70	Matt Schoneman, Cory Graham Collin Schaeffer, Troy Stupka
3 WEST BRANCH	46.86	Chad Gade, Andy Swenson Jim Eakes, Curtis Uthe

7	WATERLOO, WEST	46.89
	Ryan Mitchell, Paul Evans	
	Brandon McAuley, Jeff Moreau	
	NORTHERN IOWA OF CEDAR FALLS	DQ-45.96
	Eric Olson, Ryan Smiley	
	Isaiah Schoeman, Luke Slater	

### High School Boys' 4x200 Meter Relay Finals

1	IOWA CITY	1:28.90
	Jess Holland, Mike Richards	
	Merrill Coleman, Jason Ringena	
2	SIOUX CITY, WEST	1:29.52
	Jason Alter, Zeron Flemister	
	Tony Bigelow, Derrick Franklin	
3	SIOUX CITY, HEELAN	1:30.62
	Chad Heying, Jason Potter	
	Kirk Chamberlain, Kelsey Young	
4	DOWLING OF WEST DES MOINES	1:30.63
	Dave Ferguson, Shayne Miller	
	Tom Tavegia, Tyrone Tyler	
5	AMES	1:31.30
	Mark Charter, Winston Huang	
	Matt Loney, Clint Houge	
6	CEDAR RAPIDS, WASHINGTON	1:31.35
	Jay Frazier, Casey Prince	
	Rob Brimmer, Aaron Burrell	
7	WAVERLY-SHELL ROCK	1:31.52
	Mike Ramker, Ryan Pick	
	Bryan Gilbreath, Adam Folkerts	
	DUBUQUE	DNF
	Mike Berkley, Pat Ferry	
	Shane Loney, Steve Ruden	

### Preliminary Heat 1

1	IOWA CITY	1:28.41
	Jess Holland, Mike Richards	
	Merrill Coleman, Jason Ringena	
2	SIOUX CITY, WEST	1:29.02
	Jason Alter, Zeron Flemister	
	Tony Bigelow, Derrick Franklin	
3	WAVERLY-SHELL ROCK	1:31.63
	Mike Ramker, Ryan Pick	
	Bryan Gilbreath, Adam Folkerts	
4	DUBUQUE	1:31.97
	Mike Berkley, Pat Ferry	
	Shane Loney, Steve Ruden	
5	IOWA CITY, WEST	1:32.02
	Nick Busch, Shane Lauthen	
	Daren Dickel, Vong XayKosy	
6	WATERLOO, WEST	1:32.09
	Sir Gardner, Rico Jordan	
	Eric Johnson, Josh Kehoe	
7	BETTENDORF	1:32.92
	Marshall Frazier, Nick Dehner	
	Rob Colvin, Andrew McFedries	
8	CEDAR RAPIDS, JEFFERSON	1:33.24
	Jason Ringler, Corey Young	
	Dan Wolfe, Shane Kelsey	

### Preliminary Heat 2

1	SIOUX CITY, HEELAN	1:30.39
	Chad Heying, Jason Potter	
	Kirk Chamberlain, Kelsey Young	
2	AMES	1:31.08
	Mark Charter, Winston Huang	
	Matt Loney, Clint Houge	
3	CEDAR RAPIDS, WASHINGTON	1:31.66
	Jay Frazier, Casey Prince	
	Rob Brimmer, Aaron Burrell	
4	MUSCATINE	1:32.84
	Mike Each, Josh Boyer	
	Jacob Furlong, Ryan Nicholson	

5	BALLARD OF HUXLEY	1:32.95
	Andrew Lundy, Curt Accola	
	Clint Blackburn, Amos Nelson	
6	FORT DODGE	1:34.27
	Cory Braunschweig, Terry Reiners	
	Mark Wills, Randy Reiners	
7	DAVENPORT, NORTH	1:36.05
	James Davis, Mark Sturdivant	
	Micky Sisk, Geovanti Steward	
	SPENCER	DNF
	Josh Sheley, Marc Ricketts	
	Eric Maurer, Matt Maurer	

### Preliminary Heat 3

1	DOWLING OF WEST DES MOINES	1:31.20
	Dave Ferguson, Shayne Miller	
	Tom Tavegia, Tyrone Tyler	
2	NEWTON	1:32.42
	Terry Bricker, Ryan Maki	
	Jason Doland, Justin George	
3	DAVENPORT, ASSUMPTION	1:32.55
	Matt Forbes, Kevin Collins	
	Grant Pohlmann, Tony Collins	
4	GRINNELL	1:32.71
	Geoff Jensen, Bill Daniel	
	Joel Bair, Jesse Petersen	
5	PELLA	1:33.07
	Ross Polking, Josh Roose	
	John DeYarman, Matt Farmer	
6	MOUNT PLEASANT	1:33.24
	Phil Allender, Nate Ensminger	
	Jason Schroeder, Chad Menke	
7	LEMARS, GEHLEN	1:33.33
	Matt Nanninga, Brad Sitzmann	
	Kevin Flaherty, Jed Dull	
	VALLEY OF WEST DES MOINES	DNF
	Bret Miller, Mark Westergaard	
	Josh McIntire, Marc Vloedman	

### High School Boys' 4x400 Meter Relay Finals

1	IOWA CITY	3:22.58
	Jess Holland 50.9, Mike Richards 51.5	
	Rob Thein 51.0, Jason Ringena 49.2	
2	AMES	3:22.59
	Mark Charter 52.2, Mert Sermet 50.0	
	Clint Houge 52.2, Dustin Avey 48.3	
3	SIOUX CITY, HEELAN	3:24.96
	Kelsey Young, Jason Potter	
	Kirk Chamberlain, Chad Heying	
4	ANKENY	3:25.95
	Kyle Bolejack 52.7, Joey White 50.3	
	Chris Froehle 52.9, Shawn Hamersley 50.0	
5	DUBUQUE	3:26.14
	Mike Berkley, Pat Ferry	
	Shane Loney, Steve Ruden	
6	DES MOINES, ROOSEVELT	3:26.87
	Chris Crawford 51.2, David Houston 55.0	
	Tuffy Jackson 50.2, Tony Houston 50.3	
7	INDIANOLA	3:27.18
	Brannon Hilton, C.J. Allen	
	Andy Launspach, Matt Williams	
8	GRINNELL	3:28.32
	Bill Daniel 52.8, Joel Bair 52.9	
	Tom Clement 53.3, Jesse Petersen 49.3	

### Preliminary Heat 1

1	IOWA CITY	3:22.44
	Jess Holland 51.3, Mike Richards 50.3	
	Jason Ringena 49.4, Rob Thein 51.4	
2	AMES	3:22.64
	Mark Charter 51.4, Mert Sermet 51.2	
	Clint Houge 50.8, Dustin Avey 49.3	

3	SIoux CITY, HEELAN	3:23.95
	Kelsey Young 51.4, Jason Potter 52.5	
4	GRINNELL	3:25.94
	Bill Daniel 52.4, Joel Bair 52.2	
	Tom Clement 52.3, Jesse Petersen 49.0	
5	INDIANOLA	3:26.62
	Brannon Hilton, C.J. Allen	
	Andy Launspach, Matt Williams	
6	NEWTON	3:27.32
	Jason Doland, Ryan Barton	
	Kevin Ferguson, Justin George	
7	HUMBOLDT	3:28.10
	Jeremy Stattleman 50.1, Chris Taylor 52.9	
	Andy Oppel 50.6, Jared Heinz 54.2	
	URBANDALE	DNR
	Abram Sloss, Trent Raasch	
	Todd Pattee, Dan Boes	

**Preliminary Heat 2**

1	ANKENY	3:25.46
	Kyle Bolejack 51.7, Joey White 50.8	
	Chris Froehle 51.6, Shawn Hamersley 51.4	
2	DES MOINES, ROOSEVELT	3:25.99
	Chris Crawford, Tuffy Jackson	
	David Houston, Tony Houston	
3	DUBUQUE	3:26.16
	Mike Berkley 51.6, Pat Ferry 53.6	
	Shane Loney 51.4, Steve Ruden 50.6	
4	SPENCER	3:26.92
	Kevin Oestenstad, Eric Maurer	
	Chris Harms, Matt Maurer	
5	CEDAR FALLS	3:29.88
	Chad Homewood, Travis Wildeboer	
	Nathan Howard, Brent Clemons	
6	BALLARD OF HUXLEY	3:29.98
	B.J. Harmon, Chris Dietz	
	Amos Nelson, Clint Blackburn	
7	DUBUQUE, HEMPSTEAD	3:29.98
	Brad Cavanagh, Brian Siegert	
	Ben Koehler, Ron Mescall	
8	SIOUX CITY, WEST	3:39.74
	Justin Ball, Nick Calvillo	
	Nate King, Tony Bigelow	

**Preliminary Heat 3**

1	DAVENPORT, ASSUMPTION	3:28.03
	Charlie Stelk, Tim Wright	
	Pat Bush, Tony Collins	
2	COUNCIL BLUFFS, JEFFERSON	3:28.35
	Jeremy Branson, Jerod Madden	
	August Manz, Nick Ochoa	
3	CLINTON	3:29.45
	Brian Young, Ulysses Patterson	
	Chris Barber, Curtiss Johnson	
4	KNOXVILLE	3:29.72
	Dan Rowley, Greg Dye	
	Greg Sinnott, Brad Young	
5	PLEASANT VALLEY	3:30.44
	Tom Dodds, Tim Hanson	
	Chris Norris, Dave Rodgers	
6	FORT DODGE	3:31.60
	Cory Braunschweig, Terry Reiners	
	Mark Wills, Randy Reiners	
7	DES MOINES, HOOVER	3:37.61
	Josh Hulling, Bob Shearon	
	Brad Haugh, Jay Hall	
	CEDAR RAPIDS, PRAIRIE	DQ-3:29.15
	Brock Boettcher, Monty Moore	
	Josh Umstead, Chris Windenburg	

**High School Boys' 4x800 Meter Relay Finals**

1	INDIANOLA	7:55.14
	Matt Williams 2:00.0, Andy Launspach 1:58.2	
	Mark Bresnan 2:00.0, Eric Bergman 1:57.0	
2	CEDAR RAPIDS, PRAIRIE	7:55.18
	Brock Boettcher 1:58.2, Chris Windenburg 1:58.7	
	Monty Moore 2:00.1, Josh Umstead 1:58.1	
3	IOWA CITY	7:59.49
	Rory Triplett 1:59.0, Sean Triplett 1:59.8	
	Scott Gordon 2:00.8, John McMurray 1:59.9	
4	ANKENY	7:59.97
	Shawn Hamersley 2:00.8, Ryan Vestal 2:00.7	
	Ryan Blahauvietz 1:59.7, Andy Morris 1:58.7	
5	AMES	8:02.29
	Jason Wray 2:00.5, Nick Dau 2:02.3	
	Bruno Gilchrist 2:02.5, Mert Sermet 1:57.0	
6	DUBUQUE, HEMPSTEAD	8:02.47
	Brian Siegert, Andres Avelar	
	Esteve Conesa, Jason Emmert	
7	DUBUQUE	8:05.11
	Dave Repass 2:03.0, Jee Stark 2:02.8	
	Nate Smith 2:02.3, Rob Brock 1:56.6	
8	LAWTON-BRONSON	8:05.79
	Ryan Smith 2:00.8, Curt Reekers 1:59.9	
	Pat Ferdig 2:01.2, Kip Hays 2:04.9	
9	VALLEY OF WEST DES MOINES	8:06.50
	Ethan Mastny, Jud Eastman	
	James Langdon, Matt Heimsoth	
10	SIOUX CITY, EAST	8:08.42
	Mike Kuenzi 2:02.6, Ryan Erwin 2:03.6	
	Nolan Speichinger 1:55.1, Matt Canterbury 2:06.9	
11	CEDAR FALLS	8:09.35
	Brent Clemons, Jon Voight	
	Kyle Klingman, Justin Kinard	
12	SOUTH O'BRIEN OF PAULLINA	8:10.83
	Chas Hughes, Colin Youde	
	James Meyer, Corey Wittrock	
13	NEVADA	8:14.51
	Matt Walker, Brian Oltman	
	Adam Egeland, Billy Fischer	
14	MASON CITY	8:14.54
	Bill Coddington, Nate Gasperi	
	Andrew Hagman, John Boedeker	
15	MUSCATINE	8:40.85
	Andres Leza, Skip Hansen	
	Jay Kennedy, Mike Hazelwood	
	SPENCER	DNF
	Tim Smith, Kevin Oestenstad	
	Cory Campbell, Jeremy Haack	

**High School Boys' Sprint Medley Relay Finals**

1	CEDAR FALLS	3:30.81
	Chad Homewood, Tony Wieland	
	Brent Clemons, Justin Kinard	
2	URBANDALE	3:32.54
	Tony Tatman, Eric Turner	
	Abram Sloss, Sam Burkett	
3	IOWA CITY	3:32.55
	Jess Holland, Cory Kendall	
	Jason Ringena, John McMurray	
4	JEFFERSON-SCRANTON	3:34.87
	Nate Richardson, Shaun Meinecke	
	Ryan Nation, Brent Mac Lagan	
5	SIOUX CITY, HEELAN	3:35.63
	Ryan Godfrey, Kelsey Young	
	Kirk Chamberlain, Jason Potter	
6	KNOXVILLE	3:35.91
	Clint Harvey, Greg Sinnott	
	Brad Young, Mike Stults	

7 SIOUX CITY, EAST	3:39.16
Rory McKenna, Mark Sweisberger	
Ryan Erwin, Matt Canterbury	
CEDAR RAPIDS, REGIS	DQ-3:30.49
Jeremy Luerkens, Brent Egger	
Adam Scott, Jesse Sand	

### Preliminary Heat 1

1 CEDAR FALLS	3:32.55
Chad Homewood, Tony Wieland	
Brent Clemons 50.0, Justin Kinard 2:00.0	
2 JEFFERSON-SCRANTON	3:32.70
Nate Richardson, Shaun Meinecke	
Ryan Nation, Brent Mac Lagan 1:52.9	
3 SIOUX CITY, EAST	3:34.65
Rory McKenna, Mark Sweisberger	
Ryan Erwin 50.0, Mike Kuenzi 1:58.1	
4 KNOXVILLE	3:34.66
Clint Harvey, Greg Sinnott	
Brad Young 51.9, Mike Stults 1:55.7	
5 OTTUMWA	3:37.60
Chad Chadwick, Tim Lunsford	
Trent White, Kirk Marsh	
6 ANKENY	3:43.57
Chris Froehle, Joey White	
Kyle Bolejack, Shane Conner	
SPENCER	DQ-3:33.90
Matt Maurer, Marc Ricketts	
Kevin Oestenstad 51.0, Jeremy Haack 2:04.2	
CEDAR RAPIDS, PRAIRIE	DQ-3:36.11
Adam Rudd, Brock Boettcher	
Chris Windenburg, Josh Umstead	

### Preliminary Heat 2

1 CEDAR RAPIDS, REGIS	3:32.49
Jeremy Luerkens, Brent Egger	
Adam Scott, Jesse Sand	
2 URBANDALE	3:33.04
Tony Tatman, Eric Turner	
Abram Sloss, Sam Burkett	
3 IOWA CITY	3:33.94
Jess Holland, Cory Kendall	
Jason Ringena, John McMurray	
4 SIOUX CITY, HEELAN	3:36.69
Ryan Godfrey, Kelsey Young	
Kirk Chamberlain, Eric Potter	
5 PLEASANT VALLEY	3:41.30
Cory Huff, Tom Dodds	
Tim Hanson, Chris Norris	
6 DUBUQUE, HEMPSTEAD	3:43.86
Brian Siegert, Joe Horaney	
Brett Lansdown, Jason Emmert	
7 DUBUQUE	3:52.23
Sam Kaune, Tony Smith	
Ray Bing, Dave Repass	
NEWTON	DNF
Jason Doland, Justin George	
Ryan Barton, Kevin Ferguson	

### Preliminary Heat 3

1 COUNCIL BLUFFS, JEFFERSON	3:37.23
Steve Messerli, Jeremy Branson	
Jerod Madden, Nick Ochoa	
2 INDIANOLA	3:38.27
Matt Williams, Matt Oberender	
C.J. Allen, Brannon Hilton	
3 FAIRFIELD	3:39.53
Jeremy Small, Tim Egli	
Matt Hempel 52.5, John Engbrecht 1:59.6	
4 WAVERLY-SHELL ROCK	3:39.63
Mike Ramker, Bryan Gilbreath	
Justin Ryan 51.7, Steven Stafford 2:02.0	

5 MUSCATINE	3:42.79
Mike Each, Ryan Nicholson	
Josh Boyer 51.7, Andres Leza 2:04.7	
6 MASON CITY	3:43.48
Travis Carlson, Dan Denhardt	
Mike King 52.8, Bill Coddington 2:03.3	
7 DES MOINES, ROOSEVELT	3:49.08
Chris Crawford, David Houston	
Tony Houston 49.9, Eric Graham 2:11.9	
8 FORT DODGE	3:50.55
Leon Kershaw, Andy Witt	
Justin Wolfe 55.7, Cory Shellmyer 2:06.2	

### High School Boys' High Jump Finals

1 Scott Armstrong, Indianola	JR	6'08"
2 Eddie Berlin, Urbandale	JR	6'07"
3 Darren Dwight, Ottumwa	SR	6'05"
4 Cory Spencer, Colo-Nesco		6'05"
5 Josh Gutttau, Treynor	SR	6'05"
6 Aaron Taylor, Winfield-Mount Union		6'03"
6 Bryon Callahan, Cascade	SR	6'03"
6 Cam Appleman, Van Buren of Keosauqua		6'03"
6 Ted Vandeventer, Valley of West Des Moines	JR	6'03"
6 Nick Reade, Midland of Wyoming	SR	6'03"
6 Ryan Ridnour, Ames	JR	6'03"
12 Jason Nekola, South Tama of Tama	SO	6'03"
13 A.B. Cassell, Cedar Rapids, Jefferson	SR	6'03"
Court Lutgen, North Fayette of West Union	JR	
Corey Willie, North Scott of Eldridge	SR	
Geoff Dumolien, Burlington	SR	
Mark Thompson, Waterloo, Columbus-Don Bosco	JR	
Colin Cornelius, Dubuque	SR	
Jason Mohr, Spencer	JR	

### High School Boys' Long Jump Finals

Wind - +0.14

1 Mark Norman, Waterloo, East		22'03.50"
2 Jess Holland, Iowa City	SO	22'03.25"
3 Mike Richards, Iowa City	JR	21'11.25"
4 Bryan Gilbreath, Waverly-Shell Rock	SO	21'08.50"
5 Bihn Hua, Urbandale	JR	21'03.50"
6 Vong XayKosy, Iowa City, West	SO	21'02"
7 Matt Forbes, Davenport, Assumption		20'11.75"
7 Aaron Spears, Davenport, Central	JR	20'11.75"
9 Aaron Clinton, Davenport, North	JR	20'06.50"
10 Ulysses Patterson, Clinton	JR	20'06"
11 Doug Miller, Mount Pleasant	SR	20'04.75"
12 Terry Reiners, Fort Dodge	SO	20'03.50"
13 Mike Gray, West Monona of Onawa	SR	20'02.50"
14 Troy Schulte, Sioux City, Heelan	SO	20'00"
15 Sam Allums, Van Buren of Keosauqua		19'07.75"
16 Curt Accola, Ballard of Huxley	JR	19'03"
17 Jeff Kelling, Marshalltown	SR	

### High School Boys' Shot Put Finals

1 Jamie Beyer, Prairie City-Monroe	SR	61'10.75"
2 Erik Rogers, Davenport, West	SR	55'00.25"
3 Joel Rochford, New Hampton	SR	53'02.75"
4 Jim Leemon, Waverly-Shell Rock	SR	52'08.50"
5 Travis Senters, Iowa Falls	SR	51'07.75"
6 Nick Andersen, Treynor	SR	50'11"
7 Chad Deal, Lewis Central of Council Bluffs	SR	50'08"
8 Matt Voge, Galva-Holstein	SR	50'05.75"
9 Matt Mohler, Urbandale	JR	50'04.75"
10 Steve Schoof, Burlington	SR	49'11"
11 Chris Butcher, Le Mars	SR	49'10.50"
12 Cory Bern, Spencer	JR	49'10.25"
13 Dan Zuniga, Columbus of Columbus Junction	SR	49'08.75"
14 Drew Elmer, Cedar Falls	SR	49'01"
15 Matt Monahan, Des Moines, Roosevelt		48'08.25"
16 Rusty Bromwell, Muscatine	SR	48'04.25"
17 Brian Keat, Carroll		48'01"
18 Dave Jennings, Nevada		46'04.50"
19 Clint Dredge, Mount Ayr		45'09"



### High School Boys' Discus Finals

1	Travis Senters, Iowa Falls	SR	162'01"
2	Billy Nordyke, Winfield-Mount Union		157'11"
3	Dave Jennings, Nevada		153'04"
4	Chad Deal, Lewis Central of Council Bluffs	SR	151'10"
5	Cory Bern, Spencer	JR	150'08"
6	Jeff Jacobsen, Sac City		148'08"
7	Brent Wellik, West Hancock of Britt	SR	147'03"
8	Eric Varcho, North Scott of Eldridge	JR	145'09"
9	Chris Butcher, Le Mars	SR	145'08"
10	Chip Brundage, Mount Ayr		145'05"
11	Erik Rogers, Davenport, West	SR	145'05"
12	Ryan Gripp, Indianola	JR	145'04"
13	Bryan Daufeldt, West Liberty	JR	145'02"
14	Brad Joens, Cedar Rapids, Regis		144'05"
15	Clint Knoll, Dallas Center-Grimes		143'11"
16	Adam Struck, Cherokee		143'07"
17	Sol Wikert, Northern Iowa of Cedar Falls	SR	143'00"
18	Jamie Beyer, Prairie City-Monroe		142'10"
19	Jim Leemon, Waverly-Shell Rock	SR	142'00"
20	John Lavelle, Bettendorf	SR	140'05"
21	Zechary Schiebout, Pella Christian	JR	138'03"
22	Rusty Bromwell, Muscatine	SR	133'11"
23	Jeremy Duehr, Dubuque	JR	129'11"
24	Matt Monahan, Des Moines, Roosevelt		129'10"
25	Jeremy Marvel, Glenwood	SR	128'02"
26	Matt Mohler, Urbandale	JR	124'08"
27	Nate Numkena, Bettendorf	SO	123'07"
28	Jeremy Stober, Ankeny		fouls

### High School Girls' 100 Meter Dash Finals

Wind - -2.28

1	Christi Hogan, Ankeny	JR	12.65
2	Shynell Stender, Mason City	JR	12.81
3	Cari Hoeman, Valley of West Des Moines	SO	12.83
4	Laura Aschoff, Ankeny	FR	12.87
5	Jill Anderson, Marshalltown	SR	12.98
6	Erika Hamel, Madrid	SO	13.02
7	Susie Reinhardt, Belle Plaine	FR	13.03
8	Kris Roebken, Dubuque, Hempstead	SO	13.05

#### Preliminary Heat 1

1	Ty Sykes, Waterloo, East	JR	12.8
2	Kelly Hart, Laurens-Marathon		13.6
3	Stacey Marr, New Hampton		13.6
4	Jessica Pace, Centerville		14.3
5	Molly Johnson, Waukee		14.7

#### Preliminary Heat 2

1	Amber Engelen, Ames	FR	12.8
2	Abby Roe, Van Buren of Keosauqua	JR	13.2
3	Ashley Wills, Council Bluffs, St. Albert		13.5
4	Erin Land, Clinton	JR	13.6
5	Molly Perkins, Laurens-Marathon		13.8
6	Amie Hart, Centerville		14.3
7	Chrissy Johnson, North Scott of Eldridge		14.3

#### Preliminary Heat 3

1	Christi Hogan, Ankeny	JR	12.6
2	Almetha McNeal, Davenport, Central	SR	12.9
3	Cameo Gillespie, Red Oak		13.9
4	Alicia Riddick, Iowa City, West		14.1
5	Melanie Proctor, Norwalk		14.3
6	LaShowda Smith, Des Moines, East		14.4
7	Stacey Tye, Griswold		15.4

#### Preliminary Heat 4

1	Erica Davis, Iowa City		12.7
2	Angella Welch, Des Moines, Lincoln	JR	12.8
3	Erin Van Wyk, Pella Christian		13.0
4	Jamie Winchell, Treynor		13.9
5	Jamie Collins, Eldora-New Providence		14.0
6	Alicia Ruble, Southeast Warren of Liberty Center	SR	14.1

#### Preliminary Heat 5

1	LeAnne Florke, Cherokee		13.0
2	Taylor Ewald, Des Moines, Roosevelt		13.1
3	Carrie Leber, Treynor		13.2
4	Shammara Hobbs, Cedar Rapids, Washington		13.9
5	Tara Broadfeld, Fort Madison		14.1
6	Alissa Vavra, Shenandoah	SO	14.4

#### Preliminary Heat 6

1	Mandy Kitterman, Fort Dodge		12.8
2	Jessica Geronzin, Clinton	SR	13.0
3	Sarah Hinrichs, Ventura		13.1
4	Stephanie Ellsworth, Louisa-Muscatine of Letts		13.2
5	Elaine Jarnagin, Johnston	SR	13.4
6	Kristine Lambros, Keokuk		13.6
7	Amy Scott, Cedar Rapids, Prairie		13.9

#### Preliminary Heat 7

1	Katie McFarland, Iowa City, Regina	FR	13.0
2	Tanya Hunigan, Davenport, North	FR	13.1
3	Krystal McKinney, Fort Dodge		13.8
4	Tatum Rust, Harlan		13.8
5	Stacia Harrington, Cedar Rapids, Kennedy		14.1
6	Angie Slack, Southeast Polk of Runnells		14.3

#### Preliminary Heat 8

1	Kristin Fairley, Mount Vernon-Lisbon	SR	13.0
2	Mary DeCarlo, Interstate 35 of Truro		13.2
3	Tammy Frantz, Iowa City		13.4
4	Katie Lewis, Guthrie Center	SO	13.4
5	Jean Graves, Iowa City, West		13.6
6	Kara Dawson, Southeast Polk of Runnells		13.6
7	Natalie Rhoads, Ballard of Huxley	SO	13.7

#### Preliminary Heat 9

1	Charity Kuhlmann, Sioux City, North	SR	13.1
2	Amanda Swope, Iowa City, Regina	JR	13.2
3	Jessica Lewis, Guthrie Center	SR	13.3
4	Jessica Lingren, Ogden		13.9
5	Jessica Trine, West Marshall of State Center	JR	14.1
6	Jill Pirkl, Grinnell		14.5
7	Karen Platner, Anamosa		14.8

#### Preliminary Heat 10

1	Shynell Stender, Mason City	JR	12.6
2	Jenny Runchey, Atlantic	SR	13.1
3	Lyse Carr, Cedar Rapids, Washington		13.3
4	Felicia Van Vark, Pella		13.8
5	Jennifer Recker, South O'Brien of Paullina		13.8
6	Amy Allen, Grinnell		14.2

#### Preliminary Heat 11

1	Amanda McRell, Pleasant Valley	SR	13.2
2	Carrie Ford, Waverly-Shell Rock	SR	13.5
3	Mari Satana, Muscatine		13.8
4	Michelle Marcouiller, Dowling of West Des Moines		13.9
5	Tara Taylor, Des Moines, Hoover		14.1
6	Jenny Williams, Clarinda	FR	14.2
7	Audria Athen, Shenandoah		14.8

#### Preliminary Heat 12

1	Andrea McRell, Pleasant Valley	SR	13.1
2	Katie George, Cedar Rapids, Prairie		13.9
3	Alison Waddle, Pella		14.1
4	Jessie Clarahan, Sigourney		14.1
5	Tara Deering, Des Moines, Hoover		14.2
6	Erica Hemesath, Des Moines, East		14.3

#### Preliminary Heat 13

1	April Jacobson, Clarion-Goldfield	JR	13.0
2	Kim Counce, Sioux City, West		13.2
3	Allani Nelson, Davenport, North		13.4
4	Katie Sparks, Norwalk		13.8
5	Amy Reitz, West Marshall of State Center	SR	13.9
6	Betsy Stittsworth, Knoxville		14.2

#### Preliminary Heat 14

1	Susie Reinhardt, Belle Plaine	FR	12.7
2	Kelly Wenndt, Cedar Falls		13.3
3	Elisa Hutchinson, Creston		13.9
4	Jenny Howard, North Scott of Eldridge		14.0

5 Sara Sowers, Southeast Warren of Liberty Center	SO	14.4
6 Janelle Hardy, Clarion-Goldfield	JR	14.4
7 Becky Schenk, Stanton		15.1

**Preliminary Heat 15**

1 Maggie Hall, Harlan		12.8
2 Lindsay Tower, Cedar Rapids, Jefferson		12.9
3 Torri Tuggle, Cherokee		13.4
4 Marcy Krumm, Ballard of Huxley	SO	13.6
5 Amanda Bromell, Tipton		13.8
6 Jen Sinkler, Montezuma		14.2
7 Jennessa Sbiral, South Winneshiek of Calmar		14.3
8 Jill Petty, Dallas Center-Grimes		15.2

**Preliminary Heat 16**

1 Erika Hamel, Madrid	SO	12.6
2 Kelly Colvin, Mason City		13.8
3 Dena Johnson, Cedar Rapids, Jefferson		13.8
4 Karen Saylor, Marshalltown		13.9
5 Ali Payne, Atlantic		14.1
6 Melissa Schmidt, Underwood		14.6

**Preliminary Heat 17**

1 Heather Welsh, Oelwein	SR	12.9
2 Tiff Hocamp, ADM of Adel		13.6
3 Carrie Flood, Valley of West Des Moines	SO	13.6
4 April Lair, Burlington	FR	13.7
5 Virginia Knaack, Vinton-Shellsburg		14.0
6 Glory Davis, Fort Madison		14.1
7 Kellie Van Nordstrand, Lewis Central of Council Bluffs		14.3

**Preliminary Heat 18**

1 Laura Aschoff, Ankeny	FR	12.6
2 Niki Fisher, Ames		12.9
3 Tracie Cole, South Hamilton of Jewell	SR	13.2
4 Tara Bruce, ADM of Adel		13.5
5 Gina Scala, Keokuk	SO	13.6
6 Vanessa Beyer, Burlington		13.7
7 Shara Garner, Interstate 35 of Truro		14.2

**Preliminary Heat 19**

1 Gina Shannon, New Hampton	SO	13.5
2 Alison Bachman, Urbandale		13.7
3 Mary Woltz, Indianola		13.8
4 Angie Abels, West Hancock of Britt		13.9
5 Zoey Artist, CAM of Massena	FR	13.9
6 Mary Sass, Wilton	JR	14.0
7 Shauna Deutsch, Vinton-Shellsburg		14.3

**Preliminary Heat 20**

1 Cari Hoeman, Valley of West Des Moines	SO	12.7
2 Sarah Goepel, West Hancock of Britt	SR	13.3
3 Alissa Steffen, Waverly-Shell Rock		13.4
4 Jenny Carroll, Hampton-Dumont		13.7
5 Beth Hartman, CAM of Massena		13.8
6 Amanda Thomason, Newton		14.0
7 Melissa Lyon, Ogdan		14.2
8 Jenny Clem, Nevada		15.1

**Preliminary Heat 21**

1 Jill Anderson, Marshalltown	SR	12.7
2 Laura Murren, Clarinda	SO	13.4
3 Brooke Broderick, Waukee		13.6
4 Heidi Kiester, Johnston	FR	14.1
5 Sara Stensland, Iowa Falls		14.3
6 Tiffany Thornburg, Pleasantville		14.6
7 Sarah Anderson, Griswold		15.0
8 Erin Lower, Clarke of Osceola		15.1

**Preliminary Heat 22**

1 Kris Roebken, Dubuque, Hempstead	SO	12.7
2 Steph Seymour, Dallas Center-Grimes	SR	13.8
3 Jami Sonney, Ventura		13.9
4 Brittany Ziesman, Iowa Falls		14.3
5 Tonia Pezzetti, Carlisle		14.3
6 Kelly Fair, Glenwood		14.8

**Preliminary Heat 23**

1 Tonya Kubitz, Dubuque, Hempstead		13.2
2 Lindsay Courtney, Creston		13.5
3 Jaclyn Houghton, Urbandale	FR	13.7

4 Rebecca Sass, Wilton	SR	13.9
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**Preliminary Heat 24**

1 Dawn Hanson, Waterloo, East		13.4
2 Nikki Garrett, Clarke of Osceola		13.6
3 Stacy Roland, Cedar Rapids, Kennedy		14.1
4 Rosie Brodell, Davenport, Assumption		14.3
5 Desi Melgoza, Glenwood		15.8

**Preliminary Heat 25**

1 Lyndsay Tucker, Winterset		13.3
2 Erin Boike, Cedar Falls		13.5
3 Laura Hurmence, Mount Vernon-Lisbon	SO	13.7
4 Kinzee Hanson, Corwith-Wesley-Luverne	SO	13.9
5 Krystal Roberts, Van Buren of Keosauqua	SR	14.0
6 Theandra Gray, Davenport, Assumption		14.1
7 Tami Dirx, Storm Lake		14.2
8 Jodi Martin, Council Bluffs, Jefferson		14.8

**Preliminary Heat 26**

1 Stephanie Christensen, Des Moines, Roosevelt		13.5
2 Alicia Avitt, Carlisle		13.6
3 Elizabeth Opal, Council Bluffs, Lincoln		13.8
4 Amy Anderson, Storm Lake	FR	14.4

**Preliminary Heat 27**

1 Paula Ruen, Western Dubuque of Epworth	SR	12.9
2 Theresa Kelly, Dubuque, Wahlert		13.2
3 Missy Roos, South O'Brien of Paullina		13.5
4 Janet Ross, Underwood		14.5
5 Jessica Stiles, Nevada		14.5
6 Erin Wallerich, Sigourney		14.6
7 Jill Kemp, Winterset		15.6

**Preliminary Heat 28**

1 Emily Conrad, Sumner		13.4
2 Bree Elsbernd, South Winneshiek of Calmar		13.5
3 Holly Heilskov, Hampton-Dumont		13.6
4 Sara Elgin, Western Dubuque of Epworth	SR	13.6
5 Laurie Stahle, Tipton		13.7
6 Ann Marie Christy, Knoxville		14.2
7 Katie Knott, Lewis Central of Council Bluffs		14.8

**Preliminary Heat 29**

1 Kiendra White, Dowling of West Des Moines		13.4
2 Kristi Stenerson, Anamosa		14.1
3 Sabrina Blocker, South Tama of Tama		14.3
4 Kendra Luiken, Grundy Center		14.4
5 Kate Connor, Red Oak		14.5

**Preliminary Heat 30**

1 Heather Witt, Waterloo, West	JR	12.9
2 Alyson Gorham, Muscatine		13.5
3 Robin Machin, Newton	JR	13.7
4 Heather Arendt, Montezuma		14.2
5 Cory Stecker, Pleasantville		14.2
6 Silina Childers, Council Bluffs, Jefferson		14.4

**High School Girls' 800 Meter Run Finals**

1 Krista Trei, George-Little Rock	SR	2:15.84
2 Haley Newbrough, West Hancock of Britt	JR	2:17.08
3 Rachel Dozark, Ar-We-Va of Westside	JR	2:17.79
4 Abbie Archibald, Indianola	SO	2:18.85
5 Becky Rigel, Cedar Rapids, Prairie	JR	2:19.25
6 Becky Slick, Cedar Falls	JR	2:19.26
7 Sarah Pluim, Unity Christian of Orange City	SR	2:19.52
8 Cindy Kraft, Urbandale	JR	2:19.57
9 Sarah Robson, Belmont-Klemme	SO	2:19.61
10 Laurie Meythaler, Des Moines, Roosevelt	JR	2:20.17
11 Nicole Bergman, Indianola	SO	2:20.18
12 Mandy Mueller, Cedar Falls	SR	2:20.46
13 Anna Hauskins, North Kossuth of Swea City	SO	2:20.88
14 Megan McKinley, Cedar Falls	SR	2:24.39
15 Michelle Snyder, New Hampton	JR	2:32.62
Alienor Gilchrist, Ames	JR	DNF

**High School Girls' 3000 Meter Run Finals**

1 Sarah Gray, Cedar Falls	SO	9:55.94
2 Summer Johnson, Indianola	SR	9:58.43

3	Jana Peterson, Webster City	SR	10:08.84
4	Mandy Vitense, Tipton	SR	10:33.54
5	Amber Schmidt, Laurens-Marathon	FR	10:34.45
6	Dana Weitz, Dubuque	SR	10:40.30
7	Julie Bigler, Fort Madison	FR	10:43.79
8	Gina Gelatti, Ankeny	SO	10:45.17
9	Jenny Richey, Dubuque, Wahlert	SR	10:46.48
10	Mandy Buttrey, Shenandoah	SR	10:46.62
11	Becky VanDeGriend, Unity Christian of Orange City	SR	10:46.73
12	Bethany Rulapaugh, SCMT of Sheffield	SR	10:46.99
13	Val Oltman, Nevada	FR	10:47.44
14	Sharlet Bailey, Twin Cedars of Bussey	SR	10:52.38
15	Evette Iverson, South O'Brien of Paullina	SO	10:52.62
16	Hattie Bagbey, Des Moines, Lincoln	FR	11:00.02
17	Emily Martini, Emmetsburg	JR	11:00.87
18	Betsy Neff, Fairfield	SO	11:00.91
19	Rachel Johnson, Ballard of Huxley	SO	11:02.13
20	K. C. Grafft, Cedar Rapids, Washington	FR	11:02.31
21	Katie Shearn, Lynnville-Sully	SO	11:02.86
22	Megan Murry, Pleasant Valley	FR	11:08.27
23	Molly Wedel, Spencer	FR	11:09.76
24	Michelle Martz, Muscatine	JR	11:13.14
25	Julie Wuorinen, Pleasant Valley	SO	11:22.38
26	Katie Reichardt, Dowling of West Des Moines	SO	11:27.43
27	Missy Moreland, Iowa City	FR	11:48.22

RECORD--Old Mark, 10:15.19, Summer Johnson, Indianola, 1994

### High School Girls' 4x100 Meter Relay Finals

1	AMES	49.33
	Sherry Schwarzenbach, Julie Ollila Niki Fisher, Amber Engelen	
2	CEDAR RAPIDS, JEFFERSON	50.39
	Corrie Mick, Krista Johnson Kim Abram, Lindsay Tower	
3	CLINTON	50.50
	Marti Sheller, Kristy Gertson Shauna Geronzin, Jessica Geronzin	
4	DUBUQUE, HEMPSTEAD	50.58
	Lindsay Hall, Keri Clemens Tonya Kubitz, Kris Roebken	
5	CEDAR FALLS	50.95
	Erin Boike, Kara Hulse Nikki Unruh-Carey, Kelly Wenndt	
6	OTTUMWA	51.26
	Lori Rowland, Jamie Dalbey Jamie Steele, Hillary Reed	
7	MASON CITY	51.60
	Renee Hildman, Kelly Colvin Rhea Mix, Jeni Jacobson	
	ANKENY	DNF
	Tiffany Ratzlaff, Christi Hogan Kari Froelich, Laura Aschoff	

### High School Girls' 4x100 Meter Relay Finals

1	AMES	50.0
2	CLINTON	50.7
3	DAVIS COUNTY OF BLOOMFIELD	60.0
4	CLARION-GOLDFIELD	60.0
5	IOWA CITY	60.0
6	CHEROKEE	60.0
7	IOWA CITY, REGINA	60.0
8	CEDAR RAPIDS, PRAIRIE	60.0

#### Preliminary Heat 2

1	MASON CITY	51.1
2	WAVERLY-SHELL ROCK	51.4
3	WATERLOO, EAST	52.3
4	DOWLING OF WEST DES MOINES	53.2
5	IOWA FALLS	53.3
6	SIOUX CITY, NORTH	53.4
7	HARLAN	53.7

8 CLARKE OF OSCEOLA 53.7

#### Preliminary Heat 3

1	DUBUQUE, HEMPSTEAD	50.5
2	CEDAR RAPIDS, JEFFERSON	50.9
3	DAVENPORT, NORTH	51.3
4	VALLEY OF WEST DES MOINES	51.4
5	PLEASANT VALLEY	51.7
6	AR-WE-VA OF WESTSIDE	53.6
7	EDDYVILLE-BLAKESBURG	53.8

#### Preliminary Heat 4

1	OTTUMWA	51.0
2	TREYNOR	52.8
3	DES MOINES, HOOVER	54.9
4	RUSSELL	55.7
5	CENTERVILLE	56.4
6	IOWA CITY, WEST	59.3
7	DUBUQUE, WAHLERT	dq-52.4

#### Preliminary Heat 5

1	ANKENY	50.1
2	GUTHRIE CENTER	51.6
3	NEWTON	53.2
4	GILBERT	53.8
5	CEDAR RAPIDS, WASHINGTON	53.8
6	DAVENPORT, CENTRAL	54.1
7	DAVENPORT, ASSUMPTION	55.5

#### Preliminary Heat 6

1	MOUNT VERNON-LISBON	52.4
2	ATLANTIC	52.5
3	NORTH SCOTT OF ELDRIDGE	52.6
4	PELLA CHRISTIAN	52.6
5	DALLAS CENTER-GRIMES	53.4
6	ANAMOSA	53.4
7	SIOUX CITY, WEST	53.5
8	ELDORA-NEW PROVIDENCE	55.2

#### Preliminary Heat 7

1	MOUNT PLEASANT	52.5
2	MUSCATINE	52.8
3	BELLE PLAINE	53.3
4	CEDAR RAPIDS, KENNEDY	54.6
5	SOUTH TAMA OF TAMA	55.5
6	SHENANDOAH	57.0

#### Preliminary Heat 8

1	CEDAR FALLS	51.2
2	BELMOND-KLEMMER	52.7
3	GRINNELL	52.8
4	ADM OF ADEL	53.7
5	VAN BUREN OF KEOSAUQUA	54.3
6	RED OAK	56.2
7	PEKIN OF PACKWOOD	DQ-55.1

#### Preliminary Heat 9

1	MARSHALLTOWN	51.5
2	DES MOINES, ROOSEVELT	52.5
3	WESTERN DUBUQUE OF EPWORTH	52.8
4	DES MOINES, LINCOLN	53.1
5	URBANDALE	53.1
6	COUNCIL BLUFFS, ST. ALBERT	53.3
7	CRESTON	53.6
8	INDIANOLA	54.9

#### Preliminary Heat 10

1	SOUTH O'BRIEN OF PAULLINA	52.6
2	CAM OF MASSENA	53.4
3	GRUNDY CENTER	54.0
4	TIPTON	54.5
5	SOUTHEAST WARREN OF LIBERTY CENTER	55.3
6	MONTEZUMA	55.8

#### Preliminary Heat 11

1	FORT DODGE	52.2
2	SOUTH WINNESHIEK OF CALMAR	53.9
3	COON RAPIDS-BAYARD	54.1
4	NORWALK	54.4
5	PLEASANTVILLE	55.1
6	COUNCIL BLUFFS, LINCOLN	55.5
7	LOUISA-MUSCATINE OF LETTS	55.6

**Preliminary Heat 12**

1 JOHNSTON	52.9
2 VENTURA	53.0
3 BALLARD OF HUXLEY	53.6
4 KEOKUK	54.0
5 LAURENS-MARATHON	54.0
6 DENISON-SCHLESWIG	54.5
7 KNOXVILLE	55.3
8 WAUKEE	DQ-55.4

**Preliminary Heat 13**

1 VILLISCA	53.5
2 WEST MARSHALL OF STATE CENTER	54.5
3 SOUTHEAST POLK OF RUNNELLS	55.0
4 SOUTH HAMILTON OF JEWELL	55.2
5 CARLISLE	56.7
6 GLADBROOK-REINBECK	DQ-59.1

**Preliminary Heat 14**

1 BURLINGTON	52.5
2 HAMPTON-DUMONT	53.4
3 INTERSTATE 35 OF TRURO	55.0
4 LEWIS CENTRAL OF COUNCIL BLUFFS	55.1

**Preliminary Heat 15**

1 CLARINDA	53.7
2 VINTON-SHELLSBURG	55.4
3 WINTERSET	55.7
4 GRISWOLD	57.1

**Preliminary Heat 16**

1 BONDURANT-FARRAR	55.1
2 STORM LAKE	55.7
3 FORT MADISON	58.1
4 GLENWOOD	58.2
5 MELCHER-DALLAS	58.8
6 NEVADA	60.5

**Preliminary Heat 17**

1 NODAWAY VALLEY OF GREENFIELD	55.0
2 OGDEN	55.4
3 SIGOURNEY	55.8
4 COUNCIL BLUFFS, JEFFERSON	55.9
5 CARDINAL OF ELDON	56.4

**Preliminary Heat 18**

1 PELLA	55.0
2 NORTH POLK OF ALLEMAN	55.2
3 DES MOINES, EAST	55.8
4 SEYMOUR	56.0
5 UNDERWOOD	56.6
6 STANTON	58.4

**High School Girls' 4x400 Meter Relay Finals**

1 VALLEY OF WEST DES MOINES	4:03.12
Emily Walker 61.5, Carie Flood 62.5	
Heather Blair 62.3, Cari Hoeman 56.9	
2 DAVIS COUNTY OF BLOOMFIELD	4:03.59
Emily Zeitler 63.3, Tracy Burress 61.8	
Molly Sherlock 60.2, Jill Osenbaugh 58.4	
3 INDIANOLA	4:04.27
Nicole Bergman 61.9, Holly Warren 61.4	
Summer Johnson 60.3, Abbie Archibald 60.3	
4 IOWA CITY	4:05.54
Venice Monagan 60.9, Jenny Mulder 63.4	
Kelly Triplett 62.9, Keely Barnett 58.4	
5 DAVENPORT, NORTH	4:07.07
Ivory Lacy, Patty Duax	
Tanya Hunigan, Akilah Easter	
6 ATLANTIC	4:07.85
Jill Robinson 62.9, Amber Kucera 62.0	
Sharon Westphalen 64.5, Jenny Runchey 58.4	
7 BENTON OF VAN HORNE	4:08.55
Tammy Paulsen 62.9, Jodie Franck 62.4	
Angie Stepanek 63.5, April Stepanek 59.7	

8 CEDAR FALLS	4:16.36
Becky Slick, Mandy Mueller	
Erin Boike, Kelly Wenndt	

**Preliminary Heat 1**

1 IOWA CITY	4:04.18
Venice Monagan 59.9, Jenny Mulder 62.5	
Kelly Triplett 63.8, Keely Barnett 57.9	
2 DAVENPORT, NORTH	4:04.71
Ivory Lacy, Patty Duax	
Tanya Hunigan, Akilah Easter	
3 DAVIS COUNTY OF BLOOMFIELD	4:04.89
Emily Zeitler 63.8, Tracy Burress 61.1	
Molly Sherlock 60.5, Jill Osenbaugh 59.5	
4 ATLANTIC	4:05.81
Jill Robinson 62.3, Amber Kucera 62.0	
Sharon Westphalen 63.6, Jenny Runchey 57.9	
5 GUTHRIE CENTER	4:08.12
Katie Lewis, Julie Vandevanter	
Sunny Gonzales 62.1, Jessica Lewis 60.1	
6 NORTHEAST OF GOOSE LAKE	4:11.18
Deanna Jacobsen, Sara Wenzel	
Emily Burke, Megan McDermott	
7 SIOUX CITY, HEELAN	4:13.67
Corissa Verbeski 61.6, Erin Scofield	
Kim Blankenship, Michelle Benson 59.0	
8 WESTERN CHRISTIAN OF HULL	4:15.92
Cara DeWit 63.5, Annie Kooiker 65.9	
Tessa Vanden Bosch 63.6, Nancy Meendring 62.9	

**Preliminary Heat 2**

1 INDIANOLA	4:00.31
Nicole Bergman 59.7, Holly Warren 61.1	
Summer Johnson 59.6, Abbie Archibald 59.9	
2 BENTON OF VAN HORNE	4:06.73
Tammy Paulsen 61.6, Jodie Franck	
Angie Stepanek, April Stepanek 58.8	
3 CEDAR FALLS	4:06.75
Becky Slick, Mandy Mueller	
Erin Boike, Kelly Wenndt	
4 MARSHALLTOWN	4:07.12
Jill Anderson 59.2, Andrea Etter 62.5	
Colleen Croker 64.0, Michelle Peter 61.5	
5 MOUNT VERNON-LISBON	4:09.77
Julie Armstrong, Maggie Lessmeier	
Laura Hurmence, Kristin Fairley	
6 IOWA CITY, REGINA	4:10.55
Katie McFarland, Nelle Pirotte	
Carrie Sueppel, Leah Elbert	
7 MASON CITY	4:10.80
Jaime Hamann 63.6, Rhea Mix 65.2	
Courtney Tiedemann 62.9, Jeni Jacobson 59.1	
8 EDDYVILLE-BLAKESBURG	4:10.95
Raelynn Bremer 61.6, Jenny Sterling 61.4	
Heather Veldhuizen 65.0, Becky Sheldon 62.9	

**Preliminary Heat 3**

1 VALLEY OF WEST DES MOINES	4:03.84
Emily Walker 61.0, Carie Flood 62.7	
Heather Blair 63.5, Cari Hoeman 56.7	
2 CEDAR RAPIDS, WASHINGTON	4:07.87
Mandy Brimmer 60.3, Beth Kessler 63.9	
Holly Goldstein 61.5, Tammy Sloane 62.0	
3 AMES	4:07.89
Alienor Gilchrist 61.0, Michelle Roberts	
Sherry Schwarzenbach, Julie Ollila 58.8	
4 PLEASANT VALLEY	4:09.41
Amanda McReil 61.2, Andrea McReil 62.5	
Kelsi Snakenberg 64.2, Teresa Grothus 61.5	
5 NEW HAMPTON	4:11.95
Gina Shannon, Heather Kuennen	
Michelle Snyder, Jenny Kramer	

Kenji Bewyer 61.6, Jill George 62.6	4:12.79
Andrea Van Sickle 65.3, Amy Engle 63.2	
7 WAVERLY-SHELL ROCK	4:14.42
Carrie Ford, Katie Clipperton	
Megan Magnall, Liz Parsons	
8 ANKENY	4:15.83
Traci Jones 63.2, Sarah Van Oort 64.9	
Kari Froelich 65.6, Christi Hogan 63.1	

### High School Girls' Sprint Medley Relay Finals

1 VALLEY OF WEST DES MOINES	1:49.17
Jaime Stearns, Emily Walker	
Carie Flood, Cari Hoeman 54.9	
2 DAVENPORT, NORTH	1:50.00
Krista Marietta, Lakeisha Lee	
Shalilla Allen, Tanya Hunigan 58.3	
3 AMES	1:50.01
Erin Johnson, Jenny Greenfield	
Amber Engelen, Julie Ollila 58.5	
4 OSKALOOSA	1:50.68
Jamie Snider, Sarah Harned	
Angie VanDerVeer, Laura Williams 58.8	
5 IOWA CITY	1:51.49
Erica Davis, Jann Duffy	
Kenna Long, Keely Barnett 58.6	
6 CEDAR RAPIDS, PRAIRIE	1:51.86
Katie George, Lyndsay Rudd	
Jessie Fisher, Becky Rigel 58.8	
7 DAVIS COUNTY OF BLOOMFIELD	1:54.06
Sarah Schooley, Ashley Reza	
Mandy Swaim, Jill Osenbaugh 59.2	
MARSHALLTOWN	DNF
Angie Sommerlot, Ellen Thompson	
Shanna Steward, Jill Anderson	

### High School Girls' High Jump Finals

1 Tracy Jentzen, Dallas Center-Grimes	SR	5'06"
2 Leah Elbert, Iowa City, Regina	JR	5'06"
3 Jill Osenbaugh, Davis County of Bloomfield	JR	5'06"
4 Julie Gallery, East Buchanan of Winthrop	SO	5'06"
4 Deb Volkers, Western Christian of Hull	SR	5'06"
6 Angella Welch, Des Moines, Lincoln	JR	5'04"
7 Stephanie Martin, Springville	SR	5'04"
7 Sondra Biere, Des Moines, Roosevelt	SR	5'04"
9 Beth Boer, Oskaloosa	SO	5'04"
10 Amy Engle, Newton	SR	5'02"
10 Melanie Koskamp, Pella	SR	5'02"
12 Jodie Franck, Benton of Van Horne	SR	5'02"
13 Lisa Zeller, West Marshall of State Center	SR	5'02"
14 Jessica Criswell, Lynnville-Sully	FR	5'02"
15 Liz Parsons, Waverly-Shell Rock	SO	5'00"
16 Sarah Schooley, Davis County of Bloomfield	SO	5'00"
17 Sunny Gonzales, Guthrie Center	SR	4'10"
17 Nikki Hansen, Boyer Valley of Dunlap	SR	4'10"
19 Amber Oolman, South O'Brien of Paullina	JR	4'10"

Jumpoff For First: Jentzen & Elbert both miss at 5-8 and 5-9. Jentzen make at 5-6, Elbert miss

### High School Girls' Long Jump Finals

Wind - +1.95

1 Jill Osenbaugh, Davis County of Bloomfield	JR	18'08.25"
2 Ty Sykes, Waterloo, East	JR	17'06"
3 Carrie Ford, Waverly-Shell Rock	SR	17'02.50"
4 Becky Rigel, Cedar Rapids, Prairie	JR	17'01"
5 Allison Starr, AG-WSR of Ackley	JR	17'00.50"
6 Niki Fisher, Ames	SR	17'00"
7 Shynell Stender, Mason City	JR	16'05.50"
8 Beth Callahan, Maquoketa	SR	16'04.25"
9 Katie McFarland, Iowa City, Regina	FR	16'02"
10 Heather Hermann, Russell	SR	16'01.50"

Kristy Gertson, Clinton JR Fouls

### High School Girls' Shot Put Finals

1 Renetta Seiler, Algona, Garrigan		41'07.50"
2 Karelle Seufferer, Chariton	SR	41'01.50"
3 Kendra Nelson, Pleasant Valley	SR	40'09.75"
4 Emily Flom, Sioux City, North	SR	40'05"
5 Kizzy Kluesner, Western Dubuque of Epworth	SR	40'04.50"
6 Tammy Utley, Fort Dodge	SR	40'00"
7 Dawn Digmann, Monticello	SR	39'11.75"
8 Amy Herrig, Dubuque	SR	39'08.75"
9 Christie Phillips, Burlington	FR	37'06.25"
9 Jennifer Heckroth, Cedar Rapids, Kennedy	SR	37'06.25"
11 Ashley Grundmann, Ames	JR	37'05.25"
12 Denise Sump, Clarinda	JR	36'10"
13 Amber Twyner, Pleasant Valley		36'04"
14 Amanda Ryba, Le Mars, Gehlen	SR	36'02.25"
15 Jina Bos, Tri-County of Thornburg	SR	36'00.75"
16 Leann Boerema, Clinton		35'05.75"
17 Sarah Wellings, Oskaloosa	SO	34'05.75"
18 Melissa Brunsmann, Elk Horn-Kimballton-Walnut		34'05.50"

### High School Girls' Discus Finals

1 Emily Flom, Sioux City, North	SR	142'11"
2 Tammi Blackstone, Cherokee	JR	141'02"
3 Renetta Seiler, Algona, Garrigan	SR	134'09"
4 Amy Herrig, Dubuque	SR	129'08"
5 Kristin Jenn, West Hancock of Britt	SR	126'03"
6 Tammy Utley, Fort Dodge	SR	123'00"
7 Eve Lindsey, Laurens-Marathon	SR	120'02"
8 Carrie Pervier, Boone	JR	118'06"
9 Laura Steele, Spencer	SR	117'08"
10 Amanda Ryba, Le Mars, Gehlen	SR	117'04"
11 Adrian Kelley, Des Moines, North	JR	117'02"
12 Sarah Wellings, Oskaloosa	SO	113'01"
13 Kendra Nelson, Pleasant Valley	SR	109'02"

RECORD--Old Mark, 139-10, Renetta Seiler, Algona Garrigan, 1994