

The 92nd Annual

drake RELAYS



Sole Ambition

DRAKE RELAYS 2001

High School Results

April 26-28, 2001

The Grand Annual

at the Grand Annual



at the Grand Annual

at the Grand Annual

at the Grand Annual

at the Grand Annual

2001 DRAKE RELAYS RESULTS

HIGH SCHOOL BOYS AND GIRLS

APRIL 26-28, DRAKE STADIUM, DES MOINES, IOWA

Thursday Attendance: 5,200 Friday Attendance: 16,080 Saturday Attendance: 18,000

Thursday Weather: Sunny with temperature reaching high of 85 degrees, humidity 22 % percent with winds from west at 14 mph

Friday Weather: Sunny with temperature at 11 a.m. 73 degrees with high reaching 81 degrees during afternoon, humidity 35% and winds from east at 10 mph.

Saturday Weather: Sunny with temperature at 11 a.m. 72 degrees, humidity 44 % with winds from south at 23 mph; 4 p.m. temperature reached 81 degrees with 36 % humidity and winds from south at 17 mph

100 Meter Dash Finals (wind-1.5 m/s)

| | | | |
|---|--|----|-------|
| 1 | Marques Simmons, Davenport North | SR | 10.63 |
| 2 | Hakim Hill, Iowa City | SR | 10.91 |
| 3 | Adam Haluska, Carroll | JR | 10.92 |
| 4 | Chris Jarvis, Washington | SR | 10.96 |
| 5 | Rumel Monk, Des Moines Lincoln | JR | 11.08 |
| 6 | Jason Nolting, Preston | JR | 11.10 |
| 7 | Micky Roseberry, Alburnett | SR | 11.18 |
| | Milton Lanier, Cedar Rapids Washington | SR | FS |

Ties Drake Relays record set by Simmons in 2000 and tied in the 2001 preliminaries.

Heat 1 (wind -0.7 m/s)

| | | | |
|---|--|----|-----------|
| 1 | Marques Simmons, Davenport North | SR | 10.63 J Q |
| 2 | Milton Lanier, Cedar Rapids Washington | SR | 10.84 Q |
| 3 | Adam Haluska, Carroll | JR | 11.02 Q |
| 4 | Hakim Hill, Iowa City | SR | 11.08 Q |
| 5 | Jason Nolting, Preston | JR | 11.14 Q |
| 6 | Micky Roseberry, Alburnett | SR | 11.22 Q |
| 7 | Tyler Shannon, Ottumwa | SR | 11.37 |
| 8 | Kennedy Douglas, Des Moines Hoover | SR | 11.42 |

Ties Drake Relays Record set by Simmons in 2000.

Heat 2

| | | | |
|---|---------------------------------------|----|---------|
| 1 | Chris Jarvis, Washington | SR | 11.12 Q |
| 2 | Cody Carter, Newton | SR | 11.23 |
| 3 | Derc Albrecht, Ankeny | SR | 11.25 |
| 3 | Dan Orris, Dubuque | SR | 11.25 |
| 3 | Deandre Howard, Burlington | | 11.25 |
| 6 | Peter Saltsgraver, Panorama of Panora | SR | 11.32 |
| 7 | Chris Downs, Burlington | | 11.35 |
| 8 | Scott Anderson, Indianola | JR | 11.49 |

Heat 3

| | | | |
|---|---------------------------------------|----|---------|
| 1 | Rumel Monk, Des Moines Lincoln | JR | 11.15 Q |
| 2 | Sumaster Newell, Iowa City | SR | 11.27 |
| 3 | Jace Denison, Tri-County of Thornburg | JR | 11.29 |
| 4 | Rashiud Pope, Ottumwa | SR | 11.40 |
| 5 | Josh Hauser, BCLUW of Conrad | JR | 11.42 |
| 6 | Andy Brodell, Ankeny | FR | 11.49 |
| 7 | Tommy Elliott, Armstrong-Ringsted | JR | 11.68 |
| 8 | Kipp Kanne, Carroll Kuemper | SR | 11.79 |

Heat 4

| | | | |
|---|---|----|-------|
| 1 | A.D. Ward, Des Moines East | SR | 11.29 |
| 2 | Jared Vickroy, Southeast Warren of Liberty Center | SR | 11.30 |
| 3 | Farran Hayslett, Davenport North | SR | 11.32 |
| 4 | Neal Molitor, Carroll Kuemper | FR | 11.50 |
| 5 | Paul Brown, Le Mars | SO | 11.59 |
| 6 | Tanner Clute, Newton | SR | 11.60 |
| | Nick Netley, Sioux City North | | DNS |
| | Dem'cho Deeds, Des Moines North | JR | FS |

Jack Kragie 1600 Meter Run Finals

| | | | |
|----|--|----|---------|
| 1 | Dan Winder, Waterloo West | SR | 4:20.16 |
| 2 | Bobby Anderson, Mason City | SR | 4:20.94 |
| 3 | Ben Glaser, Dowling of West Des Moines | SR | 4:21.02 |
| 4 | Eric Goff, Bettendorf | SR | 4:21.21 |
| 5 | Dan Taylor, Fort Dodge | JR | 4:23.30 |
| 6 | Matt McCue, Iowa City Regina | FR | 4:23.89 |
| 6 | Ben Hauge, Forest City | SR | 4:23.89 |
| 8 | Dan VanEngen, Unity Christian of Orange City | SR | 4:27.31 |
| 9 | Jarod Wall, Marshalltown | SR | 4:27.52 |
| 10 | David Kelly, Dubuque Wahlert | | 4:27.89 |
| 11 | David Mootz, Waterloo Columbus | SO | 4:28.22 |
| 12 | Rob Kampman, Forest City | SR | 4:28.31 |
| 13 | Dan Wells, Marshalltown | JR | 4:28.58 |
| 14 | Tyler Mueller, Central of DeWitt | JR | 4:30.63 |
| 15 | Nate Seier, Dubuque | SR | 4:30.67 |
| 16 | Ben Lloyd, Davenport Central | SR | 4:32.96 |
| 17 | Miles Bern, Cedar Falls | SR | 4:36.04 |
| 18 | Andy McDermott, Ankeny | JR | 4:37.58 |
| 19 | Eric Dasso, Dubuque Hempstead | JR | 4:37.98 |
| 20 | Andrew Hoyt, Jefferson-Scranton | SR | 4:38.95 |
| | Chris Jones, Iowa City West | SR | DNS |

3200 Meter Run Finals

| | | | |
|----|--|----|----------|
| 1 | Chris Jones, Iowa City West | SR | 9:18.55 |
| 2 | Bobby Anderson, Mason City | SR | 9:20.73 |
| 3 | Jarod Wall, Marshalltown | SR | 9:25.84 |
| 4 | Dan Taylor, Fort Dodge | JR | 9:26.90 |
| 5 | Matt McCue, Iowa City Regina | FR | 9:31.30 |
| 6 | Miles Bern, Cedar Falls | SR | 9:31.64 |
| 7 | Eric Goff, Bettendorf | SR | 9:33.93 |
| 8 | Dan VanEngen, Unity Christian of Orange City | SR | 9:39.15 |
| 9 | Jason Fogel, Bellevue | SR | 9:39.47 |
| 10 | Chris Lawson, Ankeny | SO | 9:39.55 |
| 11 | Ryan French, Linn-Mar of Marion | SR | 9:42.87 |
| 12 | Tyler Mueller, Central of DeWitt | JR | 9:46.07 |
| 13 | Joe Mundt, Chariton | JR | 9:51.23 |
| 14 | Kevin Balster, Monticello | SO | 9:51.42 |
| 15 | Graham McGaffin, Sioux City West | JR | 9:52.06 |
| 16 | Graham McCaleb, Fairfield | SO | 9:57.45 |
| 17 | Eric Dasso, Dubuque Hempstead | JR | 10:04.13 |
| 18 | Jesse Brass, Walnut Ridge of Waterloo | JR | 10:05.78 |
| 19 | Dan Winder, Waterloo West | SR | 10:11.75 |
| | Andrew Hoyt, Jefferson-Scranton | SR | DNS |
| | Ben Glaser, Dowling of West Des Moines | SR | DNS |

110 Meter Hurdles Finals (wind -1.9 m/s)

| | | | |
|---|---|----|-------|
| 1 | Chris McCullough, Valley of West Des Moines | SR | 14.92 |
| 2 | Marc Eaton, Perry | SR | 14.97 |
| 3 | Derek Casey, Cherokee | JR | 15.31 |
| 4 | Jon Myers, Davenport Central | SR | 15.42 |
| 5 | Dave Meyer, Dubuque Hempstead | SR | 15.48 |

| | | | |
|---|-----------------------------------|----|-------|
| 6 | Josh Jandrew, Shenandoah | JR | 15.51 |
| 7 | Clete Younger, Ankeny | SR | 15.51 |
| 8 | Jay Sieck, Interstate 35 of Truro | SR | 15.54 |

Heat 1 (wind -1.7 m/s)

| | | | |
|---|---|----|---------|
| 1 | Marc Eaton, Perry | SR | 14.79 Q |
| 2 | Chris McCullough, Valley of West Des Moines | SR | 14.81 Q |
| 3 | Dave Meyer, Dubuque Hempstead | SR | 15.15 Q |
| 4 | Jay Sieck, Interstate 35 of Truro | SR | 15.19 Q |
| 5 | Josh Jandrew, Shenandoah | JR | 15.33 Q |
| 6 | Chris Kolling, Waterloo West | SR | 15.46 |
| 7 | Adam Schrickler, Pleasant Valley | SR | 15.59 |
| 8 | Greg Deal, Iowa City | SO | 15.73 |

Heat 2 (wind -1.6 m/s)

| | | | |
|---|------------------------------------|----|---------|
| 1 | Jon Myers, Davenport Central | SR | 15.18 Q |
| 2 | Derek Casey, Cherokee | JR | 15.18 Q |
| 3 | Clete Younger, Ankeny | SR | 15.34 Q |
| 4 | Aaron Valentine, ADM of Adel | SR | 15.40 |
| 5 | Josh Strang, Aplington-Parkersburg | SR | 15.43 |
| 6 | Matt Holmes, Ballard of Huxley | SR | 15.56 |
| 7 | Andy Becker, Ankeny | JR | 18.00 |
| | Tom Anthony, Pleasant Valley | SR | DQ |

Heat 3 (wind -0.2 m/s)

| | | | |
|---|--|----|-------|
| 1 | Philip Tschechaniuk, Cedar Rapids Washington | JR | 15.67 |
| 2 | Nate Kerkmen, Council Bluffs Lincoln | JR | 15.73 |
| 3 | Tanner Whipple, Roland-Story | JR | 15.76 |
| 4 | Matt Melloy, Mount Pleasant | SR | 16.14 |
| 5 | Tyler Brown, Grinnell | JR | 16.28 |
| 6 | Jeff Gilmore, Iowa City | SR | 16.73 |
| 7 | Brad Rose, MFL MarMac of Monona | FR | 16.83 |
| 8 | Will Steingreaber, Van Buren of Keosauqua | JR | 17.00 |

Heat 4 (wind -1.7 m/s)

| | | | |
|---|--|----|-------|
| 1 | Jordon Crosby, Fort Dodge | SO | 15.68 |
| 2 | Ben Johnson, Le Mars | SR | 15.70 |
| 3 | Garrett Cornelison, Interstate 35 of Truro | SR | 15.80 |
| 4 | Michael Bell, Marshalltown | JR | 15.80 |
| 5 | Kyle Rippey, Ames | JR | 15.97 |
| 6 | Brian Steussy, Jefferson-Scranton | SR | 16.03 |
| 7 | Justin Zeigler, ADM of Adel | JR | 16.42 |
| 8 | Brett Pixley, Ottumwa | SR | 16.73 |

400 Meter Hurdles Finals

| | | | |
|---|--|----|---------|
| 1 | Nik Moser, Fort Dodge | SR | 52.80 J |
| 2 | Dave Meyer, Dubuque Hempstead | SR | 54.05 |
| 3 | Champ Davis, Valley of West Des Moines | SO | 54.14 |
| 4 | Tanner Whipple, Roland-Story | JR | 54.17 |
| 5 | Pete Avery, Waverly-Shell Rock | SR | 54.46 |
| 6 | Michael Bell, Marshalltown | JR | 54.61 |
| 7 | Tyler Brown, Grinnell | JR | 55.78 |
| 8 | Greg Payne, Ames | SR | 55.86 |

High Jump Finals

| | | | |
|----|---|----|---------------|
| 1 | Cale Van Genderen, Lynnville-Sully | SR | 6'07" (2.01m) |
| 2 | Tyler Mayer, Marion | SR | 6'05" (1.96m) |
| 3 | James McNear, Des Moines Roosevelt | SR | 6'05" (1.96m) |
| 4 | Jeff Witthoft, Washington | | 6'05" (1.96m) |
| 4 | Mike Klinkenborg, Central Lyon | SO | 6'05" (1.96m) |
| 6 | Greg Allen, Schaller-Crestland of Early | FR | 6'05" (1.96m) |
| 7 | Clint Michels, Bellevue | SR | 6'05" (1.96m) |
| 7 | Bill McConnaha, West Branch | JR | 6'05" (1.96m) |
| 9 | James Awtry, Harlan | SR | 6'03" (1.91m) |
| 10 | Kiel Huston, Ankeny | JR | 6'03" (1.91m) |
| 10 | Jason Kohl, Cedar Rapids Prairie | SO | 6'03" (1.91m) |
| 10 | Tyler Pence, Fort Madison | SR | 6'03" (1.91m) |
| 10 | Brian Murray, Norwalk | SR | 6'03" (1.91m) |
| 10 | Jaron Van Maanen, Lynnville-Sully | FR | 6'03" (1.91m) |
| 10 | Tyler Anderson, Carroll | JR | 6'03" (1.91m) |
| 16 | Matt Melloy, Mount Pleasant | SR | 6'03" (1.91m) |

| | | |
|-------------------------------|----|----|
| Adam Glick, Pekin of Packwood | | NH |
| Isi Oamen, LeMars Gehlen | SR | NH |

Long Jump Finals

| | | | | |
|----|---|----|-------------------|------|
| 1 | Adam Haluska, Carroll | JR | 23'00.75" (7.03m) | 0.7 |
| 2 | Rumel Monk, Des Moines Lincoln | JR | 21'08" (6.60m) | -1.2 |
| 3 | Lorenzo Taylor, Ames | SR | 21'08" (6.60m) | -0.8 |
| 4 | Rickie Kellar, Council Bluffs Lincoln | JR | 21'07.50" (6.59m) | +0.4 |
| 5 | Ryan Borgwardt, Clinton | SO | 21'04" (6.50m) | -2.4 |
| 6 | Brad Payne, Tri-Center of Neola | SR | 21'03.25" (6.48m) | -0.8 |
| 7 | Derek Borgwardt, Clinton | SR | 21'00.5" (6.41m) | -1.7 |
| 8 | Aaron Herbst, Dubuque | JR | 20'10.5" (6.36m) | 0.0 |
| 9 | Logen Strohbehn, Council Bluffs Lincoln | SR | 20'05" (6.22m) | 0.0 |
| 10 | Kyle Stanley, Gladbrook-Reinbeck | JR | 20'05" (6.22m) | -1.1 |
| 11 | Tommy Elliott, Armstrong-Ringsted | JR | 20'01.25" (6.13m) | +0.4 |
| 12 | Nathan Geerts, New Hampton | JR | 20'00.75" (6.12m) | -0.9 |
| 13 | Jordan Davidson, Davenport North | SO | 20'00" (6.10m) | 0.0 |
| 14 | Garrison Goodlett, CR Washington | SR | 19'10" (6.05m) | -0.4 |
| 15 | Noah Winstead, Nishna Valley of Hastings | SR | 19'09.5" (6.03m) | +0.4 |
| 16 | Alvin Vesey, Bettendorf | SO | 19'09.25" (6.03m) | -0.6 |
| 17 | Nick Lawrence, Prince of Peace of Clinton | SR | 19'05" (5.92m) | +1.1 |
| 18 | Eric Thompson, Ames | SR | 19'00" (5.79m) | -1.0 |
| 19 | Jerry Gardner, CMB of Baxter | SO | 18'07.5" (5.68m) | +0.9 |
| | Nic O'Malley, Center Point-Urbana | JR | nd | |
| | Hakim Hill, Iowa City | SR | nd | |

Shot Put Finals

| | | | |
|----|---|----|--------------------|
| 1 | Steve Wegner, Harlan | SR | 56'09" (17.30m) |
| 2 | Scott Romens, Glenwood | SR | 55'06.25" (16.92m) |
| 3 | Shane Maier, Storm Lake | SO | 54'08.50" (16.68m) |
| 4 | Phil Barnett, Clarksville | SR | 53'11" (16.43m) |
| 5 | Taylor Strube, Emmetsburg | SO | 52'11" (16.13m) |
| 6 | Mitch Fields, Tipton | JR | 51'09.25" (15.78m) |
| 7 | Ross Parker, Indianola | SR | 51'05.75" (15.69m) |
| 8 | Justin Heins, North Fayette of West Union | SR | 50'10.50" (15.51m) |
| 9 | Joe Bush, Cherokee | SR | 50'09.50" (15.48m) |
| 10 | Ben Cronin, Ames | SR | 50'09" (15.47m) |
| 11 | Pete Scharff, Northeast of Goose Lake | JR | 50'05" (15.37m) |
| 12 | Kyle Marshall, Newton | SR | 50'02" (15.29m) |
| 13 | Nate Winey, Denison-Schleswig | SR | 50'01.25" (15.27m) |
| 14 | Lucas Schossow, Galva-Holstein | JR | 50'00.75" (15.26m) |
| 15 | Bryan Schwartz, Harlan | SR | 50'00.25" (15.25m) |
| 16 | Chris Harrison, South Tama of Tama | JR | 49'11" (15.21m) |
| 17 | Chris Hopkins, Denison-Schleswig | JR | 49'09" (15.16m) |
| 18 | Corey DeWitt, Clarksville | SR | 48'08" (14.83m) |
| 19 | John Kisner, Waverly-Shell Rock | SR | 48'02" (14.68m) |
| 20 | Nick Hagemann, Western Dubuque | SR | 47'05.75" (14.47m) |
| 21 | Rob Sagar, Valley of West Des Moines | SR | 46'06" (14.17m) |
| 22 | Kevin Stensrud, Lake Mills | SR | 43'02.50" (13.17m) |
| | Heath Finch, Ballard of Huxley | SR | nd |

Discus Finals

| | | | |
|----|---|----|------------------|
| 1 | Blake Larsen, Atlantic | SR | 158'11" (48.44m) |
| 2 | Stewart Nelson, Johnston | SO | 158'01" (48.18m) |
| 3 | Justin Heins, North Fayette of West Union | SR | 156'11" (47.83m) |
| 4 | Dan McCain, Des Moines Roosevelt | FR | 156'10" (47.80m) |
| 5 | Mitch Fields, Tipton | JR | 156'02" (47.60m) |
| 6 | Steve Winchell, Treynor | SR | 154'07" (47.12m) |
| 7 | Chris Hopkins, Denison-Schleswig | JR | 153'06" (46.79m) |
| 8 | Steve Wegner, Harlan | SR | 150'00" (45.72m) |
| 9 | Michael Miller, Ames | SR | 149'03" (45.49m) |
| 10 | Tim Polehna, Cedar Rapids Kennedy | JR | 146'06" (44.65m) |
| 11 | Mark Sanger, West Hancock of Britt | SR | 145'10" (44.45m) |
| 12 | Seth Zehr, Fort Dodge | JR | 143'06" (43.74m) |
| 13 | Lucas Schossow, Galva-Holstein | JR | 142'03" (43.36m) |
| 14 | Andrew Geil, Keota | JR | 141'11" (43.26m) |

| | | | |
|----|--|----|------------------|
| 15 | Joel Storm, Belle Plaine | SR | 137'09" (41.99m) |
| 16 | Jared Modlin, Newton | So | 136'11" (41.73m) |
| 17 | Dillon Cline, Iowa City West | SR | 135'02" (41.20m) |
| 18 | Jon Cochran, Valley of West Des Moines | JR | 133'11" (40.82m) |
| 19 | Heath Finch, Ballard of Huxley | SR | 126'11" (38.68m) |
| 20 | Mike Widner, Hudson | SR | 126'05" (38.53m) |
| | Ross Parker, Indianola | SR | nm |

4x100 Meter Relay Finals

| | | |
|---|---|-------|
| 1 | NEWTON | 42.41 |
| | (Ryan Dass, Dwayne Wright Tanner Clute, Cody Carter) | |
| 2 | IOWA CITY | 42.42 |
| | (Sumaster Newell, Calvin Davis Matt Wooldrik, Hakim Hill) | |
| 3 | OTTUMWA | 42.96 |
| | (Bobby Phommachack, Tyler Shannon D.J. Cobler, Brett Pixley) | |
| 4 | CEDAR RAPIDS JEFFERSON | 43.15 |
| | (Brian Crandall, Steve Mulligan Francis Zach, Blake Tiedtke) | |
| 5 | ANKENY | 43.16 |
| | (Andy Brodell, Josh Moulton Aaron McCombs, Derc Albrecht) | |
| 6 | WASHINGTON | 43.28 |
| | (John Greiner, Kelly Williams Brent Stout, Chris Jarvis) | |
| 7 | BURLINGTON | 44.05 |
| | (Chris Downs, Arthur Gordon Sean McBride, DeAndre Howard) | |
| | CLINTON | DNF |
| | (Ryan Borgwardt, Gabe James Derek Borgwardt, Robby Worrels) | |

Heat 1

| | | |
|---|---|-------|
| 1 | IOWA CITY | 42.75 |
| | (Sumaster Newell, Calvin Davis Matt Wooldrik, Hakim Hill) | |
| 2 | NEWTON | 42.76 |
| | (Ryan Dass, Dwayne Wright Tanner Clute, Cody Carter) | |
| 3 | CEDAR RAPIDS JEFFERSON | 43.69 |
| | (Brian Crandall, Steve Mulligan Tim Wesbrook, Blake Tiedtke) | |
| 4 | OTTUMWA | 43.72 |
| | (Bobby Phommachack, Tyler Shannon D.J. Cobler, Rashiud Pope) | |
| 5 | WASHINGTON | 43.73 |
| | (John Greiner, Kelly Williams Brent Stout, Chris Jarvis) | |
| 6 | DES MOINES EAST | 43.80 |
| | (Scott Phaydavong, A.D. Ward Terry Rice, Rick Weigel) | |
| 7 | CEDAR RAPIDS WASHINGTON | 43.83 |
| | (Tyler Mattison, Poul Collins Tyson Grimm, Milton Lanier) | |
| 8 | DES MOINES HOOVER | 43.94 |
| | (Gerard Gause, Martell Pratt Craig Farley, Kennedy Douglas) | |

Heat 2

| | | |
|---|--|-------|
| 1 | CLINTON | 43.08 |
| | (Ryan Borgwardt, Gabe James Derek Borgwardt, Robby Worrels) | |
| 2 | ANKENY | 43.53 |
| | (Andy Brodell, Josh Moulton Aaron McCombs, Derc Albrecht) | |
| 3 | BURLINGTON | 43.66 |
| | (Chris Downs, Arthur Gordon Sean McBride, DeAndre Howard) | |

| | | |
|---|---|----------|
| 4 | DAVENPORT NORTH | 43.81 |
| | (Jordan Davidson, Farran Hayslett Keith Huebbe, Marques Simmons) | |
| 5 | DES MOINES NORTH | 43.83 |
| | (Mony Chau, Darryl Alexander Danny Triplett, Dem'cho Deeds) | |
| 6 | SIOUX CITY WEST | 43.94 |
| | (Jeremy Mayo, Paul Houfek Merritt Groh, Nate VanderMolen) | |
| | AMES | DQ-45.45 |
| | (Abe Tim, Lorenzo Taylor Eric Thompson, Greg Payne) | |
| | VALLEY OF WEST DES MOINES | DQ-45.77 |
| | (Jeff Sallee, Brandon Winston Vince Buie, Nick Echtenkamp) | |

Heat 3

| | | |
|---|--|----------|
| 1 | JOHNSTON | 43.91 |
| | (Bart Whipps, Pat Ryerson Matt OHollearn, Jared Haag) | |
| 2 | CEDAR FALLS | 44.02 |
| | (John Mershon, Phil Drewis Michael Fritts, Brad Wyant) | |
| 3 | BETTENDORF | 44.18 |
| | (Zach Gabelman, Aaron Jenkins Alvin Vesey, Andy Parker) | |
| 4 | PLEASANT VALLEY | 44.24 |
| | (Adam Schricker, Mike Morrissey Jeremy Klingaman, Mike Clark) | |
| 5 | LE MARS | 45.09 |
| | (Tyler Petter, Kelly Greenfield Darrin Nelson, Paul Brown) | |
| 6 | FORT DODGE | 45.67 |
| | (Nick Hrabak, Blake Utley Nick Pederson, Mark Bjorklund) | |
| 7 | DUBUQUE | 46.73 |
| | (Jayson Wagner, Kris Miller Josh Heacock, Craig Siegert) | |
| | WAVERLY-SHELL ROCK | DQ-46.41 |
| | (Brendan Shoars, Walter Howard Dustin Mack, David Hanawalt) | |

Heat 4

| | | |
|---|--|-------|
| 1 | PRAIRIE CITY-MONROE | 44.25 |
| | (Jake Nolin, Matt Johnston Andy Van Zee, Nathan Le Grand) | |
| 2 | TRI-CENTER OF NEOLA | 44.55 |
| | (Brad Payne, Jared Graham Dustin Benning, Joey Kosmacek) | |
| 3 | BCLUW OF CONRAD | 44.82 |
| | (Grant Benson, Sam Vreeland Blake Haywood, Josh Hauser) | |
| 4 | COUNCIL BLUFFS JEFFERSON | 44.96 |
| | (Shaun Hollenbach, Mike Lewis Aaren Andersen, Chad Summer) | |
| 5 | GARNER-HAYFIELD | 45.01 |
| | (Adam Tvedt, Matt Roeber Scott Jackson, Cody Schoneman) | |
| 6 | MARSHALLTOWN | 45.57 |
| | (Erik Christenson, Jason Nusbaum Chase Rogers, Brennon Edwards) | |
| 7 | NORTH SCOTT OF ELDRIDGE | 45.58 |
| | (Nick Gries, Bobby Gronewold Adam Nolan, Luke Shaw) | |
| | SOUTHEAST POLK OF RUNNELLS | DQ-FS |
| | (Joe Antelman, Chuck Howald Joe Hugen, Seth Aldini) | |

Heat 5

| | | |
|---|---|-------|
| 1 | DES MOINES ROOSEVELT | 44.48 |
| | (George Brown, Andrae Lottie Kevin Egge, James McNear) | |

| | |
|--|----------|
| 2 SIOUX CITY NORTH | 44.55 |
| (Darnell Pitts, Chris Beals Ryan Peck, Kameron Pope) | |
| 3 MADRID | 44.59 |
| (Frank Milani, Andy Lawrence Nick Bender, Rick Thompson) | |
| 4 ALGONA | 44.97 |
| (Aaron Kent, Gene Fisher Brian Hellmich, Sean Smith) | |
| 5 CARROLL | 45.04 |
| (Craig Sander, Adam Haluska Dan Orland, Doug Kendrick) | |
| 6 LINN-MAR OF MARION | 45.77 |
| (Terry Gantt, Wylie Hachey Paul Taylor, Brett Walderbach) | |
| 7 PELLA CHRISTIAN | 45.90 |
| (Jeff Meuzelaar, Drew DeNooy Jared Van Wyk, Tim Zwiers) | |
| 8 CLEAR CREEK-AMANA OF TIFFIN | 46.02 |
| (Ryan Wood, Skeat Sabo Nick Scheetz, Jacob Wendler) | |
| Heat 6 | |
| 1 CARROLL KUEMPER | 44.30 |
| (Kipp Kanne, John Bauer Todd Simons, Neal Molitor) | |
| 2 FORT MADISON | 44.41 |
| (Zach Glasgow, Chris Ramirez Justin Menke, Dustin Hennigar) | |
| 3 COUNCIL BLUFFS LINCOLN | 44.69 |
| (Rickie Kellar, Ed Gregory Eddie Kenkel, Logen Strohbehn) | |
| 4 LEWIS CENTRAL OF COUNCIL BLUFFS | 45.44 |
| (Ross Shepard, Jon Gregory Chris Pomerleau, Jason McCoy) | |
| 5 HUBBARD-RADCLIFFE | 45.94 |
| (Jayden Butler, Reilly Vaughan Jake Nessa, Jordan Vaughan) | |
| 6 SOLON | 46.34 |
| (D.J. Jedlicka, Chris Kelley Seth Bartlett, Cody Kroul) | |
| 7 FORT DODGE ST. EDMOND | 46.49 |
| (Jon Prebeck, AJ Angstrom Mike Clavey, Kyle Lawler) | |
| CENTRAL OF DEWITT | DQ-45.27 |
| (Justin Wagner, Tyler Driscoll Troy Connor, Marcus Schnoor) | |
| Heat 7 | |
| 1 IOWA CITY WEST | 45.12 |
| (Marques Brooks, Ashton Winchel Kurt Fisher, Matt Brown) | |
| 2 PERRY | 45.13 |
| (Kyle Wehner, Cole Turner Marc Eaton, Mike Wernli) | |
| 3 NORTH FAYETTE OF WEST UNION | 46.03 |
| (Erik Bettmeng, Josh Guyer Kyle Conrad, Joey Kasel) | |
| 4 CLEAR LAKE | 46.09 |
| (Chris Carney, Brian McIntire Brandon Bird, Drew Shepp) | |
| 5 MONTICELLO | 47.58 |
| (Nick Klein, Emery Reyner Joel Sauser, Ryan Ball) | |
| MFL MARMAC OF MONONA | DQ-45.95 |
| (Kellie Schutte, Josh Neuhaus Kyle Junk, Neal Wikner) | |
| ATLANTIC | DQ-46.30 |
| (Bruce Beckwith, Bret Meyer Tony Burg, Davy Thomsen) | |

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| WATERLOO EAST | DNF |
| (Dalane Morehead, Breian Micou Roderick Bruce, Jarrod Theroith) | |
| Heat 8 | |
| 1 WEST DELAWARE OF MANCHESTER | 44.82 |
| (Bradley Woods, Tim Turnis Jeff Holden, Luke Hubbard) | |
| 2 GRINNELL | 45.43 |
| (Jeremy Jobes, Josh Tinkle Todd Rutherford, Ryan Grant) | |
| 3 CARLISLE | 45.46 |
| (Corey Goodhue, Nate Davidson Devin James, Jared Kain) | |
| 4 PELLA | 45.47 |
| (Vance Schuring, Tyler Beerends Jon Landon, David Van Wyk) | |
| 5 CLARION-GOLDFIELD | 45.66 |
| (Dustin Thayer, Jeff Moss Justin Ades, Tony Schoo) | |
| 6 WATERLOO WEST | 45.82 |
| (Josh Gates, Matt Hill Chris Kolling, Damon Baumgartner) | |
| 7 DUBUQUE WAHLERT | 45.84 |
| (Peter Link, Ben Ressler Tony Jarchow, Charlie Freund) | |
| 8 APLINGTON-PARKERSBURG | 46.84 |
| (Josh Strang, Ryan DeBoer Taylor Schrage, Wes Patterson) | |
| Heat 9 | |
| 1 CAMANCHE | 44.77 |
| (Jerad Lemke, Josh Bryan Josh Grundall, Joe Lilly) | |
| 2 CEDAR RAPIDS PRAIRIE | 45.13 |
| (Jason Rotter, Isaac Dickson Kyle Votrobek, T.J. Klith) | |
| 3 INDIANOLA | 45.31 |
| (Mike Harmon, Blair Westerly Nate Oberender, Todd Blythe) | |
| 4 HARLAN | 45.32 |
| (Andy Petersen, Colby Pash Kyle Murtaugh, Monty Boltinghouse) | |
| 5 BELLEVUE | 45.45 |
| (Chet Medinger, Brian Steines Justin Ernst, Tom Sieverding) | |
| 6 PRAIRIE VALLEY OF GOWRIE | 46.08 |
| (John Vinchattle, Jeremy Hammen Tom Showers, Tyler Ramackers) | |
| 7 CLARKSVILLE | 46.23 |
| (David Calease, Paul Walters Tyrel Johnson, Chris Miller) | |
| 8 NEW HAMPTON | 46.28 |
| (Ryan Speltz, Derek Wisner Mike Humpal, Nathan Geerts) | |
| Heat 10 | |
| 1 PRESTON | 45.48 |
| (Travis Smith, Joe Murphy Phil Bear, Jason Nolting) | |
| 2 CEDAR RAPIDS KENNEDY | 45.63 |
| (Matt Jensen, Doug Ongie Kyle Perry, Tom Sadler) | |
| 3 LYNNVILLE-SULLY | 45.72 |
| (Jon Buser, Cale Van Genderen Bryan Shutts, Ryan Johnson) | |
| 4 DUBUQUE HEMPSTEAD | 46.26 |
| (Ryan McDermott, Jeff Bushman Brad Hemesath, B.J. Eiben) | |
| 5 WEST LIBERTY | 47.00 |
| (T.C. Heath, Justin Simon Caleb Padilla, Jacob Johnson) | |

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|---|----------|--|----------|
| COUNCIL BLUFFS ST. ALBERT (Brock Gentile, Darin Heideman Chris Palmer, Mike Stuntz) | DQ-46.37 | 4 CARDINAL OF ELDON (Adam Durlfinger, Jessie Henderson Travis Thompson, Nick Davis) | 46.35 |
| LAWTON-BRONSON (Nick Salmen, Dustin Lieber Adam Benson, Matt Muff) | DQ-46.53 | 5 NISHNA VALLEY OF HASTINGS (T.J. Nielsen, Travis Embree Travis Glynn, Noah Winstead) | 46.49 |
| ROLAND-STORY (Tanner Whipple, Bo Ammerman Jeff Baker, Kyle VanWinkle) | DQ-FS | 6 LAKE MILLS (Matt Hauan, Scott Gaskill Kevin Stensrud, Brandon Flugum) | 47.06 |
| Heat 11 | | TIPTON (Chad Arndt, Nick Miller Andy Kruse, Billy Hoffman) | DQ-49.26 |
| 1 PANORAMA OF PANORA (Randy Keys, Mitch Kempf Paul Engle, Peter Saltgraver) | 45.38 | WAUKEE (Sean McHose, Jeff Seals Matt Austin, Brandon McHose) | DNF |
| 2 WESTERN DUBUQUE OF EPWORTH (Dan Steffen, James McCarthy Bill Daly, Mark Phillips) | 45.81 | Heat 14 | |
| 3 OSKALOOSA (Kyle Ortegren, Josh Flander Aaron Ostrem, Tyler Sirovy) | 45.83 | 1 DAVENPORT WEST (Adam Orcutt, Josh Morden Ken Fox, Chad Tappendorf) | 44.61 |
| 4 MASON CITY (Erik Sautter, Josh Frank Garrett Wilcox, Lance Hall) | 45.87 | 2 MOUNT PLEASANT (Jason Rohde, John Hennessee Matt Melloy, Jeff Fedler) | 44.93 |
| 5 CLARINDA (Shane Guyer, Jacob Sunderman Austin Sunderman, Dru Williams) | 46.20 | 3 ROCKFORD (Jeff Jones, Nathan Wood Ray Vorhes, Dean Nicholson) | 45.38 |
| 6 HAMPTON-DUMONT (Ben Will, Michael Kuehner Tyson Mollenbeck, Adam Kampman) | 46.31 | 4 CENTRAL LEE OF DONNELSON (Matt Hulsebus, Jim Cruickshank Ben Vogel, Johnny Good) | 45.70 |
| MAURICE-ORANGE CITY/FLOYD VALLEY (Doug Gunderson, Austin Janssen Benjie VanHeuvelen, Jimmy Trapp) | DQ-45.65 | 5 DALLAS CENTER-GRIMES (Kenny Bensley, Matt Sly Chase Duncan, Jake Cadwell) | 45.85 |
| DAVENPORT CENTRAL (Justin Harris, Joe Schuhow Jon Myers, Adam Pollard) | DQ-45.75 | 6 REMSEN-UNION (Jeff Staab, Shawn Parker Jason Stoos, Tim DeBoer) | 46.15 |
| Heat 12 | | 7 ESTHERVILLE-LINCOLN CENTRAL (Kevin Moreau, Phil Beaver Bryon Swalve, Grant Rawlings) | 46.25 |
| 1 DOWLING OF WEST DES MOINES (Bradley Monacino, Aaron Fangman Chris Crouch, Brian Kline) | 45.76 | 8 HARTLEY-MELVIN-SANBORN (Jay Christiansen, Nate Collins Adam Sandersfeld, Ryan Strubbe) | 46.59 |
| 2 MID-PRAIRIE OF WELLMAN (Tim Bender, Johnathan Knarroborg Adam Kos, Seth Fisher) | 45.78 | Heat 15 | |
| 3 BOONE (Joey Blank, Kyle Paris Jay Bedingfield, Sam Hurst) | 45.80 | 1 INTERSTATE 35 OF TRURO (Brandon Douglas, Brett Douglas Josh Good, Jay Sieck) | 45.78 |
| 4 CRESTON (Jake Kawa, Gabe Stofferahn Matt Buck, Neil Lang) | 45.96 | 2 SHENANDOAH (Jon Hoefing, John Maher Justin Shadel, Josh Jandrew) | 45.81 |
| 5 GLENWOOD (John Dashner, Nick Lennemann Dustin Marvel, Josh Anderson) | 46.01 | 3 NEVADA (Tyler Harrison, Derrick Lehman Trenton Harrison, Jeff Brooks) | 46.32 |
| 6 OKOBOJI OF MILFORD (David Guinane, Matt Lockey Dylan Rolling, Jared DeMuth) | 46.03 | 4 FARRAGUT (Jay Benedict, Blair Holman Kevin Bugg, Mike Dreyer) | 46.56 |
| 7 ALDEN (Cody Greenawalt, Brian Aust Josh Vanderloop, Joey Johnston) | 46.57 | 5 ROCKWELL CITY-LYTTON (Jess Evans, Matt Siefken Unknown, Nick Albright Jon Artist,) | 46.59 |
| 8 NORTHEAST OF GOOSE LAKE (Chris Casali, Eric Witt Shane Droste, Derek Schroeder) | 47.18 | 6 BONDURANT-FARRAR (Meyer Nece, Aaron Vestal T.J. Sandin, Bill Wissler) | 46.74 |
| Heat 13 | | WEST HANCOCK OF BRITT (Matt Nelson, John Schubert Mark Sanger, Gabe Rounds) | DQ-46.82 |
| 1 DENVER (Chris Collison, Josh Frey Nick Wooldrik, Jordan Zaputil) | 45.98 | MOUNT AYR (David Hosfield, Reggie Lesan Luke Larsen, Brad Wilson) | DQ-47.62 |
| 2 LEMARS GEHLEN (Drew Hoffman, Austin Ruhland Andy Floy, Matt Haffing) | 46.02 | | |
| 3 WEBSTER CITY (Jake Weinzell, Shawn Kliegl Craig Law, Matt Tharp) | 46.29 | | |

| Heat 16 | |
|---|----------|
| 1 PEKIN OF PACKWOOD | 45.92 |
| (Aaron Gott, Cory Johnston Shane Gill, Bud Blakely) | |
| 2 EDDYVILLE-BLAKESBURG | 46.08 |
| (Tom Hallgren, Jeff Fox Elliott Culver, Ezra Kelderman) | |
| 3 BALLARD OF HUXLEY | 46.13 |
| (James Lewis, Sam Robinson Jamie Nobiling, Matt Holmes) | |
| 4 VALLEY OF ELGIN | 46.39 |
| (Grant Rothlisberger, Josh Larson Adam Frieden, Adam Eischeid) | |
| 5 ADM OF ADEL | 46.47 |
| (Mike Huber, Justin Zeigler Kyle Whisner, Aaron Valentine) | |
| 6 SIGOURNEY | 46.85 |
| (Nick Baker, Patrick Flynn Dan Hammes, Will Hanchett) | |
| WEST BURLINGTON-NOTRE DAME | DQ-46.44 |
| (Adam Mullinax, Adam Avery Peter Mullinax, Nic Gieselman) | |
| CMB OF BAXTER | DNF |
| (Eric Plunkett, Will Kimberley Michael Wierson, Jerry Gardner) | |
| Heat 17 | |
| 1 CEDAR RAPIDS XAVIER | 45.48 |
| (Jason Sweet, Tom Herring John Winter, Ben Long) | |
| 2 DIKE-NEW HARTFORD | 45.70 |
| (Brian Hall, Chris Grooms Josh Johnson, Pat Weber) | |
| 3 SUMNER | 45.75 |
| (Wes Smith, Evan Fratzke Gabe Helmers, Chris Spier) | |
| 4 WACO OF WAYLAND | 46.15 |
| (Mark Jones, Jay Morrow Nathan Grieser, Eddie Cardenas) | |
| 5 FAIRFIELD | 46.20 |
| (Jason Maurice, Eric Farmer Dan McMahon, Luke Perry) | |
| 6 SOUTHERN CALHOUN OF LAKE CITY | 46.75 |
| (Eric Snyder, Ryan Kock Jeff Remsburg, Wesley Beschorer) | |
| HLV OF VICTOR | DQ-46.79 |
| (Adam Hawkins, Phil Cooling Chad Hinrichs, Adam PirkI) | |
| SIoux CITY HEELAN | DNS |
| Heat 18 | |
| 1 JEFFERSON-SCRANTON | 45.24 |
| (Andy Morlan, Tyler Kious Mitch Murphy, Brian Steussy) | |
| 2 SOUTH O'BRIEN OF PAULLINA | 45.37 |
| (Ryan Wede, Will Dotson Aaron Jalas, James Menke) | |
| 3 BECKMAN OF DYERSVILLE | 45.41 |
| (Zac Scherrman, Dave Rahe Rob Thole, Kevin Pitz) | |
| 4 URBANDALE | 45.73 |
| (Ryan Orvig, Kellen Black Ryan Saunders, Jason Knueven) | |
| 5 LONE TREE | 46.16 |
| (Dustin Lenz, Mike LaRoche Larry Jones, Josh Zaruba) | |
| 6 MEDIAPOLIS | 46.28 |
| (Chad Bandy, Ryan Petersen Cody Wolfe, Nick Whitaker) | |

| 7 INDEPENDENCE | 46.65 |
|--|----------|
| (Andy Crain, Jeff Leemon Adam Kuhse, Chip Smith) | |
| 8 NORWALK | 46.77 |
| (Adam Bothwell, Sean O'Connor Brett Cermak, Nic Scandrett) | |
| Heat 19 | |
| 1 MARION | 45.71 |
| (Dustin Rhodes, Tyler Mayer Jason McGaffic, Tony Offerman) | |
| 2 GUTHRIE CENTER | 46.01 |
| (Curt Hunt, Kyler Nielson Colby Larsen, Ben Richter) | |
| 3 DES MOINES LINCOLN | 46.15 |
| (Adam Bruce, OJ Sinclair Kyle Riley, James Brown) | |
| 4 AGWSR OF ACKLEY | 46.71 |
| (Steve Lindaman, B.J. Stotser Brock Holmggaard, Cody Eichmeier) | |
| 5 TREYNOR | 46.77 |
| (Joey Sornson, A.J. Keiner Jordan Frain, Adam Leber) | |
| 6 WAUKON | 46.88 |
| (Mike Bulman, Brian Einck Nick Hirth, Justin Bulman) | |
| 7 HUDSON | 46.97 |
| (Collin Robertson, Ryan Manahl Josh Blough, D.J. Simniok) | |
| 8 BATTLE CREEK-IDA GROVE | DQ-47.25 |
| (Mark Cates, Cole Wunschel A.J. Schable, Cody Knop) | |
| Heat 20 | |
| 1 WILLIAMSBURG | 45.83 |
| (Nick Fetzer, Dustyn Baethke Sam McDonald, Tyler Baethke) | |
| 2 RIVERSIDE OF OAKLAND | 46.25 |
| (Brandon Everett, Justin Hanshaw Trae Turner, Brad Wax) | |
| 3 SOUTH TAMA OF TAMA | 46.43 |
| (Rob Marvin, Jacob Houghton Nathan Van Dyke, Josh Lyon) | |
| 4 ANAMOSA | 46.76 |
| (Nick Stuckey, Chris Carlson Mark Walker, Nick Lafler) | |
| 5 WINFIELD-MOUNT UNION | 47.17 |
| (Jason Remick, Michael Beard Chris Hamner, Matt Hobbs) | |
| 6 STANTON | 47.38 |
| (Matt Peterson, Scott Bullington Dan Clark, Jon Goddard) | |
| Heat 21 | |
| 1 ALBURNETT | 45.49 |
| (Matt Walters, Ryan Martin Nick Scott, Micky Roseberry) | |
| 2 EAGLE GROVE | 46.14 |
| (Brad Mrla, Josh Nelson Ryan Terwilliger, Trent Cooper) | |
| 3 MARCUS-MERIDEN-CLEGHORN | 47.06 |
| (Justin Dunn, Jon George Jon Sand, Chris Wernimont) | |
| 4x200 Meter Relay Finals | |
| 1 IOWA CITY | 1:28.33 |
| (Sumaster Newell, Matt Wooldrik Calvin Davis, Hakim Hill) | |
| 2 CEDAR RAPIDS WASHINGTON | 1:28.39 |
| (Terrance Frye, Dallas Hodges Tyson Grimm, Milton Lanier) | |

| | | |
|---|---------|-----|
| 3 VALLEY OF WEST DES MOINES | 1:29.52 | |
| (Jeff Sallee, Chris McCullough Reed Jaksich, Nate Yoho) | | |
| 4 DAVENPORT NORTH | 1:29.61 | |
| (Jordan Davidson, Farran Hayslett Tim Harrington, Marques Simmons) | | |
| 5 OTTUMWA | 1:30.07 | |
| (Bobby Phommachack, Tyler Shannon D.J. Cobler, Rashiud Pope) | | |
| 6 BURLINGTON | 1:30.35 | |
| (Chris Downs, Sean McBride Micha Washington, DeAndre Howard) | | |
| 7 CLINTON | 1:30.80 | |
| (Ryan Borgwardt, Gabe James Derek Borgwardt, Robby Worrels) | | |
| NEWTON | | DNF |
| (Ryan Dass, Dwayne Wright Tanner Clute, Cody Carter) | | |

Heat 1

| | | |
|---|-----------|--|
| 1 VALLEY OF WEST DES MOINES | 1:28.95 Q | |
| (Jeff Sallee, Chris McCullough Reed Jaksich, Nate Yoho) | | |
| 2 NEWTON | 1:29.23 Q | |
| (Ryan Dass, Dwayne Wright Tanner Clute, Cody Carter) | | |
| 3 IOWA CITY | 1:29.52 Q | |
| (Sumaster Newell, Matt Wooldrik Calvin Davis, Hakim Hill) | | |
| 4 CEDAR RAPIDS WASHINGTON | 1:29.73 Q | |
| (Terrance Frye, Dallas Hodges Tyson Grimm, Milton Lanier) | | |
| 5 AMES | 1:30.80 | |
| (Lorenzo Taylor, Eric Thompson Adam Larson, Mark Bokhoven) | | |
| 6 SIOUX CITY WEST | 1:30.97 | |
| (Julian Flemister, Paul Houfek Merritt Groh, Nate VanderMolen) | | |
| 7 IOWA CITY WEST | 1:32.25 | |
| (Marques Brooks, Ashton Winchel Kurt Fisher, Matt Brown) | | |
| 8 NORTH SCOTT OF ELDRIDGE | 1:32.52 | |
| (Josh Lacey, Casey Dean J.W. Staver, Joe Miletich) | | |

Heat 2

| | | |
|---|-----------|--|
| 1 BURLINGTON | 1:29.87 Q | |
| (Chris Downs, Sean McBride Micha Washington, DeAndre Howard) | | |
| 2 OTTUMWA | 1:29.97 Q | |
| (Bobby Phommachack, Tyler Shannon D.J. Cobler, Rashiud Pope) | | |
| 3 CLINTON | 1:30.22 Q | |
| (Ryan Borgwardt, Gabe James Derek Borgwardt, Robby Worrels) | | |
| 4 DAVENPORT NORTH | 1:30.48 Q | |
| (Jordan Davidson, Farran Hayslett Tim Harrington, Marques Simmons) | | |
| 5 DUBUQUE | 1:30.76 | |
| (Joe Nank, Aaron Herbst Jon Fasselius, Dan Orris) | | |
| 6 DES MOINES EAST | 1:31.03 | |
| (Scott Phaydavong, A.D. Ward Terry Rice, Rick Weigel) | | |
| 7 ANKENY | 1:31.13 | |
| (Andy Brodell, John Wunch Aaron McCombs, Tyler Jacobson) | | |
| 8 DES MOINES HOOVER | 1:32.37 | |
| (Kennedy Douglas, Craig Farley Gerard Gause, Martell Pratt) | | |

Heat 3

| | | |
|--|---------|--|
| 1 WASHINGTON | 1:30.57 | |
| (John Greiner, Brent Stout Kelly Williams, Chris Jarvis) | | |
| 2 CEDAR RAPIDS JEFFERSON | 1:31.25 | |
| (Blake Tiedtke, Brian Crandall Tim Westbrook, Steve Mulligan) | | |
| 3 TRI-CENTER OF NEOLA | 1:32.46 | |
| (Brad Payne, Jared Graham Joey Kosmacek, Jeremy Barnes) | | |
| 4 JEFFERSON-SCRANTON | 1:33.10 | |
| (Nate Lane, Blake Shaw Tyler Kious, Brian Steussy) | | |
| 5 COUNCIL BLUFFS JEFFERSON | 1:33.15 | |
| (Shaun Hollenbach, Mike Lewis Aaren Andersen, Chad Summer) | | |
| 6 SIOUX CITY NORTH | 1:33.66 | |
| (Darnell Pitts, Chris Beals Ryan Peck, Kameron Pope) | | |
| 7 DUBUQUE HEMPSTEAD | 1:35.16 | |
| (Matt Decker, Zach Dillon Brandon Hundt, B.J. Eiben) | | |
| 8 FORT DODGE | 1:35.84 | |
| (Kyle Messerly, Jordon Crosby C.J. O'Brion, Martel Moreland) | | |

4x400 Meter Relay Finals

| | | |
|---|-----------|--|
| 1 IOWA CITY | 3:20.65 | |
| (Tim Triplett 51.9, Skyler Moss 49.6 Jeremy Mims 50.4, Calvin Davis 48.4) | | |
| 2 DUBUQUE | 3:23.87 | |
| (Jon Fasselius 51.9, Chris Fecht 50.7 Cody Hearn 52.5, Dan Orris 48.7) | | |
| 3 CEDAR RAPIDS WASHINGTON | 3:24.00 | |
| (Shawn Cox 51.4, Dallas Hodges 50.4 Marco Waller 51.8, Terrance Frye 50.4) | | |
| 4 ANKENY | 3:24.58 | |
| (Clete Younger 52.9, Josh Moulton 51.4 James Lindaman 51.2, Josh Leonard 49.0) | | |
| 5 WAVERLY-SHELL ROCK | 3:25.18 | |
| (Pete Avery 51.7, Cam Magnall 51.7 Dale Buxton 51.1, Adam Hinders 50.6) | | |
| 6 VALLEY OF WEST DES MOINES | 3:25.79 | |
| (Champ Davis 51.9, Nick Echtenkamp 51.9 Chris McCullough 50.9, Nate Yoho 51.0) | | |
| 7 MONTICELLO | 3:26.90 | |
| (Andrew McElmeel, Gabe Ross Brian Henderson, Tom Reis) | | |
| 8 OTTUMWA | 3:29.86 | |
| (Phil Baum, Tanner Varner Tyler Shannon, D.J. Cobler) | | |
| Heat 1 | | |
| 1 IOWA CITY | 3:20.43 Q | |
| (Tim Triplett 51.2, Skyler Moss 50.6 Jeremy Mims 50.3, Calvin Davis 48.3) | | |
| 2 VALLEY OF WEST DES MOINES | 3:24.37 Q | |
| (Chris McCullough 52.2, Nick Echtenkamp 52.5 Champ Davis 50.1, Nate Yoho 49.8) | | |
| 3 WAVERLY-SHELL ROCK | 3:25.51 Q | |
| (Pete Avery 50.5, Cam Magnall 52.7 Dale Buxton 51.9, Adam Hinders 50.4) | | |
| 4 FORT DODGE | 3:26.28 | |
| (Brian Hagen 53.9, Jordon Crosby 52.7 Martel Moreland 51.8, Nik Moser 47.9) | | |
| 5 CLINTON | 3:26.70 | |
| (Chris Gee 52.7, Robby Worrels 48.7 Blake Raun 53.5, Zach Frazier 51.7) | | |

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| 6 CEDAR RAPIDS JEFFERSON | 3:27.70 |
| (Brian Crandall 51.8, Blake Tiedtke 52.5 Tim Wesbrook 53.1, Steve Mulligan 50.3) | |
| 7 DES MOINES LINCOLN | 3:31.75 |
| (Frank Roth, Brad Cosner Jeff Naples, Rumel Monk) | |
| 8 DUBUQUE HEMPSTEAD | 3:36.28 |
| (Ryan McDermott 53.9, Matt Frommelt 55.1 Brian Wagner 53.8, Zach Dillon 53.4) | |

Heat 2

| | |
|---|-----------|
| 1 CEDAR RAPIDS WASHINGTON | 3:22.27 Q |
| (Shawn Cox 50.6, Dallas Hodges 50.7 Marco Waller 51.5, Terrance Frye 49.4) | |
| 2 ANKENY | 3:23.91 Q |
| (Clete Younger 52.4, Josh Moulton 51.0 James Lindaman 52.0, Josh Leonard 52.0) | |
| 3 MONTICELLO | 3:24.23 Q |
| (Andrew McElmeel 51.6, Gabe Ross 51.7 Brian Henderson 50.8, Tom Reis 49.9) | |
| 4 DUBUQUE | 3:25.09 Q |
| (Jon Fasselius 52.2, Chris Fecht 51.9 Cody Hearn 52.4, Dan Orris 48.5) | |
| 5 OTTUMWA | 3:25.33 Q |
| (Phil Baum 52.1, Tanner Varner 51.8 Tyler Shannon 51.2, D.J. Cobler 50.3) | |
| 6 URBANDALE | 3:25.96 |
| (Brett Willer 52.8, Erik Frampton 51.6 Colin Pogge 51.2, Seth Quam 50.3) | |
| 7 WASHINGTON | 3:26.94 |
| (Ryne Doughty 53.8, Kris Lowe 52.8 Brent Stout 51.2, Kelly Williams 50.1) | |
| 8 JOHNSTON | 3:27.00 |
| (Bart Whipps, Chris OHollearn Jon Evans, Matt OHollearn) | |

Heat 3

| | |
|--|---------|
| 1 MOUNT PLEASANT | 3:26.80 |
| (Jared Holtgrewe 54.0, Matt Melloy 51.9 Tad Geeding 52.9, Jeff Fedler 48.0) | |
| 2 ST. ANSGAR | 3:27.33 |
| (David Mayer, Ross Hannam Aaron Rustad, T. J. Mayer) | |
| 3 TIPTON | 3:28.43 |
| (Matt Weih 51.9, Chad Arndt 52.6 Andy Kruse 52.9, Billy Hoffman 50.9) | |
| 4 AMES | 3:28.87 |
| (Kyle Rippey 52.6, David Larson 53.1 Micah Juelfs 53.2, Greg Payne 49.9) | |
| 5 CEDAR FALLS | 3:29.34 |
| (Brent Dahlstrom, Joey Robinson James Lyle, Jon Zanders 49.8) | |
| 6 MARSHALLTOWN | 3:29.56 |
| (Michael Bell, Barrett Barr Brennon Edwards, Nate Barnard) | |
| 7 HARLAN | 3:30.12 |
| (Jeremy Schmitz, Monty Boltinghouse Ryan Coenen, Andy Petersen) | |
| 8 FOREST CITY | 3:39.44 |
| (Greg Wencil, Evan Raulie Josh Sullivan, Matt Welp) | |

4x800 Meter Relay Finals

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|---|---------|
| 1 IOWA CITY | 8:01.72 |
| (Skyler Moss 1:56.8, Dave Keitel 2:01.1 Jim Croker 2:02.1, John Williams 2:01.7) | |
| 2 WAVERLY-SHELL ROCK | 8:03.24 |
| (Cam Magnall 1:59.2, Dale Buxton 2:03.1 Chris Pries 2:02.7, Adam Hinders 1:58.3) | |

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| 3 FOREST CITY | 8:04.06 |
| (Ryne Sunde 2:06.4, Matt Welp 2:03.0 Rob Kampman 1:56.2, Ben Hauge 1:58.4) | |
| 4 ANKENY | 8:06.20 |
| (Tyler Strand 2:01.7, Joel Rieken 2:03.6 Andy McDermott 2:01.6, Josh Leonard 2:00.3) | |
| 5 AMES | 8:07.80 |
| (David Larson 2:00.3, Lincoln Nichols 2:02.0 Levi Nichols 2:02.7, Jon Sargent 2:02.8) | |
| 6 WATERLOO WEST | 8:10.59 |
| (Dan Winder 1:56.0, Nick Anderson 2:06.2 Charlie Swisher 2:01.7, Landon Treloar 2:07.7) | |
| 7 CEDAR RAPIDS KENNEDY | 8:13.45 |
| (Jordan Witmer, John Hairston Trenton Zorn, Matt Halbe) | |
| 8 VALLEY OF WEST DES MOINES | 8:14.25 |
| (Zach Brower, Michael Drake Jason Borseth, Greg Ryerson) | |
| 9 CENTRAL OF DEWITT | 8:14.25 |
| (Tyler Mueller, Shawn Dunnegan Bill Tague, Matt Niemann) | |
| 10 MOUNT PLEASANT | 8:17.32 |
| (Collin Dyer, Tad Geeding Andy Eiffert, Jared Holtgrewe) | |
| 11 MONTICELLO | 8:17.88 |
| (Tom Reis, Dustin Ross Geoff Stamp, Brian Henderson) | |
| 12 MASON CITY | 8:20.08 |
| (Steve Warren, John Van Hemert Jed Graham, Charlie Schupp) | |
| 13 TIPTON | 8:20.18 |
| (Billy Hoffman, Brian Jorgensen Andy Kruse, Matt Weih) | |
| 14 LINN-MAR OF MARION | 8:23.53 |
| (Jeff Worden, David Miller Nick Lindsley, Ryan French) | |
| 15 CEDAR FALLS | 8:24.64 |
| (Matt Steen, Zach Homewood Andy Kahler, Tim Hoekstra) | |
| MARSHALLTOWN | DQ-8:12.22 |
| (Dan Wells 2:02.4, Jarod Wall 2:06.0 Barrett Barr 2:03.6, Nate Barnard 2:00.3) | |

Sprint Medley Relay Finals

| | |
|---|---------|
| 1 WAVERLY-SHELL ROCK | 3:30.08 |
| (Walter Howard, Dale Buxton Pete Avery 50.4, Adam Hinders 1:53.1) | |
| 2 FORT DODGE | 3:32.14 |
| (Kyle Messerly, Martel Moreland Nik Moser 47.5, Brian Hagen 1:57.2) | |
| 3 PERRY | 3:32.17 |
| (Mike Wernli, Cole Turner Kyle Wehner, Chris Glick) | |
| 4 ANKENY | 3:32.86 |
| (Andy Brodell, Derc Albrecht Josh Moulton 50.6, Josh Leonard 1:57.2) | |
| 5 DOWLING OF WEST DES MOINES | 3:32.91 |
| (Aaron Fangman, Brian Kline Nathan White 50.1, Ben Glaser 1:56.2) | |
| 6 FOREST CITY | 3:32.92 |
| (Greg Wencil, Waylon Folkerts Ben Hauge 49.3, Rob Kampman 1:55.4) | |
| 7 URBANDALE | 3:32.99 |
| (Erik Frampton, Brett Willer Seth Quam, Colin Pogge) | |
| 8 MARSHALLTOWN | 3:33.10 |
| (Erik Christenson, Barrett Barr Michael Bell 49.4, Dan Wells 1:56.9) | |

| | |
|---|---------|
| 8 MOUNT PLEASANT | 3:33.10 |
| (Jason Rohde, Jared Holtgrewe Matt Melloy 57.1, Jeff Fedler 1:54.8) | |
| 10 EAST MARSHALL OF LE GRAND | 3:33.43 |
| (Lindsay Catron, Christopher Baker Clayton Stangeland 51.0, Tedd Allen 1:53.4) | |
| 11 VALLEY OF WEST DES MOINES | 3:33.61 |
| (Grant Lodden, Reed Jaksich Erich Ottervanger 59.5, Jake Hoegh 1:58.3) | |
| 12 IOWA CITY | 3:34.22 |
| (Greg Deal, Matt Wooldrik Tim Triplett 50.2, Jeremy Mims 1:57.8) | |
| 13 DUBUQUE HEMPSTEAD | 3:34.94 |
| (Ryan McDermott, B.J. Eiben Dave Meyer, Eric Dasso) | |
| 14 BETTENDORF | 3:35.49 |
| (Zach Gabelman, Aaron Jenkins Alvin Vesey 51.1, Eric Goff 1:58.0) | |
| 15 CEDAR RAPIDS PRAIRIE | 3:35.66 |
| (Kyle Votrobek, T.J. Klith Isaac Dickson 49.7, Dustin Waite 1:59.5) | |
| 16 MONTICELLO | 3:36.33 |
| (Andrew McElmeel, Gabe Ross Tom Reis, Brian Henderson) | |
| 17 LE MARS | 3:36.60 |
| (Paul Brown, Darrin Nelson Kelly Greenfield, Scott Westphal) | |
| 18 CENTRAL OF DEWITT | 3:36.69 |
| (Justin Wagner, Marcus Schnoor Bill Tague 52.6, Matt Niemann 1:57.4) | |
| 19 CEDAR FALLS | 3:38.50 |
| (James Lyle, Jordan Juel Brent Dahlstrom 51.7, Joey Robinson 2:00.8) | |
| 20 DUBUQUE WAHLERT | 3:38.75 |
| (Charlie Freund, Tony Jarchow Eric Kahle 52.5, David Kelly 1:58.2) | |
| 21 IOWA CITY WEST | 3:39.10 |
| (Marques Brooks, Matt Brown Kurt Fisher 51.5, Chris Jones 2:01.1) | |
| 22 LINN-MAR OF MARION | 3:42.13 |
| (Brett Walderbach, Dustin Palmer Ryan Lindsley, Ryan French) | |
| 23 FAIRFIELD | 3:42.72 |
| (Eric Farmer, Brook Richardson Dan McMahon, Matt Hunt) | |
| 24 DUBUQUE | 3:48.81 |
| (Bob Goric, Craig Siegert Troy Loney, Kris Miller) | |

100 Meter Dash Finals (wind -1.2 m/s)

| | | |
|--|----|-------|
| 1 Pam Orris, Dubuque | SR | 12.45 |
| 2 Sarah Riedel, Muscatine | JR | 12.87 |
| 3 Kristyn Barber, Cedar Rapids Washington | SR | 12.89 |
| 4 Laneisha Waller, Cedar Rapids Washington | | 12.89 |
| 5 Kelsea Cannon, Clarke of Osceola | SO | 12.92 |
| 6 Audra Bark, Central of DeWitt | JR | 13.11 |
| 7 Beth Michael, Marshalltown | JR | 13.15 |
| 8 Brooke Bowman, North Scott of Eldridge | SR | 13.33 |

Heat 1 (wind +1.2 m/s)

| | | |
|---|----|---------|
| 1 Kelsea Cannon, Clarke of Osceola | SO | 12.58 Q |
| 2 Laneisha Waller, Cedar Rapids Washington | | 12.73 Q |
| 3 Meredith Kosmacek, Tri-Center of Neola | FR | 12.75 |
| 4 Crystal Williamson, Aplington-Parkersburg | FR | 13.00 |
| 5 Rachel Rebling, Fairfield | SO | 13.13 |
| 6 Danielle Hutchinson, Mount Pleasant | SO | 13.19 |
| 7 Becky Lauver, Lewis Central of Council Bluffs | SR | 13.39 |
| 8 Jenna Lago, Ankeny | FR | 13.40 |

Heat 2 (wind 0.0 m/s)

| | | |
|--|----|----------|
| 1 Pam Orris, Dubuque | SR | 12.15 QR |
| 2 Tenika Smith, Cedar Rapids Jefferson | SO | 12.87 |
| 3 Jen Brown, Central of DeWitt | SR | 12.88 |
| 4 Stacy Lawrence, Clinton | JR | 13.01 |
| 5 Angie Kerndt, Decorah | SR | 13.07 |
| 6 Elizabeth Matzen, Iowa City | JR | 13.27 |
| 7 Nikki Wederquist, Fremont-Mills of Tabor | SO | 13.32 |
| 8 Sarah Eichelberger, Muscatine | FR | 13.53 |

Drake Relays Record—old mark, 12.29, Laura Aschoff, Ankeny, 1996.1

Heat 3 (wind -0.2 m/s)

| | | |
|--|----|---------|
| 1 Beth Michael, Marshalltown | JR | 12.58 Q |
| 2 Sarah Riedel, Muscatine | JR | 12.63 Q |
| 3 Keely Huber, Oelwein | SR | 12.81 |
| 4 Katie Maguire, Treynor | JR | 13.21 |
| 5 Jessica Kenagy, Sioux City West | JR | 13.31 |
| 6 Courtney Pilch, New London | SO | 13.35 |
| 7 Madelyn Yocom, Chariton | SR | 13.36 |
| 8 Christine Wagner, Council Bluffs Lincoln | JR | 13.44 |

Heat 4 (wind +1.2 m/s)

| | | |
|---|----|---------|
| 1 Kristyn Barber, Cedar Rapids Washington | SR | 12.57 Q |
| 2 Audra Bark, Central of DeWitt | JR | 12.67 Q |
| 3 Brooke Bowman, North Scott of Eldridge | SR | 12.74 Q |
| 4 Shatrece Burt, Cedar Falls | FR | 12.99 |
| 5 Shannan Kissinger, Sioux City West | | 13.07 |
| 6 Stacy Butt, Northeast of Goose Lake | FR | 13.09 |
| 7 Kylie Lago, Ankeny | JR | 13.19 |
| 8 Amber Uhlenhopp, Aplington-Parkersburg | SR | 13.24 |

800 Meter Run Finals

| | | |
|--|----|-----------|
| 1 Amanda Bales, Pleasant Valley | SR | 2:12.26 J |
| 2 Kristin Hansen, Okobojo of Milford | JR | 2:13.31 J |
| 3 Linnea Hopp, Harlan | SO | 2:15.58 |
| 4 Katy Grady, LeMars | JR | 2:15.99 |
| 5 Nelle Trefz, Iowa City | FR | 2:16.16 |
| 6 Allison Werner, Mount Pleasant | SO | 2:16.45 |
| 7 Robyn Werner, Mount Pleasant | SO | 2:17.91 |
| 8 Michelle Sokol, Chariton | SR | 2:18.10 |
| 9 Shannon Oster, Cedar Rapids Washington | SO | 2:18.89 |
| 10 Meggan Reed, Iowa City | SO | 2:20.27 |
| 11 Beth Abramovich, Dowling of West Des Moines | SR | 2:20.32 |
| 12 Missy Buttry, Shenandoah | SR | 2:22.74 |
| 13 Jill Latham, Oelwein | SR | 2:23.51 |
| 14 Megan Glover, Cedar Rapids Xavier | SO | 2:26.44 |
| Jeni Frudden, Iowa City West | JR | DNS |
| Lauren Levy, Iowa City West | SR | DNS |

3000 Meter Run Finals

| | | |
|---|----|------------|
| 1 Jeni Frudden, Iowa City West | JR | 10:02.88 J |
| 2 Jennie Funk, Iowa City | FR | 10:05.63 J |
| 3 Kristin Hansen, Okobojo of Milford | JR | 10:09.03 J |
| 4 Casey Owens, Des Moines Roosevelt | SR | 10:14.03 J |
| 5 Nelle Trefz, Iowa City | FR | 10:14.79 J |
| 6 Lauren Levy, Iowa City West | SR | 10:24.55 J |
| 7 Shannon Oster, Cedar Rapids Washington | SO | 10:30.65 |
| 8 Rachel O'Connor, Northeast of Goose Lake | JR | 10:33.26 |
| 9 Robdu Adams, Iowa City West | SO | 10:36.74 |
| 10 Dani Wagaman, Red Oak | SO | 10:40.21 |
| 11 Emily Shoopman, Waterloo West | SR | 10:41.71 |
| 12 Erin Kappeler, Bettendorf | SR | 10:42.47 |
| 13 Karen Johnson, West Branch | SR | 10:44.04 |
| 14 Stephanie Noonan, Emmetsburg-Graettinger | SR | 10:45.84 |
| 15 Lindsey Nye, Fort Madison | SR | 10:46.11 |
| 16 Teresa Booth, Stanton | SO | 10:48.66 |
| 17 Quinn Vermie, Southeast Polk of Runnells | SO | 10:49.24 |
| 18 Kate Greer, Marshalltown | SO | 10:49.30 |

| | | | |
|----|---|----|----------|
| 19 | Amber Friedrich, Algona | SR | 10:49.31 |
| 20 | Sarah Lacina, Muscatine | JR | 11:00.24 |
| 21 | Jessica Pape, Sioux City Heelan | | 11:02.70 |
| 22 | Amy Garrett, Southeast Polk of Runnells | SO | 11:03.43 |
| 23 | Shirley Stern, Iowa City West | SO | 11:03.45 |
| 24 | Ashley Culp, Valley of West Des Moines | SO | 11:08.56 |
| 25 | Megan Riepma, Spencer | JR | 11:23.29 |
| | Katy Grady, LeMars | JR | DNS |

100 Meter Hurdles Finals (wind -1.3 m/s)

| | | | |
|---|---|----|---------|
| 1 | Tiffany Pedersen, Atlantic | SR | 14.50 R |
| 2 | Blair Anderson, Burlington | SR | 14.84 |
| 3 | Erica Lynn, Ames | SR | 15.16 |
| 4 | Jill Schwiebert, Aplington-Parkersburg | SR | 15.26 |
| 5 | Becky Lauver, Lewis Central of Council Bluffs | SR | 15.28 |
| 6 | Angie German, West Delaware of Manchester | SR | 15.29 |
| 7 | Brooke Plumb, Newton | SR | 15.32 |
| 8 | Kayla Sautter, Mason City | SO | 15.34 |

Drake Relays Record—New Event

Heat 1

| | | | |
|---|---------------------------------------|----|---------|
| 1 | Blair Anderson, Burlington | SR | 14.66 Q |
| 2 | Tara Jetter, Clinton | JR | 15.36 |
| 3 | Maya Monitto-Weber, Iowa City | SO | 15.39 |
| 4 | Tristan Smith, Fort Dodge | SR | 15.52 |
| 5 | Staci VanderBerg, Okobojo of Milford | SO | 15.53 |
| 6 | Allie Kams, Valley of West Des Moines | JR | 15.62 |
| 7 | Nicole Carroll, Mason City | FR | 15.63 |
| 8 | Des Campbell, LeMars Gehlen | SO | 16.73 |

Heat 2

| | | | |
|---|-------------------------------------|----|---------|
| 1 | Tiffany Pedersen, Atlantic | SR | 14.71 Q |
| 2 | Erica Lynn, Ames | SR | 15.16 Q |
| 3 | Lindsay Berding, Spirit Lake Park | SR | 15.64 |
| 4 | Heather McLatchie, Mediapolis | SR | 15.65 |
| 5 | Laura Nanninga, Tri-Center of Neola | SO | 15.80 |
| 6 | Kelsey Grindle, Charter Oak-Ute | FR | 15.88 |
| 7 | Deby Dykstra, Prairie City-Monroe | SR | 16.06 |
| 8 | Carrie Yaley, Fort Madison | SR | 16.35 |

Heat 3

| | | | |
|---|---|----|---------|
| 1 | Jill Schwiebert, Aplington-Parkersburg | SR | 15.14 Q |
| 2 | Angie German, West Delaware of Manchester | SR | 15.22 Q |
| 3 | Lindsey Anderson, Valley of West Des Moines | SR | 15.36 |
| 4 | Kourtney Kelso, Cedar Rapids Kennedy | SR | 15.64 |
| 5 | Haley Sinn, Mount Pleasant | JR | 15.85 |
| 6 | Megan Nieman, West Delaware of Manchester | JR | 16.12 |
| 7 | Emily Triplett, Iowa City | FR | 16.17 |
| 8 | Jessie Walker, Jefferson-Scranton | JR | 16.46 |

Heat 4

| | | | |
|---|---|----|---------|
| 1 | Kayla Sautter, Mason City | SO | 15.10 Q |
| 2 | Becky Lauver, Lewis Central of Council Bluffs | SR | 15.25 Q |
| 3 | Brooke Plumb, Newton | SR | 15.31 Q |
| 4 | Madeline Schlenczek, Dubuque | SR | 15.39 |
| 5 | Laura Tomes, Sioux City East | JR | 15.46 |
| 6 | Alysa Klein, Okobojo of Milford | FR | 15.58 |
| 7 | Natalie Johnson, Burlington | SR | 16.02 |
| 8 | Ashley Tucker, Iowa City West | SR | 16.92 |

400 Meter Hurdles Finals

| | | | |
|---|---|----|-----------|
| 1 | Angie German, West Delaware of Manchester | SR | 1:02.17 R |
| 2 | Keely Huber, Oelwein | SR | 1:04.18 |
| 3 | Tiffany Perkins, West Branch | SR | 1:04.48 |
| 4 | Misty Dirksen, Hampton-Dumont | JR | 1:04.54 |
| 5 | Jill Schwiebert, Aplington-Parkersburg | SR | 1:04.69 |
| 6 | Brooke Plumb, Newton | SR | 1:05.87 |
| 7 | Lara Janson, Iowa City West | SR | 1:06.12 |
| 8 | Kelsie Linder, Iowa City | SR | 1:07.06 |

Drake Relays Record—New Event

High Jump Finals

| | | | |
|----|---|----|---------------|
| 1 | Laura Tomes, Sioux City East | JR | 5'06" (1.68m) |
| 2 | Ashley Freeman, Council Bluffs Lincoln | JR | 5'06" (1.68m) |
| 3 | Carmen Cox, Red Oak | JR | 5'04" (1.63m) |
| 4 | Brie Penaluna, Northern Iowa of Cedar Falls | JR | 5'04" (1.63m) |
| 5 | Sondra Rauterkus, Harlan | SR | 5'04" (1.63m) |
| 5 | Jenni Elbert, Laurens-Marathon | FR | 5'04" (1.63m) |
| 5 | Ashley Blome, Panorama of Panora | JR | 5'04" (1.63m) |
| 8 | Stephanie Bacan, St. Mary's of Remsen | SO | 5'04" (1.63m) |
| 9 | Alysa Klein, Okobojo of Milford | FR | 5'04" (1.63m) |
| 10 | Katy Grady, LeMars | JR | 5'04" (1.63m) |
| 11 | Kourtney Kelso, Cedar Rapids Kennedy | SR | 5'04" (1.63m) |
| 12 | Stacy Boerema, Clinton | FR | 5'02" (1.57m) |
| 12 | Crystal Hanson, Roland-Story | SO | 5'02" (1.57m) |
| 14 | Kristan Shanks, Fort Dodge St. Edmond | JR | 5'02" (1.57m) |
| 14 | Megan Bradley, Fort Dodge St. Edmond | SO | 5'02" (1.57m) |
| 16 | Beth Ratterman, Dubuque Hempstead | SR | 5'02" (1.57m) |
| 17 | Angie Hensel, Clinton | SO | 5'00" (1.52m) |
| 17 | Becky Green, Wayne of Corydon | SR | 5'00" (1.52m) |
| 19 | Kate Sievers, Preston-East Central | SO | 5'00" (1.52m) |
| 20 | Erin Allen, Mediapolis | SR | 5'00" (1.52m) |
| 21 | Megan Nieman, West Delaware of Manchester | JR | 5'00" (1.52m) |
| 22 | Ashlee Dickinson, Interstate 35 of Truro | JR | 5'00" (1.52m) |
| 23 | Annie Olson, Clarion-Goldfield | SR | 4'10" (1.47m) |

Long Jump Finals

| | | | | |
|----|--------------------------------|----|-------------------|------|
| 1 | Brie Penaluna, NU High | JR | 18'02.50" (5.55m) | -1.5 |
| 2 | Tiffany Pedersen, Atlantic | SR | 17'00.75" (5.20m) | -1.6 |
| 3 | Fallon Jenkins, Waterloo East | JR | 17'00.25" (5.19m) | -0.4 |
| 4 | Pam Orris, Dubuque | SR | 16'11.50" (5.17m) | +1.5 |
| 5 | Cortney Jacobs, Atlantic | FR | 16'09.75" (5.12m) | -1.0 |
| 6 | Kate Lesage, Unity Christian | JR | 16'08.75" (5.10m) | +1.6 |
| 7 | Angie Hensel, Clinton | SO | 16'07.50" (5.07m) | -0.7 |
| 8 | Amy Wulfekuhler, Storm Lake | SO | 16'06.50" (5.04m) | +0.7 |
| 9 | Sheena Sullivan, Charles City | SO | 16'04" (4.98m) | +0.7 |
| 10 | Madeline Schlenczek, Dubuque | SR | 16'01.50" (4.91m) | +1.2 |
| 11 | Lorilyn Vogel, Unity Christian | SO | 16'01" (4.90m) | -2.2 |
| 12 | Laneisha Waller, CR Washington | | 16'00.75" (4.90m) | -1.0 |
| 13 | Tanya Miller, Dowling WDM | SR | 15'11.00" (4.85m) | -0.7 |
| 14 | Stacy Boerema, Clinton | FR | 15'10.25" (4.83m) | -1.2 |
| 15 | Abby Vanderah, Marshalltown | SR | 15'10" (4.83m) | +1.0 |
| 16 | Madelyn Yocom, Chariton | SR | 15'09.50" (4.81m) | -1.4 |
| 17 | Laura Tomes, Sioux City East | JR | 15'02" (4.62m) | +0.7 |
| 18 | Ashley Westphal, Jesup | | 15'01.50" (4.61m) | +0.4 |
| 19 | Cara Young, Burlington | SO | 14'11.25" (4.55m) | -1.8 |
| 20 | Jami Hester, Davenport Central | | 14'07.50" (4.46m) | -1.1 |
| 21 | Niya Branch, Sioux City West | SO | 14'05.75" (4.41m) | -1.1 |

Shot Put Finals

| | | | |
|----|--|----|----------------------|
| 1 | Abby Emsick, Lewis Central of Council Bluffs | JR | 42'01.75" J (12.85m) |
| 2 | Aubrey Martin, Muscatine | JR | 41'11.5" J (12.79m) |
| 3 | Rainie Goedken, Spencer | SR | 41'07.75" (12.69m) |
| 4 | Sheena James, Clinton | SO | 41'07.25" (12.68m) |
| 5 | Katie Hoback, Columbus of Columbus Junction | SR | 40'03.5" (12.28m) |
| 6 | Joli Coil, Waverly-Shell Rock | SR | 39'08" (12.09m) |
| 7 | Lori Trumblee, Starmont of Arlington | JR | 39'04.75" (12.01m) |
| 8 | Hayley Yarkosky, Oskaloosa | JR | 39'00.25" (11.89m) |
| 9 | Tara Davis, Spencer | SR | 39'00" (11.89m) |
| 10 | Anne Marie Zeller, Woodward-Granger | JR | 38'09.75" (11.83m) |
| 11 | Emily Randolph, Northeast of Goose Lake | JR | 38'07" (11.76m) |
| 12 | Ann Gramkow, A-H-S-T of Avoca | JR | 38'05.5" (11.72m) |
| 13 | Melissa Blessington, Southern Cal of Lake City | | 38'05.25" (11.72m) |
| 14 | Kim Hansen, Cedar Falls | SR | 38'02.5" (11.65m) |
| 15 | Mary Streeter, North Fayette of West Union | SR | 38'00.5" (11.60m) |

| | | | |
|----|--------------------------------------|----|--------------------|
| 16 | Janell Ward, BCLUW of Conrad | SR | 37'08.75" (11.50m) |
| 17 | Monica Stringfellow, Waterloo West | SR | 36'10" (11.23m) |
| 18 | Kellie Price, Council Bluffs Lincoln | SO | 36'04.25" (11.08m) |
| 19 | Marla Froelich, Iowa City West | SR | 35'10.5" (10.93m) |
| 20 | Laura Leslein, Pleasant Valley | SR | 34'06.5" (10.53m) |

Discus Finals

| | | | |
|----|---|----|--------------------|
| 1 | Abby Emsick, Lewis Central of Council Bluffs | JR | 147'04" J (44.91m) |
| 2 | Kim Hansen, Cedar Falls | SR | 142'10" J (43.54m) |
| 3 | Mary Streeter, North Fayette of West Union | SR | 131'07" (40.11m) |
| 4 | Caroline Ruppert, Clear Creek-Amana of Tiffin | JR | 130'10" (39.88m) |
| 5 | Jill Eggers, West Marshall of State Center | SR | 124'11" (38.07m) |
| 6 | Rachel Jansen, Maurice-Orange City/Floyd Valley | SO | 123'03" (37.57m) |
| 7 | Aubrey Martin, Muscatine | JR | 122'08" (37.39m) |
| 8 | Amy Waggoner, Marshalltown | FR | 120'10" (36.83m) |
| 9 | Lindsey Pleuss, Boone | SR | 118'01" (35.99m) |
| 10 | Tiffany Steines, Dubuque Wahlert | SR | 117'10" (35.92m) |
| 11 | Kellie Price, Council Bluffs Lincoln | SO | 117'08" (35.86m) |
| 12 | Joli Coil, Waverly-Shell Rock | SR | 116'06" (35.51m) |
| 13 | Jessica Elliott, Iowa City | SO | 115'07" (35.23m) |
| 14 | Beth Aunan, Iowa City West | SR | 115'01" (35.08m) |
| 15 | Betsy Hertz, Nevada | SR | 110'07" (33.71m) |
| 16 | Katie Foley, Tipton | SR | 108'02" (32.97m) |
| 17 | Dana Dominguez, West Liberty | SR | 105'07" (32.18m) |
| 18 | Lindsay Rueckert, Columbus Junction | SR | 103'06" (31.55m) |
| 19 | Sarah Thompson, Pleasant Valley | SR | 103'02" (31.45m) |
| 20 | Ann Gramkow, A-H-S-T of Avoca | JR | 103'00" (31.39m) |

4x100 Meter Relay Finals

| | | |
|---------------|--|---------|
| 1 | CEDAR RAPIDS WASHINGTON | 49.35 |
| | (Carrie Boyle, Laneisha Waller Katie Bogguss, Kristyn Barber) | |
| 2 | CEDAR RAPIDS JEFFERSON | 49.95 |
| | (Tenika Smith, Kim Lorenzen Leslie Tiedtke, Alisha Culp) | |
| 3 | CENTRAL OF DEWITT | 50.03 |
| | (Audra Bark, Katie Novak Ashley Baxter, Jen Brown) | |
| 4 | ATLANTIC | 50.13 |
| | (Cortney Jacobs, Lauren Osborne Kristen Burkhart, Tiffany Pedersen) | |
| 5 | ANKENY | 50.70 |
| | (Sarah Lindner, Haley Younger Lindsay McCracken, Kylie Lago) | |
| 6 | CLINTON | 50.78 |
| | (Hillary Armstrong, Lyndsey Kroymann Sara Deters, Stacy Lawrence) | |
| 7 | MARSHALLTOWN | 50.98 |
| | (Abby Vanderah, Tiffany Cruikshank Alison Burns, Beth Michael) | |
| 8 | JOHNSTON | 51.25 |
| | (Amanda Hyde, Jenny Carbone Lindsey Way, Lindsay Ruisch) | |
| Heat 1 | | |
| 1 | ANKENY | 50.43 Q |
| | (Sarah Lindner, Haley Younger Lindsay McCracken, Kylie Lago) | |
| 2 | CLINTON | 50.73 Q |
| | (Hillary Armstrong, Lyndsey Kroymann Sara Deters, Stacy Lawrence) | |
| 3 | JOHNSTON | 50.94 Q |
| | (Amanda Hyde, Jenny Carbone Lindsey Way, Lindsay Ruisch) | |
| 4 | AMES | 51.23 |
| | (Megan Maher, Jessica Keefe Kim Rodgers, Kylan Loney) | |

| | | |
|---------------|---|---------|
| 5 | IOWA CITY | 51.41 |
| | (Morgan Rorhbach, Heaven Tutson Virginia Dreier, Elizabeth Matzen) | |
| 6 | BURLINGTON | 51.61 |
| | (Joanna Opiekun, Natalie Johnson Cara Young, Blair Anderson) | |
| 7 | SIOUX CITY HEELAN | 51.97 |
| | (Melissa Rhinehart, Brooke Niles Jessica Hooks, Kara Fenceroy) | |
| | PELLA | DNF |
| | (Kelli Marlow, Chelsie Freeze Katie Kniff, Tracy Marlow) | |
| Heat 2 | | |
| 1 | CEDAR RAPIDS JEFFERSON | 49.65 Q |
| | (Tenika Smith, Kim Lorenzen Leslie Tiedtke, Alisha Culp) | |
| 2 | ATLANTIC | 50.06 Q |
| | (Cortney Jacobs, Lauren Osborne Kristen Burkhart, Tiffany Pedersen) | |
| 3 | CENTRAL OF DEWITT | 50.06 Q |
| | (Audra Bark, Katie Novak Ashley Baxter, Jen Brown) | |
| 4 | CEDAR FALLS | 50.98 |
| | (Heidi Brody, Carly Miller Yolanda Little, Shatrece Burt) | |
| 5 | MASON CITY | 51.14 |
| | (Nicole Carroll, Ana Ziegler Julie Jacobson, Kayla Sautter) | |
| 6 | WAUKEE | 51.68 |
| | (Megan White, Destinee Castillo Jaymi Kragel, Carrie Embree) | |
| 7 | VALLEY OF WEST DES MOINES | 51.70 |
| | (Aubrie Fontanini, Jessica Tracy Alisa Scarrow, Lacy Brunnette) | |
| 8 | GRINNELL | 53.20 |
| | (Katie Lidtka, Lyndsay Peter Whitney Jensen, Danielle Brooks) | |
| Heat 3 | | |
| 1 | CEDAR RAPIDS WASHINGTON | 49.54 Q |
| | (Carrie Boyle, Laneisha Waller Katie Bogguss, Kristyn Barber) | |
| 2 | MARSHALLTOWN | 50.46 Q |
| | (Abby Vanderah, Tiffany Cruikshank Alison Burns, Beth Michael) | |
| 3 | APLINGTON-PARKERSBURG | 51.04 |
| | (Natalie Brocka, Amber Uhlenhopp Ashley Uhlenhopp, Crystal Williamson) | |
| 4 | NEWTON | 51.04 |
| | (Jessie Carson, Alicia Graber Tori Dunham, Brooke Plumb) | |
| 5 | DOWLING OF WEST DES MOINES | 51.05 |
| | (Amy Howe, Erin Fitzgerald Maggie Dohrmann, Jaime Powers) | |
| 6 | MUSCATINE | 51.06 |
| | (Sarah Adkins, Natalie Hetzler Becca Siler, Sarah Riedel) | |
| 7 | DUBUQUE HEMPSTEAD | 52.36 |
| | (Allie Splinter, Rachael Kueter Amanda Oostendorp, Nina Schnee) | |
| | DUBUQUE | DQ-FS |
| | (Jordon Hougham, Madeline Schleniczek Mary Ann Schilling, Pam Orris) | |

4x400 Meter Relay Finals

| | |
|---|---------|
| 1 LINN-MAR OF MARION | 4:02.78 |
| (Katie Clymer 62.6, Tara Hansen 60.8 Brooke Rhatigan 61.4, Ashley Williams 57.9) | |
| 2 IOWA CITY WEST | 4:03.20 |
| (Lindsey Windauer, Lara Janson Avery Bang 59.6, Lynn Dobyns 59.1) | |
| 3 HARLAN | 4:03.27 |
| (Katie Hosack 62.1, Sondra Rauterkus 61.6 Leah Koesters 61.3, Linnea Hopp 57.3) | |
| 4 DUBUQUE | 4:03.87 |
| (Mary Ann Schilling 62.1, Carrie Jenamen 61.5 Jenny Liphardt 62.3, Pam Orris 58.0) | |
| 5 AMES | 4:03.97 |
| (Jessica Keefe 61.9, Erica Lynn 61.2 Kesha Johns 61.7, Kylan Loney 58.8) | |
| 6 SIOUX CITY HEELAN | 4:08.88 |
| (Melissa Rhinehart, Anne Berger Karla Block, Brooke Niles) | |
| 7 CEDAR RAPIDS JEFFERSON | 4:10.96 |
| (Kim Lorenzen 63.4, Kristin Scheumann 60.0 Leslie Tiedtke 64.1, Alisha Culp 62.5) | |
| 8 IOWA CITY | 4:11.22 |
| (Katie Hill 63.6, Kelsie Linder 61.8 Morgan Rorhbach 64.3, Meggan Reed 61.5) | |

Heat 1

| | |
|---|-----------|
| 1 LINN-MAR OF MARION | 4:01.90 Q |
| (Katie Clymer 62.0, Tara Hansen 60.4 Brooke Rhatigan 60.7, Ashley Williams 58.6) | |
| 2 SIOUX CITY HEELAN | 4:05.69 Q |
| (Melissa Rhinehart 61.5, Anne Berger 61.3 Karla Block 62.4, Brooke Niles 60.5) | |
| 3 JOHNSTON | 4:06.32 |
| (Chelsea Hudson 64.2, Kristin Way 61.2 Sarah Kiester 63.1, Jenny Carbone 57.7) | |
| 4 MOUNT PLEASANT | 4:06.70 |
| (Robyn Werner 61.1, Danielle Hutchinson 63.1 Haley Sinn 63.1, Allison Werner 60.9) | |
| 5 DUBUQUE WAHLERT | 4:06.79 |
| (Emily Roling 61.0, Courtney Kass 62.5 Emily May 62.6, Stephanie May 60.6) | |
| 6 VALLEY OF WEST DES MOINES | 4:08.03 |
| (Sara Boisen, Laura Burke Sarah Best, Christy Drescher) | |
| 7 CEDAR RAPIDS XAVIER | 4:08.75 |
| (Dani Anderson, RyAnne Ridge Emily Sadler, Shannon Ridge) | |
| 8 DOWLING OF WEST DES MOINES | 4:11.51 |
| (Allie Thrall 61.8, Nellie Walsh 61.9 Anne Abramovich 62.7, Beth Abramovich 65.1) | |

Heat 2

| | |
|--|-----------|
| 1 IOWA CITY WEST | 4:03.42 Q |
| (Lindsey Windauer 60.9, Lara Janson 61.2 Avery Bang 60.7, Lynn Dobyns 60.6) | |
| 2 DUBUQUE | 4:06.22 Q |
| (Mary Ann Schilling 62.3, Carrie Jenamen 60.5 Jenny Liphardt 63.0, Pam Orris 60.8) | |
| 3 ANKENY | 4:07.24 |
| (Haley Younger 61.9, Katy Fuchtman 61.4 Lindsay McCracken 62.3, Dawn Caffrey 61.6) | |
| 4 PLEASANT VALLEY | 4:07.28 |
| (Maggie Allen 62.6, Lauren Carruthers 59.5 Jackie Kubik 65.4, Amanda Bales 59.7) | |
| 5 DUBUQUE HEMPSTEAD | 4:11.10 |
| (Allie Splinter 62.4, Rachael Kueter 61.5 Morgan Loveless 66.1, Amanda Oostendorp 61.1) | |

| | |
|---|-----------|
| 6 CENTRAL OF DEWITT | 4:11.75 |
| (Lyndsey Weller 62.8, Ashley Baxter 63.4 Erin Dieckmann 64.5, Katie Novak 61.0) | |
| 7 ATLANTIC | 4:13.13 |
| (Steph Jacobs 61.6, Maggie Wernimont 64.0 Jamie Hoegh 64.8, Lauren Osborne 62.7) | |
| 8 SIOUX CITY NORTH | 4:16.58 |
| (Marie Lucas 65.3, Madison Davis 63.2 Katie Yockey 64.7, Alex Wink 63.4) | |
| Heat 3 | |
| 1 CEDAR RAPIDS JEFFERSON | 4:02.51 Q |
| (Kim Lorenzen 61.3, Kristin Scheumann 59.8 Leslie Tiedtke 61.9, Alisha Culp 59.2) | |
| 2 HARLAN | 4:02.73 Q |
| (Katie Hosack 61.8, Leah Koesters 59.7 Sondra Rauterkus 62.8, Linnea Hopp 58.5) | |
| 3 IOWA CITY | 4:04.59 Q |
| (Katie Hill 60.8, Kelsie Linder 60.4 Morgan Rorhbach 62.3, Meggan Reed 61.0) | |
| 4 AMES | 4:05.20 Q |
| (Jessica Keefe 61.9, Erica Lynn 60.3 Kesha Johns 63.2, Kylan Loney 59.9) | |
| 5 CEDAR FALLS | 4:06.59 |
| (Heidi Brody 60.3, Ashley Barkema 61.0 Kira Anderson 63.4, Chelsey Dempster 61.8) | |
| 6 BENTON OF VAN HORNE | 4:10.98 |
| (Amy Hemesath 63.0, Brittni Miller 62.8 Cameren Jacobson 61.9, Katie Prusha 63.0) | |
| 7 FAIRFIELD | 4:11.91 |
| (Rachel Rebling 62.9, Casey Hornick 61.4 Amber Christopher 65.6, Lindsey Smith 62.0) | |
| 8 OTTUMWA | 4:12.68 |
| (Brandie Moore 63.8, Melissa Ebelshaiser 62.5 Katie Paulson 62.6, Hanna Elkins 62.7) | |

4x800 Meter Relay Finals

| | |
|---|---------|
| 1 IOWA CITY WEST | 9:12.74 |
| (Lara Janson 2:22.2, Lynn Dobyns 2:17.8 Lauren Levy 2:17.2, Jeni Frudden 2:15.5) | |
| 2 IOWA CITY | 9:15.56 |
| (Monica Mims 2:21.9, Jennie Funk 2:18.6 Meggan Reed 2:19.1, Nelle Trefz 2:15.9) | |
| 3 DUBUQUE WAHLERT | 9:34.73 |
| (Celie Corken, Sara Fassbinder Melissa Meyer, Emily May) | |
| 4 MOUNT PLEASANT | 9:35.60 |
| (Robyn Werner 2:19.5, Jessica Schultz 2:27.5 Jill Moeller 2:29.8, Allison Werner 2:19.8) | |
| 5 MARSHALLTOWN | 9:36.18 |
| (Katie Brown 2:25.1, Andrea Lowry 2:24.0 Kate Greer 2:27.7, Jannae Holubar 2:19.4) | |
| 6 SHENANDOAH | 9:40.67 |
| (Mackenzie Lauman, Abby Ballain Missy Buttry, Carli Franks) | |
| 7 PLEASANT VALLEY | 9:42.13 |
| (Jen Wendt 2:21.1, Jackie Kubik 2:25.3 Karina Carson 2:33.0, Amanda Bales 2:22.7) | |
| 8 DOWLING OF WEST DES MOINES | 9:42.61 |
| (Beth Abramovich, Sarah Bird Abbie Smith, Allie Thrall) | |
| 9 SIOUX CITY HEELAN | 9:45.74 |
| (Jessica Pape, Sarah Pattison Anne Berger, Karla Block) | |
| 10 ANKENY | 9:47.37 |
| (Kelsey Andresen, Kelsey McKimpson Dawn Caffrey, Katy Fuchtman) | |
| 11 CEDAR FALLS | 9:51.30 |
| (Jess Bates, Cassie Naaktgeboren Kira Anderson, Chelsey Dempster) | |

| | |
|---|----------|
| 12 BENTON OF VAN HORNE | 9:53.05 |
| (Brittini Miller, Heidi Rathje Marni Olson, Katie Prusha) | |
| 13 BECKMAN OF DYERSVILLE | 9:53.53 |
| (Amy Gravel, Jenni Wedewer Aimee Hoefler, Liz Nosbisch) | |
| 14 ATLANTIC | 9:59.27 |
| (Steph Jacobs 2:28.0, Krysta Metz 2:29.7 Michelle Allen 2:34.0, Cortney Jacobs 2:27.4) | |
| 15 HARLAN | 10:04.45 |
| (Leah Koesters 2:24.3, Megan Andersen 2:25.1 Ashley Goeser 2:33.0, Renee Schechinger 2:22.7) | |
| 16 VALLEY OF WEST DES MOINES | 10:09.42 |
| (Lauren Hill, Ashley Culp Cassie Isaacson, Rebecca Baker) | |

Drale Relays Record—new event.

Sprint Medley Relay Finals

| | |
|--|---------|
| 1 ATLANTIC | 1:49.17 |
| (Ashley Hayes, Christen Carns Tiffany Pedersen, Cortney Jacobs 57.6) | |
| 2 LINN-MAR OF MARION | 1:51.01 |
| (Amanda Albaugh, Tara Hansen Brooke Rhatigan, Ashley Williams 58.0) | |
| 3 WEST DELAWARE OF MANCHESTER | 1:51.30 |
| (Andrea Bockenstedt, Abby Lahr Megan Nieman, Angie German 58.0) | |
| 4 AMES | 1:51.99 |
| (Megan Maher, Kim Rodgers Erica Lynn, Kylan Loney 59.2) | |
| 5 CEDAR FALLS | 1:52.23 |
| (Danielle Barkema, Carly Miller Shatrece Burt, Heidi Brody 59.1) | |
| 6 CEDAR RAPIDS JEFFERSON | 1:52.26 |
| (Tenika Smith, Kim Lorenzen Ashley Anderson, Alisha Culp 59.3) | |
| 7 HARLAN | 1:52.75 |
| (Callie Hansen, Allison Stracke Liz Olson, Linnea Hopp) | |
| 8 IOWA CITY | 1:55.07 |
| (Morgan Rorhbach, Virginia Dreier Elizabeth Matzen, Monica Mims 62.0) | |

2001 DRAKE RELAYS RESULTS

HIGH SCHOOL BOYS AND GIRLS

APRIL 26-28, DRAKE STADIUM, DES MOINES, IOWA

Thursday Attendance: 5,200 Friday Attendance: 16,080 Saturday Attendance: 18,000

Thursday Weather: Sunny with temperature reaching high of 85 degrees, humidity 22 % percent with winds from west at 14 mph

Friday Weather: Sunny with temperature at 11 a.m. 73 degrees with high reaching 81 degrees during afternoon, humidity 35% and winds from east at 10 mph.

Saturday Weather: Sunny with temperature at 11 a.m. 72 degrees, humidity 44 % with winds from south at 23 mph; 4 p.m. temperature reached 81 degrees with 36 % humidity and winds from south at 17 mph

BOYS RESULTS

100 Meter Dash Finals (wind-1.5 m/s)

| | | | |
|---|--|----|-------|
| 1 | Marques Simmons, Davenport North | SR | 10.63 |
| 2 | Hakim Hill, Iowa City | SR | 10.91 |
| 3 | Adam Haluska, Carroll | JR | 10.92 |
| 4 | Chris Jarvis, Washington | SR | 10.96 |
| 5 | Rumel Monk, Des Moines Lincoln | JR | 11.08 |
| 6 | Jason Nolting, Preston | JR | 11.10 |
| 7 | Micky Roseberry, Alburnett | SR | 11.18 |
| | Milton Lanier, Cedar Rapids Washington | SR | FS |

Ties Drake Relays record set by Simmons in 2000 and tied in the 2001 preliminaries.

Heat 1 (wind -0.7 m/s)

| | | | |
|---|--|----|-----------|
| 1 | Marques Simmons, Davenport North | SR | 10.63 J Q |
| 2 | Milton Lanier, Cedar Rapids Washington | SR | 10.84 Q |
| 3 | Adam Haluska, Carroll | JR | 11.02 Q |
| 4 | Hakim Hill, Iowa City | SR | 11.08 Q |
| 5 | Jason Nolting, Preston | JR | 11.14 Q |
| 6 | Micky Roseberry, Alburnett | SR | 11.22 Q |
| 7 | Tyler Shannon, Ottumwa | SR | 11.37 |
| 8 | Kennedy Douglas, Des Moines Hoover | SR | 11.42 |

Ties Drake Relays Record set by Simmons in 2000.

Heat 2

| | | | |
|---|---------------------------------------|----|---------|
| 1 | Chris Jarvis, Washington | SR | 11.12 Q |
| 2 | Cody Carter, Newton | SR | 11.23 |
| 3 | Derc Albrecht, Ankeny | SR | 11.25 |
| 3 | Dan Orris, Dubuque | SR | 11.25 |
| 3 | Deandre Howard, Burlington | | 11.25 |
| 6 | Peter Saltsgraver, Panorama of Panora | SR | 11.32 |
| 7 | Chris Downs, Burlington | | 11.35 |
| 8 | Scott Anderson, Indianola | JR | 11.49 |

Heat 3

| | | | |
|---|---------------------------------------|----|---------|
| 1 | Rumel Monk, Des Moines Lincoln | JR | 11.15 Q |
| 2 | Sumaster Newell, Iowa City | SR | 11.27 |
| 3 | Jace Denison, Tri-County of Thornburg | JR | 11.29 |
| 4 | Rashiud Pope, Ottumwa | SR | 11.40 |
| 5 | Josh Hauser, BCLUW of Conrad | JR | 11.42 |
| 6 | Andy Brodell, Ankeny | FR | 11.49 |
| 7 | Tommy Elliott, Armstrong-Ringsted | JR | 11.68 |
| 8 | Kipp Kanne, Carroll Kuemper | SR | 11.79 |

Heat 4

| | | | |
|---|---|----|-------|
| 1 | A.D. Ward, Des Moines East | SR | 11.29 |
| 2 | Jared Vickroy, Southeast Warren of Liberty Center | SR | 11.30 |
| 3 | Farran Hayslett, Davenport North | SR | 11.32 |
| 4 | Neal Molitor, Carroll Kuemper | FR | 11.50 |
| 5 | Paul Brown, Le Mars | SO | 11.59 |
| 6 | Tanner Clute, Newton | SR | 11.60 |

Nick Netley, Sioux City North
Dem'cho Deeds, Des Moines North

DNS
JR FS

Jack Kragie 1600 Meter Run Finals

| | | | |
|----|--|----|---------|
| 1 | Dan Winder, Waterloo West | SR | 4:20.16 |
| 2 | Bobby Anderson, Mason City | SR | 4:20.94 |
| 3 | Ben Glaser, Dowling of West Des Moines | SR | 4:21.02 |
| 4 | Eric Goff, Bettendorf | SR | 4:21.21 |
| 5 | Dan Taylor, Fort Dodge | JR | 4:23.30 |
| 6 | Matt McCue, Iowa City Regina | FR | 4:23.89 |
| 6 | Ben Hauge, Forest City | SR | 4:23.89 |
| 8 | Dan VanEngen, Unity Christian of Orange City | SR | 4:27.31 |
| 9 | Jarod Wall, Marshalltown | SR | 4:27.52 |
| 10 | David Kelly, Dubuque Wahlert | | 4:27.89 |
| 11 | David Mootz, Waterloo Columbus | SO | 4:28.22 |
| 12 | Rob Kampman, Forest City | SR | 4:28.31 |
| 13 | Dan Wells, Marshalltown | JR | 4:28.58 |
| 14 | Tyler Mueller, Central of DeWitt | JR | 4:30.63 |
| 15 | Nate Seier, Dubuque | SR | 4:30.67 |
| 16 | Ben Lloyd, Davenport Central | SR | 4:32.96 |
| 17 | Miles Bern, Cedar Falls | SR | 4:36.04 |
| 18 | Andy McDermott, Ankeny | JR | 4:37.58 |
| 19 | Eric Dasso, Dubuque Hempstead | JR | 4:37.98 |
| 20 | Andrew Hoyt, Jefferson-Scranton | SR | 4:38.95 |
| | Chris Jones, Iowa City West | SR | DNS |

3200 Meter Run Finals

| | | | |
|----|--|----|----------|
| 1 | Chris Jones, Iowa City West | SR | 9:18.55 |
| 2 | Bobby Anderson, Mason City | SR | 9:20.73 |
| 3 | Jarod Wall, Marshalltown | SR | 9:25.84 |
| 4 | Dan Taylor, Fort Dodge | JR | 9:26.90 |
| 5 | Matt McCue, Iowa City Regina | FR | 9:31.30 |
| 6 | Miles Bern, Cedar Falls | SR | 9:31.64 |
| 7 | Eric Goff, Bettendorf | SR | 9:33.93 |
| 8 | Dan VanEngen, Unity Christian of Orange City | SR | 9:39.15 |
| 9 | Jason Fogel, Bellevue | SR | 9:39.47 |
| 10 | Chris Lawson, Ankeny | SO | 9:39.55 |
| 11 | Ryan French, Linn-Mar of Marion | SR | 9:42.87 |
| 12 | Tyler Mueller, Central of DeWitt | JR | 9:46.07 |
| 13 | Joe Mundt, Chariton | JR | 9:51.23 |
| 14 | Kevin Balster, Monticello | SO | 9:51.42 |
| 15 | Graham McGaffin, Sioux City West | JR | 9:52.06 |
| 16 | Graham McCaleb, Fairfield | SO | 9:57.45 |
| 17 | Eric Dasso, Dubuque Hempstead | JR | 10:04.13 |
| 18 | Jesse Brass, Walnut Ridge of Waterloo | JR | 10:05.78 |
| 19 | Dan Winder, Waterloo West | SR | 10:11.75 |
| | Andrew Hoyt, Jefferson-Scranton | SR | DNS |
| | Ben Glaser, Dowling of West Des Moines | SR | DNS |

110 Meter Hurdles Finals (wind -1.9 m/s)

| | | | |
|---|---|----|-------|
| 1 | Chris McCullough, Valley of West Des Moines | SR | 14.92 |
| 2 | Marc Eaton, Perry | SR | 14.97 |
| 3 | Derek Casey, Cherokee | JR | 15.31 |
| 4 | Jon Myers, Davenport Central | SR | 15.42 |
| 5 | Dave Meyer, Dubuque Hempstead | SR | 15.48 |
| 6 | Josh Jandrew, Shenandoah | JR | 15.51 |
| 7 | Clete Younger, Ankeny | SR | 15.51 |
| 8 | Jay Sieck, Interstate 35 of Truro | SR | 15.54 |

Heat 1 (wind -1.7 m/s)

| | | | |
|---|---|----|---------|
| 1 | Marc Eaton, Perry | SR | 14.79 Q |
| 2 | Chris McCullough, Valley of West Des Moines | SR | 14.81 Q |
| 3 | Dave Meyer, Dubuque Hempstead | SR | 15.15 Q |
| 4 | Jay Sieck, Interstate 35 of Truro | SR | 15.19 Q |
| 5 | Josh Jandrew, Shenandoah | JR | 15.33 Q |
| 6 | Chris Kolling, Waterloo West | SR | 15.46 |
| 7 | Adam Schricker, Pleasant Valley | SR | 15.59 |
| 8 | Greg Deal, Iowa City | SO | 15.73 |

Heat 2 (wind -1.6 m/s)

| | | | |
|---|------------------------------------|----|---------|
| 1 | Jon Myers, Davenport Central | SR | 15.18 Q |
| 2 | Derek Casey, Cherokee | JR | 15.18 Q |
| 3 | Clete Younger, Ankeny | SR | 15.34 Q |
| 4 | Aaron Valentine, ADM of Adel | SR | 15.40 |
| 5 | Josh Strang, Aplington-Parkersburg | SR | 15.43 |
| 6 | Matt Holmes, Ballard of Huxley | SR | 15.56 |
| 7 | Andy Becker, Ankeny | JR | 18.00 |
| | Tom Anthony, Pleasant Valley | SR | DQ |

Heat 3 (wind -0.2 m/s)

| | | | |
|---|---|----|-------|
| 1 | Phillip Tschechaniuk, Cedar Rapids Washington | JR | 15.67 |
| 2 | Nate Kerkmen, Council Bluffs Lincoln | JR | 15.73 |
| 3 | Tanner Whipple, Roland-Story | JR | 15.76 |
| 4 | Matt Melloy, Mount Pleasant | SR | 16.14 |
| 5 | Tyler Brown, Grinnell | JR | 16.28 |
| 6 | Jeff Gilmore, Iowa City | SR | 16.73 |
| 7 | Brad Rose, MFL MarMac of Monona | FR | 16.83 |
| 8 | Will Steingreaber, Van Buren of Keosauqua | JR | 17.00 |

Heat 4 (wind -1.7 m/s)

| | | | |
|---|--|----|-------|
| 1 | Jordon Crosby, Fort Dodge | SO | 15.68 |
| 2 | Ben Johnson, Le Mars | SR | 15.70 |
| 3 | Garrett Cornelison, Interstate 35 of Truro | SR | 15.80 |
| 4 | Michael Bell, Marshalltown | JR | 15.80 |
| 5 | Kyle Rippey, Ames | JR | 15.97 |
| 6 | Brian Steussy, Jefferson-Scranton | SR | 16.03 |
| 7 | Justin Zeigler, ADM of Adel | JR | 16.42 |
| 8 | Brett Pixley, Ottumwa | SR | 16.73 |

400 Meter Hurdles Finals

| | | | |
|---|--|----|---------|
| 1 | Nik Moser, Fort Dodge | SR | 52.80 J |
| 2 | Dave Meyer, Dubuque Hempstead | SR | 54.05 |
| 3 | Champ Davis, Valley of West Des Moines | SO | 54.14 |
| 4 | Tanner Whipple, Roland-Story | JR | 54.17 |
| 5 | Pete Avery, Waverly-Shell Rock | SR | 54.46 |
| 6 | Michael Bell, Marshalltown | JR | 54.61 |
| 7 | Tyler Brown, Grinnell | JR | 55.78 |
| 8 | Greg Payne, Ames | SR | 55.86 |

High Jump Finals

| | | | |
|---|---|----|---------------|
| 1 | Cale Van Genderen, Lynnville-Sully | SR | 6'07" (2.01m) |
| 2 | Tyler Mayer, Marion | SR | 6'05" (1.96m) |
| 3 | James McNear, Des Moines Roosevelt | SR | 6'05" (1.96m) |
| 4 | Jeff Witthoft, Washington | | 6'05" (1.96m) |
| 4 | Mike Klinkenborg, Central Lyon | SO | 6'05" (1.96m) |
| 6 | Greg Allen, Schaller-Crestland of Early | FR | 6'05" (1.96m) |
| 7 | Clint Michels, Bellevue | SR | 6'05" (1.96m) |
| 7 | Bill McConnaha, West Branch | JR | 6'05" (1.96m) |
| 9 | James Awtry, Harlan | SR | 6'03" (1.91m) |

| | | | |
|----|-----------------------------------|----|---------------|
| 10 | Kiel Huston, Ankeny | JR | 6'03" (1.91m) |
| 10 | Jason Kohl, Cedar Rapids Prairie | SO | 6'03" (1.91m) |
| 10 | Tyler Pence, Fort Madison | SR | 6'03" (1.91m) |
| 10 | Brian Murray, Norwalk | SR | 6'03" (1.91m) |
| 10 | Jaron Van Maanen, Lynnville-Sully | FR | 6'03" (1.91m) |
| 10 | Tyler Anderson, Carroll | JR | 6'03" (1.91m) |
| 16 | Matt Melloy, Mount Pleasant | SR | 6'03" (1.91m) |
| | Adam Glick, Pekin of Packwood | | NH |
| | Isi Oamen, LeMars Gehlen | SR | NH |

Long Jump Finals

| | | | | |
|----|---|----|-------------------|------|
| 1 | Adam Haluska, Carroll | JR | 23'00.75" (7.03m) | 0.7 |
| 2 | Rumel Monk, Des Moines Lincoln | JR | 21'08" (6.60m) | -1.2 |
| 3 | Lorenzo Taylor, Ames | SR | 21'08" (6.60m) | -0.8 |
| 4 | Rickie Kellar, Council Bluffs Lincoln | JR | 21'07.50" (6.59m) | +0.4 |
| 5 | Ryan Borgwardt, Clinton | SO | 21'04" (6.50m) | -2.4 |
| 6 | Brad Payne, Tri-Center of Neola | SR | 21'03.25" (6.48m) | -0.8 |
| 7 | Derek Borgwardt, Clinton | SR | 21'00.5" (6.41m) | -1.7 |
| 8 | Aaron Herbst, Dubuque | JR | 20'10.5" (6.36m) | 0.0 |
| 9 | Logen Strohbehn, Council Bluffs Lincoln | SR | 20'05" (6.22m) | 0.0 |
| 10 | Kyle Stanley, Gladbrook-Reinbeck | JR | 20'05" (6.22m) | -1.1 |
| 11 | Tommy Elliott, Armstrong-Ringsted | JR | 20'01.25" (6.13m) | +0.4 |
| 12 | Nathan Geerts, New Hampton | JR | 20'00.75" (6.12m) | -0.9 |
| 13 | Jordan Davidson, Davenport North | SO | 20'00" (6.10m) | 0.0 |
| 14 | Garrison Goodlett, CR Washington | SR | 19'10" (6.05m) | -0.4 |
| 15 | Noah Winstead, Nishna Valley of Hastings | SR | 19'09.5" (6.03m) | +0.4 |
| 16 | Alvin Vesey, Bettendorf | SO | 19'09.25" (6.03m) | -0.6 |
| 17 | Nick Lawrence, Prince of Peace of Clinton | SR | 19'05" (5.92m) | +1.1 |
| 18 | Eric Thompson, Ames | SR | 19'00" (5.79m) | -1.0 |
| 19 | Jerry Gardner, CMB of Baxter | SO | 18'07.5" (5.68m) | +0.9 |
| | Nic O'Malley, Center Point-Urbana | JR | nd | |
| | Hakim Hill, Iowa City | SR | nd | |

Shot Put Finals

| | | | |
|----|---|----|--------------------|
| 1 | Steve Wegner, Harlan | SR | 56'09" (17.30m) |
| 2 | Scott Romens, Glenwood | SR | 55'06.25" (16.92m) |
| 3 | Shane Maier, Storm Lake | SO | 54'08.50" (16.68m) |
| 4 | Phil Barnett, Clarksville | SR | 53'11" (16.43m) |
| 5 | Taylor Strube, Emmetsburg | SO | 52'11" (16.13m) |
| 6 | Mitch Fields, Tipton | JR | 51'09.25" (15.78m) |
| 7 | Ross Parker, Indianola | SR | 51'05.75" (15.69m) |
| 8 | Justin Heins, North Fayette of West Union | SR | 50'10.50" (15.51m) |
| 9 | Joe Bush, Cherokee | SR | 50'09.50" (15.48m) |
| 10 | Ben Cronin, Ames | SR | 50'09" (15.47m) |
| 11 | Pete Scharff, Northeast of Goose Lake | JR | 50'05" (15.37m) |
| 12 | Kyle Marshall, Newton | SR | 50'02" (15.29m) |
| 13 | Nate Winey, Denison-Schleswig | SR | 50'01.25" (15.27m) |
| 14 | Lucas Schossow, Galva-Holstein | JR | 50'00.75" (15.26m) |
| 15 | Bryan Schwartz, Harlan | SR | 50'00.25" (15.25m) |
| 16 | Chris Harrison, South Tama of Tama | JR | 49'11" (15.21m) |
| 17 | Chris Hopkins, Denison-Schleswig | JR | 49'09" (15.16m) |
| 18 | Corey DeWitt, Clarksville | SR | 48'08" (14.83m) |
| 19 | John Kisner, Waverly-Shell Rock | SR | 48'02" (14.68m) |
| 20 | Nick Hagemann, Western Dubuque | SR | 47'05.75" (14.47m) |
| 21 | Rob Sagar, Valley of West Des Moines | SR | 46'06" (14.17m) |
| 22 | Kevin Stensrud, Lake Mills | SR | 43'02.50" (13.17m) |
| | Heath Finch, Ballard of Huxley | SR | nd |

Discus Finals

| | | | |
|---|---|----|------------------|
| 1 | Blake Larsen, Atlantic | SR | 158'11" (48.44m) |
| 2 | Stewart Nelson, Johnston | SO | 158'01" (48.18m) |
| 3 | Justin Heins, North Fayette of West Union | SR | 156'11" (47.83m) |
| 4 | Dan McCain, Des Moines Roosevelt | FR | 156'10" (47.80m) |
| 5 | Mitch Fields, Tipton | JR | 156'02" (47.60m) |
| 6 | Steve Winchell, Treynor | SR | 154'07" (47.12m) |
| 7 | Chris Hopkins, Denison-Schleswig | JR | 153'06" (46.79m) |

| | | | |
|----|--|----|------------------|
| 8 | Steve Wegner, Harlan | SR | 150'00" (45.72m) |
| 9 | Michael Miller, Ames | SR | 149'03" (45.49m) |
| 10 | Tim Polehna, Cedar Rapids Kennedy | JR | 146'06" (44.65m) |
| 11 | Mark Sanger, West Hancock of Britt | SR | 145'10" (44.45m) |
| 12 | Seth Zehr, Fort Dodge | JR | 143'06" (43.74m) |
| 13 | Lucas Schossow, Galva-Holstein | JR | 142'03" (43.36m) |
| 14 | Andrew Geil, Keota | JR | 141'11" (43.26m) |
| 15 | Joel Storm, Belle Plaine | SR | 137'09" (41.99m) |
| 16 | Jared Modlin, Newton | So | 136'11" (41.73m) |
| 17 | Dillon Cline, Iowa City West | SR | 135'02" (41.20m) |
| 18 | Jon Cochran, Valley of West Des Moines | JR | 133'11" (40.82m) |
| 19 | Heath Finch, Ballard of Huxley | SR | 126'11" (38.68m) |
| 20 | Mike Widner, Hudson | SR | 126'05" (38.53m) |
| | Ross Parker, Indianola | SR | nm |

4x100 Meter Relay Finals

| | | |
|---|---|-------|
| 1 | NEWTON | 42.41 |
| | (Ryan Dass, Dwayne Wright Tanner Clute, Cody Carter) | |
| 2 | IOWA CITY | 42.42 |
| | (Sumaster Newell, Calvin Davis Matt Wooldrik, Hakim Hill) | |
| 3 | OTTUMWA | 42.96 |
| | (Bobby Phommachack, Tyler Shannon D.J. Cobler, Brett Pixley) | |
| 4 | CEDAR RAPIDS JEFFERSON | 43.15 |
| | (Brian Crandall, Steve Mulligan Francis Zach, Blake Tiedtke) | |
| 5 | ANKENY | 43.16 |
| | (Andy Brodell, Josh Moulton Aaron McCombs, Derc Albrecht) | |
| 6 | WASHINGTON | 43.28 |
| | (John Greiner, Kelly Williams Brent Stout, Chris Jarvis) | |
| 7 | BURLINGTON | 44.05 |
| | (Chris Downs, Arthur Gordon Sean McBride, DeAndre Howard) | |
| | CLINTON | DNF |
| | (Ryan Borgwardt, Gabe James Derek Borgwardt, Robby Worrels) | |

Heat 1

| | | |
|---|--|-------|
| 1 | IOWA CITY | 42.75 |
| | (Sumaster Newell, Calvin Davis Matt Wooldrik, Hakim Hill) | |
| 2 | NEWTON | 42.76 |
| | (Ryan Dass, Dwayne Wright Tanner Clute, Cody Carter) | |
| 3 | CEDAR RAPIDS JEFFERSON | 43.69 |
| | (Brian Crandall, Steve Mulligan Tim Westbrook, Blake Tiedtke) | |
| 4 | OTTUMWA | 43.72 |
| | (Bobby Phommachack, Tyler Shannon D.J. Cobler, Rashiud Pope) | |
| 5 | WASHINGTON | 43.73 |
| | (John Greiner, Kelly Williams Brent Stout, Chris Jarvis) | |
| 6 | DES MOINES EAST | 43.80 |
| | (Scott Phaydavong, A.D. Ward Terry Rice, Rick Weigel) | |
| 7 | CEDAR RAPIDS WASHINGTON | 43.83 |
| | (Tyler Mattison, Poul Collins Tyson Grimm, Milton Lanier) | |
| 8 | DES MOINES HOOVER | 43.94 |
| | (Gerard Gause, Martell Pratt Craig Farley, Kennedy Douglas) | |

Heat 2

| | | |
|---|---|----------|
| 1 | CLINTON | 43.08 |
| | (Ryan Borgwardt, Gabe James Derek Borgwardt, Robby Worrels) | |
| 2 | ANKENY | 43.53 |
| | (Andy Brodell, Josh Moulton Aaron McCombs, Derc Albrecht) | |
| 3 | BURLINGTON | 43.66 |
| | (Chris Downs, Arthur Gordon Sean McBride, DeAndre Howard) | |
| 4 | DAVENPORT NORTH | 43.81 |
| | (Jordan Davidson, Farran Hayslett Keith Huebbe, Marques Simmons) | |
| 5 | DES MOINES NORTH | 43.83 |
| | (Mony Chau, Darryl Alexander Danny Triplett, Dem'cho Deeds) | |
| 6 | SIOUX CITY WEST | 43.94 |
| | (Jeremy Mayo, Paul Houfek Merritt Groh, Nate VanderMolen) | |
| | AMES | DQ-45.45 |
| | (Abe Tim, Lorenzo Taylor Eric Thompson, Greg Payne) | |
| | VALLEY OF WEST DES MOINES | DQ-45.77 |
| | (Jeff Sallee, Brandon Winston Vince Buie, Nick Echtenkamp) | |

Heat 3

| | | |
|---|--|----------|
| 1 | JOHNSTON | 43.91 |
| | (Bart Whipps, Pat Ryerson Matt O'Hollearn, Jared Haag) | |
| 2 | CEDAR FALLS | 44.02 |
| | (John Mershon, Phil Drewis Michael Fritts, Brad Wyant) | |
| 3 | BETTENDORF | 44.18 |
| | (Zach Gabelman, Aaron Jenkins Alvin Vesey, Andy Parker) | |
| 4 | PLEASANT VALLEY | 44.24 |
| | (Adam Schricker, Mike Morrissey Jeremy Klingaman, Mike Clark) | |
| 5 | LE MARS | 45.09 |
| | (Tyler Petter, Kelly Greenfield Darrin Nelson, Paul Brown) | |
| 6 | FORT DODGE | 45.67 |
| | (Nick Hrabak, Blake Uttley Nick Pederson, Mark Bjorklund) | |
| 7 | DUBUQUE | 46.73 |
| | (Jayson Wagner, Kris Miller Josh Heacock, Craig Siegert) | |
| | WAVERLY-SHELL ROCK | DQ-46.41 |
| | (Brendan Shoars, Walter Howard Dustin Mack, David Hanawalt) | |

Heat 4

| | | |
|---|--|-------|
| 1 | PRAIRIE CITY-MONROE | 44.25 |
| | (Jake Nolin, Matt Johnston Andy Van Zee, Nathan Le Grand) | |
| 2 | TRI-CENTER OF NEOLA | 44.55 |
| | (Brad Payne, Jared Graham Dustin Benning, Joey Kosmacek) | |
| 3 | BCLUW OF CONRAD | 44.82 |
| | (Grant Benson, Sam Vreeland Blake Haywood, Josh Hauser) | |
| 4 | COUNCIL BLUFFS JEFFERSON | 44.96 |
| | (Shaun Hollenbach, Mike Lewis Aaren Andersen, Chad Summer) | |
| 5 | GARNER-HAYFIELD | 45.01 |
| | (Adam Tvedt, Matt Roeber Scott Jackson, Cody Schoneman) | |
| 6 | MARSHALLTOWN | 45.57 |
| | (Erik Christenson, Jason Nusbaum Chase Rogers, Brennon Edwards) | |

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|--|----------|--|----------|
| 7 NORTH SCOTT OF ELDRIDGE | 45.58 | 5 MONTICELLO | 47.58 |
| (Nick Gries, Bobby Gronewold Adam Nolan, Luke Shaw) | | (Nick Klein, Emery Reyner Joel Sauser, Ryan Ball) | |
| SOUTHEAST POLK OF RUNNELLS | DQ-FS | MFL MARMAC OF MONONA | DQ-45.95 |
| (Joe Antelman, Chuck Howald Joe Hugen, Seth Aldini) | | (Kellie Schutte, Josh Neuhaus Kyle Junk, Neal Wikner) | |
| Heat 5 | | ATLANTIC | DQ-46.30 |
| 1 DES MOINES ROOSEVELT | 44.48 | (Bruce Beckwith, Bret Meyer Tony Burg, Davy Thomsen) | |
| (George Brown, Andrae Lottie Kevin Egge, James McNear) | | WATERLOO EAST | DNF |
| 2 SIOUX CITY NORTH | 44.55 | (Dalane Morehead, Breian Micou Roderick Bruce, Jarrod Theroith) | |
| (Darnell Pitts, Chris Beals Ryan Peck, Kameron Pope) | | Heat 8 | |
| 3 MADRID | 44.59 | 1 WEST DELAWARE OF MANCHESTER | 44.82 |
| (Frank Milani, Andy Lawrence Nick Bender, Rick Thompson) | | (Bradley Woods, Tim Turnis Jeff Holden, Luke Hubbard) | |
| 4 ALGONA | 44.97 | 2 GRINNELL | 45.43 |
| (Aaron Kent, Gene Fisher Brian Hellmich, Sean Smith) | | (Jeremy Jobes, Josh Tinkle Todd Rutherford, Ryan Grant) | |
| 5 CARROLL | 45.04 | 3 CARLISLE | 45.46 |
| (Craig Sander, Adam Haluska Dan Orlano, Doug Kendrick) | | (Corey Goodhue, Nate Davidson Devin James, Jared Kain) | |
| 6 LINN-MAR OF MARION | 45.77 | 4 PELLA | 45.47 |
| (Terry Gantt, Wylie Hachey Paul Taylor, Brett Walderbach) | | (Vance Schuring, Tyler Beerends Jon Landon, David Van Wyk) | |
| 7 PELLA CHRISTIAN | 45.90 | 5 CLARION-GOLDFIELD | 45.66 |
| (Jeff Meuzelaar, Drew DeNooy Jared Van Wyk, Tim Zwiers) | | (Dustin Thayer, Jeff Moss Justin Ades, Tony Schoo) | |
| 8 CLEAR CREEK-AMANA OF TIFFIN | 46.02 | 6 WATERLOO WEST | 45.82 |
| (Ryan Wood, Skeat Sabo Nick Scheetz, Jacob Wendler) | | (Josh Gates, Matt Hill Chris Kolling, Damon Baumgartner) | |
| Heat 6 | | 7 DUBUQUE WAHLERT | 45.84 |
| 1 CARROLL KUEMPER | 44.30 | (Peter Link, Ben Ressler Tony Jarchow, Charlie Freund) | |
| (Kipp Kanne, John Bauer Todd Simons, Neal Molitor) | | 8 APLINGTON-PARKERSBURG | 46.84 |
| 2 FORT MADISON | 44.41 | (Josh Strang, Ryan DeBoer Taylor Schrage, Wes Patterson) | |
| (Zach Glasgow, Chris Ramirez Justin Menke, Dustin Hennigar) | | Heat 9 | |
| 3 COUNCIL BLUFFS LINCOLN | 44.69 | 1 CAMANCHE | 44.77 |
| (Rickie Kellar, Ed Gregory Eddie Kenkel, Logen Strohbehn) | | (Jerad Lemke, Josh Bryan Josh Grundall, Joe Lilly) | |
| 4 LEWIS CENTRAL OF COUNCIL BLUFFS | 45.44 | 2 CEDAR RAPIDS PRAIRIE | 45.13 |
| (Ross Shepard, Jon Gregory Chris Pomerleau, Jason McCoy) | | (Jason Rotter, Isaac Dickson Kyle Votrobek, T.J. Klith) | |
| 5 HUBBARD-RADCLIFFE | 45.94 | 3 INDIANOLA | 45.31 |
| (Jayden Butler, Reilly Vaughan Jake Nessa, Jordan Vaughan) | | (Mike Harmon, Blair Westerly Nate Oberender, Todd Blythe) | |
| 6 SOLON | 46.34 | 4 HARLAN | 45.32 |
| (D.J. Jedlicka, Chris Kelley Seth Bartlett, Cody Kroul) | | (Andy Petersen, Colby Pash Kyle Murtaugh, Monty Boltinghouse) | |
| 7 FORT DODGE ST. EDMOND | 46.49 | 5 BELLEVUE | 45.45 |
| (Jon Prebeck, AJ Angstrom Mike Clavey, Kyle Lawler) | | (Chet Medinger, Brian Steines Justin Ernst, Tom Sieverding) | |
| CENTRAL OF DEWITT | DQ-45.27 | 6 PRAIRIE VALLEY OF GOWRIE | 46.08 |
| (Justin Wagner, Tyler Driscoll Troy Connor, Marcus Schnoor) | | (John Vinchattle, Jeremy Hammen Tom Showers, Tyler Ramackers) | |
| Heat 7 | | 7 CLARKSVILLE | 46.23 |
| 1 IOWA CITY WEST | 45.12 | (David Calease, Paul Walters Tyrel Johnson, Chris Miller) | |
| (Marques Brooks, Ashton Winchel Kurt Fisher, Matt Brown) | | 8 NEW HAMPTON | 46.28 |
| 2 PERRY | 45.13 | (Ryan Speltz, Derek Wisner Mike Humpal, Nathan Geerts) | |
| (Kyle Wehner, Cole Turner Marc Eaton, Mike Wernli) | | Heat 10 | |
| 3 NORTH FAYETTE OF WEST UNION | 46.03 | 1 PRESTON | 45.48 |
| (Erik Bettmeng, Josh Guyer Kyle Conrad, Joey Kasel) | | (Travis Smith, Joe Murphy Phil Bear, Jason Nolting) | |
| 4 CLEAR LAKE | 46.09 | | |
| (Chris Carney, Brian McIntire Brandon Bird, Drew Shepp) | | | |

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| 2 CEDAR RAPIDS KENNEDY (Matt Jensen, Doug Ongie Kyle Perry, Tom Sadler) | 45.63 |
| 3 LYNNVILLE-SULLY (Jon Buser, Cale Van Genderen Bryan Shutts, Ryan Johnson) | 45.72 |
| 4 DUBUQUE HEMPSTEAD (Ryan McDermott, Jeff Bushman Brad Hemesath, B.J. Eiben) | 46.26 |
| 5 WEST LIBERTY (T.C. Heath, Justin Simon Caleb Padilla, Jacob Johnson) | 47.00 |
| COUNCIL BLUFFS ST. ALBERT (Brock Gentile, Darin Heideman Chris Palmer, Mike Stuntz) | DQ-46.37 |
| LAWTON-BRONSON (Nick Salmen, Dustin Lieber Adam Benson, Matt Muff) | DQ-46.53 |
| ROLAND-STORY (Tanner Whipple, Bo Ammerman Jeff Baker, Kyle VanWinkle) | DQ-FS |
| Heat 11 | |
| 1 PANORAMA OF PANORA (Randy Keys, Mitch Kempf Paul Engle, Peter Saltgraver) | 45.38 |
| 2 WESTERN DUBUQUE OF EPWORTH (Dan Steffen, James McCarthy Bill Daly, Mark Phillips) | 45.81 |
| 3 OSKALOOSA (Kyle Ortegren, Josh Flander Aaron Ostrem, Tyler Sirovy) | 45.83 |
| 4 MASON CITY (Erik Sautter, Josh Frank Garrett Wilcox, Lance Hall) | 45.87 |
| 5 CLARINDA (Shane Guyer, Jacob Sunderman Austin Sunderman, Dru Williams) | 46.20 |
| 6 HAMPTON-DUMONT (Ben Will, Michael Kuehner Tyson Mollenbeck, Adam Kampman) | 46.31 |
| MAURICE-ORANGE CITY/FLOYD VALLEY (Doug Gunderson, Austin Janssen Benjie VanHeuvelen, Jimmy Trapp) | DQ-45.65 |
| DAVENPORT CENTRAL (Justin Harris, Joe Schuhow Jon Myers, Adam Pollard) | DQ-45.75 |
| Heat 12 | |
| 1 DOWLING OF WEST DES MOINES (Bradley Monacino, Aaron Fangman Chris Crouch, Brian Kline) | 45.76 |
| 2 MID-PRAIRIE OF WELLMAN (Tim Bender, Johnathan Knarborg Adam Kos, Seth Fisher) | 45.78 |
| 3 BOONE (Joey Blank, Kyle Paris Jay Bedingfield, Sam Hurst) | 45.80 |
| 4 CRESTON (Jake Kawa, Gabe Stofferahn Matt Buck, Neil Lang) | 45.96 |
| 5 GLENWOOD (John Dashner, Nick Lennemann Dustin Marvel, Josh Anderson) | 46.01 |
| 6 OKOBOJI OF MILFORD (David Guinane, Matt Lockey Dylan Rolling, Jared DeMuth) | 46.03 |
| 7 ALDEN (Cody Greenawalt, Brian Aust Josh Vanderloop, Joey Johnston) | 46.57 |

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| 8 NORTHEAST OF GOOSE LAKE (Chris Casali, Eric Witt Shane Droste, Derek Schroeder) | 47.18 |
| Heat 13 | |
| 1 DENVER (Chris Collison, Josh Frey Nick Wooldrik, Jordan Zaputii) | 45.98 |
| 2 LEMARS GEHLEN (Drew Hoffman, Austin Ruhland Andy Floy, Matt Haffing) | 46.02 |
| 3 WEBSTER CITY (Jake Weinzettl, Shawn Kliegl Craig Law, Matt Tharp) | 46.29 |
| 4 CARDINAL OF ELDON (Adam Durlfingler, Jessie Henderson Travis Thompson, Nick Davis) | 46.35 |
| 5 NISHNA VALLEY OF HASTINGS (T.J. Nielsen, Travis Embree Travis Glynn, Noah Winstead) | 46.49 |
| 6 LAKE MILLS (Matt Hauan, Scott Gaskill Kevin Stensrud, Brandon Flugum) | 47.06 |
| TIPTON | DQ-49.26 |
| WAUKEE (Sean McHose, Jeff Seals Matt Austin, Brandon McHose) | DNF |
| Heat 14 | |
| 1 DAVENPORT WEST (Adam Orcutt, Josh Morden Ken Fox, Chad Tappendorf) | 44.61 |
| 2 MOUNT PLEASANT (Jason Rohde, John Hennessee Matt Melloy, Jeff Fedler) | 44.93 |
| 3 ROCKFORD (Jeff Jones, Nathan Wood Ray Vorhes, Dean Nicholson) | 45.38 |
| 4 CENTRAL LEE OF DONNELLSON (Matt Hulsebus, Jim Cruickshank Ben Vogel, Johnny Good) | 45.70 |
| 5 DALLAS CENTER-GRIMES (Kenny Bensley, Matt Sly Chase Duncan, Jake Cadwell) | 45.85 |
| 6 REMSEN-UNION (Jeff Staab, Shawn Parker Jason Stoos, Tim DeBoer) | 46.15 |
| 7 ESTHERVILLE-LINCOLN CENTRAL (Kevin Moreau, Phil Beaver Bryon Swalve, Grant Rawlings) | 46.25 |
| 8 HARTLEY-MELVIN-SANBORN (Jay Christiansen, Nate Collins Adam Sandersfeld, Ryan Strubbe) | 46.59 |
| Heat 15 | |
| 1 INTERSTATE 35 OF TRURO (Brandon Douglas, Brett Douglas Josh Good, Jay Sieck) | 45.78 |
| 2 SHENANDOAH (Jon Hoefing, John Maher Justin Shadel, Josh Jandrew) | 45.81 |
| 3 NEVADA (Tyler Harrison, Derrick Lehman Trenton Harrison, Jeff Brooks) | 46.32 |
| 4 FARRAGUT (Jay Benedict, Blair Holman Kevin Bugg, Mike Dreyer) | 46.56 |
| 5 ROCKWELL CITY-LYTTON (Jess Evans, Matt Siefken Nick Albright, Jon Artist.) | 46.59 |

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| 6 BONDURANT-FARRAR (Meyer Nece, Aaron Vestal T.J. Sandin, Bill Wissler) | 46.74 | 4 URBANDALE (Ryan Omvig, Kellen Black Ryan Saunders, Jason Knueven) | 45.73 |
| WEST HANCOCK OF BRITT (Matt Nelson, John Schubert Mark Sanger, Gabe Rounds) | DQ-46.82 | 5 LONE TREE (Dustin Lenz, Mike LaRoche Larry Jones, Josh Zaruba) | 46.16 |
| MOUNT AYR (David Hosfield, Reggie Lesan Luke Larsen, Brad Wilson) | DQ-47.62 | 6 MEDIAPOLIS (Chad Bandy, Ryan Petersen Cody Wolfe, Nick Whitaker) | 46.28 |
| Heat 16 | | 7 INDEPENDENCE (Andy Crain, Jeff Leemon Adam Kuhse, Chip Smith) | 46.65 |
| 1 PEKIN OF PACKWOOD (Aaron Gott, Cory Johnston Shane Gill, Bud Blakely) | 45.92 | 8 NORWALK (Adam Bothwell, Sean O'Connor Brett Cermak, Nic Scandrett) | 46.77 |
| 2 EDDYVILLE-BLAKESBURG (Tom Hallgren, Jeff Fox Elliott Culver, Ezra Kelderman) | 46.08 | Heat 19 | |
| 3 BALLARD OF HUXLEY (James Lewis, Sam Robinson Jamie Nobiling, Matt Holmes) | 46.13 | 1 MARION (Dustin Rhodes, Tyler Mayer Jason McGaffic, Tony Offerman) | 45.71 |
| 4 VALLEY OF ELGIN (Grant Rothlisberger, Josh Larson Adam Frieden, Adam Eischeid) | 46.39 | 2 GUTHRIE CENTER (Curt Hunt, Kyler Nielson Colby Larsen, Ben Richter) | 46.01 |
| 5 ADM OF ADEL (Mike Huber, Justin Zeigler Kyle Whisner, Aaron Valentine) | 46.47 | 3 DES MOINES LINCOLN (Adam Bruce, OJ Sinclair Kyle Riley, James Brown) | 46.15 |
| 6 SIGOURNEY (Nick Baker, Patrick Flynn Dan Hammes, Will Hanchett) | 46.85 | 4 AGWSR OF ACKLEY (Steve Lindaman, B.J. Stotser Brock Holmgaard, Cody Eichmeier) | 46.71 |
| WEST BURLINGTON-NOTRE DAME (Adam Mullinax, Adam Avery Peter Mullinax, Nic Gieselman) | DQ-46.44 | 5 TREYNOR (Joey Sornson, A.J. Keiner Jordan Frain, Adam Leber) | 46.77 |
| CMB OF BAXTER (Eric Plunkett, Will Kimberley Michael Wierson, Jerry Gardner) | DNF | 6 WAUKON (Mike Bulman, Brian Einck Nick Hirth, Justin Bulman) | 46.88 |
| Heat 17 | | 7 HUDSON (Collin Robertson, Ryan Manahl Josh Blough, D.J. Simniok) | 46.97 |
| 1 CEDAR RAPIDS XAVIER (Jason Sweet, Tom Herring John Winter, Ben Long) | 45.48 | 8 BATTLE CREEK-IDA GROVE (Mark Cates, Cole Wunschel A.J. Schable, Cody Knop) | DQ-47.25 |
| 2 DIKE-NEW HARTFORD (Brian Hall, Chris Grooms Josh Johnson, Pat Weber) | 45.70 | Heat 20 | |
| 3 SUMNER (Wes Smith, Evan Fratzke Gabe Helmers, Chris Spier) | 45.75 | 1 WILLIAMSBURG (Nick Fetzer, Dustyn Baethke Sam McDonald, Tyler Baethke) | 45.83 |
| 4 WACO OF WAYLAND (Mark Jones, Jay Morrow Nathan Grieser, Eddie Cardenas) | 46.15 | 2 RIVERSIDE OF OAKLAND (Brandon Everett, Justin Hanshaw Trae Turner, Brad Wax) | 46.25 |
| 5 FAIRFIELD (Jason Maurice, Eric Farmer Dan McMahon, Luke Perry) | 46.20 | 3 SOUTH TAMA OF TAMA (Rob Marvin, Jacob Houghton Nathan Van Dyke, Josh Lyon) | 46.43 |
| 6 SOUTHERN CALHOUN OF LAKE CITY (Eric Snyder, Ryan Kock Jeff Remsburg, Wesley Beschorner) | 46.75 | 4 ANAMOSA (Nick Stuckey, Chris Carlson Mark Walker, Nick Lafler) | 46.76 |
| HLV OF VICTOR (Adam Hawkins, Phil Cooling Chad Hinrichs, Adam Pirkel) | DQ-46.79 | 5 WINFIELD-MOUNT UNION (Jason Remick, Michael Beard Chris Hamner, Matt Hobbs) | 47.17 |
| SIOUX CITY HEELAN | DNS | 6 STANTON (Matt Peterson, Scott Bullington Dan Clark, Jon Goddard) | 47.38 |
| Heat 18 | | Heat 21 | |
| 1 JEFFERSON-SCRANTON (Andy Moran, Tyler Kious Mitch Murphy, Brian Steussy) | 45.24 | 1 ALBURNETT (Matt Walters, Ryan Martin Nick Scott, Micky Roseberry) | 45.49 |
| 2 SOUTH O'BRIEN OF PAULLINA (Ryan Wede, Will Dotson Aaron Jalas, James Menke) | 45.37 | 2 EAGLE GROVE (Brad Mrla, Josh Nelson Ryan Terwilliger, Trent Cooper) | 46.14 |
| 3 BECKMAN OF DYERSVILLE (Zac Scherrman, Dave Rahe Rob Thole, Kevin Pitz) | 45.41 | 3 MARCUS-MERIDEN-CLEGHORN (Justin Dunn, Jon George Jon Sand, Chris Wernimont) | 47.06 |

4x200 Meter Relay Finals

| | |
|---|---------|
| 1 IOWA CITY | 1:28.33 |
| (Sumaster Newell, Matt Wooldrik Calvin Davis, Hakim Hill) | |
| 2 CEDAR RAPIDS WASHINGTON | 1:28.39 |
| (Terrance Frye, Dallas Hodges Tyson Grimm, Milton Lanier) | |
| 3 VALLEY OF WEST DES MOINES | 1:29.52 |
| (Jeff Sallee, Chris McCullough Reed Jaksich, Nate Yoho) | |
| 4 DAVENPORT NORTH | 1:29.61 |
| (Jordan Davidson, Farran Hayslett Tim Harrington, Marques Simmons) | |
| 5 OTTUMWA | 1:30.07 |
| (Bobby Phommachack, Tyler Shannon D.J. Cobler, Rashiud Pope) | |
| 6 BURLINGTON | 1:30.35 |
| (Chris Downs, Sean McBride Micha Washington, DeAndre Howard) | |
| 7 CLINTON | 1:30.80 |
| (Ryan Borgwardt, Gabe James Derek Borgwardt, Robby Worrels) | |
| NEWTON | DNF |
| (Ryan Dass, Dwayne Wright Tanner Clute, Cody Carter) | |

Heat 1

| | |
|---|-----------|
| 1 VALLEY OF WEST DES MOINES | 1:28.95 Q |
| (Jeff Sallee, Chris McCullough Reed Jaksich, Nate Yoho) | |
| 2 NEWTON | 1:29.23 Q |
| (Ryan Dass, Dwayne Wright Tanner Clute, Cody Carter) | |
| 3 IOWA CITY | 1:29.52 Q |
| (Sumaster Newell, Matt Wooldrik Calvin Davis, Hakim Hill) | |
| 4 CEDAR RAPIDS WASHINGTON | 1:29.73 Q |
| (Terrance Frye, Dallas Hodges Tyson Grimm, Milton Lanier) | |
| 5 AMES | 1:30.80 |
| (Lorenzo Taylor, Eric Thompson Adam Larson, Mark Bokhoven) | |
| 6 SIOUX CITY WEST | 1:30.97 |
| (Julian Flemister, Paul Houfek Merritt Groh, Nate VanderMolen) | |
| 7 IOWA CITY WEST | 1:32.25 |
| (Marques Brooks, Ashton Winchel Kurt Fisher, Matt Brown) | |
| 8 NORTH SCOTT OF ELDRIDGE | 1:32.52 |
| (Josh Lacey, Casey Dean J.W. Staver, Joe Miletich) | |

Heat 2

| | |
|---|-----------|
| 1 BURLINGTON | 1:29.87 Q |
| (Chris Downs, Sean McBride Micha Washington, DeAndre Howard) | |
| 2 OTTUMWA | 1:29.97 Q |
| (Bobby Phommachack, Tyler Shannon D.J. Cobler, Rashiud Pope) | |
| 3 CLINTON | 1:30.22 Q |
| (Ryan Borgwardt, Gabe James Derek Borgwardt, Robby Worrels) | |
| 4 DAVENPORT NORTH | 1:30.48 Q |
| (Jordan Davidson, Farran Hayslett Tim Harrington, Marques Simmons) | |
| 5 DUBUQUE | 1:30.76 |
| (Joe Nank, Aaron Herbst Jon Fasselius, Dan Orris) | |

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| 6 DES MOINES EAST | 1:31.03 |
| (Scott Phaydavong, A.D. Ward Terry Rice, Rick Weigel) | |
| 7 ANKENY | 1:31.13 |
| (Andy Brodell, John Wunch Aaron McCombs, Tyler Jacobson) | |
| 8 DES MOINES HOOVER | 1:32.37 |
| (Kennedy Douglas, Craig Farley Gerard Gause, Martell Pratt) | |
| Heat 3 | |
| 1 WASHINGTON | 1:30.57 |
| (John Greiner, Brent Stout Kelly Williams, Chris Jarvis) | |
| 2 CEDAR RAPIDS JEFFERSON | 1:31.25 |
| (Blake Tiedtke, Brian Crandall Tim Westbrook, Steve Mulligan) | |
| 3 TRI-CENTER OF NEOLA | 1:32.46 |
| (Brad Payne, Jared Graham Joey Kosmacek, Jeremy Barnes) | |
| 4 JEFFERSON-SCRANTON | 1:33.10 |
| (Nate Lane, Blake Shaw Tyler Kious, Brian Steussy) | |
| 5 COUNCIL BLUFFS JEFFERSON | 1:33.15 |
| (Shaun Hollenbach, Mike Lewis Aaren Andersen, Chad Summer) | |
| 6 SIOUX CITY NORTH | 1:33.66 |
| (Darnell Pitts, Chris Beals Ryan Peck, Kameron Pope) | |
| 7 DUBUQUE HEMPSTEAD | 1:35.16 |
| (Matt Decker, Zach Dillon Brandon Hundt, B.J. Eiben) | |
| 8 FORT DODGE | 1:35.84 |
| (Kyle Messerly, Jordon Crosby C.J. O'Brien, Martel Moreland) | |

4x400 Meter Relay Finals

| | |
|---|-----------|
| 1 IOWA CITY | 3:20.65 |
| (Tim Triplett 51.9, Skyler Moss 49.6 Jeremy Mims 50.4, Calvin Davis 48.4) | |
| 2 DUBUQUE | 3:23.87 |
| (Jon Fasselius 51.9, Chris Fecht 50.7 Cody Hearn 52.5, Dan Orris 48.7) | |
| 3 CEDAR RAPIDS WASHINGTON | 3:24.00 |
| (Shawn Cox 51.4, Dallas Hodges 50.4 Marco Waller 51.8, Terrance Frye 50.4) | |
| 4 ANKENY | 3:24.58 |
| (Clete Younger 52.9, Josh Moulton 51.4 James Lindaman 51.2, Josh Leonard 49.0) | |
| 5 WAVERLY-SHELL ROCK | 3:25.18 |
| (Pete Avery 51.7, Cam Magnall 51.7 Dale Buxton 51.1, Adam Hinders 50.6) | |
| 6 VALLEY OF WEST DES MOINES | 3:25.79 |
| (Champ Davis 51.9, Nick Echtenkamp 51.9 Chris McCullough 50.9, Nate Yoho 51.0) | |
| 7 MONTICELLO | 3:26.90 |
| (Andrew McElmeel, Gabe Ross Brian Henderson, Tom Reis) | |
| 8 OTTUMWA | 3:29.86 |
| (Phil Baum, Tanner Vamer Tyler Shannon, D.J. Cobler) | |
| Heat 1 | |
| 1 IOWA CITY | 3:20.43 Q |
| (Tim Triplett 51.2, Skyler Moss 50.6 Jeremy Mims 50.3, Calvin Davis 48.3) | |
| 2 VALLEY OF WEST DES MOINES | 3:24.37 Q |
| (Chris McCullough 52.2, Nick Echtenkamp 52.5 Champ Davis 50.1, Nate Yoho 49.8) | |

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|---|-----------|
| 3 WAVERLY-SHELL ROCK | 3:25.51 Q |
| (Pete Avery 50.5, Cam Magnall 52.7 Dale Buxton 51.9, Adam Hinders 50.4) | |
| 4 FORT DODGE | 3:26.28 |
| (Brian Hagen 53.9, Jordon Crosby 52.7 Martel Moreland 51.8, Nik Moser 47.9) | |
| 5 CLINTON | 3:26.70 |
| (Chris Gee 52.7, Robby Worrels 48.7 Blake Raun 53.5, Zach Frazier 51.7) | |
| 6 CEDAR RAPIDS JEFFERSON | 3:27.70 |
| (Brian Crandall 51.8, Blake Tiedtke 52.5 Tim Wesbrook 53.1, Steve Mulligan 50.3) | |
| 7 DES MOINES LINCOLN | 3:31.75 |
| (Frank Roth, Brad Cosner Jeff Naples, Rumel Monk) | |
| 8 DUBUQUE HEMPSTEAD | 3:36.28 |
| (Ryan McDermott 53.9, Matt Frommelt 55.1 Brian Wagner 53.8, Zach Dillon 53.4) | |

Heat 2

| | |
|---|-----------|
| 1 CEDAR RAPIDS WASHINGTON | 3:22.27 Q |
| (Shawn Cox 50.6, Dallas Hodges 50.7 Marco Waller 51.5, Terrance Frye 49.4) | |
| 2 ANKENY | 3:23.91 Q |
| (Clete Younger 52.4, Josh Moulton 51.0 James Lindaman 52.0, Josh Leonard 52.0) | |
| 3 MONTICELLO | 3:24.23 Q |
| (Andrew McElmeel 51.6, Gabe Ross 51.7 Brian Henderson 50.8, Tom Reis 49.9) | |
| 4 DUBUQUE | 3:25.09 Q |
| (Jon Fasselius 52.2, Chris Fecht 51.9 Cody Hearn 52.4, Dan Orris 48.5) | |
| 5 OTTUMWA | 3:25.33 Q |
| (Phil Baum 52.1, Tanner Varner 51.8 Tyler Shannon 51.2, D.J. Cobler 50.3) | |
| 6 URBANDALE | 3:25.96 |
| (Brett Willer 52.8, Erik Frampton 51.6 Colin Pogge 51.2, Seth Quam 50.3) | |
| 7 WASHINGTON | 3:26.94 |
| (Ryne Doughty 53.8, Kris Lowe 52.8 Brent Stout 51.2, Kelly Williams 50.1) | |
| 8 JOHNSTON | 3:27.00 |
| (Bart Whipps, Chris O'Hollearn Jon Evans, Matt O'Hollearn) | |

Heat 3

| | |
|--|---------|
| 1 MOUNT PLEASANT | 3:26.80 |
| (Jared Holtgrewe 54.0, Matt Melloy 51.9 Tad Geeding 52.9, Jeff Fidler 48.0) | |
| 2 ST. ANSGAR | 3:27.33 |
| (David Mayer, Ross Hannam Aaron Rustad, T. J. Mayer) | |
| 3 TIPTON | 3:28.43 |
| (Matt Weih 51.9, Chad Arndt 52.6 Andy Kruse 52.9, Billy Hoffman 50.9) | |
| 4 AMES | 3:28.87 |
| (Kyle Rippey 52.6, David Larson 53.1 Micah Juelfs 53.2, Greg Payne 49.9) | |
| 5 CEDAR FALLS | 3:29.34 |
| (Brent Dahlstrom, Joey Robinson James Lyle, Jon Zanders 49.8) | |
| 6 MARSHALLTOWN | 3:29.56 |
| (Michael Bell, Barrett Barr Brennon Edwards, Nate Barnard) | |
| 7 HARLAN | 3:30.12 |
| (Jeremy Schmitz, Monty Boltinghouse Ryan Coenen, Andy Petersen) | |
| 8 FOREST CITY | 3:39.44 |
| (Greg Wencil, Evan Raulie Josh Sullivan, Matt Welp) | |

4x800 Meter Relay Finals

| | |
|--|------------|
| 1 IOWA CITY | 8:01.72 |
| (Skyler Moss 1:56.8, Dave Keitel 2:01.1 Jim Croker 2:02.1, John Williams 2:01.7) | |
| 2 WAVERLY-SHELL ROCK | 8:03.24 |
| (Cam Magnall 1:59.2, Dale Buxton 2:03.1 Chris Pries 2:02.7, Adam Hinders 1:58.3) | |
| 3 FOREST CITY | 8:04.06 |
| (Ryne Sunde 2:06.4, Matt Welp 2:03.0 Rob Kampman 1:56.2, Ben Hauge 1:58.4) | |
| 4 ANKENY | 8:06.20 |
| (Tyler Strand 2:01.7, Joel Rieken 2:03.6 Andy McDermott 2:01.6, Josh Leonard 2:00.3) | |
| 5 AMES | 8:07.80 |
| (David Larson 2:00.3, Lincoln Nichols 2:02.0 Levi Nichols 2:02.7, Jon Sargent 2:02.8) | |
| 6 WATERLOO WEST | 8:10.59 |
| (Dan Winder 1:56.0, Nick Anderson 2:06.2 Charlie Swisher 2:01.7, Landon Treloar 2:07.7) | |
| 7 CEDAR RAPIDS KENNEDY | 8:13.45 |
| (Jordan Witmer, John Hairston Trenton Zorn, Matt Halbe) | |
| 8 VALLEY OF WEST DES MOINES | 8:14.25 |
| (Zach Brower, Michael Drake Jason Borseth, Greg Ryerson) | |
| 9 CENTRAL OF DEWITT | 8:14.25 |
| (Tyler Mueller, Shawn Dunnegan Bill Tague, Matt Niemann) | |
| 10 MOUNT PLEASANT | 8:17.32 |
| (Collin Dyer, Tad Geeding Andy Eiffert, Jared Holtgrewe) | |
| 11 MONTICELLO | 8:17.88 |
| (Tom Reis, Dustin Ross Geoff Stamp, Brian Henderson) | |
| 12 MASON CITY | 8:20.08 |
| (Steve Warren, John Van Hemert Jed Graham, Charlie Schupp) | |
| 13 TIPTON | 8:20.18 |
| (Billy Hoffman, Brian Jorgensen Andy Kruse, Matt Weih) | |
| 14 LINN-MAR OF MARION | 8:23.53 |
| (Jeff Worden, David Miller Nick Lindsley, Ryan French) | |
| 15 CEDAR FALLS | 8:24.64 |
| (Matt Steen, Zach Homewood Andy Kahler, Tim Hoekstra) | |
| MARSHALLTOWN | DQ-8:12.22 |
| (Dan Wells 2:02.4, Jarod Wall 2:06.0 Barrett Barr 2:03.6, Nate Barnard 2:00.3) | |

Sprint Medley Relay Finals

| | |
|---|---------|
| 1 WAVERLY-SHELL ROCK | 3:30.08 |
| (Walter Howard, Dale Buxton Pete Avery 50.4, Adam Hinders 1:53.1) | |
| 2 FORT DODGE | 3:32.14 |
| (Kyle Messerly, Martel Moreland Nik Moser 47.5, Brian Hagen 1:57.2) | |
| 3 PERRY | 3:32.17 |
| (Mike Wernli, Cole Turner Kyle Wehner, Chris Glick) | |
| 4 ANKENY | 3:32.86 |
| (Andy Brodell, Derc Albrecht Josh Moulton 50.6, Josh Leonard 1:57.2) | |
| 5 DOWLING OF WEST DES MOINES | 3:32.91 |
| (Aaron Fangman, Brian Kline Nathan White 50.1, Ben Glaser 1:56.2) | |

| | |
|---|---------|
| 6 FOREST CITY | 3:32.92 |
| (Greg Wencil, Waylon Folkerts Ben Hauge 49.3, Rob Kampman 1:55.4) | |
| 7 URBAN DALE | 3:32.99 |
| (Erik Frampton, Brett Willer Seth Quam, Colin Pogge) | |
| 8 MARSHALLTOWN | 3:33.10 |
| (Erik Christenson, Barrett Barr Michael Bell 49.4, Dan Wells 1:56.9) | |
| 8 MOUNT PLEASANT | 3:33.10 |
| (Jason Rohde, Jared Holtgrewe Matt Melloy 57.1, Jeff Fedler 1:54.8) | |
| 10 EAST MARSHALL OF LE GRAND | 3:33.43 |
| (Lindsay Catron, Christopher Baker Clayton Stangeland 51.0, Tedd Allen 1:53.4) | |
| 11 VALLEY OF WEST DES MOINES | 3:33.61 |
| (Grant Lodden, Reed Jaksich Erich Ottervanger 59.5, Jake Hoegh 1:58.3) | |
| 12 IOWA CITY | 3:34.22 |
| (Greg Deal, Matt Wooldrik Tim Triplett 50.2, Jeremy Mims 1:57.8) | |
| 13 DUBUQUE HEMPSTEAD | 3:34.94 |
| (Ryan McDermott, B.J. Eiben Dave Meyer, Eric Dasso) | |
| 14 BETTENDORF | 3:35.49 |
| (Zach Gabelman, Aaron Jenkins Alvin Vesey 51.1, Eric Goff 1:58.0) | |
| 15 CEDAR RAPIDS PRAIRIE | 3:35.66 |
| (Kyle Votrobek, T.J. Klith Isaac Dickson 49.7, Dustin Waite 1:59.5) | |
| 16 MONTICELLO | 3:36.33 |
| (Andrew McElmeel, Gabe Ross Tom Reis, Brian Henderson) | |
| 17 LE MARS | 3:36.60 |
| (Paul Brown, Darrin Nelson Kelly Greenfield, Scott Westphal) | |
| 18 CENTRAL OF DEWITT | 3:36.69 |
| (Justin Wagner, Marcus Schnoor Bill Tague 52.6, Matt Niemann 1:57.4) | |
| 19 CEDAR FALLS | 3:38.50 |
| (James Lyle, Jordan Juel Brent Dahlstrom 51.7, Joey Robinson 2:00.8) | |
| 20 DUBUQUE WAHLERT | 3:38.75 |
| (Charlie Freund, Tony Jarchow Eric Kahle 52.5, David Kelly 1:58.2) | |
| 21 IOWA CITY WEST | 3:39.10 |
| (Marques Brooks, Matt Brown Kurt Fisher 51.5, Chris Jones 2:01.1) | |
| 22 LINN-MAR OF MARION | 3:42.13 |
| (Brett Walderbach, Dustin Palmer Ryan Lindsley, Ryan French) | |
| 23 FAIRFIELD | 3:42.72 |
| (Eric Farmer, Brook Richardson Dan McMahon, Matt Hunt) | |
| 24 DUBUQUE | 3:48.81 |
| (Bob Goric, Craig Siegert Troy Loney, Kris Miller) | |

GIRLS RESULTS

100 Meter Dash Finals (wind -1.2 m/s)

| | | |
|--|----|-------|
| 1 Pam Orris, Dubuque | SR | 12.45 |
| 2 Sarah Riedel, Muscatine | JR | 12.87 |
| 3 Kristyn Barber, Cedar Rapids Washington | SR | 12.89 |
| 4 Laneisha Waller, Cedar Rapids Washington | | 12.89 |
| 5 Kelsea Cannon, Clarke of Osceola | SO | 12.92 |
| 6 Audra Bark, Central of DeWitt | JR | 13.11 |
| 7 Beth Michael, Marshalltown | JR | 13.15 |
| 8 Brooke Bowman, North Scott of Eldridge | SR | 13.33 |

Heat 1 (wind +1.2 m/s)

| | | |
|---|----|---------|
| 1 Kelsea Cannon, Clarke of Osceola | SO | 12.58 Q |
| 2 Laneisha Waller, Cedar Rapids Washington | | 12.73 Q |
| 3 Meredith Kosmacek, Tri-Center of Neola | FR | 12.75 |
| 4 Crystal Williamson, Aplington-Parkersburg | FR | 13.00 |
| 5 Rachel Rebling, Fairfield | SO | 13.13 |
| 6 Danielle Hutchinson, Mount Pleasant | SO | 13.19 |
| 7 Becky Lauver, Lewis Central of Council Bluffs | SR | 13.39 |
| 8 Jenna Lago, Ankeny | FR | 13.40 |

Heat 2 (wind 0.0 m/s)

| | | |
|--|----|----------|
| 1 Pam Orris, Dubuque | SR | 12.15 QR |
| 2 Tenika Smith, Cedar Rapids Jefferson | SO | 12.87 |
| 3 Jen Brown, Central of DeWitt | SR | 12.88 |
| 4 Stacy Lawrence, Clinton | JR | 13.01 |
| 5 Angie Kerndt, Decorah | SR | 13.07 |
| 6 Elizabeth Matzen, Iowa City | JR | 13.27 |
| 7 Nikki Wederquist, Fremont-Mills of Tabor | SO | 13.32 |
| 8 Sarah Eichelberger, Muscatine | FR | 13.53 |

Drake Relays Record—old mark, 12.29, Laura Aschoff, Ankeny, 1996.

Heat 3 (wind -0.2 m/s)

| | | |
|--|----|---------|
| 1 Beth Michael, Marshalltown | JR | 12.58 Q |
| 2 Sarah Riedel, Muscatine | JR | 12.63 Q |
| 3 Keely Huber, Oelwein | SR | 12.81 |
| 4 Katie Maguire, Treynor | JR | 13.21 |
| 5 Jessica Kenagy, Sioux City West | JR | 13.31 |
| 6 Courtney Pilch, New London | SO | 13.35 |
| 7 Madelyn Yocom, Chariton | SR | 13.36 |
| 8 Christine Wagner, Council Bluffs Lincoln | JR | 13.44 |

Heat 4 (wind +1.2 m/s)

| | | |
|---|----|---------|
| 1 Kristyn Barber, Cedar Rapids Washington | SR | 12.57 Q |
| 2 Audra Bark, Central of DeWitt | JR | 12.67 Q |
| 3 Brooke Bowman, North Scott of Eldridge | SR | 12.74 Q |
| 4 Shatrece Burt, Cedar Falls | FR | 12.99 |
| 5 Shannan Kissinger, Sioux City West | | 13.07 |
| 6 Stacy Butt, Northeast of Goose Lake | FR | 13.09 |
| 7 Kylie Lago, Ankeny | JR | 13.19 |
| 8 Amber Uhlenhopp, Aplington-Parkersburg | SR | 13.24 |

800 Meter Run Finals

| | | |
|--|----|-----------|
| 1 Amanda Bales, Pleasant Valley | SR | 2:12.26 J |
| 2 Kristin Hansen, Okoboji of Milford | JR | 2:13.31 J |
| 3 Linnea Hopp, Harlan | SO | 2:15.58 |
| 4 Katy Grady, LeMars | JR | 2:15.99 |
| 5 Nelle Trefz, Iowa City | FR | 2:16.16 |
| 6 Allison Werner, Mount Pleasant | SO | 2:16.45 |
| 7 Robyn Werner, Mount Pleasant | SO | 2:17.91 |
| 8 Michelle Sokol, Chariton | SR | 2:18.10 |
| 9 Shannon Oster, Cedar Rapids Washington | SO | 2:18.89 |
| 10 Meggan Reed, Iowa City | SO | 2:20.27 |
| 11 Beth Abramovich, Dowling of West Des Moines | SR | 2:20.32 |
| 12 Missy Bultry, Shenandoah | SR | 2:22.74 |
| 13 Jill Latham, Oelwein | SR | 2:23.51 |

| | | | |
|----|-----------------------------------|----|---------|
| 14 | Megan Glover, Cedar Rapids Xavier | SO | 2.26.44 |
| | Jeni Frudden, Iowa City West | JR | DNS |
| | Lauren Levy, Iowa City West | SR | DNS |

3000 Meter Run Finals

| | | | |
|----|--|----|------------|
| 1 | Jeni Frudden, Iowa City West | JR | 10:02.88 J |
| 2 | Jennie Funk, Iowa City | FR | 10:05.63 J |
| 3 | Kristin Hansen, Okoboji of Milford | JR | 10:09.03 J |
| 4 | Casey Owens, Des Moines Roosevelt | SR | 10:14.03 J |
| 5 | Nelle Trefz, Iowa City | FR | 10:14.79 J |
| 6 | Lauren Levy, Iowa City West | SR | 10:24.55 J |
| 7 | Shannon Oster, Cedar Rapids Washington | SO | 10:30.65 |
| 8 | Rachel O'Connor, Northeast of Goose Lake | JR | 10:33.26 |
| 9 | Robdu Adams, Iowa City West | SO | 10:36.74 |
| 10 | Dani Wagaman, Red Oak | SO | 10:40.21 |
| 11 | Emily Shoopman, Waterloo West | SR | 10:41.71 |
| 12 | Erin Kappeler, Bettendorf | SR | 10:42.47 |
| 13 | Karen Johnson, West Branch | SR | 10:44.04 |
| 14 | Stephanie Noonan, Emmetsburg-Graettinger | SR | 10:45.84 |
| 15 | Lindsey Nye, Fort Madison | SR | 10:46.11 |
| 16 | Teresa Booth, Stanton | SO | 10:48.66 |
| 17 | Quinn Vermie, Southeast Polk of Runnells | SO | 10:49.24 |
| 18 | Kate Greer, Marshalltown | SO | 10:49.30 |
| 19 | Amber Friedrich, Algona | SR | 10:49.31 |
| 20 | Sarah Lacina, Muscatine | JR | 11:00.24 |
| 21 | Jessica Pape, Sioux City Heelan | | 11:02.70 |
| 22 | Amy Garrett, Southeast Polk of Runnells | SO | 11:03.43 |
| 23 | Shirley Stern, Iowa City West | SO | 11:03.45 |
| 24 | Ashley Culp, Valley of West Des Moines | SO | 11:08.56 |
| 25 | Megan Riepma, Spencer | JR | 11:23.29 |
| | Katy Grady, LeMars | JR | DNS |

100 Meter Hurdles Finals (wind -1.3 m/s)

| | | | |
|---|---|----|---------|
| 1 | Tiffany Pedersen, Atlantic | SR | 14.50 R |
| 2 | Blair Anderson, Burlington | SR | 14.84 |
| 3 | Erica Lynn, Ames | SR | 15.16 |
| 4 | Jill Schwiebert, Aplington-Parkersburg | SR | 15.26 |
| 5 | Becky Lauver, Lewis Central of Council Bluffs | SR | 15.28 |
| 6 | Angie German, West Delaware of Manchester | SR | 15.29 |
| 7 | Brooke Plumb, Newton | SR | 15.32 |
| 8 | Kayla Sautter, Mason City | SO | 15.34 |

Drake Relays Record—New Event

Heat 1

| | | | |
|---|--|----|---------|
| 1 | Blair Anderson, Burlington | SR | 14.66 Q |
| 2 | Tara Jetter, Clinton | JR | 15.36 |
| 3 | Maya Monitto-Weber, Iowa City | SO | 15.39 |
| 4 | Tristan Smith, Fort Dodge | SR | 15.52 |
| 5 | Staci VanderBerg, Okoboji of Milford | SO | 15.53 |
| 6 | Allie Karns, Valley of West Des Moines | JR | 15.62 |
| 7 | Nicole Carroll, Mason City | FR | 15.63 |
| 8 | Des Campbell, LeMars Gehlen | SO | 16.73 |

Heat 2

| | | | |
|---|-------------------------------------|----|---------|
| 1 | Tiffany Pedersen, Atlantic | SR | 14.71 Q |
| 2 | Erica Lynn, Ames | SR | 15.16 Q |
| 3 | Lindsay Berding, Spirit Lake Park | SR | 15.64 |
| 4 | Heather McLatchie, Mediapolis | SR | 15.65 |
| 5 | Laura Nanninga, Tri-Center of Neola | SO | 15.80 |
| 6 | Kelsey Grindle, Charter Oak-Ute | FR | 15.88 |
| 7 | Deby Dykstra, Prairie City-Monroe | SR | 16.06 |
| 8 | Carrie Yaley, Fort Madison | SR | 16.35 |

Heat 3

| | | | |
|---|---|----|---------|
| 1 | Jill Schwiebert, Aplington-Parkersburg | SR | 15.14 Q |
| 2 | Angie German, West Delaware of Manchester | SR | 15.22 Q |
| 3 | Lindsey Anderson, Valley of West Des Moines | SR | 15.36 |
| 4 | Kourtney Kelso, Cedar Rapids Kennedy | SR | 15.64 |
| 5 | Haley Sinn, Mount Pleasant | JR | 15.85 |

| | | | |
|---|---|----|-------|
| 6 | Megan Nieman, West Delaware of Manchester | JR | 16.12 |
| 7 | Emily Triplett, Iowa City | FR | 16.17 |
| 8 | Jessie Walker, Jefferson-Scranton | JR | 16.46 |

Heat 4

| | | | |
|---|---|----|---------|
| 1 | Kayla Sautter, Mason City | SO | 15.10 Q |
| 2 | Becky Lauver, Lewis Central of Council Bluffs | SR | 15.25 Q |
| 3 | Brooke Plumb, Newton | SR | 15.31 Q |
| 4 | Madeline Schlenczek, Dubuque | SR | 15.39 |
| 5 | Laura Tomes, Sioux City East | JR | 15.46 |
| 6 | Alysa Klein, Okoboji of Milford | FR | 15.58 |
| 7 | Natalie Johnson, Burlington | SR | 16.02 |
| 8 | Ashley Tucker, Iowa City West | SR | 16.92 |

400 Meter Hurdles Finals

| | | | |
|---|---|----|-----------|
| 1 | Angie German, West Delaware of Manchester | SR | 1:02.17 R |
| 2 | Keely Huber, Oelwein | SR | 1:04.18 |
| 3 | Tiffany Perkins, West Branch | SR | 1:04.48 |
| 4 | Misty Dirksen, Hampton-Dumont | JR | 1:04.54 |
| 5 | Jill Schwiebert, Aplington-Parkersburg | SR | 1:04.69 |
| 6 | Brooke Plumb, Newton | SR | 1:05.87 |
| 7 | Lara Janson, Iowa City West | SR | 1:06.12 |
| 8 | Kelsie Linder, Iowa City | SR | 1:07.06 |

Drake Relays Record—New Event

High Jump Finals

| | | | |
|----|---|----|---------------|
| 1 | Laura Tomes, Sioux City East | JR | 5'06" (1.68m) |
| 2 | Ashley Freeman, Council Bluffs Lincoln | JR | 5'06" (1.68m) |
| 3 | Carmen Cox, Red Oak | JR | 5'04" (1.63m) |
| 4 | Brie Penaluna, Northern Iowa of Cedar Falls | JR | 5'04" (1.63m) |
| 5 | Sondra Rauterkus, Harlan | SR | 5'04" (1.63m) |
| 5 | Jenni Eibert, Laurens-Marathon | FR | 5'04" (1.63m) |
| 5 | Ashley Blome, Panorama of Panora | JR | 5'04" (1.63m) |
| 8 | Stephanie Bacan, St. Mary's of Remsen | SO | 5'04" (1.63m) |
| 9 | Alysa Klein, Okoboji of Milford | FR | 5'04" (1.63m) |
| 10 | Katy Grady, LeMars | JR | 5'04" (1.63m) |
| 11 | Kourtney Kelso, Cedar Rapids Kennedy | SR | 5'04" (1.63m) |
| 12 | Stacy Boerema, Clinton | FR | 5'02" (1.57m) |
| 12 | Crystal Hanson, Roland-Story | SO | 5'02" (1.57m) |
| 14 | Kristan Shanks, Fort Dodge St. Edmond | JR | 5'02" (1.57m) |
| 14 | Megan Bradley, Fort Dodge St. Edmond | SO | 5'02" (1.57m) |
| 16 | Beth Ratterman, Dubuque Hempstead | SR | 5'02" (1.57m) |
| 17 | Angie Hensel, Clinton | SO | 5'00" (1.52m) |
| 17 | Becky Green, Wayne of Corydon | SR | 5'00" (1.52m) |
| 19 | Kate Sievers, Preston-East Central | SO | 5'00" (1.52m) |
| 20 | Erin Allen, Mediapolis | SR | 5'00" (1.52m) |
| 21 | Megan Nieman, West Delaware of Manchester | JR | 5'00" (1.52m) |
| 22 | Ashlee Dickinson, Interstate 35 of Truro | JR | 5'00" (1.52m) |
| 23 | Annie Olson, Clarion-Goldfield | SR | 4'10" (1.47m) |

Long Jump Finals

| | | | | |
|----|--------------------------------|----|-------------------|------|
| 1 | Brie Penaluna, NU High | JR | 18'02.50" (5.55m) | -1.5 |
| 2 | Tiffany Pedersen, Atlantic | SR | 17'00.75" (5.20m) | -1.6 |
| 3 | Fallon Jenkins, Waterloo East | JR | 17'00.25" (5.19m) | -0.4 |
| 4 | Pam Orris, Dubuque | SR | 16'11.50" (5.17m) | +1.5 |
| 5 | Cortney Jacobs, Atlantic | FR | 16'09.75" (5.12m) | -1.0 |
| 6 | Kate Lesage, Unity Christian | JR | 16'08.75" (5.10m) | +1.6 |
| 7 | Angie Hensel, Clinton | SO | 16'07.50" (5.07m) | -0.7 |
| 8 | Amy Wulfekuhler, Storm Lake | SO | 16'06.50" (5.04m) | +0.7 |
| 9 | Sheena Sullivan, Charles City | SO | 16'04" (4.98m) | +0.7 |
| 10 | Madeline Schlenczek, Dubuque | SR | 16'01.50" (4.91m) | +1.2 |
| 11 | Lorilyn Vogel, Unity Christian | SO | 16'01" (4.90m) | -2.2 |
| 12 | Laneisha Waller, CR Washington | | 16'00.75" (4.90m) | -1.0 |
| 13 | Tanya Miller, Dowling WDM | SR | 15'11.00" (4.85m) | -0.7 |
| 14 | Stacy Boerema, Clinton | FR | 15'10.25" (4.83m) | -1.2 |
| 15 | Abby Vanderah, Marshalltown | SR | 15'10" (4.83m) | +1.0 |

| | | | | |
|----|--------------------------------|----|-------------------|------|
| 16 | Madelyn Yocom, Chariton | SR | 15'09.50" (4.81m) | -1.4 |
| 17 | Laura Tomes, Sioux City East | JR | 15'02" (4.62m) | +0.7 |
| 18 | Ashley Westphal, Jesup | | 15'01.50" (4.61m) | +0.4 |
| 19 | Cara Young, Burlington | SO | 14'11.25" (4.55m) | -1.8 |
| 20 | Jami Hester, Davenport Central | | 14'07.50" (4.46m) | -1.1 |
| 21 | Niya Branch, Sioux City West | SO | 14'05.75" (4.41m) | -1.1 |

Shot Put Finals

| | | | |
|----|--|----|----------------------|
| 1 | Abby Emsick, Lewis Central of Council Bluffs | JR | 42'01.75" J (12.85m) |
| 2 | Aubrey Martin, Muscatine | JR | 41'11.5" J (12.79m) |
| 3 | Rainie Goedken, Spencer | SR | 41'07.75" (12.69m) |
| 4 | Sheena James, Clinton | SO | 41'07.25" (12.68m) |
| 5 | Katie Hoback, Columbus of Columbus Junction | SR | 40'03.5" (12.28m) |
| 6 | Joli Coil, Waverly-Shell Rock | SR | 39'08" (12.09m) |
| 7 | Lori Trumblee, Starmont of Arlington | JR | 39'04.75" (12.01m) |
| 8 | Hayley Yarkosky, Oskaloosa | JR | 39'00.25" (11.89m) |
| 9 | Tara Davis, Spencer | SR | 39'00" (11.89m) |
| 10 | Anne Marie Zeller, Woodward-Granger | JR | 38'09.75" (11.83m) |
| 11 | Emily Randolph, Northeast of Goose Lake | JR | 38'07" (11.76m) |
| 12 | Ann Gramkow, A-H-S-T of Avoca | JR | 38'05.5" (11.72m) |
| 13 | Melissa Blessington, Southern Cal of Lake City | | 38'05.25" (11.72m) |
| 14 | Kim Hansen, Cedar Falls | SR | 38'02.5" (11.65m) |
| 15 | Mary Streeter, North Fayette of West Union | SR | 38'00.5" (11.60m) |
| 16 | Janell Ward, BCLUW of Conrad | SR | 37'08.75" (11.50m) |
| 17 | Monica Stringfellow, Waterloo West | SR | 36'10" (11.23m) |
| 18 | Kellie Price, Council Bluffs Lincoln | SO | 36'04.25" (11.08m) |
| 19 | Marla Froelich, Iowa City West | SR | 35'10.5" (10.93m) |
| 20 | Laura Leslein, Pleasant Valley | SR | 34'06.5" (10.53m) |

Discus Finals

| | | | |
|----|---|----|--------------------|
| 1 | Abby Emsick, Lewis Central of Council Bluffs | JR | 147'04" J (44.91m) |
| 2 | Kim Hansen, Cedar Falls | SR | 142'10" J (43.54m) |
| 3 | Mary Streeter, North Fayette of West Union | SR | 131'07" (40.11m) |
| 4 | Caroline Ruppert, Clear Creek-Amana of Tiffin | JR | 130'10" (39.88m) |
| 5 | Jill Eggers, West Marshall of State Center | SR | 124'11" (38.07m) |
| 6 | Rachel Jansen, Maurice-Orange City/Floyd Valley | SO | 123'03" (37.57m) |
| 7 | Aubrey Martin, Muscatine | JR | 122'08" (37.39m) |
| 8 | Amy Waggoner, Marshalltown | FR | 120'10" (36.83m) |
| 9 | Lindsey Pleuss, Boone | SR | 118'01" (35.99m) |
| 10 | Tiffany Steines, Dubuque Wahlert | SR | 117'10" (35.92m) |
| 11 | Kellie Price, Council Bluffs Lincoln | SO | 117'08" (35.86m) |
| 12 | Joli Coil, Waverly-Shell Rock | SR | 116'06" (35.51m) |
| 13 | Jessica Elliott, Iowa City | SO | 115'07" (35.23m) |
| 14 | Beth Anan, Iowa City West | SR | 115'01" (35.08m) |
| 15 | Betsy Hertz, Nevada | SR | 110'07" (33.71m) |
| 16 | Katie Foley, Tipton | SR | 108'02" (32.97m) |
| 17 | Dana Dominguez, West Liberty | SR | 105'07" (32.18m) |
| 18 | Lindsay Rueckert, Columbus Junction | SR | 103'06" (31.55m) |
| 19 | Sarah Thompson, Pleasant Valley | SR | 103'02" (31.45m) |
| 20 | Ann Gramkow, A-H-S-T of Avoca | JR | 103'00" (31.39m) |

4x100 Meter Relay Finals

| | | |
|---|--|-------|
| 1 | CEDAR RAPIDS WASHINGTON | 49.35 |
| | (Carrie Boyle, Laneisha Waller Katie Bogguss, Kristyn Barber) | |
| 2 | CEDAR RAPIDS JEFFERSON | 49.95 |
| | (Tenika Smith, Kim Lorenzen Leslie Tiedtke, Alisha Culp) | |
| 3 | CENTRAL OF DEWITT | 50.03 |
| | (Audra Bark, Katie Novak Ashley Baxter, Jen Brown) | |
| 4 | ATLANTIC | 50.13 |
| | (Cortney Jacobs, Lauren Osborne Kristen Burkhart, Tiffany Pedersen) | |
| 5 | ANKENY | 50.70 |
| | (Sarah Lindner, Haley Younger Lindsay McCracken, Kylie Lago) | |

| | | |
|---|--|---------|
| 6 | CLINTON | 50.78 |
| | (Hillary Armstrong, Lyndsey Kroymann Sara Deters, Stacy Lawrence) | |
| 7 | MARSHALLTOWN | 50.98 |
| | (Abby Vanderah, Tiffany Cruikshank Alison Burns, Beth Michael) | |
| 8 | JOHNSTON | 51.25 |
| | (Amanda Hyde, Jenny Carbone Lindsey Way, Lindsay Ruisch) | |
| | <i>Heat 1</i> | |
| 1 | ANKENY | 50.43 Q |
| | (Sarah Lindner, Haley Younger Lindsay McCracken, Kylie Lago) | |
| 2 | CLINTON | 50.73 Q |
| | (Hillary Armstrong, Lyndsey Kroymann Sara Deters, Stacy Lawrence) | |
| 3 | JOHNSTON | 50.94 Q |
| | (Amanda Hyde, Jenny Carbone Lindsey Way, Lindsay Ruisch) | |
| 4 | AMES | 51.23 |
| | (Megan Maher, Jessica Keefe Kim Rodgers, Kylan Loney) | |
| 5 | IOWA CITY | 51.41 |
| | (Morgan Rorhbach, Heaven Tutson Virginia Dreier, Elizabeth Matzen) | |
| 6 | BURLINGTON | 51.61 |
| | (Joanna Opiekun, Natalie Johnson Cara Young, Blair Anderson) | |
| 7 | SIOUX CITY HEELAN | 51.97 |
| | (Melissa Rhinehart, Brooke Niles Jessica Hooks, Kara Fenceroy) | |
| | PELLA | DNF |
| | (Kelli Marlow, Chelsie Freeze Katie Kniff, Tracy Marlow) | |
| | <i>Heat 2</i> | |
| 1 | CEDAR RAPIDS JEFFERSON | 49.65 Q |
| | (Tenika Smith, Kim Lorenzen Leslie Tiedtke, Alisha Culp) | |
| 2 | ATLANTIC | 50.06 Q |
| | (Cortney Jacobs, Lauren Osborne Kristen Burkhart, Tiffany Pedersen) | |
| 3 | CENTRAL OF DEWITT | 50.06 Q |
| | (Audra Bark, Katie Novak Ashley Baxter, Jen Brown) | |
| 4 | CEDAR FALLS | 50.98 |
| | (Heidi Brody, Carly Miller Yolanda Little, Shatrece Burt) | |
| 5 | MASON CITY | 51.14 |
| | (Nicole Carroll, Ana Ziegler Julie Jacobson, Kayla Sautter) | |
| 6 | WAUKEE | 51.68 |
| | (Megan White, Destinee Castillo Jaymi Kragel, Carrie Embree) | |
| 7 | VALLEY OF WEST DES MOINES | 51.70 |
| | (Aubrie Fontanini, Jessica Tracy Alisa Scarrow, Lacy Brunnette) | |
| 8 | GRINNELL | 53.20 |
| | (Katie Lidtka, Lyndsay Peter Whitney Jensen, Danielle Brooks) | |
| | <i>Heat 3</i> | |
| 1 | CEDAR RAPIDS WASHINGTON | 49.54 Q |
| | (Carrie Boyle, Laneisha Waller Katie Bogguss, Kristyn Barber) | |
| 2 | MARSHALLTOWN | 50.46 Q |
| | (Abby Vanderah, Tiffany Cruikshank Alison Burns, Beth Michael) | |

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| 3 APLINGTON-PARKERSBURG | 51.04 |
| (Natalie Brocka, Amber Uhlenhopp Ashley Uhlenhopp, Crystal Williamson) | |
| 4 NEWTON | 51.04 |
| (Jessie Carson, Alicia Graber Tori Dunham, Brooke Plumb) | |
| 5 DOWLING OF WEST DES MOINES | 51.05 |
| (Amy Howe, Erin Fitzgerald Maggie Dohrmann, Jaime Powers) | |
| 6 MUSCATINE | 51.06 |
| (Sarah Adkins, Natalie Hetzler Becca Siler, Sarah Riedel) | |
| 7 DUBUQUE HEMPSTEAD | 52.36 |
| (Allie Splinter, Rachael Kueter Amanda Oostendorp, Nina Schnee) | |
| DUBUQUE | DQ-FS |
| (Jordon Hougham, Madeline Schlenczek Mary Ann Schilling, Pam Orris) | |

4x400 Meter Relay Finals

| | |
|---|---------|
| 1 LINN-MAR OF MARION | 4:02.78 |
| (Katie Clymer 62.6, Tara Hansen 60.8 Brooke Rhatigan 61.4, Ashley Williams 57.9) | |
| 2 IOWA CITY WEST | 4:03.20 |
| (Lindsey Windauer, Lara Janson Avery Bang 59.6, Lynn Dobyms 59.1) | |
| 3 HARLAN | 4:03.27 |
| (Katie Hosack 62.1, Sondra Rauterkus 61.6 Leah Koesters 61.3, Linnea Hopp 57.3) | |
| 4 DUBUQUE | 4:03.87 |
| (Mary Ann Schilling 62.1, Carrie Jenamen 61.5 Jenny Liphardt 62.3, Pam Orris 58.0) | |
| 5 AMES | 4:03.97 |
| (Jessica Keefe 61.9, Erica Lynn 61.2 Kesha Johns 61.7, Kylan Loney 58.8) | |
| 6 SIOUX CITY HEELAN | 4:08.88 |
| (Melissa Rhinehart, Anne Berger Karla Block, Brooke Niles) | |
| 7 CEDAR RAPIDS JEFFERSON | 4:10.96 |
| (Kim Lorenzen 63.4, Kristin Scheumann 60.0 Leslie Tiedtke 64.1, Alisha Culp 62.5) | |
| 8 IOWA CITY | 4:11.22 |
| (Katie Hill 63.6, Kelsie Linder 61.8 Morgan Rorhbach 64.3, Meggan Reed 61.5) | |

Heat 1

| | |
|---|-----------|
| 1 LINN-MAR OF MARION | 4:01.90 Q |
| (Katie Clymer 62.0, Tara Hansen 60.4 Brooke Rhatigan 60.7, Ashley Williams 58.6) | |
| 2 SIOUX CITY HEELAN | 4:05.69 Q |
| (Melissa Rhinehart 61.5, Anne Berger 61.3 Karla Block 62.4, Brooke Niles 60.5) | |
| 3 JOHNSTON | 4:06.32 |
| (Chelsea Hudson 64.2, Kristin Way 61.2 Sarah Kiester 63.1, Jenny Carbone 57.7) | |
| 4 MOUNT PLEASANT | 4:06.70 |
| (Robyn Werner 61.1, Danielle Hutchinson 63.1 Haley Sinn 63.1, Allison Werner 60.9) | |
| 5 DUBUQUE WAHLERT | 4:06.79 |
| (Emily Roling 61.0, Courtney Kass 62.5 Emily May 62.6, Stephanie May 60.6) | |
| 6 VALLEY OF WEST DES MOINES | 4:08.03 |
| (Sara Boisen, Laura Burke Sarah Best, Christy Drescher) | |
| 7 CEDAR RAPIDS XAVIER | 4:08.75 |
| (Dani Anderson, RyAnne Ridge Emily Sadler, Shannon Ridge) | |

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| 8 DOWLING OF WEST DES MOINES | 4:11.51 |
| (Allie Thrall 61.8, Nellie Walsh 61.9 Anne Abramovich 62.7, Beth Abramovich 65.1) | |

Heat 2

| | |
|--|-----------|
| 1 IOWA CITY WEST | 4:03.42 Q |
| (Lindsey Windauer 60.9, Lara Janson 61.2 Avery Bang 60.7, Lynn Dobyms 60.6) | |
| 2 DUBUQUE | 4:06.22 Q |
| (Mary Ann Schilling 62.3, Carrie Jenamen 60.5 Jenny Liphardt 63.0, Pam Orris 60.8) | |
| 3 ANKENY | 4:07.24 |
| (Haley Younger 61.9, Katy Fuchtmann 61.4 Lindsay McCracken 62.3, Dawn Caffrey 61.6) | |
| 4 PLEASANT VALLEY | 4:07.28 |
| (Maggie Allen 62.6, Lauren Carruthers 59.5 Jackie Kubik 65.4, Amanda Bales 59.7) | |
| 5 DUBUQUE HEMPSTEAD | 4:11.10 |
| (Allie Splinter 62.4, Rachael Kueter 61.5 Morgan Loveless 66.1, Amanda Oostendorp 61.1) | |
| 6 CENTRAL OF DEWITT | 4:11.75 |
| (Lyndsey Weller 62.8, Ashley Baxter 63.4 Erin Dieckmann 64.5, Katie Novak 61.0) | |
| 7 ATLANTIC | 4:13.13 |
| (Steph Jacobs 61.6, Maggie Wernimont 64.0 Jamie Hoegh 64.8, Lauren Osborne 62.7) | |
| 8 SIOUX CITY NORTH | 4:16.58 |
| (Marie Lucas 65.3, Madison Davis 63.2 Katie Yockey 64.7, Alex Wink 63.4) | |

Heat 3

| | |
|---|-----------|
| 1 CEDAR RAPIDS JEFFERSON | 4:02.51 Q |
| (Kim Lorenzen 61.3, Kristin Scheumann 59.8 Leslie Tiedtke 61.9, Alisha Culp 59.2) | |
| 2 HARLAN | 4:02.73 Q |
| (Katie Hosack 61.8, Leah Koesters 59.7 Sondra Rauterkus 62.8, Linnea Hopp 58.5) | |
| 3 IOWA CITY | 4:04.59 Q |
| (Katie Hill 60.8, Kelsie Linder 60.4 Morgan Rorhbach 62.3, Meggan Reed 61.0) | |
| 4 AMES | 4:05.20 Q |
| (Jessica Keefe 61.9, Erica Lynn 60.3 Kesha Johns 63.2, Kylan Loney 59.9) | |
| 5 CEDAR FALLS | 4:06.59 |
| (Heidi Brody 60.3, Ashley Barkema 61.0 Kira Anderson 63.4, Chelsey Dempster 61.8) | |
| 6 BENTON OF VAN HORNE | 4:10.98 |
| (Amy Hemesath 63.0, Brittni Miller 62.8 Cameron Jacobson 61.9, Katie Prusha 63.0) | |
| 7 FAIRFIELD | 4:11.91 |
| (Rachel Rebling 62.9, Casey Hornick 61.4 Amber Christopher 65.6, Lindsey Smith 62.0) | |
| 8 OTTUMWA | 4:12.68 |
| (Brandie Moore 63.8, Melissa Ebelsheiser 62.5 Katie Paulson 62.6, Hanna Elkins 62.7) | |

4x800 Meter Relay Finals

| | |
|---|---------|
| 1 IOWA CITY WEST | 9:12.74 |
| (Lara Janson 2:22.2, Lynn Dobyms 2:17.8 Lauren Levy 2:17.2, Jeni Frudden 2:15.5) | |
| 2 IOWA CITY | 9:15.56 |
| (Monica Mims 2:21.9, Jennie Funk 2:18.6 Meggan Reed 2:19.1, Nelle Trefz 2:15.9) | |
| 3 DUBUQUE WAHLERT | 9:34.73 |
| (Celie Corken, Sara Fassbinder Melissa Meyer, Emily May) | |
| 4 MOUNT PLEASANT | 9:35.60 |
| (Robyn Werner 2:19.5, Jessica Schultz 2:27.5 Jill Moeller 2:29.8, Allison Werner 2:19.8) | |

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| 5 | MARSHALLTOWN (Katie Brown 2:25.1, Andrea Lowry 2:24.0 Kate Greer 2:27.7, Janna Holubar 2:19.4) | 9:36.18 |
| 6 | SHENANDOAH (Mackenzie Lauman, Abby Ballain Missy Buttry, Carli Franks) | 9:40.67 |
| 7 | PLEASANT VALLEY (Jen Wendt 2:21.1, Jackie Kubik 2:25.3 Karina Carson 2:33.0, Amanda Bales 2:22.7) | 9:42.13 |
| 8 | DOWLING OF WEST DES MOINES (Beth Abramovich, Sarah Bird Abbie Smith, Allie Thrall) | 9:42.61 |
| 9 | SIOUX CITY HEELAN (Jessica Pape, Sarah Pattison Anne Berger, Karla Block) | 9:45.74 |
| 10 | ANKENY (Kelsey Andresen, Kelsey McKimpson Dawn Caffrey, Katy Fuchtmann) | 9:47.37 |
| 11 | CEDAR FALLS (Jess Bates, Cassie Naaktgeboren Kira Anderson, Chelsey Dempster) | 9:51.30 |
| 12 | BENTON OF VAN HORNE (Brittini Miller, Heidi Rathje Marni Olson, Katie Prusha) | 9:53.05 |
| 13 | BECKMAN OF DYERSVILLE (Amy Gravel, Jenni Wedewer Aimee Hoefler, Liz Nobsch) | 9:53.53 |
| 14 | ATLANTIC (Steph Jacobs 2:28.0, Krysta Metz 2:29.7 Michelle Allen 2:34.0, Cortney Jacobs 2:27.4) | 9:59.27 |
| 15 | HARLAN (Leah Koesters 2:24.3, Megan Andersen 2:25.1 Ashley Goesser 2:33.0, Renee Schechinger 2:22.7) | 10:04.45 |
| 16 | VALLEY OF WEST DES MOINES (Lauren Hill, Ashley Culp Cassie Isaacson, Rebecca Baker) | 10:09.42 |

Draie Relays Record—new event.

Sprint Medley Relay Finals

| | | |
|---|---|---------|
| 1 | ATLANTIC (Ashley Hayes, Christen Carns Tiffany Pedersen, Cortney Jacobs 57.6) | 1:49.17 |
| 2 | LINN-MAR OF MARION (Amanda Albaugh, Tara Hansen Brooke Rhatigan, Ashley Williams 58.0) | 1:51.01 |
| 3 | WEST DELAWARE OF MANCHESTER (Andrea Bockenstedt, Abby Lahr Megan Nieman, Angie German 58.0) | 1:51.30 |
| 4 | AMES (Megan Maher, Kim Rodgers Erica Lynn, Kylan Loney 59.2) | 1:51.99 |
| 5 | CEDAR FALLS (Danielle Barkema, Carly Miller Shatrece Burt, Heidi Brody 59.1) | 1:52.23 |
| 6 | CEDAR RAPIDS JEFFERSON (Tenika Smith, Kim Lorenzen Ashley Anderson, Alisha Culp 59.3) | 1:52.26 |
| 7 | HARLAN (Callie Hansen, Allison Stracke Liz Olson, Linnea Hopp) | 1:52.75 |
| 8 | IOWA CITY (Morgan Rorhbach, Virginia Dreier Elizabeth Matzen, Monica Mims 62.0) | 1:55.07 |