

I-35 Girls Relay 2023 - 4/6/2023**Truro, IA****Results - I-35 Relays 2023****Girls 100 Meter Dash**

I-35 Girls:	12.12 \$ 2006	J Kordick
Girls Relays:	12.19 R 2010	Mariah Kruse
Name	School	Finals
Finals		
1 Gannon, Aleksys	Murray	12.72 10
2 Williams, Tasha	W Central Va	13.17 8
3 Graden, Taydem	Ogden	13.38 6
4 Graden, Brenlie	Ogden	13.71 4
5 Upp, Grace	I-35, Truro	13.88 2
6 Mason, Ady	SE Warren	14.31 1
7 Harding, Braylie	W Central Va	14.32
8 Badker, Kaleigh	Ogden	x14.92
9 Schill, Lea	SE Warren	14.96
10 Frank, Nevaeh	W Central Va	x14.98
11 Dahlhauser, Meadow	Dsm Lincoln	15.10
12 Boswell, Emma	Orient-Macks	15.24
13 DeJong, Maddy	Melcher-Dall	15.25
14 Benz, Saydi	Melcher-Dall	15.36
15 Cummings, Lily	I-35, Truro	15.62
16 Grove, Shelby	Dsm Lincoln	15.68
17 Lauffer, Hailey	East Union	15.97
18 Cox, Olivia	I-35, Truro	x16.61
19 Armstrong, Alexya	Dsm Lincoln	x16.98
20 Metz, Brooklyn	Melcher-Dall	x17.12
21 Smith, Claire	Murray	17.86
22 Fletchall, Kenna	Orient-Macks	18.92
23 Bracy, Brandy	Orient-Macks	x20.03
24 Aschan, Anna	Murray	x23.95

Girls 200 Meter Dash

I-35 Girls:	25.38 \$ 2004	J Kordick
Girls Relays:	26.03 R 2013	Kate Patton
Name	School	Finals
Finals		
1 Gannon, Aleksys	Murray	26.48 10
2 Williams, Tasha	W Central Va	27.24 8
3 Williams, Tia	W Central Va	28.43 6
4 King, Sydney	Ogden	28.74 4
5 Hutton, Josie	I-35, Truro	29.13 2
6 Harris, Jaide	Dsm Lincoln	29.24 1
7 Edwards, Addisyn	I-35, Truro	29.42
8 Kennedy, Jade	Dsm Lincoln	29.75
9 Staver, Avery	East Union	30.79
10 Friedrichsen, Hazel	Ogden	31.37
11 Kent, Zella	Ogden	x31.63
12 Goodman, Alley	Lamoni	32.29
13 Geisler, Natalie	SE Warren	32.54
14 Anderson, Paetyn	Melcher-Dall	32.98
15 Mickey, Jenna	Melcher-Dall	33.48
16 Guaetieri, Aurora	SE Warren	34.44
17 Handy, Elizabeth	W Central Va	x34.50
18 Oswald, Amaria	Murray	34.66
19 Brammer, Mary	East Union	35.78
20 Bracy, Brandy	Orient-Macks	50.00

Girls 400 Meter Dash

I-35 Girls:	56.61 \$ 2012	M Beeler
Girls Relays:	59.53 R 2012	Maddie Beeler
Name	School	Finals
Finals		
1 Gannon, Aleksys	Murray	1:02.75 10
2 Phillips, Olivia	I-35, Truro	1:04.15 8
3 Fong, Elizabeth	Dsm Lincoln	1:05.82 6
4 McCuddin, Josie	I-35, Truro	1:07.40 4
5 Harris, Jaide	Dsm Lincoln	1:10.04 2
6 Williams, Talia	W Central Va	1:10.08 1
7 Geisler, Natalie	SE Warren	1:10.51
8 Spencer, McKenzie	Ogden	1:13.65
9 Belden, Beth	W Central Va	1:14.34
10 McCloud, Isabelle	Ogden	1:15.72
11 Hendrickson, Kamryn	Melcher-Dall	1:20.67
12 Metz, Brooklyn	Melcher-Dall	1:26.88
13 McNeil, Cora	East Union	1:27.82
14 Murphy, Grace	East Union	1:32.70

Girls 800 Meter Run

I-35 Girls:	2:30.31 \$ 1993	G DeCarlo
Girls Relays:	2:26.80 R 2003	Megan Winkelman
Name	School	Finals
Finals		
1 Anderson, Jade	Dsm Lincoln	2:33.63 10
2 Lass, Samantha	Ogden	2:44.73 8
3 Harvey, Kaleigh	SE Warren	2:45.29 6
4 Crosman, Jordyn	Ogden	2:48.86 4
5 Koch, Taitlin	W Central Va	2:49.46 2
6 Cherniss, Jordan	Dsm Lincoln	2:49.80 1
7 Williams, Talia	W Central Va	2:55.54
8 Knapp, Lillian	I-35, Truro	2:57.20
9 Wadle, Addison	Melcher-Dall	3:00.03
10 Vonnahme, Maggie	I-35, Truro	3:05.89
11 Howard, Kenzy	I-35, Truro	x3:11.04
12 Thompson, Katie	SE Warren	3:11.55
13 Bracy, Bridget	Orient-Macks	3:12.57
14 Mongar, Kenzi	Murray	3:13.90
15 Cather, Alayna	W Central Va	x3:14.14
16 Hendrickson, Haylie	Melcher-Dall	3:17.80

Girls 1500 Meter Run

I-35 Girls:	5:20.01 \$ 2011	H McKinney
Girls Relays:	5:07.30 R 2003	Megan Winkelman
Name	School	Finals
Finals		
1 Spencer, Kayden	Ogden	5:38.10 10
2 Koch, Taitlin	W Central Va	5:43.04 8
3 Carlson, Cadi	I-35, Truro	5:43.88 6
4 Tromblay, Dakota	Ogden	6:03.84 4
5 Allsup, Amara	I-35, Truro	6:05.85 2
6 Stegman, Hailey	Melcher-Dall	6:12.87 1
7 Kuhl, Zoey	W Central Va	6:15.05
8 Valencia, Jillian	East Union	6:45.48

I-35 Girls Relay 2023 - 4/6/2023

Truro, IA

Results - I-35 Relays 2023

Finals ... (Girls 1500 Meter Run)		
Name	School	Finals
--- Johnson, Abby	W Central Va	xNo Data
--- Foster, Ashlynn	W Central Va	xNo Data

Girls 3000 Meter Run		
I-35 Girls: 11:22.61 \$ 2012	H McKinney	
Girls Relays: 10:54.50 R 2003	Megan Winkelman	
Name	School	Finals

Finals			
1	Spencer, Kayden	Ogden	11:59.84 10
2	Koch, Taitlin	W Central Va	12:05.13 8
3	Valencia, Jillian	East Union	13:18.07 6
4	Bracy, Bridget	Orient-Macks	13:53.72 4
5	Howard, Kenzy	I-35, Truro	14:20.96 2
6	Thompson, Katie	SE Warren	15:19.54 1
7	Heilman, Cadence	W Central Va	16:41.13
8	Jackson, Kianna	Melcher-Dall	16:55.43

Girls 100 Meter Hurdles		
I-35 Girls: 16.02 \$ 2012	E Lupkes	
Girls Relays: 15.79 R 2000	Ashley Nally	
Name	School	Finals

Finals			
1	Graden, Taydem	Ogden	16.74 10
2	McCuddin, Jenna	I-35, Truro	18.44 8
3	Herman, Taylor	I-35, Truro	18.81 6
4	Mogle, Abbie	W Central Va	19.15 4
5	Fuller, Malia	W Central Va	19.29 2
6	Clendenen, Lexi	SE Warren	19.71 1
7	Lloyd, Kelly	Lamoni	21.00
8	Richter, Gracie	W Central Va	100:52:40.70
9	Lear, Tristin	East Union	100:52:41.30
10	Chamberlain, Abby	Murray	100:52:42.40
11	Leonard, Aubrey	Ogden	100:52:42.90
12	Kosman, Josie	SE Warren	100:52:44.10
13	Parris, Emma	East Union	100:52:44.20
14	Smith, Claire	Murray	100:52:45.90

Girls 400 Meter Hurdles		
I-35 Girls: 1:05.27 \$ 2013	E Lupkes	
Girls Relays: 1:08.20 R 2013	Ellen Lupkes	
Name	School	Finals

Finals			
1	Phillips, Olivia	I-35, Truro	1:13.21 10
2	Fuller, Malia	W Central Va	1:15.83 8
3	Payette, Cali	I-35, Truro	1:17.22 6
4	Bryant, Jaenelle	Dsm Lincoln	1:19.46 4
5	Lloyd, Kelly	Lamoni	1:21.66 2
6	Johnson, Kaitlin	W Central Va	1:26.15 1

Girls 4x100 Meter Relay		
I-35 Girls: 52.13 \$ 2012	Sanquist, Morris, Johnson, Albers	
Sanquist, Morris, Johnson, Albers		
Girls Relays: 52.97 R 2013	I-35	
Team	Relay	Finals

Finals		
1	Ogden	A 52.13R 10
	1) Graden, Brenlie	2) Graden, Taydem
	3) Buzzell, Courtney	4) King, Sydney
2	W Central Valley	A 53.73 8
	1) Williams, Tia	2) Alt, Kinsey
	3) Powell, Breanna	4) Williams, Tasha
3	I-35, Truro	A 55.43 6
	1) Payette, Cali	2) Phillips, Olivia
	3) Alery, Aurora	4) Upp, Grace
4	East Union	A 57.47 4
	1) Lear, Tristin	2) Young, Audrey
	3) Schulze-Wischler, Sophie	4) McKnight, Noelle
5	Murray	A 59.17 2
	1) Chew, Jayda	2) Shields, Teryn
	3) Palmer, Haylee	4) Gannon, Aleksys
6	Melcher-Dallas	A 59.73 1
	1) Anderson, Paetyn	2) DeJong, Maddy
	3) Overgaard, Gabby	4) Karpan, Summer
7	Dsm Lincoln	A 1:02.68
	1) Vasquez, Brisney	2) Stephenson, Greyah
	3) Thomas, Deijah	4) Owens, Aaniece
8	SE Warren	A 1:04.64
	1) Kosman, Josie	2) Guetieri, Aurora
	3) Fridley, Glorious	4) Schill, Lea

Girls 4x200 Meter Relay		
I-35 Girls: 1:49.04 \$ 2012	Flickener, Wiggins, Johnson, Alber	
Flickener, Wiggins, Johnson, Albers		
Girls Relays: 1:52.72 R 2005	West Central	
Team	Relay	Finals

Finals		
1	W Central Valley	A 1:51.10R 10
	1) Williams, Tia	2) Alt, Kinsey
	3) Powell, Breanna	4) Williams, Tasha
2	Ogden	A 1:58.71 8
	1) Graden, Brenlie	2) Wenger, Breaunna
	3) Buzzell, Courtney	4) King, Sydney
3	Lamoni	A 2:06.35 6
	1) Hill, Emma	2) Goodman, Alley
	3) Howell, Meredith	4) Henson, Taylor
4	I-35, Truro	A 2:06.68 4
	1) Boyce, Kaitlyn	2) Cummings, Lily
	3) Baudler, Emma	4) Edwards, Addisyn
5	Murray	A 2:06.89 2
	1) Chew, Jayda	2) Shields, Teryn
	3) Oswald, Amaria	4) Palmer, Haylee
6	Melcher-Dallas	A 2:07.13 1
	1) Karpan, Summer	2) Mateer, Karsyn
	3) Branson, Hayden	4) Benz, Saydi

I-35 Girls Relay 2023 - 4/6/2023**Truro, IA****Results - I-35 Relays 2023****Finals ... (Girls 4x200 Meter Relay)**

Team	Relay	Finals
7 W Central Valley	B	x2:08.07
1) Handy, Jorie	2) Meyers, Oriana	
3) Hoffmann, Maren	4) Rumley, Karli	
8 Dsm Lincoln	A	2:11.04
1) Stephenson, Greyah	2) Thomas, Deijah	
3) Greene, Mariana	4) Dahlhauser, Meadow	
9 East Union	A	2:13.40
1) Lowe, Christa	2) Lauffer, Hailey	
3) Schulze-Wischler, Sophie	4) Shade, Kayli	

Girls 4x400 Meter Relay**I-35 Girls: 4:05.15 \$ 2004****Hagerman,Becker, Downs, Kordick****Hagerman,Becker, Downs, Kordick****Girls Relays: 4:18.10 R 2005****West Central**

Team	Relay	Finals
Finals		
1 Dsm Lincoln	A	4:33.20 10
1) Harris, Jaide	2) Fong, Elizabeth	
3) Bryant, Jaenelle	4) Anderson, Jade	
2 SE Warren	A	4:36.12 8
1) Geisler, Natalie	2) Harvey, Kaleigh	
3) Clendenen, Lexi	4) Mason, Ady	
3 I-35, Truro	A	4:41.06 6
1) McCuddin, Josie	2) Nelson, Jeta	
3) Jones, Kayla	4) Hutton, Josie	
4 W Central Valley	A	4:50.62 4
1) Alt, Kinsey	2) Williams, Talia	
3) Powell, Breanna	4) Williams, Tasha	
5 Ogden	A	4:56.93 2
1) Wenger, Breanna	2) Lass, Samantha	
3) Spencer, Mckenzie	4) Buxton, Allie	
6 Lamoni	A	5:01.95 1
1) Hill, Emma	2) Olson, Lauren	
3) Piershbacher, Emaleigh	4) Henson, Taylor	
7 East Union	A	5:08.59
1) Waigand, Hayden	2) Shade, Kayli	
3) Staver, Avery	4) Staver, Sidney	
8 Melcher-Dallas	A	5:10.71
1) Hendrickson, Haylie	2) Branson, Hayden	
3) Mateer, Karsyn	4) Wadle, Addison	
9 Murray	A	5:48.19
1) Oswald, Amaria	2) Chamberlain, Abby	
3) Eckels, Addie	4) Mongar, Kenzi	

Girls 4x800 Meter Relay**I-35 Girls: 10:21.10 \$ 1993****Goering, Thomas, Johnson, DeCarl****Goering, Thomas, Johnson, DeCarlo****Girls Relays: 10:39.97 R 2005****I-35**

Team	Relay	Finals
Finals		
1 I-35, Truro	A	11:33.15 10
1) Carlson, Cadi	2) Vonnahme, Maggie	
3) Knapp, Lillian	4) Allsup, Amara	

2 Ogden	A	11:40.28 8
1) Lass, Samantha	2) Spencer, Mckenzie	
3) Tromblay, Dakota	4) Crosman, Jordyn	
3 W Central Valley	A	12:12.72 6
1) Kuhl, Zoey	2) Morse, Zalina	
3) Cather, Alayna	4) Guzinski, Emma	
4 Dsm Lincoln	A	12:57.74 4
1) Manning, Ava	2) Dillon, Lilly	
3) Torres, Ayva	4) Manning, Elsie	
5 Lamoni	A	13:56.95 2
1) Blackwood, Elizabeth	2) Giles, Morgan	
3) Olson, Lauren	4) Hill, Emma	
6 East Union	A	14:37.58 1
1) Parris, Emma	2) Lowe, Christa	
3) Brammer, Mary	4) McNeil, Cora	

Girls 800 Sprint Medley**I-35 Girls: 1:49.21 \$ 2012****Sanquist, Morris, Johnson, Beeler****Sanquist, Morris, Johnson, Beeler****Girls Relays: 1:52.97 R 2013****I-35**

Team	Relay	Finals
Finals		
1 I-35, Truro	A	2:00.80 10
1) Hutton, Josie	2) Upp, Grace	
3) Alery, Aurora	4) Phillips, Olivia	
2 Dsm Lincoln	A	2:06.53 8
1) Greene, Mariana	2) Kennedy, Jade	
3) Pack, Aiyana	4) Wiggins, Jamiah	
3 W Central Valley	A	2:09.36 6
1) Harding, Braylie	2) Sechrist, Jolie	
3) Johnson, Kaitlin	4) Powell, Breanna	
4 East Union	A	2:11.05 4
1) Lear, Tristin	2) McKnight, Noelle	
3) Young, Audrey	4) Staver, Sidney	
5 Ogden	A	2:11.07 2
1) Leonard, Aubrey	2) Wenger, Breanna	
3) Buzzell, Courtney	4) Friedrichsen, Hazel	
6 Lamoni	A	2:12.49 1
1) Lloyd, Kelly	2) Burton, Hailey	
3) Howell, Meredith	4) Piershbacher, Emaleigh	
7 Murray	A	2:14.70
1) Palmer, Haylee	2) Oswald, Amaria	
3) Shields, Teryn	4) Chew, Jayda	
8 Melcher-Dallas	A	2:16.51
1) Anderson, Paetyn	2) Hendrickson, Kamryn	
3) Hendrickson, Haylie	4) Branson, Hayden	

Girls Distance Medley**I-35 Girls: 4:24.60 \$ 2003****Stanely, Beeler, Ahraha, Dick****Stanely, Beeler, Ahraha, Dick****Girls Relays: 4:36.60 R 2017****East Union**

Team	Relay	Finals
Finals		
1 SE Warren	A	4:49.24 10
1) Schill, Lea	2) Clendenen, Lexi	
3) Mason, Ady	4) Harvey, Kaleigh	

I-35 Girls Relay 2023 - 4/6/2023**Truro, IA****Results - I-35 Relays 2023****Finals ... (Girls Distance Medley)**

Team	Relay	Finals
2 East Union	A	4:57.48 8
1) Staver, Sidney	2) Young, Audrey	
3) Waigand, Hayden	4) Staver, Avery	
3 Ogden	A	5:02.99 6
1) Friedrichsen, Hazel	2) Leonard, Aubrey	
3) Buxton, Allie	4) Spencer, Kayden	
4 Lamoni	A	5:03.94 4
1) Lloyd, Kelly	2) Howell, Meredith	
3) Henson, Taylor	4) Piershbacher, Emaleigh	
5 W Central Valley	A	5:05.43 2
1) Sand, Ella	2) Partlow, Emily	
3) Johnson, Kaitlin	4) Koch, Taitlin	
6 Melcher-Dallas	A	5:05.68 1
1) Karpan, Summer	2) Overgaard, Gabby	
3) Wadle, Addison	4) Stegman, Hailey	
7 I-35, Truro	A	5:07.81
1) Nelson, Jeta	2) Cox, Katie	
3) Jones, Kayla	4) Vonnahme, Maggie	
8 Dsm Lincoln	A	5:09.67
1) Bevel, Tamara	2) Wiggins, Jamiah	
3) Pack, Aiyana	4) Cherniss, Tosh	
9 Murray	A	6:14.49
1) Chamberlain, Abby	2) Smith, Claire	
3) Eckels, Addie	4) Mongar, Kenzi	

Girls 4x100 Meter Shuttle Hurdle**I-35 Girls: 1:10.15 \$ 2011****Rupp, Sanquist, Oakes, Lupkes****Rupp, Sanquist, Oakes, Lupkes****Girls Relays: 1:09.00 R 2003****I-35**

Team	Relay	Finals
Finals		
1 I-35, Truro	A	1:16.91 10
1) Payette, Cali	2) Graf, Jaley	
3) Herman, Taylor	4) McCuddin, Jenna	
2 W Central Valley	A	1:20.26 8
1) Mogle, Abbie	2) Richter, Gracie	
3) Fuller, Malia	4) Edgington, Maddie	

Girls High Jump**I-35 Girls: 5-07 \$ 2003****Carlson****Girls Relays: 5-04 R 2000****Jen Alexander**

Name	School	Finals
Finals		
1 Lass, Samantha	Ogden	5-00.00 10
2 Williams, Talia	W Central Va	4-10.00 8
3 Van Dyke, Ella	I-35, Truro	4-08.00 5
3 Fuller, Malia	W Central Va	4-08.00 5
5 Henson, Taylor	Lamoni	J4-08.00 2
6 Mateer, Karsyn	Melcher-Dall	4-06.00 0.5
6 Kent, Zella	Ogden	4-06.00 0.5
8 Morse, Zalina	W Central Va	xJ4-06.00
9 Herman, Taylor	I-35, Truro	4-04.00
--- McNeil, Cora	East Union	FAIL
--- Lear, Tristin	East Union	FAIL

Girls Long Jump**I-35 Girls: 16-11.50 \$ 1969****V Hommer****Girls Relays: 16-07.75 R 2000****Ashley Nally**

Name	School	Finals
Finals		
1 Alt, Kinsey	W Central Va	15-05.50 10
2 Williams, Tia	W Central Va	15-04.25 8
3 Graden, Taydem	Ogden	15-03.50 6
4 Graden, Brenlie	Ogden	14-09.25 3
4 Clendenen, Lexi	SE Warren	14-09.25 3
6 Crosman, Jordyn	Ogden	x14-05.25
7 Cox, Katie	I-35, Truro	13-10.75 1
8 McKnight, Noelle	East Union	13-06.25
9 Benz, Saydi	Melcher-Dall	13-04.00
10 Alery, Aurora	I-35, Truro	13-00.25
11 Boswell, Emma	Orient-Macks	13-00.00
12 DeJong, Maddy	Melcher-Dall	12-09.00
13 Palmer, Haylee	Murray	12-02.25
14 Nkewnti, Neh	East Union	10-07.75
15 Guaetieri, Aurora	SE Warren	10-06.25
15 Schulze-Wischler, Sophie	East Union	x10-06.25
17 Blackwood, Elizabeth	Lamoni	8-08.75

Girls Shot Put**I-35 Girls: 36-04.50 \$ 1971****J Wilson****Girls Relays: 37-02.25 R 2005****Libby Hogan**

Name	School	Finals
Finals		
1 Roosa, Marinza	Ogden	34-09.75 10
2 Conley, Reagan	Ogden	33-08.00 8
3 Overgaard, Gabby	Melcher-Dall	33-00.00 6
4 Morgan, Madalynn	Ogden	x32-06.50
5 Klein, Keirsten	Murray	32-02.00 4
6 Hutton Spieker, Ciera	I-35, Truro	30-08.00 2
7 Wilson, Anna	Ogden	x28-11.50
8 Kosman, Josie	SE Warren	28-08.00 1
9 Dixon, Shailey	I-35, Truro	27-01.50
10 Knedler, Violet	I-35, Truro	x26-07.00
11 Peterson, Abbie	Murray	26-03.00
12 Eckels, Addie	Murray	x26-00.25
13 Shade, Kayli	East Union	25-00.50
14 Long, Macy	W Central Va	24-09.25
15 Fridley, Glorious	SE Warren	24-06.50
16 Gilbert, Lillian	W Central Va	24-00.00
17 Brown, Karis	Lamoni	23-03.50
18 Vasquez, Brisney	Dsm Lincoln	21-09.00
19 Easter, Brooklyn	W Central Va	x21-08.50
20 Bracy, Brandy	Orient-Macks	20-04.50
21 Hill, Emma	Lamoni	19-03.50
22 Fletchall, Kenna	Orient-Macks	18-01.00
23 Aschan, Anna	Murray	x17-06.50
24 Brammer, Mary	East Union	15-03.75

I-35 Girls Relay 2023 - 4/6/2023**Truro, IA****Results - I-35 Relays 2023****Girls Discus Throw****I-35 Girls: 124-00 S 1988****A Kinkenon****Girls Relays: 117-00.25 R 2004****Libby Hogan**

Name	School	Finals
Finals		
1 Klein, Keirsten	Murray	97-05 10
2 Hutton Spieker, Ciera	I-35, Truro	96-10 8
3 Conley, Reagan	Ogden	90-07 6
4 Morgan, Madalynn	Ogden	85-04 4
5 Roosa, Marinza	Ogden	x84-00
6 Alt, Kinsey	W Central Va	81-09 2
7 Alexander, Thea	Ogden	x80-08
8 Hammond, Hope	W Central Va	73-10 1
9 Mickey, Jenna	Melcher-Dall	73-02
10 Dixon, Shailey	I-35, Truro	71-04
11 Overgaard, Gabby	Melcher-Dall	67-05
12 Peterson, Abbie	Murray	65-05
12 Knedler, Violet	I-35, Truro	x65-05
14 Parris, Emma	East Union	64-03
15 Richter, Maya	W Central Va	x63-01
16 Jones, Patience	Dsm Lincoln	42-00
17 Aschan, Anna	Murray	x37-07
18 Fletchall, Kenna	Orient-Macks	37-06

Women - Team Rankings - 19 Events Scored

1) Ogden	143.5
2) W Central Valley	134
3) I-35, Truro	118
4) Murray	48
5) DSM Lincoln	46
6) SE Warren	31
7) East Union	23
8) Lamoní	18
9) Melcher-Dallas	10.5
10) Orient-Macksbg	4