

Ogden Girls Relays - 4/11/2024

Ogden, Iowa

Results

Girls 100 Meter Dash

Name	School	Finals	
Finals			
1 Busch, Carly	Boone	12.99	10
2 Graden, Taydem	Ogden	13.18	8
3 Davis, Destiny	Ames - Black	13.19	6
4 Ades, Erin	Boone	13.26	4
5 Thomas, Hayden	Woodward-Gra	13.30	2
6 Richards, Paige	Madrid	13.33	1
7 Mizerak, Laurel	Gilbert	13.53	
8 Gehling, Chloe	Kuemper Cath	13.65	
9 Banning, Taylor	Gilbert	13.66	
10 Friedrichsen, Hazel	Ogden	13.73	
11 Achenbach, Jaidyn	Woodward-Gra	13.79	
12 Masching, Morgan	Kuemper Cath	13.88	
13 Flower, Natasha	Gilbert	x14.10	
14 Seligman, Sophie	Ogden	x14.15	
15 Hausman, Kalie	Kuemper Cath	x14.24	
16 Arringdale, Taylor	Boone	x14.32	
17 Deal, Abby	Gilbert	x14.36	
18 Behrens, Macy	Woodward-Gra	x14.91	
19 Shivers, Maleah	Boone	x15.05	
20 Tope, Koressa	Ames - Oran	15.67	
20 Ayers, Kelsie	Ames - Oran	15.67	
22 Lampman, Karsyn	Kuemper Cath	x15.98	
23 Appau, Helena	Ames - Oran	x16.29	
24 Drake, Zoe	Ames - Oran	x16.84	
25 Harris, Gracie	Ames - Black	16.89	
26 Weddle, Cianna	Ames - Black	x17.00	
27 Douglas, Alexia	Ames - Black	x17.34	
--- Smith, Mackenzie	Woodward-Gra	NT	

Girls 200 Meter Dash

Name	School	Finals	
Finals			
1 Busch, Carly	Boone	27.61	10
2 Mizerak, Gretchen	Gilbert	27.76	8
3 Davis, Destiny	Ames - Black	28.55	6
4 Banning, Taylor	Gilbert	28.60	4
5 Thomas, Hayden	Woodward-Gra	28.76	2
6 Grandgenett, Claire	Gilbert	x28.91	
7 Wenger, Breanna	Ogden	29.08	1
8 Nigh, Kate	Ames - Oran	29.21	
9 Guedeyi, Suzanne	Ames - Oran	29.62	
10 Gehling, Chloe	Kuemper Cath	29.74	
11 Wormley, Abby	Ames - Black	30.07	
12 Tiefenthaler, Elsa	Kuemper Cath	30.45	
13 Wheeler, Alexis	Boone	30.81	
14 Johnson, Noelle	Boone	x31.19	
15 Baber, Norah	Boone	x31.23	
16 Lally, Ashlyn	Kuemper Cath	x31.61	
17 Hausman, Kalie	Kuemper Cath	x31.63	
18 Steward, Avery	Madrid	32.18	
19 Hanson, Arabelle	Woodward-Gra	32.19	
20 Richardson, Payton	Ames - Oran	x32.47	

21 Gregory, Keilayla	Woodward-Gra	x32.51
22 Almquist, Ivy	Ames - Black	x32.68
23 Snider, Stella	Madrid	32.70
24 McCloud, Isabelle	Ogden	33.08
25 Buchwald, Rebekah	Ames - Black	x33.40
26 Owens, Deonna	Ames - Oran	x33.92
27 Kruse, Clara	Ogden	x34.67

Girls 400 Meter Dash

Name	School	Finals	
Finals			
1 Howard, Inna	Madrid	1:04.17	10
2 Mizerak, Gretchen	Gilbert	1:04.97	8
3 Lass, Samantha	Ogden	1:05.11	6
4 Domer, Madie	Kuemper Cath	1:09.89	4
5 Kincaid, Leah	Ames - Black	1:11.61	2
6 Wilson, Alena	Ogden	1:11.79	1
7 Klein, Piper	Boone	1:12.58	
8 Esslinger, Shelby	Ames - Oran	1:13.44	
9 Hertz, Caraline	Ames - Oran	1:13.46	
10 Wendl, Kamryn	Kuemper Cath	1:13.78	
11 Almquist, Ivy	Ames - Black	1:14.04	
12 Mullins, Shelby	Woodward-Gra	1:15.87	
13 Buchwald, Rebekah	Ames - Black	x1:16.24	
14 McCord, Alaysia	Woodward-Gra	1:19.89	
15 Wahlman, Ellie	Gilbert	1:20.23	
16 Sturm, Meredith	Kuemper Cath	x1:29.31	

Girls 800 Meter Run

Name	School	Finals	
Finals			
1 Crouthamel, Lila	Boone	2:37.87	10
2 Kincaid, Leah	Ames - Black	2:48.54	8
3 White, Adelyn	Madrid	2:51.45	6
4 Davis, Addie	Kuemper Cath	2:51.77	4
5 Guernsey, Willow	Ames - Black	2:59.27	2
6 Leuenberger, Danika	Woodward-Gra	3:01.84	1
7 Chesnut, Avery	Boone	3:08.81	
8 Nolin, AK	Ames - Black	x3:15.44	
9 Wright, Talia	Woodward-Gra	3:17.40	
10 Greving, Shelby	Kuemper Cath	3:19.48	

Girls 1500 Meter Run

Name	School	Finals	
Finals			
1 Brandhorst, Katelyn	Madrid	5:04.54	10
2 Fleshner, Eva	Woodward-Gra	5:25.61	8
3 Krug, Caroline	Ames - Black	5:39.39	6
4 Chesnut, Kaylee	Boone	5:52.51	4
5 Osmundson, Zoey	Woodward-Gra	5:57.78	2
6 Tromblay, Dakota	Ogden	6:06.73	1
7 Kraehling, Lucy	Gilbert	6:08.91	
8 Johnson, Adela	Ames - Oran	6:23.50	
9 Lu, Claire	Ames - Black	6:29.11	
10 Riley, Isabella	Ames - Oran	6:33.19	
11 Churchill, Adysen	Woodward-Gra	x6:39.42	

Ogden Girls Relays - 4/11/2024

Ogden, Iowa

Results

Girls 3000 Meter Run

Name	School	Finals
Finals		
1 Fleshner, Eva	Woodward-Gra	11:27.50 10
2 Tromblay, Dakota	Ogden	12:54.37 8
3 Davis, Addie	Kuemper Cath	13:23.41 6
4 Johnson, Adelaec	Ames - Oran	13:23.82 4
5 Riley, Isabella	Ames - Oran	13:25.76 2
6 Greving, Shelby	Kuemper Cath	14:09.47 1
7 Segebart, Madeline	Kuemper Cath	x14:10.49
8 Wolterman, Kyra	Kuemper Cath	x14:17.55

Girls 100 Meter Hurdles

Name	School	Finals
Finals		
1 Graden, Taydem	Ogden	16.15 10
2 Overman, Sophia	Gilbert	16.81 8
3 Varghese, Elia	Ames - Black	17.59 6
4 Wheeler, Alexis	Boone	17.63 4
5 Christenson, Evie	Gilbert	17.96 2
6 Leonard, Aubrey	Ogden	18.04 1
7 Friedrichsen, Hazel	Ogden	x18.25
8 Achenbach, Jaidyn	Woodward-Gra	18.32
9 Esslinger, Shelby	Ames - Oran	18.40
10 Johnson, Camryn	Ames - Oran	18.47
11 Nardini, Andrea	Woodward-Gra	18.76
12 Holz, Cora	Gilbert	x19.13
13 Berns-Schweingruber, Chloe	Gilbert	x19.67
14 Lampman, Karsyn	Kuemper Cath	20.69
15 Schindel, Sammy	Ames - Black	21.52
16 Rauterkus, Mady	Woodward-Gra	x24.49

Girls 400 Meter Hurdles

Name	School	Finals
Finals		
1 Bleich, Sophia	Gilbert	1:14.45 10
2 Howie, Avery	Boone	1:16.92 8
3 Klocke, Charissa	Woodward-Gra	1:17.87 6
4 Brandhorst, Hannah	Madrid	1:18.82 4
5 Davidson, Madelyn	Boone	1:21.35 2
6 Overman, Sophia	Gilbert	1:23.86 1
7 Schindel, Sammy	Ames - Black	1:29.01

Girls 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Gilbert	A	53.64 10
1) Bruner, Averie	2) Deal, Abby	
3) Mizerak, Laurel	4) Banning, Taylor	
2 Ogden	A	53.84 8
1) Leonard, Aubrey	2) Friedrichsen, Hazel	
3) Seligman, Sophie	4) Graden, Taydem	
3 Boone	A	54.30 6
1) Ades, Erin	2) Howie, Avery	
3) Bailey, Halle	4) Busch, Carly	

4 Woodward-Grangr	A	54.98 4
1) Achenbach, Jaidyn	2) McCaulley, Riley	
3) Nardini, Andrea	4) Thomas, Hayden	
5 Kuemper Cath	A	58.14 2
1) Gehling, Chloe	2) Tiefenthaler, Elsa	
3) Hausman, Kalie	4) Masching, Morgan	
6 Woodward-Grangr	B	x59.70
1) Petersen, Zoe	2) Behrens, Macy	
3) Hollingsworth, Haley	4) Demmerly, Keara	
7 Boone	B	x1:00.35
1) Majak, Kira	2) Champ, Chloe	
3) Baber, Norah	4) Arringdale, Taylor	
8 Ames - Orange	A	1:00.36 1
1) Tope, Koressa	2) Drake, Zoe	
3) Owens, Deonna	4) Harden, Kimora	
9 Gilbert	B	x1:02.18
1) Korreect, Madelyn	2) Chen, Raylene	
3) Strudthoff, Lydia	4) Iddings, Memphis	
10 Ames - Orange	B	x1:02.88
1) Ramirez, Sophia	2) Ayers, Kelsie	
3) Appau, Helena	4) Phares, Corinne	
11 Ogden	B	x1:09.28
1) Hicks, Brylie	2) Swan, Imani	
3) Joseph, Chloe	4) Ozmun, Kyleigh	
--- Ames - Black	A	DQ
1) Weddle, Cianna	2) Gamez, Samantha	
3) Harris, Gracie	4) Douglas, Alexia	

Girls 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 Ames - Orange	A	1:57.06 10
1) Owens, Deonna	2) Guedeyi, Suzanne	
3) Theilen, Josie	4) Nigh, Kate	
2 Kuemper Cath	A	2:01.40 8
1) Masching, Morgan	2) Tiefenthaler, Elsa	
3) Gehling, Chloe	4) Hausman, Kalie	
3 Boone	A	2:03.82 6
1) Davidson, Madelyn	2) Hoyle, Tria	
3) Howie, Avery	4) Vodenik, Gracie	
4 Woodward-Grangr	A	2:04.77 4
1) Demmerly, Keara	2) Nardini, Andrea	
3) Moran, Harper	4) Creger, Chloe	
5 Gilbert	B	x2:09.45
1) Holz, Addison	2) Ellingson, Elle	
3) Moore, Maddie	4) Dantas, Ana	
6 Ames - Black	A	2:10.91 2
1) Devariste, Kaiya	2) Kateti, Cebilha	
3) Deng, Adhel	4) Duhn, Alaina	
7 Madrid	A	2:12.47 1
1) Sweet, Tilly	2) Springer, Samantha	
3) Sonnenfelt, Alyssa	4) Benton, Lillie	
8 Ames - Orange	B	x2:12.72
1) Fuerst, Julia	2) Harden, Kimora	
3) Appau, Helena	4) Phares, Corinne	

Ogden Girls Relays - 4/11/2024

Ogden, Iowa

Results

Finals ... (Girls 4x200 Meter Relay)

Team	Relay	Finals
9 Boone	B	x2:13.13
1) Majak, Kira	2) Boyd, Harper	
3) Champ, Chloe	4) Baber, Norah	
10 Woodward-Grangr	B	x2:17.10
1) Gregory, Keilayla	2) Smith, Mackenzie	
3) Moats, Kelsey	4) Wahl, Harper	
11 Ames - Black	B	x2:27.79
1) Gamez, Samantha	2) Biggs, Elodie	
3) Harris, Gracie	4) Douglas, Alexia	
12 Ogden	A	2:33.25
1) Swan, Imani	2) Bristle, Macy	
3) Joseph, Chloe	4) Ozmun, Kyleigh	
--- Gilbert	A	DNF
1) Hibbing, London	2) Banning, Taylor	
3) Mizerak, Laurel	4) Grandgenett, Claire	

Girls 4x400 Meter Relay

Team	Relay	Finals
1 Ogden	A	4:42.36 10
1) Wenger, Breanna	2) Lass, Samantha	
3) Wilson, Alena	4) Wells, Jozlyn	
2 Ames - Black	A	4:47.35 8
1) Duhn, Alaina	2) Deng, Adhel	
3) Wormley, Abby	4) Plaza, Riley	
3 Woodward-Grangr	A	4:50.53 6
1) Casey, Sunshine	2) Klocke, Charissa	
3) Rodgers, Lauren	4) McCaulley, Riley	
4 Ames - Orange	A	4:57.51 4
1) Akol, Ayak	2) Richardson, Payton	
3) Nigh, Kate	4) Guedeyi, Suzanne	
5 Kuemper Cath	A	5:03.31 2
1) Hackfort, Charlotte	2) Domer, Madie	
3) Wendl, Kamryn	4) Davis, Addie	
6 Woodward-Grangr	B	x5:14.71
1) Smeltzer, Francis	2) Moran, Harper	
3) Behrens, Macy	4) Sharr, Grace	

Girls 4x800 Meter Relay

Team	Relay	Finals
1 Boone	A	11:15.42 10
1) Crouthamel, Lila	2) Morgan, Bry	
3) Klein, Piper	4) Chesnut, Kaylee	
2 Ames - Orange	A	11:39.08 8
1) Mortvedt, Julia	2) Higgins, Sarah	
3) Hertz, Caraline	4) Bhave, Bradie	
3 Ames - Black	A	12:05.85 6
1) Bennett, Edie	2) Duhn, Alaina	
3) Lu, Claire	4) Nolin, AK	
4 Woodward-Grangr	B	x12:30.78
1) Genkinger, Maileigh	2) Creger, Chloe	
3) Smeltzer, Francis	4) Wright, Talia	

5 Woodward-Grangr	A	12:44.95 4
1) Casey, Sunshine	2) Leuenberger, Danika	
3) Sharr, Grace	4) Churchill, Adysen	

Girls 800 Sprint Medley

Team	Relay	Finals
1 Gilbert	A	2:00.55 10
1) Deal, Abby	2) Flower, Natasha	
3) Grandgenett, Claire	4) Hibbing, London	
2 Ogden	A	2:04.91 8
1) Leonard, Aubrey	2) Wilson, Alena	
3) Seligman, Sophie	4) Wenger, Breanna	
3 Ames - Orange	A	2:06.71 6
1) Theilen, Josie	2) Johnson, Camryn	
3) Richardson, Payton	4) Esslinger, Shelby	
4 Woodward-Grangr	A	2:07.27 4
1) Hollingsworth, Haley	2) Nardini, Andrea	
3) McCaulley, Riley	4) Casey, Sunshine	
5 Gilbert	B	x2:11.31
1) Berns-Schweingruber, Chloe	2) Ellingson, Elle	
3) Holz, Addison	4) Dear, Kaitlyn	
6 Boone	A	2:14.03 2
1) Bailey, Halle	2) Wheeler, Alexis	
3) Vodenik, Gracie	4) Hoyle, Tria	
7 Ames - Black	A	2:14.04 1
1) Wormley, Abby	2) Devariste, Kaiya	
3) Varghese, Elia	4) Deng, Adhel	
8 Woodward-Grangr	B	x2:14.23
1) Petersen, Zoe	2) Rauterkus, Mady	
3) Moran, Harper	4) Mullins, Shelby	
9 Madrid	A	2:15.79
1) Hansen, Jaela	2) Springer, Samantha	
3) Sweet, Tilly	4) Benton, Lillie	
10 Ogden	B	x2:18.77
1) Hicks, Brylie	2) Kruse, Clara	
3) McCloud, Isabelle	4) Spencer, McKenzie	
11 Ames - Orange	B	x2:27.04
1) Tope, Koressa	2) Ayers, Kelsie	
3) Ramirez, Sophia	4) Drake, Zoe	

Girls Distance Medley

Team	Relay	Finals
1 Woodward-Grangr	A	4:55.04 10
1) Thomas, Hayden	2) Klocke, Charissa	
3) McCaulley, Riley	4) Osmundson, Zoey	
2 Boone	A	5:03.51 8
1) Vodenik, Gracie	2) Davidson, Madelyn	
3) Morgan, Bry	4) Chesnut, Kaylee	
3 Gilbert	A	5:06.08 6
1) Dantas, Ana	2) Bleich, Sophia	
3) Ryan, Nora	4) Dear, Kaitlyn	
4 Ames - Orange	A	5:08.21 4
1) Fuerst, Julia	2) Harden, Kimora	
3) Higgins, Sarah	4) Mortvedt, Julia	

Ogden Girls Relays - 4/11/2024

Ogden, Iowa

Results

Finals ... (Girls Distance Medley)

Team	Relay	Finals	
5 Madrid	A	5:15.66	2
1) Snider, Stella	2) Steward, Avery		
3) Hansen, Jaela	4) Grothus, Mila		
6 Gilbert	B	x5:21.73	
1) Chen, Raylene	2) Wahlman, Ellie		
3) Powers, Alex	4) Kraehling, Lucy		
7 Ames - Black	A	5:31.26	1
1) Kateti, Cebilha	2) Gamez, Samantha		
3) Schindel, Sammy	4) Bennett, Edie		
8 Woodward-Grangr	B	x5:38.80	
1) Demmerly, Keara	2) Petersen, Zoe		
3) Behrens, Macy	4) Genkinger, Maileigh		
9 Ogden	A	5:40.57	
1) Hicks, Brylie	2) Kruse, Clara		
3) McCloud, Isabelle	4) Wells, Jozlyn		

Girls 4x100 Meter Shuttle Hurdle

Team	Relay	Finals	
1 Gilbert	A	1:16.19	10
1) Overman, Sophia	2) Holz, Cora		
3) Gehling, Jasmine	4) Christenson, Evie		

Girls High Jump

Name	School	Finals	
1 Lass, Samantha	Ogden	J5-03.00	10
2 Akol, Ayak	Ames - Oran	J4-10.00	8
3 Biggs, Elodie	Ames - Black	J4-10.00	6
4 Percival, Anisa	Ames - Black	J4-10.00	4
5 McCord, Alaysia	Woodward-Gra	J4-06.00	2
6 Tiefenthaler, Elsa	Kuemper Cath	J4-06.00	1
--- Fuerst, Julia	Ames - Oran	NH	
--- Almquist, Ivy	Ames - Black	NH	
--- Johnson, Noelle	Boone	NH	
--- Powers, Alex	Gilbert	NH	
--- Shivers, Maleah	Boone	JNH	
--- Boyd, Harper	Boone	NH	

Girls Long Jump

Name	School	Finals	
1 Graden, Taydem	Ogden	16-09.00	10
2 Masching, Morgan	Kuemper Cath	15-08.00	8
3 Achenbach, Jaidyn	Woodward-Gra	14-10.00	6
4 Richards, Paige	Madrid	14-09.50	4
5 Biggs, Elodie	Ames - Black	14-02.50	2
6 Wilson, Alena	Ogden	14-01.50	1
7 Flower, Natasha	Gilbert	13-07.50	
7 Vodenik, Gracie	Boone	13-07.50	
9 Arringdale, Taylor	Boone	13-07.00	
9 McCord, Alaysia	Woodward-Gra	13-07.00	
9 Lampman, Karsyn	Kuemper Cath	13-07.00	
12 Baber, Norah	Boone	x13-06.00	

13 Deal, Abby	Gilbert	12-02.00	
14 Kateti, Cebilha	Ames - Black	12-01.50	
15 Wahl, Harper	Woodward-Gra	x11-09.50	
--- Klein, Piper	Boone	ND	

Girls Shot Put

Name	School	Finals	
1 Sibbel, Ellie	Kuemper Cath	36-01.00	10
2 Roosa, Marinza	Ogden	35-06.00	8
3 Wiebold, Emma	Boone	33-05.00	6
4 Conley, Reagan	Ogden	33-04.50	4
5 Dvorak, Lauren	Madrid	J30-00.00	2
6 Shivers, Maleah	Boone	J30-00.00	1
7 Richards, Brooklyn	Madrid	28-01.50	
8 Schenkelberg, Alivia	Kuemper Cath	28-00.75	
9 Tharp, Alex	Ames - Oran	27-10.50	
10 Wilson, Anna	Ogden	x27-07.00	
11 Gregory, Keilayla	Woodward-Gra	27-04.00	
12 Proctor, Janiah	Ames - Oran	26-11.00	
13 Wolterman, Kaylie	Kuemper Cath	x26-04.50	
14 Rodgers, Lauren	Woodward-Gra	26-04.00	
15 Challis, Jane	Ames - Oran	x24-05.50	
16 Johnson, Ava	Boone	x24-03.75	
17 Wahl, Morgan	Ames - Oran	x23-10.50	
18 Bielfelt, Grace	Boone	x23-05.75	
19 Becker, Hannah	Gilbert	23-05.00	
20 Orr, Caroline	Ames - Black	23-04.25	
21 Hamter, Grace	Ogden	x22-00.25	
22 Moats, Kelsey	Woodward-Gra	x20-04.50	
23 Smith, Mackenzie	Woodward-Gra	x20-00.00	
24 Hard, Julia	Ames - Black	19-09.00	
25 Mellies, Lily	Ames - Black	x19-03.50	
26 Nolin, AK	Ames - Black	x18-09.00	

Girls Discus Throw

Name	School	Finals	
1 Ades, Erin	Boone	108-06	10
2 Sibbel, Ellie	Kuemper Cath	99-11	8
3 Rodgers, Lauren	Woodward-Gra	95-04	6
4 Wiebold, Emma	Boone	95-00	4
5 Conley, Reagan	Ogden	93-09	2
6 Alexander, Thea	Ogden	93-07.50	1
7 Schnormeier, Mollie	Gilbert	89-01	
8 Dvorak, Lauren	Madrid	86-03	
9 Bristow, Keirra	Ames - Oran	82-01.50	
10 Morgan, Madalynn	Ogden	x79-09	
11 Gregory, Keilayla	Woodward-Gra	77-06	
12 Greenfield, Mary	Ames - Oran	77-02.25	
13 Gehling, Jasmine	Gilbert	75-10	
14 Richards, Brooklyn	Madrid	73-10	
15 Jones, Ellian	Ames - Oran	x72-01.25	
16 Johnson, Ava	Boone	x69-05.50	
17 Bristle, Macy	Ogden	x65-05	
18 Schenkelberg, Alivia	Kuemper Cath	62-00.75	

Ogden Girls Relays - 4/11/2024

Ogden, Iowa

Results

Finals ... (Girls Discus Throw)

	Name	School	Finals
19	Hibbing, London	Gilbert	x59-03
20	Elmquist, Josalyn	Boone	x55-11
21	Metschke, Allison	Ames - Black	55-10
22	Wolterman, Kaylie	Kuemper Cath	x55-05.75
23	Moats, Kelsey	Woodward-Gra	x52-11
24	Becker, Hannah	Gilbert	x52-06.50
25	Brewington-Nehmer, Morgen	Ames - Black	49-06
26	Wahl, Morgan	Ames - Black	x48-04.50
27	Stokes, Zakyiah	Ames - Black	x41-06
28	Smith, Mackenzie	Woodward-Gra	x40-10.50
---	Calhoun, Skylar	Ames - Oran	ND

Women - Team Rankings - 19 Events Scored

1)	Boone	105
2)	Ogden	98
3)	Gilbert	77
3)	Woodward-Grangr	77
5)	Ames - Black	66
6)	Kuemper Cath	54
7)	Ames - Orange	47
8)	Madrid	40