

Lady Cardinals
4/8/2014

Class

HEAT	LANE	Class	NAME	TEAM	EVENT	FT INCH	TIME	PLACE	POINTS
8	6	2A	Jaedra Moses	Clarinda	100M_Dash		:13.92	1	10
8	5	2A	Courtney Magnussen	Glenwood	100M_Dash		:14.11	2	8
8	3	2A	LaKendra Black	TJ	100M_Dash		:14.18	3	6
8	4	2A	Kecia Caudill	Glenwood	100M_Dash		:14.42	4	4
8	2	2A	Brooke Silence	Shenandoah	100M_Dash		:14.49	5	2
7	5	2A	Charity Espinosa	Clarinda	100M_Dash		:14.74	6	1

7	4	2A	Miranda Ruth	Glenwood	100M_Hurdles		:17.08	1	10
7	5	2A	Olivia Scarborough	Glenwood	100M_Hurdles		:17.31	2	8
7	7	2A	Stephanie Sandbothe	Atlantic	100M_Hurdles		:17.68	3	6
7	6	2A	Amber Castillo	Creston	100M_Hurdles		:18.28	4	4
7	2	2A	Brianna Holmes	Shenandoah	100M_Hurdles		:19.02	5	2
7	1	2A	Delaney Kinghorn	Shenandoah	100M_Hurdles		:19.20	6	1

2	4	2A	Bailey Starner	Glenwood	1500M_Run		5:29.74	1	10
2	4	2A	Megan Hart	Shenandoah	1500M_Run		5:42.24	2	8
2	4	2A	Jillian Finnegan	Glenwood	1500M_Run		5:48.62	3	6
2	4	2A	Kelsi Thurman	TJ	1500M_Run		5:51.34	4	4
2	4	2A	Jessica Beatty	Creston	1500M_Run		5:55.09	5	2
2	4	2A	Monica Powers	Creston	1500M_Run		6:00.04	6	1

3	5	2A	Clark, Salerno, Serrano, Starner	Glenwood	1600M_Medley_		4:43.47	1	10
3	3	2A	Jones, McElroy, VanVactor, Bair	Clarinda	1600M_Medley_		4:47.34	2	8
3	2	2A	Fischer, Hart, Munsinger,	Shenandoah	1600M_Medley_		4:51.28	3	6
3	6	2A	Downing, Nielsen, Smith, Little	Creston	1600M_Medley_		4: 54.62	4	4
3	1	2A	A. Wingfield, Buntrock , Pate,	RedOak	1600M_Medley_		5:28	5	2
3	7	2A	Fulk, Rourk, Schmitt, Welter	Atlantic	1600M_Medley_		5: 35.78	6	1

5	3	2A	Jenny Bair	Clarinda	200M_Dash		:27.50	1	10
5	5	2A	Courtney Magnussen	Glenwood	200M_Dash		28.06	2	8
5	4	2A	Kecia Caudill	Glenwood	200M_Dash		:28.34	3	6
5	2	2A	Lauren Jones	Clarinda	200M_Dash		:29.10	4	4
5	7	2A	Chelcee Downing	Creston	200M_Dash		:29.76	5	2

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4	4	2A	Michaela Buntrock	RedOak	200M_Dash		:30.78	6	1

2	4	2A	Megan Hart	Shenandoah	3000M_Run		12:15.12	1	10
2	4	2A	Felcia Arellano	Glenwood	3000M_Run		12:55.37	2	8
2	4	2A	Karly Monson	Atlantic	3000M_Run		12:58.75	3	6
2	4	2A	Kelly Espinoza	TJ	3000M_Run		13:54.08	4	4
2	4	2A	Morgan Naughton	Glenwood	3000M_Run		14:25.93	5	2
2	4	2A	Macey Schmitt	Atlantic	3000M_Run		15:01.21	6	1

6	4	2A	Kate Walker	RedOak	400M_Dash		1:02.38	1	10
6	5	2A	Sydney Nielson	Shenandoah	400M_Dash		1:04.69	2	8
6	7	2A	Tiffany Williams	Atlantic	400M_Dash		1:05.75	3	6
6	3	2A	Molly Dean	Glenwood	400M_Dash		1:05.79	4	4
5	4	2A	Nikki Graber	RedOak	400M_Dash		1:06.17	5	2
6	2	2A	Myranda Starner	Glenwood	400M_Dash		1:08.00	6	1

4	4	2A	Sydney Nielson	Shenandoah	400M_Hurdles		1:09.08	1	10
4	5	2A	Molly Dean	Glenwood	400M_Hurdles		1:13.46	2	8
4	6	2A	Miranda Ruth	Glenwood	400M_Hurdles		1:14.52	3	6
4	2	2A	Tiffany Williams	Atlantic	400M_Hurdles		1:15.36	4	4
4	3	2A	Ali VanVector	Clarinda	400M_Hurdles		1:15.58	5	2
4	7	2A	Madison Hance	Creston	400M_Hurdles		1:19.34	6	1

4	3	2A	Fast,McElroy,Bair,Moses	Clarinda	4X100_Relay		:52.68	1	10
4	4	2A	Clark, Magnussen, Forno, F,	Glenwood	4X100_Relay		:53.21	2	8
4	5	2A	Tallant, Black, Christian, Starks	TJ	4X100_Relay		:53.99	3	6
4	6	2A	Fischer, Holmes, Sickler,	Shenandoah	4X100_Relay		:56.81	4	4
4	7	2A	Little, Suiter, Haley, Schuler	Creston	4X100_Relay		:59.09	5	2

4	5	2A	Fast,Jones, Moses,Bair	Clarinda	4x200_Relay		1:52.50	1	10
4	4	2A	Tallant, Black, Christian, Starks	TJ	4x200_Relay		1:54.44	2	8
4	3	2A	Ostrander,Konfrst,Forno, F,	Glenwood	4x200_Relay		1:58.43	3	6
4	2	2A	Sickels, Sickels, Hood, Hance	Creston	4x200_Relay		2:03.31	4	4

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4	6	2A	Johnk, Pelzer, Reilly, Davis	Atlantic	4x200_Relay		2:05.81	5	2
4	7	2A	Fischer, Grebert, Kelso,	Shenandoah	4x200_Relay		2:06.75	6	1
4	4	2A	Caudill,Dean,Konfrst,Webster	Glenwood	4X400_Relay		4:26.76	1	10
4	5	2A	Sickels, Mostek, Downing,	Creston	4X400_Relay		4:29.91	2	8
4	3	2A	Blake, Doyle, Munsinger,	Shenandoah	4X400_Relay		4:39.38	3	6
4	6	2A	Santay, Morgal, Willits, Clark	TJ	4X400_Relay		4:44.16	4	4
4	7	2A	Campbell,Warren,Mayer,	Clarinda	4X400_Relay		4:47.28	5	2
4	2	2A	Reilly, Schildberg, Monson,	Atlantic	4X400_Relay		5:07.43	6	1
3	4	2A	Sickels, Powers, Mostek,	Creston	4X800_Relay		10:59.28	1	10
3	4	2A	Aguilar, Clark, Morgal, Willits	TJ	4X800_Relay		11:12.76	2	8
3	4	2A	Doyle, Munsinger, Ray, Ritchey	Shenandoah	4X800_Relay		11:27.09	3	6
3	4	2A	Matthews,Finnegan,Mumm,	Glenwood	4X800_Relay		11:32.79	4	4
3	4	2A	Williams, Brockman, Freund,	Atlantic	4X800_Relay		12:57.14	5	2
3	4	2A	Kate Walker	RedOak	800M_Dash		2:30.92	1	10
3	4	2A	Maria Mostek	Creston	800M_Dash		2:34.17	2	8
3	4	2A	Elizabeth Mayer	Clarinda	800M_Dash		2:44.26	3	6
3	4	2A	Angela Ray	Shenandoah	800M_Dash		2:44.92	4	4
3	4	2A	Karly Monson	Atlantic	800M_Dash		2:48.67	5	2
3	4	2A	Hayley Matthews	Glenwood	800M_Dash		2:50.08	6	1
4	1	2A	Havener, Straw, Graber,	RedOak	800M_Medley_R		2:00.32	1	10
4	3	2A	Fast,Moses,Bair,Bair	Clarinda	800M_Medley_R		2:02.21	2	8
4	5	2A	Salerno,Fornoff,Serrano,	Glenwood	800M_Medley_R		2:05.97	3	6
4	7	2A	Hood, Suiter, Sickels, Castillo	Creston	800M_Medley_R		2:07.10	4	4
4	4	2A	Starks, Corey, Santay, Clark	TJ	800M_Medley_R		2:07.22	5	2
4	6	2A	Doyle, Sickler, Silence, Stoaks	Shenandoah	800M_Medley_R		2:09.03	6	1
		2A	Halle Goudie	Clarinda	Discus	114' 4"		1	10
		2A	Linnaea Konfrost	Glenwood	Discus	102' 2"		2	8
		2A	Bailey Starner	Glenwood	Discus	94' 2"		3	6

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		2A	Karyee Buch	Clarinda	Discus	93'	7"		4	4
		2A	Mikayla Palmer	Shenandoah	Discus	91'	11"		5	2
		2A	Tetta Askland	Atlantic	Discus	90'	10"		6	1
		2A	Molly Dean	Glenwood	High_Jump	4'	8"		1	10
		2A	Delaney Kinghorn	Shenandoah	High_Jump	4'	6"		2	8
		2A	Sarah Salerno	Glenwood	Long_Jump	15'	4"		1	10
		2A	Sydney Nielson	Shenandoah	Long_Jump	14'	11"		2	8
		2A	Cynthia Best	Clarinda	Long_Jump	14'	9.75"		3	6
		2A	Kaycee Clark	Glenwood	Long_Jump	14'	7"		4	4
		2A	LaKendra Black	TJ	Long_Jump	13'	9"		5	2
		2A	Amber Castillo	Creston	Long_Jump	13'	6.5"		6	1
		2A	Jacy Embray	Glenwood	Shot_Put	37'	8.25"		1	10
		2A	Serena Parker	Shenandoah	Shot_Put	36'	10.25"		2	8
		2A	Linnaea Konfrst	Glenwood	Shot_Put	34'	0"		3	6
		2A	Mistie Kackley	TJ	Shot_Put	32'	3"		4	4
		2A	Mariah Bangtson	Shenandoah	Shot_Put	31'	11.25"		5	2
		2A	Karyee Buch	Clarinda	Shot_Put	31'	0"		6	1
4	3	2A	Ruth,Konfrst,Becker,	Glenwood	Shuttle_Hurdle_R			1:12.97	1	10
4	5	2A	Holmes, Kinghorn, Nielson,	Shenandoah	Shuttle_Hurdle_R			1:13.90	2	8
4	1	2A	Little, Castillo, Hance, Schuler	Creston	Shuttle_Hurdle_R			1:16.02	3	6
3	1	2A	Corey, Walter, Gilmore,	TJ	Shuttle_Hurdle_R			1:26.12	4	4
3	3	2A	Pelzer, Christensen,	Atlantic	Shuttle_Hurdle_R			1:31.81	5	2