

TRACK ALL-TIME & STATE CHAMPIONS LIST - Updated 5/12/2012

I've attempted to reconstruct the all-time best lists, but I'm sure some times that should be on this list are missing. If you have a correction or addition, please e-mail Jason Eslinger at jasoneslinger@ighsau.org. All submissions must come from school personnel, be it a coach or AD.

STATE CHAMPIONSHIP HISTORY 1962-2011

Year	Championship Team and Coach	Runner-up Team
1962	SENTRAL 34 -- Lou Paulsen	Missouri Valley 24
1963	SENTRAL 43 -- Lou Paulsen Cardinal 30	
1964	BELLE PLAINE 34 -- Harold Wilkinson	Manilla 26
1965	BELLE PLAINE 42 -- Harold Wilkinson	Malvern 39
1966	BELLE PLAINE 56 -- Harold Wilkinson	Malvern 30
1967	MANILLA 34 -- Tom Wiltgen	Bedford 25
1968	ROLFE 27 -- Allan Gilbertson	Manilla 22
1969	MANILLA 37 -- Larry Bullock	Adel 31
1970	MANILLA 27 -- Larry Bullock and BGM 27 -- Dick Pollitt	
1971	MANILLA 33 -- Larry Bullock	Midland 18
1972	COLLINS 26 -- Bill Brooks	BGM 19
1973	WOODBINE 33 -- LaVerne Kloster	HLV 27
1974	WOODBINE 48 -- LaVerne Kloster	BCL 33
1975	WOODBINE 54 -- LaVerne Kloster	Ames 21
1976	DAVENPORT WEST 33 -- Dale Fogle	Oelwein 32
1977	(1A) MANILLA 54 -- Larry Bullock (2A) HULL WESTERN CHRISTIAN (65) -- Jerry DeWit (3A) DAVENPORT WEST 47 -- Dale Fogle	Tri-County 40 Elkader Central 29 Spencer 34
1978	(1A) MANILLA 52 -- Bill Blazek (2A) HULL WESTERN CHRISTIAN (62) -- Jerry DeWit (3A) INDIANOLA 47 -- Ron Werling	Lincoln 48 Sioux Center 36 Cedar Rapids Kennedy 42
1979	(1A) NORTH TAMA 37 -- Don Wallis (2A) SIOUX CENTER 64 -- Gary Robeson (3A) INDIANOLA 59 -- Ron Werling	Milford 27 Elkader Central 42 Spencer 55
1980	(1A) NORTH TAMA 29 -- Don Wallis (2A) SIOUX CENTER 74 -- Gary Robeson (3A) INDIANOLA 69 -- Ron Werling	Pekin 27 Starmont 30 CR Kennedy 44
1981	(1A) NORTH TAMA 37 -- Don Wallis (2A) CB ST. ALBERT 47 -- Dick McMahon (3A) ANKENY 62 -- Roy Crabtree	Titonka 34 Starmont 44 CR Jefferson 49
1982	(1A) TITONKA 50 -- Paula Jansen (2A) STARMONT 52 -- Jhan Pedersen (3A) DAVENPORT CENTRAL 57 -- Randy Peters	George 26 Chariton 24 Davenport West 53
1983	(1A) LEMARS GEHLEN CATHOLIC 25 -- Dick Seivert (2A) ATLANTIC 39 -- Bruce Henderson (3A) WAVERLY-SHELL ROCK 40 -- Dick Pollitt	Dexfield 24 Hull Western Christian 32 Des Moines East 30
1984	(1A) BELLE PLAINE 34 -- Ron Snyder (2A) SHELDON 44 -- Jim DeJong (3A) DAVENPORT CENTRAL (57) -- Randy Peters	tie Boyden-Hull and LeMars Gehlen Catholic 30 Atlantic 40 Pleasant Valley 37

1985	(1A) LAURENS-MARATHON 46 -- Alan Pierce (2A) MOUNT VERNON 49 -- Bob Meeker (3A) PLEASANT VALLEY 56 -- Ron Swanson	Pocahontas 37 Anamosa 35 North Scott 50
1986	(1A) LAURENS-MARATHON 37 -- Alan Pierce (2A) CAMANCHE 36 -- Jane Montgomery (3A) BETTENDORF 60 -- Gary Roberson	Pocahontas 36 Decorah 25 WDM Valley 44
1987	(1A) LAURENS-MARATHON 50 -- Alan Pierce (2A) CAMANCHE 44 -- Jane Montgomery (3A) AMES 41 -- Jim Duea	tie Milford and Sanborn 26 Anamosa 39 Bettendorf 35
1988	(1A) MOUNT AYR 29 -- Dave Still (2A) TIPTON 42 -- Dave Fetterman (3A) AMES 53 -- Jim Duea	Lone Tree 28 St. Ansgar 41 Marshalltown 51
1989	(1A) WACO 38 -- Howard Bean (2A) TIPTON 47 -- Dave Fetterman (3A) BETTENDORF 46 -- Gary Roberson	Charter Oak-Ute 35 Bondurant-Farrar 35 WDM Valley 45
1990	(1A) SIGOURNEY 54 -- Arnold Snook (2A) DE WITT CENTRAL 51--Pam Duncan (3A) BETTENDORF 53 -- Gary Roberson	Laurens-Marathon 38 Tipton 48 Des Moines Roosevelt 38
1991	(1A) SIGOURNEY 51--Arnold Snook (2A) TIPTON 45--Dave Fetterman (3A) PLEASANT VALLEY 64--Ron Swanson	Laurens-Marathon 41 Atlantic 42 Des Moines Roosevelt 46
1992	(1A) SIGOURNEY 44--Arnold Snook (2A) UNITY CHRISTIAN 39--Mark Kauk (3A) AMES 54--Jim Duea	Laurens-Marathon 40 Oelwein 32 Des Moines Roosevelt 50
1993	(1A) WOODBINE 32--Jim Hyde (2A) EDDYVILLE 34 -- Dave Whitver (3A) INDIANOLA 52--Mark Tucker	Iowa City Regina 30 Unity Christian 33 Iowa City High 50
1994	(1A) LEMARS GEHLEN CATHOLIC 40--Dick Seivert (2A) JEFFERSON-SCRANTON 56--Mavis Sawhill (3A) INDIANOLA 64 1/2--Mark Tucker	Iowa City Regina Davis County 32 Ames 52
1995	(1A) IOWA CITY REGINA 39--Steve Sherwood (2A) DAVIS COUNTY-FOX VALLEY 45--Steve Dent (3A) AMES 63--Jim Duea	Guthrie Center 30 and North Iowa 30 Atlantic 38 Cedar Falls 45
1996	(1A) WEST HANCOCK 53--Beth Evans (2A) NEW HAMPTON 52--Dain Jeppson (3A) AMES 66--Jim Duea	Iowa City Regina 34 Cherokee 38 Ankeny 62
1997	(1A) ANDREW 32--Carmen Besler (2A) BENTON 28--Marty Thomae and SOUTH WINNESHIEK 28--Kevin Kearney (3A) IOWA CITY HIGH 51--Steve Sherwood	Treynor 31 Ankeny 47
1998	(1A) BELLE PLAINE 38--Don McKinney (2A) ATLANTIC 46--Bruce Henderson (3A) IOWA CITY HIGH 55--Steve Sherwood	Williamsburg 32 Benton 40 Des Moines Roosevelt 35
1999	(1A) SOUTH WINNESHIEK 39--Kevin Kearney (2A) ATLANTIC 49--Bruce Henderson (3A) IOWA CITY HIGH 61--Steve Sherwood	Aplington-Parkersburg & Tipton 34 Williamsburg 30 Iowa City West 51

2000	(3A) IOWA CITY WEST - 56 - Mike Parker (2A) ATLANTIC - Bruce Henderson (1A) COUNCIL BLUFFS ST. ALBERT - Scott Millner	Iowa City High 48 Williamsburg 35 Aplington-Parkersburg 29
2001	(3A) IOWA CITY WEST -53- Mike Parker (2A) ATLANTIC - 64 - Bruce Henderson (1A) APLINGTON-PARKERSBURG - 48 - Al Kerns	Iowa City High 52 Williamsburg 38 Okoboji 38
2002	(3A) IOWA CITY HIGH - 65 - Terry Coleman (2A) CENTRAL DEWITT - 48 - Tim Ryan (1A) CEDAR FALLS NU HIGH - 46 - Neil Phipps	Iowa City West 39 Okoboji 44 North Linn 32
2003	(3A) IOWA CITY HIGH - 82 - Terry Coleman (2A) ATLANTIC - 44 - Bruce Henderson (1A) LeMARS GEHLEN CATHOLIC - Richard Sievert - 34 & NORTHEAST - Patrick Healy	West Des Moines Valley 42 Charles City 34 North Linn 32
2004	(4A) IOWA CITY HIGH - 62 - Terry Coleman (3A) ATLANTIC (Bruce Henderson) & MOUNT PLEASANT (Dave Hutchcroft)- 43 (2A) TIPTON - 51 - Dave Fetterman (1A) NORTH LINN (Daryl Moenk) & TRI-CENTER (Pat Dalton)- 32	Iowa City West 48 West Delaware 38 Camanche 41 Valley Community 29
2005	(4A) WEST DES MOINES VALLEY - 95 - Keith Borness (3A) MOUNT PLEASANT-81 - Dave Hutchcroft (2A) TIPTON - 73 - Dave Fetterman - 73 (1A) NORTH LINN - Daryl Moenk -52	Iowa City West 95 Harlan 69.5 South Winneshiek 44 North Butler 45
2006	(4A) IOWA CITY WEST -67.5- Mike Parker (3A) MOUNT PLEASANT - 86 - Dave Hutchcroft (2A) TIPTON - 63 - Dave Fetterman (1A) NORTH TAMA - 82 - Kent Hanser	Iowa City High 62 Harlan 76.33 Kuemper Catholic 43 Valley Community 42
2007	(4A) IOWA CITY WEST - 97.5 - Mike Parker (3A) BENTON - 58 - Marty Thomae (2A) TIPTON - 51 - Dave Fedderman (1A) NORTH TAMA - Kent Hanser - 96	Iowa City High - 80 Mount Pleasant - 56 Aplington-Parkersburg - 41 Valley Community - 67
2008	(4A) IOWA CITY WEST - 84.50 - Mike Parker (3A) BENTON COMMUNITY - 61.00 - Marty Thomae (2A) NORTH POLK - 46 - Scott Huether (1A) NORTH TAMA - 110 - Kent Hanser	Waukee - 82.50 Mount Vernon - 59.00 Davenport Assumption - 44 Logan-Magnolia - 83
2009	(4A) WAUKEE - 98 - Jesse Hunt (3A) MOUNT VERNON-LISBON - 98.25 - Bill Thomsen (2A) LOGAN-MAGNOLIA - 61 - Gene Esser (1A) NORTH TAMA - 40 - Kent Hanser	Iowa City High - 97 Dubuque Wahlert - 78 Hudson - 48 North Iowa - 38
2010	(4A) IOWA CITY WEST - 91 - Mike Parker (3A) MOUNT VERNON-LISBON - 92 - Bill Thomsen (2A) GILBERT & SOLON - 51 - Karl Terrones (G) & Brent Sands (S) (1A) CENTRAL LYON - 51 - Toby Lorenzen	Dowling Catholic - 67 Dubuque Wahlert - 55 Logan-Magnolia - 48
2011	(4A) IOWA CITY HIGH - 69 - Tom Mittman & Terry Coleman (3A) DUBUQUE WAHLERT - 96 - Tim Berning (2A) LOGAN-MAGNOLIA - 71 - Gene Esser (1A) GRISWOLD - 57 - Andy Everett	Des Moines Roosevelt - 63 Davenport Assumption - 64 Hudson - 69 Belle Plaine - 46

3000 METERS - ALL-TIME LIST

1	Katie Flood, Dowling Catholic	2010	09:27.25
2	Ashlie Decker, Dowling Catholic	2010	09:43.18
3	Maddie Hubbell, DM Roosevelt	2010	09:47.10
4	Michelle Liienthal, Iowa City High	2000	09:47.53
5	Christa Holms, West Des Moines Valley	1989	09:48.00
6	Stephanie Mundt, Urbandale	2007	09:49.49
7	Casey Owens, Des Moines Roosevelt	2001	09:50.33
8	Nicole Criner, West Des Moines Valley	2010	09:52.66
9	Morgan Casey, Northeast	2010	09:52.73
10	Sara Roberson, Bettendorf	1986	09:53.05
11	Jennie Funk, Iowa City High	2001	09:54.91
12	Julie Hudetz, Bettendorf	1984	09:55.6
13	Sarah Gray, Cedar Falls	1995	9:55.94
14	Shelby Houlihan, Sioux City East	2011	9:56.47
15	Tami Colby, Boone	1985	09:57.9
16	Renee Doyle, Sioux City East	1985	09:57.9
17	Betsy Flood, Dowling Catholic	2008	09:58.25
18	Rebekah Topham, Griswold	2012	09:58.39
19	Summer Johnson, Indianola	1995	09:58.43
20	Alana Enabit, Clear Lake	2011	09:58.45
21	Jeni Frudden, Iowa City West	2001	09:58.67
22	Wendy Bare, North Scott	1985	09:59.22
23	Jenna Bieri, Davenport Central	2004	10:00.55
24	Kristin Hansen, Okoboji	2001	10:01.88
25	Karissa Schweizer, Dowling Catholic	2011	10:03.59

3000 METERS STATE CHAMPIONS

2011	4A - Karissa Schweizer, Dowling Catholic	10:03.59
	3A - Alana Enabit, Clear Lake	9:58.45
	2A - Jodi Miller, Sumner-Fredericksburg	10:37.04
	1A - Andrea Toppin, Ventura	10:35.54
2010	4A - Katie Flood, Dowling Catholic	9:27.25
	3A - Anna Holdiman, Waverly-Shell Rock	10:39.71
	2A - Morgan Casey, Northeast	10:02.10
	1A - Katy Moen, Wapsie Valley	10:31.39
2009	4A - Katie Flood, Dowling Catholic	9:55.11
	3A - Moran Lonning, Decorah	10:40.93
	2A - Morgan Casey, Northeast Goose Lake	10:32.38
	1A - Abby Schlater, Council Bluffs St. Albert	10:31.98
2008	4A - Katie Flood, Dowling Catholic	9:46.04
	3A - Danielle Nowasell, Grinnell	10:12.36
	2A - Abby Schlater, Council Bluffs St. Albert	10:30.90
	1A - Carly Olsen, Logan-Magnolia	10:11.31
2007	4A - Katie Flood, Dowling Catholic	9:42.17
	3A - Melissa Erickson, Mount Pleasant	10:47.47
	2A - Carly Olsen, Logan-Magnolia	10:16.74
	1A - Brooke Dinsdale, North Tama	10:16.54
2006	4A - Stephanie Mundt, Urbandale	9:50.83
	3A - Kara Nelson, Cherokee	10:27.17
	2A - Carly Olsen, Logan-Magnolia	10:33.42
	1A - Brooke Dinsdale, North Tama	10:08.96
2005	4A - Stephanie Mundt, Urbandale	10:08.11
	3A - Caedryn Schrunck, Spirit Lake Park	10:31.07
	2A - Emily Van Oosbree, Emmetsburg	10:30.30
	1A - Jessica Clark, West Harrison	10:21.83
2004	4A - Jennie Funk, Iowa City High	10:18.33
	3A - Caedryn Schrunck, Spirit Lake Park	10:44.50
	2A - Marcy Rahn, Clear Creek-Amana	10:44.58
	1A - Stephanie Most, Corning	10:51.71
2003	3A - Nelle Trefz, Iowa City High	10:10.21
	2A - Marcy Rahn, Clear Creek-Amana	10:33.75
	1A - Des Campbell, LeMars Gehlen Catholic	10:27.69

2002	3A - Jennie Funk, Iowa City High	10:11.80
	2A - Kristin Hansen, Okoboji	10:01.98
	1A - Emily Klein, South Hamilton	10:37.59
2001	3A - Casey Owens, Des Moines Roosevelt	9:50.33
	2A - Steph Noonan, Emmetsburg/Graettinger	10:39.25
	1A - Kristin Hanson, Okoboji	10:01.88
2000	3A-MichelleLiienthal, Iowa City High	9:57.97
	2A-Amber Friedrich, Algona	10:41.44
	1A-Kristin Hansen, Okoboji	10:09.14
1999	3A-Michelle Liienthal, Iowa City High	9:49.11
	2A-Kristin Hansen, Okoboji	10:48.01
	1A-Sarah Arens, Remsen St. Mary's	10:08.86
1998	3A-Julie Bigler, Fort Madison	10:15.84
	2A-Kristi Schmidt, Spirit Lake Park	10:28.73
	1A-MichelleLahann, Calamus-Wheatland	10:29.70
1997	3A-Sarah Gray, Cedar Falls	10:15.85
	2A-Amanda Kalen, Durant-Bennett	10:30.09
	1A-Sally Schumaker, Danville	10:44.05
1996	3A-Julie Bigler, Fort Madison	10:42.63
	2A-Amy Edwards, Chariton	10:53.55
	1A-Amber Schmidt, Laurens-Marathon	10:59.98
1995	3A-Summer Johnson, Indianola	10:05.3
	2A-Jana Peterson, Webster City	10:18.5
	1A-Mandy Vitense, Tipton	10:13.8
1994	3A-Summer Johnson, Indianola	10:28.85
	2A-Mandy Vitense, Tipton	10:21.94
	1A-Bethany Rulapaugh, SCMT	10:47.78
1993	3A-Summer Johnson, Indianola	10:09.59
	2A-Sonya Jongmsa, Unity Christian	10:24.97
	1A-Nikole Sterling, Cardinal	10:32.57
1992	3A-Summer Johnson, Indianola	10:19.34
	2A-Sonya Jongmsa, OC Unity Christian	10:27.39
	1A-Sydney Pounds, Gilbert	10:27.26
1991	3A-Kiersten Pauling, DM Lincoln	10:28.30
	2A-Kay Pals, OC Unity Christian	10:44.74
	1A-Sydney Pounds, Gilbert	10:39.24
1990	3A-Cyndi Olson, CR Jefferson	10:30.38
	2A-Jean York, Davenport Assumption	10:45.30
	1A-Sydney Pounds, Gilbert	10:38.27
1989	3A-Christa Holms, WDM Valley	9:55.17
	2A-Michelle Wing, Wilton	10:34.93
	1A-Jane Krueger, Riceville	10:29.87
1988	3A-Christa Holms, WDM Valley	10:01.9
	2A-Jennifer Brower, St. Ansgar	10:13.35
	1A-Jane Krueger, Riceville	10:38.40
1987	3A-Christa Holms, WDM Valley	9:57.30
	2A-Jennifer Brower, St. Ansgar	10:09.15
	1A-Brenda Matheny, Lenox	10:56.31
1986	3A-Christa Holms, WDM Valley	9:52.98
	2A-Kerry Greenwood, Cascade	10:29.58
	1A-Brenda Matheny, Lenox	10:44.36
1985	3A-Wendy Bare, North Scott	9:59.22
	2A-Charlene Letzring, Northeast	10:29.15
	1A-Kristy Freerksen, Riceville	10:47.35
1984	3A-Stacey Schroeder, Pleasant Valley	10:15.40
	2A-Joleen Hansen, Estherville	10:40.53
	1A-Jan Jacobsen, Southeast Warren	11:02.69
1983	3A-Dawn Lentsch, Cedar Falls	10:11.29
	2A-Jill Gazaway, Eagle Grove	10:15.7
	1A-Lynn McHenry, Woodbine	10:57.04

DISCUS - ALL-TIME LIST

1	Taylor Freeman, Iowa City West	2008	166-10
2	Abby Emsick, CB Lewis Central	2003	165-02
3	Robin Small, Sioux City North	1978	160-10
4	Rachel Jansen, MOC-Floyd Valley	2003	159-11
5	Taylor Freeman, Iowa City West	2007	158-04
6	Cheryl Bradley, Dubuque Senior	1981	154-3
7	Lauren Smith, North Fayette	2011	153-7
8	Tammi Blackstone, Cherokee	1996	152-9
9	Courtney Fritz, Iowa City West	2010	152-8
10	Marin Thorson, St. Ansgar	2007	151-03
11	Renetta Seiler, Algona Garrigan	1995	150-10
12	Melanie Heitman, Williamsburg	1979	150-1
13	Rachel Lewis, Sioux City North	1987	149-7
14	Connie White, Laurens-Marathon	1980	149-6
15	Katelyn Weimerskirch, Dub. Wahlert	2012	148-11
16	Leann Boerema, Clinton	1997	148-9
16	Emily Flom, Sioux City North	1995	148-9
16	Amanda Stahle, Bettendorf	2010	148-9
19	Ann Gramkow, AHST	2002	148-08
19	Chelsea Colpitts, Council Bluffs AL	2010	148-08
21	Molly Rawson, North Linn	2004	148-07
22	Carla Nauman, Dubuque Senior	1990	148-6
23	Brooke Ennen, Muscatine	1997	148-5
24	Chloe Schmidt, Benton	2011	148-2
25	Danica Haight, Iowa City West	2007	148-2

DISCUS STATE CHAMPIONS

2011	4A - Amanda Piche, Linn-Mar	146-04
	3A - Dakotah Goodell, Williamsburg	140-10
	2A - Lauren Smith, North Fayette	151-00
	1A - Kayla Hemann, St. Ansgar	137-03
2010	4A - Chelsea Colpitts, CB Abraham Lincoln	148-08
	3A - Mackenzie Siefken, Algona	130-07
	2A - Lauren Smith, North Fayette	129-07
	1A - Amy Wright, Earlham	126-03
2009	4A - Courtney Fritz, Iowa City West	139-02
	3A - Rachel Curry, Williamsburg	132-02
	2A - Becca Fischer, Sheldon	139-07
	1A - Jamie Vermillion, Tri-County	129-11
2008	4A - Taylor Freeman, Iowa City West	156-04
	3A - Sarah Hoffman, Western Dubuque	133-00
	2A - Becca Fischer, Sheldon	121-06
	1A - Devon Jensen, Underwood	125-10
2007	4A - Danica Haight, Iowa City West	145-07
	3A - Chelsey Degan, Algona	125-11
	2A - Marin Thorson, St. Ansgar	151-03
	1A - Devon Jensen, Underwood	126-08
2006	4A - Taylor Freeman, Iowa City West	135-09
	3A - Katie Brown, Spirit Lake	131-05
	2A - Marin Thorson, St. Ansgar	136-08
	1A - Samantha Halverson, Sioux Central	128-05
2005	4A - Katie Bartlett, DM Roosevelt	139-00
	3A - Katie Brown, Spirit Lake	134-04
	2A - Marin Thorson, St. Ansgar	132-03
	1A - Molly Rawson, North Linn	129-04
2004	4A - Amy Waggoner, Marshalltown	131-10
	3A - Katie Brown, Spirit Lake	128-11
	2A - Chelsey Goedken, Casacade	125-08
	1A - Wendy Ausdemore, Tri-Center	137-11
2003	3A - Wendy Milam, Cedar Rapids Washington	132-05
	2A - Rachel Jensen, MOC-Floyd Valley	138-10
	1A - Crystal Beckstrom, Kingsley-Pierson	122-04
2002	3A - Abby Emsick, Lewis Central	140-05
	2A - Caroline Ruppert, Clear Creek-Amana	132-02
	1A - Ann Gramkow, AHST	141-00
2001	3A - Abby Emsick, Lewis Central	144-02
	2A - Caroline Ruppert, Clear Creek-Amana	134-11
	1A - Jill Eggers, West Marshall	144-2
2000	3A - Abby Emsick, Lewis Central	144-9
	2A - Alissa Dennis, Ballard	132-2
	1A - Julie Rietema, West Hancock	127-11
1999	3A - Jessie Boline, Bettendorf	128-9
	2A - Alissa Dennis, Ballard	128-9
	1A - Jen Bice, Woodward-Granger	132-11
1998	3A - Brooke Ennen, Muscatine	125-4

	2A - Alissa Dennis, Ballard	131-10
	1A - Stacy Anderson, Pomeroy-Palmer	123-10
1997	3A - Sarah Wellings, Oskaloosa	130-11
	2A - Lana Radeke, Vinton-Shellsburg	125-8
	1A - Stacy Anderson, Pomeroy-Palmer	127-0
1996	3A - Krista Niezwaag, Charles City	127-0
	2A - Tammi Blackstone, Cherokee	140-9
	1A - Kristin Jenn, West Hancock	143-7
1995	3A - Emily Flom, Sioux City North	142-11
	2A - Tammi Blackstone, Cherokee	139-8
	1A - Renetta Seiler, Algona Garrigan	137-8
1994	3A - Amy Herrig, Dubuque Senior	131-2
	2A - Kris Curnyn, Jefferson-Scranton	132-6
	1A - Eve Lindsey, Laurens-Marathon	124-7
1993	3A - Christy Hebert, CR Jefferson	133-6
	2A - Kris Curnyn, Jefferson-Scranton	134-0
	1A - Missy Hardersen, West Monona	122-4
1992	3A - Christy Hebert, CR Jefferson	144-2
	2A - Kris Curnyn, Jefferson-Scranton	132-1
	1A - Katie Michel, Sigourney	133-2
1991	3A - Amber Atkins, CR Jefferson	141-2
	2A - Alyssa Hagey, Prairie Valley	120-6
	1A - Katie Michel, Sigourney	126-0
1990	3A - Carla Nauman, Dubuque Senior	132-10
	2A - Dawn O'Leary, Camanche	126-1
	1A - Dawn Clausen, Treynor	122-2
1989	3A - Sonia Shoelen, Dub. Hempstead	122-3
	2A - Lisa Van Steenwyk, West Lyon	136-8
	1A - Kerri Gray, Villisca	117-5
1988	3A - Vickie White, Webster City	122-6
	2A - Krista Knoploh, Sumner	132-2
	1A - Christy Kiegl, Laurens-Marathon	136-5
1987	3A - Rachel Lewis, SC North	149-7
	2A - Lisa Van Steenwyk, West Lyon	127-7
	1A - Shelly Miller, Laurens-Marathon	139-7
1986	3A - Rachel Lewis, SC North	139-7
	2A - Brenda Konfrst, Glenwood	130-0
	1A - Shelly Miller, Laurens-Marathon	131-9
1985	3A - Rachel Lewis, SC North	131-9
	2A - Sue Ann Wheeler, Ballard	116-4
	1A - Shelly Miller, Laurens-Marathon	130-1
1984	3A - Dee Christensen, CB Abraham Lincoln	131-11
	2A - Joey Schope, Atlantic	130-6
	1A - Julie Beck, Danville	121-2
1983	3A - Jennifer Van Etten, Dub. Hempstead	135-9
	2A - Joey Schope, Atlantic	132-2
	1A - Rhonda Klahnsen, George	118-4
1982	3A - Tammy Holcomb, Bettendorf	127-3
	2A - Alice Hess, Washington	129-3
	1A - Julie Beck, Danville	118-1
1981	3A - Cheryl Bradley, Dubuque Senior	145-3
	2A - Julie Dostal, Carroll	121-1
	1A - Karen White, Laurens-Marathon	116-7
1980	3A - Cheryl Bradley, Dubuque Senior	132-8
	2A - Beth Klein, Sheldon	126-5
	1A - Jill Anderson, Boyden-Hull	132-8
1979	3A - Robin Small, SC North	154-2
	2A - Melanie Heitman, Williamsburg	142-9
	1A - Kim Mally, Bondurant-Farrar	122-10
1978	3A - Shawn Ritchey, Fort Dodge	136-4
	2A - Melanie Heitman, Williamsburg	142-9
	1A - Jeanne Wagner, Clear Creek	119-4
1977	3A - Shawn Ritchey, Fort Dodge	123-1
	2A - Melanie Heitman, Williamsburg	139-1
	1A - Carla Cain, Lenox	118-1
1976	Melanie Heitman, Williamsburg	122-0
1975	Maria Schinstock, Fort Madison	115-3
1974	Cora Hanson, Valley, Elgin	130-3
1973	Cora Hanson, Valley, Elgin	130-3
1972	Betty Sheldahl, Radcliffe	118-6
1971	Martha Schrick, George	131-6
1970	Linda Rowe, Glenwood	123-6
1969	Linda Houlette, Interstate 35	108-5
1968	Tracy Peterson, Gilbert	119-10
1967	Tracy Peterson, Gilbert	115-10
1966	Tracy Peterson, Gilbert	107-2 1/2
1965	Janelle Freeseaman, Aplington	110-6 3/4
1964	Janelle Freeseaman, Aplington	110-6
1963	Virginia Hanke, Colfax	118-4

LONG JUMP - ALL-TIME LIST

1.	Laneisha Waller, Cedar Rapids Washington	2003	19-05
2	Tashika Lewis, Des Moines North	1994	19-4
3	Karlin Hayes, Ankeny	1979	19-3 1/2
4	Kay Bruce, Nishna Valley	1971	19-2 3/4
5	Kim Carson, Des Moines Roosevelt	1989	19-0 1/2
6	Dawn Huff, Mount Ayr	1990	18-11 3/4
6	Bonnie DeBoer, Hull Western Christian	1978	18-11 3/4
8	Dani Stipe, Kuemper Catholic	2006	18-11.5
9	Angie Hensel, Clinton	2002	18-11 1/2
10	Joni Clark, Pleasant Valley	1977	18-11 1/4
10	Jessica Gehrke, Iowa City West	2009	18-11 1/4
12	McKenna Cronbaugh, Iowa City West	2011	18-10 1/2
13	Christina Airington, Davenport Central	2007	18-09 1/2
14.	Alexis Mitchell, Davenport Central	2009	18-09 1/2
15	Connie Lynch, BCL	1972	18-9 1/4
16	Brie Penaluna, Cedar Falls NU High	2002	18-9
17	Nicole Baumgartner, Marshalltown	1992	18-8 3/4
18	Stacy Butt, Northeast	2004	18-08.5
19	Jill Osenbaugh, Davis County	1995	18-8 1/4
20	Kendra Stannard, Cedar Rapids Washington	1993	18-8
20	Lois Groen, Sioux Center	1981	18-8
20	Jan Brandt, Ackley-Geneva	1971	18-8
23	Keshia Williams, Cedar Rapids Jefferson	1994	18-7 3/4
24	Jennifer Jorgensen, SE Webster-Grand	2008	18-7 1/2
24	Laura Aschoff, Ankeny	1998	18-7 1/2

LONG JUMP STATE CHAMPIONS

2011	4A - McKenna Cronbaugh, Iowa CityWest	18-10.50
	3A - Rea Faber, Clear Lake	17-01.75
	2A - Karen Hutson, Logan-Magnolia	18-00.5
	1A - Kaitlin Floerchinger, Treynor	17-08.5
2010	4A - Jessica Gehrke, Iowa City West	18-02.25
	3A - Anna Wernimont, Atlantic	17-11.25
	2A - Heaven Chandler, Columbus Junction	17-04.75
	1A - Lindsay Hoehns, Twin Cedars	18-01
2009	4A - Jessica Gehrke, Iowa City West	18-11.25
	3A - Anna Wernimont, Atlantic	17-09.25
	2A - Karen Hutson, Logan-Magnolia	17-04.75
	1A - Lindsay Hoehns, Twin Cedars	17-03.75
2008	4A - Alexis Mitchell, Davenport Central	18-04.75
	3A - Mwale Kapande, Mount Pleasant	17-11.35
	2A - Lindsay Lettow, Des Moines Christian	18-00.25
	1A - Jennifer Jorgensen, SE Webster-Grand	18-07.50
2007	4A - Christina Airington, Davenport Central	18-04.25
	3A - Jennie Clark, Norwalk	18-02.75
	2A - Megan Baker, East Marshall	17-08.50
	1A - Jennifer Jorgensen, SE Webster-Grand	17-10.25
2006	4A - Christina Airington, Davenport Central	18-06
	3A - Morgan Achterhoff, MOC-Floyd Valley	17-06.75
	2A - Dani Stipe, Kuemper Catholic	18-11.5
	1A - Jennifer Jorgensen, Southeast Webster Grand	17-09.5
2005	4A - Christina Airington, Davenport Central	17-10.5
	3A - Mallory Henderson, Mount Pleasant	18-02
	2A - Dani Stipe, Kuemper Catholic	17-11.75
	1A - Hannah Baker, Keota	17-08.5
2004	4A - Laneisha Waller, Cedar Rapids Washington	19-02.25
	3A - Dani Stipe, Kuemper Catholic	18-02.25
	2A - Stacy Butt, Northeast	18-08.5
	1A - Abby Bagenstos, Galva-Holstein	17-07.75
2003	3A - Laneisha Waller, Cedar Rapids Washington	19-05
	2A - Sheena Sullivan, Charles City	17-07.5
	1A - Stacy Butt, Northeast	17-07.5
2002	3A - Angie Hensel, Clinton	18-10.5
	2A - Nikki Gruber, Pocahontas Area	17-09
	1A - Brie Penaluna, Cedar Falls NU High	17-07
2001	3A - Laneisha Waller, Cedar Rapids Washington	17-8
	2A - Tracy Marlow, Pella	17-7
	1A - Brie Penaluna, Cedar Falls NU High	18-0
2000	3A - Davonna Carr, Des Moines Roosevelt	18-1 3/4
	2A - Tiffany Pedersen, Atlantic	17-7 1/2
	1A - Brie Penaluna, Cedar Falls NU High	17-8 1/2
1999	3A - Jill Fisher, Sioux City Heelan	17-6
	2A - Tiffany Pedersen, Atlantic	18-1 1/2
	1A - Jessica Jensen, EH-Kimballton/Walnut	16-10 3/4
1998	3A - Kara Hulse, Cedar Falls	17-10
	2A - Nikki Nelson, Mt. Vernon-Lisbon	17-4 1/4
	1A - Susie Reinhardt, Belle Plaine	17-9
1997	3A - Laura Aschoff, Ankeny	18-0 3/4

	2A - Nikki Nelson, Mt. Vernon-Lisbon	17-8
	1A - Barbara Szlendakova, Andrew	18-5 1/2
1996	3A - Laura Aschoff, Ankeny	18-0
	2A - Maggie Hall, Harlan	17-10 1/4
	1A - Katie Brees, Keota	18-5
1995	3A - Carrie Ford, Waverly-Shell Rock	16-10 3/4
	2A - Jill Osenbaugh, Davis County-FV	18-2 1/2
	1A - Jill VanDerLeest, Solon	17-6 1/4
1994	3A - Tashika Lewis, DM North	18-6 1/4
	2A - Allison Starr, AG-WSR	17-6 3/4
	1A - Jennifer Johnson, Solux Central	17-3 1/2
1993	3A - Tashika Lewis, DM North	19-3 1/2
	2A - Peggy Behrens, Durant-Bennett	17-4
	1A - Teresa Breyfogle, Galva-Holstein	17-7 1/2
1992	3A - Nicole Baumgartner, Marshalltown	18-8 3/4
	2A - Sarah Pohlmann, Dav. Assumption	17-7 3/4
	1A - Teresa Breyfogle, Galva-Holstein	16-8 1/4
1991	3A - Tina Erps, Pleasant Valley	18-6
	2A - Dianna Leftridge, Johnston	17-11 1/2
	1A - Melissa Wittenberg, Tripoli	16-5 1/2
1990	3A - Kim Carson, DM Roosevelt	18-5 1/2
	2A - Dawn Huff, Mount Ayr	18-11 1/4
	1A - Carrie Witte, Wall LV-Auburn	17-5 3/4
1989	3A - Nikki Dillard, Fort Dodge	17-8
	2A - Dawn Huff, Mount Ayr	18-6 1/2
	1A - Carrie Witte, Wall LV-Auburn	16-10 1/4
1988	3A - Kris Kroemer, Clinton	17-4 3/4
	2A - Kendra Zieser, North Linn	18-2 1/4
	1A - Kris McWilliams, HLV	17-4 3/4
1987	3A - Kelly Kane, WDM Valley	17-7 1/2
	2A - Alysia Gonzales, Camanche	17-6 3/4
	1A - Barb Buckwalter, Laurens-Marathon	18-0 1/2
1986	3A - Saralyn Semrad, WDM Valley	17-9
	2A - Stephanie Schulte, Pella	17-5 1/2
	1A - Nita Brown, Laurens-Marathon	17-1 1/4
1985	3A - Julie Davis, CR Jefferson	18-7
	2A - Marianna Gutz, Storm Lake	17-8
	1A - Jan Jensen, Elk Horn-Kimballton	17-0
1984	3A - Kelly Kane, WDM Valley	17-3 3/4
	2A - Tammy Warner, Sheldon	17-0 1/4
	1A - Amy Sitzmann, LeMars Gehlen	16-11 1/2
1983	3A - Desi McGuire, DM East	17-7 3/4
	2A - Tammy Warner, Sheldon	17-3 1/4
	1A - Amy Sitzmann, LeMars Gelen	17-5 1/2
1982	3A - Vivian Hardy, Davenport Central	17-7 3/4
	2A - Terri Gipple, Columbus	16-11
	1A - Merriam Keith, Burt	17-2
1981	3A - Vivian Hardy, Davenport Central	18-2 1/4
	2A - Lois Groen, Sioux Center	18-8
	1A - Amy Andrews, Storm Lake St. Mary's	18-1 3/4
1980	3A - Cristy Dickerson, Indianola	18-4 1/2
	2A - Kathy Jackson, Winterset	18-4 1/2
	1A - Diane Dinville, Fremont-Mills	16-7 1/2
1979	3A - Karlin Hayes, Ankeny	17-11 1/2
	2A - Marcie Thurn, Elkader Central	17-7 3/4
	1A - Diane Dinville, Fremont-Mills	16-11 3/4
1978	3A - Luana Dawson, CR Washington	18-2 1/2
	2A - Bonnie DeBoer, Hull WC	18-5 1/2
	1A - Kym Speer, Lincoln	17-1
1977	3A - Joni Clark, Pleasant Valley	18-11 1/4
	2A - Bonnie DeBoer, Hull WC	17-10
	1A - Kym Speer, Lincoln	17-7
1976	Shaun Stevens, SC East	17-10 3/4
1975	Debbie Esser, Woodbine	18-3
1974	Connie Lynch, BCL	17-9 1/2
1973	Christel Brown, HLV	18-6 1/2
1972	Connie Lynch, Beaman-Conrad	18-8 1/4
1971	Kay Bruce, Nishna Valley	18-6 3/4
1970	Cathy Carroll, Collins	17-3 3/4
1969	Kay Bruce, Nishna Valley	16-9 3/4
1968	Kay Bruce, Nishna Valley	17-2 1/2
1967	Brenda DeWall, Rolfe	16-10 1/4
1966	Sandra Hayes, Malvern	17-1 3/4
1965	Nicky Galbraith, Terril	18-5
1964	Ann Kriva, Belle Plaine	17-0 1/4
1963	Linda Ramus, Sentral	16-1 1/2
1962	Sharon Bloyer, Schaller	15-8 1/4

HIGH JUMP - ALL-TIME LIST

1.	Hannah Willms, Dike-New Hartford	2010	6-1
2	Stacy Boerema, Clinton	2002	6-0
3	Deb Volkers, Hull Western Christian	1994	5-11
4	Leah Elbert, Iowa City Regina	1996	5-10
4	Jill Osenbaugh, Davis County	1995	5-10
4	Amy Oleson, Dubuque Senior	1993	5-10
4	AG Bradford, Davenport North	2008	5-10
4	Taylor Twedt, West Fork	2011	5-10
4	Khanishah Williams, Burlington	2011	5-10
4	Alexis Conaway, MOC-Gloyd Valley	2012	5-10
11	Elizabeth Berquist, Alburnett	2003	5-9 1/2
11	Janine Gremmel, Dubuque Wahlert	1988	5-9 1/2
11	Holli Harberts, Walnut	1983	5-9 1/2
14	Mary Mol, Sioux Center	1980	5-9 1/4
15	Khanishah Williams, Burlington	2010	5-9
15	Abby Kohlen, Pomeroy-Palmer	1996	5-9
15	Jeanette Brown, Waterloo Central	1978	5-9
15	Jenni Elbert, Laurens-Marathon	2001	5-9
15	Tiffanie Synacek, CB Thomas Jefferson	2005	5-9
20	Sandy Schultz, Eddyville	1978	5-8.50
21	Kailey Kladivo, North Tama	2012	5-8.25
21	Crystal Hanson, Roland-Story	2002	5-8.25
23	Ashley Freeman, CB Abraham Lincoln	2001	5-8
23	Laura Tomes, Sioux City East	2001	5-8
23	Carmen Cox, Red Oak	2001	5-8
23	Stephanie Bacan, Remsen St. Mary's	2001	5-8
23	Melissa Nelson, Algona	98-99	5-8
23	Stephanie Goettsch, AHST	1998	5-8
23	Julie Gallery, East Buchanan	1997	5-8
23	Kimberly Barnes, Nashua-Plainfield	1996	5-8
23	Tracy Jentzen, Dallas Center-Grimes	1994	5-8
23	Teresa Breyfogle, Galva-Holstein	1993	5-8
23	Tammy Bunn, Louisa-Muscatine	1989	5-8
23	Jamie Elrod, Prairie City	1988-89	5-8
23	Stephanie Davis, Dubuque Senior	1987	5-8
23	Rachel Vanderholt, Aplington-Parkersburg	2007	5-8
23	Johanna Smith, Hudson	2008	5-8
23	Kendra DeJong, Unity Christian	2008	5-8
23	Chaley Rath, Treynor	2012	5-8

HIGH JUMP - STATE CHAMPIONS

2011	4A - Khanishah Williams, Burlington	5-8
	3A - Alexis Conaway, MOC-Floyd Valley	5-7.5
	2A - Taylor Twedt, West Fork	5-6
	1A - Chaley Rath, Treynor	5-5
2010	4A - Khanishah Williams, Burlington	5-6
	3A - Tanna Seufferer, Chariton	5-7.25
	2A - Hannah Willms, Dike-New Hartford	5-9
	1A - Karly Groom, Akron-Westfield	5-5
2009	4A - Khanishah Williams, Burlington	5-8 1/4
	3A - Megan Glisar, Sergeant Bluff-Luton	5-7
	2A - Hannah Willms, Dike-New Hartford	5-11
	1A - Lindsay Hoehns, Twin Cedars	5-5 1/2
2008	4A - AG Bradford, Davenport North	5-8
	3A - Megan Glisar, Sergeant Bluff-Luton	5-7
	2A - Hannah Willms, Dike-New Hartford	5-10 1/4
	1A - Megan Hutson, Logan-Magnolia	5-5
2007	4A - Tiffanie Synacek, CB Thomas Jefferson	5-4
	3A - Megan Glisnar, Sergeant Bluff-Luton	5-7
	2A - Kendra DeJong, Unity Christian	5-6
	1A - Briana Schaeuble, Kingsley-Pierson	5-3
2006	4A - Tiffanie Synacek, CB Thomas Jefferson	5-6
	3A - Lindsey Boldt, Mount Pleasant	5-5
	2A - Megan Glisar, Sergeant Bluff-Luton	5-6
	1A - Alicia Runge, North Kossuth	5-4
2005	4A - Alison Dirks, Iowa City West	5-7
	3A - Amanda Wollman, LeMars	5-6
	2A - Kaitlin Beaver, Sioux Center	5-3
	1A - Amber Sporrer, Glidden-Ralston	5-4
2004	4A - Jessica Statler, Cedar Rapids Prairie	5-4
	3A - Ashton Stelken, West Delaware	5-5
	2A - Jen Kempers, Unity Christian	5-4
	1A - Jenni Elbert, Laurens-Marathon	5-8
2003	3A - Laura Tomes, Sioux City East	5-6
	2A - Crystal Hanson, Roland-Story	5-6
	1A - Elizabeth Berquist, Alburnett	5-7
2002	3A - Stacy Boerema, Clinton	5-7
	2A - Crystal Hanson, Roland-Story	5-7
	1A - Stephanie Bacan, Remsen St. Marys	5-7
2001	3A - Laura Tomes, Sioux City East	5-6
	2A - Bridget Besch, Emmetsburg-Graettinger	5-5

2000	1A - Jenni Elbert, Laurens-Marathon	5-7
	3A - Sondra Rauterkus, Harlan	5-6
	2A - JoLynn Legg, South Tama	5-4
1999	1A - Jen Alexander, Martensdale-St. Marys	5-4
	3A - Tina Wolfe, Pleasant Valley	5-3
	2A - Melissa Nelson, Algona	5-5
1998	1A - Angie Froehlich, Algona Garrigan	5-4
	3A - Amanda Koester, Clinton	5-6
	2A - Melissa Nelson, Algona	5-6
1997	1A - Stephanie Goettsch, AHST	5-7
	3A - Amanda Koester, Clinton	5-6
	2A - Tracy Flowers, Knoxville	5-5
1996	1A - Julie Gallery, East Buchanan	5-8
	3A - Beth Boer, Oskaloosa	5-6
	2A - Melissa Nelson, Algona	5-4
1995	1A - Leah Elbert, Iowa City Regina	5-10
	3A - Beth Boer, Oskaloosa	5-6
	2A - Deb Volkers, Wester Christian	5-8
1994	1A - Leah Elbert, Iowa City Regina	5-8
	3A - Sondra Biere, DM Roosevelt	5-6
	2A - Jill Osenbaugh, Davis County-FV	5-9 1/2
1993	1A - Stephanie Martin, Springville	5-7
	3A - Amy Oleson, Dubuque Senior	5-6
	2A - Deb Volkers, Western Christian	5-6
1992	1A - Teresa Breyfogle, Galva-Holstein	5-5
	3A - Sondra Biere, DM Roosevelt	5-6
	2A - Ann VandenBerg, Hull Western Christian	5-5
1991	1A - Teresa Breyfogle, Galva-Holstein	5-4
	3A - Jenny McGonigle, Urbandale	5-3
	2A - Ann VandenBerg, Hull Western Christian	5-5
1990	1A - Teresa Breyfogle, Galva-Holstein	5-5
	3A - Suzy Hagge, Clinton	5-5
	2A - Tammy Bunn, Louisa-Muscatine	5-5
1989	1A - Jennifer Molander, WACO	5-3
	3A - Katie McFadden, Marshalltown	5-5
	2A - Tarrel Zweibahmer, Storm Lake	5-7
1988	1A - Jamie Elrod, Prairie City	5-8
	3A - Janine Gremmel, Dubuque Wahlert	5-8
	2A - Shawna Tripp, Tipton	5-5
1987	1A - Jamie Elrod, Prairie City	5-8
	3A - Janine Gremmel, Dubuque Wahlert	5-8
	2A - Amy Hartssock, Mid-Prairie	5-6
1986	1A - Stephanie Harrington, Moravia	5-7
	3A - Janine Gremmel, Dubuque Wahlert	5-4
	2A - Karen Hummel, Vinton	5-5
1985	1A - Lynne Lorenzen, Ventura	5-4
	3A - Denise Overmohle, Carroll Kuemper	5-6
	2A - Lisa Greiner, Cardinal	5-6
1984	1A - Lynne Lorenzen, Ventura	5-4
	3A - Janelle Jaspers, Waverly-Shell Rock	5-3
	2A - Lisa Greiner, Cardinal	5-2
1983	1A - Kris Dinkla, Cumberland-Massena	5-4
	3A - Janelle Jaspers, Waverly-Shell Rock	5-6
	2A - Sue DenBeste, Sheldon	5-3
1982	1A - Holli Harberts, Walnut	5-9 1/2
	3A - Janelle Jaspers, Waverly-Shell Rock	5-4
	2A - Holli Harberts, Maurice-Orange City	5-7
1981	1A - Wendi Gardinier, NS-Rock Falls	5-6
	3A - Sue Overmann, CR Jefferson	5-5
	2A - Lisa McDonald, CB St. Albert	5-6
1980	1A - Kathy Gillespie, Lamoni	5-4
	3A - DeeAnn Davidson, CR Kennedy	5-5
	2A - Mary Mol, Sioux Center	5-7
1979	1A - Teresa Sheffield, Bedford	5-7
	3A - Kathy Petersen, Indianola	5-6
	2A - Mary Mol, Sioux Center	5-7
1978	1A - Teresa Sheffield, Bedford	5-4
	3A - Jeanette Brown, Waterloo Central	5-6
	2A - Mary Mol, Sioux Center	5-7
1977	1A - Karry Crafton, West Burlington	5-5
	3A - Lori Linder, Oelwein	5-3
	2A - Sandy Schultz, Eddyville	5-6
1976	1A - Karry Crafton, West Burlington	5-6
1975	Sandy Schultz, Eddyville	5-6
1974	Tammy Crafton, West Burlington	5-4
1973	Patty Grubb, Burt	5-4
1972	Vicki Schoer, Clay Central	5-4
1971	Nancy Waldschmidt, Highland	5-3
1970	Jayne Junkins, Central Argyle	5-2
1969	Linda Rowe, Glenwood	5-3
1968	Sharon Leslein, Edgewood-Colesburg	4-11
1967	Gwen Knickerbocker, Starmont	4-11
1966	Gwen Knickerbocker, Starmont	4-11
1965	Sue Bruget, West Sioux	5-0 1/8
1964	Carol Wolfe, Malvern	4-11 1/4
1963	Kay Cox, Bedford	4-10 1/2
1962	Peggy Barton, Lone Tree	4-8 3/4
	Sue Caskey, Newell-Providence	4-7

DISTANCE MEDLEY - ALL-TIME LIST

1	Sioux City East	2009	4:00.39
2	Waukee	2008	4:01.13
3	Dowling Catholic	2008	4:02.47
4	Fairfield	2006	4:03.14
5	Iowa City High	2001	4:03.56
6	Marshalltown	1999	4:04.32
7	Ames	1985	4:04.35
8	Indianola	1980	4:04.43
9	Iowa City High	1995	4:04.5
10	Iowa City High	2003	4:04.54
11	North Scott	1985	4:04.58
12	Des Moines Roosevelt	1991	4:04.78
13	Missouri Valley	1979	4:05.09
14	North Tama	2007	4:05.37
15	West Des Moines Dowling	1981	4:05.86
16	Dowling Catholic	2007	4:06.00
17	Cedar Falls	2011	4:06.11
18	Mount Pleasant	2003	4:06.20
19	Iowa City High	1999	4:06.3
20	West Des Moines Valley	1987	4:06.31
21	Iowa City High	2000	4:06.45
22	Iowa City West	2003	4:06.56
23	Mount Vernon-Lisbon	2010	4:06.22
24	Sloux City East	2011	4:06.81
25	Tipton	2006	4:06.86
25	Mount Pleasant	2001	4:06.86
25	Dubuque Wahlert	2011	4:06.86

DISTANCE MEDLEY STATE CHAMPIONS

2011	4A - Cedar Falls	4:06.11
	3A - Dubuque Wahlert	4:06.86
	2A - Gilbert	4:11.41
	1A - Woodbine	4:19.62
2010	4A - Sioux City East	4:06.81
	3A - Mount Vernon-Lisbon	4:06.22
	2A - Gilbert	4:09.09
	1A - Central Lyon	4:13.42
2009	4A - Sioux City East	4:00.39
	3A - Mount Vernon	4:08.31
	2A - Northeast	4:12.27
	1A - Council Bluffs St. Albert	4:13.58
2008	4A - Waukee	4:01.13
	3A - Mount Vernon	4:11.01
	2A - Davenport Assumption	4:11.73
	1A - North Tama	4:11.28
2007	4A - Dowling Catholic	4:06.00
	3A - Harlan	4:08.63
	2A - Tipton	4:07.91
	1A - North Tama	4:05.37
2006	4A - Des Moines Roosevelt	4:08.95
	3A - Fairfield	4:03.14
	2A - Tipton	4:06.86
	1A - North Tama	4:11.41
2005	4A - West Des Moines Valley	4:11.46
	3A - Fairfield	4:07.61
	2A - Tipton	4:10.21
	1A - North Linn	4:09.92
2004	4A - Iowa City West	4:09.23
	3A - Fairfield	4:09.49
	2A - Tipton	4:13.94
	1A - North Linn	4:14.05
2003	4A - Iowa City High	4:04.54
	2A - Monticello	4:11.08
	1A - North Linn	4:11.20
2002	3A - Mount Pleasant	4:06.98
	2A - Forest City	4:12.28
	1A - North Linn	4:08.89
2001	3A--Iowa City High	4:03.56
	2A - Oelwein	4:12.48
	1A--Aplington-Parkersburg	4:14.61
2000	3A--Iowa City High	4:06.45
	2A--Chariton	4:10.70
	1A--Aplington-Parkersburg	4:12.75
1999	3A--Marshalltown	4:04.32
	2A--Dyersville Beckman	4:13.95
	1A--South Winneshiek	4:17.05

1998	3A--Marshalltown	4:07.92
	2A--Forest City	4:11.83
	1A--Belle Plaine	4:15.85
1997	3A--West Des Moines Dowling	4:08.89
	2A--Aplington-Parkersburg	4:11.88
	1A--North Kossuth	4:13.14
1996	3A--Iowa City High	4:11.99
	2A--New Hampton	4:16.54
	1A--Ar-We-Va	4:13.78
1995	3A--Iowa City High	4:04.5
	2A--New Hampton	4:14.96
	1A--Ar-We-Va	4:10.4
1994	3A--Ames	4:09.1
	2A--Davis County-Fox Valley	4:14.84
	1A--Ar-We-Va	4:13.1
1993	3A--Cedar Rapids Kennedy	4:09.89
	2A--Shenandoah	4:18.73
	1A--Ar-We-Va	4:20.05
1992	3A--Des Moines Roosevelt	4:10.08
	2A--Orange City Unity Christian	4:10.69
	1A--Laurens-Marathon	4:14.85
1991	3A--Des Moines Roosevelt	4:04.78
	2A--Atlantic	4:14.68
	1A--Hinton	4:17.6
1990	3A--Southeast Polk	4:07.95
	2A--DeWitt Central	4:20.17
	1A--Northwood-Kensett	4:17.49
1989	3A--Bettendorf	4:09.14
	2A--Bondurant-Farrar	4:16.40
	1A--New Hartford	4:21.25
1988	3A--West Des Moines Valley	4:07.11
	2A--Bondurant-Farrar	4:14.89
	1A--Hinton	4:20.28
1987	3A--West Des Moines Valley	4:06.31
	2A--Decorah	4:10.74
	1A--Sigourney	4:19.16
1986	3A--Cedar Rapids Kennedy	4:09.37
	2A--Decorah	4:14.18
	1A--Pocahontas	4:22.39
1985	3A--Ames	4:04.35
	2A--Denison	4:11.92
	1A--George	4:14.64
1984	3A--Cedar Rapids Kennedy	4:09.6
	2A--Hull Western Christian	4:17.6
	1A--Boyden-Hull	4:19.3
1983	3A--Waverly-Shell Rock	4:10.94
	2A--Hull Western Christian	4:13.53
	1A--North Mahaska	4:14.81
1982	3A--Fairfield	4:12.79
	2A--Storm Lake	4:14.31
	1A--George	4:12.50
1981	3A--West Des Moines Dowling	4:06.61
	2A--Council Bluffs St. Albert	4:08.41
	1A--North Tama	4:16.44
1980	3A--Indianola	4:04.43
	2A--Pella Christian	4:11.26
	1A--North Tama	4:11.19
1979	3A--West Des Moines Dowling	4:07.83
	2A--Missouri Valley	4:05.09
	1A--North Tama	4:12.47
1978	3A--Carroll Kuemper	4:10.57
	2A--Missouri Valley	4:09.03
	1A--Manilla	4:08.41

ONE MILE

1977	3A--Spencer	4:11.1
	2A--Clarinda	4:17.4
	1A--Manilla	4:09.0
1976	Davenport West	4:09.3
1975	Manilla	4:09.2
1974	Spirit Lake	4:09.2
1973	Scranton	4:08.3
1972	Manilla	4:08.9
1971	Manilla	4:13.2
1970	Manilla	4:18.4
1969	Rolfe	4:19.0
1968	Shelby-Tennant	4:37.7

4X800 - ALL-TIME LIST

1	Iowa City West	2001	9:09.09
2	Dowling Catholic	2010	9:11.01
3	Iowa City High	2002	9:11.40
4	Iowa City West	2000	9:11.62
5	West Des Moines Valley	2011	9:13.88
6	Iowa City High	2003	9:14.85
7	Cedar Rapids Xavier	2003	9:15.38
8	Iowa City High	2001	9:15.56
9	Mount Vernon-Lisbon	2010	9:15.68
10	Iowa City West	2011	9:16.54
11	Bettendorf	2012	9:17.09
12	Iowa City West	2002	9:17.02
13	Dowling Catholic	2008	9:17.38
14	West Des Moines Valley	2012	9:17.49
15	Bettendorf	1987	9:18.08
16	Fairfield	2006	9:18.93
17	Iowa City West	1999	9:18.96
18	Iowa City West	1996	9:19.14
19	Bettendorf	1986	9:19.16
20	Iowa City High	2010	9:19.99
21	Iowa City High	2011	9:20.01
21	West Des Moines Valley	2010	9:20.01
23	Iowa City High	1999	9:20.61
24	Bettendorf	2011	9:20.70
25	Sioux City East	2009	9:20.77

4X800 - ALL-TIME LIST

2011	4A - West Des Moines Valley	9:13.88
	3A - Dubuque Wahlert	9:23.71
	2A - Western Christian	9:38.03
	1A - Griswold	9:35.91
2010	4A - Dowling Catholic	9:15.65
	3A - Mount Vernon-Lisbon	9:17.72
	1A - Hudson	9:37.31
	1A - Central Lyon	9:32.97
2009	4A - Iowa City High	9:25.65
	3A - Dubuque Wahlert	9:34.93
	2A - Gilbert	9:36.75
	1A - Central Lyon	9:43.84
2008	4A - Dowling Catholic	9:17.38
	3A - Marion	9:39.60
	2A - Denver	9:29.05
	1A - New London	9:33.63
2007	4A - West Des Moines Valley	9:25.45
	3A - Harlan	9:32.10
	2A - Tipton	9:33.49
	1A - Valley Community	9:28.33
2006	4A - West Des Moines Valley	9:24.25
	3A - Fairfield	9:18.93
	2A - Tipton	9:27.83
	1A - Valley Community	9:41.78
2005	4A - West Des Moines Valley	9:23.24
	3A - Williamsburg	9:26.21
	2A - Tipton	9:36.54
	1A - North Linn	9:39.18
2004	4A - West Des Moines Valley	9:22.38
	3A - Williamsburg	9:37.69
	2A - Tipton	9:46.63
	1A - Valley Community	9:53.25
2003	3A - Iowa City High	9:14.85
	2A - Williamsburg	9:31.73
	1A - North Linn	9:38.67
2002	3A - Iowa City West	9:18.68
	2A - Williamsburg	9:29.64
	1A - Tipton	9:37.42
2001	3A - Iowa City West	9:17.02
	2A - Williamsburg	9:34.28
	1A - Council Bluffs St. Albert	9:36.07
2000	3A-Iowa City West	9:11.62
	2A-Williamsburg	9:30.55
	1A-Council Bluffs St. Albert	9:44.61

1999	3A-Iowa City West	9:18.96
	2A-Williamsburg	9:35.48
	1A-South Winneshiek	9:44.80
1998	3A-Iowa City West	9:33.27
	2A-Dyersville Beckman	9:47.04
	1A-Williamsburg	9:49.24
1997	3A--Pleasant Valley	9:32.06
	2A--Aplington-Parkersburg	9:38.90
	1A--Williamsburg	9:50.91
1996	3A--Iowa City West	9:19.14
	2A--New Hampton	9:36.86
	1A--West Hancock	9:36.61
1995	3A--Cedar Falls	9:28.87
	2A--Emmetsburg	9:39.46
	1A--Tipton	9:46.28
1994	3A--Indianola	9:31.44
	2A--South Winneshiek	9:36.48
	1A--Lakeland	10:00.44
1993	3A--Iowa City High	9:31.0
	2A--New Hampton	9:45.5
	1A--Woodbine	10:01.06
1992	3A--West Des Moines Dowling	9:34.04
	2A--Orange City Unity Christian	9:48.22
	1A--Gilbert	10:04.2
1991	3A--West Des Moines Dowling	9:25.70
	2A--Atlantic	9:43.27
	1A--Northwood-Kensett	9:57.32
1990	3A--Iowa City High	9:36.42
	2A--Tipton	9:49.25
	1A--Laurens-Marathon	9:58.86
1989	3A--Dubuque Hemsptead	9:39.68
	2A--Bondurant-Farrar	9:39.33
	1A--Riceville	10:04.02
1988	3A--Linn-Mar	9:29.61
	2A--Bondurant-Farrar	9:36.01
	1A--Hinton	9:56.52
1987	3A--Bettendorf	9:18.08
	2A--Davis County	9:33.91
	1A--Crestland	9:58.30
1986	3A--Bettendorf	9:19.16
	2A--Southeast Warren	9:37.32
	1A--Crestland	9:57.79
1985	3A--Bettendorf	9:25.94
	2A--Anamosa	9:38.56
	1A--George	9:45.7
1984	3A--Bettendorf	9:25.6
	2A--Camanche	9:38.1
	1A--Boyden-Hull	9:46.4
1983	3A--Davenport Central	9:29.21
	2A--LaPorte City	9:42.39
	1A--Southeast Warren	10:00.49
1982	3A--Dubuque Wahlert	9:31.70
	2A--Orange City Unity Christian	9:45.10
	1A--North Tama	9:54.48
1981	3A--Cedar Rapids Jefferson	9:29.33
	2A--Council Bluffs St. Albert	9:47.49
	1A--North Tama	9:45.21
1980	3A--Waterloo Columbus	9:33.76
	2A--Sibley	9:39.01
	1A--Greene	9:42.11
1979	3A--Cedar Rapids Jefferson	9:26.37
	2A--Sioux Center	9:37.52
	1A--Greene	9:40.83
1978	3A--Spencer	9:29.49
	2A--Missouri Valley	9:36.31
	1A--Manilla	9:35.24
TWO MILES		
1977	3A--Spencer	9:33.7
	2A--Algona	9:49.7
	1A--Tri-County	9:53.9

SHOT PUT - ALL-TIME LEADERS

1	Paulette Mitchell, CB Abraham Lincoln	1992	53-3.50
2	Danica Haight, Iowa City West	2007	48-7.50
3.	Danielle Frere, Muscatine	2008	48-2.75
4	Traci Ferren, Southeast Polk	1986	48-2.25
5	Sheena James, Clinton	2002	47-01.50
6	Brooke Gritters, Pella	2009	46-10.75
7	Abby Emsick, CB Lewis Central	2000	46-10
8	Aubrey Martin, Muscatine	2002	46-08.50
9	Leann Boerema, Clinton	1997	46-7.50
10	Lisa Van Steenwyk, West Lyon	1989	46-6.25
11	Melissa Weiland, Marion	1985	46-03.25
12	Kayla Hemann, St. Ansgar	2011	46-01.50
13	Sarah Hoffman, Western Dubuque	2008	45-5
14	Taylor Freeman, Iowa City West	2008	45-4.75
15	Robin Small, Sioux City North	1979	45-4
16	Dawn O'Leary, Camanche	1990	45-1
16	Brenda Konfrst, Glenwood	1986	45-1
18	Tonya Culpepper, Burlington	1990	45-0.50
19	Micaela Haight, Iowa City West	2010	45-0
19	Alissa Dennis, Ballard	2000	45-0
21	Alexa Hunt, Des Moines Roosevelt	2012	44-10
22	Vicki Dagele, Sibley	1977	44-9.50
23	Connie White, Laurens-Marathon	1980	44-8
23	Karen Maxon, Webster City	1979	44-8
25	Brenda Zimmerman, Harlan	1988	44-7.50

SHOT PUT - STATE CHAMPIONS

2011	4A - Jady Spencer, Waterloo West	41-09.75
	3A - Amanda Houston, Fort Madison	41-09.25
	2A - Lauren Smith, North Fayette	40-09
	1A - NiCole Dobernecker, Charter Oak-Ute	42-01.25
2010	4A - Micaela Haight, Iowa City West	43-09.25
	3A - Alyssa Biery, Marion	40-06.00
	2A - Candice Henrichson, Mid-Prairie	43-02.75
	1A - Kayla Hemann, Saint Ansgar	40-01.50
2009	4A - Micaela Haight, Iowa City West	44-06.25
	3A - Brooke Gritters, Pella	45-04.50
	2A - Kelsey Sukovaty, Manson NW-Webster	40-11.50
	1A - Jill Parker, Southern Cal	39-04.00
2008	4A - Danielle Frere, Muscatine	46-11.75
	3A - Brooke Gritters, Pella	44-01.50
	2A - Kelsey Sukovaty, Manson-NW Webster	42-03
	1A - Leah Lechtenberg, Postville	37-06
2007	4A - Danica Haight, Iowa City West	46-03.75
	3A - Brooke Gritters, Pella	45-05
	2A - Amber Van Hauen, Grundy Center	40-11.75
	1A - Kayla Smith, Janesville	40-06.50
2006	4A - Danica Haight, Iowa City West	45-01.75
	3A - Katy Naberhaus, Carroll	41-03.25
	2A - Traci Harms, Hampton-Dumont	40-03.75
	1A - Britta Christofferson, Exira	41-10.5
2005	4A - Danica Haight, Iowa City West	43-01.75
	3A - Mandy Chandler, Chariton	40-10
	2A - Heather Minssen, Underwood	41-11.75
	1A - Britta Christofferson, Exira	40-07.75
2004	4A - Ashley Simpson, Dubuque Hempstead	39-06.75
	3A - Tami Wagner, Waukon	42-10.5
	2A - Alysa Klein, Okoboji	42-05.5
	1A - Jill Johnson, Rockwell City-Lytton	39-06.25
2003	3A - Sheena James, Clinton	43-03.50
	2A - Rachel Jensen, MOC-Floyd Valley	42-05.25
	1A - Jackie Beitelspacher, LeMars Gehlen Catholic	39-08.25
2002	3A - Aubrey Martin, Muscatine	45-10
	2A - Apton Cook, Algona	40-11.25
	1A - Ann Gramkow, AHST	41-04.50
2001	3A - Aubrey Martin, Muscatine	43-8.25
	2A - Katie Nelson, Estherville-LC	40-3
	1A - Katie Hoback, Columbus	41-2.5
2000	3A-Abby Emsick, Lewis Central	44-8
	2A-Alissa Dennis, Ballard	42-6 1/2
	1A-Katie Hoback, Columbus	41-0 1/2
1999	3A-Maureen Head, Iowa City West	43-11 3/4
	2A-Allison Kruger, South O'Brien	42-6 3/4
	1A-Alyse Hohensee, Pocahontas Area	40-0 1/4
1998	3A-Leann Boerema, Clinton	44-5 1/2
	2A-Lorrie Grem, Estherville-Lincoln Central	40-10 1/2
	1A-Alyse Hohensee, Pocahontas Area	38-4
1997	3A-Leann Boerema, Clinton	45-1 1/4
	2A-Val Eklov, Norwalk	38-10
	1A-Lisa Heiden, Northeast Hamilton	39-6 1/4
1996	3A-Ashley Grundmann, Ames	42-4 1/4
	2A-Denise Sump, Clarinda	40-1

1995	1A-Amy Sullivan, Riceville	37-5 1/2
	3A-Emily Flom, Sioux City North	43-6 1/2
	2A-Karelle Seufferer, Chariton	41-5 3/4
	1A-Renetta Seiler, Algona Garrigan	41-5 1/4
1994	3A-Andrea Miller, Davenport North	43-5
	2A-Renetta Seiler, Algona Garrigan	43-5 1/4
	1A-Amanda Ryba, LeMars Gehlen	38-11
1993	3A-Andrea Miller, Davenport North	40-4 1/2
	2A-Renetta Seiler, Algona Garrigan	40-9 1/4
	1A-Angie Sandquist, GMG	40-8 3/4
1992	3A-Paulette Mitchell, CB Abraham Lincoln	45-2
	2A-Melanie Mason, Pocahontas Area	42-0 1/4
	1A-Angie Sandquist, GMG	38-4
1991	3A-Paulette Mitchell, CB Abraham Lincoln	46-3 3/4
	2A-Melanie Mason, Pocahontas Area	43-5 1/2
	1A-Stacy Helm, Lenox	39-3
1990	3A-Paulette Mitchell, CB Abraham Lincoln	45-8
	2A-Dawn O'Leary, Camanche	44-7 1/2
	1A-Dawn Clausen, Treynor	40-7 1/2
1989	3A-Paulette Mitchell, CB Abraham Lincoln	41-6 1/2
	2A-Lisa Van Steenwyk, West Lyon	44-2
	1A-Dawn Clausen, Treynor	41-0 3/4
1988	3A-Vicki White, Webster City	41-8
	2A-Laura Kriener, Turkey Valley	44-3
	1A-Kim McGinnis, Mount Ayr	40-8
1987	3A-Brenda Zimmerman, Harlan	42-0 1/2
	2A-Lisa Van Steenwyk, West Lyon	41-2
	1A-Amy Fox, Treynor	40-5 1/2
1986	3A-Traci Ferren, Southeast Polk	46-11 1/4
	2A-Melissa Weiland, Marion	45-0
	1A-Amy Fox, Treynor	43-7
1985	3A-Melissa Weiland, Marion	46-3 1/4
	2A-Donna Wheeler, Maquoketa Valley	40-10 3/4
	1A-Amy Fox, Treynor	40-8 3/4
1984	3A-Dee Christensen, CB Abraham Lincoln	42-10 3/4
	2A-Amy Asche, Eagle Grove	40-9 3/4
	1A-Reenee Hudson, Tri-County	36-6 1/4
1983	3A-Dee Christensen, CB Abraham Lincoln	42-9 1/2
	2A-Joey Schope, Atlantic	42-5
	1A-Shelley Redies, Tripoli	41-1 1/4
1982	3A-Dorothy Copper, Linn-Mar	43-7 1/2
	2A-Joey Schope, Atlantic	39-6 1/4
	1A-Karen White, Laurens-Marathon	39-8 1/2
1981	3A-Dorothy Copper, Linn-Mar	43-7 1/2
	2A-Chris Mills, West Liberty	38-3 1/4
	1A-Kim Pfannkuch, Manning	38-8 1/2
1980	3A-Marlene Frahm, Newton	42-2 1/2
	2A-Margo Peters, Tipton	38-4
	1A-Connie White, Laurens-Marathon	43-8 1/2
1979	3A-Robin Small, SC North	45-4
	2A-Monica Meendering, Hull WC	42-5 1/4
	1A-Kim Berry, Woodbine	38-8 1/4
1978	3A-Karen Maxon, Webster City	42-2
	2A-Melanie Heitman, Williamsburg	40-5
	1A-Wanda Moeller, East Central	39-11
1977	3A-Karen Maxon, Webster City	40-7 1/2
	2A-Vicki Dagele, Sibley	41-11 1/2
	1A-Till Korth, Dows	41-10
1976	Vicki Dagele, Sibley	43-11 1/2
1975	JoEllen Mitchell, Montezuma	44-3
1974	Joni LeFeber, Glenwood	39-4
1973	Kathy Kabele, Spirit Lake	39-3 1/2
1972	Kathy Kabele, Spirit Lake	37-5 3/4
1971	Jaci Meyer, Northwest Websster	38-8 1/4
1970	Diane Gillette, BGM	38-2 1/4
1969	Debbie Jones, Bedford	38-4 1/2
1968	Carol Hannusch, Union-Whitten	40-0 1/2
1967	Carol Hannusch, Gilbert	39-3 1/4
1966	Carol Hannusch, Gilbert	37-6 1/2

EIGHT-POUND SHOT PUT

1965	Carol Hannusch, Gilbert	40-1 1/2
1964	Sylvia Hanson, Valley, Elgin	41-11 1/4
1963	Sylvia Hanson, Valley, Elgin	38-4 1/2
1962	Sheila Halligan, Gilmore City	32-11 3/4

SHUTTLE HURDLE ALL-TIME LEADERS

New Records in 2009 with implementation of 33-inch hurdles

Waukee	2012	1:03.29
Waukee	2011	1:03.44
Ames	2010	1:03.60
Urbandale	2011	1:03.65
Urbandale	2010	1:03.85
Urbandale	2012	1:03.94
Cedar Rapids Washington	2011	1:04.50
Ames	2011	1:04.58
Mount Pleasant	2012	1:04.62
Waukee	2009	1:04.67
Pleasant Valley	2009	1:04.96
Johnston	2010	1:05.19
Cedar Rapids Washington	2010	1:05.44
Iowa City High	2009	1:05.46
Ames	2009	1:05.58
Iowa City West	2009	1:05.67
Pleasant Valley	2011	1:05.00
Burlington	2011	1:05.01
West Fork	2011	1:05.29
West Fork	2012	1:05.34
Ames	2012	1:05.65
Ankeny	2012	1:05.71
Cedar Rapids Washington	2009	1:06.00
LeMars Gehlen Catholic	2012	1:06.0
Southeast Polk	2011	1:06.04

SHUTTLE HURDLE STATE CHAMPIONS

2011	4A - Waukee	1:03.44
	3A - Waverly-Shell Rock	1:06.40
	2A - West Fork	1:05.24
	1A - Central Elkader	1:07.12
2010	4A - Ames	1:03.60
	3A - Storm Lake	1:06.05
	2A - West Fork	1:07.37
	1A - Audubon	1:06.78
2009	4A - Waukee	1:04.85
	3A - Waverly-Shell Rock	1:06.31
	2A - Manson NW-Webster	1:06.38
	1A - LeMars Gehlen Catholic	1:07.34
2008	4A - Urbandale	1:02.03
	3A - Storm Lake	1:05.11
	2A - Tipton	1:04.11
	1A - Logan-Magnolia	1:03.03
2007	4A - Iowa City High	1:02.38
	3A - West Delaware	1:04.94
	2A - Aplington-Parkersburg	1:03.83
	1A - Ventura	1:03.97
2006	4A - Burlington	1:02.14
	3A - Mount Pleasant	1:02.92
	2A - Osage	1:04.20
	1A - Riverside	1:05.12
2005	4A - Burlington	1:02.49
	3A - Central DeWitt	1:01.76
	2A - Aplington-Parkersburg	1:03.10
	1A - Laurens-Marathon	1:05.45
2004	4A - Dubuque Hempstead	1:02.45
	3A - Central DeWitt	1:02.90
	2A - Battle Creek-Ida Grove	1:02.60
	1A - Southern Cal	1:05.59
2003	3A - Mason City	1:00.89
	2A - Bondurant-Farrar	1:03.59
	1A - Camanche	1:04.93
2002	3A - West Delaware	1:02.41
	2A - Okoboji	1:03.98
	1A - Gehlen Catholic	1:04.16
2001	3A - West Des Moines Dowling	1:02.63
	2A - Atlantic	1:03.75
	1A - Okoboji	1:02.63
2000	3A - West Des Moines Valley	1:02.93
	2A - Williamsburg	1:03.86
	1A - Ogdan	1:04.61
1999	3A - Iowa City West	1:02.16
	2A - Atlantic	1:04.06
	1A - Aplington-Parkersburg	1:03.28
1998	3A - Ankeny	1:02.38
	2A - Clear Lake	1:04.70
	1A - Manson-NW Webster	1:04.91
1997	3A - Ames	1:03.06
	2A - Clear Lake	1:04.10
	1A - Treynor	1:04.11

1996	3A - Ankeny	1:04.38
	2A - Roland-Story	1:04.26
	1A - Clarion-Goldfield	1:04.87
1995	3A - Ankeny	1:02.58
	2A - Clarion-Goldfield	1:04.34
	1A - North Iowa	1:03.33
1994	3A - Ames	1:03.18
	2A - Atlantic	1:04.28
	1A - Pekin	1:05.06
1993	3A - Ames	1:04.4
	2A - Unity Christian	1:06.18
	1A - North Mahaska	1:04.89
1992	3A - Ames	1:04.11
	2A - North Iowa	1:06.24
	1A - Lone Tree	1:05.7
1991	3A - Burlington	1:03.36
	2A - Tipton	1:03.80
	1A - Parkersburg	1:06.06
1990	3A - Bettendorf	1:03.98
	2A - Tipton	1:05.51
	1A - Sigourney	1:06.18
1989	3A - West Des Moines Valley	1:04.72
	2A - Jefferson-Scranton	1:04.75
	1A - Charter Oak-Ute	1:06.73
1988	3A - Bettendorf	1:03.99
	2A - Tipton	1:04.33
	1A - Lone Tree	1:04.50
1987	3A - Des Moines Roosevelt	1:03.61
	2A - Lake City-Lohrville	1:03.63
	1A - Lone Tree	1:05.74
1986	3A - Newton	1:02.62
	2A - Bondurant-Farrar	1:05.44
	1A - Fort Madison Aquinas	1:06.26
1985	3A - Newton	1:02.69
	2A - Columbus	1:04.3
	1A - Bondurant-Farrar	1:05.51
1984	3A - Burlington	1:04.0
	2A - Atlantic	1:05.9
	1A - Gilbert	1:07.4
1983	3A - Marion	1:04.81
	2A - Algona	1:04.48
	1A - Pekin	1:06.68
1982	3A - Davenport West	1:02.93
	2A - Chariton	1:04.49
	1A - Tipton	1:03.36
1981	3A - West Des Moines Valley	1:02.74
	2A - Garner-Hayfield	1:03.41
	1A - North Kossuth	1:03.85
1980	3A - Sioux City North	1:03.03
	2A - Starmont	1:03.42
	1A - Lincoln	1:04.15
1979	3A - Burlington	1:01.50
	2A - Maurice-Orange City	1:04.21
	1A - Bondurant-Farrar	1:05.07
1978	3A - Burlington	1:03.26
	2A - Eddyville	1:04.76
	1A - Lincoln	1:04.76
1977	3A - West Des Moines Valley	1:03.4
	2A - Eddyville	1:04.9
	1A - BGL	1:04.5
1976	Spencer	1:02.5
1975	Spencer	1:02.8
1974	Spencer	1:03.1
1973	Spencer	1:03.5
1972	Lincoln Central	1:05.3
1971	Midland	1:05.6
1970	Midland	1:05.1
	320-METERS	
1969	Adel	:50.5
1968	South Hamilton	:53.0
1967	Plainfield	:52.2
1966	Belle Plaine	:54.4
1965	Belle Plaine	:54.1
1964	Sentral	:54.3
	240-YARDS	
1963	Sentral	:38.2
1962	Plainfield	:40.8

100 METER DASH ALL-TIME LEADERS

1	Natasha Kaiser, Des Moines Roosevelt	1985	:11.5
2	Lexie Anderson, Pleasant Valley	1985	:11.7
2	Gabriel Williams, Sioux City West	2009	:11.7
4	Kate Gordon, Sioux City North	1998	:11.8
4	Lo Lo Jones, Des Moines Roosevelt	2000	:11.8
4	Almetha McNeal, Davenport Central	1995	:11.8
4	Robin Threatt, Cedar Rapids Jefferson	1987	:11.8
4	Leisa Davis, Burlington	1980	:11.8
4	Bonnie DeBoer, Hull Western Christian	1978	:11.8
4	Pam Wilcoxson, Grand Valley	1969	:11.8
11	Pam Orris, Dubuque Senior	2001	:11.9
11	Cristy Dickerson, Indianola	79-80	:11.9
11	Misty Thompson, North Linn	1987	:11.9
11	Vivian Hardy, Davenport Central	1981	:11.9
11	Georganne Cole, Waterloo East	1981	:11.9
11	Meredith Kosmacek, Tri-Center	2002	:11.9
11	Gretchen LaMar, Des Moines Hoover	2007	:11.9
11	Faith Burt, Cedar Falls	2008	:11.9
19	Laneisha Waller, Cedar Rapids Washington	2002	:12.0
19	Kristyn Barber, Cedar Rapids Washington	2001	:12.0
19	Laura Aschoff, Ankeny	1997	:12.0
19	Haley Parrott, Atlantic	1990	:12.0
19	Falana Sullivan, Des Moines Lincoln	1990	:12.0
19	Doreen Schmidt, Bettendorf	1985	:12.0
19	Dee Dee James, Des Moines North-Tech	1985	:12.0
19	Senta Hawkins, Des Moines Hoover	1983	:12.0
19	Kris Parman, Western Dubuque	1982	:12.0
19	Meta Obersteller, Newton	1981	:12.0
19	Lindy Atchison, Dubuque Wahlert	1979	:12.0
19	Karen Marcussen, Irwin	1978	:12.0
19	Lisa Broek, Sioux Center	1978	:12.0
19	Janet Brown, Charles City	1968	:12.0
19	Agnes Sayeh, Des Moines North	2010	:12.0

100 METER DASH STATE CHAMPIONS

2011	4A - Erin Hawkins, Des Moines Roosevelt	12.35
	3A - Rachel Peth, Waverly-Shell Rock	12.57
	2A - Alex Gochenour, Logan-Magnolia	12.68
	1A - Caitlin Stroud, Corning	12.81
2010	4A - Jessica Gehrke, Iowa City West	12.46
	3A - Libby Schubert, Fairfield	12.82
	2A - Natalie Feigenspan, Mid-Prairie	13.12
	1A - Alex Gochenour, Logan-Magnolia	12.34
2009	4A - Jessica Gehrke, Iowa City West	12.09
	3A - Tashina McAllister, Oelwein	12.55
	2A - Alex Gochenour, Logan Magnolia	12.37
	1A - Stephanie Nordyke, Lineville-Clio	12.32
2008	4A - Faith Burt, Cedar Falls	12.35
	3A - Callan Jacobson, Benton	12.50
	2A - Josie Takes, Solon	12.71
	1A - Sara Stoakes, North Tama	12.88
2007	4A - Faith Burt, Cedar Falls	12.91
	3A - Callan Jacobson, Benton	12.56
	2A - Brandee Bohr, Mid-Prairie	12.95
	1A - Sara Stoakes, North Tama	12.79
2006	4A - Faith Burt, Cedar Falls	12.36
	3A - Callan Jacobson, Benton	12.23
	2A - Dani Stipe, Kuemper Catholic	12.22
	1A - Becky Gesell, Riceville	12.40
2005	4A - Faith Burt, Cedar Falls	12.69
	3A - Christine Burnett, Denison-Schleswig	12.66
	2A - Dani Stipe, Kuemper Catholic	12.93
	1A - Becky Gesell, Riceville	13.00
2004	4A - Laneisha Waller, Cedar Rapids Washington	12.29
	3A - Lindsay Wiebers, Denison-Schleswig	12.74
	2A - Jenny Buelow, Center Point-Urbana	12.75
	1A - Meredith Kosmacek, Tri-Center	:12.26
2003	3A - Laneisha Waller, Cedar Rapids Washington	:12.05
	2A - Danielle Brooks, Grinnell	:12.56
	1A - Meredith Kosmacek, Tri-Center	:12.20
2002	3A - Laneisha Waller, Cedar Rapids Washington	:12.20
	2A - Audra Bark, Central DeWitt	:12.49
	1A - Meredith Kosmacek, Tri-Center	:12.09
2001	3A - Pam Orris, Dubuque Senior	:12.48
	2A - Audra Bark, Central DeWitt	:12.76
	1A - Meredith Kosmacek, Tri-Center	:12.48
2000	3A - Lolo Jones, Des Moines Roosevelt	:12.24
	2A - Audra Bark, Central DeWitt	:12.55
	1A - Julie Drzycimski, Fort Dodge St. Edmond	:12.88
1999	3A - Kate Gordon, Sioux City North	:12.18
	2A - Keely Huber, Oelwein	:12.41
	1A - Julie Drzycimski, Fort Dodge St. Edmond	:12.61
1998	3A - Kate Gordon, Sioux City North	:12.21
	2A - Greta Goerss, Spirit Lake Park	:12.91
	1A - Susie Reinhardt, Belle Plaine	:12.60

1997	3A - Kate Gordon, Sioux City North	:12.14
	2A - Missy Roos, South O'Brien	:12.95
	1A - Susie Reinhardt, Belle Plaine	:12.60
1996	3A - Laura Aschoff, Ankeny	:12.44
	2A - Maggie Hall, Harlan	:12.45
	1A - Kate McFarland, Iowa City Regina	:13.02
1995	3A - Almetha McNeal, Davenport Central	:12.24
	2A - Heather Welsh, Oelwein	:12.19
	1A - Susie Reinhardt, Belle Plaine	:12.52
1994	3A - Kris Roebken, Dubuque Hempstead	:12.45
	2A - Allison Drewry, Jefferson-Scranton	:12.68
	1A - Amanda Swope, Iowa City Regina	:13.17
1993	3A - Chiquitta Carroll, Clinton	:12.83
	2A - Sarah Pohlmann, Davenport Assumption	:12.82
	1A - Rhonda Eiben, Sigourney	:12.74
1992	3A - Chiquitta Carroll, Clinton	:12.1
	2A - Marian Van Doorn, Tipton	:12.4
	1A - Jennifer Levitt, SCMT	:12.4
1991	3A - Nikki Dillard, Fort Dodge	:12.51
	2A - Amy Schuver, Cherokee	:12.57
	1A - Rhonda Eiben, Sigourney	:12.81
1990	3A - Falana Sullivan, DM Lincoln	:12.32
	2A - Haley Parrott, Atlantic	:12.86
	1A - Laurie McDeid, SR-Rembrandt-Sx Valley	:12.82
1989	3A - Falana Sullivan, DM Lincoln	:12.44
	2A - Haley Parrott, Atlantic	:12.61
	1A - Laurie McDeid, SR-Rembrandt	:12.56
1988	3A - Robin Threatt, CR Jefferson	:12.3
	2A - Peggy McGuire, Centerville	:12.93
	1A - Katy Conner, Stanton	:13.15
1987	3A - Robin Threatt, CR Jefferson	:12.25
	2A - Jenni Wood, Sergeant Bluff-Luton	:12.66
	1A - Jill Freed, Sanborn	:12.69
1986	3A - Robin Threatt, CR Jefferson	:12.45
	2A - Peggy McGuire, Centerville	:12.69
	1A - Jill Freed, Sanborn	:12.58
1985	3A - Lexie Anderson, Pleasant Valley	:12.49
	2A - Deb Winchip, Mount Vernon	:12.5
	1A - Nita Brown, Laurens-Marathon	:12.42
1984	3A - Natasha Kaiser, DM Roosevelt	:12.2
	2A - Traci Luke, Center Point	:12.8
	1A - Laura Brandt, Dysart-Geneseo	:12.8
1983	3A - Alycia Simpson, DM East	:12.34
	2A - Theresa Wohlford, Starmont	:12.64
	1A - Laura Brandt, Dysart-Geneseo	:12.75
1982	3A - Vivian Hardy, Davenport Central	:12.1
	2A - Carmelle Rardin, Starmont	:12.57
	1A - Rhonda Gwinn, Mormon Trail	:12.57
1981	3A - Meta Obersteller, Newton	:12.2
	2A - Colleen Tucker, Cascade	:13.00
	1A - Cindy Weaver, Buffalo Center-Rake	:13.33
1980	3A - Cristy Dickerson, Indianola	:12.22
	2A - Kathy Jackson, Winterset	:12.73
	1A - Rhonda Gwinn, Mormon Trail	:12.51
1979	3A - Cristy Dickerson, Indianola	:12.25
	2A - Marcie Thurn, Elkader Central	:12.31
	1A - Cindy Weaver, Buffalo Center-Rake	:12.33
1978	3A - Cristy Dickerson, Indianola	:12.11
	2A - Bonnie DeBoer, Hull WC	:12.11
	1A - Diane Steinhart, Van Buren	:12.58
	100-YARDS	
1977	3A - Lori Mashek, Crestwood	:11.5
	2A - Bonnie DeBoer, Hull WC	:11.4
	1A - Carrie Little, Hudson	:11.8
1976	Bonnie DeBoer, Hull WC	:11.3
1975	Kim Barnes, Fort Dodge	:11.4
1974	Faye Perkins, Crestwood	:11.4
1973	Debbie Carroll, Collins	:11.3
1972	Debbie Carroll, Collins	:11.3
1971	Debbie Carroll, Collins	:11.3
1970	Cathy Carroll, Collins	:11.1
1969	Pam Wilcoxson, Grand Valley	:11.8m
1968	Janet Brown, Charles City	:11.3
1967	Connie Knott, Manilla	:10.9
1966	Sandra Hayes, Malvern	:11.3
1965	Sandra Hayes, Malvern	:11.3
1964	Linda Schram, Manilla	:11.3
1963	Linda Schram, Manilla	:11.2
1962	Carolyn Winston, Cardinal	:11.2

400 METER DASH ALL-TIME LEADERS

1	Hannah Willms, Dike-New Hartford	2010	:53.96
2	Natasha Kaiser, Des Moines Roosevelt	1984	:54.09
3	Sue Haynes, Webster City	1976	:54.30
4	Lisa Edmonds, Des Moines East	1986	:55.06
5	Ellen Dougherty, Sioux City East	2009	:55.41
6	Sara Beckord, Rolfe	1968	:55.2'
7	Kelli Krei, Iowa City High	2007	:55.46
8	Cortney Jacobs, Atlantic	2003	:55.52
8	Shelby Houlihan, Sioux City East	2011	:55.52
10	AG Bradford, Davenport North	2008	55.66
11	Debbie Esser, Woodbine	1975	:55.6'
12	Linda Perry, Des Moines Roosevelt	1978	:55.87
13.	Alisha Jones, Davenport North	2012	:55.86
14	Samantha Cameron, Bettendorf	2008	:55.88
15	Liz Messerly, Des Moines North-Tech	1985	:56.0
16	Emily Roberts, Ankeny	2010	:56.03
17	Nancy Cisar, Cedar Rapids Prairie	1980	:56.06
18	Sara Stoakes, North Tama	2009	:56.08
19	Colette Gnade, Waukee	2009	:56.11
20	Ann Lampkin, Washington	1980	:56.14
21	Sondra Shull, Hampton	1974	:56.2'
22	Dana Christensen, Belmont-Klemme	2010	:56.21
23	Barbara Szlendakova, Andrew	1997	:56.22
24	Cari Hoeman, WDM Valley	1997	:56.24
25	Kristy Matthews, Des Moines Roosevelt	1991	:56.3

400 METER DASH STATE CHAMPIONS

2011	4A - Shelby Houlihan, Sioux City East	55.52
	3A - Maddie Irmen, Davenport Assumption	56.75
	2A - Marissa Evers, Hudson	57.18
	1A - Emily Toennies, Belle Plaine	57.32
2010	4A - Emily Roberts, Ankeny	56.03
	3A - Jessica Nichols, Perry	56.48
	2A - Hannah Willms, Dike-New Hartford	53.96
	1A - Dana Christensen, Belmont-Klemme	56.21
2009	4A - Ellen Dougherty, Sioux City East	55.41
	3A - Jessica Nichols, Perry	56.51
	2A - Hannah Willms, Dike-New Hartford	54.68
	1A - Sara Stokes, North Tama	56.08
2008	4A - AG Bradford, Davenport North	:55.66
	3A - Michaela Brungardt, Storm Lake	:56.84
	2A - Hannah Willms, Dike-New Hartford	:54.70
	1A - Sara Stoakes, North Tama	:56.54
2007	4A - Kelly Krei, Iowa City High	:55.46
	3A - Holli Hosch, Independence	:56.99
	2A - Hannah Willms, Dike-New Hartford	:56.49
	1A - Blaire Dinsdale, North Tama	:56.30
2006	4A - Kersten Thorgaard, Ames	:57.15
	3A - Brittany Moore, Harlan	:57.09
	2A - Jenny Kordick, Interstate-35	:57.97
	1A - Hannah Baker, Keota	:57.47
2005	4A - Whitney Sharpe, West Des Moines Valley	57.47
	3A - Brittany Moore, Harlan	57.33
	2A - Ashley Miller, Tipton	:57.63
	1A - Deidre Hinkeldey, Alta	:57.18
2004	4A - Liz Bradford, Cedar Falls	:56.54
	3A - Cortney Jacobs, Atlantic	:56.08
	2A - Emily Schippers, PCM	:58.67
	1A - Deidre Hinkeldey, Alta	:58.76
2003	3A - Lynnette Wilson, Cedar Rapids Kennedy	:57.86
	2A - Cortney Jacobs, Atlantic	:56.27
	1A - Erin Sheeley, Postville	:58.19
2002	3A - Ashley Williams, Linn-Mar	:58.90
	2A - Cortney Jacobs, Atlantic	:57.63
	1A - Megan Riefenrath, Central Lyon	:57.64
2001	3A - Ashley Williams, Linn-Mar	:57.52
	2A - Cortney Jacobs, Atlantic	:56.52
	1A - Meghann Riefenrath, Central Lyon	:58.02
2000	3A-Christie Muenzenberger, West Des Moines Valley	:57.16
	2A-Audrey Lickhart, Sheldon	:58.73
	1A-Dana Wilkerson, English Valleys	:59.11
1999	3A-Christie Muenzenberger, West Des Moines Valley	57.07
	2A-Audrey Lickhart, Sheldon	:58.79
	1A-Tina Sanders, Sac City	:58.83
1998	3A-Angie German, West Delaware	:57.56
	2A-Nikki Nelson, Mount Vernon-Lisbon	:56.84
	1A-Brianne Schoonover, Fredericksburg	:57.21
1997	3A-Cari Hoeman, WDM Valley	:57.45
	2A-Nikki Nelson, Mount Vernon-Lisbon	:56.54

1996	1A-Barbara Szlendakova, Andrew	:56.22
	3A-Cari Hoeman, WDM Valley	:56.38
	2A-Nikki Nelson, Mount Vernon-Lisbon	:58.07
	1A-Kristi Johnson, Alburnett	:57.84
1995	3A-Cari Hoeman, WDM Valley	:58.00
	2A-Tracy Burress, Davis County-FV	:58.30
	1A-Jill Zwagerman, Sibley-Ocheyedan	:57.10
1994	3A-Cari Hoeman, WDM Valley	:56.99
	2A-Liz Lewman, Eddyville	:57.79
	1A-Joanne Roepke, East Buchanan	:58.31
1993	3A-Jill Myatt, Iowa City High	:57.9
	2A-Liz Lewman, Eddyville	:58.5
	1A-Rhonda Eiben, Sigourney	:58.88
1992	3A-Jill Myatt, Iowa City High	:58.72
	2A-Kelly Parke, Center Point-Urbana	:58.24
	1A-Rhonda Eiben, Sigourney	1:00.4
1991	3A-Jill Myatt, Iowa City High	:58.08
	2A-Wendy Scherer, Cardinal	:59.34
	1A-Tina Eischeid, Irwin-Kirkman-Manilla	:59.29
1990	3A-Amber Brainerd, Bettendorf	:57.27
	2A-Rana Schoorman, Okoboji	:57.33
	1A-Jacque Askeland, Armstrong-Ringsted	:58.74
1989	3A-Dyan Fluhrer, Charles City	:56.97
	2A-Susan Helfter, Osage	:57.86
	1A-Jacque Askeland, Armstrong-Ringsted	:59.25
1988	3A-Amy McRell, Pleasant Valley	:56.4
	2A-Susan Helfter, Osage	:56.55
	1A-Marcia Wilhelmi, West Central	:59.25
1987	3A-Lisa Edmonds, DM East	:56.71
	2A-Susan Helfter, Osage	:59.18
	1A-Rana Schoorman, Milford	:58.50
1986	3A-Dee Dee James, DM North-Tech	:56.78
	2A-Rhesa Ashbacher, Waukon	:57.26
	1A-Rachel Pote, Panorama-Linden	:59.22
1985	3A-Natasha Kaiser, DM Roosevelt	:55.61
	2A-Audrey Everson, Camanche	:57.71
	1A-Amy Hudek, Pocahontas	:58.57
1984	3A-Liz Messerly, DM North-Tech	:56.6
	2A-Shelly Kelly, Benton	:57.6
	1A-Susan Heller, Terril	1:00.1
1983	3A-Karen Koellner, Ames	:56.68
	2A-Stephanie Weih, Tipton	:58.20
	1A-Suzi Walter, Lenox	:57.43
1982	3A-Darlene Harris, Davenport West	:56.41
	2A-Theresa Wohlford, Starmont	:57.54
	1A-Suzi Walter, Lenox	:58.12
1981	3A-Mari Sather, CR Kennedy	:57.71
	2A-Martha Flecky, CB St. Albert	:57.89
	1A-Terri Hatlen, SR-Rembrandt	:58.11
1980	3A-Nancy Cisar, CR Prairie	:56.06
	2A-Cathy Rardin, Starmont	:58.23
	1A-Denise Camarigg, Sanborn	:56.77
1979	3A-Ann Lampkin, Washington	:56.27
	2A-Ann Schneider, Elkader Central	:57.62
	1A-Ronda Groth, Green Mountain	:57.71
1978	3A-Linda Perry, DM Roosevelt	:55.87
	2A-Ann Schneider, Elkader Central	:56.37
	1A-Denise Camarigg, Sanborn	:58.01
440-YARDS		
1977	3A-Jane Lange, Davenport West	:57.3
	2A-Carol Davis, West Branch	:57.7
	1A-Gae Dielschneider, BCL	:57.5
1976	Sue Haynes, Webster City	:56.4
1975	Sue Haynes, Webster City	:56.2
1974	Sue Haynes, Webster City	:55.9
1973	Sherry Edwards, Hampton	:57.5
1972	Debbie Esser, Woodbine	:57.8
1971	Doris Thede, Gladbrook	:57.5
1970	Doris Berns, MFL	1:00.1
1969	Becky Albright, Farragut	:59.9
1968	Sara Beckord, Rolfe	:57.8
1967	Barb Kirkey, Belle Plaine	1:01.4
1966	Linda Hardin, Central Argyle	:59.4
1965	Nancy Bergert, Belle Plaine	1:01.0
1964	Sandra Hayes, Malvern	1:00.4
1963	Nancy Bergert, Belle Plaine	1:02.8

4X200 RELAY ALL-TIME LEADERS

1	Woodbine	1975	1:41.0'
2.	Des Moines Roosevelt	2012	1:41.66
3	Cedar Rapids Jefferson	1986	1:42.16
4.	Des Moines Roosevelt	2011	1:42.20
5.	Iowa City West	2010	1:42.54
6	Waukee	2009	1:42.55
7	Des Moines Roosevelt	1997	1:42.66
8	Iowa City High	2009	1:42.68
9	Cedar Rapids Xavier	2009	1:42.70
9	Davenport Central	2012	1:42.70
11	Davenport Assumption	2012	1:42.73
12	Cedar Rapids Jefferson	2011	1:42.77
13	Des Moines Hoover	1984	1:42.8
14	Sioux City East	1975	1:42.8'
15	Iowa City High	1999	1:42.9
16	Oelwein	1976	1:42.9'
17	Ames	1997	1:42.90
18	Clinton	1999	1:42.94
19	North Polk	2008	1:42.94
20	Cedar Falls	2006	1:43.04
21	Cedar Rapids Kennedy	1979	1:43.07
22	Garner-Hayfield	1978	1:43.07
23	Denison-Schleswig	2005	1:43.00
24	Des Moines Roosevelt	2010	1:43.01
25	Denison-Schleswig	2004	1:43.10

4X200 RELAY STATE CHAMPIONS

2011	4A - Cedar Rapids Jefferson	1:42.77
	3A - Davenport Assumption	1:43.71
	2A - Cascade	1:44.57
	1A -	
2010	4A - Iowa City West	1:42.54
	3A - Davenport Assumption	1:43.55
	2A - Solon	1:43.79
	1A - Highland	1:44.80
2009	4A - Waukee	1:42.55
	3A - Dubuque Wahlert	1:45.07
	2A - Hudson	1:44.44
	1A - North Iowa	1:46.26
2008	4A - Cedar Falls	1:44.29
	3A - Benton	1:43.64
	2A - North Polk	1:42.94
	1A - Logan-Magnolia	1:46.50
2007	4A - Cedar Falls	1:43.58
	3A - Dubuque Wahlert	1:44.56
	2A - North Polk	1:43.87
	1A - Riceville	1:45.89
2006	4A - Cedar Falls	1:43.04
	3A - Denison-Schleswig	1:43.39
	2A - South Winneshiek	1:44.71
	1A - Ventura	1:45.69
2005	4A - Iowa City High	1:44.32
	3A - Denison-Schleswig	1:43.00
	2A - South Winneshiek	1:45.79
	1A - North Butler	1:46.70
2004	4A - Iowa City High	1:43.14
	3A - Denison-Schleswig	1:43.10
	2A - Lake Mills	1:45.62
	1A - Ar-We-Va	1:45.71
2003	3A - Mount Pleasant	1:43.70
	2A - Mount Vernon-Lisbon	1:45.06
	1A - Northeast	1:44.24
2002	3A - Cedar Falls	1:44.50
	2A - Central DeWitt	1:45.42
	1A - Aplington-Parkersburg	1:45.51
2001	3A - Cedar Rapids Washington	1:43.66
	2A - Central DeWitt	1:44.15
	1A - Aplington-Parkersburg	1:45.98
2000	3A-Ankeny	1:43.50
	2A-Central DeWitt	1:45.46
	1A-Aplington-Parkersburg	1:46.42
1999	3A-Clinton	1:42.94
	2A-Benton	1:45.14
	1A-Pocahontas Area	1:45.72
1998	3A-Des Moines Roosevelt	1:42.76
	2A-North Fayette	1:46.64
	1A-Collins-Maxwell-Baxter	1:46.44
1997	3A-Des Moines Roosevelt	1:42.66
	2A-Benton	1:47.11
	1A-Collins-Maxwell-Baxter	1:46.08
1996	3A-Ankeny	1:43.73

	2A-Okoboji	1:46.54
	1A-Belle Plaine	1:45.94
1995	3A-Dubuque Hempstead	1:44.44
	2A-Okoboji	1:45.85
	1A-Guthrie Cener	1:45.69
1994	3A-Dubuque Hempstead	1:43.27
	2A-Cherokee	1:46.30
	1A-Guthrie Center	1:45.66
1993	3A-Clinton	1:44.6
	2A-North Fayette	1:47.9
	1A-IKM	1:48.0
1992	3A-Ames	1:45.51
	2A-Cherokee	1:48.70
	1A-Oakland	1:48.31
1991	3A-Pleasant Valley	1:43.80
	2A-Cherokee	1:45.52
	1A-Laurens-Marathon	1:47.01
1990	3A-Pleasant Valley	1:43.35
	2A-Algona	1:45.57
	1A-Sigourney	1:48.31
1989	3A-Des Moines Hoover	1:45.05
	2A-Pella	1:46.49
	1A-West Bend-Mallard	1:47.66
1988	3A-Ames	1:44.55
	2A-Atlantic	1:45.00
	1A-Lawton-Bronson	1:46.57
1987	3A-Ames	1:43.84
	2A-Anamosa	1:45.75
	1A-Lawton-Bronson	1:48.43
1986	3A-Cedar Rapids Jefferson	1:42.16
	2A-Hull Western Christian	1:45.19
	1A-Allison-Bristow	1:46.79
1985	3A-West Des Moines Valley	1:43.34
	2A-Mount Vernon	1:45.40
	1A-Laurens-Marathon	1:46.36
1984	3A-Des Moines Hoover	1:44.2
	2A-Sheldon	1:45.8
	1A-Westwood	1:49.0
1983	3A-Cedar Rapids Kennedy	1:44.78
	2A-Davis County	1:46.58
	1A-Dexfield	1:47.35
1982	3A-Des Moines Roosevelt	1:44.93
	2A-Sioux Center	1:46.96
	1A-Titonka	1:45.54
1981	3A-Ankeny	1:44.04
	2A-Sioux Center	1:44.88
	1A-Center Point	1:44.46
1980	3A-Cedar Rapids Kennedy	1:43.69
	2A-Clarinda	1:43.6
	1A-Cedar Falls NU High	1:46.62
1979	3A-Cedar Rapids Kennedy	1:43.07
	2A-Sioux Center	1:43.63
	1A-Tri-County	1:46.13
1978	3A-Cedar Rapids Kennedy	1:43.97
	2A-Garner-Hayfield	1:44.83
	1A-Lincoln	1:46.14

880-YARDS

1977	3A-Cedar Rapids Washington	1:43.6
	2A-Hull Western Christian	1:46.7
	1A-Lincoln	1:47.3
1976	Oelwein	1:43.4
1975	Woodbine	1:41.4
1974	Woodbine	1:43.9
1973	HLV	1:43.7
1972	Belle Plaine	1:45.7
1971	Manilla	1:46.1
1970	George	1:47.0
1969	Manilla	1:46.6
1968	Manilla	1:48.9
1967	Manilla	1:45.0
1966	Central Argyle	1:47.4
1965	Belle Plaine	1:48.0
1964	Hull Western Christian	1:51.5
1963	Manilla	1:53.7

100 HURDLES ALL-TIME LEADERS

New Records in 2009 with implementation of 33-inch hurdles

Alex Gochenour, Logan-Magnolia	2010	13.9
Brandi DeMuth, Okoboji	2010	14.3
Karen Hutson, Logan-Magnolia	2011	14.3
Dani Coover, Belle Plaine	2011	14.6
Destani Welch, Des Moines Roosevelt	2012	14.71
Jessi Sorensen, Hudson	2010	14.72
Maddie Anderson, Ames	2011	14.73
Khanishah Williams, Burlington	2011	14.79
Maddie Rouw, Waukee	2012	14.8
Taylor Twedt, West Fork	2010	14.8
Nichole Johnson, Center Point-Urbana	2010	14.8
Jessica Gardner, Southeast Polk	2012	14.8
Mariah Jordan, Iowa City High	2009	14.83
Mary Young, Urbandale	2012	14.86
Rachel Peth, Waverly-Shell Rock	2011	14.86
Susan Rodriguez, Pleasant Valley	2009	14.87
Nicole Hunter, Creston	2009	14.90
Emily Ruhser, Central Elkader	2011	14.9
Emily James, Waukee	2009	14.94
Khanishah Williams, Burlington	2011	15.0
Rachel Peth, Waverly-Shell Rock	2010	15.0
Laura Rodriguez, Pleasant Valley	2010	15.0
Sarah Yeager, Cardinal	2009	15.00

100 HURDLES STATE CHAMPIONS

2011	4A - Khanishah Williams, Burlington	14.93
	3A - Rachel Peth, Waverly-Shell Rock	14.86
	2A - Alex Gochenour, Logan-Magnolia	14.74
	1A - Emily Ruhser, Central Elkader	15.77
2010	4A - Khanishah Williams, Burlington	15.37
	3A - Rachel Peth, Waverly-Shell Rock	15.30
	2A - Taylor Twedt, West Fork	15.07
	1A - Alex Gochenour, Logan-Magnolia	14.66
2009	4A - Mariah Jordan, Iowa City High	14.83
	3A - Nicole Hunter, Creston	14.90
	2A - Alex Gochenour, Logan-Magnolia	14.33
	1A - Sarah Yeager, Cardinal	15.00
2008	4A - AG Bradford, Davenport North	14.12
	3A - Carmen Goedken, Dubuque Wahlert	14.72
	2A - Lindsay Lettow, Des Moines Christian	14.37
	1A - Alex Gochenour, Logan-Magnolia	14.32
2007	4A - AG Bradford, Davenport North	14.87
	3A - Heather Kessler, Storm Lake	15.21
	2A - Rachel Vanderholt, Aplington-Parkersburg	14.79
	1A - Jessica Hale, Ventura	14.51
2006	4A - Jenna Caffrey, Burlington	13.76
	3A - Lindsey Boldt, Mount Pleasant	14.65
	2A - Lauren Bucklin, Bondurant-Farrar	14.84
	1A - Lauren Anderson, Riverside	14.84
2005	4A - Jenna Caffrey, Burlington	14.09
	3A - Kelsey Steffens, Central DeWitt	15.71
	2A - Carly DuCharme, Iowa City Regina	15.02
	1A - Jacquelyn Schmidt, Laurens-Marathon	14.89
2004	4A - Laneisha Waller, Cedar Rapids Washington	13.90
	3A - Deb Durey, West Delaware	15.24
	2A - Carly DuCharme, Iowa City Regina	14.87
	1A - Jacquelyn Schmidt, Laurens-Marathon	15.09
2003	3A - Kasey McDaniel, Spencer	14.19
	2A - Crystal Hanson, Roland-Story	14.96
	1A - Kelsey Grindle, Charter Oak-Ute	15.08
2002	3A - Kayla Sauter, Mason City	14.41
	2A - Nikki Gruber, Pocahontas Area	14.74
	1A - Kelsey Grindle, Charter Oak-Ute	14.96
2001	3A - Blair Anderson, Burlington	14.62
	2A - Tiffany Pedersen, Atlantic	14.30
	1A - Jill Schweibert, Aplington-Parkersburg	14.87
2000	3A - Lolo Jones, Des Moines Roosevelt	14.03
	2A - Tiffany Pedersen, Atlantic	14.39
	1A - Jacque Moyer, Janesville	15.00
1999	3A - Teesa Price, Iowa City High	14.19
	2A - Tiffany Pedersen, Atlantif	14.40
	1A - Lindsay Schultz, Manson-NW Webser	15.15
1998	3A - Lolo Jones, Des Moines Roosevelt	13.78

	2A - Tiffany Pedersen, Atlantic	14.63
	1A - Molly O'Brien, Williamsburg	14.90
1997	3A - Teesa Price, Iowa City High	14.37
	2A - Jenni Donohue, Roland-Story	15.02
	1A - Erika Hamel, Madrid	14.50
1996	3A - Dee Wear, Mount Pleasant	14.64
	2A - Amber Oolman, South O'Brien	15.52
	1A - Abby Kohnen, Clear Creek-Amana	14.85
1995	3A - Paula Ruen, Western Dubuque	14.91
	2A - Jenny Runchey, Atlantic	14.49
	1A - Erika Hamel, Madrid	14.42
1994	3A - Loni Brewer, Indianola	14.83
	2A - Jenny Runchey, Atlantic	15.2
	1A - Erika Hammd, Clear Creek-Amana	14.66
1993	3A - Suzie Darnell, Knoxville	14.44
	2A - Paula Krull, Ballard	14.83
	1A - Terri Baker, Pekin	15.14
1992	3A - Kim Carson, DM Roosevelt	13.86
	2A - Katie Tweto, North Iowa	14.58
	1A - Dawn Rayner, Lone Tree	15.0
1991	3A - Kim Carson, DM Roosevelt	14.18
	2A - Paula Krull, Ballard	14.32
	1A - Susan Kane, Iowa City Regina	15.32
1990	3A - Kim Carson, DM Roosevelt	14.62
	2A - Suzie Friday, Tipton	14.37
	1A - Julie Grosvenor, Logan-Magnolia	15.21
1989	3A - Anne Best, WDM Valley	14.79
	2A - Suzie Friday, Tipton	14.42
	1A - Deb Beemer, Bedford	14.78
1988	3A - Michelle Dunn, Mason City	14.41
	2A - Kelli Riedesel, Southern Cal	14.48
	1A - Ruth Raak, Floyd Valley	15.04
1987	3A - Stephanie Holt, DM Roosevelt	14.62
	2A - Kelli Riedesel, Lake City-Lohrville	14.61
	1A - Deb Beemer, Bedford	14.95
1986	3A - Karla Ringger, Newton	14.47
	2A - Jenni Wood, Sergeant Bluff-Luton	14.57
	1A - Kelli Riedesel, Lohrville	14.65
1985	3A - Karen Koellner, Ames	14.46
	2A - Carole Seaton, Missouri Valley	14.23
	1A - Tonia Denham, Bondurant-Farrar	14.52
1984	3A - Yolanda Daye, Davenport Central	14.7
	2A - Teri Van Wechel, Maurice-Orange city	14.8
	1A - Susie McCowen, Oakland	15.6
1983	3A - Karen Koellner, Ames	14.50
	2A - Cathy Cowan, Algona	14.88
	1A - Barb Moore, Tiptonka	15.00
1982	3A - Alison Ehm, Urbandale	14.62
	2A - Linda Bockenstedt, Starmont	14.67
	1A - Tammy Harms, Tiptonka	15.00
1981	3A - Leisa Davis, Burlington	14.67
	2A - Lisa Schisel, Garner-Hayfield	14.63
	1A - Kathy Gillespie, Lamoni	15.03
1980	3A - Julie Bickel, Burlington	14.67
	2A - Lisa Schisel, Garner-Hayfield	14.84
	1A - Danita Yoder, Pekin	14.56
1979	3A - Kari Kramme, DM East	14.46
	2A - Wendy Ver Steeg, Maurice-Orange City	14.46
	1A - Jane McGinnis, Bondurant-Farrar	14.46
1978	3A - Yvette Greer, SC West	14.42
	2A - Patty McCarthy, West Sioux	14.53
	1A - Jane McGinnis, Bondurant-Farrar	14.50
1977	3A - Nancy Harms, LeMrs	14.6
	2A - Wendy Ver Steeg, Maurice-Orange City	14.9
	1A - Jane McGinnis, Bondurant-Farrar	15.1
1976	Marjean Nielsen, Glidden-Ralston	14.5
1975	Debbie Esser, Woodbine	13.9
1974	Debbie Esser, Woodbine	14.0
1973	Debbie Esser, Woodbine	14.3
1972	Debbie Esser, Woodbine	14.4
1971	Jan Paulsen, Midland	15.1
1970	Barb Van Ervelde, BGM	14.9

80-METERS

1969	Nancy Leinemann, Adel	12.0
1968	Diane Klingbeil, Lincoln Central	12.2
1967	Kay Cox, Bedford	11.7
1966	Vicki King, Fremont-Mills	12.2
1965	Carol Wolfe, Malvern	12.2
1964	Linda Ramus, Central	12.6

800 ALL-TIME LEADERS

1.	Shelby Houlihan, Sioux City East	2009	2:07.35
2	Blaire Dinsdale, North Tama	2006	2:07.39
3	Brooke Dinsdale, North Tama	2006	2:08.52
4.	Collette Gnade, Waukee	2009	2:08.84
5.	Ellen Dougherty, Sioux City East	2009	2:08.92
6	Jane Lange, Davenport West	1977	2:09.00
7	Katie Flood, Dowling Catholic	2010	2:09.76
8	Ashley Miller, Tipton	2007	2:10.10
9	Sara Stoakes, North Tama	2009	2:10.22
10	Sue Nelson, Indianola	1981	2:10.59
11	Sara Beckord, Rolfe	1968	2:11.3
12	Sue Deppe, Ames	1975	2:11.40
13	Janice Ohrt, North Tama	1981	2:11.55
14	Betsy Flood, Dowling Catholic	2008	2:11.58
15	Anne Mueksch, Missouri Valley	1978	2:11.8
16.	Lydia Saggau, West Des Moines Valley	2012	2:12.07
17	Sarah Pluim, OC Unity Christian	1993	2:12.19
18	Kristin Hansen, Okoboji	2002	2:12.21
19	Amanda Bales, Pleasant Valley	2001	2:12.26
20	Dawn Lentsch, Cedar Falls	1983	2:12.27
21	Kristy Matthews, Des Moines Roosevelt	1991	2:12.62
22.	Olivia Johnson, Okoboji	2007	2:12.85
23	Rebakah Topham, Griswold	2012	2:12.86
24	Kim Schneckloth, North Scott	1985	2:12.9
25	Rosemary Holden, Scranton	1974	2:12.9'

800 METER STATE CHAMPIONS

2011	4A - Shelby Houlihan, Sioux City East	2:08.15
	3A - Madison Waymire, Dallas Center-Grimes	2:14.84
	2A - Lindsey Kite, Jesup	2:17.71
	1A - Haley Manning, Woodward-Granger	2:16.40
2010	4A - Katie Flood, Dowling Catholic	2:09.76
	3A - Jessica Nichols, Perry	2:14.99
	2A - Casey Morgan, Northeast	2:17.89
	1A - Kaly Adkins, Earlham	2:16.54
2009	4A - Colette Gnade, Waukee	2:08.84
	3A - Alex Wilson, Mt. Vernon	2:17.00
	2A - Casie Christensen, North Polk	2:14.81
	1A - Sara Stoakes, North Tama	2:13.26
2008	4A - Colette Gnade, Waukee	2:10.12
	3A - Jacqueline Kane, Marion	2:17.55
	2A - Kara Keller, Mediapolis	2:13.47
	1A - Blaire Dinsdale, North Tama	2:14.55
2007	4A - Katie Flood, Dowling Catholic	2:12.71
	3A - Holli Hosch, Independence	2:15.06
	2A - Ashley Miller, Tipton	2:12.12
	1A - Blaire Dinsdale, North Tama	2:11.65
2006	4A - Betsy Flood, Dowling Catholic	2:13.55
	3A - Regina Reinig, Harlan	2:15.12
	2A - Ashley Miller, Tipton	2:13.71
	1A - Brooke Dinsdale, North Tama	2:09.60
2005	4A - Michelle Jensen, West Des Moines Valley	2:16.72
	3A - Mary Bridget Corken, Dubuque Wahlert	2:13.83
	2A - Ashley Miller, Tipton	2:12.47
	1A - Ellen Ries, North Linn	2:15.29
2004	4A - Nelle Trefz, Iowa City High	2:15.55
	3A - Erin Penticoff, Cedar Rapids Xavier	2:14.73
	2A - Ashley Miller, Tipton	2:15.81
	1A - Ellen Ries, North Linn	2:14.45
2003	3A - Lynn Dobyms, Iowa City West	2:15.84
	2A - Amy Bagge, Monticello	2:17.42
	1A - Ellen Ries, North Linn	2:16.42
2002	3A - Allison Werner, Mount Pleasant	2:13.16
	2A - Kristin Hansen, Okoboji	2:12.21
	1A - Ellen Ries, North Linn	2:15.41
2001	3A - Amanda Bales, Pleasant Valley	2:14.39
	2A - Missy Buttry, Shenandoah	2:17.67
	1A - Kristin Hansen, Okoboji	2:14.93
2000	3A - Alison Werner, Mount Pleasant	2:14.85
	2A - Michelle Sokol, Chariton	2:18.17
	1A - Kristin Hansen, Okoboji	2:15.20
1999	3A - Carey Morris, Fort Madison	2:14.54
	2A - Jessica Rowenhorst, Orange City Unity Christian	2:17.60
	1A - Erin Kappeler, Durant-Bennett	2:16.16
1998	3A - Laura Schlapkohl, Iowa City West	2:15.00
	2A - Jana Benson, Forest City	2:16.78
	1A - Michelle Lahann, Calamus-Wheatland	2:17.62
1997	3A - Keely Barnett, Iowa City High	2:15.77

	2A - Amanda Kalen, Durant-Bennett	2:13.80
	1A - Karen Smith, West Marshall	2:17.24
	3A - Keely Barnett, Iowa City High	2:20.18
	2A - Michelle Snyder, New Hampton	2:23.55
	1A - Haley Newbrough, West Hancock	2:16.93
1995	3A - Keely Barnett, Iowa City High	2:14.60
	2A - Jana Peterson, Webster City	2:15.04
	1A - Haley Newbrough, West Hancock	2:14.08
1994	3A - Becky Rigel, CR Prairie	2:16.62
	2A - Sarah Robson, Sheffield-Chapin	2:18.28
	1A - Krista Trei, George-Little Rock	2:16.30
1993	3A - Briana Benning, CR Kenndy	2:14.61
	2A - Mandy Buttry, Shenandoah	2:16.35
	1A - Tara Warner, Woodbine	2:21.32
1992	3A - Briana Benning, CR Kennedy	2:14.0
	2A - Sarah Pluim, OC Unity Christian	2:18.6
	1A - Heather Bombei, Sigourney	2:24.1
1991	3A - Kristy Matthews, DM Roosevelt	2:12.62
	2A - Mandy Parrott, Atlantic	2:18.98
	1A - Heather Amundson, Northwood-Kensett	2:19.07
1990	3A - Nikole Hennigan, Southeast Polk	2:16.08
	2A - Leslie Stanley, Panorama	2:20.53
	1A - Heather Amundson, Northwood-Kensett	2:21.44
1989	3A - Nikole Hennigan, Southeast Polk	2:17.08
	2A - Heather Amundson, Northwood-Kensett	2:16.24
	1A - Paulette Nemmers, LeMars Gehlen	2:21.80
1988	3A - Dannette Robinson, Bettendorf	2:14.66
	2A - Heather Amundson, Northwood-Kensett	2:17.60
	1A - Paulette Nemmers, LeMars Gehlen	2:22.79
1987	3A - Lynn Miller, Marshalltown	2:14.36
	2A - Kathy Allen, Davis County	2:15.26
	1A - Stacey Ehler, Crestland	2:21.66
1986	3A - Tami Hoffman, CR Kennedy	2:17.19
	2A - Katie Van Fossen, Decorah	2:16.18
	1A - Amy Hudek, Pocahontas	2:17.49
1985	3A - Kim Schneckloth, North Scott	2:12.9
	2A - Ktie Van Fossen, Decorah	2:15.73
	1A - Margie Mai, LeMars Gehlen	2:22.74
1984	3A - Michele Carlin, New Hampton	2:14.9
	2A - Vonda Velgersdyk, Hull WC	2:20.3
	1A - Marcy Ferguson, North Mahaska	2:22.3
1983	3A - Dawn Lentsch, Cedar Falls	2:15.37
	2A - Vonda Velgersdyk, Hull WC	2:19.49
	1A - Lisa Sitzmann, LeMars Gehlen	2:18.68
1982	3A - Dawn Lentsch, Cedar Falls	2:13.30
	2A - Paula Kenney, CB St. Albert	2:18.32
	1A - Jan Hall, George	2:14.92
1981	3A - Sue Nelson, Indianola	2:12.55
	2A - Paula Kenney, CB St. Albert	2:15.52
	1A - Janice Ohrt, North Tama	2:11.55
1980	3A - Sue Nelson, Indianola	2:15.00
	2A - Lana VandeKamp, Pella Christian	2:16.42
	1A - Janice Ohrt, North Tama	2:14.65
1979	3A - Julie Williams, Spencer	2:13.42
	2A - Anne Mueksch, Missouri Valley	2:13.67
	1A - Nan Doak, Hedrick	2:15.56
1978	3A - Julie Williams, Spencer	2:13.79
	2A - Lana VandeKamp, Pella Christian	2:16.97
	1A - Toni Mohr, Manilla	2:17.88
	880-YARDS	
1977	3A - Wendy Johnson, Spencer	2:18.1
	2A - Jill Eberly, Clarinda	2:18.3
	1A - Toni Mohr, Manilla	2:15.8
1976	Toni Mohr, Manilla	2:19.2
1975	Rosemary Holden, Scranton	2:15.4
1974	Rosemary Holden, Scranton	2:13.6
1973	Rosemary Holden, Scranton	2:14.7
1972	Cindy Hoegh, Missouri Valley	2:18.5
1971	Peg Neppi, Lincoln Central	2:20.2
1970	Chris Gemberling, Lake City	2:18.1
1969	Chris Gemberling, Lake City	2:19.1
1968	Chris Gemberling, Lake City	2:23.3
1967	Georgia Stevens, West Harrison	2:20.1
1966	Carol Wolfe, Malvern	2:28.1
1965	Carol Wolfe, Malvern	2:32.6

200 METERS ALL-TIME LEADERS

1	Debbie Esser, Woodbine	1975	:24.0'
2	Robin Threatt, Cedar Rapids Jefferson	1987	:24.1
3	Natasha Kaiser, Des Moines Roosevelt	1985	:24.1
4	Bonnie DeBoer, Hull Western Christian	1977	:24.2'
5	Connie Knott, Manilla	1968	:24.2'
6	Sherry Shedd, Davenport West	1987	:24.4
7	Cristy Dickerson, Indianola	1980	:24.45
8.	Alex Gochenour, Logan-Magnolia	2010	:24.48
9	Hannah Willms, Dike-New Hartford	2009	:24.49
10	Debbie Carroll, Collins	1973	:24.5'
11	Sara Beckord, Rolfe	1967	:24.5'
12	Barbara Szlendakova, Andrew	1997	:24.6
13	Whitney Westrum, Waukee	2009	:24.53
14	Faith Burt, Cedar Falls	2006	24.64
15	Meredith Kosmacek, Tri-Center	2002	:24.69
16	Amy Andrews, Storm Lake St. Mary's	1981	:24.7
16	Kelly Owens, Cedar Rapids Kennedy	1980	:24.7'
16	Julie Olson, Clay Central	1973	:24.7'
16	Christel Brown, HLV	1973	:24.7'
20	Kristin Knight, Iowa City High	1998	:24.76
21	Ellen Dougherty, Sioux City East	2009	:24.78
22	Lisa Schisel, Garner-Hayfield	1978	:24.8
22	Kay Cox, Bedford	1967	:24.8'
22	Lauren Carruthers, Pleasant Valley	2002	:24.8
25	Cortney Jacobs, Atlantic	2003	:24.80

200 METERS STATE CHAMPIONS

2011	4A - Erin Hawkins, Des Moines Roosevelt	:24.86
	3A - Rachel Peth, Waverly-Shell Rock	:25.98
	2A - Alex Gochenour, Logan-Magnolia	:24.88
	1A - Emily Toennies, Belle Plaine	:26.30
2010	4A - Jessica Gehrke, Iowa City West	:25.53
	3A - Jessica Nichols, Perry	:25.29
	2A - Hannah Willms, Dike-New Hartford	:25.13
	1A - Alex Gochenour, Logan-Magnolia	:24.48
2009	4A - Whitney Westrum, Waukee	:24.83
	3A - Jessica Nichols, Perry	:26.03
	2A - Hannah Willms, Dike-New Hartford	:24.49
	1A - Stephanie Nordyke, Lineville-Clio	:24.99
2008	4A - Faith Burt, Cedar Falls	:24.85
	3A - Callan Jacobson, Benton	:25.46
	2A - Hannah Willms, Dike-New Hartford	:26.01
	1A - Sara Stoakes, North Tama	:25.87
2007	4A - Gretchen Lemar, Des Moines Hoover	:25.95
	3A - Callan Jacobson, Benton	:25.41
	2A - Hannah Willms, Dike-New Hartford	:26.24
	1A - Sara Stoakes, North Tama	:25.43
2006	4A - Faith Burt, Cedar Falls	25.46
	3A - Callan Jacobson, Benton	25.52
	2A - Dani Stipe, Kuemper Catholic	24.98
	1A - Becky Gesell, Riceville	25.81
2005	4A - Faith Burt, Cedar Falls	:25.02
	3A - Callan Jacobson, Benton	:25.66
	2A - Dani Stipe, Kuemper Catholic	:25.20
	1A - Katie Rasmussen, CWL	:26.19
2004	4A - Liz Bradfield, Cedar Falls	:25.13
	3A - Cortney Jacobs, Atlantic	:25.24
	2A - Stacy Butt, Northeast	:25.79
	1A - Meredith Kosmacek, Tri-Center	:24.99
2003	3A - Miriam Chisala, Des Moines Roosevelt	:24.96
	2A - Cortney Jacobs, Atlantic	:24.80
	1A - Meredith Kosmacek, Tri-Center	:24.69
2002	3A - Sarah Riedel, Muscatine	:25.68
	2A - Audra Bark, Central DeWitt	:25.95
	1A - Meredith Kosmacek, Tri-Center	:24.74
2001	3A - Pam Orris, Dubuque Senior	:25.16
	2A - Stephanie Pisarik, Mount Vernon-Lisbon	:25.73
	1A - Ashley Granger, Cedar Falls NU High	:25.16
2000	3A--Lolo Jones, Des Moines Roosevelt	:25.31
	2A--Audra Bark, Central DeWitt	:25.96
	1A--Julie Drzycimski, Fort Dodge St. Aedmond	:25.92
1999	3A--Luyre Hupfer, Clinton	:25.01
	2A--Amanda Beck, Prairie Valley	:26.08
	1A--Julie Drzycimski, Fort Dodge St. Edmond	:25.79
1998	3A--Kristin Knight, Iowa City High	:24.76
	2A--Nikki Nelson, Mount Vernon-Lisbon	:25.31
	1A--Amanda Beck, Prairie Valley	:25.35
1997	3A--Kristin Knight, Iowa City High	:24.82

	2A--Nikki Nelson, Mount Vernon-Lisbon	:26.44
	1A--Barbara Szlendakova, Andrew	:25.09
1996	3A--Laura Aschoff, Ankeny	:25.83
	2A--Maggie Hall, Harlan	:25.85
	1A--Susie Reinhardt, Belle Plaine	:26.41
1995	3A--Cari Hoeman, WDM Valley	:25.65
	2A--Heather Welsch, Oelwein	:25.32
	1A--Jill Zwagerman, Sibley-Ocheyedan	:25.32
1994	3A--Tashika Lewis, DM North	:25.84
	2A--Liz Lewman, Eddyville	:25.83
	1A--Joanne Roepke, East Buchanan	:26.59
1993	3A--Laurie Hammill, Davenport North	:25.94
	2A--Liz Lowman, Eddyville	:26.1
	1A--Rhonda Eiben, Sigourney	:26.1
1992	3A--Chiquitta Carroll, Clinton	:25.63
	2A--Liz Lewman, Eddyville	:25.77
	1A--Rhonda Eiben, Sigourney	:25.6
1991	3A--Tashika Lewis, DM North	:25.53
	2A--Jodi Beavers, Collins-Maxwell-Baxter	:25.23
	1A--Sadie Wiley, Sigourney	:25.89
1990	3A--Jenny Ray, Marshalltown	:25.35
	2A--Haley Parrott, Atlantic	:26.04
	1A--Sadie Wiley, Sigourney	:25.79
1989	3A--Lia Pierson, Ames	:25.50
	2A--Haley Parrott, Atlantic	:25.61
	1A--Jennifer Levitt, SCMT	:26.49
1988	3A--Robin Threatt, CR Jefferson	:25.36
	2A--Sadie Wiley, Sigourney	:26.10
	1A--Chris Heutinck, Lawton-Bronson	:26.55
1987	3A--Robin Threatt, CR Jefferson	:24.95
	2A--Jenni Wood, Sergeant Bluff-Luton	:26.07
	1A--Jill Freed, Sanborn	:25.77
1986	3A--Julie Davis, CR Jefferson	:25.39
	2A--Deb Winchip, Mount Vernon	:26.08
	1A--Jill Freed, Sanborn	:25.77
1985	3A--Natasha Kaiser, DM Roosevelt	:24.25
	2A--Dana Mann, Belle Plaine	:26.97
	1A--Jill Freed, Sanborn	:26.34
1984	3A--Natasha Kaiser, DM Roosevelt	:24.6
	2A--Tammy Warner, Sheldon	:26.1
	1A--Dana Mann, Belle Plaine	:25.6
1983	3A--Natasha Kaiser, DM Roosevelt	:24.92
	2A--Theresa Wohlford, Starmont	:25.42
	1A--Laura Brandt, Dysart-Geneseo	:26.26
1982	3A--Natasha Kaiser, DM Roosevelt	:25.17
	2A--Carmelle Rardin, Starmont	:25.22
	1A--Rhonda Gwinn, Mormon Trail	:25.49
1981	3A--Meta Obersteller, Newton	:25.36
	2A--Lisa Schisel, Garner-Hayfield	:25.71
	1A--Amy Andrews, Storm Lake St. Mary's	:25.63
1980	3A--Cristy Dickerson, Indianola	:24.45
	2A--Bonnie Boeve, Hull WC	:26.12
	1A--Rhonda Gwinn, Mormon Trail	:25.65
1979	3A--Cristy Dickerson, Indianola	:24.82
	2A--Marcie Thurn, Elkader Central	:24.84
	1A--Cindy Weaver, Buffalo Center-Rake	:25.43
1978	3A--Cristy Dickerson, Indianola	:24.77
	2A--Bonnie DeBoer, Hull WC	:25.70
	1A--Becky Strub, Cedar Falls NU High	:25.54
	220-YARDS	
1977	3A--Charlene Bagbey, Urbandale	:26.5
	2A--Bonnie DeBoer, Hull WC	:25.1
	1A--Denette Esser, Woodbine	:25.3
1976	Bonnie DeBoer, Hull WC	:24.9
1975	Sue Haynes, Webster City	:25.4
1974	Julie Olson, Clay Central	:25.1
1973	Debbie Carroll, Collins	:25.0
1972	Debbie Carroll, Collins	:25.3
1971	Meg Hennessey, Manilla	:25.3
1970	Cathy Carroll, Collins	:25.3
1969	Pam Wilcoxson, Grand Valley	:24.3*
1968	Janet Brown, Charles City	:26.0
1967	Kay Cox, Bedford	:25.0
1966	Debbie Kirkey, Belle Plaine	:25.0
1965	Sandra Hayes, Malvern	:25.6
1964	Linda Schram, Manilla	:25.1
1963	Linda Schram, Manilla	:26.9*
1962	Linda Schram, Manilla	:27.9
	1969--210-yards	
	1963--231-yards	

400 HURDLES ALL-TIME LEADERS

1	Debbie Esser, Woodbine	1975	:57.3
2	AG Bradford, Davenport North	2008	1:00.82
3	Emily Roberts, Ankeny	2009	1:00.89
4	Kathy Gillespie, Lamoni	1979	1:01.05
5	Susan Rodriguez, Pleasant Valley	2009	1:01.12
6	Leisa Davis, Burlington	1981	1:01.13
7	Ellen Dougherty, Sioux City East	2009	1:01.25
8	Alex Gochenour, Logan-Magnolia	2010	1:01.63
8	Kelli Riedesel, Southern Cal	1987	1:01.63
10	Pam German, West Delaware	2000	1:01.86
11	Alysia Gonzales, Camanche	1987	1:01.98
12	Sara Stoakes, North Tama	2009	1:02.14
12	Kelli Riedesel, Lohrville	1986	1:02.14
14	Sherri Hull, Chariton	1982	1:02.23
15	Patty McCarthy, West Sioux	1979	1:02.24
16	Suzie Darnell, Knoxville	1993	1:02.3
17	Karen Hutson, Logan-Magnolia	2011	1:02.33
18	Karen Koellner, Ames	1985	1:02.34
19	Keely Huber, Oelwein	2001	1:02.37
20	Angie Davidson, West Des Moines Valley	1980	1:02.45
21	Sandy Savaraid, Ballard	1980	1:02.5
22	Holly Salzbrenner, Mount Vernon-Lisbon	2010	1:02.53
23	Lisa Edmonds, Des Moines East	1987	1:02.55
24	Jessica Klett, Starmont	2001	1:02.56
25	Suzy Hagge, Clinton	1990	1:02.6
25	Nicky Kinsler, Bettendorf	1990	1:02.6
25	Amber Stump, Fairfield	1986	1:02.6

400 HURDLES STATE CHAMPIONS

2011	4A - Brooke Foreman, Cedar Rapids Washington	1:02.62
	3A - Holly Salzbrenner, Mount Vernon-Lisbon	1:03.08
	2A - Alex Gochenour, Logan-Magnolia	1:02.62
	1A - Rachel Northrup, Griswold	1:04.89
2010	4A - Emily Roberts, Ankeny	1:02.07
	3A - Holly Salzbrenner, Mount Vernon-Lisbon	1:02.53
	2A - Megan Fiscus, Gilbert	1:05.09
	1A - Alex Gochenour, Logan-Magonia	1:02.17
2009	4A - Emily Roberts, Ankeny	1:00.89
	3A - Tashina McAllister, Oelwein	1:04.62
	2A - Alex Grocenour, Logan-Magnolia	1:03.71
	1A - Sara Stoakes, North Tama	1:02.14
2008	4A - AG Bradford, North Tama	1:00.82
	3A - Tashina McAllister, Oelwein	1:04.99
	2A - Kendra DeJong, Unity Christian	1:04.05
	1A - Blaire Dinsdale, North Tama	1:03.29
2007	4A - Kersten Thorgaard, Ames	1:02.76
	3A - Brittany Malloy, Mount Pleasant	1:03.89
	2A - Michelle Voigts, Clarion-Goldfield	1:03.93
	1A - Blaire Dinsdale, North Tama	1:02.86
2006	4A - Jenna Caffrey, Burlington	1:03.48
	3A - Lindsey Boldt, Mount Pleasant	1:03.28
	2A - Michelle Voigts, Clarion-Goldfield	1:04.10
	1A - Blaire Dinsdale, North Tama	1:02.82
2005	4A - Lauren Lindaman, West Des Moines Valley	1:03.78
	3A - Lindsey Boldt, Mount Pleasant	1:03.75
	2A - Carly DuCharme, Iowa City Regina	1:04.09
	1A - Deidre Hinkeldey, Alta	1:02.71
2004	4A - Gina Messamer, Oskaloosa	1:04.17
	3A - Deb Durey, West Delaware	1:04.05
	2A - Carly DuCharme, Iowa City Regina	1:03.87
	1A - Shaylyn Wiarda, CAL-Dows	1:05.17
2003	3A - Sara Boisen, West Des Moines Valley	1:03.71
	2A - Whitney Jacobs, Atlantic	1:05.82
	1A - Steph Arey, West Hancock	1:03.96
2002	3A - Sara Boisen, West Des Moines Valley	1:02.97
	2A - Mandy Tryon, ADM	1:06.69
	1A - Jessica Klett, Starmont	1:04.39
2001	3A - Angie German, West Delaware	1:02.19
	2A - Keely Huber, Oelwein	1:02.37
	1A - Jill Schweibert, Aplington-Parkersburg	1:05.34
2000	3A - Angie German, West Delaware	1:01.86
	2A - Misty Dirksen, Hampton-Dumont	1:04.98
	1A - Jill Schwiebert, Aplington-Parkersburg	1:04.08
1999	3A - Teesa Price, Iowa City High	1:02.65
	2A - Keely Huber, Oelwein	1:03.61
	1A - Stephanie Goettsch, AHST	1:04.69
1998	3A - Teesa Price, Iowa City High	1:03.05
	2A - Keely Huber, Oelwein	1:04.88

1997	1A - Melissa Eighmy, Mount Ayr	1:04.37
	3A - Liz Cooper, Indianola	1:03.54
	2A - Kim McCaffrey, Carroll	1:04.34
1996	1A - Jodi Hagedorn, North Iowa	1:03.53
	3A - Liz Cooper, Indianola	1:03.38
	2A - Kim McCaffrey, Carroll	1:04.14
1995	1A - Jodi Hagedorn, North Iowa	1:03.95
	3A - Julie Olilla, Ames	1:04.50
	2A - Jenny Runchey, Atlantic	1:02.86
1994	1A - Jodi Hagedorn, North Iowa	1:03.25
	3A - Amy Henderson, Ames	1:05.17
	2A - Jenny Runchey, Atlantic	1:03.65
1993	1A - Jodi Hagedorn, North Iowa	1:03.94
	3A - Suzie Darnell, Knoxville	1:04.58
	2A - Jenny Runchey, Atlantic	1:05.37
1992	1A - Marne Harris, CAM	1:06.01
	3A - Kelly Scherr, Dubuque Wahlert	1:05.56
	2A - Brandy Scheckel, DeWitt Central	1:06.97
1991	1A - Dawn Rayner, Lone Tree	1:04.84
	3A - Nicky Kinsler, Bettendorf	1:02.85
	2A - Heather Wagener, Clarinda	1:04.06
1990	1A - Dawn Rayner, Lone Tree	1:04.55
	3A - Nicky Kinsler, Bettendorf	1:04.34
	2A - Brandy Scheckel, DeWitt Central	1:04.92
1989	1A - Dawn Rayner, Lone Tree	1:05.39
	3A - Nicky Kinsler, Bettendorf	1:05.34
	2A - Mollie Marshall, North Fayette	1:03.25
1988	1A - Jill Schultz, Charter Oak-Ute	1:04.56
	3A - Amy Holm, Ames	1:04.03
	2A - Mollie Marshall, North Fayette	1:05.69
1987	1A - Marcy Schildroth, Fredericksburg	1:04.86
	3A - Amber Stump, Fairfield	1:03.74
	2A - Kelli Riedesel, Lake City-Lohrville	1:01.63
1986	1A - Barb Buckwalter, Laurens-Marathon	1:04.17
	3A - Amber Stump, Fairfield	1:03.49
	2A - Alysia Gonzales, Camanche	1:02.35
1985	1A - Kelli Riedesel, Lohrville	1:02.14
	3A - Karen Koellner, Ames	1:02.69
	2A - Alysia Gonzales, Camanche	1:04.60
1984	1A - BarbBuckwalter, Laurens-Marathon	1:04.30
	3A - Cindy Puck, Davenport Central	1:04.9
	2A - Teri Van Wechel, Maurice-Orange City	1:05.9
1983	1A - Susie McCowen, Oakland	1:05.5
	3A - Alison Ehm, Urbandale	1:02.83
	2A - Brenda Glasnapp, Roland-Story	1:04.37
1982	1A - Susie McCowen, Oakland	1:04.54
	3A - Alison Ehm, Urbandale	1:03.52
	2A - Sherri Hull, Chariton	1:02.23
1981	1A - Carol Bruggeman, Charter Oak-Ute	1:05.20
	3A - Leisa Davis, Burlington	1:01.15
	2A - Linda Bockenstedt, Starmont	1:02.96
1980	1A - Kathy Gillespie, Lamoni	1:03.04
	3A - Angie Davidson, WDM Valley	1:02.45
	2A - Sandy Savaraid, Ballard	1:02.74
1979	1A - Jolene DeBoer, Allison-Bristow	1:03.73
	3A - Tammy Foote, Spencer	1:03.12
	2A - Patty McCarthy, West Sioux	1:02.24
	1A - Jolene DeBoer, Allison-Bristow	1:04.40
1978	200-METERS	
	3A - Yvette Greer, SC West	:28.50
	2A - Linda Kroon, Hull WC	:28.81
	1A - Gayle Smith, Valley, Elgin	:28.83
1977	220-YARDS	
	3A - Cindy Jones, Marion	:29.4
	2A - Kathy Appleseth, Storm Lake	:29.7
	1A - Gayle Smith, Valley, Elgin	:30.0
1976	Diane Steinhart, Tri-County	:29.1
1975	Debbie Esser, Woodbine	:28.3
1974	Debbie Esser, Woodbine	:28.8
1973	Debbie Esser, Woodbine	:29.6
1972	Debbie Esser, Woodbine	:19.5
1971	Dana Peterson, Madrid	:30.0
1970	Kris Kenkel, Woodbine	:29.7
1969	Mary Bartels, Olin	:30.7
1968	Gwen Hoekstra, Terril	:31.8

SPRINT MEDLEY ALL-TIME LEADERS

1	Des Moines Roosevelt	1985	1:44.98
2	Des Moines Roosevelt	1984	1:45.4
3	Iowa City High	2005	1:46.00
4	Des Moines Hoover	1984	1:46.2
5	Des Moines Roosevelt	2012	1:46.20
6	Dike-New Hartford	2010	1:46.35
7	Starmont	1981	1:46.51
8	Pleasant Valley	1991	1:46.52
9	Bettendorf	2009	1:46.54
10.	Des Moines Roosevelt	2011	1:46.65
11	Waukee	2009	1:46.73
12	Iowa City High	2007	1:46.85
13	Waukee	2005	1:46.87
14	Ankeny	2009	1:46.98
15	Davenport North	1996	1:47.05
16	Des Moines North-Tech	1984	1:47.1
17	Dubuque Wahlert	2007	1:47.17
18	Waukee	2006	1:47.18
19	Dike-New Hartford	2009	1:47.19
20	Iowa City High	1999	1:47.22
21	Indianola	1980	1:47.22
22	Waukee	2007	1:47.23
23	Bettendorf	1986	1:47.31
24	Sioux City East	2010	1:47.54
25	Davenport Assumption	2012	1:47.58

SPRINT MEDLEY STATE CHAMPIONS

2011	4A - Des Moines Roosevelt	1:46.65
	3A - Dubuque Wahlert	1:49.13
	2A - Hudson	1:49.95
	1A - Belle Plaine	1:50.66
2010	4A - Sioux City East	1:47.54
	3A - Decorah	1:49.78
	2A - Dike-New Hartford	1:46.35
	1A - Grundy Center	1:49.61
2009	4A - Bettendorf	1:46.54
	3A - Mount Vernon	1:49.48
	2A - Dike-New Hartford	1:47.19
	1A - Grundy Center	1:50.45
2009	4A - Bettendorf	1:46.54
	3A - Mount Vernon	1:49.48
	2A - Dike-New Hartford	1:47.19
	1A - Grundy Center	1:50.45
2008	4A - Bettendorf	1:46.78
	3A - Storm Lake	1:48.03
	2A - Dike-New Hartford	1:47.92
	1A - North Tama	1:50.91
2007	4A - Iowa City High	1:46.85
	3A - Dubuque Wahlert	1:47.17
	2A - Hudson	1:49.87
	1A - Alta	1:51.34
2006	4A - Iowa City High	1:46.00
	3A - Fairfield	1:48.97
	2A - South Winneshiek	1:50.58
	1A - Keota	1:50.45
2005	4A - Cedar Falls	1:48.94
	3A - Denison-Schleswig	1:51.22
	2A - South Winneshiek	1:50.85
	1A - Keota	1:52.02
2004	4A - Cedar Falls	1:48.23
	3A - Atlantic	1:50.57
	2A - South Winneshiek	1:49.66
	1A - Council Bluffs St. Albert	1:52.03
2003	3A - West Des Moines Valley	1:49.67
	2A - Atlantic	1:48.71
	1A - Cedar Falls NU High	1:49.87
2002	3A - Iowa City High	1:50.00
	2A - Atlantic	1:50.58
	1A - Central Lyon	1:50.99
2001	3A - Iowa City High	1:49.88
	2A - Atlantic	1:50.55
	1A - HLV	1:52.15
2000	3A--West Des Moines Valley	1:50.53
	2A--Atlantic	1:51.32
	1A--Fort Dodge St. Edmond	1:52.93
1999	3A--West Des Moines Valley	1:48.20
	2A--Algona	1:51.54
	1A--Fort Dodge St. Edmond	1:52.20
1998	3A--Cedar Rapids Regis-LaSalle	1:48.75
	2A--Mount Vernon-Lisbon	1:49.59

1997-	1A--Winfield-Mt. Union	1:51.11
	3A--Indianola	1:48.5
	2A--South Winneshiek	1:50.30
	1A--West Hancock	1:50.23
1996	3A--Ames	1:49.3
	2A--South Winneshiek	1:51.19
	1A--West Hancock	1:51.88
1995	3A--Iowa City High	1:51.08
	2A--Davis County-Fox Valley	1:51.56
	1A--Ar-We-Va	1:51.50
1994	3A--Marshalltown	1:50.44
	2A--Wapsie Valley	1:51.59
	1A--Ar-We-Va	1:51.59
1993	3A--Iowa City High	1:50.2
	2A--Mount Vernon-Lisbon	1:53.37
	1A--Laurens-Marathon	1:54.93
1992	3A--Cedar Rapids Jefferson	1:51.1
	2A--Storm Lake	1:53.82
	1A--Laurens-Marathon	1:53.37
1991	3A--Pleasant Valley	1:48.25
	2A--Tipton	1:51.70
	1A--Irwin-Kirkman-Manilla	1:52.54
1990	3A--Bettendorf	1:51.21
	2A--DeWitt Central	1:51.26
	1A--Sigourney	1:50.81
1989	3A--Iowa City High	1:49.05
	2A--Osage	1:50.47
	1A--Waco	1:54.23
1988	3A--Pleasant Valley	1:48.81
	2A--Southern Cal	1:49.76
	1A--Buffalo Center-Rake-Lakota	1:53.46
1987	3A--Des Moines East	1:49.15
	2A--Anamosa	1:50.80
	1A--Milford	1:53.15
1986	3A--Bettendorf	1:47.31
	2A--Woodward-Granger	1:52.40
	1A--Pocahontas	1:53.92
1985	3A--Des Moines Roosevelt	1:48.42
	2A--Anamosa	1:51.01
	1A--Pocahontas	1:52.24
1984	3A--Des Moines Roosevelt	1:46.4
	2A--Hull Western Christian	1:51.9
	1A--Belle Plaine	1:53.3
1983	3A--Des Moines North-Tech	1:49.89
	2A--Starmont	1:49.96
	1A--Sac City	1:51.65
1982	3A--Cedar Rapids Kennedy	1:48.71
	2A--Starmont	1:48.61
	1A--Titonka	1:50.86
1981	3A--Cedar Rapids Kennedy	1:48.22
	2A--Starmont	1:48.61
	1A--Storm Lake St. Mary's	1:51.35
1980	3A--Indianola	1:47.72
	2A--Starmont	1:49.36
	1A--Britt	1:51.34
1979	3A--Bettendorf	1:48.84
	2A--Elkader Central	1:49.47
	1A--Tri-County	1:50.53
1978	3A--Indianola	1:48.79
	2A--Elkader Central	1:48.46
	1A--English Valleys	1:48.28

880-YARDS

1977	3A--Davenport West	1:48.7
	2A--Elkader Central	1:50.7
	1A--English Valleys	1:49.8
1976	West Sioux	1:50.3
1975	Woodbine	1:49.5
1974	Woodbine	1:50.3
1973	Urbandale	1:50.3
1972	West Marshall	1:52.6
1971	Ackley-Geneva	1:50.8
1970	Pocahontas	1:53.6
1969	Manilla	1:54.4
1968	Pocahontas	1:58.8
1967	Rolfe	1:51.2
1966	Rolfe	1:52.3
1965	Central Argyle	1:54.4
1964	Fremont-Mills	1:58.5

1500 METERS ALL-TIME LEADERS

1.	Shelby Houlihan, Sioux City East	2011	4:26.39
2	Katie Flood, Dowling Catholic	2010	4:28.30
3.	Morgan Casey, Northeast	2010	4:31.77
4	Betsy Flood, Dowling Catholic	2008	4:33.76
5	Michelle Lilienthal, Iowa City High	1999	4:34.01
6	Ashlie Decker, Dowling Catholic	2010	4:35.49
7	Brooke DInsdale, North Tama	2006	4:35.71
8	Robin Evans, Manilla	1970	4:36.0
9	Julie Williams, Spencer	1979	4:36.01
10	Jeni Frudden, Iowa City West	2001	4:36.8
11	Christa Holms, West Des Moines Valley	1989	4:36.86
13	Stephanie Mundt, Urbandale	2006	4:36.92
13	Blaire Dinsdale, North Tama	2006	4:37.75
14	Nicole Criner, West Des Moines Valley	2010	4:37.76
15	Madie Hubbell, Des Moines Roosevelt	2010	4:38.25
16.	Hannah Roeder, Des Moines Roosevelt	2005	4:38.87
17	Tami Colby, Boone	1985	4:39.0
18	Kim Schneckloth, North Scott	1985	4:39.10
19	Sara Roberson, Bettendorf	1986	4:39.26
20	Sara Fassbinder, Dubuque Wahlert	2002	4:39.31
21	Rebekah Topham, Griswold	2012	4:39.40
22	Jan Hall, George	1982	4:39.55
23	Kristen Hansen, Okoboji	2001	4:39.65
24	Julie Hudetz, Bettendorf	1984	4:39.7
25	Nelle Trefz, Iowa City High	2003	4:40.00

1500 METERS STATE CHAMPIONS

2011	4A - Shelby Houlihan, Sioux City East	4:29.97
	3A - Elana Enabit, Clear Lake	4:42.89
	2A - Leah Sievert, Sibley-Ocheyedan	4:50.63
	1A - Andrea Toppin, Ventura	4:53.07
2010	4A - Katie Flood, Dowling Catholic	4:31.33
	3A - Madison Weekly, Benton	4:55.03
	2A - Morgan Casey, Northeast	4:41.96
	1A - Kamille Kronemann, West Hancock	4:57.38
2009	4A - Katie Flood, Dowling Catholic	4:35.13
	3A - Alex Wilson, Mt. Vernon	4:48.91
	2A - Morgan Casey, Northeast	4:48.40
	1A - Sara Stoakes, North Tama	4:44.78
2008	4A - Betsy Flood, Dowling Catholic	4:33.76
	3A - Danielle Nowasell, Grinnell	4:52.65
	2A - Abby Schlater, Council Bluffs St. Albert	4:52.82
	1A - Blaire Dinsdale, North Tama	4:37.75
2007	4A - Katie Flood, Dowling Catholic	4:36.23
	3A - Danielle Nowasell, Grinnell	4:58.06
	2A - Ashley Miller, Tipton	4:45.10
	1A - Brooke Dinsdale, North Tama	4:47.13
2006	4A - Betsy Flood, Dowling Catholic	4:35.08
	3A - Jennifer Kuiken, Fairfield	4:46.68
	2A - Ashley Miller, Tipton	4:47.84
	1A - Brooke DInsdale, North Tama	4:39.33
2005	4A - Hannah Roeder, Des Moines Roosevelt	4:38.87
	3A - Caedryn Schrunck, Spirit Lake	4:43.79
	2A - Emily VanOosbree, Emmetsburg	4:46.53
	1A - Ellen Ries, North Linn	4:40.30
2004	4A - Sarah Wickman, Iowa City West	4:42.94
	3A - Caedryn Schrunck, Spirit Lake Park	4:47.00
	2A - Jen Kempers, Unity Christian	4:50.57
	1A - Ellen Ries, North Linn	4:48.59
2003	3A - Nelle Trefz, Iowa City High	4:40.00
	2A - Whitney Johnson, ADM	4:49.30
	1A - Des Campbell, LeMars Gehlen Catholic	4:46.62
2002	3A - Sara Fassbinder, Dubuque Wahlert	4:39.41
	2A - Kristin Hansen, Okoboji	4:40.51
	1A - Casey Huber, Denver	4:52.24
2001	3A - Emily Shoopman, Waterloo West	4:40.87
	2A - Missy Buttry, Shenandoah	4:49.35
	1A - Kristin Hansen, Okoboji	4:39.65
2000	3A - Michelle Lilienthal, Iowa City High	4:34.42
	2A - Marissa Wurzer, South Winneshiek	4:48.26
	1A - Kristin Hansen, Okoboji	4:45.55
1999	3A - Michelle Lilienthal, Iowa City High	4:34.01
	2A - Jessica Rowenhorst, Orange City Unity Christian	4:46.45
	1A - Sarah Arens, Remsen St. Mary's	4:42.54
1998	3A - Julie Bigler, Fort Madison	4:38.71

1997	2A - Kristi Schmidt, Spirit Lake Park	4:50.29
	1A - Michelle Lahann, Calamus-Wheatland	4:56.78
	3A - Julie Bigler, Fort Madison	4:40.92
	2A - Val Oltman, Nevada	4:51.46
1996	1A - Kristin Johnson, West Branch	4:55.20
	3A - Alienor Gilchrist, Ames	4:46.48
	2A - Kendra Versendaal, PCM	4:58.46
	1A - Haley Newbrough, West Hancock	4:46.79
1995	3A - Sarah Gray, Cedar Falls	4:40.63
	2A - Jana Peterson, Webster City	4:42.04
	1A - Krita Trei, George-Little Rock	4:51.76
1994	3A - Summer Johnston, Indianola	4:49.14
	2A - Cindra Schelling, Sheldon.	4:46.68
	1A - Krista Trei, George-Little Rock	4:51.44
1993	3A - Summer Johnson, Indianola	4:49.23
	2A - Megan Wagner, Cascade	4:58.78
	1A - Rachel Dozak, Ar-We-Va	5:00.37
1992	3A - Briana Benning, CR Kennedy	4:48.3
	2A - Keri Clevenger, Wilton	4:53.86
	1A - Kim Steed, Colo-Nesco	4:50.56
1991	3A - Cyndi Olson, CR Jefferson	4:45.61
	2A - LeAnn Rychnovsky, Clarke	4:49.68
	1A - Heather Amundson, Northwood-Kensett	4:53.39
1990	3A - Cyndi Olson, CR Jefferson	4:45.48
	2A - Jacinda Grishaber, North Linn	4:59.09
	1A - Heather Amundson, Northwood-Kensett	4:57.13
1989	3A - Christa Holms, WDM Valley	4:36.86
	2A - Heather Amundson, Northwood-Kensett	4:51.46
	1A - Jane Krueger, Riceville	4:50.83
1988	3A - Christa Holms, WDM Valley	4:43.58
	2A - Jennifer Brower, St. Ansgar	4:43.98
	1A - Jane Krueger, Riceville	4:56.09
1987	3A - Christa Holms, WDM Valley	4:44.87
	2A - Katie Van Fossen, Deocrah	4:43.15
	1A - Brenda Matheny, Lenox	4:53.00
1986	3A - Christa Holms, WDM Valley	4:38.38
	2A - Kerry Greenwood, Cascade	4:46.00
	1A - Kathy Halligan, West Sioux	4:51.70
1985	3A - Kim Schneckloth, North Scott	4:39.10
	2A - Charlene Letzring, Northeast	4:45.83
	1A - Kristy Freerksen, Riceville	5:01.94
1984	3A - Julie Hudetz, Bettendorf	4:39.7
	2A - Charlene Letzring, Northeast	4:48.8
	1A - Jan Jacobsen, Southeast Warren	4:56.1
1983	3A - Dawn Lentsch, Cedar Falls	4:42.52
	2A - Jill Gazaway, Eagle Grove	4:47.74
	1A - Ingrid Elvebak, Thompson	5:01.73
1982	3A - Dawn Lentsch, Cedar Falls	4:43.02
	2A - Jill Gazaway, Eagle Grove	4:49.97
	1A - Jan Hall, George	4:39.55
1981	3A - Sue Nelson, Indianola	4:41.24
	2A - Ann Sutton, East Union	4:46.94
	1A - Jan Hall, George	4:49.60
1980	3A - Tracy Parks, DM Hoover	4:42.86
	2A - Lana VandeKamp, Pella Christian	4:44.22
	1A - Nan Doak, Hedrick	4:43.24
1979	3A - Julie Williams, Spencer	4:36.01
	2A - Anne Mueksch, Missouri Valley	4:42.87
	1A - Nan Doak, Hedrick	4:46.00
1978	3A - Julie Williams, Spencer	4:47.01
	2A - Anne Mueksch, Missouri Valley	4:48.51
	1A - Robin Rasmussen, Manilla	4:54.84

MILE

1977	3A - Anita Ayers, Fort Dodge	5:11.9
	2A - Anne Mueksch, Missouri Valley	5:20.2
	1A - Lani Granowski, Dows	5:11.7
1976	Bridget Seip, Sigourney	5:03.3
1975	Kim Thompson, Ames	5:19.2
1974	Rosemary Holden, Scranton	5:13.3
1973	Ann Kimm, Norway	5:10.4

4X100 RELAY ALL-TIME LEADERS

1.	Des Moines Roosevelt	2012	:47.55
2.	Des Moines Roosevelt	2011	:47.79
3.	Davenport Assumption	2012	:47.81
4	Iowa City West	2010	:47.89
5	Waukee	2009	:48.15
6	Iowa City West	2009	:48.52
7	Davenport Assumption	2011	:48.53
8	Johnston	2009	:48.55
9	Denison-Schleswig	2005	:48.56
10	Des Moines Roosevelt	1998	:48.57
11	Davenport Central	2009	:48.59
12	Ankeny	1997	:48.69
13	Denison-Schleswig	2006	:48.71
14	Cedar Rapids Xavier	2010	:48.72
15	Iowa City West	2011	:48.74
16	Cedar Rapids Jefferson	1986	:48.80
16	Cedar Rapids Washington	2001	:48.80
18	Iowa City High	1999	:48.8
18	Washington	1975	:48.8'
20	Iowa City High	1998	:48.83
21	Dowling Catholic	2012	:48.86
22	Waukee	2008	:48.87
23	Cedar Rapids Kennedy	1981	:48.90
24	Cedar Falls	2008	:48.92
25	Cedar Rapids Jefferson	2002	:48.93
25	Iowa City West	2012	:48.93

4X100 RELAY STATE CHAMPIONS

2011	4A - Des Moines Roosevelt	:47.93
	3A - Davenport Assumption	:48.64
	2A - Western Christian	:49.81
	1A - Manson-NW Webster	:50.51
2010	4A - Iowa City West	:48.16
	3A - Davenport Assumption	:50.05
	2A - Solon	:49.42
	1A - Manson-NW Webster	:50.63
2009	4A - Waukee	:48.15
	3A - Mount Vernon	:50.07
	2A - Hudson	:49.96
	1A - North Iowa	:50.56
2008	4A - Waukee	:48.99
	3A - Benton Community	:49.42
	2A - North Polk	:49.30
	1A - Valley Community	:50.66
2007	4A - Cedar Falls	:49.59
	3A - Benton	:49.30
	2A - North Polk	:50.09
	1A - Ventura	:49.95
2006	4A - Des Moines Roosevelt	:49.18
	3A - Denison-Schleswig	:48.92
	2A - Mid-Prairie	:49.94
	1A - Ventura	:50.56
2005	4A - Cedar Falls	:49.15
	3A - Denison-Schleswig	:49.07
	2A - Lake Mills	:50.08
	1A - Coming	:51.73
2004	4A - West Des Moines Valley	:49.17
	3A - Denison-Schleswig	:49.58
	2A - Camanche	:50.02
	1A - Panorama	:50.42
2003	3A - Cedar Falls	:49.34
	2A - Grinnell	:49.95
	1A - Cedar Falls NU High	:49.02
2002	3A - Cedar Rapids Jefferson	:48.93
	2A - Waukee	:50.66
	1A - Cedar Falls NU High	:50.18
2001	3A - Cedar Rapids Washington	:48.80
	2A - Central DeWitt	:50.14
	1A - Cedar Falls NU High	:50.45
2000	3A-Iowa City High	:49.48
	2A-Atlantic	:50.35
	1A-Pocahontas Area	:50.90
1999	3A-Waterloo East	:49.34
	2A-Atlantic	:50.45
	1A-Pocahontas Area	:50.30
1998	3A-Des Moines Roosevelt	:48.57
	2A-North Fayette	:50.14
	1A-Prairie Valley	:50.04

1997	3A--Ankeny	:48.69
	2A--North Fayette	:50.45
	1A--Guthrie Center	:50.32
1996	3A--Ames	:49.32
	2A--Benton	:50.98
	1A--Iowa City Regina	:50.83
1995	3A--Dubuque Hempstead	:49.48
	2A--Okoboji	:50.49
	1A--Guthrie Center	:50.30
1994	3A--Dubuque Hempstead	:49.68
	2A--Jefferson-Scranton	:51.14
	1A--Guthrie Center	:50.89
1993	3A--Clinton	:50.21
	2A--North Fayette	:50.68
	1A--IKM	:51.83
1992	3A--Des Moines Roosevelt	:49.48
	2A--Mount Vernon-Lisbon	:50.87
	1A--SCMT	:51.83
1991	3A--Cedar Rapids Jefferson	:49.57
	2A--Cherokee	:50.28
	1A--Laurens-Marathon	:51.47
1990	3A--Cedar Rapids Kennedy	:49.21
	2A--Tipton	:49.95
	1A--Lawton-Bronson	:51.73
1989	3A--Waterloo West	:50.09
	2A--Tipton	:50.12
	1A--Charter Oak-Ute	:51.74
1988	3A--Ames	:49.37
	2A--North Linn	:50.56
	1A--West Bend-Mallard	:51.24
1987	3A--Ames	:49.24
	2A--Pella	:50.47
	1A--Laurens-Marathon	:51.28
1986	3A--Cedar Rapids Jefferson	:48.80
	2A--Hull Western Christian	:50.19
	1A--Laurens-Marathon	:51.23
1985	3A--Pleasant Valley	:49.06
	2A--Mount Vernon	:50.02
	1A--Laurens-Marathon	:50.59
1984	3A--Davenport North	:49.2
	2A--Sheldon	:51.2
	1A--Cedar Falls NU High	:51.3
1983	3A--Muscatine	:49.50
	2A--Audubon	:50.59
	1A--Dexfield	:51.49
1982	3A--Davenport Central	:49.09
	2A--Sigourney	:51.10
	1A--Titonka	:49.75
1981	3A--Newton	:49.67
	2A--Sioux Center	:50.35
	1A--Titonka	:50.68
1980	3A--Dubuque Wahlert	:49.34
	2A--Perry	:49.65
	1A--Titonka	:50.96
1979	3A--Cedar Rapids Kennedy	:49.30
	2A--Emmetsburg	:49.76
	1A--Kingsley-Pierson	:50.79
1978	3A--Cedar Rapids Kennedy	:49.38
	2A--Hull Western Christian	:49.69
	1A--Valley, Elgin	:50.32
	440-YARDS	
1977	3A--Cedar Rapids Washington	:49.2
	2A--Hull Western Christian	:49.3
	1A--Tri-County	:50.8
1976	Oelwein	:49.2
1975	Washington	:49.0
1974	Cedar Rapids Washington	:50.8
1973	Linn-Mar	:50.6
1972	Belle Plaine	:50.4
1971	Dexfield	:50.3
1970	Woodbine	:50.7
1969	Rolfe	:51.2
1968	Rolfe	:50.4
1967	Manilla	:50.8
1966	Belle Plaine	:51.0
1965	Prairie	:51.7
1964	Manilla	:51.5
1963	tie Manilla and Cardinal	:53.1
1962	Sentral	:54.5

4X400 RELAY ALL-TIME LEADERS

1	Sioux City East	2009	3:48.39
2.	Waukee	2009	3:49.72
2	Starmont	1981	3:51.70
4	Woodbine	1975	3:51.9'
5.	Davenport Assumption	2012	3:52.70
6	Davenport West	1977	3:53.2'
7	Waukee	2008	3:53.65
8	Waukee	2006	3:53.65
9	Indianola	1980	3:53.90
10	Sioux City East	2011	3:54.14
11	Harlan	2006	3:54.15
12	Indianola	1979	3:54.20
13	Iowa City West	2006	3:54.27
14	Cascade	2012	3:54.35
15	Sioux City East	2010	3:54.39
16	Fairfield	2006	3:54.50
17	Sioux City East	2008	3:54.60
18	Ankeny	1981	3:54.73
19	Des Moines Roosevelt	1985	3:54.87
20	Des Moines Roosevelt	1990	3:54.96
21	Waukee	2007	3:55.04
22	Cedar Rapids Kennedy	1980	3:55.09
23	Ankeny	1980	3:55.19
24	Johnston	2009	3:55.31
25	Des Moines Roosevelt	1991	3:55.36

4X400 RELAY STATE CHAMPIONS

2011	4A - Sioux City East	3:54.14
	3A - Davenport Assumption	3:56.56
	2A - Western Christian	3:57.82
	1A - Griswold	4:01.26
2010	4A - Sioux City East	3:54.89
	3A - Mount Vernon-Lisbon	3:59.18
	2A - Western Christian	4:02.25
	1A - Grundy Center	4:02.89
2009	4A - Sioux City East	3:48.39
	3A - Mount Vernon	3:55.98
	2A - Maquoketa Valley	4:01.56
	1A - North Iowa	3:59.84
2008	4A - Waukee	3:54.10
	3A - Mount Vernon	4:05.53
	2A - Manson-NW Webster	4:03.21
	1A - New London	4:07.03
2007	4A - Waukee	3:55.54
	3A - Harlan	4:00.18
	2A - Council Bluffs St. Albert	4:04.74
	1A - Valley Community	3:58.28
2006	4A - Waukee	3:53.65
	3A - Harlan	3:54.15
	2A - Kuemper Catholic	3:56.61
	1A - Hinton	4:02.50
2005	4A - West Des Moines Valley	3:57.62
	3A - Harlan	3:55.52
	2A - Tipton	3:59.17
	1A - North Butler	4:01.69
2004	4A - Pleasant Valley	3:55.59
	3A - Atlantic	3:56.99
	2A - Tipton	3:59.48
	1A - West Hancock	4:04.30
2003	3A - Iowa City High	3:56.94
	2A - Charles City	3:57.70
	1A - Northeast	4:05.27
2002	3A - Iowa City West	4:00.83
	2A - Atlantic	4:04.20
	1A - North Linn	4:03.15
2001	3A - Linn-Mar	3:56.96
	2A - Atlantic	4:03.92
	1A - North Linn	4:06.33
2000	3A--Newton	3:59.86
	2A--Clear Lake	4:04.22
	1A--East Buchanan	4:08.48
1999	3A--Indianola	3:56.69
	2A--Forest City	4:06.17

1998	1A--Tipton	4:03.61
	3A--West Des Moines Valley	4:01.20
	2A--Forest City	4:03.16
	1A--Denver	4:05.31
1997	3A--Indianola	3:57.96
	2A--Forest City	4:00.10
	1A--Winfield-Mt. Union	4:04.14
1996	3A--West Des Moines Valley	3:58.44
	2A--Davis County-Fox Valley	4:06.87
	1A--North Iowa	4:05.00
1995	3A--West Des Moines Valley	4:00.93
	2A--Davis County-Fox Valley	4:01.18
	1A--Guthrie Center	4:03.42
1994	3A--Cedar Falls	4:01.54
	2A--Benton	4:05.38
	1A--Guthrie Center	4:06.73
1993	3A--Marshalltown	4:01.18
	2A--Anamosa	4:07.65
	1A--Woodbine	4:09.72
1992	3A--Marshalltown	3:59.07
	2A--Dyersville Beckman	4:06.62
	1A--LeMars Gehlen Catholic	4:13.94
1991	3A--Des Moines Roosevelt	3:55.36
	2A--Alta-Aurelia	4:07.20
	1A--Marcus-Meriden-Cleghorn	4:12.79
1990	3A--Des Moines Roosevelt	3:54.96
	2A--DeWitt Central	4:01.07
	1A--Laurens-Marathon	4:06.30
1989	3A--Indianola	4:00.15
	2A--Jesup	4:01.98
	1A--Waco	4:08.71
1988	3A--Marshalltown	4:00.33
	2A--Camanche	4:02.05
	1A--Buffalo Center-Rake-Lakota	4:06.38
1987	3A--Newton	3:57.0
	2A--Camanche	4:00.5
	1A--Sanborn	4:04.1
1986	3A--Des Moines East	3:57.33
	2A--Camanche	4:02.39
	1A--Rock Valley	4:05.15
1985	3A--Pleasant Valley	3:57.55
	2A--Anamosa	4:00.88
	1A--George	4:07.01
1984	3A--Des Moines East	3:57.4
	2A--Iowa Falls	4:00.3
	1A--Boyd-Hull	4:08.9
1983	3A--Waverly-Shell Rock	4:01.74
	2A--Davis County	4:04.12
	1A--Terri	4:04.11
1982	3A--Cedar Rapids Kennedy	3:58.73
	2A--Johnston	4:01.88
	1A--Rockwell City	4:04.78
1981	3A--Ankeny	3:59.06
	2A--Starmont	3:53.97
	1A--Rockwell City	4:05.36
1980	3A--Ankeny	3:55.19
	2A--Sioux Center	3:57.04
	1A--Pekin	4:04.14
1979	3A--Spencer	3:57.55
	2A--Sioux Center	3:58.02
	1A--North Tama	4:03.52
1978	3A--Indianola	3:59.43
	2A--Sioux Center	4:01.93
	1A--Manilla	4:05.09
MILE		
1977	3A--Davenport West	3:57.4
	2A--West Branch	4:01.6
	1A--Manilla	4:06.7
1976	Davenport West	4:01.3
1975	Woodbine	3:59.7
1974	Woodbine	4:00.5
1973	Woodbine	3:56.9
1972	Williamsburg	4:03.5
1971	Manilla	4:02.9
1970	Havelock-Plover	4:08.0
1969	Schleswig	4:06.8
1968	Prairie	4:21.7
1967	Central Argyle	4:13.3