

TRACK ALL-TIME & STATE CHAMPIONS LIST - Updated 8/28/14

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 1962-2014

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 & 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 Fetterman (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

2012	(4A) WAUKEE - 82 - Jesse Hunt	Dowling Catholic - 69.50
	(3A) DUBUQUE WAHLERT - 90 - Tim Berning	Davenport Assumption - 80
	(2A) CASCADE - 82 - Tim Frake	Western Christian - 62
	(1A) GRISWOLD - 51 - Andy Everett	West Hancock - 41
2013	(4A) WAUKEE - 80 - Jesse Hunt	Pleasant Valley - 78
	(3A) DAVENPORT ASSUMPTION - 83 - Tim O'Neill	Solon - 63
	(2A) WESTERN CHRISTIAN - 58 - Dan Kroeze	Cascade - 49.76
	(1A) GRISWOLD - 45 - Andy Everett	West Hancock - 39
2014	(4A) URBANDALE - Randy Hutchinson	Des Moines Roosevelt - 71
	(3A) DAVENPORT ASSUMPTION - 107 - Tim O'Neill	Mount Pleasant - 77
	(2A) CASCADE - 49 - Tim Frake	Hudson - 47
	(1A) NORTH-LINN - 57 - Bob Muss	Griswold - 43

State Meet Running Event Champions By School

Adel	1	Danville	1	Janesville	1	Riceville	9
ADM	2	Davenport Assumption	8	Keota	1	Riverside	1
AHST	1	Davenport Central	4	Knoxville	2	Roland-Story	3
Alburnett	1	Davenport North	7	Lake City	3	Rolfe	1
Algona	2	Davenport West	2	Lake City-Lohrville	2	Sac City	1
Algona Bishop Garrigan	1	Davis County	1	Lamoni	2	Sanborn	7
Allison-Bristow	2	Davis County-Fox Valley	1	Laurens-Marathon	6	SCMT	3
Alta	3	Decorah	4	Lawton-Bronson	1	Scranton	4
Ames	12	Denison-Schleswig	2	LeMars	1	Sentral	2
Anamosa	3	Denver	1	LeMars Gehlen Catholic	6	Sergeant Bluff-Luton	3
Andrew	11	Des Moines Christian	1	Lenox	5	Sheffield-Chapin	1
Ankeny	5	Des Moines East	3	Lincoln Central	2	Sheldon	4
Aplington-Parkersburg	4	Des Moines Hoover	2	Lineville-Clio	2	Shenandoah	3
Armstrong-Ringsted	2	Des Moines Lincoln	3	Linn-Mar	7	Sibley-Ocheyedan	4
Ar-We-Va	2	Des Moines North	2	Logan-Magnolia	16	Sigourney	11
Atlantic	21	Des Moines North-Tech	2	Lohrville	2	Sioux City East	4
Ballard	3	Des Moines Roosevelt	25	Lone Tree	4	Sioux City North	3
BCL	1	Dike-New Hartford	8	Madrid	4	Sioux City West	2
Bedford	4	Dowling Catholic	13	Malvern	9	Sioux Rapids-Rembrandt	2
Belle Plaine	13	Dows	1	Manilla	11	Solon	2
Belmond-Klemme	1	Dubuque Hempstead	1	Manson-NW Webster	4	Southeast Polk	2
Benton	9	Dubuque Senior	2	Marion	2	Southeast Warren	2
Bettendorf	7	Dubuque Wahlert	4	Marshalltown	2	Southern Cal	1
BGM	2	Durant-Bennett	3	Mason City	2	South Hamilton	1
Bondurant-Farrar	5	Dysart-Geneseo	3	Maurice-Orange City	4	South O'Brien	2
Buffalo Center-Rake	3	Eagle Grove	5	Mediapolis	1	South Winneshiek	1
Burlington	9	Earlham	1	MFL	1	Spencer	9
Calamus-Wheatland	3	East Buchanan	2	Midland	1	Spirit Lake Park	7
CAL-Dows	1	East Union	1	Mid-Prairie	2	St. Ansgar	3
CAM	1	Eddyville	5	Milford	1	Stanton	1
Camanche	4	Elkader Central	5	Missouri Valley	6	Starmont	9
Cardinal	7	Emmetsburg	2	Montezuma	2	Storm Lake	3
Carroll	2	Emmetsburg/Graettinger	1	Monticello	2	Storm Lake St. Mary's	1
Carroll Kuemper	4	English Valleys	1	Mormon Trail	4	Sumner-Fredericksburg	1
Cascade	5	Estherville	1	Mount Ayr	1	Terril	2
Cedar Falls	17	Fairfield	6	Mount Pleasant	10	Thompson	1
Cedar Falls NU	2	Farragut	1	Mount Vernon	2	Tipton	13
Cedar Rapids Jefferson	9	Floyd Valley	1	Mount Vernon-Lisbon	8	Titonka	2
Cedar Rapids Kennedy	6	Forest City	1	Muscatine	2	Treynor	1
Cedar Rapids Prairie	2	Fort Dodge	3	Nevada	1	Tri-Center	7
Cedar Rapids Washington	5	Fort Dodge St. Edmond	4	New Hampton	2	Tri-County	1
Cedar Rapids Xavier	1	Fort Madison	5	Newton	3	Unity Christian	8
Center Point	1	Fredericksburg	2	Northeast	9	Urbandale	11
Center Point-Urbana	2	Fremont-Mills	1	North Fayette	2	Valley Community	2
Centerville	2	Garner-Hayfield	3	North Iowa	5	Van Buren	1
Central Argyle	1	Garner-Hayfield/Ventura	1	North Linn	7	Ventura	3
Central DeWitt	8	George	3	North Mahaska	1	Wapsie Valley	1
Central Lyon	2	George-Little Rock	3	North Polk	1	Washington	1
Chariton	3	Gilbert	6	North Scott	3	Waterloo West	1
Charles City	3	Gladbrook	1	North Tama	23	Waukee	3
Charter Oak-Ute	4	Glidden-Ralston	1	Northwood-Kensett	7	Waukon	1
Cherokee	2	Grand Valley	4	Norway	1	Waverly-Shell Rock	9
Clarinda	2	Green Mountain	1	Oakland	3	Webster City	7
Clarion-Goldfield	21	Grinnell	4	Oelwein	9	West Branch	4
Clarke	1	Griswold	10	Okoboji	11	West Central	1
Clay Central	2	Hampton	1	Olin	1	West Delaware	5
Clayton Ridge	7	Hampton-Dumont	1	Osage	3	West Des Moines Valley	23
Clear Creek-Amana	3	Harlan	5	Oskaloosa	2	Western Christian	14
Clear Lake	2	Hedrick	3	Panora-Linden	1	Western Dubuque	1
Clinton	4	Hinton	1	Panorama	1	West Fork	2
CMB	1	Hudson	3	PCM	2	West Hancock	6
Collins	9	IKM	1	Pekin	2	West Harrison	2
Colo-NESCO	1	Independence	2	Pella Christian	3	West Marshall	1
Corning	4	Indianola	18	Perry	5	West Sioux	3
Council Bluffs St. Albert	6	Interstate-35	1	Pleasant Valley	6	Williamsburg	1
Crestland	1	Iowa City High	24	Pocahontas	3	Wilton	2
Creston	2	Iowa City Regina	7	Postville	1	Winfield-Mount Union	2
Crestwood	2	Iowa City West	6	Prairie Valley	2	Winterset	1
CWL	1	Jefferson-Scranton	1	Rembrandt	1	Woodbine	13
Dallas Center-Grimes	2	Jesup	2	Remsen St. Mary's	2	Woodward-Granger	1

State Meet Relay Event Champions By School

Ackley-Geneva	1	Des Moines North-Tech	1	Mount Pleasant	6	Tri-County	4
Adel	1	Des Moines Roosevelt	17	Mount Vernon	4	Unity Christian 5	Urbandale
Algona	4	Dexfield	4	Mount Vernon-Lisbon	14		5
Algona Bishop Garrigan	1	Dike-New Hartford	3	Muscatine	1	Valley Community	6
Allison-Bristow	1	Dowling Catholic	11	New Hampton	4	Ventura	4
Alta	1	Dubuque Hempstead	6	New Hartford	1	WACO	2
Alta-Aurelia	1	Dubuque Wahlert	16	New London	2	Wapsie Valley	1
Ames	14	Dyersville Beckman	3	Newton	5	Washington	1
Anamosa	7	East Buchanan	1	North Butler	2	Waterloo Columbus	1
Ankeny	9	Eddyville-Blakesburg/F	3	Northeast	3	Waterloo East	1
Aplington-Parkersburg	11	Elkader Central	4	North Fayette	5	Waterloo West	1
Ar-We-Va	7	Emmetsburg	2	North Iowa	6	Waukee	14
Atlantic	17	English Valleys	2	North Kossuth	2	Waverly-Shell Rock	4
Audubon	2	Exira	1	North-Linn	17	West Bend-Mallard	3
Battle Creek-Ida Grove	1	Fairfield	6	North Mahaska	2	West Branch	1
BCL	1	Forest City	5	North Polk	4	West Delaware	2
Bedford	2	Fort Dodge St. Edmond	2	North Tama	10	West Des Moines Valley	23
Belle Plaine	15	Fort Madison Aquinas	1	Northwood-Kensett	2	West Fork	3
Benton	7	Fremont-Mills	1	Oakland	1	West Marshall	1
Bettendorf	13	Garner-Hayfield	2	Oelwein	4	West Sioux	1
BGM	1	George	5	Ogden	1	Western Christian	15
Boone	1	Gilbert	5	Okoboji	5	West Hancock	4
Bondurant-Farrar	8	Greene	2	Osage	2	Westwood	1
Boyden-Hull	3	Grinnell	1	Panorama	1	Wheatland	2
Britt	1	Griswold	2	Parkersburg	1	Williamsburg	11
Buffalo Center-RL	2	Grundy Center	3	Pekin	3	Winfield-Mount Union	3
Burlington	6	Guthrie Center	7	Pella	2	Woodbine	11
Camanche	6	Harlan	5	Pella Christian	1	Woodward-Granger	3
Cardinal	2	Havelock-Plover	1	Perry	1		
Carroll Kuemper	2	Highland	1	Plainfield	2	Manilla and Cardinal tied for	
Cascade	10	Hinton	4	Pleasant Valley	7	440 relay crown in 1963	
Cedar Falls	12	HLV	3	Pocahontas	8		
Cedar Falls NU	7	Hudson	6	Prairie of Gowrie	2		
Cedar Rapids Jefferson	11	IKM	3	Prairie Valley	1		
Cedar Rapids Kennedy	13	Indianola	11	Riceville	2		
Cedar Rapids Regis-LaSalle	1	Iowa City High	21	Riverside	1		
Cedar Rapids Washington	5	Iowa City Regina	1	Rock Valley	1		
Center Point	1	Iowa City West	11	Rockwell City	2		
Central Argyle	1	Iowa Falls	1	Roland-Story	1		
Central DeWitt	9	Jefferson-Scranton	2	Rolfe	6		
Central Lee	2	Jesup	3	Sac City	1		
Central Lyon	4	Johnston	1	Sanborn	1		
Chariton	2	Keota	2	Schleswig	1		
Charles City	2	Kingsley-Pierson	1	SCMT	1		
Charter Oak-Ute	2	Lake City-Lohrville	1	Scranton	1		
Cherokee	4	Lakeland	1	Sentral	4		
Clarinda	2	Lake Mills	2	Shelby-Tennant	1		
Clarion-Goldfield	2	LaPorte City	1	Sheldon	2		
Clayton Ridge	1	Laurens-Marathon	12	Shenandoah	1		
Clear Lake	3	Lawton-Bronson	3	Sibley	1		
Clinton	3	LeMars Gehlen	4	Sigourney	5		
CMB	2	Lincoln	4	Sioux Center	8		
Columbus Junction	1	Lincoln Central	1	Sioux City East	6		
Corning	1	Linn-Mar	4	Sioux City North	1		
Council Bluffs St. Albert	7	Logan-Magnolia	2	Solon	3		
Crestland	2	Lone Tree	3	Southeast Polk	1		
Cumberland-Massena	1	Manilla	22	Southeast Warren	2		
Davenport Assumption	10	Manson-NW Webster	6	Southern Cal	2		
Davenport Central	3	Maquoketa Valley	1	South Hamilton	1		
Davenport North	2	Marion	2	South Winneshiek	10		
Davenport West	5	Marshalltown	6	Spencer	8		
Davis County	3	Mason City	1	Spirit Lake	1		
Davis County-Fox Valley	4	Maurice-Orange City	1	Starmont	6		
Decorah	4	Midland	2	Storm Lake	5		
Denison	1	Mid-Prairie	1	Storm Lake St. Mary's	1		
Denison-Schleswig	7	Milford	1	Terril	1		
Denver	2	Missouri Valley	4	Tipton	21		
Des Moines Christian	2	MMC	1	Titonka	6		
Des Moines East	3	MOC-Floyd Valley	2	Treynor	1		
Des Moines Hoover	2	Monticello	1	Tri-Center	1		

State Meet Field Event Champions By School

Ackely-Geneva	1	Dike	1	Laurens-Marathon	8	Southeast Webster-Grand	3
Adel-DeSoto	1	Dike-New Hartford	3	Logan-Magnolia	3	Southern Cal	1
AHST	3	Dowling Catholic	1	Lone Tree	1	South Hamilton	1
Akron-Westfield	1	Dow City-Arion	1	Louisa-Muscatine	1	South O'Brien	1
Alburnett	3	Dows	1	Malvern	2	South Tama	1
Alden	1	Dubuque Hempstead	3	Manning	1	South Winneshiek	1
Algona	6	Dubuque Senior	5	Manson-NW Webster	2	Spirit Lake	5
Algona Bishop Garrigan	5	Dubuque Wahlert	6	Maquoketa Valley	1	Springle	1
Ames	1	Durant-Bennett	1	Marion	3	Starmont	4
Andrew	1	Dunkerton	1	Marshalltown	3	Steamboat Rock	1
Ankeny	5	Eagle Grove	1	Martensdale-St. Marys	1	Storm Lake	2
Aplington	2	Earlham	2	Maurice-Orange City	1	Storm Lake St. Mary's	1
Atlantic	8	East Buchanan	1	Mediapolis	1	Sumner	1
Ballard	5	East Central	1	Mid-Prairie	2	Terril	1
BCL	3	East Marshall	1	MOC-Floyd Valley	7	Tipton	2
Bedford	5	Eddyville	2	Montezuma	1	Treynor	10
Belle Plaine	2	Edgewood-Colesburg	1	Moravia	1	Tri-Center	1
Bettendorf	2	Elkader Central	1	Mount Ayr	3	Tri-County	2
BGM	1	Elk Horn-Kimballton	1	Mount Pleasant	6	Tripoli	2
Bondurant-Farrar	1	Elk Horn-Kimballton/Walnut	1	Mount Vernon-Lisbon	2	Turkey Valley	1
Boyden-Hull	1	Emmetsburg-Graettinger	1	Muscatine	4	Twin Cedars	3
Burlington	3	Estherville-Lincoln Central	2	Newell-Providence	1	Underwood	3
Burt	2	Exira	2	Newton	2	Union	1
Camanche	3	Fort Dodge	3	Nishna Valley	3	Union-Whitten	1
Cardinal	2	Fort Madison	3	Nora Springs-Rock Falls	1	Unity Christian	2
Carroll	2	Federicksburg	1	Northeast	2	Urbandale	1
Carroll Kuemper	4	Fremont-Mills	2	Northeast Hamilton	1	Valley Community	4
Cascade	1	Galva-Holstein	6	North Fayette	3	Ventura	2
Cedar Falls	1	Garner-Hayfield/Ventura	1	North Kossuth	1	Villisca	1
Cedar Falls NU	3	George	2	North Linn	2	Vinton	1
Cedar Rapids Jefferson	3	Gilbert	6	Northwest Webster	1	Vinton-Shellsburg	1
Cedar Rapids Kennedy	2	Gilmore City	1	Norwalk	2	WACO	1
Cedar Rapids Prairie	1	Gilmore City-Bradgate	2	Oelwein	1	Wall Lake View-Auburn	2
Cedar Rapids Washington	5	Gladbrook	1	Okoboji	1	Walnut	1
Cedar Valley	1	Glenwood	4	Oskaloosa	3	Washington	1
Central Argyle	1	Glidden-Ralston	1	Pella	5	Waterloo Central	1
Central City	2	GMG	3	Pleasant Valley	5	Waterloo West	2
Chariton	3	Griswold	1	Pocahontas	6	Waukee	2
Charles City	2	Grundy Center	1	Pomeroy-Palmer	2	Waukon	1
Charter Oak-Ute	2	Hampton-Dumont	1	Postville	1	Waverly-Shell Rock	4
Cherokee	2	Harlan	3	Prairie City	2	Webster City	4
Clarke	1	Highland	1	Prairie Valley	1	West Burlington	3
Clarinda	1	Hinton	1	Prince Of Peace	2	West Delaware	1
Clay Central	1	HLV	2	Radcliffe	1	West Des Moines Valley	3
Clear Creek	1	Hudson	2	Remsen St. Mary's	1	Western Christian	7
Clear Creek-Amana	2	Indianola	2	Riceville	1	Western Dubuque	1
Clear Lake	1	Interstate 35	1	Rockwell City-Lytton	1	West Fork	1
Clinton	9	Iowa City Regina	2	Roland-Story	2	West Hancock	2
Colfax	1	Iowa City West	16	Rolfe	1	West Liberty	1
Collins	1	Janesville	1	Saint Ansgar	5	West Lyon	4
Columbus Junction	5	Jefferson-Scranton	3	Schaller	1	West Marshall	1
Council Bluffs Jefferson	4	Jesup	2	Sentral	1	West Monona	1
Council Bluffs Lincoln	8	Johnston	1	Sergeant Bluff-Luton	4	West Sioux	1
Council Bluffs St. Albert	1	Keota	2	Sheldon	6	Williamsburg	8
Cumberland-Massena	1	Kingsley-Pierson	5	Sibley	2	Winterset	1
Danville	2	Knoxville	1	Sidney	1	Woodbine	3
Davenport Assumption	1	Lamoni	1	Sigourney	2	Woodward-Granger	1
Davenport Central	6	Laurens-Marathon	4	Sioux Center	6		
Davenport North	3	LeMars	1	Sioux Central	2		
Davis County-Fox Valley	3	LeMars Gehlen Catholic	4	Sioux City Bishop Heelan	1		
Des Moines Christian	1	Lenox	2	Sioux City East	3		
Des Moines East	1	Lewis Central	4	Sioux City North	7		
Des Moines North	2	Lincoln	2	Solon	3		
Des Moines Roosevelt	8	Linn-Mar	3	Southeast Polk	1		

State Meet Team Champions By School

Ames (5) 1987 (3A), 1988 (3A), 1992 (3A), 1995 (3A),
1996 (3A)
Andrew 1997 (1A)
Ankeny 1981 (3A)
Aplington-Parkersburg 2001 (1A)
Atlantic (7) 1983 (2A), 1998 (2A), 1999 (2A), 2000 (2A),
2001 (2A), 2003 (2A), 2004 (3A, tie)
Belle Paline (5) 1964, 1965, 1966, 1984 (1A), 1998 (1A)
Benton (3) 1997 (2A, tie), 2007 (3A), 2008 (3A)
Bettendorf (3) 1986 (3A), 1989 (3A), 1990 (3A)
BGM 1970 (tie)
Camanche (2) 1986 (2A), 1987 (2A)
Cascade (2) 2012 (2A), 14 (2A)
Cedar Falls NU 2002 (1A)
Central DeWitt (2) 1990 (2A), 2002 (2A)
Central Lyon 2010 (1A)
Collins 1972
Council Bluffs St. Albert (2) 1981 (2A), 2000 (1A)
Davenport Assumption (2) 2013 (3A), 14 (3A)
Davenport Central (2) 1982 (3A), 1984 (3A)
Davenport West (2) 1976, 1977 (3A)
Davis County-Fox Valley 1995 (2A)
Dubuque Wahlert (2) 2011 (3A), 2012 (3A)
Eddyville 1993 (2A)
Gilbert 2010 (2A, tie)
Griswold (3) 2011 (1A), 12 (1A), 13 (1A)
Indianola (5) 1978 (3A), 1979 (3A), 1980 (3A), 1993 (3A),
1994 (3A)
Iowa City High (7) 1997 (3A), 1998 (3A), 1999 (3A), 2002
(3A), 2003 (3A), 2004 (4A), 2011 (4A)
Iowa City Regina 1995 (1A)
Iowa City West (6) 2000 (3A), 2001 (3A), 2006 (4A), 2007
(4A), 2008 (4A), 2010 (4A)
Jefferson-Scranton 1994 (2A)
Laurens-Marathon (3) 1985 (1A), 1986 (1A), 1987 (1A)
LeMars Gehlen Catholic (3) 1983 (1A), 1994 (1A), 2003
(1A, tie)
Logan-Magnolia (2) 2009 (2A), 2011 (2A)
Manilla (6) 1967, 1969, 1970 (tie), 1971, 1977 (1A), 1978
(1A)
Mount Ayr 1988 (1A)
Mount Pleasant (3) 2004 (3A, tie), 2005 (3A), 2006 (3A)
Mount Vernon 1985 (2A)
Mount Vernon-Lisbon (2) 2009 (3A), 2010 (3A)
New Hampton 1996 (2A)
Northeast 2003 (1A, tie)
North Linn (3) 2004 (1A, tie), 05 (1A), 14 (1A)
North Polk 2008 (2A)
North Tama (7) 1979 (1A), 1980 (1A), 1981 (1A), 2006
(1A), 2007 (1A), 2008 (1A), 2009 (1A)
Pleasant Valley (3) 1985 (3A), 1991 (3A)
Rolfe 1968
Sentral (2) 1962, 1963
Sheldon 1984 (2A)
Sigourney (3) 1989 (1A), 1991 (1A), 1992 (1A)
Sioux Center (2) 1979 (2A), 1980 (2A)
Solon 2010 (2A, tie)
South Winneshiek (2) 1997 (2A, tie), 1999 (1A)
Starmont 1982 (2A)
Tipton (7) 1988 (2A), 1989 (2A), 1991 (2A), 2004 (2A),
2005 (2A), 2006 (2A), 2007 (2A)
Titonka 1982 (1A)
Tri-Center 2004 (1A, tie)
Unity Christian 1992 (2A)
Urbandale 2014 (4A)
WACO 1989 (1A)
Waukee (3) 2009 (4A), 2012 (4A), 13 (4A)
Waverly-Shell Rock 1983 (3A)
West Des Moines Valley 2005 (4A)
Western Christian (3) 1977 (2A), 1978 (2A), 2013 (2A)
West Hancock 1996 (1A)
Woodbine (4) 1973, 1974, 1975, 1993 (1A)

WINNERS OF FOUR EVENTS AT STATE MEET

Cathy Carroll, Collins, 1970	60, 100, 220, LJ
Debbie Esser Woodbine, 1975	100H, 220H, LJ, Mile Relay
Bonnie DeBoer, Western Christian, 1977	100, 220, LJ, 440 Relay
Bonnie DeBoer, Western Christian, 1978	100, 200, LJ, 4x100 Relay
Marcie Thurn, Elkader Central, 1979	100, 200, LJ, Sprint Medley Relay
Cristy Dickerson, Indianola, 1980	100, 200, LJ, Sprint Medley Relay
Tammy Warner, Sheldon, 1984	200, LJ, 4x100 Relay, 4x200 Relay
Laura Aschoff, Ankeny, 1996	100, 200, LJ, 4x200 Relay
Nikki Nelson, Mount Vernon-Lisbon, 1998	200, 400, LJ, Sprint Medley
Tiffany Pedersen, Atlantic, 1999	100H, LJ, 4x100 Relay, Shuttle Hurdle
Tiffany Pedersen, Atlantic, 2000	100H, LJ, 4x100 Relay, Shuttle Hurdle
Ellen Ries, North Linn, 2005	800, 1500, Distance Medley, 4x800
Ashley Miller, Tipton, 2005	400, 800, 4x400, Distance Medley
Faith Burt, Cedar Falls, 2005	100, 200, 4x400, Sprint Medley Relay
Michelle Jensen, West Des Moines Valley, 2005	800, DMR, 4x800, 4x400
Dani Stipe, Carroll Kuemper, 2006	100, 200, 4x400, LJ
Lindsey Boldt, Mount Pleasant, 2006	100H, 400H, Shuttle Hurdle, HJ
Ashley Miller, Tipton, 2006	800, 1500, 4x800, Distance Medley
Brooke Dinsdale, North Tama, 2006	800, 1500, 3000, Distance Medley
Ashley Miller, Tipton, 2007	800, 1500, 4x800, Distance Medley
Blaire Dinsdale, North Tama, 2007	400, 800, 400H, Distance Medley
Callan Jacobson, Benton, 2008	100, 200, 4x100 Relay, 4x200 Relay
AG Bradford, Davenport North, 2008	400, 100H, 400H, HJ
Sara Stoakes, North Tama, 2008	100, 200, 400, Sprint Medley Relay
Hannah Willms, Dike-New Hartford, 2008	200, 400, HJ, Sprint Medley Relay
Sara Stoakes, North Tama, 2009	400, 800, 1500, 400H
Hannah Willms, Dike-New Hartford, 2009	200, 400, HJ, Sprint Medley Relay
Alex Gochenour, Logan-Magnolia, 2010	100, 200, 100H, 400H
Katie Flood, Dowling Catholic, 2010	800, 1500, 3000, 4X800
Jessica Gehrke, Iowa City West, 2010	100, 200, 4x100, LJ
Hannah Willms, Dike-New Hartford, 2010	200, 400, HJ, Sprint Medley
Rachel Peth, Waverly-Shell Rock, 2011	100, 200, 100H, Shuttle Hurdle
Alex Gochenour, Logan-Magnolia, 2011	100, 100H, 400 H
Erin Hawkins, Des Moines Roosevelt, 2011	100, 200, 4x100, Sprint Medley
Shelby Houlihan, Sioux City East, 2011	400, 800, 1500, 4x400
Brooke Wolterstorff, Western Christian, 2012	100, 200, 400, 4x100
Abbey Meyer, Cascade, 2012	4x200, 4x400, DMR
Rebekah Topham, Griswold, 2014	800, 1500, 3000, 400 H
Jalynn Roberts-Lewis, Des Moines Roosevelt, 2014	100, 200, 4x100, LJ

WINNERS OF THREE EVENTS AT STATE MEET

Linda Schram, Manilla, 1963	100, 220, 440 Relay
Linda Schram, Manilla, 1964	100, 200, 440 Relay
Sandra Hayes, Malvern, 1965	60, 100, 220
Carol Wolfe, Malvern, 1966	80H, 880, HJ
Sandra Hayes, Malvern, 1966	60, 100, LJ
Kay Cox, Bedford, 1967	80H, 220, 440 Medley
Sara Beckord, Rolfe, 1968	440, Shuttle Relay, 440 Relay
Pam Wilcoxson, Grand Valley, 1969	60, 100, 220
Meg Hennessey, Manilla, 1969	Shuttle Relay, 880 Relay, 880 Medley
Meg Hennessey, Manilla, 1971	220, 880 Relay, Mile Relay
Marj Ahrenholtz, Manilla, 1971	Dist. Medley, 880 Relay, Mile Relay
Debbie Carroll, Collins, 1972	60, 100, 220
Debbie Esser, Woodbine, 1972	100H, 220H, 440
Debbie Esser, Woodbine, 1973	100H, 220H, Mile Relay
Debbie Esser, Woodbine, 1974	100H, 220H, Mile Relay
Caren Horstmeyer, Woodbine, 1974	880 Relay, Mile Relay, Sprint Medley
Jean Kenkel, Woodbine, 1974	880 Relay, Mile Relay, Sprint Medley
Lynne Hortsmeyer, Woodbine, 1975	880 Relay, Mile Relay, Sprint Medley
Caren Horstmeyer, Woodbine, 1975	880 Relay, Mile Relay, Sprint Medley
Denette Esser, Woodbine, 1975	880 Relay, Mile Relay, Sprint Medley
Pam Rasmussen, Oelwein, 1976	440 Relay, 880 Relay, Shuttle Relay
Lori Kimball, Oelwein, 1976	440 Relay, 880 Relay, Shuttle Relay
Lynn Murphy, Oelwein, 1976	440 Relay, 880 Relay, Shuttle Relay
Theresa Ballhorn, Oelwein, 1976	440 Relay, 880 Relay, Shuttle Relay
Jane Lange, Davenport West, 1977	440, Sprint Medley, Mile Relay
Wendy Johnson, Spencer, 1977	880, Dist. Medley, Two-Mile Relay
Cristy Dickerson, Indianola, 1978	100, 200, Sprint Medley
Melanie Heitman, Williamsburg, 1978	Shot Put, Discus, Softball Throw
Julie Williams, Spencer, 1978	800, 1500, 4x800 Relay
Anne Mueksch, Missouri Valley, 1978	800, 1500, Distance Medley

Toni Mohr, Manilla, 1978	800, 4x800 Relay, Distance Medley
Julie Williams, Spencer, 1979	800, 1500, 4x400 Relay
Anne Mueksch, Missouri Valley, 1979	800, 1500, Distance Medley
Lana VandeKamp, Pella Christian, 1980	800, 1500, Distance Medley
Cathy Rardin, Starmont, 1980	400, Shuttle Hurdle, Sprint Medley
Lisa Schisel, Garner-Hayfield, 1981	100H, 200, Shuttle Hurdle
Kathy Gillespie, Lamoni, 1981	100H, 400H, HJ
Janice Ohrt, North Tama, 1981	800, 4x800, Distance Medley
Paula Kenney, Council Bluffs St. Albert, 1981	800, 4x800, Distance Medley
Amy Andrews, Storm Lake St. Mary's, 1981	200, LJ, Sprint Medley
Linda Bockenstedt, Starmont, 1981	400H, Sprint Medley, 4x800 Relay
Meta Obersteller, Newton, 1981	100, 200, 4x100 Relay
Vivian Hardy, Davenport Central, 1982	100, LJ, 4x100 Relay
Jan Hall, George, 1982	800, 1500, Distance Medley Relay
Carmelle Rardin, Starmont, 1982	100, 200, Sprint Medley
Barb Moore, Titonka, 1982	4x100 Relay, Spr. Medley, Shuttle Hurdle
Julie Asche, Titonka, 1982	4x100, 4x200, Sprint Medley
Diane Hamilton, Titonka, 1982	4x100, 4x200, Sprint Medley
Tracy Johnson, Titonka, 1982	4x100, 4x200, Sprint Medley
Dawn Lentsch, Cedar Falls, 1983	800, 1500, 3000
Theresa Wohlford, Starmont, 1983	100, 200, Sprint Medley
Natasha Kaiser, Des Moines Roosevelt, 1984	100, 200, Sprint Medley
Vonda Velgersdyk, Western Christian, 1984	800, Sprint Medley, Dist. Medley
Melinda DeJongh, Boyden-Hull, 1984	4x400 Relay, 4x800 Relay, Dist. Medley
Nancy VanderZwaag, Boyden-Hull, 1984	4x400 Relay, 4x800 Relay, Dist. Medley
Natasha Kaiser, Des Moines Roosevelt, 1985	200, 400, Sprint Medley
Karen Koellner, Ames, 1985	100H, 400H, Distance Medley
Deb Winchip, Mount Vernon, 1985	100, 4x100 Relay, 4x200 Relay
Connie Royer, Mount Vernon, 1985	4x100 Relay, 4x200 Relay, Sprint Medley
Shawna Hutchins, Mount Vernon, 1985	4x100 Relay, 4x200 Relay, Sprint Medley
Nita Brown, Laurens-Marathon, 1985	100, 4x100 Relay, 4x200 Relay
Barb Buckwalter, Laurens-Marathon, 1985	400H, 4x100 Relay, 4x200 Relay
Denise Cuttell, George, 1985	4x400 Relay, 4x800 Relay, Dist. Medley
Dolly Hansen, George, 1985	4x400 Relay, 4x800 Relay, Dist. Medley
Robin Threatt, Cedar Rapids Jefferson, 1986	100, 4x100 Relay, 4x200 Relay
Julie Davis, Cedar Rapids Jefferson, 1986	200, 4x100 Relay, 4x200 Relay
Amy Hudek, Pocahontas, 1986	800, Sprint Medley, Dist. Medley
Christa Holms, West Des Moines Valley, 1987	1500, 3000, Distance Medley
Kelli Riedesel, Lake City-Lohrville, 1987	100H, 400H, Shuttle Hurdle
Barb Buckwalter, Laurens-Marathon, 1987	400 H, LJ, 4x100 Relay
Jill Freed, Sanborn, 1987	100, 200, 4x400 Relay
Christa Holms, West Des Moines Valle, 1988	1500, 3000, Distance Medley
Kim Carson, Des Moines Roosevelt, 1990	LJ, 100H, 4x400 Relay
Suzie Friday, Tipton , 1990	100H, Shuttle Hurdle, 4x100 Relay
Nikki Clausen, DeWitt Central, 1990	4x400 Relay, Sprint Medley, Dist. Medley
Joanna Schroeder, DeWitt Central, 1990	4x400 Relay, Sprint Medley, Dist. Medley
Sadie Wiley, Sigourney, 1990	200, 4x200 Relay, Sprint Medley
Heather Amundson, Northwood-Kensett, 1990	800, 1500, Distance Medley
Kim Carson, Des Moines Roosevelt, 1991	100H, 4x400 Relay, Distance Medley
Heather Amundson, Northwood-Kensett, 1991	800, 1500, 4x800 Relay
Mandy Parrott, Atlantic, 1991	800, 4x800 Relay, Distance Medley
Amy Schuver, Cherokee, 1991	100, 4x100 Relay, 4x200 Relay
Kim Carson, Des Moines Roosevelt, 1992	100H, 4x100 Relay, Distance Medley
Sarah Pluim, Unity Christian, 1992	800, 4x800 Relay, Distance Medley
Dawn Rayner, Lone Tree, 1992	100 H, 400H, Shuttle Hurdle
Rhonda Eiben, Sigourney, 1993	100, 200, 400
Chiquitta Carroll, Clinton, 1993	100, 4x100 Relay, 4x200 Relay
Trina Warner, Woodbine, 1993	800, 4x100 Relay, 4x200 Relay
Summer Johnson, Indianola, 1994	1500, 3000, 4x800 Relay
Kris Roebken, Dubuque Hempstead, 1994	100, 4x100 Relay, 4x200 Relay
Jenny Runchey, Atlantic, 1994	100H, 400H, Shuttle Hurdle
Julie Vandeventer, Guthrie Center, 1994	4x100 Relay, 4x200 Relay, 4x400 Relay
Kate Lewis, Guthrie Center, 1994	4x100 Relay, 4x200 Relay, 4x400 Relay
Sunny Gonzales, Guthrie Center, 1994	4x100 Relay, 4x200 Relay, 4x400 Relay
Jessica Lewis, Guthrie Center, 1994	4x100 Relay, 4x200 Relay, 4x400 Relay
Julie Vandevanter, Guthrie Center, 1995	4x100 Relay, 4x200 Relay, 4x400 Relay
Kate Lewis, Guthrie Center, 1995	4x100 Relay, 4x200 Relay, 4x400 Relay
Sunny Gonzalez, Guthrie Center, 1995	4x100 Relay, 4x200 Relay, 4x400 Relay
Jessica Lewis, Guthrie Center, 1995	4x100 Relay, 4x200 Relay, 4x400 Relay
Jana Peterson, Webster City, 1995	800, 1500, 3000
Cari Hoeman, West Des Moines Valley, 1995	200, 400, 4x400 Relay
Haley Newbrough, West Hancock, 1996	800, 1500, Distance Medley
Maggie Hall, Harlan, 1996	100, 200, LJ

Barbara Szlendakova, Andrew, 1997	200, 400, LJ
Michelle Lahann, Calamus-Wheatland, 1998	800, 1500, 3000
Jana Benson, Forest City, 1998	800, 4x400 Relay, Distance Medley
Julie Drzycimski, Fort Dodge St. Edmond, 1999	100, 200, Sprint Medley
Julie Drzycimski, Fort Dodge St. Edmond, 2000	100, 200, Sprint Medley
Lolo Jones, Des Moines Roosevelt, 2000	100, 200, 100H
Michelle Lilienthal, Iowa City High, 2000	1500, 3000 Distance Medley
Kristin Hansen, Okoboji, 2000	800, 1500, 3000
Kristin Hansen, Okoboji, 2001	800, 1500, 3000
Kristin Hansen, Okoboji, 2002	800, 1500, 3000
Audra Bark, DeWitt Central, 2000	100, 200, 4x200 Relay
Audra Bark, DeWitt Central, 2001	100, 4x100 Relay, 4x200 Relay
Audra Bark, DeWitt Central, 2002	100, 200, 4x200 Relay
Jill Schwiebert, Aplington-Parkersburg, 2000	400H, Distance Medley, 4x200 Relay
Jill Schwiebert, Aplington-Parkersburg, 2001	100 H, 400H, Distance Medley
Tiffany Pedersen, Atlantic, 2001	100H, Shuttle Hurdle, Sprint Medley
LaNeisha Waller, Cedar Rapids Washington, 2001	LJ, 4x100, Relay, 4x200 Relay
LaNeisha Waller, Cedar Rapids Washington, 2004	100, 100H, LJ
Cortney Jacobs, Atlantic, 2002	400, 4x400 Relay, Sprint Medley Relay
Cortney Jacobs, Atlantic, 2003	200, 400, Sprint Medley Relay
Cortney Jacobs, Atlantic, 2004	200, 400, 4x400 Relay
Ellen Ries, North Linn, 2002	800, 4x800 Relay, Distance Medley Relay
Ellen Ries, North Linn, 2003	800, 4x800 Relay, Distance Medley Relay
Ellen Ries, North Linn, 2004	800, 1500, Distance Medley Relay
Nelle Trefz, Iowa City High, 2003	1500, 3000, 4x800 Relay
Stacy Butt, Northeast, 2003	LJ, 4x200 Relay, 4x400 Relay
Liz Bradfield, Cedar Falls, 2004	200, 400, Sprint Medley Relay
Ashley Miller, Tipton, 2004	800, 4x400 Relay, Distance Medley Relay
Whitney Sharpe, West Des Moines Valley, 2005	400, 4x400, DMR
Dani Stipe, Carroll Kuemper, 2005	100, 200, Long Jump
Jenna Caffrey, Burlington, 2006	100H, 400H, Shuttle Hurdle Relay
Brooke Dinsdale, North Tama, 2007	1500, 3000, Distance Medley Relay
Jessica Hale, Ventura, 2007	100H, 4x100 Relay, Shuttle Hurdle Relay
Sara Stoakes, North Tama, 2007	100, 200, Distance Medley Relay
Callan Jacobson, Benton, 2007	100, 200, 4x100 Relay
Regina Reinig, Harlan, 2007	4x400, 4x800, Distance Medley Relay
Faith Burt, Cedar Falls, 2007	100, 4x100 Relay, 4x200 Relay
Katie Flood, Dowling Catholic, 2007	800, 1500, 3000
Blaire Dinsdale, North Tama, 2008	800, 1500, 400H
Faith Burt, Cedar Falls, 2008	100, 200, 4x200 Relay
Colette Gnade, Waukee, 2008	800, 4x400 Relay, Distance Medley Relay
Megan Hutson, Logan-Magnolia, 2008	HJ, Shuttle Hurdle Relay, 4x200 Relay
Morgan Casey, Northeast, 2009	1500, 3000, Distance Medley Relay
Carly Cochrane, Mount Vernon-Lisbon, 2009	4x400, Sprint Medley, Distance Medley
Alex Gochenour, Logan-Magnolia, 2009	100, 100H, 400H
Courtney Kintzel, Mount Vernon-Lisbon, 2009	4x100, Sprint Medley, Distance Medley
Janie Penning, North Iowa, 2009	4x100, 4x200, 4x400
Whitney Westrum, Waukee, 2009	200, 4x100, 4x200
Alex Wilson, Mount Vernon-Lisbon, 2009	800, 1500, 4x400
Jessica Nichols, Perry, 2010	200, 400, 800
Morgan Casey, Northeast/EC, 2010	800, 1500, 3000
Emily Toennis, Belle Plaine, 2011	200, 400, Sprint Medley
Maddie Irmen, Davenport Assumption, 2011	400, 4x100, 4x200
Ragan Duax, Davenport Assumption, 2011	4x100, 4x200, 4x400
Kayla Gesink, Western Christian, 2011	4x100, 4x200, 4x400
Kim Kroeze, Western Christian, 2011	4x100, 4x400, 4x800
Allison Gibbs, Cascade, 2012	4x200, 4x400, Sprint Medley
Abby Green, Cascade, 2012	4x200, 4x400, Sprint Medley
Roselyn Hancock, Dubuque Wahlert, 2012	4x100, 4x200, Distance Medley
Tessa Helmle, Cascade, 2012	4x200, 4x400, Sprint Medley
Leslie Taylor, Mount Pleasant, 2012	Long Jump, 100H, SHR
Kate Smith, Dubuque Wahlert, 2012	4x200, 4x100, Distance Medley
Hannah Stouffer, Urbandale, 2012	100, 200, 4x100
Rebekah Topham, Griswold, 2012	800, 1500, 3000
Jasmine Staebler, Clayton Ridge, 2013	200, 400, 800
Olivia Loy, Anamosa, 2013	200, 400, Sprint Medley
Rose Ripslinger, Davenport Assumption, 2013	100, 4x100, 4x200
Nicole Miller, North-Linn, 2014	4x800, SMR, DMR
Kayla Newbauer, North-Linn, 2014	4x800, SMR, DMR
Abbey Meyer, Cascade, 2014	4x100, 4x200, DMR
Sydney Rickels, Cascade, 2014	4x100, 4x200, DMR

WINNERS OF SAME EVENT FOUR STRAIGHT YEARS

Carol Hannusch, Gilbert and Union-Whitten	Shot Put – 1965, 66, 67, 68
Debbie Esser, Woodbine	100 Hurdles – 1972, 73, 74, 75
Debbie Esser, Woodbine	220 Hurdles – 1972, 73, 74, 75
Melanie Heitman, Williamsburg	Discus – 1976, 77, 78, 79
Natasha Kaiser, Des Moines Roosevelt	200 – 1982, 83, 84, 85
Sara Roberson, Bettendorf	4x800 – 1984, 85, 86, 87
Christa Holms, West Des Moines Valley	1500 – 1986, 87, 88, 89
Christa Holms, West Des Moines Valley	3000 – 1986, 87, 88, 89
Heather Amundson, Northwood-Kensett	800 – 1988, 89, 90, 91
Paulette Mitchell, Council Bluffs Lincoln	Shot Put – 1989, 90, 91, 92
Summer Johnson, Indianola	3000 – 1992, 92, 93, 95
Rachel Dozark, Ar-We-Va	Distance Medley – 1993, 94, 95, 96
Cari Hoeman, West Des Moines Valley	400 – 1994, 95, 96, 97
Jodi Hagedorn, North Iowa	400H – 1994, 95, 96, 97
Beth Neal, Williamsburg	4x800 – 1998, 99, 00, 01
Chelsey Wille, Williamsburg	4x800 – 1998, 99, 00, 01
Tiffany Pedersen, Atlantic	100H – 1998, 99, 00, 01
Kristin Hansen, Okoboji	3000 – 1999, 00, 01, 02
Abby Jones, Williamsburg	4x800 – 2000, 01, 02, 03
Cortney Jacobs, Atlantic	400 – 2001, 02, 03, 04
Meredith Kosmacek, Tri-Center	100 – 2001, 02, 03, 04
Ellen Ries, North Linn	800 – 2002, 03, 04, 05
Ashley Miller, Tipton	800 – 2004, 05, 06, 07
Michelle Jensen, West Des Moines Valley	4x800 - 2004, 05, 06, 07
Faith Burt, Cedar Falls	100 – 2005, 06, 07, 08
Megan Glisar, Sergeant Bluff-Luton	HJ – 2006, 07, 08, 09
Hannah Willms, Dike-New Hartford	200 - 07, 08, 09, 10
Hannah Willms, Dike-New Hartford	400 - 07, 08, 09, 10
Katie Flood, Dowling Catholic	3000 - 2007, 08, 09, 10
Alex Gochenour, Logan-Magnolia	100H - 08, 09, 10, 11

Career State Titles

Ashley Miller, Tipton, 15
Hannah Willms, Dike New Hartford 14
Faith Burt, Cedar Falls, 13
Ellen Ries, North-Linn, 13
Debbie Esser, Woodbine, 13
Alex Gochenour, Logan-Magnolia, 13
Sara Stoakes, North Tama, 12
Tiffany Pedersen, Atlantic, 12
Cortney Jacobs, Atlantic 11
Katie Flood, Dowling Catholic, 11
Bonnie DeBoer, Western Christian 10
Christa Holmes, West Des Moines Valley, 10
Abbey Meyer, Cascade, 10 (all relays)

Champions of Discontinued State Meet Events

DISCONTINUED EVENT CHAMPIONS

60-Yard Dash

1962 -- Carolyn Winston, Cardinal, 7.4
1963 -- Carolyn Winston, Cardinal, 7.2
1964 -- Carolyn Winston, Cardinal, 7.1
1965 -- Sandra Hayes, Malvern, 7.0
1966 -- Sandra Hayes, Malvern, 7.1
1967 -- Tracie Ruch, Ar-We-Va, 7.1
1968 -- Pam Wilcoxson, Grand Valley, 7.1
1969 -- Pam Wilcoxson, Grand Valley, 7.1
1970 -- Cathy Carroll, Collins, 7.4
1971 -- Julie Olsen, Clay Central, 7.1
1972 -- Debbie Carroll, Collins, 7.2

220-yard medley relay (40-50-60-70)

1962 -- Exira, 27.5

220-yard relay

1962 -- Cumberland-Massena, 28.0
1963 -- Cardinal, 26.7

440-yard medley relay (110-55-55-220)

1962 -- Missouri Valley, 56.7
1963 -- Sentral, 53.8
1964 -- Belle Plaine, 53.5
1965 -- Bedford, 52.5
1966 -- Belle Plaine, 52.6
1967 -- Bedford, 52.2

240-yard shuttle relay

1964 -- Wheatland, 30.6

320-meter shuttle relay

1965 -- Wheatland, 43.3
1966 -- BGM, 42.4
1967 -- Manilla, 41.6
1968 -- Rolfe, 41.9
1969 -- Manilla, 42.2

400-meter shuttle relay

1970 -- Manilla, 51.8
1971 -- Dexfield, 52.9
1972 -- Charles City, 52.8
1973 -- HLV, 52.6
1974 -- Indianola, 52.9
1975 -- Indianola, 51.8
1976 -- Oelwein, 51.83

Basketball Throw

1962 -- Kay Houston, Dow City-Arion, 92-0

Football Throw

1962 -- Jean Drewelow, Federicksburg, 122-3
1963 -- Lila Christiansen, Gilmore City-Bradgate, 125-2 1/2

Softball Throw

1962 -- Shirley Allison, Steamboat Rock, 214-7 3/4
1963 -- Lila Christiansen, Gilmore City-Bradgate, 215-6
1964 -- Judy Anderson, Alden, 218-6
1965 -- Connie Shafar, Bedford, 211-1
1966 -- Patsy Reed, Alburnett, 210-2
1967 -- Patsy Reed, Alburnett, 213-10 1/2
1968 -- Marilyn Schultz, Gladbrook, 203-6

1969 -- Eileen Beninga, Dike, 185-10 1/2

1970 -- Peggy Winklebauer, Cedar Valley, 228-6

1971 -- Laura Paulus, Jesup, 227-0

1972 -- Laura Paulus, Jesup, 219-8

1973 -- Viky Milner, Griswold, 246-5

1974 -- Lori Adams, BCL, 228-4

1975 -- Nancy Faber, Dowling Catholic, 242-0

1976 -- Lori Adams, BCL, 239-10

1977 -- 3A -- Mona Mossbarger, Cedar Rapids Kennedy, 236-4

2A -- Miriam Van Riessen, Sioux Center, 240-8

1A -- Jill Grabe, Kingsley-Pierson, 252-5

1978 -- 3A -- Laura Rodham, Dubuque Wahlert, 231-0

2A -- Melanie Heitman, Williamsburg, 234-0

1A -- Julie Sherwood, Sidney, 245-1

1979 -- 3A -- Connie Yori, Ankeny, 243-6

2A -- Sarri Sigurdson, South Hamilton, 243-7

1A -- Julie Sherwood, Sidney, 253-8

1980 -- 3A -- Connie Yori, Ankeny, 254-3

2A -- Sarri Sigurdson, South Hamilton, 257-0

1A -- Kim Brown, Central City, 215-6

1981 -- 3A -- Connie Yori, Ankeny, 255-10

2A -- Karen Hopewell, Adel-DeSoto, 238-8

1A -- Kim Brown, Central City, 224-0

Drake Relays Champions

bold = current Drake Relays Record

3000 Meters

1992 - Kiersten Pauling, DM Lincoln, 10:21.16
1993 - Summer Johnson, Indianola, 10:25.47
1994 - Summer Johnson, Indianola, 10:15.19
1995 - Sarah Gray, Cedar Falls, 9:55.94
1996 - Sarah Gray, Cedar Falls, 10:25.57
1997 - Sarah Gray, Cedar Falls, 10:11.70
1998 - Julie Bigler, Fort Madison, 10:16.30
1999 - Michelle Lillienthal, Iowa City High, 9:54.97
2000 - Michelle Lillienthal, Iowa City High, 9:47.53
2001 - Jeni Frudden, Iowa City West, 10:02.88
2002 - Jenny Funk, Iowa City High, 9:56.31
2003 - Nelle Trefz, Iowa City High, 10:04.87
2004 - Sarah Wickman, Iowa City West, 10:04.66
2005 - Sarah Wickman, Iowa City West, 10:08.62
2006 - Stephanie Mundt, Urbandale, 9:55.98
2007 - Katie Flood, Dowling Catholic, 9:44.96
2008 - Katie Flood, Dowling Catholic, 9:56.23
2009 - Katie Flood, Dowling Catholic, 10:05.48
2010 - Katie Flood, Dowling Catholic, 9:43.39
2011 - Shelby Houlihan, Sioux City East, 9:56.71
2012 - Rebekah Topham, Griswold, 9:58.39
2013 - Stephanie Jenks, Linn-Mar, 9:46.02
2014 - Stephanie Jenks, Linn-Mar, 9:26.87

Sprint Medley Relay

1984 - Des Moines Roosevelt, 1:47.08
1985 - Des Moines Roosevelt, 1:44.98
1986 - Des Moines East, 1:48.9
1987 - Des Moines East, 1:49.29
1988 - Southern Cal, 1:49.22
1989 - West Des Moines Valley, 1:51.99
1990 - Bettendorf, 1:48.79
1991 - Pleasant Valley, 1:46.52
1992 - Iowa City High, 1:49.40
1993 - Iowa City High, 1:49.48
1994 - Marshalltown, 1:51.23
1995 - West Des Moines Valley, 1:49.17
1996 - Davenport North, 1:47.05
1997 - Indianola, 1:48.52
1998 - Iowa City High, 1:48.06
1999 - Iowa City High, 1:47.22
2000 - West Des Moines Valley, 1:49.18
2001 - Atlantic, 1:49.17
2002 - Atlantic, 1:52.00
2003 - Atlantic, 1:48.90
2004 - Atlantic, 1:47.94
2006 - Waukee, 1:48.04
2007 - Iowa City High, 1:47.17
2008 - Waukee, 1:48.88
2009 - Waukee, 1:46.73
2010 - Dike-New Hartford, 1:47.53
2011 - Iowa City West, 1:48.88
2012 - Des Moines Roosevelt, 1:46.20
2013 - Des Moines Roosevelt, 1:47.98
2014 - Davenport Assumption, 1:45.79

100 Meter Hurdles

2001 - Tiff Pedersen, Atlantic, :14.50
2002 - Sara Boisen, WDM Valley, :15.06
2003 - Sara Boisen, WDM Valley, :14.27
2004 - Jenna Caffrey, Burlington, :14.12
2005 - Jenna Caffrey, Burlington, :14.10
2006 - Jenna Caffrey, Burlington, :13.80
2007 - AG Bradford, Davenport North, :14.28
2008 - AG Bradford, Davenport North, :14.24
2009 - Susan Rodriguez, Pleasant Valley, :15.77*
2010 - Alex Gochenour, Logan-Magnolia, :14.46
2011 - Alex Gochenour, Logan-Magnolia, :14.79
2012 - Destani Welch, DM Roosevelt, :14.92
2013 - Mary Young, Urbandale, :14.96

2014 - Mary Young, Urbandale, :14.30

* hurdles moved to 33 inches

100 Meter Dash

1963 - Carolyn Winston, Cardinal, :11.8
1964 - Linda Schram, Manilla, 11.4
1965 - Sandra Hays, Malvern, :11.3
1966 - Debbie Kirkey, Belle Plaine, :11.4
1967 - Connie Knott, Manilla, :10.9
1968 - Janet Brown, Charles City, :11.0
1969 - Meg Hennessey, Manilla, :11.1
1970 - Cathy Carroll, Collins, :11.3
1971 - Debbie Carroll, Collins, :11.3
1972 - Debbie Carroll, Collins, :11.3
1973 - Debbie Carroll, Collins, :11.3
1974 - Debbie Carroll, Collins, :11.2
1975 - Debbie Esser, Woodbine, :11.4
1976 - Joyce Kirchner, Central Argyle, :12.43
1977 - Lori Mashek, Crestwood, :12.36
1978 - Linda Perry, DM Roosevelt, :12.69
1979 - Cristy Dickerson, Indianola, :12.28
1980 - Patty Healey, Dubuque Wahlert, :12.33
1981 - Georgeann Cole, Waterloo East, 12.05
1982 - D.J. Kendrick, Muscatine, :12.82
1983 - D.J. Kendrick, Muscatine, :12.35
1984 - Natasha Kaiser, DM Roosevelt, :12.51
1985 - Lexie Anderson, Pleasant Valley, :12.32
1986 - Lexie Anderson, Pleasant Valley, 12.4
1987 - Robin Threath, CR Jefferson, :12.56
1988 - Robin Threath, CR Jefferson, :12.38
1989 - Lia Pierson, Ames, :12.46
1990 - Rhonda Eiben, Sigourney, :12.50
1991 - Tashika Lewis, Des Moines North, :12.89
1992 - Suzie Darnell, Knoxville, :12.57
1993 - Almetha McNeal, Davenport Central, :12.75
1994 - Allison Drewry, Jefferson-Scranton, :12.52
1995 - Christi Hogan, Ankeny, :12.65
1996 - Laura Aschoff, Ankeny, :12.29
1997 - Laura Aschoff, Ankeny, :12.62
1998 - Kristin Knight, Iowa City High, :12.54
1999 - Kate Gordon, Sioux City North, :12.38
2000 - Lolo Jones, DM Roosevelt, :12.05
2001 - Pam Orris, Dubuque Senior, :12.45
2002 - Meredith Kosmacek, Tri-Center, :12.73
2003 - LaNeisha Waller, CR Washington, :12.13
2004 - LaNeisha Waller, CR Washington, :12.22
2005 - Faith Burt, Cedar Falls, :12.35
2006 - Faith Burt, Cedar Falls, :12.45
2007 - Gretchen Lamar, Des Moines Hoover, :12.41
2008 - Faith Burt, Cedar Falls, :12.36
2009 - Gabriel Williams, Sioux City West, :12.72
2010 - Hannah Willms, Dike-New Hartford, :12.36
2011 - Erin Hawkins, Des Moines Roosevelt, :12.74
2012 - Erin Hawkins, Des Moines Roosevelt, :12.67
2013 - Agnes Sayeh, Des Moines Roosevelt, :12.56
2014 - Jalyann Roberts-Lewis, DM Roosevelt, :12.24

4X200 Meter Relay

2011 - Des Moines Roosevelt, 1:42.50
2012 - Des Moines Roosevelt, 1:41.66
2013 - Des Moines Roosevelt, 1:42.24
2014 - Davenport Assumption, 1:41.71

800 Meter Run

1978 - Julie Williams, Spencer, 2:17.20
1979 - Anne Mueksch, Missouri Valley, 2:16.21
1980 - Janice Ohrt, North Tama, 2:15.96
1981 - Sue Nelson, Indianola, 2:10.59
1982 - Jan Hall, George, 2:14.62
1983 - Dawn Lentsch, Cedar Falls, 2:12.27
1984 - Michelle Carlin, New Hampton, 2:15.10

1985 - Karen Koellner, Ames, 2:15.12
1986 - Janice Turner, Fort Madison, 2:17.42
1987 - Christa Holms, WDM Valley, 2:14.56
1988 - Christa Holms, WDM Valley, 2:13.30
1989 - Christa Holms, WDM Valley, 2:13.65
1990 - Heather Amundson, NWood-Kensett, 2:19.25
1991 - Nikole Hennigan, Dowling Catholic, 2:15.40
1992 - Briana Benning, CR Kennedy, 2:14.15
1993 - Sarah Pluim, Unity Christian, 2:12.19
1994 - Becky Rigel, CR Prairie, 2:15.75
1995 - Krista Trei, George-Little Rock, 2:15.84
1996 - Haley Newbrough, West Hancock, 2:13.91
1997 - Keely Barnett, Iowa City High, 2:17.28
1998 - Nikki Nelson, Mt. Vernon-Lisbon, 2:17.18
1999 - Jessica Huff, Marshalltown, 2:14.58
2000 - Amanda Bales, Pleasant Valley, 2:14.61
2001 - Amanda Bales, Pleasant Valley, 2:12.26
2002 - Katy Grady, LeMars, 2:13.29
2003 - Ellen Ries, North-Linn, 2:16.46
2004 - Ashley Miller, Tipton, 2:12.13
2005 - Ashley Miller, Tipton, 2:14.78
2006 - Brooke Dinsdale, North Tama, 2:10.35
2007 - Ashley Miller, Tipton, 2:10.10
2008 - Collette Gnade, Waukee, 2:14.09
2009 - Shelby Houlihan, Sioux City East, 2:10.17
2010 - Shelby Houlihan, Sioux City East, 2:09.22
2011 - Shelby Houlihan, Sioux City East, 2:07.69
2012 - Lydia Saggau, WDM Valley, 2:12.07
2013 - Lydia Saggau, WDM Valley, 2:11.20
2014 - Kaley Ciluffo, Pleasant Valley, 2:10.23

4x800 Meter Relay

2001 - Iowa City West., 9:12.74
2002 - Iowa City High, 9:25.35
2003 - Iowa City High, 9:20.35
2004 - Iowa City High, 9:24.70
2005 - West Des Moines Valley, 9:23.47
2006 - North Tama, 9:23.84
2007 - North Tama, 9:22.81
2008 - Dowling Catholic, 9:25.47
2009 - Sioux City East, 9:20.77
2010 - Dowling Catholic, 9:11.01
2011 - Iowa City High, 9:20.25
2012 - West Des Moines Valley, 9:17.49
2013 - West Des Moines Valley, 9:24.84
2014 - Davenport Assumption, 9:24.88

Shuttle Hurdle Relay

2002 - Iowa City High, 1:3.53
2003 - Mason City, 1:00.80
2004 - Burlington, 1:02.66
2005 - Burlington, 1:00.96
2006 - Mount Pleasant, 1:02.84
2007 - Iowa City High, 1:02.64
2008 - Urbandale, 1:02.40
2009 - Logan-Magnolia, 1:05.19
2010 - Urbandale, 1:04.54
2011 - Urbandale, 1:03.65
2012 - Waukee, 1:03.29
2013 - Waukee, 1:02.84
2014 - Urbandale, 1:02.41

1500 Meters

2007 - Katie Flood, Dowling Catholic, 4:33.92
2008 - Betsy Flood, Dowling Catholic, 4:39.18
2009 - Shelby Houlihan, Sioux City East, 4:37.03
2010 - Katie Flood, Dowling Catholic, 4:28.30
2011 - Shelby Houlihan, Sioux City East, 4:29.26
2012 - Rebekah Topham, Griswold, 4:40.30
2013 - Stephanie Jenks, Linn-Mar, 4:35.22
2014 - Stephanie Jenks, Linn-Mar, 4:28.72

400 Hurdles

2001 - Angie German, West Delaware, 1:02.17
2002 - Sara Boisen, WDM Valley, 1:04.31
2003 - Sara Boisen, WDM Valley, 1:03.16
2004 - Deb Durey, West Delaware, 1:03.78
2005 - Lindsey Boldt, Mount Pleasant, 1:02.70
2006 - Jenna Caffrey, Burlington, 1:03.02
2007 - Blaire Dinsdale, North Tama, 1:03.73
2008 - AG Bradford, Davenport North, 1:01.01
2009 - Ellen Dougherty, Sloux City East, 1:03.01
2010 - Alex Gochenour, Logan-Magnolia, 1:01.63
2011 - Karen Hutson, Logan-Magnolia, 1:02.33
2012 - Anne Leners, Pleasant Valley, 1:02.19
2013 - Sarah Plock, Iowa City High, 1:01.56
2014 - Sarah Plock, Iowa City High, 1:02.38

4x100 Meter Relay

1963 - Manilla, :52.9
1964 - Manilla, :52.5
1965 - Belle Plaine, :50.3
1966 - Belle Plaine, 50.3
1967 - Manilla, :49.6
1968 - Manilla, :49.4
1969 - Havelock-Plover, :51.0
1970 - Manilla, :51.0
1971 - Irwin Community, :50.5
1972 - Collins, :50.9
1973 - Woodbine, :50.0
1974 - Woodbine, :50.2
1975 - Woodbine, :49.7
1976 - Webster City, :49.83
1977 - Marion, :49.88
1978 - Cedar Rapids Kennedy, :50.35
1979 - Cedar Rapids Kennedy, :49.19
1980 - Dubuque Wahlert, :49.03
1981 - Cedar Rapids Kennedy, :48.90
1982 - Davenport West, :49.71
1983 - Muscatine, :49.53
1984 - Pleasant Valley, :49.26
1985 - Pleasant Valley, :49.00
1986 - Cedar Rapids Jefferson, :49.04
1987 - Davenport West, :49.77
1988 - Ames, :49.43
1989 - Ames, :50.08
1990 - Cedar Rapids Kennedy, :49.05
1991 - Sigourney, :49.03
1992 - Ames, :49.67
1993 - Ames, :49.75
1994 - Ames, :50.45
1995 - Ames, :49.33
1996 - Ames, :49.04
1997 - Ankeny, :49.28
1998 - Des Moines Roosevelt, :48.71
1999 - Iowa City High, :48.98
2000 - Iowa City High, :49.35
2001 - Cedar Rapids Washington, :49.35
2002 - Cedar Falls, :49.35
2003 - Cedar Falls, :49.36
2004 - Cedar Falls, :49.37
2005 - Central DeWitt, :49.29
2006 - Denison-Schleswig, :49.11
2007 - Waukee, :48.94
2008 - Waukee, :48.92
2009 - Waukee, :48.72
2010 - Iowa City West, :48.10
2011 - Des Moines Roosevelt, :48.12
2012 - Des Moines Roosevelt, :47.55
2013 - Des Moines Roosevelt, :47.67
2014 - Davenport Assumption, 48.14

4x400 Meter Relay

1974 - Woodbine, 3:56.9
1975 - Woodbine, 3:54.7
1976 - Davenport West, 3:59.21
1977 - Davenport West, 3:59.49
1978 - Indianola, 3:58.36
1979 - Indianola, 3:55.3
1980 - Indianola, 3:53.90
1981 - Ankeny, 3:54.73
1982 - Cedar Rapids Kennedy, 4:02.34
1983 - Waverly-Shell Rock, 3:58.72
1984 - Des Moines East, 4:01.47
1985 - Des Moines Roosevelt, 3:54.87
1986 - West Des Moines Valley, 4:00.18
1987 - Newton, 3:58.91
1988 - Marshalltown, 3:58.52
1989 - Ames, 4:01.37
1990 - Clinton, 3:59.55
1991 - Des Moines Roosevelt, 3:58.4
1992 - Iowa City High, 4:03.11
1993 - Indianola, 4:03.09
1994 - Indianola, 4:01.47
1995 - West Des Moines Valley, 4:03.12
1996 - Davenport North, 3:58.74
1997 - Indianola, 4:01.05
1998 - Ames, 3:59.58
1999 - Iowa City High, 3:38.11
2000 - Dubuque Wahlert, 4:00.58
2001 - Linn-Mar, 4:02.78
2002 - Atlantic, 4:03.48
2003 - Atlantic, 3:59.27
2004 - Atlantic, 4:02.01
2005 - Harlan, 3:56.63
2006 - Fairfield, 3:54.50
2007 - Waukee, 3:55.04
2008 - Waukee, 3:53.65
2009 - Waukee, 3:50.21
2010 - Sioux City East, 3:54.39
2011 - Davenport Assumption, 3:56.39
2012 - Davenport Assumption, 3:52.70
2013 - Pleasant Valley, 3:52.97
2014 - Pleasant Valley, 3:53.65

High Jump

1992 - Sondra Biere, DM Roosevelt, 5-2
1993 - Ame Oleson, Dubuque Senior, 5-10
1994 - Deb Volkens, Western Christian, 5-9
1995 - Jentzen, Dallas Center-Grimes, 5-6
1996 - Leah Elbert, Iowa City Regina, 5-8
1997 - Tracy Flowers, Knoxville, 5-7
1998 - Stephanie Goettsch, AHST, 5-5
1999 - Sondra Rauterkus, Harlan, 5-5
2000 - Sondra Rauterkus, Harlan, 5-5
2001 - Laura Tomes, Sioux City East, 5-6
2002 - Stacy Boerema, Clinton, 5-7
2003 - Crystal Hansen, Roland-Story, 5-7
2004 - Jenni Elbert, Laurens-Marathon, 5-7
2005 - Tiffanie Synacek, Council Bluffs TJ, 5-9
2006 - Tiffanie Synacek, Council Bluffs TJ, 5-9
2007 - Tiffanie Synacek, Council Bluffs TJ, 5-8
2008 - Hannah Willms, Dike-New Hartford, 5-9
2009 - Hannah Willms, Dike-New Hartford, 5-11
2010 - Hannah Willms, Dike-New Hartford, 6-1
2011 - Khanishah Williams, Burlington, 5-10
2012 - Alexis Conaway, MOC-Floyd Valley, 5-10
2013 - Alexis Conaway, MOC-Floyd Valley, 5-10
2014 - Alexis Conaway, MOC-Floyd Valley, 5-5

Shot Put

1992 - Paulette Mitchell, Council Bluffs AL, 41-2 3/4
1993 - Andrea Miller, Davenport North, 40-10 1/2
1994 - Renetta Seiler, Algona Garrigan, 44-4 1/2
1995 - Renetta Seiler, Algona Garrigan, 41-7 1/2

1996 - Christie Phillips, Burlington, 42-5 3/4
1997 - Leann Boerema, Clinton, 43-4 1/2
1998 - Leann Boerema, Clinton, 42-2 1/2
1999 - Allison Kruger, South O'Brien, 41-2 3/4
2000 - Abby Emsick, Lewis Central, 43-8 1/4
2001 - Abby Emsick, Lewis Central, 43-8 1/4
2002 - Aubrey Martin, Muscatine, 46-4 1/2
2003 - Sheena James, Clinton, 45-6 1/4
2004 - Traci Harms, Hampton-Dumont, 40-0 1/2
2005 - Danica Haight, Iowa City West, 42-6 1/4
2006 - Danica Haight, Iowa City West, 46-3 1/2
2007 - Danica Haight, Iowa City West, 46-10
2008 - Danielle Frere, Muscatine, 48-2 3/4
2009 - Brooke Gritters, Pella, 46-10 1/4
2010 - Micaela Haight, Iowa City West, 44-3 1/2
2011 - Sarah Pate, Clarke, 42-10 1/4
2012 - Alexa Hunt, DM Roosevelt, 42-3 3/4
2013 - Dasiana Larson, Garner-Hayfield, 42-0 1/2

Discus

1992 - Paulette Mitchell, Council Bluffs AL, 135-5
1993 - Kris Curryn, Jefferson-Scranton, 129-11
1994 - Renetta Seiler, Algona Garrigan, 139-10
1995 - Emily Flom, Sioux City North, 142-11
1996 - Sarah Wellings, Oskaloosa, 143-11
1997 - Erin Coffey, Chariton, 127-7
1998 - LeAnn Boerema, Clinton, 129-3
1999 - Abby Emsick, Lewis Central, 130-3
2000 - Abby Emsick, Lewis Central, 148-9
2001 - Abby Emsick, Lewis Central, 147-4
2002 - Abby Emsick, Lewis Central, 144-9
2003 - Rachel Jansen, MOC-Floyd Valley, 138-4
2004 - Amy Waggoner, Marshalltown, 137-11
2005 - Wendy Ausdemore, Tri-Center, 137-9
2006 - Taylor Freeman, Iowa City West, 145-5
2007 - Taylor Freeman, Iowa City West, 151-1
2008 - Taylor Freeman, Iowa City West, 139-6
2009 - Tutson, Iowa City High, 138-9
2010 - Amanda Piche, Linn-Mar, 136-9
2011 - Dakotah Goodell, Williamsburg, 140-0
2012 - Katelyn Weimerskirch, Dub. Wahlert, 148-1
2013 - Kiana Phelps, Kingsley-Pierson, 153-04
2014 - Kiana Phelps, Kingsley-Pierson, 151-10

Long Jump

1992 - Kim Carson, DM Roosevelt, 18-7 1/2
1993 - Tashika Lewis, DM North, 18-4 1/3
1994 - Tashika Lewis, DM North, 18-8 1/2
1995 - Jill Osenbaugh, Davis County, 18-8 1/4
1996 - Laura Aschoff, Ankeny, 18-1 1/4
1997 - Barbara Svlendakova, Andrew, 18-7
1998 - Laura Aschoff, Ankeny, 18-7 1/2
1999 - Fiona Asigbee, CW Prairie, 18-1
2000 - Brie Penaluna, CF NU High, 17-11 1/4
2001 - Brie Penaluna, CF NU High, 18-2 1/2
2002 - Angie Hensel, Clinton, 18-11 1/2
2003 - Angie Hensel, Clinton, 17-11 1/4
2004 - LaNeisha Waller, CR Washington, 19-3 3/4
2005 - Dani Stipe, Kuemper Catholic, 17-8 3/4
2006 - Jennifer Jorgensen, SE Webster, 18-5 3/4
2007 - Jennifer Jorgensen, SE Webster, 18-5
2008 - Jennifer Jorgensen, SE Webster, 18-3 1/2
2009 - Jessica Gehrke, Iowa City West, 18-11
2010 - Jessica Gehrke, Iowa City West, 18-0 1/4
2011 - Alex Gochenour, Logan-Magnolia, 18-2
2012 - Jalynn Roberts-Lewis, DM Roosevelt, 17-9 1/2
2013 - Jalynn Roberts-Lewis, DM Roosevelt, 18-10 1/4
2014 - Jalynn Roberts-Lewis, DM Roosevelt, 19-00

State Track Meet Records

Updated Through 2014 State Meet

100 Meter Dash

State Meet Record: 11.8, Pam Wilcoxson, Grand Valley, 1969
Iowa All-Time Record: 11.5, Natasha Kaiser, Des Moines Roosevelt, 1985
National Record: 11.14, Marion Jones, Thousand Oaks, Cal., 1992
Class 1A Record: 12.26, Meredith Kosmacek, Tri-Center, 2004
Class 2A Record: 12.17, Jenny Kordick, Interstate-35, 2006 (Prelims)
Class 3A Record: 12.20, Rose Ripslinger, Davenport Assumption, 2014
Class 4A Record: 12.09, Jessica Gehrke, Iowa City West, 2009 &
Jalynn Roberts-Lewis, Des Moines Roosevelt, 2014

200 Meter Dash

State Meet Record: 24.25, Natasha Kaiser, Des Moines Roosevelt, 1985
Iowa All-Time Record: 24.0, Debbie Esser, Woodbine, 1975
National Record: 22.52, Allyson Felix, LA Baptist, CA, 2003
Class 1A Meet Record: 24.48, Alex Gochenour, Logan-Magnolia, 2010
Class 2A Record: 24.49, Hannah Willms, Dike-New Hartford, 2009 (Prelims)
Class 3A Record: 24.85, Rose Ripslinger, Davenport Assumption, 2014
Class 4A Record: 24.45, Jalynn Roberts-Lewis, Des Moines Roosevelt, 2014

400 Meter Dash

State Meet Record: 53.96, Hannah Willms, Dike-New Hartford, 2010
Iowa All-Time Record: 53.96, Hannah Willms, Dike-New Hartford, 2010
National Record: 50.74, Monique Henderson, Morse HS, San Diego, Cal, 2000
Class 1A Record: 55.75, Ellie Herzberg, Manson-NW Webster, 2013
Class 2A Record: 53.96, Hannah Willms, Dike-New Hartford, 2010
Class 3A Record: 56.05, Olivia Loy, Anamosa, 2014
Class 4A Record: 55.41, Ellen Dougherty, Sioux City East, 2009

800 Meter Run

State Meet Record: 2:08.15, Shelby Houlihan, Sioux City East, 2011
Iowa All-Time Record: 2:07.35, Shelby Houlihan, Sioux City East, 2009
National Record: 2:02.90, Chanelle Price, Easton HS, PA, 2008
Class 1A Record: 2:09.60, Brooke Dinsdale, North Tama, 2006
Class 2A Record: 2:12.12, Ashley Miller, Tipton, 2007
Class 3A Record: 2:13.83, Mary Bridget Corken, Dubuque Wahlert, 2005
Class 4A Record: 2:08.15, Shelby Houlihan, Sioux City East, 2011

1500 Meter run

State Meet Record: 4:29.97, Shelby Houlihan, Sioux City East, 2011
Iowa All-Time Record: 4:26.39, Shelby Houlihan, Sioux City East, 2011
National Record: 4:04.62, Mary Cain, Bronxville, NY, 2013
Class 1A Meet Record: 4:35.87, Rebekah Topham, Griswold, 2014
Class 2A Record: 4:38.23, Tiffany Christensen, Eagle Grove, 2014
Class 3A Record: 4:39.02, Grace Gibbons, Gilbert, 2014
4A Record: 4:29.97, Shelby Houlihan, Sioux City East, 2011

3000 Meter Run

State Meet Record: 9:24.67, Stephanie Jenks, Linn-Mar, 2014
Iowa All-Time Record: 9:24.67, Stephanie Jenks, Linn-Mar, 2014
National Record: 9:08.6 (HT), Lynn Bjorkland, Los Alamos, NM, 1975
Class 1A Record: 9:56.54, Leah Seivert, Sibley-Ocheyedan, 2013
Class 2A Record: 10:02.10, Morgan Casey, Northeast, 2010
Class 3A Record: 9:58.45, Alana Enabit, Clear Lake, 2011
Class 4A Record: 9:24.67, Stephanie Jenks, Linn-Mar, 2014

100 Meter Hurdles

State Meet Record: 14.07, Alex Gochenour, Logan-Magnolia, 2010
Iowa All-Time Record: 13.9, Alex Gochenour, Logan-Magnolia, 2010
National Record: 13.03, Vashti Thomas, San Jose Mt. Pleasant, CA, 2007
Class 1A Record: 14.07, Alex Gochenour, Logan-Magnolia, 2010
Class 2A Record: 14.33, Alex Gochenour, Logan-Magnolia, 2009
Class 3A Record: 14.70 Rachel Peth, Waverly-SR, 2011 (Prelims)
Class 4A Record: 14.27, Mary Young, Urbandale, 2014

400 Meter Hurdles

State Meet Record: 1:00.82, AG Bradford, Davenport North, 2008
Iowa All-Time Record: :57.3, Debbie Esser, Woodbine, 1975
National Record: : 55.20, Leslie Maxie, Millbrae, CA, 1984
Class 1A Record: 1:02.14, Sara Stoakes, North Tama, 2009
Class 2A Record: 1:02.62, Alex Gochenour, Logan-Magnolia, 2011
Class 3A Record: 1:02.53, Holly Salzbrenner, Mount Vernon-Lisbon, 2010
Class 4A Record: 1:00.82, AG Bradford, Davenport North, 2008

4x100 Meter Relay

State Meet Record: 47.89, Iowa City West, 2010
Iowa All-Time Record: 47.55, Des Moines Roosevelt, 2012
National Record: 44.50, Poly, Long Beach, CA, 2004
Class 1A Record: 49.95, Ventura, 2007
Class 2A Record: North Polk, 49.30, 2008
Class 3A Record: 48.47, Davenport Assumption, 2014 (Prelims)
Class 4A Record: 47.89, Iowa City, West, 2010 (Prelims)

4x200 Meter Relay

State Meet Record: 1:40.94, Cedar Rapids Jefferson, 2013
Iowa All-Time Record: 1:40.94, Cedar Rapids Jefferson, 2013
National Record: 1:33.87, Poly, Long Beach, CA, 2004
Class 1A Record: 1:44.79, Ar-We-Va, 2004 (Prelims)
Class 2A Record: 1:42.94, North Polk, 2008
Class 3A Record: 1:43.00, Denison-Schleswig, 2005
Class 4A Record: 1:40.94, Cedar Rapids Jefferson, 2013

4x400 Meter Relay

State Meet Record: 3:48.39, Sioux City East, 2009
Iowa All-Time Record: 3:48.39, Sioux City East, 2009
National Record: 3:35.49, Poly, Long Beach, CA, 2004
Class 1A Meet Record: 3:58.28, Valley Community, 2007
Class 2A Record: 3:55.52, Cascade, 2012
Class 3A Record: 3:53.05, MOC-Floyd Valley, 2014
Class 4A Record: 3:48.39, Sioux City, East, 2009

4x800 Meter Relay

State Meet Record: 9:11.62, Iowa City West, 2000
Iowa All-Time Record: 9:09.09, Iowa City West, 2001
National Record: 8:43.12, Roosevelt, Greenbelt, MD, 2008
Class 1A Record: 9:28.33, Valley Community, 2007
Class 2A Record: 9:27.83, Tipton, 2006
Class 3A Record: 9:17.72, Mount Vernon-Lisbon, 2010
Class 4A Record: 9:13.88, West Des Moines Valley, 2011

Distance Medley

State Meet Record 4:00.39, Sioux City East, 2009
Iowa All-Time Record: 4:00.39, Sioux City East, 2009
National Record: 3:51.90, Roosevelt, Greenbelt, MD, 2007
Class 1A Meet Record: 4:05.37, North Tama, 2007
Class 2A Meet Record: 4:06.86, Tipton, 2006
Class 3A Meet Record: 4:03.14, Fairfield, 2006
Class 4A Meet Record: 4:00.39, Sioux City East, 2009

Sprint Medley

State Meet Record: 1:45.66, Des Moines Roosevelt, 2013
Iowa All-Time Record: 1:44.98, Des Moines Roosevelt, 1985
National Record: 1:38.73, Poly, Long Beach, Calif., 2003
Class 1A Meet Record: 1:49.17, Clayton Ridge, 2012
Class 2A Meet Record: 1:46.35, Dike-New Hartford, 2010
Class 3A Meet Record: 1:47.17, Dubuque Wahlert, 2007
Class 4A Meet Record: 1:45.66, Des Moines Roosevelt, 2013

Shuttle Hurdle Relay

State Meet Record: 1:01.87, Waukee, 2013
Iowa All-Time Record: 1:01.87, Waukee, 2013
Class 1A Meet Record: 1:05.44, Gehlen Catholic, 2012 (Prelims)
Class 2A Record: 1:05.29, West Fork, 2011
Class 3A Record: 1:03.39, Mount Pleasant, 2014 (Prelims)
Class 4A Record: 1:01.87, Waukee, 2013

Long Jump

State Meet Record: 19-02.25, LaNeisha Waller, CR Washington, 2004
Iowa All-Time Record: 19-02.25, LaNeisha Waller, CR Washington, 2004
National Record: 22-01.75, Kathy McMillan, Hoke County HS, NC, 1976
Class 1A Record: 18-08.50, Jennifer Jorgensen, SEW-Grand, 2008
Class 2A Record: 18-11.5, Dani Stipe, Kuemper Catholic, 2006
Class 3A Record: 18-02.75, Jennie Clark, Norwalk, 2007
Class 4A Record: 19-02.25, LaNeisha Waller, Cedar Rapids Washington, 2004

High Jump

State Meet Record: 5-11, Hannah Willms, Dike-New Hartford, 2009
Iowa All-Time Record: 6-01, Hannah Willms, Dike-New Hartford, 2010
National Record: 6-04, Toni Young, Del City, OK, 2009
Class 1A Record: 5-8.25, Chaley Rath, Treynor, 2012
Class 2A Record: 5-11, Hannah Willms, Dike-New Hartford, 2009
Class 3A Record: 5-7.50 Alexis Conaway, MOC-Floyd Valley, 2011
Class 4A Record: 5-8.25, Khanishah Williams, Burlington, 2009

Shot Put

State Meet Record: 46-11.75, Danielle Frere, Muscatine, 2008
Iowa All-Time Record: 53-3 1/2, Paulette Mitchell, Council Bluffs AL, 1992
National Record: 56-8.25, Raven Saunders, Charleston Burke, SC, 2014
Class 1A Record: 42-01.25, NiCole Dobernecker, Charter Oak-Ute
Class 2A Record: 43-4.25, Kate Birchmeier, Davis County, 2014
Class 3A Record: 45-05, Brooke Gritters, Pella, 2007
Class 4A Record: 46-11.75, Danielle Frere, Muscatine, 2008

Discus

State Meet Record: 156-04, Taylor Freeman, Iowa City West, 2008
Iowa All-Time Record: 179-7, Kiana Phelps, Kingsley-Pierson/WC, 2014
National Record: 190-03, Anastasia Jelmini, Shafter, CA, 2009
Class 1A Meet Record: 137-11, Wendy Ausdemore, Tri-Center, 2004
Class 2A Record: 151-03, Marin Thorson, St. Ansgar, 2007
Class 3A Record: 154-07, Katelyn Weimerskirch, Dubuque Wahlert, 2012
Class 4A Record: 156-04, Taylor Freeman, Iowa City West, 2008

Wheelchair

SHOT PUT: Carla Pottebaum, MOC, 1992; 16-4 3/4
100 METERS: Cheri Blauwet, West Lyon, 1998, 21.48
400 METERS: Cheri Blauwet, West Lyon, 1998, 1:15.14
200 METERS: Tasha DeGroote, Aplington-Parkersburg, 43.28

3000 METERS - ALL-TIME LIST

1	Stephanie Jenks, Linn-Mar	2014	9:24.67
2	Katie Flood, Dowling Catholic	2010	9:27.25
3	Ashlie Decker, Dowling Catholic	2010	9:43.18
4	Maddie Hubbell, DM Roosevelt	2010	9:47.10
5	Michelle Lilienthal, Iowa City High	2000	9:47.53
6	Christa Holms, West Des Moines Valley	1989	9:48.00
7	Stephanie Mundt, Urbandale	2007	9:49.49
8	Casey Owens, Des Moines Roosevelt	2001	9:50.33
9	Mackenzie Yanek, Pleasant Valley	2013	9:50.86
10	Nicole Criner, West Des Moines Valley	2010	9:52.66
11	Morgan Casey, Northeast	2010	9:52.73
12	Sara Roberson, Bettendorf	1986	9:53.05
13	Anna Holdiman, Waverly-Shell Rock	2013	9:53.36
14	Karissa Schweitzer, Dowling Catholic	2013	9:54.58
15	Jennie Funk, Iowa City High	2001	9:54.91
16	Julie Hudetz, Bettendorf	1984	9:55.6
17	Sarah Gray, Cedar Falls	1995	9:55.94
18	Shelby Houlihan, Sioux City East	2011	9:56.47
19	Leah Sievert, Sibley-Ocheyedan	2013	9:56.54
20	Rebekah Topham, Griswold	2014	9:56.73
21	Jordyn Kleve	2014	9:57.07
22	Allison Gregg, Cedar Falls	2013	9:57.10
23	Tami Colby, Boone	1985	9:57.9
24	Renee Doyle, Sioux City East	1985	9:57.9
25	Betsy Flood, Dowling Catholic	2008	9:58.25

3000 METERS STATE CHAMPIONS

2014	4A - Stephanie Jenks, Linn-Mar	9:24.67
	3A - Grace Gibbons, Gilbert	9:59.31
	2A - Leah Sievert, Sibley-Ocheyedan	10:28.35
	1A - Rebekah Topham, Griswold	9:56.73
2013	4A - Stephanie Jenks, Linn-Mar	9:50.70
	3A - Anna Holdiman, Waverly-Shell Rock	10:11.83
	2A - Courtney Bruns, West Branch	10:33.46
	1A - Leah Sievert, Sibley-Ocheyedan	9:56.54
2012	4A - Allison Gregg, Cedar Falls	10:19.81
	3A - Anna Holdiman, Waverly-Shell Rock	10:06.34
	2A - Courtney Bruns, West Branch	10:15.23
	1A - Rebekah Topham, Griswold	10:33.66
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 - Michelle Lilienthal, Iowa City High	9:57.97
	2A - Amber Friedrich, Algona	10:41.44
	1A - Kristin Hansen, Okoboji	10:09.14
1999	3A - Michelle Lilienthal, 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 - Michelle Lahann, 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 Jongsma, Unity Christian	10:24.97
	1A - Nikole Sterling, Cardinal	10:32.57
1992	3A - Summer Johnson, Indianola	10:19.34
	2A - Sonya Jongsma, 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	Kiana Phelps, Kingsley-Pierson	2014	179-07
2	Taylor Freeman, Iowa City West	2008	166-10
3	Abby Emsick, CB Lewis Central	2003	165-02
4	Robin Small, Sioux City North	1978	160-10
5	Rachel Jansen, MOC-Floyd Valley	2003	159-11
6	Katelyn Weimerskirch, Dub. Wahlert	2012	154-07
7	Cheryl Bradley, Dubuque Senior	1981	154-03
8	Lauren Smith, North Fayette	2011	153-07
9	Tammi Blackstone, Cherokee	1996	152-09
10	Courtney Fritz, Iowa City West	2010	152-08
11	Marin Thorson, St. Ansgar	2007	151-03
12	Renetta Seiler, Algona Garrigan	1995	150-10
13	Melanie Heitman, Williamsburg	1979	150-01
14	Rachel Lewis, Sioux City North	1987	149-07
15	Connie White, Laurens-Marathon	1980	149-06
16	Leann Boerema, Clinton	1997	148-09
16	Emily Flom, Sioux City North	1995	148-09
16	Amanda Stahle, Bettendorf	2010	148-09
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	148-06
23	Brooke Ennen, Muscatine	1997	148-05
24	Chloe Schmidt, Benton	2011	148-02

DISCUS STATE CHAMPIONS

2014	4A - Sarah Kalkhoff, Newton	140-11
	3A - Maddie Nilles, Dubuque Wahlert	141-06
	2A - Kiana Phelps, Kingsley-Pierson	150-04
	1A - Sydney Laufenberg, Prince of Peace	132-01
2013	4A - Erin Bramble, Waukee	138-11
	3A - Maddie Nilles, Dubuque Wahlert	138-03
	2A - Kiana Phelps, Kingsley-Pierson/Woodbury Central	150-04
	1A - Sydney Laufenberg, Clinton Prince of Peace	120-04
2012	4A - Haley Faber, Dowling Catholic	135-06
	3A - Katelyn Weimerskirch, Dubuque Wahlert	154-07
	2A - Annie Gullickson, South Winneshiek	130-10
	1A - Amy Wright, Earlham	133-08
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 - Original 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, Charokee	140-9
	1A - Kristin Jenn, West Hancock	143-7
1995	3A - Emily Flom, Sioux City North	142-11
	2A - Tammi Blackstone, Charokee	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 Kliegl, 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 Klaahsen, 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 Freeseman, Aplington	110-6 3/4
1964	Janelle Freeseman, Aplington	110-6
1963	Virginia Hanke, Colfax	118-4

LONG JUMP - ALL-TIME LIST

1.	Lexus Lovan, Urbandale	2014	19-10 1/4
2	Laneisha Waller, Cedar Rapids Washington	2003	19-5
4	Tashika Lewis, Des Moines North	1994	19-4
4	Karlin Hayes, Ankeny	1979	19-3 1/2
5	Kay Bruce, Nishna Valley	1971	19-2 3/4
6	Jalynn Roberts-Lewis, DM Roosevelt	2014	19-02
7	Kiera Washpun, Iowa City High	2014	19-1 1/2
8	McKenna Cronbaugh, Iowa City West	2013	19-1
9	Kim Carson, Des Moines Roosevelt	1989	19-0 1/2
10	Dawn Huff, Mount Ayr	1990	18-11 3/4
10	Bonnie DeBoer, Hull Western Christian	1978	18-11 3/4
12	Dani Stipe, Kuemper Catholic	2006	18-11 1/2
12	Angie Hensel, Clinton	2002	18-11 1/2
14	Joni Clark, Pleasant Valley	1977	18-11 1/4
14	Jessica Gehrke, Iowa City West	2009	18-11 1/4
16	Christina Airington, Davenport Central	2007	18-9 1/2
16	Alexis Mitchell, Davenport Central	2009	18-9 1/2
18	Connie Lynch, BCL	1972	18-9 1/4
19	Brie Penaluna, Cedar Falls NU High	2002	18-9
20	Nicole Baumgartner, Marshalltown	1992	18-8 3/4
21	Stacy Butt, Northeast	2004	18-8 1/2
22	Jill Osenbaugh, Davis County	1995	18-8 1/4
23	Kendra Stannard, Cedar Rapids Washington	1993	18-8
23	Lois Groen, Sioux Center	1981	18-8
23	Jan Brandt, Ackley-Geneva	1971	18-8

LONG JUMP STATE CHAMPIONS

2014	4A - Jalynn Roberts-Lewis, Des Moines Roosevelt	19-02
	3A - Leslie Taylor, Mount Pleasant	18-02.5
	2A - Lindsey Koch, Hudson	17-05.25
	1A - Dani Reicherts, Dunkerton	17-03.25
2013	4A - McKenna Cronbaugh, Iowa City West	19-01
	3A - Leslie Taylor, Mount Pleasant	18-00
	2A - Lindsey Koch, Hudson	17-05.5
	1A - Chelsea Berry, Starmont	17-11
2012	4A - McKenna Cronbaugh, Iowa City West	18-03
	3A - Leslie Taylor, Mount Pleasant	17-01.5
	2A - Heaven Chandler, Columbus	18-01.25
	1A - Chelsea Berry, Starmont	17-10
2011	4A - McKenna Cronbaugh, Iowa City West	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 Wermimont, 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 Wermimont, 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

1999	1A - Brie Penaluna, Cedar Falls NU High	17-8 1/2
	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, Sioux 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, Terri	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 Volkens, 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 Kohnen, 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
21	Chaley Rath, Treynor	2012	5-8.25
24	Ashley Freeman, CB Abraham Lincoln	2001	5-8
24	Laura Tomes, Sioux City East	2001	5-8
24	Carmen Cox, Red Oak	2001	5-8
24	Stephanie Bacan, Remsen St. Mary's	2001	5-8
24	Melissa Nelson, Algona	98-99	5-8
24	Stephanie Goettsch, AHST	1998	5-8
24	Julie Gallery, East Buchanan	1997	5-8
24	Kimberly Barnes, Nashua-Plainfield	1996	5-8
24	Tracy Jentzen, Dallas Center-Grimes	1994	5-8
24	Teresa Breyfogle, Galva-Holstein	1993	5-8
24	Tammy Bunn, Louisa-Muscatine	1989	5-8
24	Jamie Elrod, Prairie City	1988-89	5-8
24	Stephanie Davis, Dubuque Senior	1987	5-8
24	Rachel Vanderholt, Aplington-Parkersburg	2007	5-8
24	Johanna Smith, Hudson	2008	5-8
24	Kendra DeJong, Unity Christian	2008	5-8
24	Kasey Reuter, Hinton	2013	5-8

HIGH JUMP - STATE CHAMPIONS

2014	4A - Kelli DeGeorge, Pleasant Valley	5-6
	3A - Alexis Conaway, MOC-Floyd Valley	5-9
	2A - Maria Wrage, Union	5-6
	1A - Caitlin Appelgate, GMG	5-5
2013	4A - Kelli DeGeorge, Pleasant Valley	5-4
	3A - Alexis Conaway, MOC-Floyd Valley	5-6
	2A - Chaley Rath, Treynor	5-5
	1A - Kasey Reuter, Hinton	5-6
2012	4A - Maddie Rouw, Waukee	5-6
	3A - Alexis Conaway, MOC-Floyd Valley	5-5
	2A - Tayo Ajose, Mediapolis	5-7
	1A - Chaley Rath, Treynor	5-8.25
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 Seuferer, 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

2005	1A - Alicia Runge, North Kossuth	5-4
	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
	1A - Jenni Elbert, Laurens-Marathon	5-7
2000	3A-Sondra Rauterkus, Harlan	5-6
	2A-JoLynn Legg, South Tama	5-4
	1A-Jen Alexander, Martensdale-St. Marys	5-4
1999	3A-Tina Wolfe, Pleasant Valley	5-3
	2A-Melissa Nelson, Algona	5-5
	1A-Angie Froehlich, Algona Garrigan	5-4
1998	3A-Amanda Koester, Clinton	5-6
	2A-Melissa Nelson, Algona	5-6
	1A-Stephanie Goettsch, AHST	5-7
1997	3A-Amanda Koester, Clinton	5-6
	2A-Tracy Flowers, Knoxville	5-5
	1A-Julie Gallery, East Buchanan	5-8
1996	3A-Beth Boer, Oskaloosa	5-6
	2A-Melissa Nelson, Algona	5-4
	1A-Leah Elbert, Iowa City Regina	5-10
1995	3A-Beth Boer, Oskaloosa	5-6
	2A-Deb Volkens, Wester Christian	5-8
	1A-Leah Elbert, Iowa City Regina	5-8
1994	3A-Sondra Biere, DM Roosevelt	5-6
	2A-Jill Osenbaugh, Davis County-FV	5-9 1/2
	1A-Stephanie Martin, Springville	5-7
1993	3A-Amy Oleson, Dubuque Senior	5-6
	2A-Deb Volkens, Western Christian	5-6
	1A-Teresa Breyfogle, Galva-Holstein	5-5
1992	3A-Sondra Biere, DM Roosevelt	5-6
	2A-Ann VandenBerg, Hull Western Christian	5-5
	1A-Teresa Breyfogle, Galva-Holstein	5-4
1991	3A-Jenny McGonigle, Urbandale	5-3
	2A-Ann VandenBerg, Hull Western Christian	5-5
	1A-Teresa Breyfogle, Galva-Holstein	5-5
1990	3A-Suzy Hagge, Clinton	5-5
	2A-Tammy Bunn, Louisa-Muscatine	5-5
	1A-Jennifer Molander, WACO	5-3
1989	3A-Katie McFadden, Marshalltown	5-5
	2A-Tarrel Zweibahmer, Storm Lake	5-7
	1A-Jamie Elrod, Prairie City	5-8
1988	3A-Janine Gremmel, Dubuque Wahlert	5-8
	2A-Shawna Tripp, Tipton	5-5
	1A-Jamie Elrod, Prairie City	5-8
1987	3A-Janine Gremmel, Dubuque Wahlert	5-8
	2A-Amy Hartsock, Mid-Prairie	5-6
	1A-Stephanie Harrington, Moravia	5-7
1986	3A-Janine Gremmel, Dubuque Wahlert	5-4
	2A-Karen Hummel, Vinton	5-5
	1A-Lynne Lorenzen, Ventura	5-4
1985	3A-Denise Overmohle, Carroll Kuemper	5-6
	2A-Lisa Greiner, Cardinal	5-6
	1A-Lynne Lorenzen, Ventura	5-4
1984	3A-Janelle Jaspers, Waverly-Shell Rock	5-3
	2A-Lisa Greiner, Cardinal	5-2
	1A-Kris Dinkla, Cumberland-Massena	5-4
1983	3A-Janelle Jaspers, Waverly-Shell Rock	5-6
	2A-Sue DenBeste, Sheldon	5-3
	1A-Holli Harberts, Walnut	5-9 1/2
1982	3A-Janelle Jaspers, Waverly-Shell Rock	5-4
	2A-Holli Harberts, Maurice-Orange City	5-7
	1A-Wendi Gardinier, NS-Rock Falls	5-6
1981	3A-Sue Overmann, CR Jefferson	5-5
	2A-Lisa McDonald, CB St. Albert	5-6
	1A-Kathy Gillespie, Lamoni	5-4
1980	3A-DeeAnn Davidson, CR Kennedy	5-5
	2A-Mary Mol, Sioux Center	5-7
	1A-Teresa Sheffield, Bedford	5-7
1979	3A-Kathy Petersen, Indianola	5-6
	2A-Mary Mol, Sioux Center	5-7
	1A-Teresa Sheffield, Bedford	5-4

1978	3A--Jeanette Brown, Waterloo Central	5-6
	2A--Mary Mol, Sioux Center	5-7
	1A--Karry Crafton, West Burlington	5-5
1977	3A--Lori Linder, Oelwein	5-3
	2A--Sandy Schultz, Eddyville	5-6
	1A--Karry Crafton, West Burlington	5-6
1976	Sandy Schultz, Eddyville	5-6
1975	Tammy Crafton, West Burlington	5-4
1974	Patty Grubb, Burt	5-4
1973	Vicki Schoer, Clay Central	5-4
1972	Nancy Waldschmidt, Highland	5-3
1971	Jayne Junkins, Central Argyle	5-2
1970	Linda Rowe, Glenwood	5-3
1969	Sharon Leslein, Edgewood-Colesburg	4-11
1968	Gwen Knickerbocker, Starmont	4-11
1967	Gwen Knickerbocker, Starmont	4-11
1966	Sue Bruget, West Sioux	5-0 1/8
1965	Carol Wolfe, Malvern	4-11 1/4
1964	Kay Cox, Bedford	4-10 1/2
1963	Peggy Barton, Lone Tree	4-8 3/4
1962	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	Bettendorf	2013	4:02.00
4	Dowling Catholic	2008	4:02.47
5	Dowling Catholic	2013	4:02.61
6	Dowling Catholic	2014	4:02.80
7	Fairfield	2006	4:03.14
8	Iowa City High	2001	4:03.56
9	Marshalltown	1999	4:04.32
10	Ames	1985	4:04.35
11	Indianola	1980	4:04.43
12	Pleasant Valley	2013	4:04.49
13	Iowa City High	1995	4:04.5
14	Iowa City High	2003	4:04.54
15	North Scott	1985	4:04.58
16	Des Moines Roosevelt	1991	4:04.78
17	Urbandale	2014	4:05.04
18	Missouri Valley	1979	4:05.09
19	West Des Moines Valley	2012	4:05.25
20	North Tama	2007	4:05.37
21	West Des Moines Dowling	1981	4:05.86
22	Dowling Catholic	2007	4:06.00
23	Cedar Falls	2011	4:06.11
24	Mount Pleasant	2003	4:06.20

DISTANCE MEDLEY STATE CHAMPIONS

2014	4A - Dowling Catholic	4:02.80
	3A - Davenport Assumption	4:08.84
	2A - Cascade	4:12.44
	1A - North-Linn	4:12.68
2013	4A - Bettendorf	4:02.00
	3A - Solon	4:09.61
	2A - Des Moines Christian	4:11.53
	1A - North Linn	4:11.52
2012	4A - West Des Moines Valley	4:05.25
	3A - Dubuque Wahlert	4:07.84
	2A - Cascade	4:08.22
	1A - Woodward-Granger	4:09.41
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

1999	1A-Aplington-Parkersburg	4:12.75
	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	Waukee	2013	9:14.64
7	Iowa City High	2003	9:14.85
8	Cedar Rapids Xavier	2003	9:15.38
9	Iowa City High	2001	9:15.56
10	Mount Vernon-Lisbon	2010	9:15.68
11	Waukee	2012	9:16.35
12	Iowa City West	2011	9:16.54
13	Urbandale	2014	9:16.93
15	Iowa City West	2002	9:17.02
15	Dowling Catholic	2008	9:17.38
16	Bettendorf	2012	9:17.44
17	West Des Moines Valley	2012	9:17.49
18	West Des Moines Valley	2013	9:17.50
19	Bettendorf	1987	9:18.08
20	Fairfield	2006	9:18.93
21	Iowa City West	1999	9:18.96
22	Iowa City West	1996	9:19.14
23	Bettendorf	1986	9:19.16
24	Iowa City High	2010	9:19.99
25	Iowa City High	2011	9:20.01
23	West Des Moines Valley	2010	9:20.01
24	Iowa City High	1999	9:20.61
25	Bettendorf	2011	9:20.70

4X800 - ALL-TIME LIST

2014	4A - Urbandale	9:16.93
	3A - Dubuque Wahlert	9:28.68
	2A - Unity Christian	9:40.36
	1A - North-Linn	9:32.92
2013	4A - Waukee	9:14.64
	3A - Dubuque Wahlert	9:31.62
	2A - Mount Vernon	9:46.46
	1A - Jesup	9:40.19
2012	4A - Waukee	9:16.35
	3A - Dubuque Wahlert	9:26.53
	2A - Jesup	9:40.25
	1A - North Linn	9:42.52
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
	2A - 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
2003	1A - Valley Community	9:53.25
	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 Hemsstead	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	Alexa Hunt, Des Moines Roosevelt	2013	45-07.75
14	Sarah Hoffman, Western Dubuque	2008	45-5
15	Taylor Freeman, Iowa City West	2008	45-4.75
16	Robin Small, Sioux City North	1979	45-4
17	Dawn O'Leary, Camanche	1990	45-1
18	Brenda Konfrst, Glenwood	1986	45-1
19	Tonya Culpepper, Burlington	1990	45-0.50
20	Micaela Haight, Iowa City West	2010	45-0
21	Alissa Dennis, Ballard	2000	45-0
22	Vicki Dagel, 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

2014	4A - Blaire Thomas, Waterloo West	42-02.25
	3A - Shelby Gunnels, Solon	43-11.00
	2A - Kate Birchmier, Davis County	43-04.25
	1A - Meagan Anderson, Woodbine	39-10.75
2013	4A - Alexa Hunt, Des Moines Roosevelt	45-07.75
	3A - Kara Misel, Solon	41-10.50
	2A - Dasiana Larson, Garner-Hayfield/Ventura	41-07.50
	1A - Macie Bales, Pocahontas Area	39-10.75
2012	4A - Alexa Hunt, Des Moines Roosevelt	42-04.50
	3A - Amanda Houston, Fort Madison	42-09
	2A - Sarah Pate, Clarke	40-10.25
	1A - Nicole Dobernecker, Charter Oak-Ute	41-02.50
2011	4A - Jadyn 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 Magner, 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 - Aphton 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 Grems, 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
	1A-Amy Sullivan, Riceville	37-5 1/2
1995	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-Renee 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 Dagel, Sibley	41-11 1/2
	1A--Till Korth, Dows	41-10
1976	Vicki Dagel, 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

1. Waukee	2013	1:01.87
2. Urbandale	2014	1:02.41
3. Ankeny	2013	1:02.45
4. Waukee	2012	1:03.20
5. Waukee	2011	1:03.44
6. Mount Pleasant	2014	1:03.39
7. West Des Moines Valley	2013	1:03.57
8. Ames	2010	1:03.60
9. Urbandale	2011	1:03.65
10. Urbandale	2013	1:03.76
11. Waukee	2014	1:03.74
12. Urbandale	2010	1:03.85
13. Urbandale	2012	1:03.94
14. Mount Pleasant	2013	1:04.08
15. Pleasant Valley	2013	1:04.37
16. Cedar Rapids Washington	2011	1:04.50
17. Ames	2011	1:04.58
18. Mount Pleasant	2012	1:04.60
19. Waukee	2009	1:04.67
20. Pleasant Valley	2009	1:04.96
21. Johnston	2010	1:05.19
22. Dowling Catholic	2013	1:04.64
23. Pleasant Valley	2010	1:04.67
24. Cedar Rapids Jefferson	2013	1:04.98
25. West Des Moines Valley	2012	1:05.35

SHUTTLE HURDLE STATE CHAMPIONS

2014	4A - Urbandale	1:02.43
	3A - Mount Pleasant	1:03.67
	2A - Eddyville-Blakesburg/Fremont	1:06.04
	1A - Belle Plaine	1:07.16
2013	4A - Waukee	1:01.98
	3A - Mount Pleasant	1:04.08
	2A - Treynor	1:06.90
	1A - Winfield-Mount Union	1:07.74
2012	4A - Waukee	1:03.20
	3A - Mount Pleasant	1:04.60
	2A - West Fork	1:05.65
	1A - LeMars Gehlen Catholic	1:05.74
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--Ogden	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--Titonka	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
11	Agnes Sayeh, Des Moines Roosevelt	2013	:11.99
20	Laneisha Waller, Cedar Rapids Washington	2002	12.0
20	Kristyn Barber, Cedar Rapids Washington	2001	:12.0
20	Laura Aschoff, Ankeny	1997	:12.0
20	Haley Parrott, Atlantic	1990	:12.0
20	Falana Sullivan, Des Moines Lincoln	1990	:12.0
20	Doreen Schmidt, Bettendorf	1985	:12.0
20	Dee Dee James, Des Moines North-Tech	1985	:12.0
20	Senta Hawkins, Des Moines Hoover	1983	:12.0
20	Kris Parman, Western Dubuque	1982	:12.0
20	Meta Obersteller, Newton	1981	:12.0
20	Lindy Atchison, Dubuque Wahlert	1979	:12.0
20	Karen Marcussen, Irwin	1978	:12.0
20	Lisa Broek, Sioux Center	1978	:12.0
20	Janet Brown, Charles City	1968	:12.0

100 METER DASH STATE CHAMPIONS

2014	4A - Jalynn Roberts-Lewis, Des Moines Roosevelt	12.09
	3A - Rose Ripslinger, Davenport Assumption	12.20
	2A - Maddie Bell, Hudson	12.57
	1A - Katie Maschmann, Montezuma	12.42
2013	4A - Agnes Sayeh, Des Moines Roosevelt	12.16
	3A - Rose Ripslinger, Davenport Assumption	12.60
	2A - Kaylee Jones, Monticello	12.74
	1A - Ellie Herzberg, Manson-NW Webster	12.61
2012	4A - Hannah Stouffer, Urbandale	12.60
	3A - Sydney Howard, Fairfield	12.46
	2A - Brooke Wolterstorff, Western Christian	12.73
	1A - Caitlyn Stroud, Corning	12.75
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 Burtnett, 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-Rembrand-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	Jasmine Staebler, Clayton Ridge	2014	:55.53
11	Natalie Halfman, St. Ansgar	2014	:55.56
12	Mahnee Watts, Bettendorf	2013	:55.66
13	AG Bradford, Davenport North	2008	55.66
14	Debbie Esser, Woodbine	1975	:55.6'
15	Alisha Jones, Davenport North	2013	:55.69
16	Ellie Herzberg, Manson-NW Webster	2013	:55.75
17	Linda Perry, Des Moines Roosevelt	1978	:55.87
18	Maddie Bell, Hudson	2014	:55.87
19	Samantha Cameron, Bettendorf	2008	:55.88
20	Larkin Chapman, Muscatine	2014	:55.91
21	Liz Messerly, Des Moines North-Tech	1985	:56.0
22	Emily Roberts, Ankeny	2010	:56.03
23	Olivia Loy, Anamosa	2014	:56.05
24	Nancy Cisar, Cedar Rapids Prairie	1980	:56.06
25	Sara Stoakes, North Tama	2009	:56.08

400 METER DASH STATE CHAMPIONS

2014	4A - Larkin Chapman, Muscatine	55.91
	3A - Olivia Loy, Anamosa	56.05
	2A - Jasmine Staebler, Clayton Ridge	55.53
	1A - Jolissa Kriegel, BGM	58.44
2013	4A - Alisha Jones, Davenport North	55.90
	3A - Olivia Loy, Anamosa	57.16
	2A - Jasmine Staebler, Clayton Ridge	56.23
	1A - Ellie Herzberg, Manson-NW Webster	55.75
2012	4A - Alisha Jones, Davenport North	56.04
	3A - Maddie Irmen, Davenport Assumption	57.57
	2A - Brooke Wolterstorff, Western Christian	56.56
	1A - Jasmine Staebler, Clayton Ridge	57.93
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 Dlnsdale, 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
	1A-Barbara Szlendakova, Andrew	:56.22
1996	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 MccRell, 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, Panora-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.	Cedar Rapids Jefferson	2013	1:40.94
2	Woodbine	1975	1:41.0'
3	Cedar Rapids Jefferson	2014	1:41.12
4.	Des Moines Roosevelt	2012	1:41.66
5.	Davenport Central	2012	1:41.71
5	Davenport Assumption	2014	1:41.71
7	Dowling Catholic	2012	1:42.07
8	Davenport Assumption	2013	1:42.10
9	Cedar Rapids Jefferson	1986	1:42.16
10	Des Moines Roosevelt	2011	1:42.20
11	Waukee	2013	1:42.24
11	Des Moines Roosevelt	2013	1:42.24
13	Iowa City West	2010	1:42.54
14	Waukee	2009	1:42.55
15	Des Moines Roosevelt	1997	1:42.66
16	Iowa City High	2009	1:42.68
17	Cedar Rapids Xavier	2009	1:42.70
18	Davenport Assumption	2012	1:42.73
19	Dowling Catholic	2013	1:42.75
20	Cedar Rapids Jefferson	2011	1:42.77
21	Des Moines Hoover	1984	1:42.8
21	Sioux City East	1975	1:42.8
23	Iowa City High	1999	1:42.9
23	Oelwein	1976	1:42.9'
25	Ames	1997	1:42.90

4X200 RELAY STATE CHAMPIONS

2014	4A - Cedar Rapids Jefferson	1:41.12
	3A - Dubuque Wahlert	1:43.04
	2A - Cascade	1:44.28
	1A - Algona Bishop Garrigan	1:46.84
2013	4A - Cedar Rapids Jefferson	1:40.94
	3A - Davenport Assumption	1:43.96
	2A - Cascade	1:43.92
	1A - Woodward-Granger	1:47.54
2012	4A - Davenport Central	1:41.71
	3A - Dubuque Wahlert	1:45.06
	2A - Cascade	1:43.27
	1A - Cedar Falls NU High	1:46.39
2011	4A - Cedar Rapids Jefferson	1:42.77
	3A - Davenport Assumption	1:43.71
	2A - Cascade	1:44.57
	1A - Manson-NW Webster	1:42.77
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

1. Alex Gochenour, Logan-Magnolia	2010	13.9
2. Mary Young, Urbandale	2014	14.01
2. Brandi DeMuth, Okoboji	2010	14.3
2. Karen Hutson, Logan-Magnolia	2011	14.3
5. Jessica Gardner, Southeast Polk	2013	14.54
6. Dani Coover, Belle Plaine	2011	14.6
7. Taylor Twedt, West Fork	2011	14.67
8. Maddie Rouw, Waukee	2013	14.63
9. Kellie Wong, Ankeny	2013	14.70
10. Destani Welch, Des Moines Roosevelt	2012	14.71
11. Jessi Sorensen, Hudson	2010	14.72
12. Maddie Anderson, Ames	2011	14.73
13. Kelsi Phipps, Mount Pleasant	2014	14.74
14. Khanishah Williams, Burlington	2011	14.79
15. Nichole Johnson, Center Point-Urbana	2010	14.8
16. Ali Meister, Spencer	2013	14.81
17. Mariah Jordan, Iowa City High	2009	14.83
18. Rachel Peth, Waverly-Shell Rock	2011	14.86
19. Susan Rodriguez, Pleasant Valley	2009	14.87
20. Nicole Hunter, Creston	2009	14.90
21. Emily Ruhser, Central Elkader	2011	14.9
22. Emily James, Waukee	2009	14.94
23. Khanishah Williams, Burlington	2011	15.0
23. Laura Rodriguez, Pleasant Valley	2010	15.0
25 Sarah Yeager, Cardinal	2009	15.00
25 Madison Ranchau, Cedar Rapids Jefferson	2014	15.00

100 HURDLES STATE CHAMPIONS

2014	4A - Mary Young, Urbandale	14.31
	3A - Kelsi Phipps, Mount Pleasant	15.03
	2A - Emily Mathews, Garner-Hayfield/Ventura	15.45
	1A - Mallory Vawter, BCLUW	15.07
2013	4A - Mary Young, Urbandale	14.62
	3A - Ali Meister, Spencer	15.10
	2A - Chaley Rath, Treynor	15.38
	1A - Cassie Kingery, Winfield-Mount Union	15.54
2012	4A - Mary Young, Urbandale	14.87
	3A - Leslie Taylor, Mount Pleasant	15.12
	2A - Taylor Twedt, West Fork	15.10
	1A - Cassie Kingery, Winfield-Mount Union	15.26
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 - Kahnishah 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 Hamel, Madrid	: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, Titonka	:15.00
1982	3A-Alison Ehm, Urbandale	:14.62
	2A-Linda Bockenstedt, Starmont	:14.67
	1A-Tammy Harms, Titonka	: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, Sentral	:12.6

60-YARDS

1963	Andrea Goodman, Belle Plaine	:08.6
1962	Linda Ramus, Sentral	:08.9

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	2:08.926
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	Stephanie Jenks, Linn-Mar	2014	2:10.20
10	Sara Stoakes, North Tama	2009	2:10.22
11	Sue Nelson, Indianola	1981	2:10.59
12	Larkin Chapman, Muscatine	2014	2:10.80
13	Rebecca Topham, Griswold	2013	2:10.83
14	Lydia Saggau, West Des Moines Valley	2013	2:11.20
15	Jasmine Staebler, Clayton Ridge	2013	2:11.21
16	Sara Beckord, Rolfe	1968	2:11.3
17	Sue Deppe, Ames	1975	2:11.40
18	Janice Ohrt, North Tama	1981	2:11.55
19	Betsy Flood, Dowling Catholic	2008	2:11.58
20	Anne Mueksch, Missouri Valley	1978	2:11.8
21	Sarah Pluim, OC Unity Christian	1993	2:12.19
22	Kristin Hansen, Okoboji	2002	2:12.21
23	Karissa Schweizer, Dowling Catholic	2014	2:12.25
24	Amanda Bales, Pleasant Valley	2001	2:12.26

800 METER STATE CHAMPIONS

2014	4A - Stephanie Jenks, Linn-Mar	2:10.20
	3A - Kennedy King, Davenport Assumption	2:16.69
	2A - Jasmine Staebler, Clayton Ridge	2:14.40
	1A - Rebekah Topham, Griswold	2:14.12
2013	4A - Lydia Saggau, West Des Moines Valley	2:12.91
	3A - Lauren Benzing, Solon	2:17.76
	2A - Jasmine Staebler, Clayton Ridge	2:15.36
	1A - Rebekah Topham, Griswold	2:15.28
2012	4A - Mahnee Watts, Bettendorf	2:12.52
	3A - Madison Waymire, Dallas Center-Grimes	2:16.16
	2A - Lindsey Kite, Jesup	2:15.96
	1A - Rebekah Topham, Griswold	2:14.79
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
1996	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 Bombe, 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
	Toni Mohr, Manilla	2:19.2
1976	Rosemary Holden, Scranton	2:15.4
1975	Rosemary Holden, Scranton	2:13.6
1974	Rosemary Holden, Scranton	2:14.7
1973	Rosemary Holden, Scranton	2:18.5
1972	Cindy Hoegh, Missouri Valley	2:20.2
1971	Peg Neppi, Lincoln Central	2:18.1
1970	Chris Gemberling, Lake City	2:19.1
1969	Chris Gemberling, Lake City	2:23.3
1968	Chris Gemberling, Lake City	2:20.1
1967	Georgia Stevens, West Harrison	2:28.1
1966	Carol Wolfe, Malvern	2:32.6
1965	Carol Wolfe, Malvern	

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
7	Jalynn Roberts-Lewis, DM Roosevelt	2014	:24.45
9.	Alex Gochenour, Logan-Magnolia	2010	:24.48
10	Hannah Willms, Dike-New Hartford	2009	:24.49
11	Debbie Carroll, Collins	1973	:24.5'
12	Sara Beckord, Rolfe	1967	:24.5'
13	Barbara Szlendakova, Andrew	1997	:24.6
14	Whitney Westrum, Waukee	2009	:24.53
15	Faith Burt, Cedar Falls	2006	24.64
16	Meredith Kosmacek, Tri-Center	2002	:24.69
17	Amy Andrews, Storm Lake St. Mary's	1981	:24.7
17	Kelly Owens, Cedar Rapids Kennedy	1980	:24.7'
17	Julie Olson, Clay Central	1973	:24.7'
17	Christel Brown, HLV	1973	:24.7'
21	Kristin Knight, Iowa City High	1998	:24.76
22	Jessica Campbell, Dowling Catholic	2013	:24.77
23	Agnes Sayeh, Des Moines Roosevelt	2013	:24.78
24	Ellen Dougherty, Sioux City East	2009	:24.78
25	Lisa Schisel, Garner-Hayfield	1978	:24.8
25	Kay Cox, Bedford	1967	:24.8'
25	Lauren Carruthers, Pleasant Valley	2002	:24.8

200 METERS STATE CHAMPIONS

2014	4A - Jalynn Roberts-Lewis, Des Moines Roosevelt	:24.45
	3A - Rose Ripslinger, Davenport Assumption	:24.85
	2A - Jasmine Staebler, Clayton Ridge	:25.55
	1A - Katie Maschmann, Montezuma	:25.79
2013	4A - Jessica Campbell, Dowling Catholic	:24.77
	3A - Olivia Loy, Anamosa	:25.60
	2A - Jasmine Staebler, Clayton Ridge	:25.81
	1A - Ellie Herzberg, Manson-NW Webster	:25.57
2012	4A - Hannah Stouffer, Urbandale	:25.30
	3A - Sydney Howard, Fairfield	:25.18
	2A - Brooke Wolterstorff, Western Christian	:25.50
	1A - Caitlyn Stroud, Corning	:26.16
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

2003	2A - Stacy Butt, Northeast	:25.79
	1A - Meredith Kosmacek, Tri-Center	:24.99
	3A - Miriam Chisala, Des Moines Roosevelt	:24.96
	2A - Courtney Jacobs, Atlantic	:24.80
2002	1A - Meredith Kosmacek, Tri-Center	:24.69
	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	Sarah Plock, Iowa City High	2013	1:01.56
9	Alex Gochenour, Logan-Magnolia	2010	1:01.63
10	Kelli Riedesel, Southern Cal	1987	1:01.63
11	Pam German, West Delaware	2000	1:01.86
12	Alysia Gonzales, Camanche	1987	1:01.98
13	Sara Stoakes, North Tama	2009	1:02.14
14	Kelli Riedesel, Lohrville	1986	1:02.14
15	Anne Leners, Pleasant Valley	2013	1:02.19
16	Sherri Hull, Chariton	1982	1:02.23
16	Carly Donahue, Pleasant Valley	2014	1:02.23
18	Patty McCarthy, West Sioux	1979	1:02.24
19	Suzie Darnell, Knoxville	1993	1:02.3
20	Karen Hutson, Logan-Magnolia	2011	1:02.33
21	Karen Koellner, Ames	1985	1:02.34
22	Keely Huber, Oelwein	2001	1:02.37
23	Angie Davidson, West Des Moines Valley	1980	1:02.45
24	Sandy Savaraid, Ballard	1980	1:02.5
25	Holly Salzbrenner, Mount Vernon-Lisbon	2010	1:02.53

400 HURDLES STATE CHAMPIONS

2014	4A - Sarah Plock, Iowa City High	1:01.97
	3A - Taylor Richardson, Oskaloosa	1:04.79
	2A - Lauren Hedlund, Hinton	1:03.74
	1A - Rebekah Topham, Griswold	1:04.30
2013	4A - Anne Leners, Pleasant Valley	1:02.19
	3A - Taylor Glover, Spencer	1:04.06
	2A - Courtney Sowle, Camanche	1:03.79
	1A - Kamille Kronemann, West Hancock	1:05.18
2012	4A - Anne Leners, Pleasant Valley	1:02.13
	3A - Audrey Bolinger, Creston	1:03.70
	2A - Kim Kroeze, Western Christian	1:04.17
	1A - Addison Miller, Algona Bishop Garrigan	1:04.88
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, Davenport North	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

2000	1A - Jill Schweibert, Aplington-Parkersburg	1:05.34
	3A - Angie German, West Delaware	1:01.86
	2A - Misty Dirksen, Hampton-Dumont	1:04.98
	1A - Jill Schweibert, 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
	1A - Melissa Eighmy, Mount Ayr	1:04.37
1997	3A - Liz Cooper, Indianola	1:03.54
	2A - Kim McCaffrey, Carroll	1:04.34
	1A - Jodi Hagedorn, North Iowa	1:03.53
1996	3A - Liz Cooper, Indianola	1:03.38
	2A - Kim McCaffrey, Carroll	1:04.14
	1A - Jodi Hagedorn, North Iowa	1:03.95
1995	3A - Julie Oilla, Ames	1:04.50
	2A - Jenny Runchey, Atlantic	1:02.86
	1A - Jodi Hagedorn, North Iowa	1:03.25
1994	3A - Amy Henderson, Ames	1:05.17
	2A - Jenny Runchey, Atlantic	1:03.65
	1A - Jodi Hagedorn, North Iowa	1:03.94
1993	3A - Suzie Darnell, Knoxville	1:04.58
	2A - Jenny Runchey, Atlantic	1:05.37
	1A - Marne Harris, CAM	1:06.01
1992	3A - Kelly Scherr, Dubuque Wahlert	1:05.56
	2A - Brandy Scheckel, DeWitt Central	1:06.97
	1A - Dawn Rayner, Lone Tree	1:04.84
1991	3A - Nicky Kinsler, Bettendorf	1:02.85
	2A - Heather Wagoner, Clarinda	1:04.06
	1A - Dawn Rayner, Lone Tree	1:04.55
1990	3A - Nicky Kinsler, Bettendorf	1:04.34
	2A - Brandy Scheckel, DeWitt Central	1:04.92
	1A - Dawn Rayner, Lone Tree	1:05.39
1989	3A - Nicky Kinsler, Bettendorf	1:05.34
	2A - Mollie Marshall, North Fayette	1:03.25
	1A - Jill Schultz, Charter Oak-Ute	1:04.56
1988	3A - Amy Holm, Ames	1:04.03
	2A - Mollie Marshall, North Fayette	1:05.69
	1A - Marcy Schildroth, Fredericksburg	1:04.86
1987	3A - Amber Stump, Fairfield	1:03.74
	2A - Kelli Riedesel, Lake City-Lohrville	1:01.63
	1A - Barb Buckwalter, Laurens-Marathon	1:04.17
1986	3A - Amber Stump, Fairfield	1:03.49
	2A - Alysia Gonzales, Camanche	1:02.35
	1A - Kelli Riedesel, Lohrville	1:02.14
1985	3A - Karen Koellner, Ames	1:02.69
	2A - Alysia Gonzales, Camanche	1:04.60
	1A - Barb Buckwalter, Laurens-Marathon	1:04.30
1984	3A - Cindy Puck, Davenport Central	1:04.9
	2A - Teri Van Wechel, Maurice-Orange City	1:05.9
	1A - Susie McCowen, Oakland	1:05.5
1983	3A - Alison Ehm, Urbandale	1:02.83
	2A - Brenda Glasnapp, Roland-Story	1:04.37
	1A - Susie McCowen, Oakland	1:04.54
1982	3A - Alison Ehm, Urbandale	1:03.52
	2A - Sherri Hull, Chariton	1:02.23
	1A - Carol Bruggeman, Charter Oak-Ute	1:05.20
1981	3A - Leisa Davis, Burlington	1:01.15
	2A - Linda Bockenstedt, Starmont	1:02.96
	1A - Kathy Gillespie, Lamoni	1:03.04
1980	3A - Angie Davidson, WDM Valley	1:02.45
	2A - Sandy Savaraid, Ballard	1:02.74
	1A - Jolene DeBoer, Allison-Bristow	1:03.73
1979	3A - Tammy Foote, Spencer	1:03.12
	2A - Patty McCarthy, West Sioux	1:02.24
	1A - Jolene DeBoer, Allison-Bristow	1:04.40
	200-METERS	
1978	3A - Yvette Greer, SC West	:28.50
	2A - Linda Kroon, Hull WC	:28.81
	1A - Gayle Smith, Valley, Elgin	:28.83
	220-YARDS	
1977	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	Des Moines Roosevelt	2013	1:45.66
4	Davenport Assumption	2014	1:45.79
5	Urbandale	2014	1:45.91
6	Cedar Rapids Jefferson	2014	1:45.94
7	Iowa City High	2005	1:46.00
8	Des Moines Hoover	1984	1:46.2
9	Des Moines Roosevelt	2012	1:46.20
10	Dike-New Hartford	2010	1:46.35
11	Starmont	1981	1:46.51
12	Pleasant Valley	1991	1:46.52
13	Bettendorf	2009	1:46.54
14	Des Moines Roosevelt	2011	1:46.65
15	Waukee	2009	1:46.73
16	Davenport North	2012	1:46.79
17	Iowa City High	2007	1:46.85
18	Waukee	2005	1:46.87
19	Ankeny	2009	1:46.98
20	Davenport North	1996	1:47.05
21	Des Moines North-Tech	1984	1:47.1
22	Dubuque Wahlert	2007	1:47.17
23	Pleasant Valley	2014	1:47.18
24	Waukee	2006	1:47.18
25	Dike-New Hartford	2009	1:47.19

SPRINT MEDLEY STATE CHAMPIONS

2014	4A - Cedar Rapids Jefferson	1:45.94
	3A - Decorah	1:48.46
	2A - Hudson	1:47.50
	1A - North-Linn	1:50.87
2013	4A - Des Moines Roosevelt	1:45.66
	3A - Anamosa	1:48.71
	2A - Cascade	1:48.99
	1A - Belle Plaine	1:49.20
2012	4A - Davenport North	1:46.79
	3A - Davenport Assumption	1:49.15
	2A - Cascade	1:48.43
	1A - Clayton Ridge	1:49.17
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

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
	1A--Winfield-Mt. Union	1:51.11
1997-	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 Jeffeson	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	Stephanie Jenks, Linn-Mar	2014	4:28.72
4	Rebekah Topham, Griswold	2012	4:28.92
5	Morgan Casey, Northeast	2010	4:31.77
6	Betsy Flood, Dowling Catholic	2008	4:33.76
7	Michelle Lilienthal, Iowa City High	1999	4:34.01
8	Karissa Schweizer, Dowling Catholic	2014	4:34.83
10	Anna Holdiman, Waverly-Shell Rock	2013	4:35.13
11	Ashlie Decker, Dowling Catholic	2010	4:35.49
12	Brooke Dinsdale, North Tama	2006	4:35.71
13	Robin Evans, Manilla	1970	4:36.0
14	Julie Williams, Spencer	1979	4:36.01
15	Jeni Frudden, Iowa City West	2001	4:36.8
16	Christa Holms, West Des Moines Valley	1989	4:36.86
17	Stephanie Mundt, Urbandale	2006	4:36.92
18	Abby Caldwell, Waverly-Shell Rock	2014	4:37.52
19	Blair Dinsdale, North Tama	2006	4:37.75
20	Nicole Criner, West Des Moines Valley	2010	4:37.76
21	Tiffany Christensen, Eagle Grove	2014	4:38.23
22	Madie Hubbell, Des Moines Roosevelt	2010	4:38.25
23	Grace Gibbons, Gilbert	2014	4:38.49
24	Elyse Prescott, Urbandale	2014	4:38.57
25	Hannah Roeder, Des Moines Roosevelt	2005	4:38.87

1500 METERS STATE CHAMPIONS

2014	4A - Stephanie Jenks, Linn-Mar	4:31.10
	3A - Grace Gibbons, Gilbert	4:39.02
	2A - Tiffany Christensen, Eagle Grove	4:38.23
	1A - Rebekah Topham, Griswold	4:35.87
2013	4A - Stephanie Jenks, Linn-Mar	4:31.14
	3A - Anna Holdiman, Waverly-Shell Rock	4:41.25
	2A - Tiffany Christensen, Eagle Grove	4:46.08
	1A - Rebekah Topham, Griswold	4:42.35
2012	4A - Emma Huston, Des Moines Roosevelt	4:45.28
	3A - Anna Holdiman, Waverly-Shell Rock	4:49.05
	2A - Mariah Kauder, Cascade	4:43.64
	1A - Rebekah Topham, Griswold	4:44.03
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 - Blair 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
	2A - Kristi Schmidt, Spirit Lake Park	4:50.29
	1A - Michelle Lahann, Calamus-Wheatland	4:56.78
1997	3A - Julie Bigler, Fort Madison	4:40.92
	2A - Val Oltman, Nevada	4:51.46
	1A - Kristin Johnson, West Branch	4:55.20
1996	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	2013	:47.67
3.	Des Moines Roosevelt	2011	:47.79
4.	Davenport Assumption	2014	:47.80
5.	Davenport Assumption	2012	:47.81
6.	Iowa City West	2010	:47.89
7.	Davenport Assumption	2013	:47.92
8.	Urbandale	2012	:48.00
9.	Des Moines Roosevelt	2014	:48.00
10.	Waukee	2009	:48.15
11.	Cedar Rapids Jefferson	2014	:48.22
12.	Dowling Catholic	2013	:48.34
13.	Iowa City West	2012	:48.36
14.	Dowling Catholic	2012	:48.40
15.	Cedar Rapids Jefferson	2013	:48.41
16.	Waukee	2013	:48.45
17.	Urbandale	2014	:48.51
18.	Iowa City West	2009	:48.52
19.	Davenport Assumption	2011	:48.53
20.	Johnston	2009	:48.55
21.	Denison-Schleswig	2005	:48.56
22.	Des Moines Roosevelt	1998	:48.57
23.	Davenport Central	2009	:48.59
24.	Ankeny	1997	:48.69
25.	Denison-Schleswig	2006	:48.71

4X100 RELAY STATE CHAMPIONS

2014	4A - Des Moines Roosevelt	:48.00
	3A - Boone	:49.46
	2A - Cascade	:50.09
	1A - North-Linn	:51.32
2013	4A - Dowling Catholic	:48.34
	3A - Davenport Assumption	:49.38
	2A - Western Christian	:49.92
	1A - Belle Plaine	:50.92
2012	4A - Urbandale	:48.00
	3A - Davenport Assumption	:49.05
	2A - Western Christian	:50.09
	1A - West Bend-Mallard	:51.54
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 - Corning	: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

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	MOC-Floyd Valley	2014	3:53.05
7	Pleasant Valley	2014	3:53.08
8	Davenport West	1977	3:53.2'
9	Waukee	2008	3:53.65
10	Waukee	2006	3:53.65
11	Davenport Assumption	2014	3:53.71
12	Indianola	1980	3:53.90
13	Sioux City East	2011	3:54.14
14	Harlan	2006	3:54.15
15	Indianola	1979	3:54.20
16	Iowa City West	2006	3:54.27
17	Cascade	2012	3:54.35
18	Sioux City East	2010	3:54.39
19	Fairfield	2006	3:54.50
20	Sioux City East	2008	3:54.60
21	West Des Moines Valley	2012	3:54.61
22	Ankeny	1981	3:54.73
23	Des Moines Roosevelt	1985	3:54.87
24	Des Moines Roosevelt	1990	3:54.96

4X400 RELAY STATE CHAMPIONS

2014	4A - Pleasant Valley	3:53.08
	3A - MOC-Floyd Valley	3:53.05
	2A - Mount Vernon	4:01.15
	1A - Tri-Center	4:03.93
2013	4A - Pleasant Valley	3:53.48
	3A - MOC-Floyd Valley	3:57.78
	2A - Des Moines Christian	3:58.74
	1A - North-Linn	4:01.16
2012	4A - West Des Moines Valley	3:56.23
	3A - Dubuque Wahlert	3:58.90
	2A - Cascade	3:55.52
	1A - North Linn	4:05.22
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

2000	1A - North Linn	4:06.33
	3A--Newton	3:59.86
	2A--Clear Lake	4:04.22
1999	1A--East Buchanan	4:08.48
	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--Boyden-Hull	4:08.9
1983	3A--Waverly-Shell Rock	4:01.74
	2A--Davis County	4:04.12
	1A--Terril	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