

2023 Russ Kraai Relays - 4/11/2023**Ridge View High School****Results - Russ Kriaai Relays****Event 1 Girls High Jump**

Name	Year	School	Finals	Points
Finals				
1 Ellis, Nahia	12	Cherokee, Wash	5-02.00	10
2 Orenday, Vivi	10	Sioux Ctrl, SR	J4-10.00	8
3 Stowater, Madison	11	Ridge View	J4-10.00	5.50
3 Watts, Allison	11	Alta/Aurelia	J4-10.00	5.50
5 Wildeman, Caitlin	09	Sioux Ctrl, SR	4-08.00	4
6 Cowgill, Renae	11	W Monona	J4-06.00	2.50
6 Lichtenberg, Creighton	09	W Monona	J4-06.00	2.50
8 Neddermeyer, Hannah	12	Mmcru	J4-06.00	1
9 Berkland, Hayden	09	Alta/Aurelia	J4-06.00	
10 Hare, Nora	09	Cherokee, Wash	4-04.00	
11 Blackmore, Sydney	10	Ridge View	4-02.00	
-- Farquhar, Reese	09	South O'Brien	FAIL	

Event 3 Girls Long Jump

Name	Year	School	Finals	Points
1 Dutler, Shae	11	Ridge View	16-04.25	10
			15-07.25 15-10.25 15-10.75 16-04.25	
2 Schlenger, Natalie	09	River Valley	15-07.50	8
			14-00.50 15-04.50 15-02.50 15-07.50	
3 Mason, Gabi	10	Ridge View	15-05.50	6
			15-05.50 14-03 12-07 14-11	
4 Gunkelman, Clare	09	Alta/Aurelia	15-04.75	5
			FOUL 15-04.75 FOUL FOUL	
5 DeGroot, Jaci	11	Alta/Aurelia	14-00.50	4
			13-06 13-06.75 FOUL 14-00.50	
6 Hyndman, Kalexis	09	Cherokee, Wash	14-00.00	3
			13-09.75 13-05 13-04 14-00	
7 Goettsch, Alaina	10	River Valley	13-10.00	2
			12-09 12-07 13-10 12-10.50	
8 Florine, Lana	09	Mmcru	13-08.25	1
			13-07.75 13-00.50 13-03 13-08.25	
9 Bender, Hailey	09	Oabcig	13-06.50	
			12-01.25 FOUL 13-03.75 13-06.50	
10 Struble, Jalyn	11	W Monona	13-02.50	
			FOUL FOUL FOUL 13-02.50	
11 Friedrichsen, Maddy	10	South O'Brien	12-08.00	
			FOUL 12-08 12-04 10-05.25	
12 Tentinger, Torey	12	Mmcru	12-04.00	
			12-04 11-05.75 FOUL 11-09.50	

Event 5 Girls Discus Throw

Name	Year	School	Finals	H#	Points
1 Schimmer, Liz	10	Ridge View	98-00	2	10
			FOUL FOUL 79-10 98-00		
2 Remer, Stella	09	Oabcig	96-11	2	8
			91-06 FOUL 96-11 FOUL		
3 Blackmore, Sydney	10	Ridge View	92-06	2	6
			FOUL 92-06 92-02 90-05		

2023 Russ Kraai Relays - 4/11/2023**Ridge View High School****Results - Russ Kriaai Relays****....Event 5 Girls Discus Throw**

4	Graybill, Shania	12	Ridge View JV	90-04	1	5
	66-04 90-04 FOUL 75-06					
5	Dausel, Myah	10	River Valley	88-06	2	4
	88-06 FOUL 81-00 FOUL					
6	Deubner, Edith	10	Cherokee, Wash	86-00	2	3
	83-07 78-08 64-04 86-00					
7	Illg Keith, Hannah	12	Sioux Ctrl, SR	83-07	2	2
	83-04 83-07 81-11 80-10					
8	Johnson, Maddie	12	South O'Brien	81-06	2	1
	75-03 81-06 61-00 77-04					
9	Spenner, Olivia	10	Mmcru	81-05	2	
	72-11 81-05 61-08 FOUL					
10	Larsen, Clara	12	South O'Brien	77-11	1	
	66-10 77-11 75-01 67-06					
11	Reis, Deim	10	Oabcig	75-09	1	
	FOUL 72-06 75-09 FOUL					
12	Wilkie, Ashlyn	12	Cherokee, Wash	74-03	2	
	74-03 68-09 68-07 68-05					
13	Mier, Jadrien	09	Alta/Aurelia	71-07	1	
	71-07 FOUL 63-04 71-07					
14	Yanke, Aubrey	10	W Monona	63-09	1	
	63-09 FOUL 60-00 FOUL					
15	Goslar, Kaylee	11	W Monona	58-00	1	
	57-09 53-10 58-00 50-03					
16	McCarty, Ava	09	Sioux Ctrl, SR	57-08	1	
	FOUL FOUL 57-08 FOUL					
17	Werner, Daynia	11	Ridge View JV	57-07	1	
	FOUL 57-07 FOUL FOUL					
18	Spenner, Rylie	09	Mmcru	54-00	1	
	FOUL 42-08 51-02 54-00					

Event 7 Girls Shot Put

Name	Year School	Finals	H#	Points
1 Johnson, Maddie	12 South O'Brien	33-07.00	2	10
	33-04 FOUL 31-04 33-07			
2 Illg Keith, Hannah	12 Sioux Ctrl, SR	31-08.25	2	8
	30-00.50 31-08.25 30-03 30-04.50			
3 Schimmer, Liz	10 Ridge View	30-07.00	2	6
	29-05.25 30-07 28-11.50 28-04			
4 Larsen, Clara	12 South O'Brien	30-05.00	2	5
	28-07 30-05 29-01.50 30-01.50			
5 Remer, Stella	09 Oabcig	30-02.00	2	4
	28-09.25 27-11 29-00 30-02			
6 Blackmore, Sydney	10 Ridge View	J29-00.00	2	3
	26-05.25 29-00 27-09 27-01			
7 Leeds, Kassie	10 Cherokee, Wash	J29-00.00	2	2
	23-00.50 25-11.50 27-08 29-00			
8 Strahmann, Dylan	12 Cherokee, Wash	28-05.00	2	1
	28-05 28-05 25-03 27-09			
9 Hill, Brihanna	09 W Monona	27-06.00	1	
	26-10 27-06 24-04 27-06			
10 Goslar, Kaylee	11 W Monona	26-04.00	1	
	26-04 26-03 24-03 26-01.50			

2023 Russ Kraai Relays - 4/11/2023**Ridge View High School****Results - Russ Kriaai Relays****....Event 7 Girls Shot Put**

11	Crum, Naunika	09	Ridge View JV	26-02.50	1
	22-08.50	22-01	26-02.50	24-03	
12	Reis, Deim	10	Oabcig	26-01.50	1
	25-11	23-09	26-01.50	23-04.50	
13	Graybill, Shania	12	Ridge View JV	25-04.00	1
	22-09.25	22-09.50	23-08	25-04	
14	Ryherd, Aydison	10	Alta/Aurelia	24-08.00	1
	22-03.50	22-10	24-08	24-03	
15	Hurtado, Ashley	10	Mmcru	23-07.00	1
	22-05.50	22-07	23-07	21-08.50	
16	Sanow, Autumn	10	Mmcru	23-06.75	1
	23-06	23-06.75	22-01	21-01	
17	Mier, Jadrien	09	Alta/Aurelia	23-03.00	1
	22-05.75	23-03	22-09.50	19-09.50	
18	McCarty, Ava	09	Sioux Ctrl, SR	22-09.50	2
	FOUL	FOUL	22-09.50	21-08	

Event 9 Girls 800 Sprint Medley

School		Finals	H#	Points
1	Sioux Ctrl, SR 'A'	1:59.72	2	10
	1) Ayers, Hadley 10	2) Peterson, Preslie 11		
	3) Wilson, Avery 09	4) Bloom, Linnea 10		
2	River Valley 'A'	2:01.48	1	8
	1) Anderson, Riley 09	2) Dixon, Olivia 10		
	3) Goettsch, Alaina 10	4) Schlenger, Natalie 09		
3	Ridge View 'A'	2:03.27	2	6
	1) Phillips, Taya 11	2) Dutler, Kiara 12		
	3) Freese, Faith 11	4) Kretlow, Arissa 09		
4	Oabcig 'A'	2:03.49	2	5
	1) Godbersen, Allie 09	2) Johnson, Patience 12		
	3) Hoffman, Anna 10	4) Winterrowd, Abby 11		
5	Cherokee, Wash 'A'	2:04.24	2	4
	1) Wolfswinkel, Laney 10	2) Timmerman, Jada 11		
	3) Christensen, Taylor 12	4) Hyndman, Kalexis 09		
6	W Monona 'A'	2:05.29	2	3
	1) Cowgill, Renae 11	2) Woodward, Sophia 10		
	3) Miller, Kacy 11	4) Miller, Carly 12		
7	Alta/Aurelia 'A'	2:06.42	2	2
	1) Langschwager, Kadence 09	2) Gunkelman, Clare 09		
	3) DeGroot, Jaci 11	4) Peterson, Shea 12		
8	Mmcru 'A'	2:14.68	1	1
	1) Tentinger, Torey 12	2) San Martin, Luz 10		
	3) Plagman, Natalie 11	4) Neddermeyer, Hannah 12		
9	Ridge View JV 'A'	2:17.08	1	
	1) Endrulat, Jayley 11	2) Tiefenthaler, Jolynn 11		
	3) Crum, Naunika 09	4) Avina, Leslie 09		
10	South O'Brien 'A'	2:22.65	2	
	1) Wulf, Tawni 09	2) Farquhar, Payton 12		
	3) Nelson, Abigail 10	4) Wulf, Taylor 09		

2023 Russ Kraai Relays - 4/11/2023**Ridge View High School****Results - Russ Kriaai Relays****Event 11 Girls 3000 Meter Run**

Name	Year School	Finals	Points
1 Peterson, Nora	10 Alta/Aurelia	10:45.05	10
2 Vohs, Jaycie	11 Ridge View	12:08.57	8
3 Etter, Audrey	10 Mmcru	13:00.76	6
4 Anderson, Jayleigh	12 W Monona	13:11.67	5
5 Tesch, Addison	09 Ridge View	13:16.87	4
6 Ehlers, Allison	11 Sioux Ctrl, SR	13:37.12	3
7 Schnabel, Olivia	09 Oabcig	13:44.34	2
8 Limones, Karla	10 St. Mary's, SL	13:55.75	1
9 Simonsen, Ella	09 Cherokee, Wash	14:05.11	
10 Mongan, Abryl	09 Cherokee, Wash	14:36.47	
11 Tillman, Haylea	10 Sioux Ctrl, SR	16:15.66	
12 Lage, Maggie	11 W Monona	16:29.56	
13 Graham, Ava	12 Alta/Aurelia	17:24.88	
14 Wunschel, Autumn	11 St. Mary's, SL	17:45.89	

Event 13 Girls 4x800 Meter Relay

School	Finals	Points
1 Cherokee, Wash 'A'	10:51.59	10
1) Courtright, Megan 11	2) Woodall, Grace 09	
3) Gravenish, Macy 09	4) Benson, McKenna 10	
2 Alta/Aurelia 'A'	11:01.99	8
1) Engelmann, Brielle 12	2) Anderson, Breyer 10	
3) Kies, Peyton 09	4) Robertson, Taylor 11	
3 Sioux Ctrl, SR 'A'	11:14.00	6
1) Christian, Nora 09	2) Brauhn, Nevaeh 09	
3) Geisinger, Evelyn 10	4) Madsen, Marley 09	
4 W Monona 'A'	11:29.54	5
1) Broer, Chloe 09	2) Pittet, Ashlee 09	
3) Beck, Devyn 11	4) Struble, Jalyn 11	
5 Ridge View 'A'	11:45.68	4
1) Stowater, Madison 11	2) Henningson, Mya 10	
3) Biede, Alyssa 09	4) Hawthorne, Reese 09	

Event 15 Girls 4x100 Meter Shuttle Hurdle

School	Finals	H#	Points
1 Ridge View 'A'	1:07.11	3	10
1) Shepherd, Tatum 11	2) Mason, Gabi 10		
3) Freese, Faith 11	4) Jensen, Rowan 11		
2 Sioux Ctrl, SR 'A'	1:07.95	3	8
1) Waldstein, Ryleigh 10	2) Webber, Brynn 12		
3) Johannsen, Berkley 12	4) Peterson, Preslie 11		
3 Oabcig 'A'	1:15.89	3	6
1) Hoffman, Anna 10	2) Nielsen, Kenai 11		
3) Behrendsen, Avery 11	4) Bender, Hailey 09		
4 River Valley 'A'	1:17.97	2	5
1) Todd, Sunny 10	2) Dausel, Addy 09		
3) Jacobson, Jacy 10	4) Anderson, Riley 09		
5 Alta/Aurelia 'A'	1:18.00	2	4
1) Peterson, Shea 12	2) Mattson, Caitlyn 10		

2023 Russ Kraai Relays - 4/11/2023

Ridge View High School

Results - Russ Kriaai Relays

....Event 15 Girls 4x100 Meter Shuttle Hurdle

3) Colerick, Hannah 11	4) Watts, Allison 11			
6 Cherokee, Wash 'A'		1:18.69	2	3
1) Christensen, Taylor 12	2) Harman, Natalie 12			
3) Christensen, Lola 09	4) Wolfswinkel, Laney 10			
7 W Monona 'A'		1:21.56	1	2
1) Coleman, Ava 11	2) Crawford, Anna 09			
3) Woodward, Sophia 10	4) Farrens, Montana 09			
8 South O'Brien 'A'		1:30.32	1	1
1) Ebel, Marissa 11	2) Nelson, Abigail 10			
3) Wulf, Tawni 09	4) Hedberg, Addison 09			
9 Mmcru 'A'		1:32.35	1	
1) Groves, Riley 09	2) San Martin, Luz 10			
3) Spenner, Olivia 10	4) Nissen, Patience 10			

Event 17 Girls 100 Meter Dash

Name	Year School	Finals	H#	Points
1 Ayers, Hadley	10 Sioux Ctrl, SR	13.44	3	10
2 Miller, Kacy	11 W Monona	13.61	3	8
3 Dutler, Shae	11 Ridge View	13.74	3	6
4 Miller, Carly	12 W Monona	13.79	3	5
5 Ayers, Reata	09 Sioux Ctrl, SR	14.15	1	4
6 Gunkelman, Clare	09 Alta/Aurelia	14.22	3	3
7 Dixon, Olivia	10 River Valley	14.25	2	2
8 Phillips, Taya	11 Ridge View	14.29	3	1
9 Florine, Lana	09 Mmcru	14.40	3	
10 Ebel, Marissa	11 South O'Brien	14.78	2	
11 Tiefenthaler, Jolynn	11 Ridge View JV	14.84	2	
12 Garcia, Pamela	12 Cherokee, Wash	14.87	2	
13 Dvorak, Mylee	09 River Valley	15.18	1	
13 Friedrichsen, Maddy	10 South O'Brien	15.18	3	
15 Landgraf, Isabelle	09 St. Mary's, SL	15.57	1	
16 Baker, Kendra	10 Oabcig	15.85	2	
17 Puffer, Mallorie	12 Cherokee, Wash	15.88	2	
18 Johnson, Lea	10 Ridge View JV	16.02	2	
19 Taylor, Aubrey	09 Oabcig	16.43	1	
20 Smith, Avery	10 St. Mary's, SL	16.68	1	
21 Merryfield, Katie	09 Mmcru	17.67	2	
22 Mason, Tyrany	10 Alta/Aurelia	17.90	1	

Event 19 Girls Distance Medley

School	Finals	Points
1 Sioux Ctrl, SR 'A'	4:37.74	10
1) Webber, Brynn 12	2) Wilson, Avery 09	
3) Peterson, Preslie 11	4) Bloom, Linnea 10	
2 Alta/Aurelia 'A'	4:41.74	8
1) Langschwager, Kadence 09	2) DeGroot, Jaci 11	
3) Peterson, Nora 10	4) Berkland, Hayden 09	
3 Cherokee, Wash 'A'	4:48.79	6
1) Christensen, Taylor 12	2) Timmerman, Jada 11	
3) Hyndman, Kalexis 09	4) Courtright, Megan 11	
4 W Monona 'A'	5:15.97	5

2023 Russ Kraai Relays - 4/11/2023**Ridge View High School****Results - Russ Kriaai Relays****....Event 19 Girls Distance Medley**

1) Farrens, Montana 09	2) Lichtenberg, Creighton 09
3) Lucas, Savannah 10	4) Anderson, Jayleigh 12
5 South O'Brien 'A'	5:16.08 4
1) Nelson, Abigail 10	2) Strubbe, Camryn 09
3) Halverson, Avery 09	4) Farquhar, Reese 09
6 Oabcig 'A'	5:27.02 3
1) Neubauer, Sydney 09	2) O'Brien, Kylee 10
3) Harms, Haley 12	4) Bergman, Abigail 09
7 Ridge View 'A'	5:30.46 2
1) Endrulat, Jayley 11	2) Crum, Naunika 09
3) Domino, Marissa 09	4) Avina, Leslie 09
8 Mmcru 'A'	5:39.27 1
1) Groves, Riley 09	2) San Martin, Luz 10
3) Youde, Sadie 09	4) Dreckman, Kaleigha 09

Event 21 Girls 400 Meter Dash

Name	Year School	Finals	H#	Points
1 Pittet, Ashlee	09 W Monona	1:03.63	3	10
2 Kretlow, Arissa	09 Ridge View	1:05.65	3	8
3 Madsen, Marley	09 Sioux Ctrl, SR	1:06.08	3	6
4 Gravenish, Macy	09 Cherokee, Wash	1:07.13	3	5
5 Wilkinson, Quinn	09 Sioux Ctrl, SR	1:07.99	3	4
6 Anderson, Breyer	10 Alta/Aurelia	1:08.14	3	3
7 Goettsch, Alaina	10 River Valley	1:11.56	2	2
8 Ahonen, Fiona	11 Oabcig	1:12.30	3	1
9 Wilson, Elodie	11 South O'Brien	1:16.91	3	
10 Crawford, Anna	09 W Monona	1:18.16	1	
11 Pedersen, Kerrigan	10 Alta/Aurelia	1:18.63	2	
12 Etter, Sophie	09 Mmcru	1:22.03	1	
13 Taylor, Aubrey	09 Oabcig	1:24.31	1	
14 Jackson, Jaylah	09 South O'Brien	1:32.12	2	

Event 23 Girls 4x200 Meter Relay

School	Finals	H#	Points
1 Sioux Ctrl, SR 'A'	1:53.76	2	10
1) Ayers, Hadley 10	2) Geisinger, Evelyn 10		
3) Orenday, Vivi 10	4) Johannsen, Berkley 12		
2 Oabcig 'A'	1:55.60	2	8
1) Godbersen, Allie 09	2) Winterrowd, Abby 11		
3) Johnson, Patience 12	4) Hoffman, Anna 10		
3 W Monona 'A'	1:55.64	2	6
1) Cowgill, Renae 11	2) Struble, Jalyn 11		
3) Miller, Carly 12	4) Miller, Kacy 11		
4 Ridge View 'A'	1:57.92	2	5
1) Phillips, Taya 11	2) Freese, Faith 11		
3) Hawthorne, Reese 09	4) Tiefenthaler, Jolynn 11		
5 Cherokee, Wash 'A'	2:01.18	2	4
1) Garcia, Pamela 12	2) Hare, Nora 09		
3) Christensen, Lola 09	4) Ellis, Nahia 12		
6 South O'Brien 'A'	2:01.83	2	3
1) Friedrichsen, Maddy 10	2) Halverson, Avery 09		

2023 Russ Kraai Relays - 4/11/2023**Ridge View High School****Results - Russ Kriaai Relays****....Event 23 Girls 4x200 Meter Relay**

3) Hedberg, Addison 09	4) Warnke, Kelsee 09			
7 Mmcru 'A'		2:05.05	2	2
1) Plagman, Natalie 11	2) Neddermeyer, Hannah 12			
3) Tentinger, Torey 12	4) Florine, Lana 09			
8 Ridge View JV 'A'		2:07.34	1	1
1) Endrulat, Jayley 11	2) Johnson, Lea 10			
3) Henningson, Mya 10	4) Domino, Marissa 09			
9 River Valley 'A'		2:09.31	1	
1) Dausel, Myah 10	2) Dausel, Addy 09			
3) Shever, Karlee 09	4) Dvorak, Mylee 09			
10 Alta/Aurelia 'A'		2:10.78	1	
1) Castro, Liliana 10	2) Arnts, Emily 12			
3) Pomeroy, Brooke 09	4) Yahola, Aneissa 09			

Event 25 Girls 100 Meter Hurdles

Name	Year	School	Finals	H#	Points
1 Jensen, Rowan	11	Ridge View	16.05	3	10
2 Shepherd, Tatum	11	Ridge View	16.39	3	8
3 Watts, Allison	11	Alta/Aurelia	16.67	3	6
4 Webber, Brynn	12	Sioux Ctrl, SR	16.78	3	5
5 Waldstein, Ryleigh	10	Sioux Ctrl, SR	17.18	3	4
6 Anderson, Riley	09	River Valley	18.26	3	3
7 Harman, Natalie	12	Cherokee, Wash	18.34	3	2
8 Farrens, Montana	09	W Monona	18.63	2	1
9 Nielsen, Kenai	11	Oabcig	18.70	3	
10 Beck, Devyn	11	W Monona	18.92	2	
11 Behrendsen, Avery	11	Oabcig	19.23	2	
12 Todd, Sunny	10	River Valley	19.25	2	
13 Colerick, Hannah	11	Alta/Aurelia	20.57	2	
14 Puffer, Mallorie	12	Cherokee, Wash	20.83	1	
15 Nelson, Abigail	10	South O'Brien	21.05	1	
16 Nissen, Patience	10	Mmcru	21.17	1	
17 Ebel, Marissa	11	South O'Brien	22.13	2	
18 Groves, Riley	09	Mmcru	22.63	2	

Event 27 Girls 800 Meter Run

Name	Year	School	Finals	Points
1 Broer, Chloe	09	W Monona	2:30.26	10
2 Engelmann, Brielle	12	Alta/Aurelia	2:30.43	8
3 Stowater, Madison	11	Ridge View	2:38.95	6
4 Christian, Nora	09	Sioux Ctrl, SR	2:40.52	5
5 Vohs, Jaycie	11	Ridge View	2:43.55	4
6 Robertson, Taylor	11	Alta/Aurelia	2:47.37	3
7 Wildeman, Caitlin	09	Sioux Ctrl, SR	2:56.85	2
8 Limones, Bianca	12	St. Mary's, SL	2:56.94	1
9 Biede, Alyssa	09	Ridge View JV	3:01.62	
10 Wulf, Taylor	09	South O'Brien	3:03.39	
11 Simonsen, Ella	09	Cherokee, Wash	3:05.56	
12 Wilson, Elodie	11	South O'Brien	3:07.33	
13 Dreckman, Kaleigha	09	Mmcru	3:07.40	
14 Mongan, Abryl	09	Cherokee, Wash	3:10.17	

2023 Russ Kraai Relays - 4/11/2023**Ridge View High School****Results - Russ Kriaai Relays****....Event 27 Girls 800 Meter Run**

15 Johnson, Faith	11 Oabcig	3:15.02
16 Wunschel, Autumn	11 St. Mary's, SL	3:31.67
17 Johnson, Whitney	09 Oabcig	3:32.04

Event 29 Girls 200 Meter Dash

Name	Year School	Finals	H#	Points
1 Mason, Gabi	10 Ridge View	27.85	3	10
2 Schlenger, Natalie	09 River Valley	28.18	3	8
3 Wilson, Avery	09 Sioux Ctrl, SR	28.27	3	6
4 Dutler, Shae	11 Ridge View	28.61	3	5
5 Madsen, Marley	09 Sioux Ctrl, SR	28.91	3	4
6 Gunkelman, Clare	09 Alta/Aurelia	29.28	3	3
7 Warnke, Kelsee	09 South O'Brien	29.97	2	2
8 Woodward, Sophia	10 W Monona	30.25	2	1
9 Lucas, Savannah	10 W Monona	30.60	2	
10 Florine, Lana	09 Mmcru	30.64	3	
11 Pascual Alfaro, Lara	11 St. Mary's, SL	30.67	1	
12 Dixon, Olivia	10 River Valley	30.80	3	
13 Garcia, Pamela	12 Cherokee, Wash	31.45	2	
14 Harms, Haley	12 Oabcig	31.96	1	
15 Plagman, Natalie	11 Mmcru	32.49	2	
16 Landgraf, Isabelle	09 St. Mary's, SL	32.73	1	
17 Bergman, Abigail	09 Oabcig	33.03	1	
18 Domino, Marissa	09 Ridge View JV	33.22	2	
19 Buckendahl, Lainey	09 Alta/Aurelia	33.30	1	
20 Friedrichsen, Maddy	10 South O'Brien	33.75	2	

Event 31 Girls 400 Meter Hurdles

Name	Year School	Finals	H#	Points
1 Wolfswinkel, Laney	10 Cherokee, Wash	1:09.31	2	10
2 Peterson, Preslie	11 Sioux Ctrl, SR	1:09.83	2	8
3 Bloom, Linnea	10 Sioux Ctrl, SR	1:12.00	2	6
4 Shepherd, Tatum	11 Ridge View	1:12.84	1	5
5 Jensen, Rowan	11 Ridge View	1:12.98	2	4
6 Winterrowd, Abby	11 Oabcig	1:14.13	2	3
7 Jacobson, Jacy	10 River Valley	1:16.57	2	2
8 Neddermeyer, Hannah	12 Mmcru	1:17.22	2	1
9 Anderson, Riley	09 River Valley	1:17.50	2	
10 Peterson, Shea	12 Alta/Aurelia	1:18.64	1	
11 Christensen, Lola	09 Cherokee, Wash	1:22.36	1	
12 Beck, Devyn	11 W Monona	1:25.60	1	
13 Coleman, Ava	11 W Monona	1:34.64	1	

Event 33 Girls 1500 Meter Run

Name	Year School	Finals	Points
1 Peterson, Nora	10 Alta/Aurelia	5:03.23	10
2 Courtright, Megan	11 Cherokee, Wash	5:24.50	8
3 Woodall, Grace	09 Cherokee, Wash	5:24.65	6
4 Vohs, Jaycie	11 Ridge View	5:30.06	5

2023 Russ Kraai Relays - 4/11/2023**Ridge View High School****Results - Russ Kriaai Relays****....Event 33 Girls 1500 Meter Run**

5 Kozora, Anna	09 River Valley	5:46.95	4
6 Etter, Audrey	10 Mmcru	5:50.76	3
7 Tesch, Addison	09 Ridge View	5:51.63	2
8 Anderson, Breyer	10 Alta/Aurelia	5:51.65	1
9 Ehlers, Allison	11 Sioux Ctrl, SR	6:09.16	
10 Limones, Bianca	12 St. Mary's, SL	6:16.87	
11 Schnabel, Olivia	09 Oabcig	6:22.97	
12 Limones, Karla	10 St. Mary's, SL	6:23.17	
13 Wilson, Elodie	11 South O'Brien	6:35.28	
14 Tillman, Haylea	10 Sioux Ctrl, SR	6:38.03	
15 Lage, Maggie	11 W Monona	7:24.20	
16 Deeds, Monica	10 River Valley	7:28.83	

Event 35 Girls 4x100 Meter Relay

School	Finals	H#	Points
1 Oabcig 'A'	54.71	2	10
1) Godbersen, Allie 09	2) Winterrowd, Abby 11		
3) Johnson, Patience 12	4) Hoffman, Anna 10		
2 Ridge View 'A'	54.73	2	8
1) Phillips, Taya 11	2) Crum, Naunika 09		
3) Dutler, Kiara 12	4) Mason, Gabi 10		
3 W Monona 'A'	54.94	2	6
1) Woodward, Sophia 10	2) Cowgill, Renae 11		
3) Lucas, Savannah 10	4) Hill, Brihanna 09		
4 Cherokee, Wash 'A'	54.98	2	5
1) Hyndman, Kalexis 09	2) Timmerman, Jada 11		
3) Hare, Nora 09	4) Ellis, Nahia 12		
5 South O'Brien 'A'	55.87	2	4
1) Halverson, Avery 09	2) Strubbe, Camryn 09		
3) Hedberg, Addison 09	4) Warnke, Kelsee 09		
6 Ridge View JV 'A'	56.96	1	3
1) Hawthorne, Reese 09	2) Tiefenthaler, Jolynn 11		
3) Endrulat, Jayley 11	4) Kretlow, Arissa 09		
7 Alta/Aurelia 'A'	57.39	2	2
1) Mattson, Caitlyn 10	2) Langschwager, Kadence 09		
3) DeGroot, Jaci 11	4) Colerick, Hannah 11		
8 River Valley 'A'	58.00	1	1
1) Dausel, Myah 10	2) Dvorak, Mylee 09		
3) Todd, Sunny 10	4) Dixon, Olivia 10		
9 Mmcru 'A'	1:00.67	2	
1) Groves, Riley 09	2) Youde, Sadie 09		
3) Plagman, Natalie 11	4) Tentinger, Torey 12		
10 St. Mary's, SL 'A'	1:02.51	1	
1) Landgraf, Isabelle 09	2) Smith, Avery 10		
3) Pascual Alfaro, Lara 11	4) Limones, Karla 10		
-- Sioux Ctrl, SR 'A'	DQ	2	
1) Ayers, Hadley 10	2) Webber, Brynn 12		
3) Johannsen, Berkley 12	4) Ayers, Reata 09		

2023 Russ Kraai Relays - 4/11/2023**Ridge View High School****Results - Russ Kriaai Relays****Event 37 Girls 4x400 Meter Relay**

School	Finals	H#	Points
1 Alta/Aurelia 'A'	4:20.31	2	10
1) Berkland, Hayden 09	2) Engelman, Brielle 12		
3) Watts, Allison 11	4) Peterson, Nora 10		
2 W Monona 'A'	4:25.05	2	8
1) Struble, Jalyn 11	2) Broer, Chloe 09		
3) Pittet, Ashlee 09	4) Miller, Kacy 11		
3 Sioux Ctrl, SR 'A'	4:28.67	2	6
1) Christian, Nora 09	2) Wilson, Avery 09		
3) Geisinger, Evelyn 10	4) Bloom, Linnea 10		
4 Ridge View 'A'	4:34.83	2	5
1) Freese, Faith 11	2) Stowater, Madison 11		
3) Henningson, Mya 10	4) Dutler, Shae 11		
5 River Valley 'A'	4:36.72	1	4
1) Thomas, Maddie 12	2) Goettsch, Alaina 10		
3) Jacobson, Jacy 10	4) Schlenger, Natalie 09		
6 Cherokee, Wash 'A'	4:38.55	2	3
1) Christensen, Taylor 12	2) Woodall, Grace 09		
3) Gravenish, Macy 09	4) Benson, McKenna 10		
7 South O'Brien 'A'	4:50.70	2	2
1) Halverson, Avery 09	2) Strubbe, Camryn 09		
3) Warnke, Kelsee 09	4) Farquhar, Reese 09		
8 Oabcig 'A'	4:54.98	2	1
1) Ahonen, Fiona 11	2) Johnson, Patience 12		
3) Neubauer, Sydney 09	4) Behrendsen, Avery 11		
9 Ridge View JV 'A'	5:11.86	1	
1) Biede, Alyssa 09	2) Domino, Marissa 09		
3) Avina, Leslie 09	4) Johnson, Lea 10		
10 Mmcru 'A'	5:33.80	1	
1) Nissen, Patience 10	2) Youde, Sadie 09		
3) Etter, Sophie 09	4) Dreckman, Kaleigha 09		

Women - Team Rankings - 19 Events Scored

1) Ridge View	172.50	2) Sioux Ctrl, SR	139
3) Alta/Aurelia	95.50	4) Cherokee, Wash	85
5) W Monona	80	6) River Valley	53
7) OABCIG	51	8) South O'Brien	32
9) MMCRU	16	10) Ridge View JV	9
11) St. Mary's, SL	2		

Men - Team Rankings - 19 Events Scored

1) MMCRU	174	2) W Monona	149
3) Cherokee, Wash	121	4) Ridge View	114
5) Alta/Aurelia	94	6) Ridge View JV	26
7) St. Mary's, SL	20	8) MMCRU JV	19
9) West Monona JV	13	10) River Valley	2