

Womens Results

100 Meters Varsity - Finals

1.	1	Avery Wilson	13.13 ^{aPR}	Sioux Central Sioux Rapi...
	0			
2.	1	Claire Schroeder	13.19 ^{aPR}	St. Mary's Remsen
	2			
3.	9	Keely Groeneweg	14.10 ^a	Trinity Christian High S...
4.	1	Makiah De Jager	14.40 ^a	Trinity Christian High S...
	2			
5.	9	Bella Joenks	14.44 ^{aPR}	Sioux Central Sioux Rapi...
6.	9	Ellie Bloom	14.59 ^{aPR}	Alta-Aurelia
7.	9	Dani Young	14.60 ^{aPR}	St Marys
8.	-	Hallie Bunkers	14.61 ^{aPR}	St. Mary's Remsen
9.	1	Aliah Fredricksen	14.85 ^{aS}	Whiting
	0		R	
10	9	Ella Draper	14.97 ^{aPR}	MMCRU
.				
11	S	Olivia Anderson	15.03 ^{aPR}	GTRA
.	0			
12	S	Colleen Cook	15.19 ^{aPR}	GTRA
.	0			
13	1	Aneissa Yahola	15.26 ^a	Alta-Aurelia
.	0			
14	1	Hannah Allen	15.28 ^{aPR}	Whiting
.	1			
15	9	Ava Prescott	15.39 ^{aPR}	MMCRU
.				
16	Sr	Nadia Fredricksen	15.51 ^{aPR}	Whiting
.				
17	Fr	Ella Menhusen	15.94 ^a	South O'Brien Paullina
.				
18	1	Allisson Pantoja	16.02 ^{aPR}	Alta-Aurelia
.	0			
19	9	Ruby Phelps	16.57 ^{aPR}	St Marys
.				

20	1	Anessa Johnson	16.70 ^{aPR}	South O'Brien Paullina
.	0			
--	Jr	Lillian Vanderhoff	DNS	GTRA
--	1	Liliana Castro	DNS	Alta-Aurelia
.	1			

200 Meters Varsity - Finals

1.	1	Marley Madsen	27.56 ^a	Sioux Central Sioux Rapi...
.	0			
2.	1	Jaci DeGroot	27.95 ^{aPR}	Alta-Aurelia
.	2			
3.	1	Camryn Stubbe	28.81 ^{aPR}	South O'Brien Paullina
.	0			
4.	1	Vivi Orenday	29.27 ^a	Sioux Central Sioux Rapi...
.	1			
5.	1	Kelsee Warnke	29.64 ^{aPR}	South O'Brien Paullina
.	0			
6.	9	Bella Joenks	30.40 ^{aPR}	Sioux Central Sioux Rapi...
.				
7.	9	Keely Groeneweg	30.53 ^a	Trinity Christian High S...
8.	1	Makiah De Jager	30.56 ^{aPR}	Trinity Christian High S...
.	2			
9.	S	Isabella Harris	30.88 ^{aPR}	GTRA
.	0			
10	9	Ava Prescott	32.12 ^{aPR}	MMCRU
.				
11	S	Olivia Anderson	32.70 ^{aPR}	GTRA
.	0			
12	1	Allisson Pantoja	33.61 ^{aPR}	Alta-Aurelia
.	0			
13	1	Patience Nissen	34.64 ^{aPR}	MMCRU
.	1			
14	Fr	Olivia Coulter	34.89 ^{aPR}	Whiting
.				

15	1	Corinne Cook	35.63 ^{aPR}	GTRA
.	1			
16	Fr	Cassidy Loonsfoot	35.67 ^{aPR}	Whiting
.				
17	Sr	Mina Li	35.96 ^{aPR}	Whiting
.				
--	-	Hallie Bunkers	DNS	St. Mary's Remsen
--	1	Liliana Castro	DNS	Alta-Aurelia
.	1			
--	9	Chloe Cox	FS	South O'Brien Paullina

400 Meters Varsity - Finals

1.	1	Marley Madsen	1:01.77 ^{aPR}	Sioux Central Sioux Rapi...
.	0			
2.	1	Nora Peterson	1:01.90 ^{aPR}	Alta-Aurelia
.	1			
3.	-	Mia Matgen	1:06.44 ^{aPR}	St. Mary's Remsen
4.	1	Makiah De Jager	1:07.99 ^a	Trinity Christian High S...
.	2			
5.	9	Keely Groeneweg	1:09.94 ^a	Trinity Christian High S...
6.	1	Sigrid Adams	1:10.36 ^{aPR}	Sioux Central Sioux Rapi...
.	0			
7.	9	Sarah Phillips	1:12.09 ^{aPR}	Sioux Central Sioux Rapi...
.				
8.	9	Tia Tentinger	1:12.15 ^a	MMCRU
9.	1	Isabelle Landgraf	1:12.52 ^{aPR}	St Marys
.	0			
10	9	Kierra Heynen	1:15.27 ^{aPR}	Trinity Christian High S...
.				
11	1	Autumn Wunschel	1:15.65 ^{aPR}	St Marys
.	2			
12	1	Elodie Wilson	1:15.89 ^{aPR}	South O'Brien Paullina
.	2			
13	9	Rylee Smith	1:17.18 ^{aPR}	MMCRU
.				

14	1	Taylor Wulf	1:20.42a ^{PR}	South O'Brien Paullina
.	0			
15	Fr	Cassidy Loonsfoot	1:21.60a ^{PR}	Whiting
.				
16	1	Sophia Etter	1:22.65a ^{PR}	MMCRU
.	0			

800 Meters Varsity - Finals

1.	9	Bloom Karina	2:37.40a ^{PR}	Sioux Central Sioux Rapi...
2.	1	Breyer Anderson	2:41.76a ^{PR}	Alta-Aurelia
	1			
3.	1	Nevaeh Brauhn	2:51.50a	Sioux Central Sioux Rapi...
	0			
4.	9	Kierra Heynen	2:54.56a ^{PR}	Trinity Christian High S...
5.	9	Abby Woodall	2:54.96a ^{PR}	South O'Brien Paullina
6.	9	Kierra Cosgrove-Eide	2:55.09a ^{PR}	MMCRU
7.	1	Isabelle Landgraf	2:56.02a	St Marys
	0			
8.	1	Peyton Kies	2:58.41a ^S	Alta-Aurelia R
	0			
9.	S	Trista Guinn	3:01.59a ^{PR}	GTRA
	0			
10	9	Chloe Alesch	3:07.12a ^{PR}	MMCRU
.				
11	9	Jessa Fetrow	3:39.29a	St Marys
.				

1500 Meters Varsity - Finals

1	1	Nora Peterson	5:11.55a	Alta-Aurelia
.	1			
2	1	Linnea Bloom	5:21.09a ^S	Sioux Central Sioux R
.	1			Rapi...

3	1	Nora Christian	5:51.16as	Sioux Central Sioux
.	0		R	Rapi...
4	1	Audrey Etter	6:10.46as	MMCRU
.	1		R	
5	1	Elodie Wilson	6:11.90aPR	South O'Brien Paullina
.	2			
6	1	Lainey	6:12.43aPR	Alta-Aurelia
.	0	Buckendahl		
7	1	Alisa Pajazetovic	6:23.20aPR	MMCRU
.	0			
8	9	Sarah Phillips	6:38.11aPR	Sioux Central Sioux
.				Rapi...
9	9	Annika Juhl	7:02.21a	MMCRU
.				
--	9	Jessa Fetrow	DNS	St Marys

3000 Meters Varsity - Finals

1	1	Nora Peterson	10:58.93a	Alta-Aureli
.	1			a
2	1	Alisa	13:33.37aPR	MMCRU
.	0	Pajazetovic		
3	1	Audrey Etter	14:06.08a	MMCRU
.	1			
--	9	Annika Juhl	DNS	MMCRU

100m Hurdles Varsity - Finals

1.	1	Claire Schroeder	15.53as	St. Mary's Remsen
	2		R	
2.	1	Allison Watts	15.68as	Alta-Aurelia
	2		R	
3.	1	Ryleigh	16.74as	Sioux Central Sioux
	1	Waldstein	R	Rapi...
4.	1	Preslie Peterson	16.82a	Sioux Central Sioux
	2			Rapi...

5.	1	Melanie Gaes	18.10a ^{PR}	Alta-Aurelia
	0			
6.	1	Quinn Wilkinson	18.35a	Sioux Central Sioux
	0			Rapi...
7.	Fr	Addie Hansen	18.60a ^{PR}	GTRA
8.	1	Riley Groves	19.03a ^{PR}	MMCRU
	0			
9.	1	Abigail Nelson	19.19a ^{PR}	South O'Brien Paullina
	1			
10	1	Marissa Ebel	19.26a ^S	South O'Brien Paullina
	2		R	
11	9	Kara Moos	19.52a	MMCRU
12	1	Tawni Wulf	20.43a ^{PR}	South O'Brien Paullina
	0			
13	1	Patience Nissen	21.40a ^{PR}	MMCRU
	1			
14	-	Hallie Bunkers	21.68a ^{PR}	St. Mary's Remsen
15	1	Hannah Colerick	22.60a ^{PR}	Alta-Aurelia
	2			
--	1	Mya Bunkers	DNS	St. Mary's Remsen
	2			

400m Hurdles Varsity - Finals

1	1	Preslie	1:07.33a ^S	Sioux Central Sioux
	2	Peterson	R	Rapi...
2	1	Quinn	1:10.99a ^{PR}	Sioux Central Sioux
	0	Wilkinson		Rapi...
3	Jr	Shaylee Wise	1:13.20a ^{PR}	GTRA
4	1	Allison Watts	1:13.58a ^{PR}	Alta-Aurelia
	2			
5	1	Melanie Gaes	1:15.38a ^{PR}	Alta-Aurelia
	0			

- 6 - Mia Matgen 1:17.95_{aPR} St. Mary's Remsen
- .
- 7 9 Kara Moos 1:20.54_{aPR} MMCRU
- .
- 8 1 Abigail Nelson 1:27.51_{aPR} South O'Brien Paullina
- . 1
- 9 9 Maeci Stevens 1:41.20a South O'Brien Paullina
- .

4x100 Relay Varsity - Finals

- 1. 52.26a Sioux Central Sioux Rapi...
 - 1 Ryleigh Waldstein
 - 1
 - 1 Hadley Ayers
 - 1
 - 1 Avery Wilson
 - 0
 - 1 Vivi Orenday
 - 1

- 2. 55.74a Alta-Aurelia - A
 - 1 Kadence
 - 0 Langschwager
 - 1 Jaci DeGroot
 - 2
 - 1 Caitlyn Mattson
 - 1
 - 1 Clare Gunkelman
 - 0

- 3. 55.89a South O'Brien Paullina -...
 - 1 Kelsee Warnke
 - 0
 - 1 Addison Hedberg
 - 0

- 1 Avery Halverson
- 0
- 1 Camryn Stubbe
- 0

- 4. 56.33a St. Mary's Remsen - A
 - 1 Halle Galles
 - 2
 - 1 Whitney Jensen
 - 2
 - 1 Mya Bunkers
 - 2
 - 1 Claire Schroeder
 - 2

- 5. 58.64a MMCRU - A
 - 1 Natalie Plagman
 - 2
 - 9 Ella Draper
 - 9 Aubrey Dirks
 - 9 Tia Tentinger

- 6. 59.97a Sioux Central Sioux Rapi...
 - 9 Bella Joenks
 - 9 Kailee Laursen
 - 1 Sigrid Adams
 - 0
 - 9 Kathryn Thomas

- 7. 1:00.41 GTRA - A
 - S Trista Guinn
 - 0
 - S Emma Bland
 - 0
 - S Isabella Harris
 - 0
 - S Colleen Cook
 - 0

8. 1:00.96 South O'Brien Paullina -...
 a
 1 Tawni Wulf
 0
 9 BreLee Rasmussen
 1 Anessa Johnson
 0
 1 Claire Wagner
 2
9. 1:02.70 Alta-Aurelia - A
 a
 1 Liliana Castro
 1
 1 Melanie Gaes
 0
 1 Hannah Colerick
 2
 1 Aneissa Yahola
 0
- 10 1:04.10 MMCRU - B
 a
 1 Olivia Spenner
 1
 1 Ashley Hurtado
 1
 9 Chloe Alesch
 9 Ava Prescott

4x200 Relay Varsity - Finals

- 1 1:58.72 South O'Brien Paullina -...
 a
 1 Kelsee Warnke
 0
 1 Addison Hedberg
 0
 1 Avery Halverson
 0

- 1 Camryn Stubbe
0
- 2 2:03.43 [Sioux Central Sioux](#)
 . 1 Nora Christian a [Rapi...](#)
 0
 9 Bella Joenks
 9 Kathryn Thomas
 9 Kailee Laursen
- 3 2:04.78 [GTRA - A](#)
 . S Isabella Harris a
 o
 S Colleen Cook
 o
 S Emma Bland
 o
 Jr Shaylee Wise
- 4 2:08.38 [MMCRU - A](#)
 . 9 Aubrey Dirks a
 9 Ella Draper
 9 Brielle Lux
 1 Natalie Plagman
 2
- 5 2:09.17 [Alta-Aurelia - A](#)
 . 1 Liliana Castro a
 1
 9 Ellie Bloom
 1 Allisson Pantoja
 0
 1 Aneissa Yahola
 0
- 6 2:10.00 [South O'Brien Paullina -...](#)
 . 9 BreLee a
 Rasmussen
 9 Chloe Cox

9 Maeci Stevens
Fr Ella Menhusen

7 2:19.87 Whiting - A

. 1 Aliah Fredricksen a
0
1 Hannah Allen
1
Sr Nadia
Fredricksen
Sr Mina Li

4x400 Relay Varsity - Finals

1 4:24.03 Sioux Central Sioux

. 1 Evelyn Geisinger a Rapi...
1
9 Bloom Karina
1 Linnea Bloom
1
1 Marley Madsen
0

2 4:24.82 Alta-Aurelia - A

. 1 Eva Kaskey a
0
1 Hayden Berkland
0
9 Elsie Peterson
1 Nora Peterson
1

3 4:49.36 GTRA - A

. S Isabella Anderson a
0

1 Corinne Cook
1
Fr Addie Hansen
Jr Shaylee Wise

4 4:57.71 South O'Brien Paullina -...

. 1 Avery Halverson
0
1 Reese Farquhar
0
1 Marissa Ebel
2
1 Abigail Nelson
1

a

5 5:14.11 MMCRU - A

. 9 Kierra
Cosgrove-Eide
9 Kara Moos
9 Rylee Smith
9 Aleah Lux

a

4x800 Relay Varsity - Finals

1 11:08.21 Sioux Central Sioux

. 1 Linnea Bloom
1
1 Evelyn Geisinger
1
1 Nevaeh Brauhn
0
1 Nora Christian
0

a Rapi...

2		11:35.02	Alta-Aurelia - A
.	1	Hayden Berkland	a
	0		
	1	Peyton Kies	
	0		
	1	Lainey Buckendahl	
	0		
	1	Breyer Anderson	
	1		
3		11:45.43	South O'Brien Paullina -...
.	1	Reese Farquhar	a
	0		
	1	Elodie Wilson	
	2		
	1	Taylor Wulf	
	0		
	9	Abby Woodall	
4		12:36.74	MMCRU - A
.	9	Kierra Cosgrove-Eide	a
	9	Brielle Lux	
	9	Chloe Alesch	
	9	Aleah Lux	
--		DNS	St Marys - A
	1	Isabelle Landgraf	
	0		
	9	Jessa Fetrow	
	1	Aubrey Crum	
	0		
	1	Autumn Wunschel	
	2		

1 1:55.73 Sioux Central Sioux
. 1 Ryleigh Waldstein a Rapi...
1
1 Hadley Ayers
1
1 Avery Wilson
0
1 Marley Madsen
0

2 2:03.54 St. Mary's Remsen - A
. 1 Halle Galles a
2
1 Whitney Jensen
2
- Hallie Bunkers
- Mia Matgen

3 2:05.46 Alta-Aurelia - A
. 1 Kadence a
0 Langschwager
9 Ellie Bloom
1 Jaci DeGroot
2
9 Elsie Peterson

4 2:06.83 South O'Brien Paullina -...
. 1 Addison Hedberg a
0
9 Amelie Wilson
1 Kelsee Warnke
0
1 Avery Halverson
0

5 2:11.56 MMCRU - A
. 1 Natalie Plagman a
2
9 Ella Draper
9 Rylee Smith
9 Tia Tentinger

6 2:15.43 GTRA - A
. S Olivia Anderson a
o
S Trista Guinn
o
1 Corinne Cook
1
S Isabella Anderson
o

7 2:24.15 Whiting - A
. 1 Hannah Allen a
1
Fr Olivia Coulter
1 Aliah Fredricksen
0
Sr Nadia Fredricksen

SMR 1600m Varsity - Finals

1 4:46.20 Sioux Central Sioux
. 1 Quinn Wilkinson a Rapi...
0
1 Evelyn Geisinger
1
9 Bloom Karina
1 Linnea Bloom
1

2 4:56.21 Alta-Aurelia - A
. 1 Clare Gunkelman a
0
9 Elsie Peterson
1 Kadence
0 Langschwager
1 Hayden Berkland
0

3 5:11.85 South O'Brien Paullina -...
. 9 Amelie Wilson a
9 Maeci Stevens
1 Addison Hedberg
0
1 Reese Farquhar
0

4 5:54.73 MMCRU - A
. 1 Natalie Plagman a
2
9 Aubrey Dirks
1 Sophia Etter
0
9 Annika Juhl

4x100 Shuttle Hurdles Varsity - Finals

1 1:08.72 St. Mary's Remsen - A
. 1 Halle Galles a
2
1 Mya Bunkers
2
1 Whitney Jensen
2
1 Claire Schroeder
2

- 2 1:09.57 [Sioux Central Sioux](#)
.
1 [Ryleigh](#) a [Rapi...](#)
1 [Waldstein](#)
1 [Quinn Wilkinson](#)
0
1 [Vivi Orenday](#)
1
1 [Preslie Peterson](#)
2
- 3 1:17.21 [Alta-Aurelia - A](#)
.
1 [Melanie Gaes](#) a
0
1 [Jaci DeGroot](#)
2
1 [Hannah Colerick](#)
2
1 [Allison Watts](#)
2
- 4 1:18.65 [South O'Brien Paullina -...](#)
.
1 [Marissa Ebel](#) a
2
1 [Abigail Nelson](#)
1
1 [Tawni Wulf](#)
0
9 [Maeci Stevens](#)
- 5 1:22.39 [MMCRU - A](#)
.
9 [Aleah Lux](#) a
9 [Kara Moos](#)
9 [Brielle Lux](#)
1 [Patience Nissen](#)
1

Shot Put Varsity - Finals

1.	1	Taylor Kragel	29-09.50 ^{PR}	Sioux Central Sioux Rapi...
	0			
2.	1	Ashley Hurtado	27-05.00 ^{PR}	MMCRU
	1			
3.	9	Ruby Phelps	27-02.00 ^{PR}	St Marys
4.	9	Kailee Laursen	25-06.75 ^{PR}	Sioux Central Sioux Rapi...
5.	1	Avery Smith	25-05.00	St Marys
	1			
6.	1	Autumn Sanow	24-06.25 ^{PR}	MMCRU
	1			
7.	1	Claire Wagner	23-11.50 ^{PR}	South O'Brien Paullina
	2			
8.	1	Sigrid Adams	22-09.75 ^{PR}	Sioux Central Sioux Rapi...
	0			
9.	9	BreLee Rasmussen	22-00.75	South O'Brien Paullina
10	1	Melanie Rosales	20-09.00 ^{PR}	St Marys
.	2			
--	Jr	Lillian Vanderhoff	DNS	GTRA

Discus Varsity - Finals

1.	1	Tawni Wulf	91-10 ^{PR}	South O'Brien Paullina
	0			
2.	9	Chloe Alesch	86-01 ^{PR}	MMCRU
3.	1	Taylor Wulf	81-01 ^{PR}	South O'Brien Paullina
	0			
4.	1	Jadrien Mier	80-04 ^{PR}	Alta-Aurelia
	0			
5.	1	Taylor Kragel	77-01 ^{PR}	Sioux Central Sioux Rapi...
	0			
6.	9	Kaliee Laursen	70-05 ^{PR}	Sioux Central Sioux Rapi...

7.	9	BreLee Rasmussen	69-00 ^{PR}	South O'Brien Paullina
8.	1	Avery Smith	68-07 ^{PR}	St Marys
	1			
9.	9	Ruby Phelps	68-02 ^{PR}	St Marys
10	1	Sigrid Adams	61-04 ^{PR}	Sioux Central Sioux
.	0			Rapi...
11	1	Hannah Allen	60-10 ^{PR}	Whiting
.	1			
12	Fr	Cassidy Loonsfoot	54-01 ^{PR}	Whiting
.				
13	Jr	Lillian Vanderhoff	52-10 ^{PR}	GTRA
.				
14	1	Sophia Etter	48-11 ^{PR}	MMCRU
.	0			
--	1	Olivia Spenner	FOUL	MMCRU
	1			

High Jump Varsity - Finals

1	Fr	Addie Hansen	4-11.00 ^{PR}	GTRA
.				
2	1	Allison Watts	4-10.00	Alta-Aurelia
.	2			
3	1	Vivi Orenday	4-08.00	Sioux Central Sioux
.	1			Rapi...
4	1	Hayden Berkland	4-08.00	Alta-Aurelia
.	0			
5	1	Carissa Elsdon	4-04.00	St Marys
.	0			
6	9	Tia Tentinger	4-02.00 ^{PR}	MMCRU
.				
--	Fr	Olivia Coulter	NH	Whiting

Long Jump Varsity - Finals

- | | | | | |
|----|----|-------------------|------------------------|------------------------|
| 1. | 1 | Avery Wilson | 15-11.00 ^{SR} | Sioux Central Sioux |
| | 0 | | | Rapi... |
| 2. | 1 | Preslie Peterson | 15-07.50 | Sioux Central Sioux |
| | 2 | | | Rapi... |
| 3. | 9 | Ellie Bloom | 14-02.00 | Alta-Aurelia |
| 4. | 1 | Camryn Stubbe | 13-08.50 | South O'Brien Paullina |
| | 0 | | | |
| 5. | 1 | Aliah Fredricksen | 13-06.75 ^{PR} | Whiting |
| | 0 | | | |
| 6. | 1 | Clare Gunkelman | 13-02.75 ^{SR} | Alta-Aurelia |
| | 0 | | | |
| 7. | 9 | Abby Woodall | 13-00.00 ^{PR} | South O'Brien Paullina |
| 8. | Sr | Mina Li | 12-02.50 ^{PR} | Whiting |
| 9. | Fr | Ella Menhusen | 12-01.75 | South O'Brien Paullina |
| 10 | 9 | Dani Young | 11-06.00 ^{PR} | St Marys |
| . | | | | |
| 11 | 1 | Lainey | 11-01.00 ^{PR} | Alta-Aurelia |
| . | 0 | Buckendahl | | |
| 12 | Fr | Cassidy | 9-11.75 ^{PR} | Whiting |
| . | | Loonsfoot | | |