

Steve Rutz Starter Indoor Co-Ed Meet
University of Dubuque - A.Y. McDonald Indoor Track
Dubuque, Iowa - 3/18/2025
Results

Girls 55 Meter Dash Varsity

Name	Year	School	Finals	H#	Points
Finals					
1 Asia Russell	12	Prairie	7.37	8	10
2 Malia Hinz	9	Garner-Hayfi	7.48	6	8 7.482
3 Ailea Wetjen	12	Williamsburg	7.49	7	6 7.485
4 Stella Pole	11	Decorah	7.51	8	5
5 Kylie Sieverding	11	Dubuque Wahlert	7.58	8	4
6 Leah Lambe	9	Bellevue	7.63	8	3
7 Mallory Tomkins	11	Dubuque Hempstead	7.66	8	2
8 Bella Schisel	11	Garner-Hayfi	7.68	5	1
9 Karyn Ellis	11	Dubuque Wahlert	7.73	8	
10 Ava Hocker	10	Williamsburg	7.79	7	
11 Sophia Lewis	12	Pleasant Valley	7.81	6	7.845
12 Lauren McClimon	12	Dubuque Wahlert	7.82	7	7.820
13 Addilyn Wade	12	Center Point-Urbana	7.83	8	7.830
13 Ashlynn Hunter	9	Prairie	7.83	6	7.811 7.830
15 Mckenzie Riley	12	Decorah	7.85	7	7.847
16 Kate Green	12	Cascade	7.86	6	
17 Tayla Leibfried	12	Bellevue	7.87	6	
18 Adelynn Anderson	10	Lena (L.-Winslow)	7.94	7	7.931
19 Mia Diffenderfer	11	Lena (L.-Winslow)	7.94	7	7.939
20 Caylee Malanaphy	9	Decorah	7.97	5	7.965
21 lexi Kuboushek	10	Prairie	7.97	5	7.970
22 Laney Steines	9	Bellevue	8.02	4	
23 Addison Schmitt	10	Center Point-Urbana	8.05	4	8.041
24 Elodie Stroup	12	Pleasant Valley	8.05	7	8.042
25 Kaylee Carley	10	Dubuque Hempstead	8.06	4	
26 Akeelah Anderson	12	Dubuque Hempstead	8.11	7	
27 Maddy Place	10	Black Hawk	8.12	6	
28 Emily Curran	10	Black Hawk	8.17	5	
29 Bailie Hookom	12	East Buchanan	8.19	4	
30 Olivia Webb	12	Clear Creek-Amana	8.20	5	8.197
31 Drusiana McIntyre	12	Savanna (Wes	8.20	2	8.198
32 Taylor Sanchez	10	Williamsburg	8.24	6	
33 Hannah Pecoraro	12	Lena (L.-Winslow)	8.25	6	
34 Reagan Brooks	9	Benton Community	8.26	4	
35 Jenna Lawler	11	Dubuque Senior	8.33	5	
36 Mayla Morlan	9	Clear Creek-Amana	8.34	2	
37 Mikaylie Miller	9	Central DeWitt	8.37	5	8.366
38 Maddie Recker	11	Cascade	8.37	4	8.370
39 Izzy Snyder	9	Cascade	8.41	3	8.401
40 Julia Ambundo	12	Monticello	8.41	2	8.404
41 Emily Goebel	10	Center Point-Urbana	8.42	5	
42 Laila Atkinson	10	Monticello	8.43	3	
43 Patience Katter	12	Garner-Hayfi	8.46	3	
44 Hannah Grantz	12	Central DeWitt	8.49	3	
45 Isabel Gibbs	11	Pleasant Valley	8.51	3	
46 Kaydence Ahart	11	Dubuque Senior	8.53	4	

Steve Rutz Starter Indoor Co-Ed Meet
University of Dubuque - A.Y. McDonald Indoor Track
Dubuque, Iowa - 3/18/2025
Results

....Girls 55 Meter Dash Varsity

47	Ava Ahart	12	Dubuque Senior	8.59	4
48	Adysin Carnicle	12	East Buchanan	8.61	3
49	Daysie Nie	12	East Buchanan	8.67	2
50	Kendall Jones	10	Clear Creek-Amana	8.77	2
51	Lyra Siglar	10	Savanna (Wes)	8.88	1
52	Helen Wenger	10	Dakota	9.28	2
53	Irelyn Olson	10	Dakota	9.48	1
54	Ksenia Medvedenko	9	Dakota	9.57	1
55	Kaylin Albert	10	Benton Community	9.66	2

Girls 800 Meter Run Varsity

Name	Year	School	Finals	H#	Points	
1	Ani Wedemeyer	12	Pleasant Valley	2:16.74	3	10
2	Emma Chesterman	11	Dubuque Senior	2:23.98	3	8
3	Nevaeh Kessler	11	Dubuque Senior	2:29.78	3	6
4	Lillian Goudie	10	Prairie	2:30.66	3	5
5	Hannah Hughes	12	Prairie	2:36.03	3	4
6	Raelyn Newhouse	9	Decorah	2:37.70	3	3
7	Natalie Leitzen	10	Dubuque Hempstead	2:37.85	3	2
8	Sydney McCormick	12	Center Point-Urbana	2:42.30	3	1
9	Aubree Wilde	9	Williamsburg	2:43.11	2	
10	Hallie Kelchen	11	Cascade	2:45.91	3	
11	Kalynn Lamey	12	Cascade	2:47.01	2	
12	Lilly Graham	12	Dubuque Wahlert	2:49.59	3	
13	Simone Downing	9	Decorah	2:50.48	2	
14	Clare Theilen	11	Dubuque Wahlert	2:50.62	3	
15	Nichole Larson	9	Garner-Hayfi	2:51.77	1	
16	Grace Wethal	12	Dubuque Wahlert	2:52.65	1	
17	Carley Conrad	9	Cascade	2:53.60	2	
18	Camryn Quandahl	9	Decorah	2:54.47	2	
19	Kambria Ries	9	East Buchanan	2:55.09	1	
20	Stella Houselog	9	Dubuque Hempstead	2:56.21	1	
21	Sophie McNabb	11	Prairie	2:56.26	3	
22	Sydney Bernardy	9	Clear Creek-Amana	2:56.54	1	
23	Makenna Capper	10	Williamsburg	2:58.65	3	
24	Jerika Dodd	11	Decorah	2:58.94	2	
25	Peyton Murphy	11	Lena (L.-Winslow)	2:59.54	2	
26	Reagan Arwine	9	Williamsburg	2:59.98	2	
27	Rachel Spilde-Maki	9	Decorah	3:00.02	2	
28	Gracey Reich	10	Garner-Hayfi	3:00.23	1	
29	Avery Franzenburg	9	Benton Community	3:00.57	2	
30	Madison Bockenstedt	12	Center Point-Urbana	3:06.04	2	
31	Jackie Garringer	9	Williamsburg	3:11.95	2	
32	Taya Snitker	9	Decorah	3:15.51	2	
33	Addy Hill	9	Clear Creek-Amana	3:29.52	1	
34	Sammy Prescher	10	Black Hawk	3:33.85	2	
35	Alessandra Olson	11	Dakota	3:37.60	1	

Steve Rutz Starter Indoor Co-Ed Meet
University of Dubuque - A.Y. McDonald Indoor Track
Dubuque, Iowa - 3/18/2025
Results

....Girls 800 Meter Run Varsity

36 Nakiya Pickard 11 Lena (L.-Winslow) 3:53.79 1

Girls 1500 Meter Run Varsity

Name	Year	School	Finals	H#	Points
1 Grace Boleyn	12	Pleasant Valley	4:43.34	2	10
2 Evie Henneberry	12	Dubuque Hempstead	5:01.32	2	8
3 Emily Gorton	12	Dubuque Senior	5:01.61	2	6
4 Claire Hoyer	12	Dubuque Senior	5:01.96	2	5
5 Frankie Gotto	10	Pleasant Valley	5:13.76	2	4
6 Ashlyn Appleby	9	Central DeWitt	5:17.03	2	3
7 Hallie Kelchen	11	Cascade	5:19.29	2	2
8 Channing Becker	9	Williamsburg	5:22.76	2	1
9 Edie Axmear	10	Williamsburg	5:23.59	2	
10 Aaliyah Causey	9	Center Point-Urbana	5:24.30	2	
11 Mylee Lange	12	Dubuque Hempstead	5:24.91	2	
12 Lucy Murphy	11	Dubuque Wahlert	5:24.93	2	
13 Lise Hoyer	10	Dubuque Senior	5:33.76	2	
14 Lamise Ajram	10	Prairie	5:36.01	1	
15 Willa Berning	10	Dubuque Wahlert	5:36.07	1	
16 Anika Roe	10	Prairie	5:39.79	1	
17 Leighton Maas	9	Williamsburg	5:44.26	2	
18 Brinlee Courtney	10	Decorah	5:46.12	2	
19 Ella faul	10	Prairie	5:46.85	1	
20 Natalie Stevens	11	Decorah	5:53.15	1	
21 Deborah Hougen	11	Decorah	5:54.46	1	
22 Avanti Dunn	10	Center Point-Urbana	5:55.55	2	
23 Kassidy Dorty	9	Lena (L.-Winslow)	5:59.36	1	
24 Carley Conrad	9	Cascade	6:00.27	2	
25 Nichole Larson	9	Garner-Hayfi	6:01.54	1	
26 Lila Gerber	10	Lena (L.-Winslow)	6:01.66	1	
27 Jaden Connolly	9	East Buchanan	6:09.16	1	
28 Gracey Reich	10	Garner-Hayfi	6:26.17	1	
29 Kaiya Hill	11	Lena (L.-Winslow)	7:06.30	1	
30 Elise Legel	12	Savanna (Wes)	7:40.59	1	

Girls 55 Meter Hurdles Varsity

Name	Year	School	Finals	H#	Points
1 Kate Green	12	Cascade	8.93	6	10
2 Amanda McDowell	10	Clear Creek-Amana	9.25	4	8
3 Andelyn Cabalka	12	East Buchanan	9.30	6	6
4 Baylee Whitehill	10	Prairie	9.35	6	5
5 Makayla Paar	10	Cascade	9.64	6	4
6 Paisley Joens	9	Prairie	9.70	6	3
7 Brooklynn Kelley	9	Pleasant Valley	9.85	1	2
8 Molly Roling	12	Cascade	9.87	6	1

Steve Rutz Starter Indoor Co-Ed Meet
University of Dubuque - A.Y. McDonald Indoor Track
Dubuque, Iowa - 3/18/2025
Results

....Girls 55 Meter Hurdles Varsity

9	Kelby Kerndt	11 Decorah	9.90	5	
10	Adelyn Stien	9 Center Point-Urbana	9.91	1	
11	Bella Behrens	10 Clear Creek-Amana	9.96	4	
12	Sydney Pfeiffer	11 Clear Creek-Amana	10.08	5	10.074
12	Addisyn Ivy	9 Decorah	10.08	6	10.074
14	Kennady Riehle	10 Decorah	10.10	5	
15	Addison Frake	11 Cascade	10.37	6	
16	Braylee Plotz	9 Williamsburg	10.41	4	
17	Mya McCarville	9 Benton Community	10.53	4	
18	Addison Norton	10 Monticello	10.54	3	
19	Emersyn Green	12 Cascade	10.57	4	10.561
20	Kyra White	10 Center Point-Urbana	10.57	2	10.567
21	Cora Frese	10 Prairie	10.59	5	
22	Kalli Barber	11 Central DeWitt	10.71	5	
23	Kennedy Hurlbert	9 Prairie	10.83	5	
24	Kadie Reed	12 Williamsburg	10.89	4	
25	Emily Curran	10 Black Hawk	10.95	5	
26	Bridget Hoffman	9 Lena (L.-Winslow)	10.97	4	10.962
27	Kamryn Stone	9 East Buchanan	10.97	1	10.970
28	Kate Hejlik	12 Garner-Hayfi	11.01	2	
29	Alexis Mauer	12 Dubuque Senior	11.07	3	
30	Emma Frake	9 Cascade	11.19	3	
31	Evelyn Toshmatov	10 Dubuque Senior	11.26	3	
32	Daysie Nie	12 East Buchanan	11.28	3	
33	Lila Mendez	9 Garner-Hayfi	11.38	2	
34	Maddy Morrison	11 Dubuque Hempstead	11.46	2	
35	Delaney Barber	12 Central DeWitt	11.49	3	
36	Gloria Kabolo	9 Clear Creek-Amana	11.50	1	
37	Jacqueline Wilke	9 Central DeWitt	11.53	2	
38	Marissa Nolte	9 Benton Community	11.60	4	
39	Keira Rosenberg	9 Clear Creek-Amana	11.63	2	
40	Olivia Stopko	12 Clear Creek-Amana	11.65	1	
41	Makenze Riedel	10 Williamsburg	11.70	3	
42	Alea Bean	10 Center Point-Urbana	11.84	1	
43	Payton Markham	11 Dubuque Senior	11.85	2	
44	Ella Brosious	9 Dubuque Hempstead	11.98	1	
45	Macy McMahan	9 Garner-Hayfi	12.20	2	
46	Maddy Ulmer	9 Pleasant Valley	12.38	1	

Girls 4x200 Meter Relay Varsity

School		Finals	H#	Points
1	Dubuque Wahlert	1:50.05	4	10
	1) Kylie Sieverding 11			
	2) Karyn Ellis 11			
	3) Lauren McClimon 12			
	4) Karly Belken 11			
2	Prairie	1:50.42	4	8
	1) Ashlynn Hunter 9			
	2) Baylee Whitehill 10			
	3) Paisley Joens 9			
	4) lexi Kuboushek 10			



Steve Rutz Starter Indoor Co-Ed Meet
University of Dubuque - A.Y. McDonald Indoor Track
Dubuque, Iowa - 3/18/2025
Results

....Girls 4x200 Meter Relay Varsity

3 Clear Creek-Amana	1:51.18	4	6	
1) Elizabeth Timmerman 11		2) Bailey Simpson 10		
3) Kendall Ronnfeldt 9		4) Jaylin Herring 11		
4 Lena (L.-Winslow)	1:51.94	3	5	
1) Hannah Pecoraro 12		2) Mia Diffenderfer 11		
3) Sienna Hastings 9		4) Adelynn Anderson 10		
5 Garner-Hayfield High School	1:52.20	4	4	
1) Malia Hinz 9		2) Molly Maurer 9		
3) Sadie Britton 10		4) Bella Schisel 11		
6 Williamsburg	1:52.60	3	3	
1) Ailea Wetjen 12		2) Makenna Hughes 12		
3) Graceyn Uhlmann 10		4) Taylor Sanchez 10		
7 Decorah	1:53.28	4	2	
1) Eden Northrup 9		2) Ava Holthaus 11		
3) Caylee Malanaphy 9		4) Cassie Stammeyer 10		
8 Pleasant Valley	1:53.41	3	1	1:53.403
1) Sophia Lewis 12		2) Elodie Stroup 12		
3) Brooklynn Kelley 9		4) Ta'liyah Kelley 10		
9 Center Point-Urbana	1:53.41	2		1:53.405
1) Addilyn Wade 12		2) Emily Goebel 10		
3) Addison Schmitt 10		4) Emily Bowe 12		
10 Dubuque Hempstead	1:54.40	4		
1) Akeelah Anderson 12		2) Jillian Renne 11		
3) Autumn Sanchez 10		4) Addison Wright 12		
11 Bellevue	1:54.70	2		
1) Tayla Leibfried 12		2) Bella Leibfried 10		
3) Jade Sprout 12		4) Leah Lambe 9		
12 Cascade	1:56.65	3		
1) Makayla Paar 10		2) Molly Roling 12		
3) Leona Manternach 9		4) Addison Frake 11		
13 Benton Community	1:56.99	3		
1) Layna DeMoss 10		2) Ashlee Michels 12		
3) Talulah Schroeder 9		4) Ashlyn Drahos 12		
14 Central DeWitt	1:59.05	2		
1) Julia Fielding 12		2) Mikaylie Miller 9		
3) Gracie Green 9		4) Brianna Clark 11		
15 East Buchanan	1:59.79	3		
1) Bailie Hookom 12		2) Lyla Stiefel 9		
3) Adysin Carnicle 12		4) Andelyn Cabalka 12		
16 Monticello	2:00.45	2		
1) Laila Atkinson 10		2) Mallory McElmeel 9		
3) Brynn Schmit 10		4) Peyton Ries 10		
17 Dakota	2:01.01	1		
1) Moyra Mathews 11		2) Ava Almasy 9		
3) Lexi Kettleson 9		4) Ksenia Medvedenko 9		
18 Dubuque Senior	2:01.17	1		
1) Destiny Heinrich 10		2) Sophia Martinez 11		
3) Addy Kohlaas 10		4) Jayliah Hubbard 10		
19 Black Hawk	2:04.80	2		

Steve Rutz Starter Indoor Co-Ed Meet
University of Dubuque - A.Y. McDonald Indoor Track
Dubuque, Iowa - 3/18/2025
Results

....Girls 4x200 Meter Relay Varsity

- | | | | |
|---------------------------|----------------------|---------|---|
| 1) Emily Curran 10 | 2) Jaci Kammes 10 | | |
| 3) Maddy Place 10 | 4) Molly Edler 12 | | |
| 20 Savanna (West Carroll) | | 2:13.73 | 1 |
| 1) Drusiana McIntyre 12 | 2) Isabel Herrell 11 | | |
| 3) Lyra Siglar 10 | 4) Emma Randecker 12 | | |

Girls 4x400 Meter Relay Varsity

School	Finals	H#	Points
1 Decorah 1) McKenzie Riley 12 3) Renae Wilson 11	4:11.91	3	10
2 Center Point-Urbana 1) Addilyn Wade 12 3) Emily Bowe 12	4:16.51	3	8
3 Lena (L.-Winslow) 1) Mia Diffenderfer 11 3) Addison Pieper 10	4:17.59	2	6
4 Dubuque Wahlert 1) Karly Belken 11 3) Maren Pederson 9	4:18.43	3	5
5 Williamsburg 1) Makenna Hughes 12 3) Edie Axmear 10	4:18.48	3	4
6 Prairie 1) Reese Wiley 10 3) Reagan Bennis 10	4:19.82	3	3
7 Cascade 1) Molly Roling 12 3) Addison Frake 11	4:23.53	2	2
8 Dubuque Hempstead 1) Jillian Renne 11 3) Paige Pitz 10	4:26.64	3	1
9 Clear Creek-Amana 1) Bailey Simpson 10 3) Olivia Webb 12	4:32.46	2	
10 Garner-Hayfield High School 1) Reese Schleusner 10 3) Molly Maurer 9	4:33.12	1	
11 Monticello 1) Peyton Ries 10 3) Mallory McElmeel 9	4:33.90	2	
12 Central DeWitt 1) Addie Appleby 12 3) Delaney Barber 12	4:35.50	2	
13 Benton Community 1) Layna DeMoss 10 3) Haddie Kroneman 9	4:45.49	2	



Steve Rutz Starter Indoor Co-Ed Meet
University of Dubuque - A.Y. McDonald Indoor Track
Dubuque, Iowa - 3/18/2025
Results

....Girls 4x400 Meter Relay Varsity

14 Bellevue	4:47.08	1
1) Gabby Hingtgen 11	2) Bella Leibfried 10	
3) Jade Sprout 12	4) Kenzingten Scheckel 9	
15 East Buchanan	4:48.48	1
1) Adysin Carnicle 12	2) Kamryn Stone 9	
3) Jaden Connolly 9	4) Elsie Flexsenhar 11	
16 Black Hawk	4:56.60	1
1) Molly Edler 12	2) Jaci Kammes 10	
3) Maddy Place 10	4) Dani Martin 10	
17 Dubuque Senior	5:00.57	1
1) Josie Beard 9	2) Briel Bechen 11	
3) Mallory Schaefer 9	4) Lise Hoyer 10	

Girls 4x800 Meter Relay Varsity

School	Finals	Points
1 Dubuque Senior	9:46.14	10
1) Emily Gorton 12	2) Nevaeh Kessler 11	
3) Claire Hoyer 12	4) Emma Chesterman 11	
2 Center Point-Urbana	10:15.28	8
1) Sydney McCormick 12	2) Aaliyah Causey 9	
3) Deni Katcher 11	4) Grace Estling 10	
3 Decorah	10:30.91	6
1) Olivia Volkmann 10	2) Lily Sandhorst 12	
3) Raelyn Newhouse 9	4) Eva Hurley 9	
4 Dubuque Hempstead	10:31.22	5
1) Paige Pitz 10	2) Paris Mickelson 12	
3) Eve Stevenson 11	4) Natalie Leitzen 10	
5 Dubuque Wahlert	10:41.35	4
1) Lucy Murphy 11	2) Willa Berning 10	
3) Lilly Graham 12	4) Clare Theilen 11	
6 Clear Creek-Amana	10:46.90	3
7 Prairie	11:07.96	2
1) Reagan Bennis 10	2) Lillian Goudie 10	
3) Jaelyn Sickels 9	4) Reese Wiley 10	
8 Lena (L.-Winslow)	11:13.14	1
1) Lila Gerber 10	2) Peyton Murphy 11	
3) Kassidy Dorty 9	4) Addison Pieper 10	
9 East Buchanan	11:13.92	
1) Brenna Chesmore 12	2) Jaden Connolly 9	
3) Elsie Flexsenhar 11	4) Kambria Ries 9	
10 Bellevue	11:22.52	
1) Gabby Hingtgen 11	2) Kenzingten Scheckel 9	
3) MaKinley Scheckel 9	4) Jade Sprout 12	
11 Williamsburg	11:23.84	
1) Makenna Capper 10	2) Isla Nielson 9	
3) Aubree Wilde 9	4) Reagan Arwine 9	

Steve Rutz Starter Indoor Co-Ed Meet
University of Dubuque - A.Y. McDonald Indoor Track
Dubuque, Iowa - 3/18/2025
Results

Girls High Jump Varsity

Name	Year	School	Finals	Points
1 Cambel Drapeau	11	Dubuque Senior	5-05.00	1.65m 10
2 Ellie Nielsen	9	Williamsburg	5-04.00	1.62m 8
3 Brooklyn Kaiser	9	Lena (L.-Winslow)	5-00.00	1.52m 6
4 Leona Manternach	9	Cascade	J4-10.00	1.47m 5
5 Emily Cue	9	Center Point-Urbana	J4-10.00	1.47m 4
6 Isla Nielson	9	Williamsburg	J4-10.00	1.47m 3
7 Jaelyn Sickels	9	Prairie	4-08.00	1.42m 2
8 Kalynn Lamey	12	Cascade	J4-06.00	1.37m 1
9 Ella Cory	9	Dubuque Senior	J4-06.00	1.37m
9 Brianna Clark	11	Central DeWitt	J4-06.00	1.37m
11 Talulah Schroeder	9	Benton Community	4-04.00	1.32m
11 Marlee McPeek	9	Lena (L.-Winslow)	4-04.00	1.32m
11 Lauren Holthaus	11	Decorah	4-04.00	1.32m
11 Jayliah Hubbard	10	Dubuque Senior	4-04.00	1.32m
11 Brylee Hanson	10	Decorah	4-04.00	1.32m
11 Ava Steine	12	Decorah	4-04.00	1.32m
17 Kamryn Stone	9	East Buchanan	4-02.00	1.27m
17 Julia Ambundo	12	Monticello	4-02.00	1.27m
17 Layla Knepper	10	Dubuque Hempstead	4-02.00	1.27m

Girls Long Jump Varsity

Name	Year	School	Finals	Points
1 Elizabeth Timmerman	11	Clear Creek-Amana	J16-05.00	5.00m 10
2 Mackayla Boyle	9	Prairie	J16-05.00	5.00m 8
3 Andelyn Cabalka	12	East Buchanan	16-03.00	4.95m 6
4 Kambria Ries	9	East Buchanan	15-10.00	4.82m 5
5 Gracie Green	9	Central DeWitt	15-06.00	4.72m 4
6 Kassidy Buchenau	11	Dubuque Hempstead	15-01.00	4.59m 3
7 Jerika Dodd	11	Decorah	14-08.00	4.47m 2
8 Thea Nelson	10	Clear Creek-Amana	14-06.00	4.41m 1
9 Rylee Rutz	11	Prairie	14-05.00	4.39m
10 Sandra Martens	9	Lena (L.-Winslow)	14-02.00	4.31m
10 Kaylee Carley	10	Dubuque Hempstead	14-02.00	4.31m
12 Harper Ressler	9	Prairie	14-01.00	4.29m
13 Kaitlynn Guldner	12	Benton Community	14-00.00	4.26m
13 Lexi Kettleson	9	Dakota	14-00.00	4.26m
13 Izzy Snyder	9	Cascade	14-00.00	4.26m
16 Kaydence Ahart	11	Dubuque Senior	13-07.00	4.14m
16 Olivia Stopko	12	Clear Creek-Amana	13-07.00	4.14m
18 Dani Martin	10	Black Hawk	13-04.00	4.06m
19 Moyra Mathews	11	Dakota	13-03.00	4.03m
20 Mikaylie Miller	9	Central DeWitt	13-01.50	4.00m
21 Ava Almasy	9	Dakota	13-01.00	3.98m
21 Adysin Carnicle	12	East Buchanan	13-01.00	3.98m
23 Ava Steine	12	Decorah	13-00.00	3.96m

Steve Rutz Starter Indoor Co-Ed Meet
University of Dubuque - A.Y. McDonald Indoor Track
Dubuque, Iowa - 3/18/2025
Results

....Girls Long Jump Varsity

24 Sarah Wright	12 Benton Community	12-11.50	3.94m
25 Jenna Lawler	11 Dubuque Senior	12-06.00	3.81m
25 Kaebry Dixon	9 Benton Community	12-06.00	3.81m
27 Catia Wilson	11 Savanna (Wes)	11-09.00	3.58m

Girls Shot Put Varsity

Name	Year	School	Finals	H#	Points
1 Lauren Luzum	11	Decorah	36-05.00	11.09m	3 10
2 Lilly Ness	10	Williamsburg	35-06.00	10.82m	3 8
3 Natalie Cagle	12	Central DeWitt	J34-07.00	10.54m	3 6
4 Gracie Tangen	9	Decorah	J34-07.00	10.54m	3 5
5 Olivia Hilby	12	Dubuque Wahlert	33-09.00	10.28m	3 4
6 Shay Massner	11	Center Point-Urbana	33-04.00	10.16m	3 3
7 Claire Hynek	12	Prairie	33-03.00	10.13m	2 2
8 Eden Lee	11	Dubuque Senior	32-05.00	9.88m	3 1
9 Kimberly Steffens	12	Dubuque Hempstead	32-00.00	9.75m	2
10 Riley Goddard	12	Prairie	31-08.00	9.65m	3
11 Marlee McPeek	9	Lena (L.-Winslow)	31-06.00	9.60m	3
12 Clarissa Suhr	10	Williamsburg	31-04.00	9.55m	2
13 Kamille Burrington	9	Center Point-Urbana	31-00.00	9.44m	3
14 Margaret Hahn	10	Decorah	30-08.00	9.34m	3
15 Eme Himes-Luensman	10	Monticello	30-03.00	9.22m	2
16 Kinze Manson	9	Center Point-Urbana	29-10.00	9.09m	2
17 Sophie Johnson	11	Lena (L.-Winslow)	29-06.00	8.99m	1
18 Maggie Coutchie	11	Dubuque Wahlert	29-02.00	8.89m	3
19 Grace Lange	12	Dubuque Senior	28-10.00	8.78m	2
20 Caitlin Proctor	12	Central DeWitt	28-05.00	8.66m	3
21 Mekdes Holesinger	12	Dubuque Hempstead	28-04.00	8.63m	2
22 Ella Stahr	12	East Buchanan	27-05.00	8.35m	1
23 Chloe Aossey	11	Williamsburg	27-02.00	8.28m	1
23 Stephanie Degahouey	10	Prairie	27-02.00	8.28m	2
25 Stephan Sophia	9	Cascade	27-00.00	8.22m	2
26 Lilly Anderson	12	Dubuque Senior	26-11.00	8.20m	1
27 Reyana Pettinger	12	Lena (L.-Winslow)	26-08.00	8.12m	2
28 Emma Kromminga	10	Monticello	25-05.00	7.74m	1
29 Piper McElmeel	10	Dubuque Hempstead	25-00.00	7.62m	1
30 Lydia Beyer	9	East Buchanan	24-08.00	7.51m	1
31 Megan Krug	11	Benton Community	24-02.00	7.36m	2
32 Anna Grant	11	Monticello	21-02.00	6.45m	1
33 Addison Gericke	12	East Buchanan	20-00.00	6.09m	1
34 Addison Lamm	10	Savanna (Wes)	19-08.00	5.99m	1
35 Lily Martinez	10	Savanna (Wes)	19-03.00	5.86m	1
36 Chloe Erskine	11	Central DeWitt	18-07.00	5.66m	1
37 Aleena Burns	10	Savanna (Wes)	17-00.00	5.18m	1

Steve Rutz Starter Indoor Co-Ed Meet
University of Dubuque - A.Y. McDonald Indoor Track
Dubuque, Iowa - 3/18/2025
Results

Girls 55 Meter Dash JV

Name	Year	School	Finals	H#	Points
1 Sienna Hastings	9	Lena (L.-Winslow)	7.83	7	10
2 Ruth Tauber	11	Dubuque Wahlert	7.85	2	8
3 Addison Jenaman	9	Dubuque Wahlert	8.01	7	6
4 Jayce Grennan	11	Center Point-Urbana	8.10	7	5
5 Harper Hastings	9	Lena (L.-Winslow)	8.19	7	4
6 Mikaly Murray	11	Williamsburg	8.22	6	3
7 Aliyah Smothers	10	Dubuque Wahlert	8.24	6	2
8 Layla Knepper	10	Dubuque Hempstead	8.27	6	1
9 Bernice Bila	10	Clear Creek-Amana	8.29	5	
10 Hayden Bredlow	9	Garner-Hayfi	8.30	2	
11 Lyla Stiefel	9	East Buchanan	8.33	2	
12 Emma Schemmel	10	Dubuque Hempstead	8.35	6	8.343
13 Sandra Martens	9	Lena (L.-Winslow)	8.35	7	8.347
14 Aiko Benesh	10	Prairie	8.44	5	
15 Riley Langkamp	10	Dubuque Senior	8.45	7	
16 Mackayla Boyle	9	Prairie	8.47	4	
17 Jayden Lundtvedt	10	Decorah	8.51	5	
18 Alex Schirmer	9	Williamsburg	8.58	4	
19 Estrada Lelo Mputu	10	Clear Creek-Amana	8.59	6	
20 Claire Devlin	9	East Buchanan	8.67	2	8.668
21 Savannah Knight	10	Center Point-Urbana	8.67	7	8.669
22 Cora Frese	10	Prairie	8.74	5	
23 Josie Brecht	10	Center Point-Urbana	8.82	6	
24 Kennady Riehle	10	Decorah	8.84	6	
25 Gemma Haas	9	Monticello	8.85	5	
26 Vanessa Steines	9	Bellevue	8.87	5	
27 Kinsley Hanrahn	9	Central DeWitt	8.88	5	
28 Kimora Owens	10	Williamsburg	8.94	4	
29 Kayley Daehler	9	Central DeWitt	8.95	3	
30 Amiah Parker	9	Clear Creek-Amana	9.02	7	
31 Kinley Kamm	9	Dubuque Senior	9.05	1	
32 Grace Adamessi	10	Pleasant Valley	9.06	2	
33 Amelia Noguera	12	Pleasant Valley	9.07	1	
34 Ivana Hininh	11	Pleasant Valley	9.12	4	
35 Izzy Schoettmer	10	Benton Community	9.15	4	
36 Julia Knepper	9	Cascade	9.19	4	9.184
37 Nazahra Gambleton	11	Central DeWitt	9.19	5	9.190
38 Leah Hansen	11	Garner-Hayfi	9.24	2	
39 Rayna Wacha	9	Benton Community	9.27	3	
40 Jordan Hennings	12	Bellevue	9.29	4	
41 Sophia Berns-West	10	East Buchanan	9.55	3	9.542
41 Emma Lindenberg	9	Dubuque Senior	9.55	1	9.542
43 ElliAunna Tomkins	9	Dubuque Hempstead	9.82	3	
44 Jaelei Scott	9	Black Hawk	9.88	3	
45 Kylie Saidatf	9	Black Hawk	9.96	3	9.952
46 Adalyn Monk	10	Monticello	9.96	3	9.959
47 Payge Smith	11	Garner-Hayfi	10.04	2	

Steve Rutz Starter Indoor Co-Ed Meet
University of Dubuque - A.Y. McDonald Indoor Track
Dubuque, Iowa - 3/18/2025
Results

....Girls 55 Meter Dash JV

48 Freya Haas	10 Black Hawk	11.14	3
49 Josie Green	9 Cascade	29.26	2

Girls 1500 Meter Run JV

Name	Year	School	Finals	Points
1 Skylar Carpenter	9	Dubuque Senior	5:41.94	10
2 Stella Rose	11	Prairie	5:45.73	8
3 Briel Bechen	11	Dubuque Senior	5:46.41	6
4 Riley Christopher	9	Decorah	5:49.15	5
5 Brealey Wullweber	11	Dubuque Senior	5:53.27	4
6 Paris Mickelson	12	Dubuque Hempstead	5:57.27	3
7 Olivia Rissman	10	Decorah	6:06.45	2
8 Addy Van Voorst	10	Prairie	6:08.32	1
9 Grace Blikre	12	Decorah	6:16.81	
10 Mya Netolicky	10	Prairie	6:19.38	
11 Hannah McFadden	12	Dubuque Hempstead	6:19.97	
12 Kenadee Schreck	11	Lena (L.-Winslow)	6:35.62	

Girls 4x200 Meter Relay JV

School	Finals	H#	Points
1 Lena (L.-Winslow)	1:58.33	3	10
1) Sandra Martens 9			
3) Sophie Johnson 11			
2 Dubuque Wahlert	1:58.76	3	8
1) Bella Eisbach 12			
3) Brielle Berning 12			
3 Center Point-Urbana	1:58.89	2	6
1) Jayce Grennan 11			
3) Emily Cue 9			
4 Prairie	1:59.85	3	5
1) Harper Ressler 9			
3) Ashlie Kascel 12			
5 Decorah	2:00.56	3	4
1) Jayden Lundtvedt 10			
3) Ella Stille 11			
6 Clear Creek-Amana	2:01.57	3	3
1) Amanda McDowell 10			
3) Chloe Hochstein 10			
7 Bellevue	2:02.67	1	2
1) Bel Sieverding 10			
3) MaKinley Scheckel 9			
8 Garner-Hayfield High School	2:03.06	1	1
1) Hayden Bredlow 9			
3) Ella Brink 9			
9 Williamsburg	2:03.47	1	

Steve Rutz Starter Indoor Co-Ed Meet
University of Dubuque - A.Y. McDonald Indoor Track
Dubuque, Iowa - 3/18/2025
Results

....Girls 4x200 Meter Relay JV

1) Kennedy Skaggs 11	2) Kadie Reed 12		
3) Jersey Metz 11	4) Revel Emerson 10		
10 Benton Community		2:05.46	2
1) Reagan Brooks 9	2) Janessa Bries 11		
3) Kaebry Dixon 9	4) Azeriah Johnson 10		
11 Cascade		2:08.62	3
1) Izzy Snyder 9	2) Emma Frake 9		
3) Julia Knepper 9	4) Emersyn Green 12		
12 Dubuque Senior		2:09.41	2
1) Lillian Boettner 9	2) Paige Lyons 9		
3) Asirah Taylor 10	4) Tristan Jones 11		
13 Pleasant Valley		2:10.42	2
1) Emersyn Reed 10	2) Chloe Kramer 11		
3) Lizy Gates 11	4) Ella Rogers 10		
14 Central DeWitt		2:10.96	2
1) Kinsley Hanrahn 9	2) Sydney McNealy 12		
3) Kayley Daehler 9	4) Nazahra Gambleton 11		
15 Monticello		2:11.70	1
1) Gemma Haas 9	2) Kayla Shady 10		
3) Emma Hardersen 10	4) Paige Pumphrey 9		
16 East Buchanan		2:12.28	1
1) Sophia Berns-West 10	2) Claire Devlin 9		
3) Teighlor Elledge 9	4) Evie Thurn 9		
17 Dubuque Hempstead		2:13.21	2
1) Theodora Pitt 10	2) Emma Schemmel 10		
3) Maggie Yager 10	4) ElliAunna Tomkins 9		
18 Black Hawk		2:25.99	1
1) Dani Martin 10	2) Makayla Curran 9		
3) Jalei Scott 9	4) Kylie Saidatf 9		

Girls 4x400 Meter Relay JV

School	Finals	H#	Points
1 Lena (L.-Winslow)	4:23.14	3	10
1) Sandra Martens 9	2) Harper Hastings 9		
3) Brooklyn Kaiser 9	4) Sienna Hastings 9		
2 Williamsburg	4:36.44	3	8
1) Ellie Nielsen 9	2) Leighton Maas 9		
3) Kylee Suhr 9	4) Makenze Riedel 10		
3 Decorah	4:38.29	3	6
1) Lillian Olson 12	2) Olivia Volkmann 10		
3) Eva Hurley 9	4) Natalie Goodner 12		
4 Prairie	4:39.49	3	5
1) Ashlynn Hunter 9	2) Ashlie Kascel 12		
3) Deija Cooper 10	4) Megan Papesh 11		
5 Pleasant Valley	4:53.76	2	4
1) Jenna DeNike 10	2) Ava Solis 9		
3) Saleh Flanigan 11	4) Vivian McCombs 10		

Steve Rutz Starter Indoor Co-Ed Meet
University of Dubuque - A.Y. McDonald Indoor Track
Dubuque, Iowa - 3/18/2025
Results

....Girls 4x400 Meter Relay JV

6 Center Point-Urbana	4:56.12	2	3
1) Maddy McDowell 9		2) Zoey Merkle 9	
3) Maci Kindschi 9		4) Alea Bean 10	
7 Garner-Hayfield High School	4:58.25	1	2
1) Josie Malek 9		2) Meredith Hinz 11	
3) Jaelyn Anderson 11		4) Ella Brink 9	
8 Cascade	5:02.44	3	1
1) Hallie Kelchen 11		2) Carley Conrad 9	
3) Kalyynn Lamey 12		4) Emma Frake 9	
9 Dubuque Wahlert	5:03.06	3	
1) Ruth Powers 9		2) Quinn Mettille 9	
3) Tessa Belken 9		4) Sarah Bandy 12	
10 Central DeWitt	5:05.81	1	
1) Hannah Grantz 12		2) Kalli Barber 11	
3) Ashlyn Appleby 9		4) Jacqueline Wilke 9	
11 Dubuque Senior	5:07.04	2	
1) Destiny Heinrich 10		2) Sophia Morrison 9	
3) Brealey Wullweber 11		4) Skylar Carpenter 9	
12 Clear Creek-Amana	5:11.40	2	
1) Olivia Stopko 12		2) Keira Rosenberg 9	
3) Mayla Morlan 9		4) Kayla Laschke 11	
13 East Buchanan	5:20.67	1	
1) Grace Anton 10		2) Greta Noesen 9	
3) Teighlor Elledge 9		4) Natalie Krum 9	

Girls 4x800 Meter Relay JV

School	Finals	Points
1 Dubuque Senior	10:54.71	10
1) Josie Beard 9		2) Millie Eikamp 10
3) Mallory Schaefer 9		4) Lise Hoyer 10
2 Pleasant Valley	11:21.90	8
1) Vivian McCombs 10		2) Saleh Flanigan 11
3) Jenna DeNike 10		4) Ava Solis 9
3 Dubuque Wahlert	11:30.95	6
1) Ruth Powers 9		2) Sarah Bandy 12
3) Grace Wethal 12		4) Tessa Belken 9
4 Decorah	11:49.45	5
1) Lillian Olson 12		2) Lauren Holthaus 11
3) Addison Quandahl 9		4) Sophia McGee 9
5 Center Point-Urbana	11:56.60	4
1) Maci Kindschi 9		2) Maddy McDowell 9
3) Zoey Merkle 9		4) Madison Bockenstedt 12
6 Dubuque Hempstead	12:09.45	3
1) Maria Hart 11		2) Hannah McFadden 12
3) Stella Houselog 9		4) Morgan Mason 9
7 Black Hawk	12:37.82	2
1) Molly Edler 12		2) Jaci Kammes 10

Steve Rutz Starter Indoor Co-Ed Meet
University of Dubuque - A.Y. McDonald Indoor Track
Dubuque, Iowa - 3/18/2025
Results

....Girls 4x800 Meter Relay JV

3) Dani Martin 10	4) Sammy Prescher 10	
8 Prairie	13:00.08	1
1) Deija Cooper 10	2) Mya Netolicky 10	
3) McKenna Kirk 9	4) Katelyn Petersen 10	
9 Lena (L.-Winslow)	13:16.20	
1) Brianna Boettner 9	2) Brennan England 9	
3) Kate Hazard 10	4) Kenadee Schreck 11	

Girls High Jump JV

Name	Year School	Finals	Points
1 Mikayla Arp	9 Pleasant Valley	4-10.00	1.47m 10
2 Carolina Klooster	9 Garner-Hayfi	4-08.00	1.42m 8
3 Liberty Maxwell	10 Williamsburg	4-06.00	1.37m 6
4 Abby Goode	9 Pleasant Valley	4-00.00	1.21m 4.50
4 Kayla Haurand	9 Dubuque Senior	4-00.00	1.21m 4.50

Girls Long Jump JV

Name	Year School	Finals	Points
1 Isabel Gibbs	11 Pleasant Valley	14-06.00	4.41m 10
2 Alex Schirmer	9 Williamsburg	13-04.00	4.06m 8
3 Josie Barber	12 Prairie	12-11.00	3.93m 6
4 Bel Sieverding	10 Bellevue	12-01.00	3.68m 5
5 Madison Krambeer	9 Prairie	11-02.00	3.40m 4
6 Chloe Kramer	11 Pleasant Valley	11-01.00	3.37m 3
7 Jaelei Scott	9 Black Hawk	10-06.00	3.20m 2
8 Kylie Saidatf	9 Black Hawk	10-01.00	3.07m 1

Girls Shot Put JV

Name	Year School	Finals	H#	Points
1 Katherine Pattison	9 Decorah	30-06.00	9.29m	1 10
2 Jordyn Skaggs	9 Williamsburg	29-05.00	8.96m	3 8
3 Annika Schmelzer	11 Decorah	28-04.00	8.63m	3 6
4 Emily Mourlam	10 Center Point-Urbana	27-03.00	8.30m	3 5
5 Harper Hastings	9 Lena (L.-Winslow)	27-01.00	8.25m	1 4
6 Allison Mourlam	12 Center Point-Urbana	26-10.00	8.17m	3 3
7 Brynlee McPeek	10 Lena (L.-Winslow)	26-02.00	7.97m	3 2
8 Sandy Haurand	11 Dubuque Senior	25-10.00	7.87m	3 1
9 Ella Hauch	10 Lena (L.-Winslow)	25-05.00	7.74m	3
10 Addilyn Dolan	10 Dubuque Hempstead	24-10.00	7.56m	3
11 Hannah Weiskamp	9 Garner-Hayfi	24-08.00	7.51m	1
12 Klaire Gruntorad	9 Central DeWitt	24-05.00	7.44m	3
13 Kylee McElmeel	9 Monticello	24-04.00	7.41m	2
14 Taylor Otte	9 Williamsburg	23-02.00	7.06m	2

Steve Rutz Starter Indoor Co-Ed Meet
University of Dubuque - A.Y. McDonald Indoor Track
Dubuque, Iowa - 3/18/2025
Results

....Girls Shot Put JV

15 Jordynn Fink	10 Center Point-Urbana	22-07.00	6.88m	2
16 Taylor Stegall	11 Black Hawk	21-10.00	6.65m	2
17 Emma Miller	11 Williamsburg	21-03.00	6.47m	1
17 Romona Hinton	10 Dubuque Hempstead	21-03.00	6.47m	2
19 Ja'Carri Henigan	9 Prairie	21-01.00	6.42m	3
20 Macey Burlage	10 Monticello	20-10.00	6.35m	2
21 Alyvia Ruegsegger	10 Black Hawk	20-05.00	6.22m	3
22 Kendra Schmitt	10 Dubuque Senior	20-04.00	6.19m	2
23 Kara Felton	9 Cascade	18-03.00	5.56m	2
24 Averie Barolotta	11 Dubuque Senior	17-10.00	5.43m	1
25 Avery Lex	12 Dubuque Hempstead	17-08.00	5.38m	2
26 Josie Green	9 Cascade	16-10.00	5.13m	1
27 Freya Haas	10 Black Hawk	16-07.00	5.05m	1
28 Emeri Ralston	9 Central DeWitt	15-03.00	4.64m	2
29 Celia Lammer	9 Dubuque Wahlert	14-10.00	4.52m	1

=====

Women - Varsity - Team Rankings - 10 Events Scored

=====

1) Prairie	52	2) Dubuque Senior	46
3) Decorah	43	4) Williamsburg	33
5) Clear Creek-Amana	28	6) Pleasant Valley	27
6) Dubuque Wahlert	27	8) Cascade	25
9) Center Point-Urbana	24	10) Dubuque Hempstead	21
11) Lena (L.-Winslow)	18	12) East Buchanan	17
13) Garner-Hayfield High Schoo	13	13) Central DeWitt	13
15) Bellevue	3		

=====

Women - JV - Team Rankings - 8 Events Scored

=====

1) Lena (L.-Winslow)	40	2) Pleasant Valley	39.50
3) Decorah	38	4) Dubuque Senior	35.50
5) Williamsburg	33	6) Dubuque Wahlert	30
6) Prairie	30	8) Center Point-Urbana	26
9) Garner-Hayfield High Schoo	11	10) Bellevue	7
10) Dubuque Hempstead	7	12) Black Hawk	5
13) Clear Creek-Amana	3	14) Cascade	1

=====

Men - Varsity - Team Rankings - 10 Events Scored

=====

1) Decorah	82	2) Prairie	75.20
3) Center Point-Urbana	59	4) Central DeWitt	44.60
5) Cascade	30	6) Garner-Hayfield High Scho	23
7) Clear Creek-Amana	22	8) Dubuque Wahlert	21
9) Williamsburg	13	9) Bellevue	13
11) East Buchanan	6.60	12) Dakota	0.60

=====

Men - JV - Team Rankings - 8 Events Scored

=====

1) Prairie	91	2) Decorah	80
------------	----	------------	----

Steve Rutz Starter Indoor Co-Ed Meet
University of Dubuque - A.Y. McDonald Indoor Track
Dubuque, Iowa - 3/18/2025
Results

....Girls Shot Put JV

3) Dubuque Wahlert	32	4) Center Point-Urbana	26
5) Central DeWitt	23	6) Cascade	8
6) Clear Creek-Amana	8	6) Garner-Hayfield High Scho	8
9) Williamsburg	7	9) Bellevue	7
11) Black Hawk	6		