

2022 IATC Track & Field Girl's All-State Teams

Note: Only member school athletes are eligible for All-State Recognition

100 Meter Dash

Class 1A

Lilly Ostert	Madrid	12.441
Ella Santi	Madrid	12.450

Class 2A

Jaidyn Sellers	Panorama	12.13 *State Record
Aubree Bell	Kingsley-Pierson	12.26

Class 3A

Audrey Biermann	Epworth, Western Dubuque	12.20
Jaslynn Dagele	AGWSR, Iowa Falls -Alden	12.32

Class 4A

Holly Duax	Sioux City, West	11.67
Claire Farrell	Norwalk	11.88

Elite All-State

Holly Duax	Sioux City, West	11.67
Claire Farrell	Norwalk	11.88
Jaidyn Sellers	Panorama	12.13
Jessica Kyne	Des Moines, Hoover	12.13

200 Meter Dash

Class 1A

Jillian Dodds	Madrid	25.73
Adalyn Reynolds	Mount Ayr	25.93

Class 2A

Jaidyn Sellers	Panorama	25.04
Mitzi Evans	Mid-Prairie, Wellman	25.26

Class 3A

Audrey Biermann	Epworth, Western Dubuque	24.42 *State Record
JoJo Tyynismaa	South Tama	25.27

Class 4A

Holly Duax	Sioux City, West	23.95 *All-Time Record
Claire Farrell	Norwalk	24.56

Elite All-State

Holly Duax	Sioux City, West	23.95
Audrey Biermann	Epworth, Western Dubuque	24.42
Claire Farrell	Norwalk	24.56
Jaidyn Sellers	Panorama	25.04

400 Meter Dash

Class 1A

Kadence Huck	Nashua-Plainfield	57.35
Adalyn Reynolds	Mount Ayr	58.28

Class 2A

Mitzi Evans	Mid-Prairie, Wellman	56.36
Erika Kuntz	Kingsley-Pierson	57.36

Class 3A

Audrey Biermann	Epworth, Western Dubuque	54.56 *State Record
Ainsley Erzen	Carlisle	55.50

Class 4A

Gabby Cortez	Prairie, Cedar Rapids	55.27
Claire Farrell	Norwalk	56.06

Elite All-State

Audrey Biermann	Epworth, Western Dubuque	54.56
Gabby Cortez	Prairie, Cedar Rapids	55.27
Ainsley Erzen	Carlisle	55.50
Claire Farrell	Norwalk	56.06

800 Meter Run

Class 1A

Jalyssa Blazek	Turkey Valley	2:15.83
Maddy Childs	Grand View Christian	2:16.41

Class 2A

Mitzi Evans	Mid-Prairie, Wellman	2:12.56
Clare Kelly	Van Meter	2:13.14

Class 3A

Ainsley Erzen	Carlisle	2:10.07
Kaia Bieker	Harlan	2:13.51

Class 4A

Ani Wedemeyer	Iowa City, City High	2:11.99
Alli Macke	Ankeny	2:13.66

Elite All-State

Ainsley Erzen	Carlisle	2:10.07
Ani Wedemeyer	Iowa City, City High	2:11.99
Mitzi Evans	Mid-Prairie, Wellman	2:12.56
Clare Kelly	Van Meter	2:13.14

1500 Meter Run**Class 1A**

Jalyssa Blazek	Turkey Valley	4:46.63
Noelle Steines	Calamus-Wheatland	4:46.85

Class 2A

Clare Kelly	Van Meter	4:39.13
Madison Brouwer	Sibley-Ocheyedan	4:40.79

Class 3A

Ainsley Erzen	Carlisle	4:36.96 *State Record
Paityn Noe	Ballard	4:40.76

Class 4A

Addison Dorenkamp	Valley, West Des Moines	4:36.60
Abi Hahn	Des Moines, Roosevelt	4:37.59

Elite All-State

Addison Dorenkamp	Valley, West Des Moines	4:36.60
Ainsley Erzen	Carlisle	4:36.96
Abi Hahn	Des Moines, Roosevelt	4:37.59
Kaia Downs	Sioux City, East	4:38.46

3000 Meter Run

Class 1A

Noelle Steines	Calamus-Wheatland	10:21.01
Addison Grady	Hudson	10:21.91

Class 2A

Danielle Hostetler	Mid-Prairie, Wellman	10:27.77
Mayson Hartley	Clarinda	10:50.81

Class 3A

Paityn Noe	Ballard	10:22.05
Emily Haverdink	MOC-Floyd Valley	10:54.23

Class 4A

Addison Dorenkamp	Valley, West Des Moines	9:55.89
Abi Hahn	Des Moines, Roosevelt	10:05.21

Elite All-State

Addison Dorenkamp	Valley, West Des Moines	9:55.89
Abi Hahn	Des Moines, Roosevelt	10:05.21
Kamryn Ensley	Valley, West Des Moines	10:06.60
Julia Gehl	Dubuque, Hempstead	10:16.54

100 Meter Hurdles

Class 1A

Maddax DeVault	Nodaway Valley	14.69
Olivia Bohlen	Belle Plaine	15.05

Class 2A

Ellie Rickertsen	Northeast, Goose Lake	14.44
Clara Teigland	Treynor	15.21

Class 3A

Addisyn Terpstra	Newton	14.55
JoJo Tynismaa	South Tama	14.60

Class 4A

Mackenzie Carney	Waukee NW	14.10 *State Record
Natalie Harris	Waukee NW	14.23

Elite All-State

Mackenzie Carney	Waukee NW	14.10
Natalie Harris	Waukee NW	14.23
Ellie Rickertsen	Northeast, Goose Lake	14.44
Addisyn Terpstra	Newton	14.55

400 Meter Hurdles

Class 1A

Kiya Johnson	North Butler	1:04.90
Maddax DeVault	Nodaway Valley	1:06.32

Class 2A

Ellie Rickertsen	Northeast, Goose Lake	1:03.44
Devin Simon	Cascade	1:03.69

Class 3A

JoJo Tynismaa	South Tama	1:03.65
Darci Wiseman	Winterset	1:03.73

Class 4A

Mackenzie Carney	Waukee NW	1:03.14
Abby LaSale	Council Bluffs, Abraham Lincoln	1:04.59

Elite All-State

Mackenzie Carney	Waukee NW	1:03.14
Ellie Rickertsen	Northeast, Goose Lake	1:03.44
JoJo Tynismaa	South Tama	1:03.65
Devin Simon	Cascade	1:03.69

Long Jump

Class 1A

Molly Joyce	Bishop Garrigan	17-11.75
Lacey Neighbor	Alburnett	17-06.00

Class 2A

Reese Brownlee	Clear Lake	18-07.00
Macy Daufeldt	West Liberty	18-00.50

Class 3A

Isabelle Noring	Carlisle	18-08.75 *State Record
Olivia Tollari	ADM	17-10.00

Class 4A

Holly Duax	Sioux City, West	18-06.50
Marin Randall	Norwalk	17-03.00

Elite All-State

Isabelle Noring	Carlisle	18-08.75
Reese Brownlee	Clear Lake	18-07.00
Holly Duax	Sioux City, West	18-06.50
Macy Daufeldt	West Liberty	18-00.50

High Jump**Class 1A**

Sam Nielsen	North Union	5-03
Cadence Douglas	Lenox	5-03

Class 2A

Maddie Olson	Sheldon	5-08
Olyvia Bellows	Aplington-Parkersburg	5-06

Class 3A

Soren Maricle	Central DeWitt	5-06
Keely Collins	Charles City	5-06

Class 4A

Josie Moreland	Waukee	5-06.5
Alex Gaskell	Dowling Catholic	5-04

Elite All-State

Maddie Olson	Sheldon	5-08
Josie Moreland	Waukee	5-06.5
Soren Maricle	Central DeWitt	5-06
Keely Collins	Charles City	5-06
Olyvia Bellows	Aplington-Parkersburg	5-06

Shot Put

Class 1A

Audi Crooks	Bishop Garrigan	45-01.00 *State Record
Emily Baker	Bedford	40-04.75

Class 2A

Sydney Eggena	Denver	44-00.50
Jana Ter Wee	West Lyon	41-11.50

Class 3A

Jadan Brumbaugh	Mt Pleasant	47-05.50 *State Record
Faith DeRonde	Oskaloosa	43-04.75

Class 4A

Caitlyn Cox	Valley, West Des Moines	40-07.25
Kendra Winfrey	Ankeny	39-11.00

Elite All-State

Jadan Brumbaugh	Mt Pleasant	47-05.50
Audi Crooks	Bishop Garrigan	45-01.00
Sydney Eggena	Denver	44-00.50
Faith DeRonde	Oskaloosa	43-04.75

Discus

Class 1A

Audi Crooks	Bishop Garrigan	131-05
Kennedy Axmear	English Valleys	129-10

Class 2A

Jana Ter Wee	West Lyon	131-00
Allie Schweitzberger	Kingsley Pierson	125-07

Class 3A

Jadan Brumbaugh	Mt Pleasant	151-10
Katelyn Lappe	Bondurant-Farrar	137-10

Class 4A

Alex Buscher	Waukee	132-05
Reese Goodlet	Pleasant Valley	129-08

Elite All-State

Jadan Brumbaugh	Mt Pleasant	151-10
Katelyn Lappe	Bondurant-Farrar	137-10
Julia Alberts	Decorah	134-11
Alex Buscher	Waukee	132-05

4 x 100 Meter Relay

Class 1A

Madrid 49.12

Lilly Ostert Emma Olsen Jillian Dodds Ella Santi

Wapello 50.27

Ada Boysen Lindsay Massner Quinn Veach Serah Shafer

Class 2A

Williamsburg 49.91

Ailea Wetjen Kendra Eichhorn Makenna Hughes Rylee Vercande

Okoboji 50.30

Krishana Allen Ellsa Jorgensen Leah Sorenson Ethnee Jorgensen

Class 3A

ADM 48.53

Makayla Crannell Jada Grove Olivia Tollari Hallie Henfling

Wahlert, Dubuque 48.94

Lauren McClimon Emma Donovan Tessa Berning Meghan McDonald

Class 4A

Sioux City, West 48.31

Kellesse Heard Holly Duax Bella Leon Lily Juhnke

Waukee NW 48.43

Keira Alliss Morgan Engels Josie Vande Krol Natalie Harris

Elite All-State

Sioux City, West 48.31

Kellesse Heard Holly Duax Bella Leon Lily Juhnke

Waukee NW 48.43

Keira Alliss Morgan Engels Josie Vande Krol Natalie Harris

ADM 48.53

Makayla Crannell Jada Grove Olivia Tollari Hallie Henfling

Dowling Catholic 48.93

Esaba Okwaramoi Emily Heitzman Shea Johnson Olivia Kramer

4 x 200 Meter Relay

Class 1A

Madrid 1:43.29 *State Record

Lilly Ostert Emma Olsen Jillian Dodds Ella Santi

Riverside 1:47.14

Veronica Andrusyshyn Izzy Bluml Elly Henderson Lydia Erickson

Class 2A

Kingsley-Pierson 1:44.36

MaKenna Bowman Erika Kuntz McKenzie Goodwin Aubree Bell

Okoboji 1:45.78

Ellsa Jorgensen Zoey Holmes Leah Sorenson Ethnee Jorgensen

Class 3A

ADM 1:42.12

Makayla Crannell Jada Grove Hallie Henfling Olivia Tollari

Wahlert, Dubuque 1:42.84

Meghan McDonald Lauren McClimon Tessa Berning Rylee Steffen

Class 4A

Ames 1:43.13

Ireland Buss Elaina Deardorff Cameron Moon Ellie Lynch

Prairie, Cedar Rapids 1:43.26

Asia Russell Sarah Jordan Catie Reittinger Gabby Cortez

Elite All-State

ADM 1:42.12

Makayla Crannell Jada Grove Hallie Henfling Olivia Tollari

Wahlert, Dubuque 1:42.84

Meghan McDonald Lauren McClimon Tessa Berning Rylee Steffen

Solon 1:43.04

Makinley Levin Sophia Stahle Mia Duckett Aly Stahle

Ames 1:43.13

Ireland Buss Elaina Deardorff Cameron Moon Ellie Lynch

4 x 400 Meter Relay

Class 1A

Riverside 4:06.16

Elly Henderson Macy Woods Lydia Erickson Izzy Bluml

Central, Elkader 4:08.13

Jaydin Dettman Delaney Scherf Kaitlyn Wiley Hannah Asche

Class 2A

Van Meter 4:00.57

Eden Moore Mary Kelly Teya Speltz Clare Kelly

Denver 4:03.56

Anna Curtis Elaina Hildebrandt Amber Homan Natalie Demai

Class 3A

Solon 3:55.14

Meghan O'Neill Kaia Holtkamp Gracie Federspiel Emma Bock

Assumption 3:59.77

Morgan Jennings Bella Motley Kelly Grobstich Annika Kotula

Class 4A

Iowa City, City High 3:52.72

Iris Wedemeyer Mia DePrenger Eva Reynolds Ani Wedemeyer

Ankeny 3:55.94

Sophie Loeffler Eva Fulk Zoe Shadravan Alli Macke

Elite All-State

Iowa City, City High 3:52.72

Iris Wedemeyer Mia DePrenger Eva Reynolds Ani Wedemeyer

Solon 3:55.14

Meghan O'Neill Kaia Holtkamp Gracie Federspiel Emma Bock

Ankeny 3:55.94

Sophie Loeffler Eva Fulk Zoe Shadravan Alli Macke

Waukee NW 3:56.45

Aunya Van Zetten Kiana Carnes Mackenzie Carney Avery Winter

4 x 800 Meter Relay

Class 1A

Pekin 9:55.02

Audrey Fariss Lauren Derscheid Makenzie Dahlstrom Sarah Eubanks

South Winneshiek 9:55.93

Billie Wagner Megan Hageman Josie Tieskoetter Eryn Sabelka

Class 2A

Van Meter 9:33.48

Mary Kelly Brooklyn Fryar Maya Herman Clare Kelly

Tipton 9:58.74

Addie Nerem Mack Walter Claire Montgomery Alivia Edens

Class 3A

Solon 9:34.41

Meghan O'Neill Gracie Federspiel Anna Quillin Kaia Holtkamp

Carlisle 9:41.60

Tessa Erzen Marie Daggett Maya Bergstrom Ainsley Erzen

Class 4A

Dubuque Hempstead 9:21.09

Camdyn Kay Julia Gehl Keelee Leitzen Brooke O'Brien

Ames 9:29.10

Claire Helmers Nyadio Chan Sydney Turk Marley Turk

Elite All-State

Dubuque Hempstead 9:21.09

Camdyn Kay Julia Gehl Keelee Leitzen Brooke O'Brien

Ames 9:29.10

Claire Helmers Nyadio Chan Sydney Turk Marley Turk

Valley, West Des Moines 9:31.73

Coco Kooker Mya DouBrava Addison Dorenkamp Kamryn Ensley

Pleasant Valley 9:32.33

Grace Boleyn Lydia Sommer Sophia Foad Josie Case

800 Meter Sprint Medley Relay

Class 1A

Nashua-Plainfield 1:51.44

Abbie Hyde Rylee Weiss Makenzie Foelske Kadence Huck

Mount Ayr 1:51.84

Kaylie Shields Payten Lambert Jaxy Knight Adalyn Reynolds

Class 2A

Kingsley-Pierson 1:48.56

MaKenna Bowman McKenzie Goodwin Aubree Bell Erika Kuntz

Denver 1:50.91

Amelia Powers Elaina Hildebrandt Natalie Demai Anna Curtis

Class 3A

Epworth, Western Dubuque 1:45.58 *State Record

Ava Ramler Sammy Recker Brynn Walters Audrey Biermann

Wahlert, Dubuque 1:48.66

Meghan McDonald Lauren McClimon Tessa Berning Rylee Steffen

Class 4A

Prairie, Cedar Rapids 1:46.36

Asia Russell Catie Reittinger Sarah Jordan Gabby Cortez

Norwalk 1:47.39

Marin Randall McKenzie Koerselman Raegan Levi Claire Farrell

Elite All-State

Epworth, Western Dubuque 1:45.58

Ava Ramler Sammy Recker Brynn Walters Audrey Biermann

Prairie, Cedar Rapids 1:46.36

Asia Russell Catie Reittinger Sarah Jordan Gabby Cortez

Norwalk 1:47.39

Marin Randall McKenzie Koerselman Raegan Levi Claire Farrell

Kingsley-Pierson 1:48.56

MaKenna Bowman McKenzie Goodwin Aubree Bell Erika Kuntz

1600 Meter Medley Relay

Class 1A

Nashua-Plainfield 4:13.08

Makenzie Foelske Jennah Carpenter Abbie Hyde Kadence Huck

Calamus-Wheatland 4:18.19

Aubrey Connelly Emily Boeckmann Courtney Knoche Noelle Steines

Class 2A

Mid-Prairie 4:07.96

Madeline Schrader Amara Jones Mitzi Evans Danielle Hostetler

Van Meter 4:13.25

Raegan Wiedman Eden Moore Maya Herman Mary Kelly

Class 3A

Solon 4:07.85

Makinley Levin Meghan O'Neill Kaia Holtkamp Emma Bock

North Polk 4:12.18

Ashley Owen Alana Doonan Megan Elliott Liza Schaffer

Class 4A

Ankeny 4:05.44

Lillian Smith Zoe Shadravan Eva Fulk Alli Macke

Iowa City, City High 4:07.10

Ruby McDonough Eva Reynolds Mia DePrenger Ani Wedemeyer

Elite All-State

Ankeny 4:05.44

Lillian Smith Zoe Shadravan Eva Fulk Alli Macke

Iowa City, City High 4:07.10

Ruby McDonough Eva Reynolds Mia DePrenger Ani Wedemeyer

Solon 4:07.85

Makinley Levin Meghan O'Neill Kaia Holtkamp Emma Bock

Mid-Prairie 4:07.96

Madeline Schrader Amara Jones Mitzi Evans Danielle Hostetler

Prairie, Cedar Rapids 4:07.96

Sarah Jordan Kamryn Grissel Lily Johannes Gabby Cortez

Shuttle Hurdle Relay

Class 1A

St. Mary's-Remsen 1:07.96

Halle Galles Mya Bunkers Whitney Jensen Claire Schroeder

Alburnett 1:08.52

Lilly Winterowd Alivia Miller Lacey Neighbor Hailey Carolan

Class 2A

Cascade 1:07.37

Elizabeth Gibbs Kate Green Brianna Koppes Devin Simon

West Liberty 1:08.90

Sydney Rivera Rylee Goodale Laney Esmoil Macy Daufeldt

Class 3A

Clear Creek-Amana 1:05.90

Emma Mathis Mari Cetta Meghan Cullen Silvana Kabolo

Newton 1:06.03

JaQuay Priest Macy Lampe Chloe Rorabaugh Addisyn Terpstra

Class 4A

Dowling Catholic 1:00.44 *State Record

Olivia Kramer Ruby Leman Alex Gaskell Esaba Okwaramoi

Waukee NW 1:02.03

Natalie Harris Faith Millsap Camryn Weers Mackenzie Carney

Elite All-State

Dowling Catholic 1:00.44 *State Record

Olivia Kramer Ruby Leman Alex Gaskell Esaba Okwaramoi

Waukee NW 1:02.03

Natalie Harris Faith Millsap Camryn Weers Mackenzie Carney

IC, West 1:04.74

Hebah War Erinah Carter Sophia Olivo Ella Woods

IC, City High 1:05.62

Sierra Pruessner Mia DePrenger Martha Hamilton Te'Nia Ansley

2022 IATC All-State T & F Wheelchair Division

Shot Put

Alayna Darter	Dubuque Hempstead	10-00.00
---------------	-------------------	----------

100 Meter Dash

Alayna Darter	Dubuque Hempstead	23.76 *All-Time State Record
Rylie Lewis	Valley, West Des Moines	35.58

200 Meter Dash

Alayna Darter	Dubuque Hempstead	44.87
Rylie Lewis	Valley, West Des Moines	1:28.36

400 Meter Dash

Alayna Darter	Dubuque Hempstead	1:35.54
---------------	-------------------	---------