

**AMES 4A STATE QUALIFYING MEET - 10/18/2023****10/18/2023****Results****Event 1 Girls 5k Run CC Varsity**

Name	Year	School	Finals	Points
Results - Women				
1 Helmers, Claire	11	Ames	17:44.98	1
2 Beason, Drew	11	Ankeny	18:05.86	2
3 Messerly, Piper	09	Dc-Grimes	18:06.96	3
4 stevens, maddy	11	Dc-Grimes	18:35.18	4
5 meyers, emily	11	Dc-Grimes	18:38.28	5
6 Risdal, Lauren	11	Ames	18:43.91	6
7 Turk, Marley	11	Ames	19:09.99	7
8 Mac, Cori	12	Ic, Liberty	19:11.60	8
9 Graber, Sophia	11	Ankeny	19:12.12	9
10 Dooley, Addison	10	Dc-Grimes	19:12.60	10
11 Madetzke, Makenna	10	Ankeny	19:16.06	11
12 Angus, Abbey	12	Dc-Grimes	19:16.83	12
13 Kiene, Ainsley	10	Ankeny	19:20.67	13
14 Meyers, Jordan	11	Dc-Grimes	19:22.30	14
15 Jackson, Lauren	11	Ankeny	19:25.83	15
16 Schmitz, Maddie	11	Dc-Grimes	19:32.94	16
17 Briggs, Gwen	12	Ankeny	19:33.44	17
18 Stanley, Emma	09	Ames	19:44.82	18
19 Johnson, Hanna	10	Sc, North	20:11.90	19
20 Welch, Clara	11	Ic, Liberty	20:19.54	20
21 Prendergast, Reagan	10	Ankeny	20:21.18	21
22 Marquardt, Mimi	11	Ic, Liberty	20:24.99	22
23 Canton, Bridget	12	Ic, Liberty	20:34.76	23
24 Maher, Carleigh	10	Ic, Liberty	20:36.02	24
25 Frandsen, Meredith	10	Ames	20:41.52	25
26 Hansen, Bailee	09	Sc, West	20:54.00	26
27 Akol, Ayak	10	Ames	21:11.29	27
28 Johnson, Madelyn	11	Ic, Liberty	21:11.41	28
29 Scott, Emma	10	Sc, East	21:12.12	29
30 Weitzel, Khloee	10	Sc, East	21:51.31	30
31 Scheer, Mya	09	Cb, A Lincoln	21:55.50	31
32 Palmer, Marcella	10	Sc, North	21:58.00	32
33 Krug, Caroline	09	Ames	22:07.50	33
34 Lockamy, Jayci	10	Sc, East	22:16.39	34
35 Wilson, Jordyn	10	Sc, East	22:20.46	35
36 VeDepo, Chelsea	09	Ic, Liberty	22:28.61	36
37 Olson, Kaylee	12	Sc, North	22:31.98	37
38 Eliesa, Khloe	09	Sc, North	22:47.65	38
39 Kamm, Lilin	10	Sc, East	22:51.53	39
40 Kass, Kenn	10	Sc, East	22:53.07	40
41 Gutierrez, Maria	10	Sc, North	23:01.71	41
42 Kepler-Thomason, Kaylynn	10	Cb, A Lincoln	23:21.12	42
43 Whiteshirt, Lilly	11	Sc, West	23:24.53	43
44 Prieto, Alondra	11	Sc, West	23:35.64	44
45 Hall, Abby	11	Sc, North	23:39.92	45
46 Ronk, Cara	12	Cb, T Jefferson	23:54.47	46
47 Lewis, Paige	11	Fort Dodge	23:58.57	47
48 Fitch, Annette	09	Cb, A Lincoln	23:58.98	48
49 Stephan, Madeline	11	Fort Dodge	24:00.99	49
50 Fitch, Sonia	11	Cb, A Lincoln	24:34.47	50
51 Loudon, Gabby	11	Cb, A Lincoln	24:48.23	51
52 Hogan, Emma	11	Sc, East	25:05.34	52



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**Results**

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10 Cb, T Jefferson	297	46	57	63	64	67
Total Time:	2:20:03.32					
Average:	28:00.67					