

AHSTW - 4/6/2023**AHSTW****Results****Girls 100 Meter Dash**

Name	Year School	Seed	Finals	H#	Points
Finals					
1 Andrusyshyn, Veronica	Riverside, Oak	13.30	13.35	2	10
2 Stangl, Haley	Underwood	13.90	13.57	2	8
3 Steckler, Madison	Audubon	13.50	13.66	2	6
4 Hull, Tieler	Underwood	13.85	13.77	2	5
5 Weber, Grace	Logan-Magnolia	14.10	13.79	2	4
6 Wederquist, Kimber	Fremont-Mills	15.33	14.84	1	3
7 Laumann, Kandra	East Mills	15.55	15.09	1	2
8 McCready, Lili	Riverside, Oak	14.99	15.24	1	1
9 Fahn, Harlee	Ehk-Exira	15.14	15.26	1	
10 Petersen, Jaelynn	Ehk-Exira	14.40	15.31	2	
11 Lopez, Leslie	Fremont-Mills	15.93	15.84	1	
12 Schmitz, Adisyn	Ahstw	15.91	16.20	1	
13 Wood, Bryanna	Ahstw	16.40	16.48	1	
14 Hernandez, Jackie	Audubon	17.29	16.90	1	

Girls 200 Meter Dash

Name	Year School	Seed	Finals	H#	Points
1 Erickson, Lydia	Riverside, Oak	27.26	27.75	2	10
2 Lund, Olivia	Riverside, Oak	29.01	28.25	2	8
3 Thornburg, Jenna	East Mills	29.06	28.36	2	6
4 Irwin, Maddie	Underwood		29.17	1	5
5 Wahling, Lorelei	Ahstw	29.55	29.66	2	4
6 Petersen, Jaelynn	Ehk-Exira	29.81	30.08	2	3
7 Woods, McKenna	Fremont-Mills	32.09	31.92	2	2
8 Mahaney, Olivia	Fremont-Mills	32.34	31.98	2	1
9 Fiedler, Sophia	Underwood	33.02	32.04	1	
10 Goy, Addy	East Mills	33.00	32.30	1	
11 Goodwin, Gemini	Ehk-Exira	31.01	32.36	2	
12 Wood, Bryanna	Ahstw	34.62	34.22	1	
13 Gomez, Evelyn	Audubon	39.51	38.50	1	
-- Hernandez, Jackie	Audubon	37.67	DQ	1	

Girls 400 Meter Dash

Name	Year School	Seed	Finals	H#	Points
1 Ferguson, Kinsley	Underwood	1:08.00	1:04.47	2	10
2 Wilson, Hannah	Fremont-Mills	1:04.00	1:05.87	2	8
3 Lund, Olivia	Riverside, Oak	1:08.00	1:07.22	2	6
4 Petersen, Jaelynn	Ehk-Exira	1:10.08	1:08.96	2	5
5 Knop, Rylie	Ahstw	1:11.83	1:10.49	2	4
6 Goodwin, Gemini	Ehk-Exira	1:13.21	1:11.00	2	3
7 Lopez, Aubrey	Riverside, Oak	1:13.00	1:11.15	2	2
8 Ambrose, Hailey	Underwood	1:10.50	1:15.64	2	1
9 Mulford, Jordan	Audubon		1:15.96	1	
10 Testroet, Alissa	Audubon	1:22.90	1:20.41	1	
11 Wood, Bryanna	Ahstw	1:20.00	1:28.81	1	
12 Korver, Claire	Fremont-Mills	1:48.80	1:48.20	1	

AHSTW - 4/6/2023**AHSTW****Results****Girls 800 Meter Run**

Name	Year School	Seed	Finals	Points
1 Paulsen, Makenna	Ahstw	2:50.56	2:42.41	10
2 Hall, Haedyn	Logan-Magnolia	2:57.00	2:45.48	8
3 Beisswenger, Stefi	Audubon	2:51.71	2:46.35	6
4 Sporrer, Kadence	Audubon	2:47.90	2:46.81	5
5 Crilly, Claire	Underwood	2:55.00	2:57.77	4
6 Brandt, Makenna	Fremont-Mills	3:10.00	3:07.18	3
7 Morrical, Sophia	East Mills	3:03.24	3:07.86	2
8 Moreland, Braxie	Fremont-Mills	3:23.56	3:12.62	1
9 Rice, Laney	Riverside, Oak	3:10.00	3:19.70	
10 Bartz, Gracie	Ehk-Exira	3:27.44	3:29.07	
11 VanderWal, Ruby	Ehk-Exira	3:44.36	3:41.91	

Girls 1500 Meter Run

Name	Year School	Seed	Finals	Points
1 Richardson, Bailey	Riverside, Oak	5:38.72	5:30.70	10
2 Beisswenger, Stefi	Audubon	5:30.27	5:34.45	8
3 Hornbeck, Greytan	Logan-Magnolia	6:10.00	5:46.00	6
4 Irwin, Lilly	Underwood	5:52.74	5:50.41	5
5 Crouse, Aspen	East Mills	6:00.00	5:53.95	4
6 Less, Amaiya	Riverside, Oak	6:00.00	6:00.08	3
7 Rowe, Ava	Logan-Magnolia	6:14.36	6:10.64	2
8 Petersen, Ella	Ehk-Exira	6:24.52	6:17.23	1
9 Forney, Maria	Fremont-Mills	6:41.06	6:47.61	
10 Brandt, Makenna	Fremont-Mills	7:00.43	6:52.78	
11 Bartz, Gracie	Ehk-Exira	7:18.34	6:56.83	

Girls 3000 Meter Run

Name	Year School	Seed	Finals	Points
1 Johnsen, Allysen	Logan-Magnolia	11:51.27	11:40.41	10
2 Richardson, Bailey	Riverside, Oak	13:00.00	11:52.41	8
3 Beisswenger, Stefi	Audubon	12:13.01	11:52.44	6
4 Irwin, Lilly	Underwood	12:51.73	12:39.65	5
5 Cody, Becca	Riverside, Oak	13:40.55	13:12.75	4
6 Killpack, Cora	Logan-Magnolia	14:41.77	14:11.38	3
7 Forney, Maria	Fremont-Mills	15:00.55	15:12.64	2
8 VanderWal, Ruby	Ehk-Exira		17:29.19	1

Girls 100 Meter Hurdles

Name	Year School	Seed	Finals	H#	Points
1 Williams, Emily	East Mills	16.11	15.93	2	10
2 Martin, Hailey	Underwood	16.71	16.62	2	8
3 Steckler, Madison	Audubon	17.68	16.97	2	6
4 Weldon, Izzy	Fremont-Mills	17.18	18.05	2	5
5 Gute, Bella	Fremont-Mills	18.03	18.31	2	4
6 Czarnecki, Abby	Logan-Magnolia	18.40	18.46	2	3
7 Gangwish, Lexi	Underwood	19.00	18.85	1	2
8 Partlow, Graycen	Ahstw	18.13	19.19	2	1

AHSTW - 4/6/2023**AHSTW****Results****....Girls 100 Meter Hurdles**

9	Olmstead-Mitchell, Mack	Riverside, Oak	18.86	19.23	1
10	Pauley, Makenzie	Ahstw	20.62	19.92	1
11	Madsen, Rory	Logan-Magnolia	20.90	20.78	1
12	Brown, Cloe	East Mills	19.50	24.21	1
13	Richardson, Ayla	Riverside, Oak	18.66	32.89	2

Girls 400 Meter Hurdles

Name	Year School	Seed	Finals	H#	Points
1 Wilson, Hannah	Fremont-Mills	1:11.19	1:10.24	2	10
2 Houston, Maclayn	W Harrison	1:14.30	1:11.43	2	8
3 Partlow, Graycen	Ahstw	1:21.12	1:17.67	2	6
4 Richardson, Ayla	Riverside, Oak	1:16.69	1:18.19	2	5
5 Gangwish, Lexi	Underwood	1:19.98	1:19.18	2	4
6 Childers, Emma	Underwood	1:26.23	1:20.76	1	3
7 Mitchell, Saige	Fremont-Mills	1:23.09	1:21.57	1	2
8 Monico, Addyson	Logan-Magnolia	1:20.11	1:22.71	2	1
9 Feigenbutz, Danika	Riverside, Oak	1:25.00	1:23.79	1	
10 Knauss, Kaiya	Logan-Magnolia	1:21.20	1:24.77	2	
11 Testroet, Alissa	Audubon	1:45.01	1:35.64	1	

Girls 4x100 Meter Relay

School	Seed	Finals	Points
1 Riverside, Oak 'A'	53.03	52.07	10
1) Henderson, Elly			
3) Gordon, Emma			
2 Underwood 'A'	52.16	52.29	8
1) Martin, Hailey			
3) Leaders, Mallorie			
3 Fremont-Mills 'A'	55.14	55.05	6
1) Weldon, Izzy			
3) Gute, Reese			
4 Logan-Magnolia 'A'	54.20	55.38	5
1) Weber, Grace			
3) Goldsmith, Ava			
5 East Mills 'A'	57.00	55.83	4
1) Thornburg, Jenna			
3) Goodman, Natalie			
6 Audubon 'A'	58.52	56.01	3
1) Hocker, Addie			
3) Brooks, Michelle			
7 Ahstw 'A'	58.59	56.13	2
1) Dills, Caitlyn			
3) Knop, Rylie			

Girls 4x200 Meter Relay

School	Seed	Finals	Points
1 Riverside, Oak 'A'	1:52.18	1:48.63	10
1) Andrusyshyn, Veronica			
3) Henderson, Elly			
2) Henderson, Carly			
4) Erickson, Lydia			

AHSTW - 4/6/2023**AHSTW****Results****....Girls 4x200 Meter Relay**

2 Underwood 'A'	1:51.48	1:48.87	8
1) Reimer, Jordyn			
3) Stangl, Haley			
3 Fremont-Mills 'A'	1:57.50	1:52.69	6
1) Alley, Lana			
3) Madison, Emily			
4 Logan-Magnolia 'A'	1:58.20	1:58.23	5
1) Goldsmith, Ava			
3) Sloan, Ava			
5 Audubon 'A'	2:00.50	2:06.12	4
1) Sporrer, Kadence			
3) Larsen, Anna			
6 East Mills 'A'	2:03.77	2:06.24	3
1) Goodman, Natalie			
3) Goodman, Mia			
7 Ekh-Exira 'A'		2:13.85	2
1) Fahn, Harlee			
3) Goodwin, Gemini			
2) Leaders, Mallorie			
4) Humphrey, Aliyah			
2) Chambers, Charlie			
4) Ewalt, Teagan			
2) Perkins, Emma			
4) Weber, Grace			
2) Larsen, Kerrigan			
4) Brooks, Michelle			
2) Brodigan, Ryleigh			
4) Boban, Audrey			
2) Petersen, Ella			
4) Bartz, Gracie			

Girls 4x400 Meter Relay

School	Seed	Finals	Points
1 Underwood 'A'	4:30.71	4:16.61	10
1) Ferguson, Kinsley			
3) Irwin, Maddie			
2 Riverside, Oak 'A'	4:25.50	4:22.97	8
1) Henderson, Elly			
3) Martens, Adaline			
3 Fremont-Mills 'A'	4:30.81	4:29.03	6
1) Switzer, Ellie			
3) Thornton, Ella			
4 Ahstw 'A'	4:44.35	4:31.67	5
1) Buck, Brooklyn			
3) Goshorn, Delaney			
5 East Mills 'A'	5:05.00	5:09.68	4
1) Laumann, Kandra			
3) Stearns, Mackenzie			
6 Audubon 'A'	4:40.00	5:13.44	3
1) Gust, Payton			
3) Larsen, Kerrigan			
2) Schechinger, Veronica			
4) Less, Amaliya			
2) Switzer, Ellie			
4) Ewalt, Teagan			
2) Goshorn, Delaney			
4) Paulsen, Makenna			

Girls 4x800 Meter Relay

School	Seed	Finals	Points
1 Riverside, Oak 'A'	10:31.64	10:31.97	10
1) Henderson, Carly			
3) Martens, Adaline			
2 Fremont-Mills 'A'	10:44.58	10:40.30	8
1) Wilson, Hannah			
3) Thornton, Ella			
3 Ahstw 'A'	11:19.28	11:10.68	6
1) Paulsen, Ava			
3) Knop, Rylie			

AHSTW - 4/6/2023**AHSTW****Results****....Girls 4x800 Meter Relay**

4 Logan-Magnolia 'A'	11:23.72	11:35.95	5
1) Knauss, Kaiya	2) Hall, Haedyn		
3) Bertelsen, Maci	4) Rowe, Ava		
5 East Mills 'A'	12:30.00	12:19.86	4
1) Crouse, Aspen	2) Morrical, Sophia		
3) Brodigan, Ryleigh	4) Boban, Audrey		
6 Audubon 'A'	13:51.22	13:33.14	3
1) Gust, Payton	2) Larsen, Kerrigan		
3) Foran, Emily	4) Larsen, Anna		

Girls 800 Sprint Medley

School	Seed	Finals	Points
1 Riverside, Oak 'A'	1:55.21	1:54.49	10
1) Henderson, Elly	2) Gordon, Emma		
3) Andrusyshyn, Veronica	4) Erickson, Lydia		
2 Fremont-Mills 'A'	1:58.80	1:57.83	8
1) Weldon, Izzy	2) Madison, Emily		
3) Alley, Lana	4) Ewalt, Teagan		
3 East Mills 'A'	1:59.50	2:00.47	6
1) Thornburg, Jenna	2) Goodman, Natalie		
3) Laumann, Kandra	4) Williams, Emily		
4 Audubon 'A'	1:58.98	2:01.46	5
1) Hocker, Addie	2) Brooks, Michelle		
3) Steckler, Madison	4) Sporrer, Kadence		
5 Ahstw 'A'	2:10.20	2:06.22	4
1) Dills, Caitlyn	2) Partlow, Graycen		
3) Wahling, Lorelei	4) Buck, Brooklyn		
6 Logan-Magnolia 'A'	2:07.81	2:09.31	3
1) Sloan, Ava	2) Madsen, Rory		
3) Perkins, Emma	4) Sieck, Bridgette		
7 Underwood 'A'	1:58.00	2:12.18	2
1) Fletcher, Ali	2) Childers, Emma		
3) Fiedler, Sophia	4) Ambrose, Hailey		
8 Ehk-Exira 'A'	2:19.22	2:17.71	1
1) VanderWal, Ruby	2) Bartz, Gracie		
3) Goodwin, Gemini	4) Petersen, Ella		

Girls Distance Medley

School	Seed	Finals	Points
1 Ahstw 'A'	4:52.40	4:47.87	10
1) Dills, Caitlyn	2) Wahling, Lorelei		
3) Goshorn, Delaney	4) Paulsen, Ava		
2 Riverside, Oak 'A'	4:47.13	4:49.21	8
1) Gordon, Emma	2) Richardson, Ayla		
3) Martens, Adaline	4) Schechinger, Veronica		
3 Logan-Magnolia 'A'	4:41.70	4:52.94	6
1) Goldsmith, Ava	2) Madsen, Rory		
3) Sieck, Bridgette	4) Hornbeck, Greytan		
4 Audubon 'A'	4:41.16	4:55.42	5
1) Hocker, Addie	2) Brooks, Michelle		
3) Beisswenger, Stefi	4) Sporrer, Kadence		

AHSTW - 4/6/2023**AHSTW****Results****....Girls Distance Medley**

5 Fremont-Mills 'A'	4:36.69	5:00.72	4
1) Gute, Bella	2) Gute, Reese		
3) Switzer, Ellie	4) Thornton, Ella		
6 Underwood 'A'	5:04.66	5:02.54	3
1) Fiedler, Sophia	2) Fletcher, Ali		
3) Crilly, Claire	4) Myers, Vivian		
-- East Mills 'A'	5:30.00	DNF	
1) Goy, Addy	2) Sayers, Venna		
3) Brown, Cloe	4) Stearns, Mackenzie		

Girls 4x100 Meter Shuttle Hurdle

School	Seed	Finals	Points
1 Underwood 'A'	1:14.00	1:13.27	10
1) Leaders, Mallorie	2) Childers, Emma		
3) Irwin, Maddie	4) Martin, Hailey		
2 Logan-Magnolia 'A'	1:15.53	1:15.62	8
1) Monico, Addyson	2) Hiatt, Abby		
3) Sloan, Ava	4) Czarnecki, Abby		
3 Riverside, Oak 'A'	1:15.54	1:19.41	6
1) Richardson, Ayla	2) Olmstead-Mitchell, Mack		
3) Wilson, Ana	4) Feigenbutz, Danika		
-- Fremont-Mills 'A'	1:10.46	DQ	
1) Weldon, Izzy	2) Wilson, Hannah		
3) Gute, Bella	4) Madison, Emily		

Girls High Jump

Name	Year School	Seed	Finals	Points
1 Madison, Emily	Fremont-Mills	5-01.00	J4-11.00	10
2 Lund, Olivia	Riverside, Oak	4-10.00	J4-10.00	8
3 Houston, Maclayn	W Harrison	4-08.00	J4-08.00	6
4 Chambers, Carlie	Fremont-Mills	4-10.00	J4-08.00	5
5 Petersen, Jaelynn	Ehk-Exira	4-08.00	J4-06.00	4
6 Brown, Cloe	East Mills	4-08.00	J4-06.00	3

Girls Long Jump

Name	Year School	Seed	Finals	Points
1 Reimer, Jordyn	Underwood	16-06.00	16-04.00	10
2 Alley, Lana	Fremont-Mills	16-00.75	14-10.00	8
3 Goldsmith, Ava	Logan-Magnolia	14-06.00	14-05.00	6
4 Chambers, Carlie	Fremont-Mills	14-10.50	14-03.50	5
5 Martens, Adaline	Riverside, Oak	13-11.75	13-08.00	4
6 Fletcher, Ali	Underwood	14-03.00	13-02.00	3
7 Schechinger, Veronica	Riverside, Oak	11-10.00	13-00.00	2
8 Czarnecki, Abby	Logan-Magnolia	13-11.50	12-08.50	1
9 Mulford, Jordan	Audubon		12-07.50	
10 Sayers, Venna	East Mills		11-05.00	
11 Foran, Emily	Audubon	11-09.50	11-04.00	

AHSTW - 4/6/2023**AHSTW
Results****Girls Shot Put**

Name	Year School	Seed	Finals	Points
1 Mitchell, Macy	Fremont-Mills	32-09.50	32-08.00	10
2 Bowman, Nancy	Logan-Magnolia	31-05.75	29-06.00	8
3 Fahn, Harlee	Ehk-Exira	29-02.00	28-07.00	6
4 Kelley, Madison	Riverside, Oak	34-03.00	28-06.00	5
5 Taylor, Sophia	Riverside, Oak	30-05.00	27-09.00	4
6 Nielson, Hannah	Ahstw	29-00.75	26-09.00	3
7 Obermeier, Alexis	Audubon	26-07.50	26-03.00	2
8 Parker, Charlotte	Ahstw	24-09.00	25-06.00	1
9 Lorenzen, Miranda	Underwood	25-04.00	24-08.00	
10 Evans, Rylee	W Harrison	27-08.00	23-09.00	
11 Kasperbauer, Maddie	Audubon	20-11.00	20-10.00	
12 Lewis, Erin	W Harrison	19-10.00	18-09.00	

Girls Discus Throw

Name	Year School	Seed	Finals	Points
1 Kelley, Madison	Riverside, Oak	104-11	99-07	10
2 Bowman, Nancy	Logan-Magnolia	92-02	88-01	8
3 Mitchell, Macy	Fremont-Mills	89-04.50	87-07	6
4 Obermeier, Alexis	Audubon	80-09	87-02	5
5 Hocker, Addie	Audubon	73-05	85-02	4
6 Taylor, Sophia	Riverside, Oak	94-10	80-11	3
7 Fahn, Harlee	Ehk-Exira	64-10	76-06	2
8 Evans, Rylee	W Harrison	64-10	69-09	1
9 Mohn, Becca	Ahstw	73-10	69-02	
10 Nielson, Hannah	Ahstw	66-01	68-10	
11 Crom, Lily	Fremont-Mills		63-11	
12 Lorenzen, Miranda	Underwood	66-08	58-10	
13 Westerfield, Kalen	Underwood	71-04	57-05	
14 Lewis, Erin	W Harrison	54-10	50-00	

Women - Team Rankings - 19 Events Scored

1) Riverside, Oak	165	2) Fremont-Mills	123
3) Underwood	114	4) Logan-Magnolia	92
5) Audubon	71	6) AHSTW	56
7) East Mills	48	8) EHK-Exira	28
9) W Harrison	15		

Men - Team Rankings - 19 Events Scored

1) Riverside, Oak	155	2) AHSTW	150
3) Audubon	89	4) Griswold	88
4) Fremont-Mills	88	6) EHK-Exira	84
7) East Mills	71		