

Senior All-Star Track & Field Championships 2021

Girls Gold Standard Qualifiers

**Registration Deadline Wednesday, May 26th*

100m Dash

Gold Standard 12.74

Name	School	Performance	Date	Team
Mytika Mayberry	Ankeny	12.33	4/6	S
Anna Winterrowd	OABCIG	12.49	4/29	N
Emily Wood	Pleasant Valley	12.54	5/6	S
Eden Barrett	Dike-New Hartford	12.51	5/6	N
Miracle Ailes	Keokuk	12.54	5/13	S
Ariana Yaklich	Wahlert Catholic	12.47	5/6	N
Kiersten Fisher	Southeast Valley	12.59H	4/30	N
Kennedy Kramer	West Lyon	12.51H	4/30	N
Sehansa Karunatilaka	Waukee	12.54	4/29	S
Lindsey Sires	Cedar Falls	12.49	5/6	N
Neveah Hildebrandt	Northeast	12.66	4/26	N
Laney Fitzpatrick	Assumption, Davenport	112.61	5/6	S

100m Hurdles

Gold Standard 15.97

Name	School	Performance	Date	Team
Kelly Proesch	North Cedar	14.70	4/29	N
Kynzi Winger	Waukee	14.81	4/10	S
Shelby Romig	Ankeny	15.48	5/4	S
Julia Shonka	Dowling Catholic	15.4	5/4	S
Kiersten Fisher	Southeast Valley	15.00.	5/22	N
Isabella Knutson	Decorah	15.72	5/6	N
Paige Kisley	Osage	15.13	5/6	N
Holly Hoepner	AHSTW	15.72	5/21	S
Lizzie Garber	BCLUW	15.35H	4/29	N
Annie Gahan	Regina Catholic	15.56	5/22	S
Noelani Mattson	Cedar Falls	15.89	4/29	N
Rayna Sickels	Indianola	15.62	5/4	S
Nacari Bryant	Davenport Central	15.51	5/13	S

Karsyn Lamm	Mount Pleasant	15.8	5/13	S
Emma Zoet	Boyden-Hull/Rock Valley	15.74	5/22	N
Jordan Sekafetz	Iowa City High	15.87	5/13	S
Tiffany Woerdehoff	Gehlen Catholic	15.94	5/6	N
Margo Chipps	PCM	15.97	5/21	S
Nacari Bryant	Davenport Central	15.28	5/22	S

200m Dash

Gold Standard 26.39

Name	School	Performance	Date	Team
Sehansa Karunatilaka	Waukee	25.81	4/6	S
Eden Barrett	Dike-New Hartford	25.64	5/6	N
Lineya Wells	Sioux City East	25.67	4/29	N
Kennedy Kramer	West Lyon	25.82H	4/30	N
Emily Wood	Pleasant Valley	25.91	4/30	S
Rachel Fehr	West Bend-Mallard	25.94	5/20	N
Gracie Ehret	Williamsburg	26.15	4/26	S
Harmony Creasy	Pleasant Valley	26.18	4/30	S
Laney Fitzpatrick	Assumption	25.9	4/29	S
Anna Winterrowd	OABCIG	26.18	5/3	N
Danielle Socarras	Valley, West Des Moines	26.18H	5/4	S
Paige Kuchel	Kinglsey-Pierson	26.34	5/3	N
Miracle Ailes	Keokuk	25.72	5/13	S
Lindsey Sires	Cedar Falls	25.97	5/20	N
Neveah Hildebrandt	Northeast	26.36	5/20	N
Kelly Proesch	North Cedar	26.15	5/20	N

400m Dash

Gold Standard 1:00.82

Name	School	Performance	Date	Team
Laney Fitzpatrick	Assumption	57.66	5/20	S
Kathryn Vortherms	Ankeny Centennial	59.01	3/27	S
Rachel Fehr	West Bend-Mallard	58.12	5/20	N
Grace Larkins	Southeast Polk	59.8	3/20	S
Olivia Jones	Ames	1:00.36	5/4	N
Kennedy Kramer	West Lyon	56.25	5/20	N

Emily Wood	Pleasant Valley	59.13	4/30	S
Harmony Creasy	Pleasant Valley	59.79	4/30	S
Anna Winterrowd	OABCIG	1:00.82	4/27	N
Alexis Jensen	Dike-New Hartford	59.83	5/6	N
Jadyn Bennett	Dike-New Hartford	1:00.39	5/6	N
Sydney McNeeley	Southeast Polk	1:00.65	5/4	S
Haley Rasmussen	Atlantic	1:00.71	5/20	S

800m Run

Gold Standard 2:23.60

Name	School	Performance	Date	Team
Kathryn Vortherms	Ankeny Centennial	2:14.27	5/22	S
Laney Fitzpatrick	Assumption	2:17.65	4/22	S
Micah Poellet	Linn-Mar	2:22.23	4/8	N
Megan Sterbenz	Dallas Center-Grimes	2:14.80	5/22	S
Lauren Schulze	Valley, West Des Moines	2:15.04	5/22	S
Kiki Connell	Charles City	2:16.78	5/22	N
Emma Hoins	Waverly-Shell Rock	2:18.19	5/22	N
Lili Geelan	Linn-Mar	2:22.69	4/30	N
Emilee Heynen	Western Christian	2:18.38	5/22	N
Peyton Pogge	Tri-Center	2:19.20	5/22	S
Elly Burds	Western Dubuque	2:19.56	5/22	N
Ellie Meyer	Iowa Falls-Alden	2:18.31	5/22	N
Gwen Steffen	Panorama	2:18.51	5/13	S
Liv Freund	Harlan	2:22.56	5/13	S
Mattison Plummer	Southeast Polk	2:19.04	5/13	S
Miranda Muhlstein	Dallas Center-Grimes	2:22.07	5/22	S
Addison Parrott	Danville	2:19.78	5/22	S
Aubrey Bemrich	St. Edmund, Fort Dodge	2:22.20	5/22	N
Mallory McCall	West Monona	2:22.27	5/22	N
Bailey Sievers	Newell-Fonda	2:22.87	5/22	N

1500m Run

Gold Standard 5:03.45

Name	School	Performance	Date	Team
Kiki Connell	Charles City	4:47.09	4/22	N

Micah Poellet	Linn-Mar	4:44.69	4/15	N
Lauren McMahon	Ankeny	4:45.39	4/10	S
Lauren Schulze	Valley, WDM	4:44.99	4/10	S
Emma Hughes	Glenwood	4:53.17	5/22	S
Izzy Gorton	Dubuque Senior	4:57.63	4/13	N
Lillian Schmidt	Dubuque Senior	4:57.45	5/13	N
Margaux Basart	Waukee	4:55.99	5/4	S
Camille Mac	Iowa City Liberty	4:58.44	5/13	S
Sarah Murphy	Linn-Mar	4:52.44	4/15	N
Mattison Plummer	Southeast Polk	4:54.20	4/10	S
Addison Parrott	Danville	4:57.30	4/12	S
Emma Hoins	Waverly-Shell Rock	4:47.69	5/22	N
Peyton Pogge	Tri-Center	4:55.79	4/23	S
Megan Sterbenz	Dallas Center-Grimes	4:56.47	5/13	S
Katie Jensen	Ankeny Centennial	4:55.53	5/4	S
Talia Dosh	Ankeny	5:02.88	4/15	S
Lilly Geelan	Linn-Mar	4:58.71	4/27	N
Brecken Van Baale	Harlan	4:53.73	5/6	S
Ellie Meyer	Iowa Falls-Alden	4:53.60	5/22	N
Alixandra Oliver	Wahlert Catholic	4:54.42	5/22	N
Lauren Klein	Epworth, Western Dubuque	5:02.17	5/22	N

Long Jump

Gold Standard 16-05.25

Name	School	Performance	Date	Team
Kylee Sallee	Hudson	18-06.00	4/13	N
Shelby Romig	Ankeny	18-00.75	5/21	S
Miracle Ailes	Keokuk	17-11.50	5/6	S
Kaliyah Johnson	Dubuque Senior	16-10.25	4/6	N
Harmony Creasy	Pleasant Valley	17-03.75	4/15	S
Kylee Sanders	Louisa-Muscatine	17-00.25	5/22	S
Lineya Wells	Sioux City East	17-11.50	4/29	N
Haley Rasmussen	Atlantic	16-11.50	4/22	N
Ava Andrews	Prairie, Cedar Rapids	17-00.50	4/27	N
Kiersten Fisher	Southeast Valley	18-01.50	5/13	N

Mytika Mayberry	Ankeny	17-01.00	5/13	S
Layanna Green	Waukee	16-05.75	4/29	S
Madison Ahrens	North Scott	17-00.00	5/21	S
Ashley Hall	Harlan	16-07.00	5/4	S
Jordan Su	Ankeny Centennial	16-10.50	5/21	S
Belen Ellenberger	Gladbrook-Reinbeck	16-07.50	5/13	N
Emma Lewis	South Hamilton	16-06.50	5/13	N
Brianna Osterson	Greene County	16-06.00	5/13	N
Morgan Machovec	Central DeWitt	17-02.00	5/13	N
Shelby Wilfong	Council Bluffs Abe Lincoln	16-11.75	5/13	S
Molly Joyce	Bishop Garrigan	17-05.00	5/20	N

High Jump

Gold Standard 5-01.50

Name	School	Performance	Date	Team
Miracle Ailes	Keokuk	5-08.00	3/20	S
Reagan Dahlquist	Waverly-Shell Rock	5-05.75	4/22	N
Jacie Vander Waal	Sioux Center	5-06.00	5/6	N
Kiersten Fisher	Southeast Valley	5-05.00	5/21	N
Kylee Sallee	Hudson	5-03.00	3/29	N
Layanna Green	Waukee	5-08.00	5/4	S
Alia Vanderhoef	Iowa City High	5-02.00	4/3	S
Anne Guest	Ottumwa	5-04.00	5/13	S
Kayla Griffith	Vinton-Shellsburg	5-02.00	4/22	N
Peyton Seberg	Assumption, Davenport	5-03.00	5/13	S
Emily Wingert	Boone	5-02.00	4/27	N
Ebbi Webb	Des Moines East	5-03.00	4/22	S
Alexa Ahrenholtz	IKM-Manning	5-02.00	5/13	S
Inga Dovre	Williamsburg	5-03.00	5/13	S
Ivy Dearstone	Wahlert Catholic	5-03.00	5/13	N
Mary Yanga	Storm Lake	5-02.00	5/20	N
Avery Nelson	Bishop Heelan Catholic	5-02.00	5/20	N

Shot Put

Gold Standard 40-0.25

Name	School	Performance	Date	Team
Kendal Clark	Humboldt	44-03.50	4/29	N
Zoe Rus	Underwood	41-11.50	4/9	S
Molly Venteicher	CAM	41-03.50	4/5	S
Kelsey Fields	Creston	43-11.50	4/12	S
Annika Headington	Waukon	42-06.00	5/22	N
Anna Wohlers	Assumption, Davenport	40-00.75	4/17	S
Riley Vice	Pleasant Valley	40-06.75	5/22	S
Danielle Hoyle	Paton-Churdan	40-03.25	5/13	N
Lauren Pope	Williamsburg	41-01.75	5/13	S
Lexi Wood	Manson-NWW	40-05.00	5/10	N

Discus

Gold Standard 126-04

Name	School	Performance	Date	Team
Sophia Dykstra	Oskaloosa	157-05	4/29	S
Phoebe Burt	Iowa City West	135-11	5/13	S
Kendal Clark	Humboldt	146-00	4/29	N
Riley Vice	Pleasant Valley	134-06	4/26	S
Anna Wohlers	Assumption, Davenport	133-05	5/13	S
Shayla Oster	Bellevue	127-07	5/13	N
Carly Stevenson	Charles City	126-11	4/23	N
Allison Van Gorp	Pella Christian	134-08	4/29	S
Kelsey Fields	Creston	136-08	5/6	S
Abby Boehm	North Fayette Valley	135-08	5/6	N
Abigayle Angell	Central Springs	133-10	5/21	N
Ava Conrad	Solon	129-09	5/6	N
Emily Ball	Dowling Catholic	127-09	5/4	S
Danielle Hoyle	Paton-Churdan	133-07	5/13	N