



2024 Track & Field Girls All-State Teams

(Only member schools are eligible for IATC All-State recognition)

100 METER DASH

Class 1A

Jaidyn Sellers	Panorama	12.41
Aleksys Gannon	Murray	12.50

Class 2A

Rachel Kacmarynski	Pella Christian	12.61
Eden Moore	Van Meter	12.75

Class 3A

Tierney Huss	MOC-FV	12.25
Jessica Kyne	Des Moines, Hoover	12.47

Class 4A

Eliana Harris	Sioux City, East	12.25
Kanijah Angel	Clinton	12.36

Elite All-State

Tierney Huss	MOC-FV	12.25
Eliana Harris	Sioux City, East	12.25
Kanijah Angel	Clinton	12.36
Jaidyn Sellers	Panorama	12.41

200 METER DASH

Class 1A

Jaidyn Sellers	Panorama	25.09
Aleksys Gannon	Murray	25.32

Class 2A

Meredith Van Wyk	Pella Christian	25.24
Eden Moore	Van Meter	25.53

Class 3A

Tierney Huss	MOC-FV	25.27
Rylee Steffen	Dubuque Wahlert	25.43

Class 4A

Giada Grimes	Johnston	25.08
Ashley Hansen	Pleasant Valley	25.28

Elite All-State

Giada Grimes	Johnston	25.08
Jaidyn Sellers	Panorama	25.09
Meredith Van Wyk	Pella Christian	25.24
Tierney Huss	MOC-FV	25.27

400 METER DASH**Class 1A**

Jaidyn Sellers	Panorama	55.44 *State Record
Kadence Huck	Nashua-Plainfield	55.78

Class 2A

Bailey Vos	Pella Christian	57.08
Jaselyne Anderson	Estherville Lincoln Central	57.84

Class 3A

Reese Brownlee	Clear Lake	55.56
Rylee Steffen	Dubuque Wahlert	56.52

Class 4A

Anjelena Carder	Waukee	55.52
Addison Swartzendruber	Cedar Rapids, Kennedy	56.53

Elite All-State

Jaidyn Sellers	Panorama	55.44
Anjelena Carder	Waukee	55.52
Reese Brownlee	Clear Lake	55.56
Kadence Huck	Nashua-Plainfield	55.78

800 METER RUN**Class 1A**

Kadence Huck	Nashua-Plainfield	2:13.98
Lil Denton	St. Albert, Council Bluffs	2:15.27

Class 2A

Noelle Steines	Tipton	2:14.21
Clare Wright	Jesup	2:16.46

Class 3A

Marie Dea	Carroll	2:13.09
Audrina Jones	Sioux Center	2:15.27

Class 4A

Keelee Leitzen	Dubuque Hempstead	2:09.15
Ani Wedemeyer	Pleasant Valley	2:09.56

Elite All-State

Keelee Leitzen	Dubuque Hempstead	2:09.15
Ani Wedemeyer	Pleasant Valley	2:09.56
Grace Boleyn	Pleasant Valley	2:11.42
Marie Dea	Carroll	2:13.09

1500 METER RUN**Class 1A**

Kadence Huck	Nashua-Plainfield	4:42.13
Lili Denton	St. Albert, Council Bluffs	4:46.23

Class 2A

Noelle Steines	Tipton	4:38.46
Hillary Trainor	Sumner-Fredericksburg	4:43.74

Class 3A

Marissa Ferebee	Pella	4:31.48
Isabelle Hardin	Maquoketa	4:48.14

Class 4A

Addison Dorenkamp	Valley, West Des Moines	4:25.32 *State/All-Time Record
Julia Gehl	Dubuque Hempstead	4:36.81

Elite All-State

Addison Dorenkamp	Valley, West Des Moines	4:25.32
Marissa Ferebee	Pella	4:31.48
Julia Gehl	Dubuque Hempstead	4:36.81
Keelee Leitzen	Dubuque Hempstead	4:37.04

3000 METER RUN

Class 1A

Lili Denton	St. Albert, Council Bluffs	10:18.60
Meghan Wheatley	North Linn	10:27.88

Class 2A

Noelle Steines	Tipton	10:08.85
Alyssa Richman	Manson NW Webster	10:20.05

Class 3A

Marissa Ferebee	Pella	9:54.27
Emee Dani	Gilbert	10:11.51

Class 4A

Addison Dorenkamp	Valley, West Des Moines	9:30.64
Julia Gehl	Dubuque Hempstead	10:01.54

Elite All-State

Addison Dorenkamp	Valley, West Des Moines	9:30.64
Marissa Ferebee	Pella	9:54.27
Julia Gehl	Dubuque Hempstead	10:01.54
Olivia Verde	Johnston	10:02.44

100 METER HURDLES

Class 1A

Claire Schroeder	St. Mary's, Remsen	15.31
Lindsey Moore	Northwood-Kensett	15.41

Class 2A

Morgan Karr	PCM, Monroe	15.01
Miranda Neighbor	Alburnett	15.33

Class 3A

Aly Stahle	Solon	15.35
Avery Schmitz	West Delaware	15.44

Class 4A

Emma Havighurst	Valley, West Des Moines	14.54
Annie Smith	Dowling Catholic	14.69

Elite All-State

Emma Havighurst	Valley, West Des Moines	14.54
Annie Smith	Dowling Catholic	14.69
Josie McGraw	Indianola	14.77
Jana Maharry	Waukee	14.80

400 METER HURDLES

Class 1A

Carly Henderson	Riverside, Oakland	1:04.58
Bella Gute	Fremont-Mills	1:06.68

Class 2A

Eden Moore	Van Meter	1:03.13
Leah Bolluyt	Spirit Lake	1:04.82

Class 3A

Reese Brownlee	Clear Lake	59.83 *State Record
Jaya Kleemeier	Winterset	1:05.59

Class 4A

Avery Winter	Waukee NW	1:02.11
Jessie Clemons	Pleasant Valley	1:02.17

Elite All-State

Reese Brownlee	Clear Lake	59.83
Avery Winter	Waukee NW	1:02.11
Jessie Clemons	Pleasant Valley	1:02.17
Eden Moore	Van Meter	1:03.13

LONG JUMP

Class 1A

Ella Whitney	Wayne, Corydon	16-07.25
Emma Cooper	Southwest Valley	16-06.50

Class 2A

Kinsey Mohwinkle	Aplington-Parkersburg	18-00.00
Taydem Graden	Ogden	17-06.25

Class 3A

Reese Brownlee	Clear Lake	19-03.50 *State Record
Frankie Huether	North Polk	17-11.50

Class 4A

Abby Mecklenburg	Linn-Mar	18-02.25
Jaida Bell	Johnston	18-00.00

Elite All-State

Reese Brownlee	Clear Lake	19-03.50
Abby Mecklenburg	Linn-Mar	18-02.25
Kinsey Mohwinkle	Aplington-Parkersburg	18-00.00
Jaida Bell	Johnston	18-00.00

HIGH JUMP**Class 1A**

Ema Roberts	HLV, Victor	5-07
Aubree Shields	Mount Ayr	5-05

Class 2A

Rachel Schany	Emmetsburg	5-04
Reese Naeve	Regina, Iowa City	5-04

Class 3A

London Warmuth	ADM, Adel	5-08
Sydney Maue	Mt. Vernon	5-04
Edie Collins	Charles City	5-04

Class 4A

Maia Denge-Hagen	Linn-Mar	5-06
Anna Woods	Ankeny Centennial	5-04

Elite All-State

London Warmuth	ADM, Adel	5-08
Ema Roberts	HLV, Victor	5-07
Maia Denge-Hagen	Linn-Mar	5-06
Aubree Shields	Mount Ayr	5-05

SHOT PUT

Class 1A

Anna Hadley	Pekin	39-02.00
Mariah Myers	St. Edmond, Fort Dodge	39-00.00

Class 2A

Jana Ter Wee	West Lyon, Inwood	42-11.00
Lauren Travis	Spirit Lake	41-07.00

Class 3A

Charlee Morton	Hampton-Dumont-CAL	41-02.00
Jordyn Matiyow	Lewis Central	40-09.50

Class 4A

Kylee Hill	Burlington	45-02.50
Zuri Patterson	Waukee NW	41-10.50

Elite All-State

Kylee Hill	Burlington	45-02.50
Jana Ter Wee	West Lyon, Inwood	42-11.00
Zuri Patterson	Waukee NW	41-10.50
Lauren Travis	Spirit Lake	41-07.00

DISCUS

Class 1A

Lydia Kriegel	Iowa Valley, Marengo	135-03
Anna Hadley	Pekin	132-05

Class 2A

Fran Travis	Spirit Lake	140-05
Hannah Schroeder	N Fayette Valley	136-09

Class 3A

Charlee Morton	Hampton-Dumont-CAL	140-09
Ciara Heffron	Knoxville	139-03

Class 4A

Delilah Subsin	Ottumwa	141-01
Gabriella Ragins	Pleasant Valley	140-02

Elite All-State

Delilah Subsin	Ottumwa	141-01
Charlee Morton	Hampton-Dumont-CAL	140-09
Fran Travis	Spirit Lake	140-05
Gabriella Ragins	Pleasant Valley	140-02

4 x 100 METER RELAY

Class 1A

Lisbon 50.06

Brynn Epperly Ava Czarnecki Addie Clark Addy Happel

Lake Mills 50.35

Brittany Leibeg Regan Eastvold Makenzie Budach Avery Eastvold

Class 2A

Okoboji, Milford 48.97 *State Record

Alivia Avery Riley Meyer Miley Wells Krishauna Allen

Forest City 49.04

Colette Loges Jalyn Hovenga Emma Anderson Chloe Hennigar

Class 3A

Western Dubuque 48.34

Ava Goins Ava Ramler Claire Stuntz Brynn Walters

MOC-FV 48.91

Kaleigh Tooker Maggie McEwen Payton Kleinhesselink Tierney Huss

Class 4A

Waukee NW 47.22*

*State Record & All-Time Best

Aunya Van Zetten KatieStahl Ayrissa Robinson Katie Willits

Johnston 47.77

Karli Wagner Cora Shaw Grace Anderson Giada Grimes

Elite All-State

Waukee NW 47.22

Aunya Van Zetten KatieStahl Ayrissa Robinson Katie Willits

Johnston 47.77

Karli Wagner Cora Shaw Grace Anderson Giada Grimes

Pleasant Valley **47.86**
Kai Rebro Jessie Clemons Sophia Lewis Ashley Hansen
Western Dubuque **48.34**
Ava Goins Ava Ramler Claire Stuntz Brynn Walters

4 x 200 METER RELAY

Class 1A

Lisbon **1:46.93**
Addy Happel Ava Czarnecki Brynn Epperly Addie Clark
West Monona **1:47.66**
Rena Cowgill Ashlee Pittet Carly Stangel Kacy Miller

Class 2A

Pella Christian **1:39.72** *State Record
Rachel Kacmarynski Bailey Vos Amaia Agre Meridith Van Wyk
Roland-Story **1:42.88**
Adalyn Sporleder Kennedy Petersen Lauryn Kilstofte Kamryn Lande

Class 3A

MOC-FV **1:42.06**
Kaleigh Tooker Maggie McEwen Ady Jeltema Tierney Huss
Western Dubuque **1:42.23**
Claire Stuntz Ava Ramler Alley Graber Brynn Walters

Class 4A

Waukee NW **1:39.15** *State Record/All-Time Best
Ayrissa Robinson Keziah Caldwell Aunya Van Zetten Katie Stahl
Sioux City, East **1:42.01**
Alex Flattery Elliana Harris Mia Rice Grace Erick

Elite All-State

Waukee NW **1:39.15**
Ayrissa Robinson Keziah Caldwell Aunya Van Zetten Katie Stahl
Pella Christian **1:39.72**
Rachel Kacmarynski Bailey Vos Amaia Agre Meridith Van Wyk
Sioux City, East **1:42.01**
Alex Flattery Elliana Harris Mia Rice Grace Erick

MOC-FV 1:42.06

Kaleigh Tooker Maggie McEwen Ady Jeltema Tierney Huss

4 x 400 METER RELAY

Class 1A

Riverside, Oakland 4:02.69

Veronica Schechinger Elly Henderson Lydia Erickson Carly Henderson

St. Ansgar 4:03.95

Lila Powers Amelia Porisch Kinsey Anderson Natalie Bork

Class 2A

Pella Christian 3:56.61

Rachel Kacmarynski Meredith Van Wyk Maisy Meinders Bailey Vos

Eddyville-Blakesburg-Fremont 3:58.75

Abby Jager Caroline Van Utrecht Kate Shafer Molly Shafer

Class 3A

Dubuque Wahlert 3:54.85

Anna Roling Olivia Donovan Kylie Sieverding Rylee Steffen

Sioux Center 3:56.65

Avery Bitker Taylor Holverson Kolby Oldenkamp Audrina Jones

Class 4A

Pleasant Valley 3:48.47 *State Record

Jessie Clemons Ani Wedemeyer Aerielle Johnson Grace Boleyn

Waukee NW 3:49.05

Avery Winter Mijara Robinson Keziah Caldwell Sadie Maas

Elite All-State

Pleasant Valley 3:48.47

Jessie Clemons Ani Wedemeyer Aerielle Johnson Grace Boleyn

Waukee NW 3:49.05

Avery Winter Mijara Robinson Keziah Caldwell Sadie Maas

Waukee 3:51.96

Lydia Bennett Jana Maharry Emme Baugh VanZee Anjelena Carder

Dubuque Wahlert 3:54.85

Anna Roling Olivia Donovan Kylie Sieverding Rylee Steffen

4 x 800 METER RELAY

Class 1A

St. Ansgar 9:45.06

Amelia Porisch Lila Powers Natalie Bork Kinsey Anderson

AGWSR 9:47.46

Catelynn Koop Tori Metzgar Piper Smith Karis Lippert

Class 2A

Van Meter 9:30.22

Brooklyn Fryar Laura Streck Lizzy McCann Emma McCoy

Unity Christian, Orange City 9:34.88

Emily Noteboom Olivia Hoogland Jaelye Woudstra Addison Liston

Class 3A

Gilbert 9:19.36

Clare Stahr Sophia Bleich Keira Andersen Sarah Feddersen

Sioux Center 9:23.98

Audrina Jones Mya Romero Maci Schmalbeck Kolby Oldenkamp

Class 4A

Pleasant Valley 8:59.53 *State Record/All-Time Best

Ani Wedemeyer Aerielle Johnson Kaylee Mowen Grace Boleyn

Johnston 9:15.09

Oliivia Fehn Alyx Woodley Krissy Spear Olivia Verde

Elite All-State

Pleasant Valley 8:59.53

Ani Wedemeyer Aerielle Johnson Kaylee Mowen Grace Boleyn

Johnston 9:15.09

Oliivia Fehn Alyx Woodley Krissy Spear Olivia Verde

Ankeny 9:16.24

Makenna Madetzke Lauren Jackson Sophia Graber Alli Macke

Dubuque Hempstead 9:18.21

Julia Gehl Paige Pitz Mylee Lange Keelee Leitzen

800 METER SPRINT MEDLEY RELAY

Class 1A

Danville 1:51.55

Kenna Furnald Violette Sowell Jaeda Molle Alaina Gourley

Maquoketa Valley 1:51.65

Lily Huber Lili Bauers Taryn Burbridge Lanni Beaman

Class 2A

Pella Christian 1:46.05 *State Record

Amaia Agre Rachel Kacmarynski Meredith Van Wyk Bailey Vos

Estherville Lincoln Central 1:49.83

Cara Schiltz Zoey DeRuyter Tatum Dunlavy Jaselyne Anderson

Class 3A

Dubuque Wahlert 1:47.79

Lauren McClimon Karyn Ellis Kylie Sieverding Rylee Steffen

Williamsburg 1:49.29

Makenna Hughes Taylor Sanchez Ailea Wetjen Ava Hocker

Class 4A

Waukee 1:45.38

Gentry Williams Estelle Hinke Jana Maharry Anjelena Carder

Johnston 1:46.10

Karli Wagner Jaida Bell Giada Grimes Olivia Fehn

Elite All-State

Waukee 1:45.38

Gentry Williams Estelle Hinke Jana Maharry Anjelena Carder

Pella Christian 1:46.05

Amaia Agre Rachel Kacmarynski Meredith Van Wyk Bailey Vos

Johnston 1:46.10

Karli Wagner Jaida Bell Giada Grimes Olivia Fehn

Pleasant Valley 1:46.44

Kai Rebro Sophia Lewis Ashley Hansen Jessie Clemons

1600 METER MEDLEY RELAY

Class 1A

Nashua-Plainfield 4:09.07

Jordyn Frost Jalissa White Ellie Eick Kadence Huck

St. Albert, Council Bluffs 4:11.58

Ellie Monahan Sophia Denton Alexa Lenz Lili Denton

Class 2A

Tipton 4:06.37 *State Record

Addie Nerem Alivia Edens Ella Hein Noelle Steines

Chariton 4:08.27

Abigale Chapman Sydney Cain Payton Snook Ava Krutsinger

Class 3A

Gilbert 4:06.13

Taylor Banning Keaton Hanson Sarah Feddersen Emee Dani

Sioux Center 4:07.52

Avery Bitker Taylor Holverson Kolby Oldenkamp Audrina Jones

Class 4A

Dubuque Hempstead 4:00.21

Akeelah Anderson Mallory Tomkins Ayla Osterkamp Keelee Leitzen

Pleasant Valley 4:01.79

Kai Rebro Sophia Lewis Ashley Hansen Grace Boleyn

Elite All-State

Dubuque Hempstead 4:00.21

Akeelah Anderson Mallory Tomkins Ayla Osterkamp Keelee Leitzen

Pleasant Valley 4:01.79

Kai Rebro Sophia Lewis Ashley Hansen Grace Boleyn

Johnston 4:03.51

Karli Wagner Giada Grimes Olivia Fehn Olivia Verde

Waukee 4:04.94

Lena Bruening Gentry Williams Lydia Bennett Emme Baugh VanZee

SHUTTLE HURDLE RELAY

Class 1A

Northwood-Kensett **1:04.89** *State Record
Macy Thorson Emma Hengesteg Morgan Wallin Lindsey Moore
Fremont-Mills **1:06.23**
Bella Gute Izzy Weldon Lana Alley Emily Madison

Class 2A

Aplington-Parkersburg **1:05.39**
Kinsey Mohwinkle Adri Allan Olyvia Bellows Ava Eddy
Ridge View **1:06.23**
Tatum Shepherd Faith Freese Gabi Mason Rowan Jensen

Class 3A

ADM, Adel **1:04.20**
Haley Nelson Isabella Smyth Elise Coghlan Josi Dufoe
North Polk **1:05.99**
Layla Arp Ali Weiser Reese Wagner Frankie Huether

Class 4A

Dowling Catholic **1:01.57**
Annie Smith Franny Brooks Alex Gaskell Ruby Leman
Waukee NW **1:02.30**
Alayna Schulte Kamryn Vogt Aunya Van Zetten Katie Willits

Elite All-State

Dowling Catholic **1:01.57**
Annie Smith Franny Brooks Alex Gaskell Ruby Leman
Waukee NW **1:02.30**
Alayna Schulte Kamryn Vogt Aunya Van Zetten Katie Willits
Waukee **1:03.49**
Natalie Sitzmann Sophia Taylor Lena Bruening Jana Maharry
ADM, Adel **1:04.20**
Haley Nelson Isabella Smyth Elise Coghlan Josi Dufoe

2024 IATC All-State T & F Para Events

SHOT PUT - Wheelchair

Ally Darter	Dubuque Hempstead	14-01.00
Isabella Buesing	Durant	11-07.00

100 METERS - Wheelchair

Payton Mass	West Liberty	27.36
Zoey Hyde	Central, Elkader	29.43

100 METERS - Ambulatory

Hannah Longmire	Iowa City, West	15.83
TayVeona Thomas-Everett	Davenport, Central	43.35

200 METERS - Wheelchair

Ally Darter	Dubuque Hempstead	48.81
Payton Mass	West Liberty	56.52

200 METERS - Ambulatory

Hannah Longmire	Iowa City, West	32.67
TayVeona Thomas-Everett	Davenport, Central	1:57.21

400 METERS - Wheelchair

Ally Darter	Dubuque Hempstead	1:26.36
Payton Mass	West Liberty	1:46.01

400 METERS - Ambulatory

Hannah Longmire	Iowa City, West	1:17.01
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800 METERS - Wheelchair

Ally Darter	Dubuque Hempstead	2:55.22 *State/All-Time Record
Payton Mass	West Liberty	3:42.50

800 METERS - Ambulatory

Hannah Longmire	Iowa City, West	2:49.37
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