

**WaMaC Conference West Division
3/21/2015
Cornell College - Mount Vernon, IA**

Women's High Jump

WaMaC Indoor Record: Megan Nieman/Ashton Stelken/MacKenzie Bigbee West Delaware/West Delaware/Williamsburg 5' 4"

PL	Athlete	Yr.	Team	Final
1	Hulsebus, Shelby	FR	Benton- VH	4' 11"
2	Kinseth, Megann	FR	Independence	4' 10"
3	Courneya, Caley	SO	Williamsburg	4' 10"
4	Zweigart, Makayla	SR	Benton- VH	4' 6"
4	Bacon, Madeline	JR	South Tama	4' 6"
6	Blazek, Haley	SO	Marion	4' 6"
7	Gorman, Lizzie	FR	Independence	4' 6"
8	Drake, Lori	JR	Clear Creek Amana	4' 6"
9	Cullen, Nicole	FR	Clear Creek Amana	4' 4"
10	Miller, Melissa	SR	Williamsburg	4' 4"
11	Clark, Libby	SO	Benton- VH	4' 4"

Women's Long Jump

WaMaC Indoor Record: Jen Timmerman Vinton-Shellsburg 17' 0.50" 1997

PL	Athlete	Yr.	Team	Final
1	Griffith, Maci	JR	Vinton-Shellbrg	15' 0.25"
2	Slaven, Shae	SO	South Tama	14' 6"
3	Steggall, Johanna	SR	Marion	14' 5"
4	Bolenga, Karen	SO	Clear Creek Amana	14' 0.25"
5	Jaynes, Karley	SR	Center Point-Urbana	13' 11.50"
6	Slaven, Stephanie	FR	South Tama	13' 11"
7	Rogers, Tamisha	SR	South Tama	13' 4.75"
8	Miller-Baker, skylar	JR	Marion	13' 2.50"
9	Langridge, Madelynn	FR	Clear Creek Amana	12' 8.50"
10	Wise, Rachel	SO	South Tama	12' 2.50"

Women's Shot Put

WaMaC Indoor Record: Rachel Curry Williamsburg 42' 1" 2008

PL	Athlete	Yr.	Team	Final	Flight(FP L)
1	Brown, Mahlia	JR	Marion	37' 9.50"	2(1)
2	Keahna, Tieranny	JR	South Tama	36' 6"	2(2)
3	Steepleton, Alicia	SO	Marion	33' 2"	2(3)
4	Hingst, Rebecca	JR	Center Point-Urbana	32' 9.50"	2(4)
5	Weldon, Amaleah	SO	Williamsburg	32' 6"	2(5)
6	Smith, Breanna	JR	Marion	32' 5.50"	2(6)
7	Willson, Lauren	SO	Center Point-Urbana	31' 11"	2(7)
8	Holtz, Sabrina	SO	South Tama	31' 3.50"	2(8)
9	Still, Val	SO	Williamsburg	30' 0.50"	2(9)
10	Peterson, Hannah	FR	Independence	29' 1.50"	2(10)
11	Merck, McKenna	SO	Marion	28' 6"	1(1)
12	Bosler, Morgan	SO	Benton- VH	27' 7"	1(2)
13	Olsen, Hannah	FR	Marion	25' 11.50"	2(11)
14	Roller, Mariah	SO	Clear Creek Amana	25' 6"	1(3)
15	Cantrell, Erin	SO	Vinton-Shellbrg	24' 8"	1(4)
16	Wnek, Danielle	FR	Clear Creek Amana	24' 4"	1(5)
17	Knight, Madison	SO	Benton- VH	23' 11.50"	1(6)
18	Kaestner, Shelby	FR	Benton- VH	23' 10"	1(7)

19	Tharp, Bree	FR	Vinton-Shellbrg	23' 5"	1(8)
20	Latteyer, Makenzie	JR	Center Point-Urbana	22' 11.50"	2(12)
21	Coonrad, Katelynne	FR	Independence	21' 5"	1(9)
22	Howe, Mackenzy	FR	Benton- VH	19' 2"	1(10)
23	Turner, Rhianna	FR	Vinton-Shellbrg	18' 8.50"	1(11)
24	McLanahan, Olivia	FR	Williamsburg	16' 11"	1(12)

Women's 60m Hurdle

PL	Athlete	Yr.	Team	Final	Section(SPL)	Note
1	Smith, Mia	SR	Clear Creek Amana	9.85	4(1)	
2	Brimeyer, Natalie	SR	Clear Creek Amana	10.02	4(2)	
3	Brase, sydney	SO	Marion	10.41	4(3)	
4	Wise, Julie	SR	South Tama	10.50	3(1)	
5	Nolan, Marissa	JR	Benton- VH	10.53	4(4)	
6	Yuska, Lauren	SO	South Tama	10.56	4(5)	
7	Kinsella, Keely	JR	Center Point-Urbana	10.57	3(2)	
8	Maschino, Laura	FR	Benton- VH	10.59	2(1)	
9	Lukas, Megan	JR	Clear Creek Amana	10.64	2(2)	
10	Houlihan, Savannah	SR	Williamsburg	10.66	3(3)	
11	Rogers, Tamisha	SR	South Tama	10.85	3(4)	
12	Parizek, Natalie	SR	Benton- VH	10.89	3(5)	
13	Vest, Alana	SR	South Tama	10.96	2(3)	
14	Sarah, VanDeWalle	FR	Independence	10.98	2(4)	10.974
15	Langridge, Madelynn	FR	Clear Creek Amana	10.98	1(1)	10.978
16	Yuska, Allison	SO	South Tama	10.99	3(6)	
17	Hennes, Riley	FR	Clear Creek Amana	11.05	1(2)	
18	Masten, Elizabeth	FR	Benton- VH	11.08	4(6)	
19	Christenson, River	JR	Williamsburg	11.32	2(5)	
20	Daubs, Katherine	FR	Center Point-Urbana	11.41	1(3)	
21	Landuyt, Caitlyn	SR	Benton- VH	11.63	2(6)	
22	Lang, Becca	FR	Independence	12.03	1(4)	
23	Main, Courtney	FR	Independence	12.36	1(5)	
24	Cashen, Ashlei	FR	Independence	12.88	1(6)	

Women's 55 Meters

WaMaC Indoor Record: Callan Jacobson Benton Community 7.05 2007

PL	Athlete	Yr.	Team	Final	Section(SPL)	Note
1	Tynismaa, Isabelle	JR	South Tama	7.73	5(1)	
2	Masten, Ellie	FR	Benton- VH	7.89	5(2)	
3	Bolenga, Karen	SO	Clear Creek Amana	7.96	5(3)	
4	Slaven, Shae	SO	South Tama	8.00	5(4)	
5	Simmons, Claire	SR	Williamsburg	8.15	4(1)	
6	Doehrmann, Olivia	SR	Williamsburg	8.21	5(5)	
7	Dedrick, Amanda	JR	Vinton-Shellbrg	8.26	1(1)	8.254
8	Slaven, Stephanie	FR	South Tama	8.26	5(6)	8.256
9	Banning, Katelyn	SO	Center Point-Urbana	8.31	4(2)	
10	Bierschenk, Ally	FR	Benton- VH	8.32	3(1)	
11	Culbertson, Kiley	SR	South Tama	8.39	4(3)	

12	Staker, Hope	FR	Independence	8.43	4(4)	
13	Hicks, Jacqueline	FR	Marion	8.54	1(2)	
14	Landuyt, Caitlyn	SR	Benton- VH	8.70	4(5)	
15	Holley, Karis	FR	Marion	8.72	2(1)	
16	Lubkes, Allie	FR	Marion	8.74	2(2)	
17	Weah, Pauline	JR	Marion	8.78	2(3)	
18	Johnson, Brenna	FR	Marion	8.83	2(4)	
19	Doyle, Allison	FR	Independence	8.86	3(2)	
20	Gorman, Lizzie	FR	Independence	8.87	4(6)	8.868
21	Turner, Rhianna	FR	Vinton-Shellbrg	8.87	1(3)	8.869
22	Cappel, Ashley	FR	Independence	8.88	3(3)	
23	Newman, Jazzmyn	SO	Williamsburg	8.97	3(4)	
24	Neave, Alana	SO	South Tama	9.01	3(5)	
25	McCormick, Madisen	FR	Independence	9.03	3(6)	
26	Heitshusen, Kendall	FR	Center Point-Urbana	9.40	1(4)	
27	Kaestner, Shelby	FR	Benton- VH	9.52	2(5)	
28	Mullnix, Hanna	FR	Williamsburg	9.59	2(6)	
29	Howard, Kierra	JR	Vinton-Shellbrg	11.50	1(5)	

Women's 1500 Meters

WaMaC Indoor Record: Bonnie McKernan Independence 5:02.80 2004

PL	Athlete	Yr.	Team	Final
1	Gilbert, Sophia	FR	Benton- VH	5:22.13
2	Bach, Maddie	JR	Marion	5:22.36
3	Woods, Allison	JR	Center Point-Urbana	5:46.91
4	Conzett, Ellie	JR	Marion	5:59.48
5	Doyle, Mahala	SO	South Tama	6:22.76
6	Clark, Libby	SO	Benton- VH	6:25.31
7	Puentes, Dahiana	SR	South Tama	6:31.74
8	Barnard, Morgan	JR	Benton- VH	6:38.44
9	Thede, Mallory	SO	South Tama	6:47.96
10	Allan, Shayla	FR	Marion	6:59.19
11	Kenney, Cassie	SO	Vinton-Shellbrg	6:59.22
12	Bertelli, Grace	FR	Independence	7:11.67
13	Mishmash, Megan	SR	Benton- VH	7:13.54
14	Beatty, Jessica	SR	Benton- VH	7:29.64

Women's 4 x 200m Relay

WaMaC Indoor Record: West Delaware 1:49.10 2003

PL	Team	Final	Heat(H P)	Athlete 1	Athlete 2	Athlete 3	Athlete 4	
1	Williamsburg	A	1:54.73	2(1)	Simmons	Miller	Doehrman	Dellamuth
2	Benton- VH	A	1:54.85	2(2)	Nolan	Masten	Parizek	Schulte
3	Marion	A	1:55.82	2(3)	Miller-Baker	Coder	Draeger	Steggall
4	Vinton-Shellbrg	A	1:55.91	2(4)	Griffith	Schminke	Kalous	Robertson
5	Center Point-Urbana	A	1:56.26	2(5)	Kinsella	Jaynes	Banning	Daubs
6	Clear Creek Amana	A	1:57.23	2(6)	Langridge	Brimeyer	Hennes	Lukas
7	South Tama	A	1:59.83	1(1)	Slaven	Slaven	Wise	Yuska
8	South Tama	B	2:01.66	1(2)	Peshel	Climer	Rogers	Vest
9	Independence	B	2:08.72	1(3)	Gorman	Cappel	Doyle	McCormick
10	Marion	B	2:09.75	1(4)	Cocheta	Cannoy	Freitag	Johnson
11	Independence	A	2:10.07	1(5)	Staker	Trumblee	Main	Lang

Women's 4 x 800m Relay

WaMaC Indoor Record: Mount Vernon 10:02.60 2009

PL	Team	Final	Athlete 1	Athlete 2	Athlete 3	Athlete 4	
1	Vinton-Shellbrg	A	10:28.45	Gerber	Leonard	Horst	Schmidt
2	Marion	A	10:58.57	Redmond	Brase	Smith	Rice
3	Center Point-Urbana	A	11:06.49	Hasleiet	Easton	Grundmeyer	Hearn
4	South Tama	A	11:07.17	Yuska	Bacon	Vodochodsky	Dunning
5	Benton- VH	A	11:35.13	Armstrong	Jensen	Bonewitz	Ellis
6	Marion	B	12:10.72	Huhndorf	Baxa	Blazek	Vanderlinden
7	Clear Creek Amana	A	12:14.99	Sefzik	Fuller	Drake	Murray
8	South Tama	B	12:30.47	Knock	Thede	Doyle	Puentes

Women's 200 Meters

WaMaC Indoor Record: Callan Jacobson Benton Community 25.38 2008

PL	Athlete	Yr.	Team	Final	Section(S PL)
1	Dellamuth, Brianna	JR	Williamsburg	27.29	5(1)
2	Tynnismaa, Isabelle	JR	South Tama	27.79	5(2)
3	Masten, Elizabeth	FR	Benton- VH	28.89	5(3)
4	Kalous, Hannah	FR	Vinton-Shellbrg	29.51	4(1)
5	Steggall, Johanna	SR	Marion	30.03	5(4)
6	Smith, Mia	SR	Clear Creek Amana	30.34	4(2)
7	Christenson, River	JR	Williamsburg	30.96	3(1)
8	Lubkes, Allie	FR	Marion	31.10	3(2)
9	Dedrick, Amanda	JR	Vinton-Shellbrg	31.16	4(3)
10	Houlihan, Savannah	SR	Williamsburg	31.20	4(4)
11	Bolenga, Karen	SO	Clear Creek Amana	31.23	5(5)
12	Zweigart, Makayla	SR	Benton- VH	31.30	3(3)
13	Culbertson, Kiley	SR	South Tama	31.61	4(5)
14	Maschino, Laura	FR	Benton- VH	31.69	4(6)
15	Cannoy, Camryn	SO	Marion	31.96	5(6)
16	Price, Ashley	SR	Benton- VH	32.06	3(4)
17	Wise, Rachel	SO	South Tama	32.20	2(1)
18	Bierschenk, Ally	FR	Benton- VH	32.22	2(2)
19	Turner, Rhianna	FR	Vinton-Shellbrg	32.68	1(1)
20	Cashen, Alma	FR	Independence	32.72	2(3)
21	Way, Kirsten	JR	Marion	33.25	3(5)
22	Neave, Alana	SO	South Tama	33.47	1(2)
23	Davenport, Carissa	FR	South Tama	33.49	1(3)
24	McLaughlin, Baylee	SO	Williamsburg	33.68	2(4)
25	Newman, Jazzmyn	SO	Williamsburg	33.79	2(5)
26	Heitshusen, Kendall	FR	Center Point-Urbana	34.24	1(4)
27	Freitag, Anna	FR	Marion	34.58	3(6)
28	Cashen, Ashlei	FR	Independence	36.90	1(5)
29	Howard, Kierra	JR	Vinton-Shellbrg	46.83	1(6)

Women's 1600m DMR

WaMaC Indoor Record: Benton Community 4:29.60 2001

PL	Team	Final	Athlete 1	Athlete 2	Athlete 3	Athlete 4	
1	Marion	A	4:49.91	Miller-Baker	Coder	Draeger	Livingston
2	Vinton-Shellbrg	A	4:58.52	Robertson	Gloede	Schmidt	Kenney
3	Center Point-Urbana	A	5:03.21	Jaynes	Banning	Kinsella	Woods
4	Independence	A	5:08.28	Sarah	Dunlap	Kinseth	McEnany
5	South Tama	A	5:12.58	Slaven	Yuska	Bacon	York-Morris

Women's 400 Meters

WaMaC Indoor Record: Angie German West Delaware 59.30 2001

PL	Athlete	Yr.	Team	Final	Section(S PL)
1	Hulsebus, Shelby	FR	Benton- VH	1:01.77	3(1)
2	Tyynismaa, Isabelle	JR	South Tama	1:02.12	3(2)
3	Leonard, Payton	SR	Vinton-Shellbrg	1:03.27	3(3)
4	Miller, Melissa	SR	Williamsburg	1:04.44	3(4)
5	Yuska, Allison	SO	South Tama	1:06.49	2(1)
6	Masten, Elizabeth	FR	Benton- VH	1:06.65	3(5)
7	Masten, Ellie	FR	Benton- VH	1:06.89	3(6)
8	Blazek, Heather	JR	Marion	1:13.47	1(1)
9	Zweigart, Makayla	SR	Benton- VH	1:13.64	2(2)
10	Climer, Minnie	SO	South Tama	1:13.84	2(3)
11	Bonewitz, Makenna	FR	Benton- VH	1:13.92	2(4)
12	Weah, Pauline	JR	Marion	1:14.41	1(2)
13	Hicks, Jacqueline	FR	Marion	1:15.20	1(3)
14	Way, Kirsten	JR	Marion	1:17.83	1(4)
15	Wise, Rachel	SO	South Tama	1:20.60	1(5)

9	Clear Creek Amana	B	5:04.48	1(3)	Sefzik	Drake	Fuller	Cullen
10	South Tama	B	5:05.11	1(4)	Climer	Wise	Peshel	Yuska
11	Marion	B	5:07.76	1(5)	Redmond	Smith	Baxa	Cocheta
12	Independence	B	5:13.35	1(6)	Staker	Trumblee	Sarah	Main

Women's 800 Meters

WaMaC Indoor Record: Alex Wilson Mount Vernon 2:22.47 2010

PL	Athlete	Yr.	Team	Final	Section(S PL)
1	Gerber, Bristi	JR	Vinton-Shellbrg	2:33.59	2(1)
2	Bach, Maddie	JR	Marion	2:35.12	2(2)
3	Horst, Lily	JR	Vinton-Shellbrg	2:37.11	2(3)
4	Huhndorf, Kelsi	SO	Marion	2:44.57	2(4)
5	Conzett, Ellie	JR	Marion	2:50.83	2(5)
6	Vanderlinden, Hannah	JR	Marion	2:55.11	2(6)
7	Jensen, Allison	SO	Benton- VH	2:55.12	2(7)
8	Thede, Mallory	SO	South Tama	2:57.78	1(1)
9	Price, Ashley	SR	Benton- VH	2:59.93	1(2)
10	Cashen, Alma	FR	Independence	3:00.54	1(3)
11	York-Morris, Kelsie	FR	South Tama	3:00.85	2(8)
12	Ellis, Alyssa	FR	Benton- VH	3:02.49	1(4)
13	Doyle, Mahala	SO	South Tama	3:06.35	1(5)
14	Clark, Libby	SO	Benton- VH	3:09.40	1(6)
15	Puentes, Dahiana	SR	South Tama	3:10.52	1(7)
16	Barnard, Morgan	JR	Benton- VH	3:14.42	1(8)
17	Allan, Shayla	FR	Marion	3:24.59	1(9)

Women's 4 x 400m Relay

WaMaC Indoor Record: Mount Vernon 4:13.66 2010

PL	Team	Final	Heat(H P)	Athlete 1	Athlete 2	Athlete 3	Athlete 4	
1	Benton- VH	A	4:26.01	2(1)	Nolan	Armstrong	Hulsebus	Schulte
2	Clear Creek Amana	A	4:30.39	2(2)	Brimeyer	Langridge	Hennes	Lukas
3	South Tama	A	4:30.87	2(3)	Tyynismaa	Yuska	Bacon	Dunning
4	Vinton-Shellbrg	A	4:35.47	2(4)	Robertson	Griffith	Gloede	Schminke
5	Marion	A	4:37.56	2(5)	Brase	Draeger	Rice	Livingston
6	Center Point-Urbana	A	4:39.47	2(6)	Hasleiet	Easton	Grundmeyer	Jaynes
7	Center Point-Urbana	B	4:53.11	1(1)	Hearn	Banning	Daubs	Woods
8	Independence	A	5:00.25	1(2)	Kinseth	Dunlap	Crawford	McEnany