

**Female Teams**

Place	Team	Code	Points
1	Solon	SOL	213
2	Vinton-Shellbrg	VINT	93
3	Mount Vernon	mvl	84
4	Marion	MARI	75
5	North Cedar- S	NCED	65
6	Regina	ICR	63
7	Assumption	ASUM	41
8	Beckman- D	BECK	36

**Denny Gruber Co-Ed Relays  
4/21/2015  
Solon, IA**

16	Frank, Lauren	Assumption	26' 10"	1(4)
17	Chan, Mya	Regina	26' 5"	1(5)
18	Owen, Lexi	Solon	26' 0"	1(6)
19	Groscopic, April	Regina	24' 3"	1(7)
20	Olsen, Hannah	Marion	23' 8"	1(8)
21	Tharp, Bree	Vinton-Shellbrg	22' 3"	1(9)
22	Gottschalk, Kaci	North Cedar- S	19' 8"	1(10)
23	Kennedy, Caitlyn	Beckman- D	19' 3"	1(11)

**Girls High Jump (Varsity)**

Denny Gruber Co-Ed: Kelsey Cave Solon 4' 10" 2012

PL	Athlete	Yr.	Team	Final	Pts
1	Hawtrey, Darby		North Cedar- S	4' 10"	10
2	Smith, Jordan		Solon	4' 10"	8
3	Durr, Josie		Solon	4' 10"	6
4	Smith, Caitlyn		Marion	4' 6"	3
4	Crist, Lexi		North Cedar- S	4' 6"	3
6	Felton, Olivia		Solon	4' 4"	
7	Sherman, Taylor		Mount Vernon	4' 2"	1

**Girls Discus (Varsity)**

Denny Gruber Co-Ed: Madison Koch North Cedar 128' 5" 2012

PL	Athlete	Yr.	Team	Final	Pts	Flight(F PL)
1	Gunnells, Shelby		Solon	133' 10"	10	2(1)
2	Gaffey, Ashley		Regina	123' 0"	8	2(2)
3	Misel, Katy		Solon	112' 0"	6	2(3)
4	Teubel, Abbey		Mount Vernon	110' 2"	4	2(4)
5	Rahe, Morgan		Beckman- D	108' 8"	2	2(5)
6	Dicus, Delaney		Mount Vernon	97' 6"	1	2(6)
7	Smith, Breanna		Marion	94' 9"		2(7)
8	Blazek, Haley		Marion	94' 7"		2(8)
9	Pelsang, Rachel		Assumption	91' 11"		2(9)
10	Dedrick, Amanda		Vinton-Shellbrg	89' 5"		2(10)
11	Steepleton, Alicia		Marion	87' 2"		1(1)
12	Chan, Mya		Regina	85' 0"		1(2)
13	Sander, Morgan		North Cedar- S	72' 4"		1(3)
14	Bachman, Hannah		North Cedar- S	71' 9"		1(4)
15	Hinkel, Bryce		Solon	67' 5"		1(5)
16	Crock, Leah		North Cedar- S	66' 7"		1(6)
17	Frank, Lauren		Assumption	62' 4"		1(7)
18	Cantrell, Erin		Vinton-Shellbrg	62' 3"		1(8)
19	Lueck, Hannah		Beckman- D	58' 6"		1(9)
20	Groscopic, April		Regina	52' 5"		1(10)
21	Althoff, Lindsay		Beckman- D	51' 10"		1(11)

**Girls Long Jump (Varsity)**

Denny Gruber Co-Ed: Emily Bransky Solon 17' 8.25" 2012

PL	Athlete	Yr.	Team	Final	Pts
1	Heick, Jess		Solon	15' 2.50"	10
2	Harris, Jasmine		Assumption	15' 2"	8
3	Corkery, Emma		Regina	14' 11.75"	6
4	Duckett, Molly		Solon	14' 10.50"	4
5	Steggall, Johanna		Marion	14' 9.25"	2
6	Durr, Josie		Solon	14' 8.25"	
7	Baker, Haley		Mount Vernon	14' 8"	1

**Girls Shot Put (Varsity)**

Denny Gruber Co-Ed: Shelby Gunnells Solon 40' 2.50" 3/22/2014

PL	Athlete	Yr.	Team	Final	Pts	Flight(F PL)
1	Gunnells, Shelby		Solon	43' 5"	10	2(1)
2	Brown, Mahlia		Marion	39' 0.50"	8	2(2)
3	Hinkel, Bryce		Solon	35' 11"	6	2(3)
4	Misel, Katy		Solon	35' 8"		2(4)
5	Pelsang, Rachel		Assumption	34' 1"	4	2(5)
6	Norton, Ella		Mount Vernon	33' 9"	2	2(6)
7	Steepleton, Alicia		Marion	32' 7"	1	2(7)
8	Smith, Breanna		Marion	31' 9"		2(8)
9	Gaffey, Ashley		Regina	30' 3"		2(9)
10	Dicus, Delaney		Mount Vernon	30' 0.50"		2(10)
11	Sander, Morgan		North Cedar- S	29' 9"		2(11)
12	Crock, Leah		North Cedar- S	29' 3"		1(1)
13	Bachman, Hannah		North Cedar- S	28' 9"		2(12)
14	Lueck, Hannah		Beckman- D	27' 3"		1(2)
15	Cantrell, Erin		Vinton-Shellbrg	27' 2.50"		1(3)

**Girls 3000 Meters (Varsity)**

Denny Gruber Co-Ed: Leah Adams Solon 11:12.09 2012

PL	Athlete	Yr.	Team	Final	Pts
1	Conroy, Lucy		Mount Vernon	11:09.25*	10
2	Horst, Lily		Vinton-Shellbrg	11:30.10	8
3	Haas, Carlyn		Solon	12:32.77	6
4	Kenney, Cassie		Vinton-Shellbrg	12:41.63	4
5	Conzett, Ellie		Marion	12:42.40	2
6	Burlage, Sara		Regina	13:01.67	1
7	McCreary, Andra		Assumption	13:30.34	
8	Kluesener, Haley		Solon	13:35.55	

9	Marzen, Billi	Assumption	13:48.04
10	Flansburg, Jade	Solon	14:21.55

16	Cady, Aubrey	North Cedar- S	14.87	2(6)
17	Ertl, Megan	Beckman- D	15.80	2(7)
18	High, Sarah	North Cedar- S	15.96	1(3)
19	Moore, Destiny	Vinton-Shellbrg	16.01	2(8)
20	Hermesen, Ashley	Beckman- D	16.23	1(4)

### Girls 4 x 800m Relay (Varsity)

Denny Gruber Co-Ed: Davenport Assumption 9:48.94 2012

PL	Team	Final	Pts	Athlete 1	Athlete 2	Athlete 3	Athlete 4
1	North Cedar- S	A 10:38.57	10	Marshall	Fields	Ahrendse n	Proesch
2	Mount Vernon	A 10:39.15	8	Jeppson	Cranston	Anton	Frey
3	Regina	A 10:51.76	6	Kammerer	Loeinger	Shank	Rapp
4	Solon	A 10:53.34	4	Walkner	Nicol	Weetman	Coberly
5	Marion	A 11:05.32	2	Rice	Livingston	Huhndorf	Smith

### Girls 1600m DMR (Varsity)

Denny Gruber Co-Ed: Solon 4:21.13 2012

PL	Team	Final	Pts	Athlete 1	Athlete 2	Athlete 3	Athlete 4
1	Solon	A 4:35.23	10	Bell	Ira	Shafer	Coberly
2	Vinton-Shellbrg	A 4:39.89	8	Kalous	Robertson	Gerber	Schmidt
3	Mount Vernon	A 4:42.65	6	Sherman	Melchert	Meeker	Conroy
4	Marion	A 4:44.12	4	Steggall	Miller-Baker	Draeger	Ertz

### Girls 4 x 800m Relay (JV)

Denny Gruber Co-Ed: Davenport Assumption 9:48.94 2012

PL	Team	Final	Athlete 1	Athlete 2	Athlete 3	Athlete 4
1	Marion	A 11:44.75	Redmond	Ertz	Vanderlinde n	Blazek
2	Solon	A 11:59.77	Metz	Brokaw	Felton	Holubar
3	Regina	A 12:06.53	Milder	Sueppel	Rice	Stimmel
4	North Cedar- S	A 12:23.43	Ahrendsen	Hoeffler	Petersen	Kress

### Girls 400 Meters (Varsity)

Denny Gruber Co-Ed: Jordan Smith Solon 1:01.05 3/22/2014

PL	Athlete	Yr.	Team	Final	Pts	Section (SPL)
1	Smith, Jordan		Solon	1:01.67	10	2(1)
2	Leonard, Payton		Vinton-Shellbrg	1:02.63	8	2(2)
3	Platz, Eva		Solon	1:07.18	6	2(3)
4	Bellamy, Katy		Mount Vernon	1:07.99	4	2(4)
5	Binsfield, Nicole		Mount Vernon	1:11.75	2	2(5)
6	Wolfe, Olivia		Regina	1:13.78	1	2(6)
7	Cocheta, Olivia		Marion	1:13.83		2(7)
8	Meyer, Faye		Beckman- D	1:14.81		1(1)
9	Lyon, Lakaya		North Cedar- S	1:16.00		1(2)
10	Hansen, Laura		North Cedar- S	1:20.02		1(3)

### 400M Shuttle Hurdle Relay (Varsity)

Denny Gruber Co-Ed: Solon 1:08.55 2012

PL	Team	Final	Pts	Heat(HP)	Athlete 1	Athlete 2	Athlete 3	Athlete 4	Note
1	Mount Vernon	A 1:11.22	10	2(1)					1:11.20
2	Marion	A 1:16.34	8	1(1)	Serbous ek	Cannoy	Kolarik	Brase	1:16.340
3	North Cedar- S	A 1:16.35	6	2(2)					
4	Beckman- D	A 1:19.79	4	1(2)					
	Solon	A DQ		2	Duckett	Sands	Folkerts	Moss	

### Girls 4 x 200m Relay (JV)

Denny Gruber Co-Ed: Solon 1:48.32 2012

PL	Team	Final	Athlete 1	Athlete 2	Athlete 3	Athlete 4
1	Solon	A 1:59.99	Duckett	Winders	Reicks	Denny
2	Regina	A 2:01.45	Ingalls	Mitchell	Klesner	Chambliss
3	Marion	A 2:04.85	Lupkes	Johnson	Livingston	Cannoy
4	North Cedar- S	A 2:05.58	Rohloff	Hawtrey	Gutwiler	Ruchotzke
5	Vinton-Shellbrg	A 2:08.16	Turner	Gloede	Moore	Dedrick

### Girls 100 Meters (Varsity)

Denny Gruber Co-Ed: Emily Toennies Belle Plaine 12.70 2012

PL	Athlete	Yr.	Team	Final	Pts	Section (SPL)	Note
1	Funke, Morgan		Beckman- D	12.83	10	3(1)	
2	Lawson, Sydney		Solon	12.93	8	3(2)	
3	Schminke, Dawne		Vinton-Shellbrg	13.08	6	3(3)	
4	Mull, LaDorshae		Vinton-Shellbrg	13.38	4	3(4)	
5	Winders, Emma		Solon	13.40	2	3(5)	
6	Coder, Gloria		Marion	13.53	1	3(6)	
7	VanSeveren, Sophie		Assumption	13.72		3(7)	
8	Ingalls, Maddie		Regina	13.79		3(8)	
9	Wolfe, Olivia		Regina	14.15		2(1)	
10	Baker, Haley		Mount Vernon	14.35		2(2)	
11	Valainis, Emma		Assumption	14.38		2(3)	
12	Wilhou, Brittyn		North Cedar- S	14.40		1(1)	14.395
12	Orr, Kyli		Mount Vernon	14.40		2(4)	14.395
14	Lupkes, Allie		Marion	14.62		2(5)	
15	Childs, Bailey		Solon	14.78		1(2)	

### Girls 4 x 200m Relay (Varsity)

Denny Gruber Co-Ed: Solon 1:48.32 2012

PL	Team	Final	Pts	Athlete 1	Athlete 2	Athlete 3	Athlete 4
1	Vinton-Shellbrg	A 1:53.50	10	Mull	Kalous	Schminke	Robertson
2	Solon	A 1:53.57	8	Moss	Prybil	Heick	Lawson
3	North Cedar- S	A 1:57.39	6	Ahrendse n	Grey	Proesch	Jesuit
4	Marion	A 1:58.11	4	Coder	Steggall	Miller-Baker	Kolarik
5	Regina	A 1:58.50	2	Corkery	Wagner	Swenning	Verducci
6	Mount Vernon	A 1:58.86	1	Anton	Sherman	Sullivan	Baker
7	Assumption	A 2:01.06		Langford	VanSeveren	Boche	Valainis
8	Beckman- D	A 2:03.50		Nebel	Fitzgerald	Olberding	Brehm

### Girls 100m Hurdle (Varsity)

Denny Gruber Co-Ed: Rylee Smith Solon 16.22 2012

Denny Gruber Co-Ed Relays (4/21/2015) Solon, IA

PL	Athlete	Yr.	Team	Final	Pts	Section( SPL)
1	Brehm, Isabel		Beckman- D	16.45	10	2(1)
2	Moss, Emma		Solon	16.78	8	2(2)
3	Sands, Alexis		Solon	16.89	6	2(3)
4	Dahlstrom, Lily		Mount Vernon	17.42	4	2(4)
5	Brase, sydney		Marion	17.60	2	2(5)
6	Hawtrey, Darby		North Cedar- S	17.75	1	1(1)
7	Root, Alyssa		Vinton-Shellbrg	17.90		2(6)
8	Marshall, Madison		North Cedar- S	18.11		1(2)
9	Carroll, Clare		Assumption	18.17		2(7)
10	Serbousek, Katie		Marion	18.33		1(3)
11	Rolf, Mary		Assumption	18.35		2(8)
12	Erlandson, Lyz		Mount Vernon	18.77		1(4)
13	Lammers, Lexie		Beckman- D	20.15		1(5)

**Girls 800 Meters (Varsity)**

Denny Gruber Co-Ed: Ashley Mills Benton Community 2:27.56 2012

PL	Athlete	Yr.	Team	Final	Pts
1	Cochrane, Emma		Mount Vernon	2:24.37*	10
2	Gerber, Bristi		Vinton-Shellbrg	2:27.43*	8
3	Fields, Tessa		North Cedar- S	2:29.58	6
4	Davis, Maggie		Mount Vernon	2:30.26	4
5	Kammerer, Adriana		Regina	2:31.82	2
6	Schmidt, Annika		Vinton-Shellbrg	2:37.97	1
7	Marshall, Kylie		North Cedar- S	2:39.09	
8	Rice, Chloe		Marion	2:39.50	
9	Walkner, Molly		Solon	2:44.49	
10	Milder, Sam		Regina	2:46.04	
11	Haas, Carlyn		Solon	2:51.41	
12	Otto, Natasha		Beckman- D	3:03.25	
13	Tegeler, Sarah		Beckman- D	3:09.35	

**Girls 200 Meters (Varsity)**

Denny Gruber Co-Ed: Emily Bransky Solon 26.17 2012

PL	Athlete	Yr.	Team	Final	Pts	Section( SPL)
1	Carroll, Mary Grace		Assumption	26.67	10	2(1)
2	Lawson, Sydney		Solon	26.70	8	2(2)
3	Shelman, Kristina		Solon	27.84	6	2(3)
4	Ryan, Libby		Mount Vernon	27.89	4	2(4)
5	Mull, LaDorshae		Vinton-Shellbrg	28.34	2	2(5)
6	Harris, Jasmine		Assumption	28.51	1	2(6)
7	Baker, Haley		Mount Vernon	29.65		1(1)
8	Cocheta, Olivia		Marion	29.85		1(2)
9	Chambliss, Katrina		Regina	29.95		2(7)
10	Mitchell, Sabra		Regina	30.30		2(8)
11	Gloede, Elly		Vinton-Shellbrg	31.46		1(3)
12	Johnson, Brenna		Marion	31.66		1(4)
13	Lange, Caitlyn		North Cedar- S	32.19		1(5)
14	High, Rany		North Cedar- S	32.70		1(6)
15	Ertl, Megan		Beckman- D	33.19		1(7)
16	Hermesen, Ashley		Beckman- D	33.82		1(8)

**Girls 400m Hurdle (Varsity)**

Denny Gruber Co-Ed: Remington Ricciuti Davenport Assumption 1:06.14 2012

PL	Athlete	Yr.	Team	Final	Pts
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1	Carroll, Clare		Assumption	1:09.86	10
2	Moss, Emma		Solon	1:12.40	8
3	Lorenger, Kathryn		Regina	1:13.11	6
4	Brase, sydney		Marion	1:13.39	4
5	Root, Alyssa		Vinton-Shellbrg	1:14.37	2
6	Folkerts, Katie		Solon	1:19.20	1

**Girls 800m SMR (Varsity)**

Denny Gruber Co-Ed: Belle Plaine 1:51.84 2012

PL	Team	Final	Pts	Athlete 1	Athlete 2	Athlete 3	Athlete 4	
1	Solon	A	1:56.33	10	Bell	Ira	Duckett	Smith
2	Vinton-Shellbrg	A	1:59.66	8	Dedrick	Griffith	Robertson	Leonard
3	Marion	A	2:01.88	6	Coder	Miller-Baker	Draeger	Ertz
4	Regina	A	2:02.87	4	Ingalls	Wagner	Verducci	Corkery
5	Mount Vernon	A	2:03.39	2	Ryan	Melchert	Sherman	Dahlstrom
6	North Cedar- S	A	2:03.90	1	Jesuit	Grey	Ahrendse n	Marshall
7	Assumption	A	2:04.37		VanSeveren	Valainis	Langford	Boche

**Girls 1500 Meters (Varsity)**

Denny Gruber Co-Ed: Lauren Benzing Solon 4:49.61 2012

PL	Athlete	Yr.	Team	Final	Pts
1	Horst, Lily		Vinton-Shellbrg	5:11.16	10
2	Rapp, Jacqueline		Regina	5:20.21	8
3	Adams, Sarah		Assumption	5:23.14	6
4	Coberly, Trisha		Solon	5:29.24	4
5	Weetman, Taylor		Solon	5:35.72	2
6	Shank, Natalie		Regina	5:45.42	1
7	Kenney, Cassie		Vinton-Shellbrg	5:54.84	
8	Conzett, Ellie		Marion	5:59.50	
9	Vanderlinden, Hannah		Marion	6:06.34	
10	Kennedy, Becca		Beckman- D	6:07.07	
11	Petersen, Anna		North Cedar- S	6:57.33	

**Girls 4 x 100m Relay (Varsity)**

Denny Gruber Co-Ed: Solon 51.76 2012

PL	Team	Final	Pts	Athlete 1	Athlete 2	Athlete 3	Athlete 4	
1	Solon	A	51.85	10				
2	Vinton-Shellbrg	A	53.44	8	Schminke	Kalous	Leonard	Robertson
3	Marion	A	54.21	6	Coder	Serbousek	Steggall	Cannoy
4	Beckman- D	A	54.30	4				
5	Assumption	A	54.58	2	Rolf	VanSeveren	Frank	Langford
6	Regina	A	56.17	1	Ingalls	Verducci	Wagner	Corkery
7	Mount Vernon	A	56.74		Yeoman	Yeoman	Sullivan	Sullivan
8	North Cedar- S	A	56.77					

**Girls 4 x 400m Relay (JV)**

Denny Gruber Co-Ed: L Ryan, M Davis, L Dahlstrom, E Cochrane Mount Vernon 4:12.61 3/22/2014

PL	Team	Final	Athlete 1	Athlete 2	Athlete 3	Athlete 4	
1	Solon	A	4:37.20	Nicol	Walkner	Felton	Reicks
2	North Cedar- S	A	4:40.70	Fields	Jesuit	Ahrendsen	Kress
3	Marion	A	4:47.27	Redmond	Ertz	Smith	Blazek
4	Beckman- D	A	4:53.45	Fitzgerald	Meyer	Olberding	Lammers

5 Regina A 4:55.00 Klesner Stimmel Rice Milder

### Girls 4 x 400m Relay (Varsity)

Denny Gruber Co-Ed: L Ryan, M Davis, L Dahlstrom, E Cochrane Mount Vernon

4:12.61 3/22/2014

PL	Team	Final	Pts	Athlete 1	Athlete 2	Athlete 3	Athlete 4
1	Mount Vernon	A 4:13.22	10	Ryan	Davis	Meeker	Cochrane
2	Solon	A 4:15.88	8	Platz	Shafer	Shelman	Smith
3	North Cedar- S	A 4:20.78	6	Marshall	Ahrendse n	Marshall	Proesch
4	Vinton-Shellbrg	A 4:22.54	4	Mull	Gerber	Griffith	Leonard
5	Beckman- D	A 4:30.13	2	Nebel	Funke	Brehm	Brehm
6	Regina	A 4:32.14	1	Swenning	Chambliss	Lorenger	Rapp
7	Marion	A 4:37.61		Livingston	Draeger	Ertz	Brase
8	Assumption	A 4:42.02		Adams	Boche	McCrery	Marzen