

Sheldon Lady Orab Invitational - 4/15/2019**Orab Field****Results****Girls 100 Meter Dash Wheelchair**

Name	Year	School	Finals
Finals			
1 Keri Siebrecht	12	Sheldon	27.30

Girls 200 Meter Dash Wheelchair

Name	Year	School	Finals
1 Keri Siebrecht	12	Sheldon	55.31

Girls 800 Meter Dash Wheelchair

Name	Year	School	Finals
1 Keri Siebrecht	12	Sheldon	3:56.00

Girls Shot Put Wheelchair

Name	Year	School	Finals
1 Keri Siebrecht	12	Sheldon	12-01.00

Girls 100 Meter Dash Class A

Name	Year	School	Finals	H#	Points
1 Anna Winterrowd	10	Oabcig	12.96	2	10
2 Natalee Greenfield	11	Sioux Center	13.02	2	8
3 Sam Louwagie	11	Storm Lake	13.90	1	6
4 Avery Pratt	09	Le Mars	13.96	2	4
5 Sarah Cotton	12	Oabcig	14.03	2	2
6 Charli Bomgaars	11	Bhrv	14.11	2	1
7 Sera Burg	10	Moc-Floyd Valley	14.13	1	
8 Addison Wierda	09	Moc-Floyd Valley	14.15	1	
9 Kenzie Zomer	11	Bhrv	14.47	2	
10 Rowan Kolpin	12	Storm Lake	14.48	1	
11 Darci Konz	10	Sheldon	14.52	2	
12 Alianna Vander Weide	10	Le Mars	14.68	1	
13 Sarae Sehman	10	Okoboji	14.79	1	
14 McKenna Huss	11	Sioux Center	15.27	1	
15 Sidney Reis	12	Okoboji	15.84	1	

Girls 200 Meter Dash Class A

Name	Year	School	Finals	H#	Points
1 Peyton Toering	09	Sioux Center	27.23	2	10
2 Natalee Greenfield	11	Sioux Center	27.61	2	8
3 Ethnee Jorgensen	09	Okoboji	28.02	2	6
4 Sydney Damstra	11	Bhrv	28.53	2	4
5 Emma Kenkel	12	Storm Lake	28.60	2	2
6 Katie Cunningham	09	Le Mars	28.62	2	1
7 Charli Bomgaars	11	Bhrv	28.78	2	
8 Akeyma Fedders	09	Moc-Floyd Valley	28.78	1	

Sheldon Lady Orab Invitational - 4/15/2019**Orab Field****Results****....Girls 200 Meter Dash Class A**

9 Haley Christians	10 Sheldon	29.40	1
10 Taryn Nothem	10 Moc-Floyd Valley	29.64	1
11 Shaunna Schietler	11 Le Mars	30.71	2
12 Alexis Neilsen	11 Okoboji	31.72	1
13 Amyah Boyd	09 Storm Lake	31.89	1
14 Emma Barwick	09 Sheldon	32.38	1
15 Dallas McKibbin	10 Oabcig	32.67	1
16 Liz Zobel	11 Oabcig	33.39	1

Girls 400 Meter Dash Class A

Name	Year School	Finals	H#	Points
1 Emma Kenkel	12 Storm Lake	1:00.38	2	10
2 Peytan Toering	09 Sioux Center	1:01.56	2	8
3 Katie Cunningham	09 Le Mars	1:04.20	2	6
4 Haley Christians	10 Sheldon	1:04.66	2	4
5 Madison Schiernbeck	12 Oabcig	1:06.12	2	2
6 Paige Washburn	11 Le Mars	1:07.84	2	1
7 Maliah Kleinhesselink	09 Sheldon	1:08.67	2	
8 Carlin Smith	09 Moc-Floyd Valley	1:10.42	1	
9 Abby Heemstra	10 Bhv	1:11.31	1	
10 Kenzie Zomer	11 Bhv	1:11.55	1	
11 Shay Huss	11 Sioux Center	1:13.77	1	
12 Brooklyn Hoffman	12 Oabcig	1:15.54	1	
13 Alexsa Chavez	10 Storm Lake	1:17.84	1	
14 Ella Stoll	09 Okoboji	1:19.69	1	
15 Cambri Fleming	09 Moc-Floyd Valley	1:23.41	1	

Girls 800 Meter Run Class A

Name	Year School	Finals	Points
1 Hope Arends	10 Sioux Center	2:32.99	10
2 Sami LaLone	12 Storm Lake	2:37.69	8
3 Madi Strubbe	10 Bhv	2:41.70	6
4 Sarah Meis	11 Le Mars	2:42.88	4
5 Skylar Cole	11 Storm Lake	2:43.55	2
6 Faith Kleinwolterink	09 Bhv	2:46.31	1
7 Kaitlyn Riessen	11 Oabcig	2:50.18	
8 Shay Olthoff	09 Okoboji	2:50.83	
9 Sophia Veltri	09 Oabcig	2:51.58	
10 Karli Bomgaars	11 Moc-Floyd Valley	3:02.67	
11 Alli Britt	09 Le Mars	3:03.58	

Girls 1500 Meter Run Class A

Name	Year School	Finals	Points
1 Emily Haverdink	09 Moc-Floyd Valley	5:18.12	10
2 Madison Schiernbeck	12 Oabcig	5:23.78	8
3 Lexi Duffy	09 Okoboji	5:23.97	6
4 Anessa Schoo	12 Sheldon	5:26.31	4
5 Ellie Zeutenhorst	10 Sioux Center	5:52.62	2
6 Skylar Cole	11 Storm Lake	5:57.28	1

Sheldon Lady Orab Invitational - 4/15/2019**Orab Field****Results****....Girls 1500 Meter Run Class A**

7	Lauren Duffy	09	Okoboji	6:00.65
8	Elle Schroeder	10	Oabcig	6:01.17
9	Angie Munoz	09	Bhrv	6:03.01
10	Emily Chamberlain	11	Le Mars	6:13.65
11	Malory Nilles	11	Bhrv	6:14.19
12	Kate Van Der Werff	09	Moc-Floyd Valley	6:25.10
13	Ellie Hurst	10	Sioux Center	6:28.56
14	Andrea Arreola	09	Storm Lake	6:57.68

Girls 3000 Meter Run Class A

Name	Year	School	Finals	Points
1	Anessa Schoo	12	Sheldon	11:50.21 10
2	Lexi Duffy	09	Okoboji	11:53.17 8
3	Giselle Ramirez	11	Sioux Center	13:47.22 6

Girls 100 Meter Hurdles Class A

Name	Year	School	Finals	H#	Points
1	Kady Leusink	11	Le Mars	17.05	2 10
2	Makenna Kleinhesselink	09	Sheldon	17.14	2 8
3	Ellie Schley	12	Sioux Center	17.41	2 6
4	Ashley Lindner	12	Oabcig	17.66	2 4
5	Keitra Cabinboy	12	Okoboji	17.68	2 2
6	Dana DenHerder	11	Sioux Center	17.69	2 1
7	Kylie Vermeer	11	Bhrv	17.82	1
8	Ashlyn Albrecht	12	Sheldon	18.16	2
9	Laiken Koerselman	10	Bhrv	18.59	2
10	Brooke Alesch	12	Le Mars	18.61	1
11	Rachel Bozonie	12	Storm Lake	18.76	1
12	Jenna Aalbers	11	Moc-Floyd Valley	19.18	1
13	Sarah Petersen	11	Oabcig	20.61	1
14	Emma Oehler	10	Storm Lake	20.79	1
15	Molli Mulhern	12	Okoboji	21.14	1
16	Ava Dravland	09	Moc-Floyd Valley	21.52	1

Girls 400 Meter Hurdles Class A

Name	Year	School	Finals	H#	Points
1	Megan Juffer	09	Sioux Center	1:08.29	2 10
2	Sydney Olson	11	Sheldon	1:09.52	2 8
3	Mia Meyer	12	Okoboji	1:10.01	2 6
4	Ellie Woelber	09	Bhrv	1:12.43	2 4
5	Makenna Kleinhesselink	09	Sheldon	1:12.77	2 2
6	Karlee Schiff	10	Le Mars	1:12.88	2 1
7	Claire Yaw	09	Moc-Floyd Valley	1:14.97	1
8	Jewel Bergstrom	09	Bhrv	1:15.54	2
9	Kirsten Dausel	12	Oabcig	1:18.89	1
10	Jordyn Davison	11	Le Mars	1:21.28	1
11	Emma Oehler	10	Storm Lake	1:24.57	1
12	Alyssa Mason	12	Oabcig	1:25.97	1
13	Dylan Youngstedt	10	Storm Lake	1:43.68	1

Sheldon Lady Orab Invitational - 4/15/2019**Orab Field****Results****Girls 4x100 Meter Relay Class A**

School	Finals	Points
1 Oabcig 'A'	51.83	10
1) Morgan Godbersen 10	2) Sarah Cotton 12	
3) Anna Winterrowd 10	4) Sydney Durbin 12	
2 Bhrv 'A'	52.23	8
1) Charli Bomgaars 11	2) Emma Zoet 10	
3) Kyler Bomgaars 09	4) Lizzy Blum 11	
3 Sioux Center 'A'	53.93	6
1) Ellie Schley 12	2) Alyssa Mulder 12	
3) Megan Juffer 09	4) Natalee Greenfield 11	
4 Le Mars 'A'	54.22	4
1) Kady Leusink 11	2) Avery Pratt 09	
3) Shaniah Temple 10	4) Shaunna Schietler 11	
5 Moc-Floyd Valley 'A'	55.21	2
1) Sera Burg 10	2) Jaycee Hoekstra 11	
3) Delanie Niemyer 11	4) Addison Wierda 09	
6 Sheldon 'A'	56.15	1
1) Mary Margaret Borer 12	2) Reagan Freeman 11	
3) Darci Konz 10	4) Jalyn De Boer 10	
7 Storm Lake 'A'	57.66	
1) Rowan Kolpin 12	2) Amyah Boyd 09	
3) Rachel Bozonie 12	4) Mary Yanga 10	
8 Okoboji 'A'	58.64	
1) Alli Harms 12	2) Ethnee Jorgensen 09	
3) Sarae Sehman 10	4) Kayla Kollasch 09	

Girls 4x200 Meter Relay Class A

School	Finals	Points
1 Bhrv 'A'	1:49.73	10
1) Sydney Damstra 11	2) Emma Zoet 10	
3) Kyler Bomgaars 09	4) Lizzy Blum 11	
2 Oabcig 'A'	1:51.83	8
1) Sarah Cotton 12	2) Kirsten Dausel 12	
3) Sydney Durbin 12	4) Anna Winterrowd 10	
3 Le Mars 'A'	1:53.51	6
1) Haylee Cooper 12	2) Chloe Calhoun 11	
3) Emily Carlson 11	4) Shaniah Temple 10	
4 Sioux Center 'A'	1:54.64	4
1) Natalee Greenfield 11	2) Jayda Dekkers 11	
3) Sydney Mouw 12	4) Alyssa Mulder 12	
5 Moc-Floyd Valley 'A'	1:57.95	2
1) Jaycee Hoekstra 11	2) Taryn Nothem 10	
3) Anna Evink 09	4) Ellie Albers 09	
6 Sheldon 'A'	1:58.32	1
1) Mary Margaret Borer 12	2) Reagan Freeman 11	
3) Darci Konz 10	4) Makenzie Mason 10	
7 Storm Lake 'A'	2:03.39	
1) Rowan Kolpin 12	2) Apisinee Thao 09	
3) Mary Yanga 10	4) Rachel Bozonie 12	
8 Okoboji 'A'	2:10.63	
1) Alli Harms 12	2) Sarae Sehman 10	
3) Kendal Green 12	4) Sara Peters 11	

Sheldon Lady Orab Invitational - 4/15/2019**Orab Field****Results****Girls 4x400 Meter Relay Class A**

School	Finals	Points
1 Le Mars 'A'	4:17.79	10
1) Kara Albrecht 11	2) Haylee Cooper 12	
3) Emily Carlson 11	4) Chloe Calhoun 11	
2 Bhrv 'A'	4:22.56	8
1) Madi Strubbe 10	2) Lizzy Blum 11	
3) Kyler Bomgaars 09	4) Emma Zoet 10	
3 Okoboji 'A'	4:27.66	6
1) Mia Meyer 12	2) Kallyn Stumbo 11	
3) Olivia Sandbulte 09	4) Magan Christopherson 11	
4 Sioux Center 'A'	4:29.74	4
1) Hope Arends 10	2) Jacie VanderWaal 10	
3) Ella Jahn 09	4) Peytan Toering 09	
5 Sheldon 'A'	4:30.39	2
1) Makenna Kleinhesselink 09	2) Maliah Kleinhesselink 09	
3) Sydney Olson 11	4) Haley Christians 10	
6 Moc-Floyd Valley 'A'	4:42.68	1
1) Anna Evink 09	2) Ellie Albers 09	
3) Brooklyn Leusink 09	4) Codi Katt 11	
7 Storm Lake 'A'	4:55.65	
1) Holly Dierenfield 10	2) Jadyn Rydberg 10	
3) Chelsea Baccam 10	4) Sami LaLone 12	
8 Oabcig 'A'	5:44.12	
1) Ryder Cranston 11	2) Abby Bender 11	
3) Jayden Thomson 10	4) Abby Alexander 09	

Girls 4x800 Meter Relay Class A

School	Finals	Points
1 Le Mars 'A'	11:11.18	10
1) Paige Washburn 11	2) Sarah Meis 11	
3) Alli Britt 09	4) Emily Chamberlain 11	
2 Bhrv 'A'	11:15.30	8
1) Abby Heemstra 10	2) Faith Kleinwolterink 09	
3) Angie Munoz 09	4) Malory Nilles 11	
3 Moc-Floyd Valley 'A'	11:25.87	6
1) Emma Haley 10	2) Emma De Groot 12	
3) Kate Van Der Werff 09	4) Codi Katt 11	
4 Oabcig 'A'	11:31.61	4
1) Kaitlyn Riessen 11	2) Sophia Veltri 09	
3) Alyssa Mason 12	4) Elle Schroeder 10	
5 Okoboji 'A'	12:01.86	2
1) Lauren Duffy 09	2) Olivia Sandbulte 09	
3) Shay Olthoff 09	4) Alis Collins 11	
6 Sioux Center 'A'	12:11.68	1
1) Ellie Zeutenhorst 10	2) Miah Bleeker 10	
3) Ellie Hurst 10	4) Katelyn TenPas 11	
7 Storm Lake 'A'	12:32.60	
1) Holly Dierenfield 10	2) Jadyn Rydberg 10	
3) Mia Kleespies 09	4) Andrea Arreola 09	

Sheldon Lady Orab Invitational - 4/15/2019**Orab Field****Results****Girls 800 Sprint Medley Class A**

School	Finals	Points
1 Le Mars 'A'	1:57.09	10
1) Kady Leusink 11	2) Haylee Cooper 12	
3) Katie Cunningham 09	4) Chloe Calhoun 11	
2 Bhrv 'A'	1:57.63	8
1) Charli Bomgaars 11	2) Ellie Woelber 09	
3) Kyler Bomgaars 09	4) Lizzy Blum 11	
3 Storm Lake 'A'	1:59.02	6
1) Sam Louwagie 11	2) Anny Mulgae 11	
3) Emma Kenkel 12	4) Sami LaLone 12	
4 Okoboji 'A'	2:00.03	4
1) Keitra Cabinboy 12	2) Sarae Sehman 10	
3) Ethnee Jorgensen 09	4) Kallyn Stumbo 11	
5 Sioux Center 'A'	2:04.10	2
1) Makannah Traver 11	2) Sydney Mouw 12	
3) Jayda Dekkers 11	4) Annika Jahn 09	
6 Sheldon 'A'	2:05.94	1
1) Mary Margaret Borer 12	2) Reagan Freeman 11	
3) Haley Christians 10	4) Emma Barwick 09	
7 Moc-Floyd Valley 'A'	2:07.94	
1) Ava Dravland 09	2) Brooklyn Leusink 09	
3) Carlin Smith 09	4) Addison Wierda 09	
8 Oabcig 'A'	2:22.00	
1) Kya Ladwig 09	2) Riley Schiernbeck 09	
3) Dallas McKibbin 10	4) Caleigh Loger 09	

Girls Distance Medley Class A

School	Finals	Points
1 Le Mars 'A'	4:32.66	10
1) Haylee Cooper 12	2) Shaniah Temple 10	
3) Emily Carlson 11	4) Kara Albrecht 11	
2 Bhrv 'A'	4:33.34	8
1) Sydney Damstra 11	2) Ellie Woelber 09	
3) Jewel Bergstrom 09	4) Madi Strubbe 10	
3 Okoboji 'A'	4:37.87	6
1) Ethnee Jorgensen 09	2) Mia Meyer 12	
3) Kallyn Stumbo 11	4) Magan Christopherson 11	
4 Moc-Floyd Valley 'A'	4:40.01	4
1) Claire Yaw 09	2) Delanie Niemyer 11	
3) Akeyma Fedders 09	4) Emily Haverdink 09	
5 Sheldon 'A'	4:43.39	2
1) Mary Margaret Borer 12	2) Reagan Freeman 11	
3) Emma Barwick 09	4) Anessa Schoo 12	
6 Storm Lake 'A'	4:43.42	1
1) Sam Louwagie 11	2) Anny Mulgae 11	
3) Skylar Cole 11	4) Sami LaLone 12	
7 Sioux Center 'A'	4:56.04	
1) Erika TeGrotenhuis 10	2) Jenna King 10	
3) Ella Jahn 09	4) Jacie VanderWaal 10	
8 Oabcig 'A'	5:31.83	
1) Kya Ladwig 09	2) Riley Schiernbeck 09	
3) Josey Babcock 10	4) Arial Reiss 10	

Sheldon Lady Orab Invitational - 4/15/2019**Orab Field****Results****Girls 4x100 Meter Shuttle Hurdle Class A**

School	Finals	H#	Points
1 Bhrv 'A'	1:10.34	2	10
1) Jewel Bergstrom 09	2) Emma Zoet 10		
3) Sadie Ribbens 11	4) Ellie Woelber 09		
2 Sioux Center 'A'	1:11.60	2	8
1) Dana DenHerder 11	2) Alyssa Mulder 12		
3) Megan Juffer 09	4) Ellie Schley 12		
3 Le Mars 'A'	1:11.66	2	6
1) Brooke Alesch 12	2) Karlee Schiff 10		
3) Lilly McNaughton 09	4) Kady Leusink 11		
4 Sheldon 'A'	1:11.71	2	4
1) Maliah Kleinhesselink 09	2) Emma Barwick 09		
3) Sydney Olson 11	4) Makenna Kleinhesselink 09		
5 Storm Lake 'A'	1:16.10	1	2
1) Emma Oehler 10	2) Anny Mulgea 11		
3) Apisinee Thao 09	4) Rachel Bozonie 12		
6 Moc-Floyd Valley 'A'	1:17.05	1	1
1) Jenna Aalbers 11	2) Karli Bomgaars 11		
3) Ellie Albers 09	4) Jaycee Hoekstra 11		
7 Okoboji 'A'	1:25.08	1	
1) Keitra Cabinboy 12	2) Molli Mulhern 12		
3) Ella Stoll 09	4) Kayla Kollasch 09		
8 Oabcig 'A'	1:26.07	1	
1) Ashley Lindner 12	2) Sarah Petersen 11		
3) Liz Zobel 11	4) Kirsten Dausel 12		

Girls High Jump Class A

Name	Year	School	Finals	Points
1 Jacie VanderWaal	10	Sioux Center	5-03.00	10
2 Sydney Durbin	12	Oabcig	J5-03.00	8
3 Skylar Cole	11	Storm Lake	5-00.00	6
4 Malory Nilles	11	Bhrv	4-08.00	4
5 Payten Lode	09	Sheldon	J4-08.00	2
6 Mary Yanga	10	Storm Lake	J4-08.00	1
7 Kirsten Dausel	12	Oabcig	J4-08.00	
8 Alexis Neilsen	11	Okoboji	4-06.00	
9 Brooklyn Leusink	09	Moc-Floyd Valley	J4-06.00	
9 Sadie Ribbens	11	Bhrv	J4-06.00	
11 Lilly McNaughton	09	Le Mars	4-04.00	
11 Karlee Schiff	10	Le Mars	4-04.00	
-- Shay Olthoff	09	Okoboji	NH	

Girls Long Jump Class A

Name	Year	School	Finals	Points
1 Ashlyn Albrecht	12	Sheldon	17-00.00	10
2 Megan Juffer	09	Sioux Center	15-04.00	8
3 Sydney Olson	11	Sheldon	15-03.00	6
4 Apisinee Thao	09	Storm Lake	14-08.00	4
5 Annika Jahn	09	Sioux Center	14-06.00	2
6 Anny Mulgae	11	Storm Lake	14-05.25	1

Sheldon Lady Orab Invitational - 4/15/2019**Orab Field****Results****....Girls Long Jump Class A**

7	Sera Burg	10	Moc-Floyd Valley	14-00.75
8	Alianna Vander Weide	10	Le Mars	13-10.00
9	Ashley Lindner	12	Oabcig	13-08.00
10	Averie Morgan	09	Le Mars	13-03.50
11	Jewel Bergstrom	09	Bhrv	13-01.75
12	Sydney Damstra	11	Bhrv	12-11.00

Girls Shot Put Class A

Name	Year	School	Finals	H#	Points
1	Dejah Coe	09	Moc-Floyd Valley	33-01.50	2 10
2	Keely Simonsen	10	Sheldon	31-11.50	1 8
3	Leah Volkert	12	Le Mars	31-11.00	2 6
4	Addie Hickey	10	Oabcig	31-05.00	2 4
5	Amyah Boyd	09	Storm Lake	31-04.00	1 2
6	Tara Horstman	09	Sioux Center	30-10.00	2 1
7	Camry Jones	11	Okoboji	30-06.00	2
8	Marissa Pottebaum	09	Bhrv	29-09.50	2
9	Alazay Banuelos	10	Storm Lake	29-09.00	2
10	Emma Harper	12	Moc-Floyd Valley	28-01.50	1
11	Lexi Winkel	11	Sheldon	27-11.50	1
12	Harlie Bates	11	Le Mars	27-00.50	1
13	ReAnna Wolfswinkel	10	Sioux Center	26-03.00	2
14	Ashley Savaadra	09	Bhrv	23-09.00	1
15	Lillian Hoffman	10	Oabcig	23-05.00	1
16	Matti Evenson	09	Okoboji	19-07.00	1

Girls Discus Throw Class A

Name	Year	School	Finals	H#	Points
1	Ada Borer	09	Sheldon	92-02	2 10
2	Morgan Jensen	12	Sioux Center	91-10	2 8
3	Dejah Coe	09	Moc-Floyd Valley	88-06	2 6
4	Alazay Banuelos	10	Storm Lake	86-01	2 4
5	Leah Volkert	12	Le Mars	85-09	2 2
6	Josie Huss	11	Sioux Center	81-07	2 1
7	Alexis Neilsen	11	Okoboji	80-05	1
8	Sarah Boogard	09	Bhrv	78-06	1
9	Payten Lode	09	Sheldon	77-11	1
10	Macy Nicholson	11	Oabcig	75-01	1
11	Willow Olsen	12	Le Mars	75-00	1
11	Camry Jones	11	Okoboji	75-00	2
13	Emma Harper	12	Moc-Floyd Valley	74-08	1
14	Chloe Schafer	10	Bhrv	74-06	2
15	Addie Hickey	10	Oabcig	71-00	1
16	Mia Kleespies	09	Storm Lake	57-04	1

Girls 100 Meter Dash Class B

Name	Year	School	Finals	H#	Points
1	Hannah Kruse	12	West Lyon	13.76	2 10
2	Avery Lenz	10	West Lyon	13.81	2 8

Sheldon Lady Orab Invitational - 4/15/2019**Orab Field****Results****....Girls 100 Meter Dash Class B**

3	Emma Westphal	09	Western Chri	13.92	2	6
4	Karli Vanden Brink	11	Unity Christian	14.41	2	4
5	Emily Zuidema	10	Western Chri	14.92	2	2
6	Jane Taylor	09	Unity Christian	15.00	2	1
7	Madison Gonzalez	09	Le Mars	15.47	1	
8	Anna Uhl	10	Hinton	16.04	1	
9	Sierra Hinrickson	10	Westwood	16.25	1	
10	Lauren VanDiepen	12	Sibley-Ocheyedan	16.52	1	
11	Hanna Ingvall	10	Sibley-Ocheyedan	17.74	1	
12	Hailey Kramer	10	Le Mars	19.21	1	

Girls 200 Meter Dash Class B

Name	Year	School	Finals	H#	Points
1 Kennedy Kramer	10	West Lyon	27.57	2	10
2 Josie Zeutenhorst	09	Western Chri	28.10	2	8
3 Janie Schoonhoven	10	Unity Christian	28.68	2	6
4 Madysn Grotewold	12	West Lyon	29.85	2	4
5 Olivia TenKley	09	Western Chri	30.66	2	2
6 Anna Uhl	10	Hinton	33.44	1	1
7 sarah Squires	09	Le Mars	34.22	1	
8 Lauren VanDiepen	12	Sibley-Ocheyedan	35.80	1	
9 Hanna Ingvall	10	Sibley-Ocheyedan	38.36	1	
10 Brynlie Daale	09	Le Mars	38.59	1	

Girls 400 Meter Dash Class B

Name	Year	School	Finals	Points
1 Kennedy Kramer	10	West Lyon	59.80	10
2 Mikayla Turek	12	Unity Christian	1:00.48	8
3 Mallory Gramstad	09	West Lyon	1:10.35	6
4 Braelynn Kamstra	10	Western Chri	1:10.98	4
5 Rachel Rusche	09	Sibley-Ocheyedan	1:15.94	2
6 Lauren VanDiepen	12	Sibley-Ocheyedan	1:33.91	1

Girls 800 Meter Run Class B

Name	Year	School	Finals	Points
1 Shay Muilenburg	10	Unity Christian	2:48.28	10
2 Becca Dykstra	09	Unity Christian	2:51.83	8
3 Johanna DeAnda	11	Hinton	2:54.43	6
4 Braelynn Kamstra	10	Western Chri	2:56.71	4
5 Madisen Maurer	09	West Lyon	2:59.91	2
6 Rachel Rusche	09	Sibley-Ocheyedan	3:02.18	1
7 Natalie Shantz	10	Westwood	3:02.35	
8 Morgyn Grotewold	09	West Lyon	3:03.94	
9 Sydney Tucker	10	Westwood	3:08.91	

Sheldon Lady Orab Invitational - 4/15/2019**Orab Field****Results****Girls 1500 Meter Run Class B**

Name	Year	School	Finals	Points
1 Whitney Minderhoud	11	Western Chri	5:22.96	10
2 Amy De Groot	09	Unity Christian	5:49.37	8
3 Abby Dykstra	12	Unity Christian	5:50.39	6
4 Zoe Gulker	09	Western Chri	5:56.28	4
5 Katie Muenchrath	09	Westwood	5:59.76	2
6 Ambria Knobloch	10	West Lyon	6:02.62	1
7 Shay Langenhorst	09	West Lyon	6:29.69	
8 Rachel Rusche	09	Sibley-Ocheyedan	6:36.21	

Girls 3000 Meter Run Class B

Name	Year	School	Finals	Points
1 Abby Dykstra	12	Unity Christian	12:37.59	10
2 Amy De Groot	09	Unity Christian	12:40.28	8
3 Savannah Siegfried	09	Westwood	14:10.82	6
4 Andraya Bahnson	09	West Lyon	14:27.43	4
5 Breanna TenPas	10	Western Chri	14:32.20	2

Girls 100 Meter Hurdles Class B

Name	Year	School	Finals	H#	Points
1 Lilly McNaughton	09	Le Mars	17.69	2	10
2 Hayley Knoblock	10	West Lyon	18.04	2	8
3 Madison Hage	12	West Lyon	18.34	2	6
4 Shelby Riebeling	12	Unity Christian	18.77	2	4
5 Jordyn Davison	11	Le Mars	18.95	2	2
6 Jillian Hicklin	12	Hinton	19.51	1	1
7 Erica Feikema	11	Unity Christian	19.51	2	
8 Morgan Stucky	10	Hinton	19.56	1	
9 Elisa Davis	10	Westwood	21.68	1	
10 Caelyn Mantel	09	Western Chri	21.81	1	

Girls 400 Meter Hurdles Class B

Name	Year	School	Finals	Points
1 Mikayla Turek	12	Unity Christian	1:08.01	10
2 Jenessa VanVeldhuizen	09	West Lyon	1:14.01	8
3 Rebekah Rinkenberger	12	West Lyon	1:23.91	6
4 Erica Feikema	11	Unity Christian	1:24.21	4
5 Bella Badar	09	Hinton	1:27.60	2
6 Emily Small	09	Hinton	1:27.71	1

Girls 4x100 Meter Relay Class B

School	Finals	Points
1 West Lyon 'A' 1) Madysn Grotewold 12 3) Hannah Kruse 12	53.39	10
2 Western Christian High School 'A' 2) Avery Lenz 10 4) Kennedy Kramer 10	54.66	8

Sheldon Lady Orab Invitational - 4/15/2019**Orab Field****Results****....Girls 4x100 Meter Relay Class B**

1) Olivia Granstra 11	2) Emily Zuidema 10		
3) Josie Zeutenhorst 09	4) Emma Westphal 09		
3 Hinton 'A'		56.39	6
1) Elizabeth Walton 09	2) Aspen Coffee 12		
3) Kiana Smutzler 12	4) Kayana Kounkel 09		
4 Unity Christian 'A'		56.96	4
1) Shelby Riebeling 12	2) Karli Vanden Brink 11		
3) Megan Vander Kooi 10	4) Erica Feikema 11		
5 Westwood 'A'		57.42	2
1) Elisa Davis 10	2) Madison Kafton 12		
3) Andee Martin 12	4) Torrie Shantz 12		
6 Le Mars 'A'		58.09	1
1) Averie Morgan 09	2) Kumari Bass 09		
3) Madison Gonzalez 09	4) Alianna Vander Weide 10		

Girls 4x200 Meter Relay Class B

School		Finals	Points
1 Western Christian High School 'A'		1:52.07	10
1) Josie Zeutenhorst 09	2) Emilee Heynen 10		
3) Bailey Nelson 12	4) Emma Westphal 09		
2 West Lyon 'A'		1:55.39	8
1) Madysn Grotewold 12	2) Taylor Rentschler 10		
3) Emma Meyer 10	4) Hannah Kruse 12		
3 Unity Christian 'A'		1:57.45	6
1) Janie Schoonhoven 10	2) Megan Vander Kooi 10		
3) Madison Blankespoor 11	4) Emma Byker 09		
4 Hinton 'A'		1:59.76	4
1) Madalyn Fox 09	2) Aspen Coffee 12		
3) Kiana Smutzler 12	4) Kayana Kounkel 09		
5 Le Mars 'A'		2:00.58	2
1) Averie Morgan 09	2) Ashley Johnson 09		
3) Avery Pratt 09	4) Shaunna Schietler 11		
6 Westwood 'A'		2:10.77	1
1) Karissa Steward 10	2) Madison Marr 12		
3) Sierra Hinrickson 10	4) Savannah Siegfried 09		

Girls 4x400 Meter Relay Class B

School		Finals	Points
1 Western Christian High School 'A'		4:15.91	10
1) Bailey Nelson 12	2) Emilee Heynen 10		
3) Whitney Minderhoud 11	4) Olivia Granstra 11		
2 Unity Christian 'A'		4:23.49	8
1) Mikayla Turek 12	2) Janie Schoonhoven 10		
3) Emma Byker 09	4) Madison Blankespoor 11		
3 West Lyon 'A'		4:34.76	6
1) Avery Lenz 10	2) Taylor Rentschler 10		
3) Jenessa VanVeldhuizen 09	4) Emma Meyer 10		
4 Westwood 'A'		5:29.83	4
1) Natalie Shantz 10	2) Sydney Tucker 10		
3) Savannah Siegfried 09	4) Madison Marr 12		

Sheldon Lady Orab Invitational - 4/15/2019**Orab Field****Results****Girls 4x800 Meter Relay Class B**

School	Finals	Points
1 Western Christian High School 'A'	10:14.78	10
1) Whitney Minderhoud 11	2) Zoe Gulker 09	
3) Emilee Heynen 10	4) Olivia Granstra 11	
2 Unity Christian 'A'	11:07.77	8
1) Emma Byker 09	2) Naomi Mellema 09	
3) Anneka Pollema 10	4) Madison Blankespoor 11	
3 West Lyon 'A'	11:38.40	6
1) Mallory Gramstad 09	2) Morgyn Grotewold 09	
3) Madisen Maurer 09	4) Shay Langenhorst 09	
4 Hinton 'A'	12:35.49	4
1) Johanna DeAnda 11	2) Delaney Geddes 09	
3) Kenedi Spies 09	4) Karley Havener 09	

Girls 800 Sprint Medley Class B

School	Finals	Points
1 West Lyon 'A'	1:53.59	10
1) Hannah Kruse 12	2) Avery Lenz 10	
3) Emma Meyer 10	4) Kennedy Kramer 10	
2 Western Christian High School 'A'	1:58.14	8
1) Olivia TenKley 09	2) Emily Zuidema 10	
3) Emma Westphal 09	4) Bailey Nelson 12	
3 Unity Christian 'A'	2:04.62	6
1) Susan Wang 11	2) Raya Zevenbergen 09	
3) Megan Vander Kooi 10	4) Janie Schoonhoven 10	
4 Westwood 'A'	2:08.13	4
1) Elisa Davis 10	2) Madison Kafton 12	
3) Andee Martin 12	4) Torrie Shantz 12	
5 Le Mars 'A'	2:10.90	2
1) Madison Gonzalez 09	2) Brynlie Daale 09	
3) Averie Morgan 09	4) Annie Wadle 09	
6 Hinton 'A'	2:18.16	1
1) Madalyn Fox 09	2) Morgan Stucky 10	
3) Jillian Hicklin 12	4) Emily Small 09	

Girls Distance Medley Class B

School	Finals	Points
1 Western Christian High School 'A'	4:27.94	10
1) Olivia Granstra 11	2) Josie Zeutenhorst 09	
3) Whitney Minderhoud 11	4) Bailey Nelson 12	
2 West Lyon 'A'	4:53.62	8
1) Mary Paulma 11	2) Payton Snyder 09	
3) Jenessa VanVeldhuizen 09	4) Ambria Knobloch 10	
3 Unity Christian 'A'	4:57.00	6
1) Shelby Riebeling 12	2) Anneka Pollema 10	
3) Naomi Mellema 09	4) Shay Muilenburg 10	
4 Westwood 'A'	5:04.62	4
1) Madison Kafton 12	2) Andee Martin 12	
3) Torrie Shantz 12	4) Katie Muenchrath 09	
5 Hinton 'A'	5:05.29	2

Sheldon Lady Orab Invitational - 4/15/2019**Orab Field****Results****....Girls Distance Medley Class B**

1) Kiana Smutzler 12	2) Aspen Coffee 12		
3) Elizabeth Walton 09	4) Karley Havener 09		
6 Le Mars 'A'		5:07.93	1
1) Kumari Bass 09	2) Ashley Johnson 09		
3) sarah Squires 09	4) Annie Wadle 09		

Girls 4x100 Meter Shuttle Hurdle Class B

School	Finals	Points
1 West Lyon 'A'	1:15.40	10
1) Caitlyn Lapka 10	2) Taylor Rentschler 10	
3) Hayley Knoblock 10	4) Madison Hage 12	
2 Unity Christian 'A'	1:17.22	8
1) Shelby Riebeling 12	2) Megan Vander Kooi 10	
3) Raya Zevenbergen 09	4) Erica Feikema 11	
3 Hinton 'A'	1:23.07	6
1) Madalyn Fox 09	2) Jillian Hicklin 12	
3) Morgan Stucky 10	4) Bella Badar 09	

Girls High Jump Class B

Name	Year School	Finals	Points
1 Jocelyn Zonnefeld	11 Unity Christian	4-08.00	10
2 Rebekah Rinkenberger	12 West Lyon	4-04.00	8
-- Zavyr Metzger	09 West Lyon	NH	

Girls Long Jump Class B

Name	Year School	Finals	Points
1 Mikayla Turek	12 Unity Christian	16-07.75	10
2 Emma Meyer	10 West Lyon	15-02.00	8
3 Mallory Gramstad	09 West Lyon	13-08.25	6
4 Madison Kafton	12 Westwood	12-05.25	4
5 Madison Marr	12 Westwood	11-04.00	2

Girls Shot Put Class B

Name	Year School	Finals	Points
1 Riley Knobloch	12 West Lyon	37-06.00	10
2 Samantha Thompson	11 Westwood	35-05.00	8
3 Serena Bogenrief	10 Unity Christian	31-08.50	6
4 Brooklyn Meyer	09 West Lyon	31-05.00	4
5 Shayla Altemeier	10 Unity Christian	31-04.00	2
6 Taylor Reuter	10 Hinton	28-05.50	1
7 Madison Gooseman	09 Hinton	28-04.00	
8 Chloe Coover	10 Westwood	28-02.50	
9 Lyndsey Moser	09 Western Chri	27-02.00	
10 Hailey Mulder	09 Le Mars	26-05.00	
10 Jill DenHerder	11 Western Chri	26-05.00	
12 Willow Olsen	12 Le Mars	24-05.50	
13 Hanna Ingvall	10 Sibley-Ocheyedan	23-07.50	

Sheldon Lady Orab Invitational - 4/15/2019**Orab Field****Results****....Girls Shot Put Class B**

14 Ellie Huls	10 Sibley-Ocheyedan	20-00.00
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Girls Discus Throw Class B

Name	Year	School	Finals	Points
1 Riley Knobloch	12	West Lyon	94-11	10
2 Shayla Altemeier	10	Unity Christian	93-04	8
3 Samantha Thompson	11	Westwood	84-09	6
4 Jill DenHerder	11	Western Chri	82-05	4
5 Taylor Reuter	10	Hinton	80-06	2
6 Serena Bogenrief	10	Unity Christian	72-02	1
7 Lyndsey Moser	09	Western Chri	69-05	
8 Hannah Huyser	09	West Lyon	68-00	
9 Micheala Block	12	Sibley-Ocheyedan	62-02	
10 Madison Gooseman	09	Hinton	61-05	
11 Hailey Mulder	09	Le Mars	60-08	
12 Harlie Bates	11	Le Mars	57-01	

Girls 100 Meter Dash Class C

Name	Year	School	Finals	H#	Points
1 Shaylee Siebens		Akron-Westfield	12.90	2	10
2 Willa Sickelka	09	South O'Brien	13.35	2	8
3 Regan Van Wyhe	09	Central Lyon Girls	13.59	2	6
4 Hannah Dau	10	South O'Brien	14.18	2	4
5 Kiahna Borman	10	Central Lyon Girls	14.61	2	2
6 Natalie Toben		Akron-Westfield	14.69	1	1
7 Molly Roder	10	Gehlen Catholic	14.71	1	
8 Ashley Willman	11	Remsen St. Marys	15.03	1	
9 Makenzie Mason	10	Sheldon	15.03	2	
10 Morgan Prescott	10	Sheldon	15.40	2	
11 Hannah Gries	09	Gehlen Catholic	15.48	1	
12 Lillian Burdsall	09	George Little Rock	16.85	1	
13 Grace Morgan	09	George Little Rock	16.85	1	

Girls 200 Meter Dash Class C

Name	Year	School	Finals	H#	Points
1 Shaylee Siebens		Akron-Westfield	27.74	2	10
2 Willa Sickelka	09	South O'Brien	28.08	2	8
3 Wylee Sickelka	12	South O'Brien	28.72	2	6
4 Kiahna Borman	10	Central Lyon Girls	29.80	2	4
5 Whitney Waagmeester	10	Central Lyon Girls	30.65	2	2
6 Lauren Heying	09	Gehlen Catholic	30.90	2	1
7 Jalyn De Boer	10	Sheldon	31.21	2	
8 Julia Van Regenmorter	09	Sheldon	31.85	1	
9 Emma Galles	11	Remsen St. Marys	32.90	1	
10 Hailey Jackson		Akron-Westfield	32.95	1	
11 Abby Ruhland	10	Gehlen Catholic	33.49	1	
12 Lillian Burdsall	09	George Little Rock	35.92	1	
13 Grace Morgan	09	George Little Rock	36.29	1	
14 Kailey Arens	10	Remsen St. Marys	38.30	1	

Sheldon Lady Orab Invitational - 4/15/2019**Orab Field****Results****Girls 400 Meter Dash Class C**

Name	Year	School	Finals	H#	Points
1 Whitney Waagmeester	10	Central Lyon Girls	1:06.92	2	10
2 Kiaha Borman	10	Central Lyon Girls	1:09.18	2	8
3 Chloee Colt		Akron-Westfield	1:09.31	2	6
4 Emma Bogen	09	Gehlen Catholic	1:09.61	2	4
5 Breana Bottjen	10	South O'Brien	1:10.77	2	2
6 Lauren Heying	09	Gehlen Catholic	1:11.14	1	1
7 Delanie Coady	12	South O'Brien	1:14.29	2	
8 Jennifer Ritz		Akron-Westfield	1:16.87	1	
9 Kailey Arens	10	Remsen St. Marys	1:25.35	1	
10 Mariah Britt	11	Remsen St. Marys	1:52.06	1	

Girls 800 Meter Run Class C

Name	Year	School	Finals	Points
1 Kaylee Davis	09	Central Lyon Girls	2:49.69	10
2 Madi Mousel	09	Gehlen Catholic	2:50.96	8
3 Alexis Cullison	12	South O'Brien	2:51.19	6
4 Samantha Sauer	11	Remsen St. Marys	2:52.60	4
5 Emily Greve	10	George Little Rock	2:53.66	2
6 Lydia Hustedt	09	South O'Brien	2:59.11	1
7 Harlie Tesch	09	Gehlen Catholic	2:59.96	

Girls 1500 Meter Run Class C

Name	Year	School	Finals	Points
1 Kailey Sitzmann	09	Gehlen Catholic	5:58.26	10
2 Maria Russell	09	Remsen St. Marys	6:01.94	8
3 Addi Weber	11	Gehlen Catholic	6:06.03	6
4 Kaylee Jacobs	10	South O'Brien	6:07.69	4
5 Claire Kramer	09	George Little Rock	6:23.01	2
6 Sami Ebel	11	Central Lyon Girls	6:23.76	1
7 Cony Wilson	11	Central Lyon Girls	6:34.60	
8 Emily Prewitt	11	Sheldon	7:01.47	

Girls 3000 Meter Run Class C

Name	Year	School	Finals	Points
1 Addi Weber	11	Gehlen Catholic	13:01.87	10
2 Maria Russell	09	Remsen St. Marys	13:08.39	8
3 Patricia Sitzmann	10	Gehlen Catholic	14:22.99	6

Girls 100 Meter Hurdles Class C

Name	Year	School	Finals	H#	Points
1 Sydney Livermore	11	Gehlen Catholic	16.56	2	10
2 Sutton Schlumbohm	11	Central Lyon Girls	17.38	2	8
3 Tiffany Woerdehoff	10	Gehlen Catholic	18.10	2	6
4 Tori Nemesio		Akron-Westfield	18.52	1	4
5 Kenna Bauer	09	South O'Brien	18.62	1	2

Sheldon Lady Orab Invitational - 4/15/2019**Orab Field****Results****....Girls 100 Meter Hurdles Class C**

6	Maycie Baker	09	Central Lyon Girls	19.28	2	1
7	Abby Schreck	09	South O'Brien	19.62	1	
8	Sarah Ritz		Akron-Westfield	19.65	1	

Girls 400 Meter Hurdles Class C

Name	Year	School	Finals	Points	
1	Callie Yeakel	12	Central Lyon Girls	1:10.33	10
2	Emily Chicoine	11	South O'Brien	1:13.09	8
3	Molly Roder	10	Gehlen Catholic	1:14.98	6
4	McKenna Moats		Akron-Westfield	1:21.03	4
5	Shania Struckman	11	Central Lyon Girls	1:22.27	2
6	Sarah Ritz		Akron-Westfield	1:26.68	1
7	Hannah Zubrod	09	Gehlen Catholic	1:26.76	

Girls 4x100 Meter Relay Class C

School	Finals	Points
1 South O'Brien 'A'	53.44	10
1) Willa Sickelka 09		
2) Wylee Sickelka 12		
3) Hannah Dau 10		
4) Sydney Struve 11		
2 Akron-Westfield 'A'	55.42	8
1) Chloe Colt		
2) Tori Nemesio		
3) Hailey Wilken		
4) Shaylee Siebens		
3 Central Lyon Girls 'A'	55.89	6
1) Naliya Van Beek 11		
2) Regan Van Wyhe 09		
3) Callie Yeakel 12		
4) Elle Petersen 12		
4 Sheldon 'A'	58.77	4
1) Morgan Prescott 10		
2) Kiley Parks 09		
3) Kourtney Engel 09		
4) Kayla Dykstra 10		
5 Gehlen Catholic 'A'	59.30	2
1) Larissa Sitzmann 09		
2) Elliotte Herbst 12		
3) Trinity Goebel 09		
4) Hannah Gries 09		
6 George Little Rock 'A'	1:01.38	1
1) Michaela Johnson 12		
2) Kayla Gerken 12		
3) Shealyn Denekas 09		
4) Emily Greve 10		

Girls 4x200 Meter Relay Class C

School	Finals	Points
1 Central Lyon Girls 'A'	1:53.79	10
1) Naliya Van Beek 11		
2) Elle Petersen 12		
3) Callie Yeakel 12		
4) Regan Van Wyhe 09		
2 Gehlen Catholic 'A'	1:54.01	8
1) Sydney Livermore 11		
2) Katelyn Langel 12		
3) Tiffany Woerdehoff 10		
4) Kate Hill 11		
3 South O'Brien 'A'	1:54.62	6
1) Hannah Dau 10		
2) Willa Sickelka 09		
3) Sydney Struve 11		
4) Wylee Sickelka 12		
4 Sheldon 'A'	2:08.85	4
1) Julia Van Regenmorter 09		
2) Katie Prewitt 09		
3) Kiley Parks 09		
4) Kayla Dykstra 10		

Sheldon Lady Orab Invitational - 4/15/2019**Orab Field****Results****....Girls 4x200 Meter Relay Class C**

5 Akron-Westfield 'A'	2:14.69	2
1) Emma Noll	2) Jennifer Ritz	
3) Kailey Jackson	4) Emmalee Wilken	
6 George Little Rock 'A'	2:22.03	1
1) Lillian Burdsall 09	2) Brynn Krull 09	
3) Grace Morgan 09	4) Shealyn Denekas 09	

Girls 4x400 Meter Relay Class C

School	Finals	Points
1 Gehlen Catholic 'A'	4:23.99	10
1) Katelyn Langel 12	2) Kate Hill 11	
3) Emma Bogen 09	4) Sydney Livermore 11	
2 Central Lyon Girls 'A'	4:29.25	8
1) Kiaha Borman 10	2) Ashlynn Yeakel 09	
3) Elle Petersen 12	4) Callie Yeakel 12	
3 South O'Brien 'A'	4:33.02	6
1) Sophia Faust 10	2) Kenna Bauer 09	
3) Emily Chicoine 11	4) Sydney Struve 11	

Girls 4x800 Meter Relay Class C

School	Finals	Points
1 Gehlen Catholic 'A'	11:06.91	10
1) Emma Bogen 09	2) Kennedy Ruhland 11	
3) Abby Ruhland 10	4) Madi Mousel 09	
2 Central Lyon Girls 'A'	11:28.19	8
1) Sami Ebel 11	2) Whitney Waagmeester 10	
3) Kaylee Davis 09	4) Shania Struckman 11	
3 South O'Brien 'A'	11:54.84	6
1) Alexis Cullison 12	2) Grace Fuhrman 09	
3) Delanie Coady 12	4) Kaylee Jacobs 10	

Girls 800 Sprint Medley Class C

School	Finals	Points
1 Central Lyon Girls 'A'	1:58.12	10
1) Naliya Van Beek 11	2) Sutton Schlumbohm 11	
3) Regan Van Wyhe 09	4) Elle Petersen 12	
2 South O'Brien 'A'	2:01.47	8
1) Annika Jenness 09	2) Taryn Hintz 11	
3) Wylee Sickelka 12	4) Kenna Bauer 09	
3 Gehlen Catholic 'A'	2:01.74	6
1) Tiffany Woerdehoff 10	2) Lauren Heying 09	
3) Kate Hill 11	4) Katelyn Langel 12	
4 Akron-Westfield 'A'	2:08.83	4
1) Hailey Wilken	2) McKenna Moats	
3) Tori Nemesio	4) Chloe Colt	
5 Sheldon 'A'	2:09.46	2
1) Morgan Prescott 10	2) Kiley Parks 09	
3) Kayla Dykstra 10	4) Jalyn De Boer 10	
6 George Little Rock 'A'	2:12.03	1

Sheldon Lady Orab Invitational - 4/15/2019**Orab Field****Results****....Girls 800 Sprint Medley Class C**

1) Michaella Johnson 12	2) Claire Kramer 09
3) Kayla Gerken 12	4) Emily Greve 10
7 Remsen St. Marys 'A'	2:22.26
1) Kailey Arens 10	2) Ashley Willman 11
3) Emma Galles 11	4) Samantha Sauer 11

Girls Distance Medley Class C

School	Finals	Points
1 South O'Brien 'A'	4:54.98	10
1) Sydney Struve 11	2) Taryn Hintz 11	
3) Annika Jenness 09	4) Sophia Faust 10	
2 Central Lyon Girls 'A'	5:06.71	8
1) Breckyn Korthals 09	2) Hayden Heimensen 10	
3) Ashlynn Yeakel 09	4) Cony Wilson 11	
3 Gehlen Catholic 'A'	5:09.69	6
1) Kennedy Ruhland 11	2) Hannah Gries 09	
3) Abby Ruhland 10	4) Hannah Zubrod 09	
4 Remsen St. Marys 'A'	5:14.08	4
1) Ashley Willman 11	2) Emma Galles 11	
3) Maria Russell 09	4) Samantha Sauer 11	
5 George Little Rock 'A'	5:20.63	2
1) Michaella Johnson 12	2) Kayla Gerken 12	
3) Lauren Jurrens 11	4) Claire Kramer 09	

Girls 4x100 Meter Shuttle Hurdle Class C

School	Finals	Points
1 Gehlen Catholic 'A'	1:10.77	10
1) Tiffany Woerdehoff 10	2) Katelyn Langel 12	
3) Kate Hill 11	4) Sydney Livermore 11	
2 Central Lyon Girls 'A'	1:14.33	8
1) Naliya Van Beek 11	2) Hayden Heimensen 10	
3) Maycie Baker 09	4) Sutton Schlumbohm 11	
3 South O'Brien 'A'	1:16.34	6
1) Abby Schreck 09	2) Emily Chicoine 11	
3) Megan Waterman 10	4) Kenna Bauer 09	
4 Akron-Westfield 'A'	1:22.61	4
1) Neveah Beyer	2) Tori Nemesio	
3) Sarah Ritz	4) McKenna Moats	

Girls High Jump Class C

Name	Year School	Finals	Points
1 Taryn Hintz	11 South O'Brien	4-10.00	10
2 Emily Chicoine	11 South O'Brien	4-08.00	8
3 Sutton Schlumbohm	11 Central Lyon Girls	4-06.00	6
4 Kailee Tucker	Akron-Westfield	4-04.00	4
5 Molly Roder	10 Gehlen Catholic	J4-04.00	2

Sheldon Lady Orab Invitational - 4/15/2019**Orab Field****Results****Girls Long Jump Class C**

Name	Year	School	Finals	Points
1 Hailey Wilken		Akron-Westfield	14-02.00	10
2 Kayla Gerken	12	George Little Rock	14-00.00	8
3 Hayden Heimensen	10	Central Lyon Girls	J14-00.00	6
4 Julia Van Regenmorter	09	Sheldon	13-11.75	4
5 Elliotte Herbst	12	Gehlen Catholic	13-02.50	2
6 Kailey Jackson		Akron-Westfield	11-05.00	1

Girls Shot Put Class C

Name	Year	School	Finals	Points
1 Farrah Lewis	11	Central Lyon Girls	37-10.50	10
2 Jayla Berg		Akron-Westfield	33-07.50	8
3 Karissa Harms	12	George Little Rock	33-04.00	6
4 Melinda Zubrod	12	Gehlen Catholic	33-00.00	4
5 Megan Waterman	10	South O'Brien	31-07.50	2
6 Mollee Kocko	11	Central Lyon Girls	31-03.00	1
7 Anna Friedrichsen	11	South O'Brien	29-09.50	
8 Allison Ruden	11	Gehlen Catholic	28-03.00	
9 Brynn Krull	09	George Little Rock	27-02.50	

Girls Discus Throw Class C

Name	Year	School	Finals	Points
1 Farrah Lewis	11	Central Lyon Girls	105-11	10
2 Melinda Zubrod	12	Gehlen Catholic	96-04	8
3 Jayla Berg		Akron-Westfield	95-09	6
4 Karissa Harms	12	George Little Rock	93-10	4
5 Brynn Krull	09	George Little Rock	86-11	2
6 Paige Dieren	10	Central Lyon Girls	86-00	1
7 Shelby Enger	11	South O'Brien	85-01	
8 Anna Friedrichsen	11	South O'Brien	75-07	
9 Allison Ruden	11	Gehlen Catholic	73-09	
10 Lexi Winkel	11	Sheldon	69-07	
11 Keely Simonsen	10	Sheldon	64-00	

Women - Class A - Team Rankings - 19 Events Scored

1) Sioux Center	124	2) Le Mars	91
3) Sheldon	83	4) BHRV	80
5) OABCIG	60	6) Storm Lake	56
7) Okoboji	46	8) MOC-Floyd Valley	42

Women - Class B - Team Rankings - 19 Events Scored

1) West Lyon	187	2) Unity Christian	170
3) Western Christian High Sch	102	4) Westwood	43
5) Hinton	37	6) Le Mars	18
7) Sibley-Ocheyedan	4		

Sheldon Lady Orab Invitational - 4/15/2019

Orab Field

Results

....Girls Discus Throw Class C

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Women - Class C - Team Rankings - 19 Events Scored

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1) Central Lyon Girls	156	2) Gehlen Catholic	136
3) South O'Brien	121	4) Akron-Westfield	83
5) George Little Rock	29	6) Remsen St. Marys	24
7) Sheldon	14		