

Big East Indoor

55 hurdles	Jackie Kremer	10.27	6 th
55 m dash	Rachel Kilburg	7.66	3 rd
4x800	Theresa Koos, Katherine Henry, Caylee Plessl, Kristina Koos	11:07.22	3 rd
4x200	Rachel Kilburg, Anna Ambrosy, Jackie Kremer, Sarah Lampe	1:58.04	2 nd
800	Katherine Henry	2:44.14	4 th
300	Sarah Lampe	41.34	1 st
200	Rachel Kilburg	28.39	3 rd
4x400	Theresa Koos, Caroline Henry, Maddie Hilland, Kristina Koos	4:44.90	6 th
Shot	Kelsey Hickson	29'7" ^{1/2}	6 th

School record 400

6 out of 7

Comanche Relays

3000	Erica Drake	13:29.51	5 th
4x800	Theresa Koos, Molly Steading, Katherine Henry, Sarah Lampe, Mariela Steust	10:13.70	1 st
Shuttle Hurdle	Mariela Steust, Anna Ambrosy, maei Reeg, Rachel Kilburg	1:17.78	3 rd
Distance medley	Jackie Kremer, Caroline Henry, Grace Witt, Kristina Koos	5:13.81	6 th
400 m	Sarah Lampe	58.78	1 st
4x200	Taylor Damer, Shaye Junk, maei Reeg, Allison Lawrence	2:07.59	6 th
100 hurdles	Rachel Kilburg	17.65	6 th
800 m	Katherine Henry	2:42.15	4 th 3 rd
Sprint medley 800m	Jackie Kremer, Rachel Kilburg, Anna Ambrosy, Sarah Lampe	1:59.6	
1500	Theresa Koos	5:30.94	2 nd
4x100	maei Reeg, Rachel Kilburg, Anna Ambrosy, Sarah Lampe	55.47	5 th 6 th
4x400	Katherine Henry, Caroline Henry, Kristina Koos, Molly Steading	4:48.8	6 th
Shot	Kelsey Jess	31'8"	6 th
JV Shuttle	Jackie Kremer, Grace Witt, Shaye Junk, Taylor Damer	1:25	2 nd
JV Distance	Megan Haxmier, Erica Drake, Caylee Plessl, Natalie Sullivan	5:32	5 th
JV 100 hurdles	Jackie Kremer	18.46	3 rd
JV 400 m	Adrienne Plegger	1:13.84	2 nd

4th

400 hurdles (JV)	Grace Witt	1:25.38	
JV Sprint	Mariela Steust, Caroline Henry, maei Reeg, Adrienne Plegger	2:16	3 rd
JV 4x100	Megan Haxmier, Kelsey Jess, Shaye Junk, Sovereign Cui	1:03	5 th

Clinton Relays

3000m	Erica Drake	13:09.78	6 th
4x800	Theresa Koos, Molly Steading, Kristina Koos, Sarah Lampe, Mariela Steust	10:38.76	1 st
Shuttle	Shaye Junk, Taylor Damer, Jackie Kremer	1:23.86	5 th
Distance	Maei Reeg, Maddie Hilland, Anna Ambrosy, Caroline Henry	5:26.91	6 th
400	Sarah Lampe	59.51	1 st
4x200	Maei Reeg, Anna Ambrosy, Allison Lawrence, Rachel Kilburg	2:03.25	6 th
800	Theresa Koos	2:34.41	2 nd
200	Rachel Kilburg	28.11	4 th
Sprint	Maei Reeg, Rachel Kilburg, Anna Ambrosy, Sarah Lampe	2:00.55	3 rd 5 th
4x100	Maei Reeg, Rachel Kilburg, Anna Ambrosy, Sarah Lampe	55.23	5 th
4x400	Theresa Koos, Caroline Henry, Maddie Hilland, Kristina Koos	4:51.51	7 th
Shot	Kelsey Jess	29'2"	7 th

School 400 meet record

5th

Tipton Relays

Shot put	Kelsey Jess	29'10" ^{3/4}	4 th
High jump	Kaytie Jess	4'2"	5 th
4x800	Katherine Henry, Theresa Koos, Kristina Koos, Sarah Lampe, Mariela Steust, Anna Ambrosy	10:25.49	1 st 3 rd
Shuttle Hurdle	Jackie Kremer, Rachel Kilburg, maei Reeg, Shaye Junk	1:16.72	1 st
JV Shuttle	Taylor Damer, Jackie Kremer	1:22.53	1 st
400 m	Sarah Lampe	58.46	1 st
Distance med	Katherine Henry, maei Reeg, Caylee Plessl, Caroline Henry, Molly Steading	1:09.25	6 th 5 th
4x200	Mariela Steust, Jackie Kremer, Caylee Plessl, Caroline Henry	5:06.22	6 th
100 hurdles	Rachel Kilburg	18.31	3 rd
200 m	Anna Ambrosy	17.76	6 th
JV Sprint	maei Reeg, Caroline Henry, Caylee Plessl, Adrienne Plegger	2:22	1 st 2 nd
Sprint med	Mariela Steust, Rachel Kilburg, Anna Ambrosy, Sarah Lampe	1:58.05	
JV 4x100	Taylor Damer, Sovereign Cui, Caylee Plessl, Kelsey Jess	1:02	5 th 6 th
4x100	Mariela Steust, Anna Ambrosy, maei Reeg, Jackie Kremer	59.61	
4x400	Katherine Henry, Kristina Koos, Molly Steading, Caroline Henry	4:46.81	6 th

Cascade Relays

Diuis	Ally Bottorff	85'1" 5th
High jump	Kaytie Jess	42" 6th
3000m	Erica Drake	13:30.67 2nd
4x800	Katherine Heng Kristina Kuos Theresa Kuos Sarah Lampe	10:11.38 1st
Shuttle	Rachel Kilburg Mariah Steins Anna Ambrosy Jackie Kemer	1:15.3 5
Distance	mai Reeg Caroline Heng Caylee Pless Molly Steward	5:05.99 3
400	Sarah Lampe	57.99 1st
JV 4x200	Jackie Kemer Caroline Heng Shane Junk Kaytie Jess	2:13.29 5
4x200	Maddie Heland Anna Ambrosy Caylee Pless Allison Lawrence	2:06.05 6
100 hurdles	Rachel Kilburg	78.36 6th
800 m	Theresa Kuos	2:31.07 1st
200 m	Sarah Lampe	26.49 1st
Sprint med	Anna Ambrosy Rachel Kilburg Mariah Steins Sarah Lampe	1:56.64 1st
1500	Theresa Kuos	5:29.24 4th
4x100	Anna Ambrosy Rachel Kilburg Mariah Steins Allison Lawrence	57.21 6th
4x400	Maddie Heland Caroline Heng Kristina Kuos Molly Steward	4:51.40 5

Maquoketa Relays

200m	Sarah Lampe	27.92 6th
400m	Sarah Lampe	58.08 1st
800m	Theresa Kuos	2:33.61 5th
100 hurdles	Rachel Kilburg	17.59 7th
3000m	Erica Drake	13:39.83 6th
4x800	Katherine Heng Molly Steward Kristina Kuos Theresa Kuos	10:32.95 5th
Shuttle Hurdle	Anna Ambrosy Jackie Kemer Mariah Steins Rachel Kilburg	1:14.83 6th
IV Distance	mai Reeg Caroline Heng Kaytie Jess Maddie Sullivan	5:23.42 5th
IV 4x200	Caroline Heng Shane Junk Adrienne Plegier Kaytie Jess	2:09.19 6th
IV Sprint	mai Reeg Caroline Heng	2:12.08 3rd
Sprint medley	Allison Lawrence Molly Steward Anna Ambrosy Rachel Kilburg	2:07.01 6th
4x100	Mariah Steins Maddie Heland Anna Ambrosy Rachel Kilburg	55.45 5
IV 4x100	Adrienne Plegier Shane Junk Sruventer Cui Kaytie Jess	1:00.93 7th
4x400	Theresa Kuos Caroline Heng Kristina Kuos Katherine Heng	4:37.80 6th

Conference meet

200m	Sarah Lampe	25.34 1st
400m	Katherine Heng	1:07.44 4th
800m	Theresa Kuos	2:29.00 3rd
100 hurdles	Rachel Kilburg	17.26 3rd
3000m	Erica Drake	13:24.87 5th
Diuis	Ally Bottorff	88'10 6th
4x100	Anna Ambrosy Rachel K Mariah Steins Sarah C	53.87 2
4x400	Molly Steward Maddie Heland Caroline Heng Erica Drake	4:57.80 5
4x800	Katherine Heng Theresa Kuos Kristina Kuos Molly Steward	10:35.43 3
Shuttle	Anna Ambrosy Jackie Kemer Mariah Steins Rachel Kilburg	1:14.96 2
Sprint	Anna Ambrosy Rachel Kilburg Mariah Steins Sarah Lampe	1:56.02 1
Distance med	mai Reeg Caroline Heng Jackie Kemer Molly Steward	5:03.03 6

Districts

200m	Sarah Lampe	State 26.77 3rd
400m	Sarah Lampe	State 58.21 2nd
800	Katherine Heng	1:07.01 6th
800	Theresa Kuos	State 2:29.27 4th
1500	Kristina Kuos	2:47.49 8th
1500	Theresa Kuos	State 5:15.94 6th
100 hurdles	Rachel Kilburg	17.68 6th
4x400	Katherine Heng Caroline Heng Kristina Kuos Molly Steward	4:47.48 8th
4x800	Katherine Heng Kristina Kuos Theresa Kuos Sarah Lampe	10:02.26 3rd
Sprint medley	Anna Ambrosy Rachel Kilburg Mariah Steins Sarah Lampe	1:56.46 7
Shuttle	Anna Ambrosy Rachel Kilburg Mariah Steins Jackie Kemer	1:14.41 5

State

4x800 Katherine King, Theresja Koos
Sarah Lampe, Kristina Koos
10.11.29 13th

200 Sarah Lampe ^{4th} Prelims 26.0
3rd finals 26.3'

400 Sarah Lampe 1.02.17
16th

Sprint medley Anna Ambrosy
Marlene Steiner 1.54.10
Rachel Kitzberg 9th
Sarah Lampe
15th

800 Theresja Koos 2.27.53

1500 Theresja Koos 5.11.25
14th