

EMC MEET

AT

05/04/18

OUTDOOR

EMC Girls Results

***** FINAL SCORING *****

| | | | |
|------------------------|--------|------------------------------|-------|
| 1. Elkhorn High School | 125.00 | 5. Norris | 62.00 |
| 2. Gretna High School | 100.00 | 6. Plattsmouth Blue Devils | 32.00 |
| 3. Waverly High School | 96.00 | 7. Bennington High School | 31.00 |
| 4. Blair High School | 65.00 | 8. Nebraska City High School | 15.00 |

EVENT RESULTS

| LONG JUMP | | FINAL | |
|----------------------|---------------------------|-----------|--|
| 1. Haley Miller | Plattsmouth Blue Devils | 17'00.75" | |
| 2. Joscelyn Vincent | Gretna High School | 17'00.50" | |
| 3. Isabel Bothwell | Gretna High School | 16'09.25" | |
| 4. Morgan Dehning | Waverly High School | 15'10.50" | |
| 5. Emma Crouch | Elkhorn High School | 15'08.00" | |
| 6. Fidelis Neneman | Elkhorn High School | 15'07.50" | |
| 7. Grace Ahrens | Gretna High School | 15'05.50" | |
| 8. Moyer Taylor | Nebraska City High School | 15'01.25" | |
| 9. Taylor Ryan | Bennington High School | 15'00.50" | |
| 10. Kenzie Roy | Norris | 14'10.75" | |
| 11. Addie Thomas | Elkhorn High School | 14'08.50" | |
| 12. Sarah Parks | Blair High School | 14'06.00" | |
| 13. Kiersten Dowding | Waverly High School | 14'00.00" | |
| 14. Taylor McMurray | Norris | 13'11.50" | |
| 15. Kennedy Beemer | Blair High School | 13'09.50" | |
| 16. Kaylee Gill | Norris | 13'07.50" | |
| 17. Sydnee Woznick | Waverly High School | 13'06.00" | |
| 18. Grace Jensen | Bennington High School | 13'05.50" | |
| 19. Lilli Knutson | Blair High School | 13'03.00" | |
| 20. Balfour Abby | Nebraska City High School | 13'01.00" | |
| 21. Kaitie Serkiz | Plattsmouth Blue Devils | 13'01.00" | |
| 22. Ava LaSure | Plattsmouth Blue Devils | 12'05.50" | |

| SHOT PUT | | FINAL | |
|------------------------|---------------------------|-----------|--|
| 1. Olivia Ozenbaugh | Norris | 38'03.00" | |
| 2. Anthens Mackenzie | Nebraska City High School | 35'08.50" | |
| 3. Brittany Florer | Norris | 35'06.00" | |
| 4. Val Gerlach | Waverly High School | 35'00.25" | |
| 5. Trice Patricia | Nebraska City High School | 35'00.00" | |
| 6. Mitchell Madi | Nebraska City High School | 34'11.50" | |
| 7. Pru Piening | Waverly High School | 34'07.50" | |
| 8. Tyza Hoos | Waverly High School | 34'05.00" | |
| 9. Lauren Anderson | Elkhorn High School | 33'09.50" | |
| 10. Hailey Baker | Blair High School | 33'02.50" | |
| 11. Lauren. Anderson | Gretna High School | 33'00.50" | |
| 12. Brynn Ferguson | Elkhorn High School | 32'10.50" | |
| 13. Justine Chiles | Blair High School | 31'03.75" | |
| 14. Ayesiah Deveaux | Norris | 31'01.00" | |
| 15. Cassidy Weigert | Elkhorn High School | 30'10.50" | |
| 16. Shane Birchacek | Gretna High School | 30'07.50" | |
| 17. Josie Knust | Plattsmouth Blue Devils | 30'05.00" | |
| 18. Katie. Pruess | Bennington High School | 29'07.50" | |
| 19. Alexis Freyer | Gretna High School | 29'07.00" | |
| 20. Sierra Witherell | Plattsmouth Blue Devils | 28'04.25" | |
| 21. Rylee Hellbusch | Plattsmouth Blue Devils | 27'09.50" | |
| 22. Samantha MacDonald | Blair High School | 27'03.50" | |
| 23. Katie. Keatts | Bennington High School | 25'10.50" | |
| 24. Delaney. Weise | Bennington High School | 25'07.50" | |

| HIGH JUMP | | FINAL | |
|-----------------------|---------------------------|----------|--|
| 1. Keagan Cummings | Elkhorn High School | 5'01.00" | |
| 2. Karlie Kuhn | Gretna High School | 5'01.00" | |
| 3. Amarie Baerentzen | Elkhorn High School | 5'01.00" | |
| 4.T Isabel Hensen | Gretna High School | 4'09.00" | |
| .T Aurora Gissler | Gretna High School | 4'09.00" | |
| 6. Mary Roskens | Blair High School | 4'09.00" | |
| 7. Paige Wilkinson | Norris | 4'09.00" | |
| 8. Sydney Roberts | Elkhorn High School | 4'09.00" | |
| 9. Whitney Lauenstein | Waverly High School | 4'09.00" | |
| 10. Jordan Nielsen | Waverly High School | 4'07.00" | |
| 11. Russell Rachel | Nebraska City High School | 4'07.00" | |
| 12. Ellie Rupprecht | Bennington High School | 4'07.00" | |
| 13. Alexis Wiggins | Norris | 4'05.00" | |
| 14. Kendall Hartley | Waverly High School | 4'05.00" | |

| TRIPLE JUMP | | FINAL | |
|----------------------|---------------------------|-----------|--|
| 1. Haley Miller | Plattsmouth Blue Devils | 35'02.00" | |
| 2. Averie Lambrecht | Waverly High School | 33'04.00" | |
| 3. Chloe Sabatka | Plattsmouth Blue Devils | 33'03.25" | |
| 4. Addie Thomas | Elkhorn High School | 33'00.50" | |
| 5. Kenedy Schaecher | Gretna High School | 33'00.00" | |
| 6. Kylie. John | Bennington High School | 32'07.75" | |
| 7. Sydney Roberts | Elkhorn High School | 32'04.50" | |
| 8. Kylee Lakers | Gretna High School | 31'08.75" | |
| 9. Allison Kibby | Gretna High School | 30'08.75" | |
| 10. Ayesiah Deveaux | Norris | 30'07.25" | |
| 11. Kennedy Beemer | Blair High School | 30'06.75" | |
| 12. Emma Crouch | Elkhorn High School | 30'02.50" | |
| 13. Sarah Parks | Blair High School | 30'01.75" | |
| 14. Balfour Abby | Nebraska City High School | 29'08.75" | |
| 15. Kiersten Dowding | Waverly High School | 29'08.50" | |
| 16. Lilli Knutson | Blair High School | 29'01.25" | |
| 17. Alexis Wiggins | Norris | 29'01.00" | |
| 18. Sydnee Woznick | Waverly High School | 28'02.75" | |
| 19. Kaitie Serkiz | Plattsmouth Blue Devils | 27'02.25" | |
| 20. Grace Jensen | Bennington High School | 25'07.75" | |

| DISCUS | | FINAL | |
|----------------------|---------------------------|------------|--|
| 1. Brynn Ferguson | Elkhorn High School | 125'00.00" | |
| 2. Tyza Hoos | Waverly High School | 124'10.00" | |
| 3. Shane Birchacek | Gretna High School | 109'02.00" | |
| 4. Molly VanderHamm | Norris | 108'05.00" | |
| 5. Ali Blum | Blair High School | 105'02.00" | |
| 6. Micki Larsen | Waverly High School | 103'08.00" | |
| 7. Brittany Florer | Norris | 97'11.00" | |
| 8. Sammi McDonald | Blair High School | 97'05.00" | |
| 9. Mitchell Madi | Nebraska City High School | 96'03.00" | |
| 10. Hailey Baker | Blair High School | 95'10.00" | |
| 11. Sierra Witherell | Plattsmouth Blue Devils | 91'00.00" | |
| 12. Alexis Rolfs | Waverly High School | 90'02.00" | |
| 13. Kelly. Arnold | Gretna High School | 89'10.00" | |
| 14. Lauren. Anderson | Gretna High School | 85'00.00" | |
| 15. Rylee Hellbusch | Plattsmouth Blue Devils | 83'06.00" | |
| 16. Grace Gutzmer | Norris | 83'04.00" | |
| 17. Katie. Pruess | Bennington High School | 77'10.00" | |
| 18. Josie Knust | Plattsmouth Blue Devils | 75'06.00" | |
| 19. Emma. Schumacher | Bennington High School | 74'00.00" | |
| 20. Katie. Keatts | Bennington High School | 73'08.00" | |
| 21. Cassidy Weigert | Elkhorn High School | 72'09.00" | |
| 22. Turner Natalie | Nebraska City High School | 65'10.00" | |

| 3200 METER RELAY | | FINAL | |
|--------------------------------|---|----------|--|
| 1. Gretna High School (A) | (Kaylee Moore,Rachel Walters,Kayla Adams,Mazie Larsen) | 9:58.90 | |
| 2. Elkhorn High School (A) | (Maddie Yardley,Abby Metschke,Jessica Charron,Hannah Pollan) | 10:24.60 | |
| 3. Waverly High School (A) | (Alex Danson,Grace Lange,Averie Lambrecht,Clair Jones) | 10:41.30 | |
| 4. Norris (A) | (Kelly Helmsberger,Lauren Borer,Taylyn Petsche,Libby Gourlay) | 10:52.40 | |
| 5. Plattsmouth Blue Devils (A) | (Isabella Chappell,Rachel Widick,Taylor Jones,Taylor Caba) | 11:04.40 | |

| POLE VAULT | | FINAL | |
|---------------------|-------------------------|----------|--|
| 1. Lauren Havlat | Norris | 9'00.00" | |
| 2. Alexa Williams | Elkhorn High School | 8'06.00" | |
| 3. Grace Galbraith | Blair High School | 8'06.00" | |
| 4. Nicole Everhart | Gretna High School | 8'06.00" | |
| 5. Destiny Fuhlrodt | Blair High School | 8'00.00" | |
| 6. LeClair Sydni | Bennington High School | 8'00.00" | |
| 7. Ali Blum | Blair High School | 7'06.00" | |
| 8. Preslie O'Dell | Elkhorn High School | 7'06.00" | |
| 9. Colleen Rypkema | Plattsmouth Blue Devils | 7'00.00" | |

| 400 METER DASH | | FINAL HEAT 1 | |
|----------------------|---------------------------|--------------|--|
| 1. Isabella Chappell | Plattsmouth Blue Devils | 1:06.10 | |
| 2. Maddi Haddix | Gretna High School | 1:06.80 | |
| 3. Kalli Kroeker | Norris | 1:07.70 | |
| 4. Ellie Rupprecht | Bennington High School | 1:08.70 | |
| 5. Rachel Widick | Plattsmouth Blue Devils | 1:08.90 | |
| 6. Jacey. Hammer | Gretna High School | 1:09.00 | |
| 7. Davis Layne | Nebraska City High School | 1:09.80 | |

| FINAL HEAT 2 | | | |
|---------------------|------------------------|---------|--|
| 1. Taylor Ryan | Bennington High School | 1:03.50 | |
| 2. Kyoko Richardson | Gretna High School | 1:03.60 | |

| EMC MEET | | AT | | 05/04/18 | | OUTDOOR | |
|--------------|---------------------|---------------------------|----------|--------------|---------------------|---------------------------|---------|
| 3. | Kyah Neal | Elkhorn High School | 1:03.90 | 8. | Jasmyn White | Waverly High School | 17.10 |
| 4. | Hoover Alexis | Nebraska City High School | 1:04.60 | | | | |
| 5. | Grace Hartweg | Waverly High School | 1:04.70 | 100 | METER DASH | PRELIM 1 | |
| 6. | Maya Qualset | Waverly High School | 1:05.70 | 1. | Lexie Gilbert | Elkhorn High School | 12.40 |
| 7. | Taylor McMurray | Norris | 1:08.00 | 2. | Moyer Taylor | Nebraska City High School | 12.70 |
| FINAL HEAT 3 | | | | 3. | Isabel Bothwell | Gretna High School | 13.00 |
| 1. | Michaela Bartels | Bennington High School | 59.60 | 4. | Bella Hass | Elkhorn High School | 13.10 |
| 2. | Sophia Kirwan | Blair High School | 1:00.10 | 5. | Abby Osborn | Blair High School | 13.30 |
| 3. | Lizzie Schiefelbein | Elkhorn High School | 1:01.50 | 6. | Eran Rose-Gronewold | Waverly High School | 13.30 |
| 4. | Grace Galbraith | Blair High School | 1:01.90 | 7. | Zaria Clark | Elkhorn High School | 13.60 |
| 5. | Grace Lamski | Elkhorn High School | 1:02.40 | 8. | Maddie Coulter | Bennington High School | 13.90 |
| 6. | Kira Keller | Waverly High School | 1:03.20 | PRELIM 2 | | | |
| 7. | Chloe Sabatka | Plattsmouth Blue Devils | 1:03.40 | 1. | Michaela Bartels | Bennington High School | 12.20 |
| 8. | Rylie Bryant | Norris | 1:04.30 | 2. | Kenzie Roy | Norris | 12.40 |
| FINAL | | | | 3. | Joscelyn Vincent | Gretna High School | 12.80 |
| 1. | Michaela Bartels | Bennington High School | 59.60 | 4. | Alexa Armentrout | Bennington High School | 12.90 |
| 2. | Sophia Kirwan | Blair High School | 1:00.10 | 5. | Hoover Alexis | Nebraska City High School | 13.10 |
| 3. | Lizzie Schiefelbein | Elkhorn High School | 1:01.50 | 6. | Maya Qualset | Waverly High School | 13.30 |
| 4. | Grace Galbraith | Blair High School | 1:01.90 | 7. | Mackenzie Caba | Plattsmouth Blue Devils | 14.20 |
| 5. | Grace Lamski | Elkhorn High School | 1:02.40 | PRELIM 3 | | | |
| 6. | Kira Keller | Waverly High School | 1:03.20 | 1. | Sydni Scherikau | Waverly High School | 12.40 |
| 7. | Chloe Sabatka | Plattsmouth Blue Devils | 1:03.40 | 2. | Emma Osborn | Blair High School | 12.50 |
| 8. | Taylor Ryan | Bennington High School | 1:03.50 | 3. | Sarah Logan | Norris | 13.10 |
| 9. | Kyoko Richardson | Gretna High School | 1:03.60 | 4. | Kierney Skiles | Gretna High School | 13.20 |
| 10. | Kyah Neal | Elkhorn High School | 1:03.90 | 5. | Morgan McCain | Norris | 13.20 |
| 11. | Rylie Bryant | Norris | 1:04.30 | 6. | Felicity Cronin | Plattsmouth Blue Devils | 15.30 |
| 12. | Hoover Alexis | Nebraska City High School | 1:04.60 | FINAL | | | |
| 13. | Grace Hartweg | Waverly High School | 1:04.70 | 1. | Lexie Gilbert | Elkhorn High School | 12.00 |
| 14. | Maya Qualset | Waverly High School | 1:05.70 | 2. | Sydni Scherikau | Waverly High School | 12.30 |
| 15. | Isabella Chappell | Plattsmouth Blue Devils | 1:06.10 | 3. | Michaela Bartels | Bennington High School | 12.40 |
| 16. | Maddi Haddix | Gretna High School | 1:06.80 | 4. | Kenzie Roy | Norris | 12.60 |
| 17. | Kalli Kroeker | Norris | 1:07.70 | 5. | Emma Osborn | Blair High School | 12.70 |
| 18. | Taylor McMurray | Norris | 1:08.00 | 6. | Alexa Armentrout | Bennington High School | 12.90 |
| 19. | Ellie Rupprecht | Bennington High School | 1:08.70 | 7. | Joscelyn Vincent | Gretna High School | 13.00 |
| 20. | Rachel Widick | Plattsmouth Blue Devils | 1:08.90 | 8. | Moyer Taylor | Nebraska City High School | 13.10 |
| 21. | Jacey. Hammer | Gretna High School | 1:09.00 | | | | |
| 22. | Davis Layne | Nebraska City High School | 1:09.80 | 800 | METER RUN | FINAL HEAT 1 | |
| 3200 | METER RUN | FINAL | | 1. | Kelly Helmberger | Norris | 2:39.50 |
| 1. | Samantha Palermo | Norris | 12:18.30 | 2. | Libby Gourlay | Norris | 2:39.90 |
| 2. | Alex Danson | Waverly High School | 12:50.60 | 3. | Raigan Kocian | Gretna High School | 2:41.00 |
| 3. | Devon Zurek | Blair High School | 13:06.70 | 4. | Sydney Hobza | Norris | 2:48.10 |
| 4. | Alli Nielsen | Blair High School | 13:26.70 | 5. | Rachel Widick | Plattsmouth Blue Devils | 2:50.80 |
| 5. | Cassie Barber | Norris | 13:39.50 | 6. | Lilli Knutson | Blair High School | 2:50.90 |
| 6. | Makinley Kratina | Gretna High School | 13:41.90 | 7. | LeClair Sydni | Bennington High School | 2:53.70 |
| 7. | Sophia Wehrbein | Plattsmouth Blue Devils | 14:26.70 | FINAL HEAT 2 | | | |
| 8. | Destiny Barnard | Plattsmouth Blue Devils | 14:30.70 | 1. | Taylor Kimmach | Elkhorn High School | 2:22.30 |
| 100M | HURDLES | PRELIM 1 | | 2. | Grace Lamski | Elkhorn High School | 2:24.90 |
| 1. | Lauren Franzen | Elkhorn High School | 15.20 | 3. | Kaylee Moore | Gretna High School | 2:25.60 |
| 2. | Whitney Lauenstein | Waverly High School | 16.30 | 4. | Alex Danson | Waverly High School | 2:26.90 |
| 3. | Jasmyn White | Waverly High School | 16.40 | 5. | Rachel Walters | Waverly High School | 2:26.90 |
| 4. | Fidelis Neneman | Elkhorn High School | 16.80 | 6. | Abby Metschke | Gretna High School | 2:28.40 |
| 5. | Maddison Ray | Blair High School | 17.90 | 7. | Chloe Sabatka | Elkhorn High School | 2:32.00 |
| 6. | Carley Damme | Blair High School | 18.10 | 8. | Taylor Caba | Plattsmouth Blue Devils | 2:35.00 |
| 7. | Kayla Feltz | Elkhorn High School | 18.60 | 9. | Grace Lange | Plattsmouth Blue Devils | 2:37.20 |
| 8. | Ehlers Chanel | Nebraska City High School | 21.60 | 10. | Schaulis Chloe | Waverly High School | 2:38.00 |
| PRELIM 2 | | | | FINAL | | | |
| 1. | Abigail Clarke | Waverly High School | 16.30 | 1. | Taylor Kimmach | Elkhorn High School | 2:22.30 |
| 2. | Jadyn Makovicka | Gretna High School | 16.70 | 2. | Grace Lamski | Elkhorn High School | 2:24.90 |
| 3. | Maddy Ramsey | Norris | 16.90 | 3. | Kaylee Moore | Gretna High School | 2:25.60 |
| 4. | Alexandra Rand | Blair High School | 16.90 | 4. | Alex Danson | Waverly High School | 2:26.90 |
| 5. | Grace Deines | Gretna High School | 17.70 | 5. | Rachel Walters | Gretna High School | 2:28.40 |
| 6. | Reagan Zetterman | Norris | 17.70 | 6. | Abby Metschke | Elkhorn High School | 2:32.00 |
| 7. | Kaiya Russell | Gretna High School | 18.30 | 7. | Chloe Sabatka | Plattsmouth Blue Devils | 2:35.00 |
| 8. | Emily Harms | Norris | 18.50 | 8. | Taylor Caba | Plattsmouth Blue Devils | 2:37.20 |
| FINAL | | | | 9. | Grace Lange | Waverly High School | 2:38.00 |
| 1. | Lauren Franzen | Elkhorn High School | 15.20 | 10. | Kelly Helmberger | Norris | 2:39.50 |
| 2. | Abigail Clarke | Waverly High School | 15.70 | 11. | Libby Gourlay | Norris | 2:39.90 |
| 3. | Jadyn Makovicka | Gretna High School | 16.60 | 12. | Schaulis Chloe | Nebraska City High School | 2:40.90 |
| 4. | Whitney Lauenstein | Waverly High School | 16.70 | 13. | Raigan Kocian | Gretna High School | 2:41.00 |
| 5. | Maddy Ramsey | Norris | 16.80 | 14. | Sydney Hobza | Norris | 2:48.10 |
| 6. | Alexandra Rand | Blair High School | 16.90 | 15. | Rachel Widick | Plattsmouth Blue Devils | 2:50.80 |
| 7. | Fidelis Neneman | Elkhorn High School | 17.00 | 16. | Lilli Knutson | Blair High School | 2:50.90 |
| | | | | 17. | LeClair Sydni | Bennington High School | 2:53.70 |
| | | | | 300M | LOW HURD | FINAL HEAT 1 | |

| EMC MEET | | AT | 05/04/18 | | OUTDOOR |
|----------|---------------------|---------------------------|----------|------|--|
| 1. | Kayla Feltz | Elkhorn High School | 55.40 | 1600 | METER RUN |
| 2. | Emily Harms | Norris | 57.80 | | FINAL HEAT 1 |
| 3. | Ehlers Chanel | Nebraska City High School | 1:06.00 | 1. | Alli Nielsen |
| | | | | 2. | Christine Jacha |
| | | | | 3. | Raigan Kocian |
| | | | | 4. | Clair Jones |
| | | | | 5. | Sophia Wehrbein |
| | | | | 6. | Destiny Barnard |
| | | | | 7. | Lisa Devine |
| 1. | Amber Goertz | Bennington High School | 50.50 | | FINAL HEAT 2 |
| 2. | Maddison Ray | Blair High School | 51.10 | 1. | Mazie Larsen |
| 3. | Maddy Ramsey | Norris | 51.50 | 2. | Kayla Adams |
| 4. | Balfour Abby | Nebraska City High School | 53.10 | 3. | Lily Johnson |
| 5. | Reagan Zetterman | Norris | 53.50 | 4. | Taylor Caba |
| 6. | Kaiya Russell | Gretna High School | 53.80 | 5. | Samantha Palermo |
| | | | | 6. | Lauren Borer |
| | | | | 7. | Emily Gress |
| | | | | 8. | Hannah Pollan |
| 1. | Abigail Clarke | Waverly High School | 46.10 | | FINAL |
| 2. | Lauren Franzen | Elkhorn High School | 47.20 | 1. | Mazie Larsen |
| 3. | Jadyn Makovicka | Gretna High School | 48.40 | 2. | Kayla Adams |
| 4. | Alexandra Rand | Blair High School | 49.60 | 3. | Lily Johnson |
| 5. | Whitney Lauenstein | Waverly High School | 50.00 | 4. | Taylor Caba |
| 6. | Mary Roskens | Blair High School | 50.40 | 5. | Samantha Palermo |
| 7. | Morgan Dehning | Waverly High School | 51.50 | 6. | Lauren Borer |
| 8. | Grace Deines | Gretna High School | 51.60 | 7. | Emily Gress |
| | | | | 8. | Hannah Pollan |
| 1. | Abigail Clarke | Waverly High School | 46.10 | 9. | Alli Nielsen |
| 2. | Lauren Franzen | Elkhorn High School | 47.20 | 10. | Christine Jacha |
| 3. | Jadyn Makovicka | Gretna High School | 48.40 | 11. | Raigan Kocian |
| 4. | Alexandra Rand | Blair High School | 49.60 | 12. | Clair Jones |
| 5. | Whitney Lauenstein | Waverly High School | 50.00 | 13. | Sophia Wehrbein |
| 6. | Mary Roskens | Blair High School | 50.40 | 14. | Destiny Barnard |
| 7. | Amber Goertz | Bennington High School | 50.50 | 15. | Lisa Devine |
| 8. | Maddison Ray | Blair High School | 51.10 | | |
| 9. | Maddy Ramsey | Norris | 51.50 | 400 | METER RELAY |
| 10. | Morgan Dehning | Waverly High School | 51.50 | | FINAL |
| 11. | Grace Deines | Gretna High School | 51.60 | 1. | Elkhorn High School (A) |
| 12. | Balfour Abby | Nebraska City High School | 53.10 | | (Fidelis Neneman, Lexie Gilbert, Bella Hass, Lizzie Schiefelbein) |
| 13. | Reagan Zetterman | Norris | 53.50 | 2. | Blair High School (A) |
| 14. | Kaiya Russell | Gretna High School | 53.80 | | (Emma Osborn, Sophia Kirwan, Abby Osborn, Grace Galbraith) |
| 15. | Kayla Feltz | Elkhorn High School | 55.40 | 3. | Norris (A) |
| 16. | Emily Harms | Norris | 57.80 | | (Sarah Logan, Rylie Bryant, Morgan McCain, Kenzie Roy) |
| 17. | Ehlers Chanel | Nebraska City High School | 1:06.00 | 4. | Waverly High School (A) |
| | | | | | (Sydni Scherikau, Macy Persinger, Eran Rose-Gronewold, Abigail Clarke) |
| 200 | METER DASH | PRELIM 1 | | 5. | Bennington High School (A) |
| 1. | Lexie Gilbert | Elkhorn High School | 25.90 | | (Maddie Coulter, Michaela Bartels, Taylor Ryan, Alexa Armentrout) |
| 2. | Sophia Kirwan | Blair High School | 27.10 | 6. | Gretna High School (A) |
| 3. | Alexa Armentrout | Bennington High School | 27.40 | | (Grace Deines, Grace Ahrens, Kierney Skiles, Isabel Bothwell) |
| 4. | Sarah Logan | Norris | 28.10 | 7. | Plattsmouth Blue Devils (A) |
| 5. | Kierney Skiles | Gretna High School | 28.20 | | (Haley Miller, Taylor Jones, Colleen Rypkema, Kaitie Serkiz) |
| 6. | Megan Auman | Norris | 28.50 | | |
| 7. | Maddie Coulter | Bennington High School | 28.80 | 1600 | METER RELAY |
| | | | | | FINAL |
| 1. | Michaela Bartels | Bennington High School | 26.40 | 1. | Gretna High School (A) |
| 2. | Moyer Taylor | Nebraska City High School | 26.90 | | (Kaylee Moore, Jadyn Makovicka, Rachel Walters, Mazie Larsen) |
| 3. | Kira Keller | Waverly High School | 27.30 | 2. | Blair High School (A) |
| 4. | Hoover Alexis | Nebraska City High School | 27.80 | | (Ally Garner, Lily Johnson, Mary Roskens, Sophia Kirwan) |
| 5. | Morgan McCain | Norris | 28.20 | 3. | Waverly High School (A) |
| 6. | Brittany Quinn | Blair High School | 29.10 | | (Kira Keller, Sydni Scherikau, Macy Persinger, Abigail Clarke) |
| 7. | Cheyenne Barnard | Plattsmouth Blue Devils | 30.50 | 4. | Bennington High School (A) |
| 8. | Davis Layne | Nebraska City High School | 31.60 | | (Maddie Turner, Taylor Colvert, Amber Goertz, Taylor Ryan) |
| | | | | 5. | Elkhorn High School (A) |
| 1. | Sydni Scherikau | Waverly High School | 26.50 | | (Lizzie Schiefelbein, Kyah Neal, Lizzie Schiefelbein, Abby Metschke) |
| 2. | Lizzie Schiefelbein | Elkhorn High School | 26.90 | 6. | Norris (A) |
| 3. | Isabel Bothwell | Gretna High School | 27.50 | | (Morgan McCain, Sarah Logan, Taylor McMurray, Rylie Bryant) |
| 4. | Macy Persinger | Waverly High School | 28.10 | 7. | Plattsmouth Blue Devils (A) |
| 5. | Abby Osborn | Blair High School | 28.50 | | (Isabella Chappell, Taylor Jones, Chloe Sabatka, Rachel Widick) |
| 6. | Grace Ahrens | Gretna High School | 28.50 | | |
| 7. | Krissy Radicia | Elkhorn High School | 29.80 | | |
| 8. | Mackenzie Caba | Plattsmouth Blue Devils | 30.00 | | |
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| 1. | Sydni Scherikau | Waverly High School | 25.90 | | |
| 2. | Lexie Gilbert | Elkhorn High School | 25.90 | | |
| 3. | Michaela Bartels | Bennington High School | 26.80 | | |
| 4. | Moyer Taylor | Nebraska City High School | 27.00 | | |
| 5. | Sophia Kirwan | Blair High School | 27.20 | | |
| 6. | Lizzie Schiefelbein | Elkhorn High School | 27.30 | | |
| 7. | Kira Keller | Waverly High School | 27.40 | | |
| 8. | Alexa Armentrout | Bennington High School | 27.60 | | |