



2026

MEDIA GUIDE

Iowa City West Track & Field



@icwgirlstrackxc



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TRACK & FIELD

2026 Media Guide

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MEDIA INFORMATION

WELCOME!

The 2026 Iowa City West Girls Track & Field Media Guide has been prepared to assist media members in their coverage of the Trojans! It is our hope that most of your questions will be answered on the pages of this guide. However, if you have additional questions or need more information, please contact Head Coach Mike Parker at icparker@msn.com

SOCIAL MEDIA

Additional information on our cross country and track & field teams can be found on various social media outlets and our team website. Please give us a follow on the links below for all things Iowa City West Girls Track & Field / XC.

Twitter: @icwgirlstrackxc

Instagram: @icwestgirlstfxc

Website: www.icwgirlstrackxc.com

THE MISSISSIPPI VALLEY CONFERENCE

The Mississippi Valley Conference is one of the toughest conferences in the state of Iowa. Consisting of 15 schools from around Eastern Iowa, it has produced many elite athletes from all competing schools. The conference is split into two halves - the Mississippi Division and the Valley Division - which changes every 3 years. The 2026 split looks like this:

Mississippi Division: Iowa City West, Linn Mar, Cedar Rapids Kennedy, Xavier, Dubuque Senior, Western Dubuque, Iowa City Liberty

Valley Division: Cedar Falls, Waterloo West, Cedar Rapids Jefferson, Cedar Rapids Washington, Dubuque Hempstead, Dubuque Wahlert, Prairie, Iowa City High

IOWA CITY WEST ON THE WEB

Visit our official Iowa City West Track & Field / Cross Country website at www.icwgirlstrackxc.com to stay up to date on all things West High Girls Track/XC. This includes schedules, results, rosters, pictures and more!

CREDIT

The 2026 Iowa City West Girls Track & Field Media Guide was created and designed by Tom Davidson



IOWA CITY WEST GIRLS TRACK & FIELD



2026 INDOOR SCHEDULE

DATE	MEET	LOCATION	HOST
3/10	Dickinson Relays	Cedar Falls, IA	Northern Iowa
3/12	IATC Indoor Championships	Ames, IA	IATC

2026 OUTDOOR SCHEDULE

DATE	MEET	LOCATION	HOST
3/28	IC West Relays	Iowa City, IA	West HS
4/4	CR Girls Invitational	Cedar Rapids, IA	Jefferson HS
4/7	Williamsburg Invitational	Williamsburg, IA	Williamsburg HS
4/10	CCA Jane Astor Relays	Tiffin, IA	CCA HS
4/11	Eastern IA T&F Festival	Iowa City, IA	West HS
4/16	Forwald-Coleman Relays	Iowa City, IA	City HS
4/21	Don Newell Invitational	Ottumwa, IA	Ottumwa HS
4/23	Drake Relays	Des Moines, IA	Drake University
4/24	Drake Relays	Des Moines, IA	Drake University
4/25	Drake Relays	Des Moines, IA	Drake University
4/27	CRANDIC 9/10 & JV Relays	Cedar Rapids, IA	Xavier HS
5/7	MVC Valley Championships	Cedar Rapids, IA	Kennedy
5/11	ICW JV Relays	Iowa City, IA	West HS
5/14	State Qualifier Championships	TBD	TBD
5/21	4A State Championships	Des Moines, IA	Drake University
5/22	4A State Championships	Des Moines, IA	Drake University
5/23	4A State Championships	Des Moines, IA	Drake University



QUICK FACTS

WEST HIGH SCHOOL

Location	Iowa City, IA
Founded	1968
Principal	Mitch Gross
Athletic Director	BJ Mayer
Athletic Secretary	Brianna Nigg
Mascot	Trojans
Colors	Green & Gold
Class	4A
Conference	Mississippi Valley

COACHING STAFF

Head Coach	Mike Parker
Assistant Coach	Tom Davidson
Assistant Coach	Brittany McConnell
Assistant Coach	Megan Boehme
Assistant Coach	Nick Matsen
Assistant Coach	Connor Belken

PROGRAM HISTORY

Team State Titles Track & Field	8
Team State Titles Cross Country	5
Team MVC Titles Track & Field	18
Team MVC Titles Cross Country	19
Individual Champions T&F	35
Individual Champions XC	6
Relay Champions T&F	17
Highest Point Total State Championship	97.5
Largest Margin of Victory - State	24
Consecutive Championships	3
Ambulatory Championships	2
Most Championships by Head Coach	8
Drake Relays Champions	26



WEST HIGH SCHOOL

WEST HIGH SCHOOL

Where Excellence is a Tradition

☎ 319-688-1055 📍 2901 Melrose Ave, Iowa City, IA 52246 ✉ mayer.bj@iowacityschools.org

West High School is a diverse and exciting high school community with many opportunities for enrichment and growth. We are urban and rural, musical and athletic, American and foreign born. Being named one of "America's Best High Schools," West High is a high school noted for exemplary achievement in many areas. Not only is the graduation rate 98%, West High annually achieves large numbers of All-State Athletes, Musicians, and Speech and Debate teams. Opened in 1968 with only 500 students, West High has expanded to teach 1500 students in grades 9-12 with 125 teachers and another 75 support staff to assist students in achieving the highest quality learning experience.

West High is recognized at the local, state, and national levels as a leader in the quality of education provided for students. West students annually lead the state in ACT results, National AP Scholars, and National Merit Scholars. A culture of excellence at all levels pervades the school community with a continued focus on raising the bar for all students. New engineering programs offered in collaboration with the University of Iowa, and specialized educational academies provided in partnership with Kirkwood Community College, reflect the high value placed on educational innovations and academic excellence.



Ranked

#1

BASED ON U.S. NEWS & WORLD REPORT RANKINGS

BEST IOWA HIGH SCHOOLS

West High

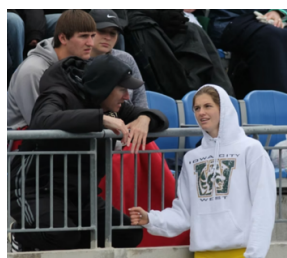


IOWA CITY WEST GIRLS TRACK & FIELD



2026 COACHING STAFF

The Iowa City West Girls Track & Field coaching staff is led by Hall of Fame Head Coach Mike Parker and has over 50 years of combined experience on staff. The track & field staff has been named the MVC Coaching Staff of the year 13 times and Coach Parker has been named the Iowa High School State Coach of the Year or At-Large Coach of the Year 32 times in his career (14 track & field, 18 cross country.)



2026 COACHING STAFF



Head Coach

MIKE PARKER

FAST FACTS

Birthday: October 1st

Hometown: Ottumwa, IA

College: University of Kansas

Fun Fact: trained with Jim Ryun at Kansas

COACHING CAREER

Clear Creek Amana MS

Mount St. Claire College

West Branch HS

Iowa City West HS

In 2026, Mike Parker will start his 29th season as the Iowa City West Girls Track & Field head coach. He just finished his 31st year as the Iowa City West Girls Cross Country head coach. Once again, this year Parker is focused on building on the success of last year's program and having an even greater 2026. Since taking over the Iowa City West programs he has been on a mission to build and maintain the kind of foundation that would assure that the Iowa City West consistently contend for conference, state and national honors every year. Mission accomplished. West High has achieved a level of excellence over the last 29 years paralleled by no team in the state. Parker has brought the Iowa City West Girls Track & Field and Cross Country teams to conference, regional, state and national prominence over his 31 years at the helm, having won 13 State Championship team titles (8 track & field and 5 cross country), 32 Regional Championship team titles (15 track & field and 17 cross country), and 37 Mississippi Valley Conference Championship team titles (18 track & field and 19 cross country). Parker ranks 3rd All-Time in most track & field team state titles by one coach and tied for most in 4A history. He has won the 4th most All-Time in cross country by one coach. He also has collected 9 State Championship Runner- up trophies along the way as well for a total of 22 Top 2 finishes at the State Championships in his 29 years. His track & field athletes have also collected 26 Drake Relays Flags. Parker has coaching experience in all events in track & field. His focus has always been on finding success with a well balanced team. He came to Iowa City West after coaching at Clear Creek Amana Middle School, West Branch High School and Mount Saint Claire College. During his tenure the Trojans have set new school records in 18 of the 19 events, set 9 All-Time State Championship records, 3 Drake Relays records, 4 Iowa All-Time Best Records and had 3 different girls set Iowa All-time records in cross country. His teams have also held both the track & field and cross country State Championship scoring records. The 2010 season brought success at the state championships, winning the state team title by 24 points, the largest margin in 4A history at the time and set 2 All-time records. In 2001, the West High girls' cross country team won the state title with 28 points the lowest score ever recorded at the State Championships at the time and is still the only team to ever place 5 girls in the top 10 at the State Championships. His 2004 cross country team qualified for the prestigious Nike Cross Country National Championships and placed 10th, which is still the best finish by an Iowa high school team in State history. Parker has been recognized by his peers at the highest level having been selected the Iowa High School State Coach of the Year or the At-Large Coach of the Year 32 times by the Iowa Association of Track Coaches (14 track & field and 18 cross country). The Mississippi Valley Conference coaches have selected Parker as the M.V.C Coach of the Year 28 times (13 track & field and 15 cross country). In 2019 the Iowa Girls High School Athletic Union honored Parker with The Golden Plaque of Distinction Award. Parker was only the 6th track & field recipient in Iowa history. This past fall, Coach Parker was awarded the Golden Plaque of Distinction award for Cross Country, making him the first coach to receive the award in both sports. Parker has been a finalist for the National High School Athletic Coaches Association Girls Track & Field National Coach of the Year 3 times (2010, 2015 and 2018). In 2018 Parker was selected as the Girls Track & Field National Coach of the Year. In 2022 Parker was inducted into the National High Schools Coaches Association Hall of Fame. (continued...)



2026 COACHING STAFF



Head Coach

MIKE PARKER



(continued...) The Iowa City West High girl's track & field teams have enjoyed unprecedented success. They won 3 straight State Championship team titles in 2006, 2007 and 2008. Not only did they win 3 straight state titles, but they were the 3 time undefeated state champions as well heading into the 2009 season, only having lost 1 time in 4 years. Not only has Parker coached his athletes to be competitive on the state level but on the national level as well. He has coached 111 track & field state champions, 6 cross country individual state champions, 9 All-Americans, 26 Drake Relays Champions and 9 All-Time State Record holders. As of the 2026 season his athletes appear on the Iowa All-time Best List an amazing 18 times. His 6 individual cross country state champions tie him for the most by any coach in state history. Each year he continues to add to the long list of track & field and cross country athletes that go on to compete for many of the premier collegiate programs in the United States receiving multiple NCAA All-American honors.

Parker ran collegiately at the University of Kansas for the legendary coach Bob Timmons and had the opportunity to train with and learn from America's greatest distance runner former world record holder and Olympic silver medalist Jim Ryun. Both had a huge impact on Parker's coaching philosophy.

Parker takes great pride in working to grow the sports of track & field and cross country. Two of the many ways he does that is by passionately serving on the Iowa Association of Track Coaches Board of Directors as well as on the Track Guy Foundation Board of Directors. "I have a deep rooted passion for coaching. From the day I started coaching I have been laser focused on leading, teaching and inspiring my teams to achieve more than they ever dreamed was possible. I coach for relationships and championships, that has been the case from day one and drives me just as much over 29 years later."

When he is not at practice or a meet with his West High teams, he is enjoying another career passion of his, motivational speaking. Parker is a very successful motivational speaker, author, and success coach. He has been delivering his highly motivational and inspirational presentations for over 20 years to large corporations, small businesses, school districts, colleges, and a wide variety of organizations. In 2023 his long awaited book, Ask Yourself, Inspiring Questions for Health, Happiness and Self-Discovery hit the bookshelves. You can check it out at www.AskYourselfBook.com You can check out his motivational speaking website at www.Mike-Parker.com.

Mike is married to his wife Brenda, an elementary school principal in the CCACSD and they have a daughter, Sofia who is 13, she is a passionate PGA Juniors golfer throughout the Midwest.

CAREER HIGHLIGHTS

- 2018 Girls Track & Field National Coach of the Year
- 2019 IGHSAU Golden Plaque of Distinction Award in Track & Field
- 2022 Inducted into National High School Coach Hall of Fame
- 2024 Para Girls Track & Field Coach of the Year
- 2025 Para Girls Track & Field Coach of the Year
- 2025 IGHSAU Golden Plaque of Distinction Award in Cross Country

- 32 x Iowa Association Track Coaches State and At-Large Coach of the Year
- 28 x Mississippi Valley Conference Coach of the Year
- 13 x Team State Champions
- 37 x Team M.V.C. Conference Champions



2026 COACHING STAFF



Assistant Coach

TOM DAVIDSON

FAST FACTS

Birthday: January 15th

Hometown: Clinton, IA

College: University of Northern Iowa

Fun Fact: I built our website and created this Media Guide!

COACHING CAREER

Waterloo East HS

Cedar Rapids Prairie HS

Iowa City West HS

Coach Davidson enters 2026 in his 5th track and field season at Iowa City West and his 13th overall. Davidson began his coaching career while in college at the University of Northern Iowa where he was the president of the Panther Pacers Running Club. Being a part of this organization is where Davidson coached his first group of athletes for a marathon. This is also where he really fell in love with the idea of coaching for a career. He has since coached over 20 Boston Marathon qualifiers and countless marathon finishers. In 2013, Davidson began his high school track and field coaching career at Waterloo East where he specialized in hurdles and jumps. Davidson led Waterloo East to individual qualifiers in the 100m hurdles, long jump and high jump in his first two seasons there. Davidson joined the coaching staff at Cedar Rapids Prairie from 2015 to 2021 where he had success as the girls hurdles coach. Davidson helped lead Prairie to several state qualifiers in the hurdle and 100m Hurdle events. During his time at Prairie, Coach Davidson really fell in love with the ins and outs of coaching. He began leading clinics with middle school and high school students and helped a youth running club for the Prairie ECC Summer Camp program.

Tom joined the West High Track program in 2022. That year, Coach Davidson helped lead the Trojans to two high jump state qualifiers in the same season for the first time in school history, as well as a third place finish in the shuttle hurdle. Coach Davidson also joined the Trojan's cross country team in 2023. The Trojans qualified three individuals for the State Championships in Fort Dodge in his first season and had three individual qualifiers this past fall. Coach Davidson helps coach in all aspects of track and field at West and has helped the program to one conference championship and has helped develop a strong culture of underclassmen to build off. In the high jump, Coach Tom has had qualifiers every year with two top 10 finishes (Meena Tate - 4th, 2023 and Sophia Austen -9th, 2025.) In 2024 and 2025, Coach Tom also helped coach the first ever state championship team in the Ambulatory Para Division where they won back to back years with Hannah Longmire as the state champion.

Coach Davidson credits a lot of his coaching successes to his past coaches and the head coaches that he has worked under (Richard Carter, Chris Perkins, Mike Parker, Wes Golden, Jason Vice and more.) When he isn't on the track, Tom loves to spend time with his wife Kayla, and two kids (Lorelai and Bearhett.) Coach Davidson also loves to watch baseball, golf, and do graphic design (like this Media Guide!)

"Some people create with words or with music or with a brush and paints. I like to make something beautiful when I run. I like to make people stop and say, 'I've never seen anyone run like that before.' It's more than just a race, it's a style. It's doing something better than anyone else. It's being creative."





2026 COACHING STAFF



Assistant Coach

BRITTANY MCCONNELL

FAST FACTS

Birthday: August 30th

Hometown: Iowa City, IA

College: University of Iowa

Fun Fact: Ran for the University of Hawaii

COACHING CAREER

Iowa City West HS

3 years

Coach McConnell begins her third season as an assistant coach with the West High Girls Track and Field team. Coach McConnell just finished her third season with the girls cross country team where she helped lead the team to three individual state qualifiers. McConnell, a West High 2000 graduate, ran for Head Coach Mike Parker from 1996-2000 helping the team bring home many victories. Brittany was an integral piece of the 2001 Cross Country team that brought home the FIRST state title in a girls sport in West High history. Now a member of the staff, Brittany's leadership didn't fade. She continues to play a crucial role in the development of our young distance runners. On the track, she has helped lead state qualifiers in the 4x800 and Distance Medley's and also helped lead the team to back to back Ambulatory Para state titles with athlete Hannah Longmire. Coach Brittany looks to deepen that field with a strong freshman class of distance runners coming in this year. Despite her strong distance running background, Coach Brittany has stepped up in a huge way the last two seasons in helping develop our sprinters as well. Her leadership and work ethic are great examples to every one of our athletes.

After graduating she continued to run for the University of Hawaii at Manoa from 2000-2002. Moving back to Iowa City in 2002, McConnell finished her undergraduate degree with the University of Iowa in Environmental Sciences. She married her high school friend and together they competed for the Iowa City Cycling Club, as well as help organize local races and put on clinics for youth and adult cyclist enthusiasts. McConnell started working for the district as a secretary in the guidance office where she enjoys getting to know the students and help them get the academic support they might need. McConnell still enjoys running and is very excited to be back at West High as a coach and employee. In her free time, she enjoys spending time with her husband and their two daughters.





2026 COACHING STAFF



Assistant Coach

NICK MATSEN

FAST FACTS

Birthday: February 15

Hometown: Newton, IA

College: University of Northern Iowa

Fun Fact: Recently started a new career after being a teacher for 18 years

COACHING CAREER

Southeast Polk

Iowa City West HS

Coach Matsen comes into 2026 in his third year as West High Girls Track & Field's throws coach. Coach Matsen spent 9 seasons coaching throws for Southeast Polk High School prior to coming to West. Coach Matsen also spent several seasons coaching for the West High Football team where he got to coach alongside his two sons, Reed (15) and Scott (18).

In his first season as the girls throws coach, Matsen coached Senior Helen Penning to an indoor state championship and she would later go on to get 9th at the State Championships in May. Last season, Coach Matsen took an entirely new roster of throwers and developed what should be a solid foundation for the future as we saw big improvements from the beginning of the season to the end. Coach Matsen was also an accomplished football player where he was an All-State selection at Newton High School before heading to the University of Northern Iowa where he became an accomplished long snapper for the Panthers.





2026 COACHING STAFF



Assistant Coach

MEGAN BOEHME

FAST FACTS

Birthday: December 4th

Hometown: Iowa City, IA

College: University of Northern Iowa

Fun Fact: Ran TWO marathons this past Fall!

COACHING CAREER

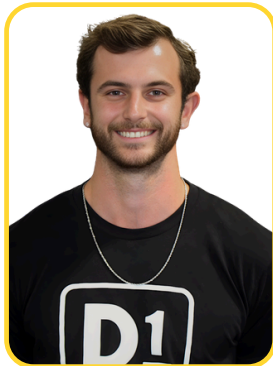
Iowa City West HS

Megan Boehme enters her second season as an assistant coach for the Iowa City West Girls Track & Field team. In 2025, Coach Boehme helped in all areas of the track. Megan spent a lot of time with our sprinters and long jumpers, where she helped lead several state qualifying events. Megan also helped lead the team to back to back Ambulatory Para state titles with athlete Hannah Longmire. This past fall, Megan completed her first season as an assistant coach for the ICW Girls Cross Country team as well, where she helped lead the team to three individual state qualifiers. Coach Megan played a crucial role in developing a young group of distance runners who look to have an impact on the track team this spring as well. Megan is also the mastermind behind the teams Instagram page! A 2014 graduate of Southeast Warren Jr.-Sr. High School, Megan competed in both track and cross country throughout high school. She was a founding member of her school's cross country team in 2010, helping reestablish the program within the district. After high school, Megan attended the University of Northern Iowa, where she deepened her love for long-distance running. During her college years, she completed several half and full marathons, and graduated in 2018. Outside of coaching, Megan teaches Spanish at Iowa City West and enjoys spending time on the local trails. Megan completed BOTH the Chicago Marathon and Berlin Marathon this past fall. She is excited to continue her coaching career at West and is passionate about supporting student-athletes as they grow both on the track and as individuals.





2026 COACHING STAFF



Assistant Coach

CONNOR BELKEN

FAST FACTS

Birthday: May 17th

Hometown: Dubuque, IA

College: University of Iowa

Fun Fact: Currently training for the USA Olympic Trials

COACHING CAREER

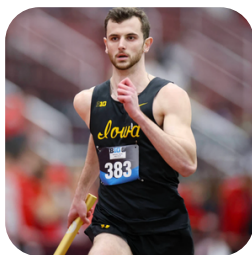
D1 Training

Iowa City West HS

Connor Belken joins the West High Girls Track & Field Staff in 2026 and is coming off a successful track & field career at the University of Iowa. Coach Belken will primarily help the Trojans in our sprint events.

While at Iowa, Connor ran the third leg of the 2024 B1G Champion Outdoor 4x400 team. Connor owns a personal best of 46.98 in the 400m and 21.56 in the 200m. Connor is currently training for the US Olympic Trials as well.

In high school, Connor ran on the conference and state champion 4x200m relay for Dubuque Wahlert.





IOWA CITY WEST GIRLS TRACK & FIELD



2026 ROSTER

The Iowa City West Girls Track & Field roster is a young one. The 2026 squad is composed of 37 freshman and sophomores and 21 juniors and seniors. While young, the 2026 squad brings experience and leadership to the table. Returning 11 of the 18 state qualifiers from a year ago.

FRESHMAN

Kaylee Blakley; Ellie DeWaard; Lars Eilers
Gwen Grifhorst; Adrienne Hodge
Josslyn Jordan; Camille Lebeck; Addi Lemburg
Carly Moreau; Alexandra Nathan; Katie Qian
Myriam Rahmouni; Vivianna Sanchez
Ava Twait; Angela Wang; Chelsi Wing

SOPHOMORES

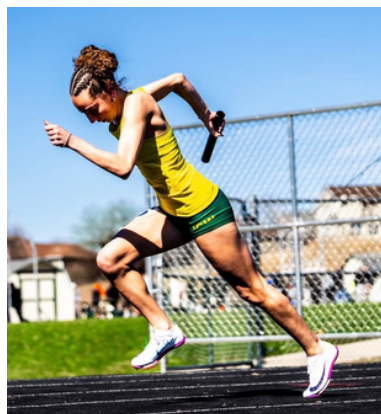
Bea Ahern; Mia Ahn; Ayla Bleil; Eliza Bodin
Mira Dalton; Harper Dean; Shamyra Forrest
Savi Graham; Amara MacLagan
Savannah Mathias; Amita Nelson
Avery Nepple; Hasina Ramazani
Ava Sieren; MK Vogel

JUNIORS

Sophia Austen; Evy Cornish; Caroline Dickens
Crystal Mukuna; Aarianna Shaw

SENIORS

Myra Crawford; Lydia Evans; Jena Frank
Lucy Gardner; Emelia Grueter; Cecelia Sterba
Kylie Stevens; Zahria Stratton; Adriana Vargas
Kate Van Waning; Keely Weber; Eva Willis





2026 OUTLOOK

The 2026 Iowa City West Girls Track & Field Team brings back 11 of 18 State Qualifying athletes from a year ago and looks to build off of a strong incoming freshman class as well. The word "versatile" gets thrown around a lot with this group. The Trojans depth should play a major part in what hopes to be a very successful 2026 campaign.



SOPHIA AUSTEN

2024 Drake Relays Qualifier - 4x400m
2024 State Qualifier - High Jump (11th)
2024 State Qualifier - 4x400m
2025 State Qualifier - High Jump (9th)
2026 Drake Qualifier - 4x400m



AMARA MACLAGAN

2025 Drake Relays Qualifier - 4x100m
2025 State Qualifier - Long Jump (18th)
2025 State Qualifier - 4x100m
2025 State Qualifier - Shuttle Hurdle Relay
2026 IATC Indoor Top 5 - 4 x 100m
2026 IATC Indoor 3rd Place - Long Jump
2026 4 x Drake Relays Qualifier



KATE VAN WANING

2023 Drake Relays Alternate
2023 State Qualifier - 4x800m
2023 State Qualifier Cross Country
2024 Drake Relays Qualifier - 4x400m
2024 State Qualifier Cross Country
2025 State Qualifier - Distance Medley
2025 State Qualifier - 4x400m
2026 State Qualifier - 4x800m



EVA WILLIS

2024 State Qualifier - 4x400m
2025 Drake Relays Alternate
2025 State Qualifier - 400m Hurdles (20th)
2025 State Qualifier - Distance Medley
2025 State Qualifier - 4x400m
2026 State Qualifier

2026 OUTLOOK

The 2026 Iowa City West Girls Track & Field Team brings back 11 of 18 State Qualifying athletes from a year ago and looks to build off of a strong incoming freshman class as well. The word "versatile" gets thrown around a lot with this group. The Trojans depth should play a major part in what hopes to be a very successful 2026 campaign.



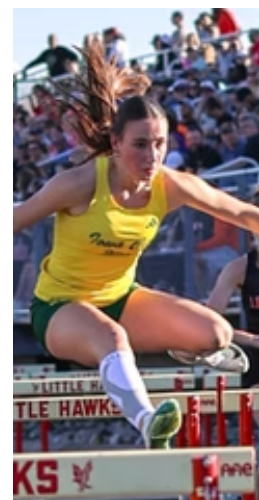
EVY CORNISH

2024 Drake Relays Qualifier - 4x100m
 2025 Drake Relays Qualifier - 4x100m
 2025 State Qualifier - 4x100m
 2026 Drake Relays Qualifier - 4x100m
 2026 Drake Relays Qualifier - 4x200m
 2026 State Qualifier



SAVANNAH MATHIAS

2025 Drake Relays Alternate
 2025 State Qualifier - Distance Medley
 2025 State Qualifier - 4x400m
 2026 Drake Relayx Qualifier - 4 Events
 2026 State Qualifier - 200m, 400m, Relays



JENA FRANK

2024 Drake Relays Qualifier - 4x400m
 2024 State Meet Alternate
 2025 State Meet Qualifier - 4x400m
 2026 Drake Relays Qualifier - 4x400m
 2026 State Qualifier - 400m, 4x400m



SAVI GRAHAM

2025 Drake Relays Alternate
 2025 State Qualifier - Shuttle Hurdle
 2026 Drake Relays Qualifier - 4x100m
 0026 Drake Relays Qualifier. -Sprint Medley
 2026 State Qualifier - 3 events



IOWA CITY WEST GIRLS TRACK & FIELD



2026 OUTLOOK

The 2026 Iowa City West Girls Track & Field Team brings back 11 of 18 State Qualifying athletes from a year ago and looks to build off of a strong incoming freshman class as well. The word "versatile" gets thrown around a lot with this group. The Trojans depth should play a major part in what hopes to be a very successful 2026 campaign.



AVERY NEPPLE

2025 Drake Relays Alternate
2025 State Qualifier - 4x400m
2026 State Qualifier - 4x800
2026 State Qualifier - 4x400m



AVA SIEREN

2025 Drake Relays Alternate
2025 State Meet Alternate
2026 Drake Relays Alternate
2026 State Qualifier - Shuttle Hurdle



AARIANNA SHAW

2025 State Meet Alternate
2026 State Meet Qualifier



2026 NAMES TO WATCH OUT FOR

The 2026 Iowa City West Girls Track & Field adds a talented freshman class to the mix, as well as some up and coming athletes to help bolster the depth of this years team. Keep an eye out on these girls to play a huge role in the success of the West High Girls Track & Field team.

- Adrienne Hodge - 2025 State XC Qualifier, 2026 State Track Qualifier 4x800
- Ava Twait - 2025 State XC Qualifier, 2026 State Track Qualifier 4x800
- Ellie DeWaard - 2025 State XC Qualifier, 2026 State Track Qualifier 4x800
- Myriam Rahmouni - 3 x Drake Qualifier, 3 x State Qualifier

SCHOOL RECORDS

The Iowa City West Trojans have a long history of great performances! Here are the best of the best to ever perform in the green and yellow!

RUNNING EVENTS

100m:	Jessica Gehrke	12.09	2009
200m:	Jessica Gehrke	24.84	2009
400m:	Savannah Mathias	57.84	2026
800m:	Tia Saunders	2:12.40	2016
1500m:	Jeni Frudden	4:36.69	2001
3000m:	Jeni Frudden	9:58.67	2001
100mH:	Peyton Steva	14.33	2019
400mH:	Valerie Welch	1:02.77	2016



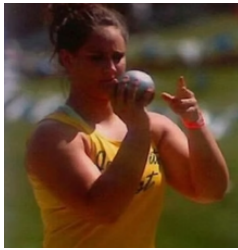
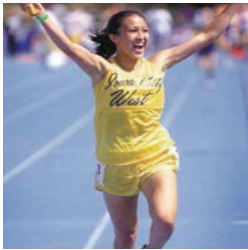
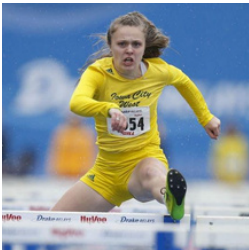
FIELD EVENTS

Shot Put:	Danica Haight	48-07.50	2007
Discus:	Taylor Freeman	162-10	2008
High Jump:	Mary Wheeler	5-07.25	1979
Long Jump:	Valerie Welch	19-04.00	2016



RELAY EVENTS

4x100m:	Cronbaugh, Hoagland, Williams, Gehrke	47.89	2010
4x200m:	Tanner, Hoagland, Cronbaugh, Williams	1:42.54	2010
4x400m:	Sa-Aadu, Walz, Schuette, Mellecker	3:54.27	2006
4x800m:	Janson, Dobyns, Levy, Frudden	9:09.09	2001
Sprint Medley	Rahmouni, Graham, MacLagan, Mathias	1:48.66	2026
Distance Medley	Steva, Bell, Welch, Nock	4:02.21	2017
Shuttle Hurdle	Bell, Steva, Noibi, Welch	1:02.54	2017





IOWA CITY WEST GIRLS TRACK & FIELD

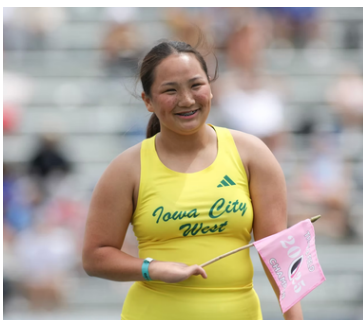
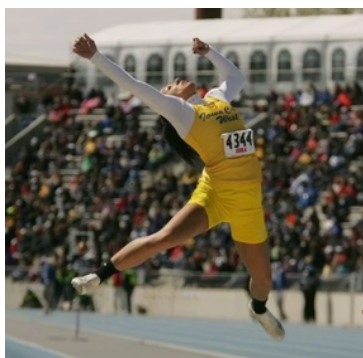


CHAMPIONSHIP HISTORY

The Iowa City West Girls Track & Field program is one of the most successful in the states history. Between 8 State Titles and 18 MVC Conference Titles, the Trojans are no stranger to seeing their name at the top of the list

MVC DIVISIONAL CHAMPIONSHIPS

2025	4th
2024	4th
2023	5th
2022	Champion
2021	4th
2020	Canceled
2019	4th
2018	Champion
2017	Champion
2016	Champion
2015	Runner Up
2014	Runner Up
2013	Champion
2012	Champion
2011	Champion
2010	Champion
2009	Champion
2008	Champion
2007	Champion
2006	Champion
2005	Champion
2004	Champion
2003	Champion
2002	Runner Up
2001	Champion
2000	Champion
1999	Runner Up
1998	Champion



STATE CHAMPIONSHIPS

2025	30th / Para Champion
2024	24th / Para Champion
2023	21st
2022	22nd
2021	23rd
2020	Canceled
2019	11th
2018	Runner Up
2017	Runner Up
2016	4th
2015	6th
2014	14th
2013	9th
2012	8th
2011	3rd
2010	Champion
2009	3rd
2008	Champion
2007	Champion
2006	Champion
2005	Runner Up
2004	Runner Up
2003	5th
2002	Runner Up
2001	Champion
2000	Champion
1999	Runner Up
1998	6th

