

Class 4A CENTRAL All District

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|------------------------|------------------|
| 1. Amber Aschoff | Ankeny |
| 2. Riley Norman | DM Roosevelt |
| 3. Iwa Belisario | Ankeny |
| 4. Margit Hansing | Urbandale |
| 5. Tory Knuth | Johnston |
| 6. Mary Wisnieske | Dowling Catholic |
| 7. Lindsey Petersen | Ankeny |
| 8. Peyton Crosser | Ottumwa |
| 9. Melissa Bartholomew | Newton |
| 10 Rheanna Egli | Ankeny |
| 11 Hollie Heffelfinger | SE Polk |
| 12 Brittany Lange | Urbandale |
| 13 Annie McNulty | DM Roosevelt |
| 14 Katie Bailey | Indianola |
| 15 Jade Kreutz | DM East |

Coach of the Year: Dave Whims Ankeny

Class 4A SOUTHEAST All - District

1. Jessica Gehrke	IC West
2. Brittany Nelson	IC High
3. Alli O'Deen	IC West
4. Ann Miller	Bettendorf
5. Haylie Franklin	Muscatine
6. Kelsey Coleman	IC High
7. Katie Kelly	IC West
8. Christiana Fairfield	IC West
9. Katherine Menard	Bettendorf
10. Kari Mueller	IC High
11. Kendra Barnes	Dav. Central
12. Emily Podschweit	Pleasant Valley
13. Chloe Gumpert	North Scott
14. Jill Wulf	Dav Central
15. Sara Massey	Clinton

Coach of the Year: Kathy Bresnahan IC West

Class 4A WEST All District

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| 1. Rachel Hussey | WDM Valley |
| 2. Emily Olsen | CB Abe Lincoln |
| 3. Ashlyn DeHoogh | WDM valley |
| 4. Lauren Lockhart | Marshalltown |
| 5. Natilie Olberding | Lewis Central |
| 6. Jordan Looney | Marshalltown |
| 7. Brittini Donaldson | SC North |
| 8. Paige Harris | WDM Valley |
| 9. Katie Niessen | Ft Dodge |
| 10. Maddie Whitetaker | CB Abe Lincoln |
| 11. Rachel Harill | CB Thomas Jefferson |
| 12. Megan Hogg | Waukee |
| 13. Melissa Mounts | SC East |
| 14. Kira Boswell | Ames |
| 15. Carly DeMarque | Lewis Central |

Coach of the Year: Doug Frazell WDM Valley

Class 4A NORTHEAST All-District

1. Haley Eckerman	Waterloo East
2. Heidi Splinter	Dubuque Hempstead
3. Kristen Hahn	Cedar Rapids Kennedy
4. Molly Dolson	Dubuque Hempstead
5. Haley Brightwell	Cedar Rapids Kennedy
6. Kiah Stokes	Linn Mar
7. Marci Novak	Cedar Rapids Washington
8. Chelsea Burkle	Linn Mar
9. Sydney Howard	Cedar Falls
10. Makenzie Kennedy	Cedar Rapids Washington
11. Alexis Litts	Cedar Rapids Kennedy
12. Laura Johnson	Cedar Falls
13. Morgan Guge	Cedar Rapids Kennedy
14. Beth Putz	Cedar Rapids Prairie
15. Paige Brimeyer	Dubuque Hempstead

Coach of the Year: Randy Dolson Dubuque Hempstead