| | 1A Region - 1 | | | | 1A Region - 2 | | |
|-----|---------------------|-----------------------|-------|-----|------------------|--------------------|-------|
| | Name | School | Grade | | Name | School | Grade |
| 1 | Rachel Leerar W | Vest Hancock | 10 | 1 | Kori Wedeking | Clarksville | 11 |
| 2 | Jayde Barto K | ingsley-Pierson | 11 | 2 | Kaylyn Meyers | Bishop Garrigan | 10 |
| 3 | Amanda Chizek W | Vest Hancock | 11 | 3 | Makayla Walleser | Kee High | 12 |
| 4 | Madison Goodwin K | ingsley-Pierson | 12 | 4 | Janet Borchardt | Clarksville | 11 |
| 5 | Madison Hough G | STRA | 11 | 5 | Katlyn Baumler | Turkey Valley | 11 |
| 6 | Addison Weber G | Sehlen Catholic | 11 | 6 | Madison Meister | Bishop Garrigan | 11 |
| 7 | Toni Alesch G | STRA | 12 | 7 | Kaitlin Adams | North Iowa | 12 |
| 8 | Madison Eisenman W | Vest Hancock | 11 | 8 | Morgan Theiman | Rockford | 12 |
| COY | Paul Sonius W | Vest Hancock | | COY | Ross Timmermans | Clarksville | |
| | 1A Region - 3 | | | | 1A Region - 4 | | |
| | Name | School | Grade | | Name | School | Grade |
| 1 | Hannah Erickson C | Central | 11 | 1 | Suzanna Yoder | IMS | 12 |
| 2 | Aubrie Fisher A | GWSR | 12 | 2 | Carson Fisk | Lynnville-Sully | 12 |
| 3 | Nichole Kane S | pringville | 12 | 3 | Teona Richman | Bellevue Marquette | 12 |
| 4 | | anesville | 12 | 4 | Miranda Peters | Bellevue Marquette | 11 |
| 5 | Lauren Wilson S | pringville | 9 | 5 | Sadie Zaruba | Easton Valley | 12 |
| 6 | Madison Tritle C | Central City | 12 | 6 | Grace Elvert | Cal-Wheatland | 12 |
| 7 | Taylor Gienger G | Gladbrook-Reinbeck | 12 | 7 | Krystal Van Dyke | Lynnville-Sully | 10 |
| 8 | Vanessa Hamlett S | tarmont | 12 | 8 | Kelsey Vaverka | GMG | 12 |
| COY | Christina Zaruba S | pringville | | COY | Jim Kettmann | Bellevue Marquette | |
| | 1A Region - 5 | | | | 1A Region - 6 | | |
| | Name | School | Grade | | Name | School | Grade |
| 1 | Shateah Wetering M | lontezuma | 11 | 1 | Acey Jellison | Seymour | 12 |
| 2 | Megan Stuhr S | igourney | 11 | 2 | Kassidi Steel | North Mahaska | 11 |
| 3 | Riley Gatton M | lontezuma | 12 | 3 | Riley Jewett | Seymour | 12 |
| 4 | Kaylee Weber S | igourney | 10 | 4 | Breianna Klein | Murray | 12 |
| 5 | Jenna Buffington W | Vinfield-Mt. Union | 10 | 5 | Tyra Stoakes | Lenox | 10 |
| 6 | Katy Stephens B | Surlington Notre Dame | 9 | 6 | Jade Hay | North Mahaska | 11 |
| 7 | Chelsey Boettcher M | Ioulton-Udell | 11 | 7 | Emily Newton | Diagonal | 12 |
| 8 | Taylor Ackerman B | surlington Notre Dame | 11 | 8 | Hannah Hinners | Seymour | 12 |
| COY | Janel Burgess M | lontezuma | | COY | L.E. Moore | North Mahaska | |
| | 1A Region - 7 | | | | 1A Region - 8 | | |
| | Name | School | Grade | | Name | School | Grade |
| 1 | Madison Gettler C | AM | 12 | 1 | Olivia Larsen | Newell-Fonda | 12 |
| 2 | Faith Vincent C | Colo-Nesco | 12 | 2 | Ella Larsen | Newell-Fonda | 10 |
| 3 | Paige McAfee C | AM | 12 | 3 | Carah Drees | Westwood-Sloan | 12 |
| 4 | | udubon | 9 | 4 | Emilee Danner | Ar-We-Va | 12 |
| 5 | Mikayla Houge C | Collins-Maxwell | 11 | 5 | Andee Martin | Westwood-Sloan | 12 |
| 6 | Rylee Purvis C | Colo-Nesco | 11 | 6 | Maggie Walker | Newell-Fonda | 10 |
| 7 | Kaela Eslinger O | rient-Macksburg | 11 | 7 | Hannah Whitver | Glidden-Ralston | 11 |
| 8 | Reagan Franzen C | Collins-Maxwell | 10 | 8 | Tatum Grubbs | Exira-EHK | 10 |
| COY | Joe Wollum C | AM | | COY | Dick Jungers | Newell-Fonda | |

| | 2A Region - 1 | | | | 2A Region - 2 | | |
|--------|-----------------------|-----------------------|-------|-----|------------------------|-----------------------|-------|
| | Name | School | Grade | | Name | School | Grade |
| 1 | Kassidy Pingel | Cherokee | 12 | 1 | Maddie Jones | South Central Calhoun | 12 |
| 2 | Janie Schoonhoven | Unity Christian | 10 | 2 | Chloe Lofstrom | North Union | 11 |
| 3 | Hayden Heimensen | Central Lyon | 10 | 3 | Taylor Houska | East Sac | 12 |
| 4 | Payton Slaughter | Cherokee | 12 | 4 | Molly Schany | Emmetsburg | 11 |
| 5 | Hannah Dau | South O'Brien | 10 | 5 | Sophia Jungling | Aplington-Parkersburg | 11 |
| 6 | Mallory Nilles | Boyden-Hull | 11 | 6 | Kenzee Wunschel | Ridge View | 11 |
| 7 | Brooklyn Meyer | West Lyon | 9 | 7 | Heidi Hammen | South Central Calhoun | 12 |
| COY | Heath Hagberg | Cherokee | | COY | Eric Francis | South Central Calhoun | |
| | 2A Region - 3 | | | | 2A Region - 4 | | |
| | Name | School | Grade | | Name | School | Grade |
| 1 | Hailey Wallis | Grundy Center | 12 | 1 | Nicole McDermott | Cascade | 11 |
| 2 | Emily Treptow | Jesup | 12 | 2 | Sam Wall | Maquoketa Valley | 12 |
| 3 | Ivy Hirsch | Sumner-Fredericksburg | 12 | 3 | Bailey Winter | MFI MarMac | 11 |
| 4 | Brooke Flater | Grundy Center | 12 | 4 | Giana Michels | Bellevue | 12 |
| 5 | Erin Riordan | Wapsie Valley | 12 | 5 | Erica Hoffman | East Buchanan | 11 |
| 6 | Madison Ubben | BCLUW | 11 | 6 | Madison Osborn | Alburnett | 12 |
| 7 | Brittany Lingenfelter | Jesup | 11 | 7 | Skylar Dolphin | Cascade | 11 |
| COY | Matt Lindeman | Grundy Center | | COY | Mike Sconsa | Cascade | |
| | 2A Region - 5 | | | | 2A Region - 6 | | |
| | Name | School | Grade | | Name | School | Grade |
| 1 | Emily Lange | Wilton | 12 | 1 | Emma Atwood | Central Decatur | 12 |
| 2 | Grace Flanagan | North Linn | 11 | 2 | Taryn Scheuermann | Van Buren | 11 |
| 3 | Sasha Koenig | West Branch | 10 | 3 | Alli Masters | Central Decatur | 12 |
| 4 | Kortney Drake | Wilton | 12 | 4 | Sam Stewart | Mount Ayr | 11 |
| 5 | Kennedy Wallace | Iowa City Regina | 12 | 5 | Jensen Archibald | Martensdale-St. Marys | 11 |
| 6 | Maya Johnson | Mediapolis | 12 | 6 | Isabel Manning | Van Buren | 10 |
| 7 | Kylie Kurt | North Linn | 12 | 7 | Haley Gambell | Pekin | 12 |
| COY | Brian Wheatley | North Linn | | COY | Curtis Boothe | Central Decatur | |
| | 04.0 | | | | 0.4.0 | | |
| | 2A Region - 7 | Cohool | Grade | | 2A Region - 8 | Cohool | Grade |
| _ | Name | School | | 4 | Name Konnor Sudmann | School | |
| 1 | Ellie Foster | Dike New Hartford | 11 | 1 | | Treynor | 12 |
| 2 | Bailey Beckman | Panorama | 12 | 2 | Kayla Chapman | Treynor | 12 |
| 3 | Morgan Weber | Dike New Hartford | 11 | 3 | Kylie Morrison | Logan-Magnolia | 11 |
| 4 | Clair Lauterbach | Van Meter | 11 | 4 | Maddie Paulsen | Woodbury-Central | 11 |
| 5 | Morgan Johnk | Panorama | 12 | 5 | Maddy Duncan | Sidney | 11 |
| 6 7 | Morgan Shuey | Southwest Valley | 12 | 6 | Alexa Ahrenholtz | IKM-Manning | 10 |
| | Emily Roberts | Van Meter | 12 | 7 | Bailey White | St. Albert | 12 |

| | 3A Region - 1 | | | | 3A Region - 2 | | |
|--------|----------------------------|-------------------------------|-------------|-----|----------------------------------|-----------------------------------|-------------|
| | Name | School | Grade | | Name | School | Grade |
| 1 | Kallyn Stumbo | Okoboji | 11 | 1 | Sara Faber | Clear Lake | 11 |
| 2 | Abbey Holmes | Algona | 11 | 2 | Ella Collison | Carroll | 10 |
| 3 | Aliyah Buscher | Algona | 11 | 3 | Brooklyn Bakke | Kuemper Catholic | 12 |
| 4 | Magan Christopherson | Okoboji | 11 | 4 | Reagan Barkema | Roland-Story | 9 |
| 5 | Josie Condon | Estherville-LC | 12 | 5 | Kaylee Shivers | PAC | 11 |
| 6 | Brooklyn Grady | Sheldon | 10 | 6 | Julia Merfeld | Clear Lake | 11 |
| COY | Mike Ford | Algona | | COY | Bart Smith | Clear Lake | |
| | 3A Region - 3 | | | | 3A Region - 4 | | |
| | Name | School | Grade | | Name | School | Grade |
| 1 | Sharon Goodman | Crestwood | 11 | 1 | Madisen Ahlstrom | Waukon | 12 |
| 2 | Rylie Olson | Osage | 12 | 2 | Jordan Kuper | Monticello | 11 |
| 3 | Maddi Moorman | New Hampton | 12 | 3 | Amanda Smith | Tipton | 12 |
| 4 | Danielle Johnson | Osage | 10 | 4 | Allie Timmons | Davenport Assumption | 12 |
| 5 | Ali Vesely | Columbus Catholic | 10 | 5 | Taylor Zumbach | Anamosa | 12 |
| 6 | Laken Lienhard | Crestwood | 11 | 6 | Drew Becker | Oelwein | 12 |
| COY | Dale Dennler | Crestwood | | COY | Greg Criswell | Waukon | |
| | 3A Region - 5 | | | | 3A Region - 6 | | |
| | Name | School | Grade | | Name | School | Grade |
| 1 | Mya Merschman | Central Lee | 10 | 1 | Katie Meyer | Iowa Falls-Alden | 12 |
| 2 | Callyn Fox | Center Point-Urbana | 12 | 2 | Kayla Cripps | West Marshall | 12 |
| 3 | Adrianna Katcher | Center Point-Urbana | 11 | 3 | Grace Renaud | Iowa Falls-Alden | 12 |
| 4 | Annaka Harris | West Burlington | 10 | 4 | Raven Kinnetz | Clarion-Goldfield-Dows | 10 |
| 5 | Shae Becker | Mid Prairie | 12 | 5 | Darby Dodd | Iowa Falls-Alden | 10 |
| 6 | Kylie Sanders | Louisa-Muscatine | 10 | 6 | Taylor Busch | Williamsburg | 11 |
| COY | Philip Klett | Center Point-Urbana | | COY | Brandon Uhlenberg Fred Zeller | Iowa Falls-Alden West Marshall | |
| | 2A Bagion 7 | | | | 2A Bogian 9 | | |
| | 3A Region - 7 Name | School | Grade | | 3A Region - 8 Name | School | Grade |
| 1 | Maggie Phipps | North Polk, Alleman | Grade 10 | 1 | Logan Hughes | Shenandoah | Grade 12 |
| 2 | 00 11 | , | 10 | 2 | Brielle Baker | Creston | 12 |
| 3 | Jessica Musgrave | South Tama County PCM, Monroe | 11 | 3 | Kaili Lawson | Des Moines Christian | 12 |
| 4 | Regan Freland | North Polk, Alleman | 11 | 4 | | Red Oak | 11 |
| 4 | Jaedon Murphy | | 10 | 5 | Sophia Walker Moriah Prewitt | Des Moines Christian | 10 |
| E | Claira Mathausa | | | | | | 10 |
| 5 6 | Claire Mathews Emma Rector | Centerville Chariton | 9 | 6 | Kelsey Fields | Creston | 10 |

| | 4A Region - 1 | | | | 4A Region - 2 | | |
|-----|----------------------------------|-------------------------|-------|-----|-------------------|----------------------|-------|
| | Name | School | Grade | | Name | School | Grade |
| 1 | Ella Skinner | Bishop Heelan | 11 | 1 | Megan Witte | LC | 11 |
| 2 | Madison Dreckman | LeMars | 12 | 2 | Alex Mohr | Denison | 12 |
| 3 | Kenzie Foley | Sergeant Bluff Luton | 11 | 3 | Elle Scarborough | Glenwood | 10 |
| 4 | Abbie Wisecup | Sergeant Bluff Luton | 12 | 4 | Jordan Cunningham | DCG | 11 |
| 5 | Katelyn Stanley | Bishop Heelan | 11 | 5 | Paige Andersen | Denison | 10 |
| 6 | Taylor McKinney | Webster City | 11 | 6 | Delaney Esterling | LC | 11 |
| COY | Darron Koolstra Judd Kopperud | Bishop Heelan LeMars | | COY | Adam Mich | Denison | |
| | 4A Region - 3 | | | | 4A Region - 4 | | |
| | Name | School | Grade | | Name | School | Grade |
| 1 | Megan Meyer | Mason City | 12 | 1 | Abbie Draper | Waverly - Shell Rock | 10 |
| 2 | Ava Hawthorne | Gilbert | 9 | 2 | Molly Ihle | Ballard | 10 |
| 3 | Anna Deets | Mason City | 11 | 3 | Kerris Robers | Waterloo East | 12 |
| 4 | Madlyn Danner | Boone | 12 | 4 | Britney Young | Waverly - Shell Rock | 11 |
| 5 | Emma Dighton | Boone | 10 | 5 | Avery Fried | Bondurant - Farrar | 10 |
| 6 | Molly Lutmer | Perry | 11 | 6 | Brooke Loewe | Ballard | 9 |
| COY | Curt Klaahsen | Mason City | | COY | Kelly Anderson | Ballard | |
| | 4A Region - 5 | | | | 4A Region - 6 | | |
| | Name | School | Grade | | Name | School | Grade |
| 1 | Caitlynn Daniels | Cedar Rapids Xavier | 11 | 1 | Grace Boffeli | North Scott | 11 |
| 2 | Lindsey Eimers | Western Dubuque | 11 | 2 | MacKenzie Northup | Keokuk | 12 |
| 3 | Emily Jasper | Cedar Rapids Xavier | 12 | 3 | Brie Bennis | Maquoketa | 12 |
| 4 | Taylor Veach | Central Dewitt | 9 | 4 | Presley Case | North Scott | 11 |
| 5 | Karlie Fagan | Western Dubuque | 12 | 5 | Nell Sybesma | Maquoketa | 11 |
| 6 | Allie Kutsch | Dubuque Wahlert | 10 | 6 | Megan Gandrup | Clinton | 12 |
| COY | Tom Lilly | Cedars Rapids Xavier | | COY | TJ Case | North Scott | |
| | 4A Region - 7 | | | | 4A Region - 8 | | |
| | Name | School | Grade | | Name | School | Grade |
| 1 | Kayba Laube | Marion | 11 | 1 | Macy Harris | Grinnell | 12 |
| 2 | Riley Wright | Marion | 10 | 2 | Katie Keitges | Knoxville | 11 |
| 3 | Karsyn Stratton | Clear Creek-Amana | 11 | 3 | Emily Holterhaus | Pella | 12 |
| 4 | Shaylin Drish | Fairfield | 11 | 4 | Naomi Jackson | Grinnell | 12 |
| 5 | Ella Van Weelden | Marion | 10 | 5 | Molly Hoekstra | Carlisle | 11 |
| 6 | Maddie Williamson | Mount Pleasant | 12 | 6 | Abbie Hlas | ADM, Adel | 11 |
| COY | Corby Laube | Marion | | COY | Trent Edsen | Grinnell | |

| | 5A Region - 1 | | | | 5A Region - 2 | | |
|-----|------------------|-----------------|-------|-----|------------------------|-------------------|-------|
| | Name | School | Grade | | Name | School | Grade |
| 1 | Aubrey Joens | Iowa City High | 11 | 1 | Grace Larkins | Southeast Polk | 10 |
| 2 | Rose Nkumu | Iowa City High | 11 | 2 | Maggie McGraw | Southeast Polk | 12 |
| 3 | Kylie Wroblewski | Bettendorf | 12 | 3 | Sara McCullough-Ankeny | Ankeny | 12 |
| 4 | Bella Sims | Davenport North | 10 | 4 | Justice Ross | Des Moines East | 12 |
| 5 | Alicia Garcia | Muscatine | 10 | 5 | Tatiana Hodges Johnson | Des Moines East | 12 |
| COY | Bill McTaggart | Iowa City High | | COY | Tracy Dailey | Southeast Polk | |
| | 5A Region - 3 | | | | 5A Region - 4 | | |
| | Name | School | Grade | | Name | School | Grade |
| 1 | Maya McDermott | Johnston | 11 | 1 | Sidney McCrea | CRP | 11 |
| 2 | Caroline Waite | Ames | 10 | 2 | Dee Dee Pryor | Urbandale | 12 |
| 3 | Regan Nesheim | Johnston | 12 | 3 | Mallory McDermott | CRP | 11 |
| 4 | Ashley liams | Ames | 10 | 4 | Maya Gyamfi | Urbandale | 9 |
| 5 | Kendall Nead | Johnston | 11 | 5 | Sarah Schmitt | CRP | 12 |
| COY | Chad Jilek | Johnston | | COY | Kenton Tennal | Urbandale | |
| | 5A Region - 5 | | | | 5A Region - 6 | | |
| | Name | School | Grade | | Name | School | Grade |
| 1 | Hannah Stuelke | CR Washington | 9 | 1 | Caitlin Clark | Dowling Catholic | 11 |
| 2 | Caitlin Riley | CR Washington | 12 | 2 | Emerson Green | Cedar Falls | 11 |
| 3 | Natracia Ceaser | Waterloo West | 12 | 3 | Anaya Barney | Cedar Falls | 10 |
| 4 | Sammy Mia | CR Washington | 12 | 4 | Lily Anderson | Ottumwa | 12 |
| 5 | Alli Udelhofen | Dubuque Senior | 12 | 5 | Grace Gaber | Dowling Catholic | 11 |
| COY | Chris James | CR Washington | | COY | Gregg Groen | Cedar Falls | |
| | 5A Region - 7 | | | | 5A Region - 8 | | |
| | Name | School | Grade | | Name | School | Grade |
| 1 | Lauren Zacharias | Iowa City West | 12 | 1 | Carli Spelhaug | Pleasant Valley | 12 |
| 2 | Paityn Rau | Waukee | 12 | 2 | Rachel Schon | Ankeny Centennial | 12 |
| 3 | Anna Brown | Waukee | 12 | 3 | Macy Beinborn | Pleasant Valley | 12 |
| 4 | Cailyn Morgan | Iowa City West | 12 | 4 | Kenna Sauer | Ankeny Centennial | 12 |
| 5 | Audrey Koch | Iowa City West | 10 | 5 | Nyamer Diew | Sioux City East | 11 |
| COY | Chris Guess | Waukee | | COY | Jennifer Goetz | Pleasant Valley | |