

2016 Simpson High School Classic - 3/22/2016

Bill Buxton Stadium
Results - Field Events**Girls High Jump**

Name	School	Finals
Finals		
1 VanVelzen, Tori	Norwalk	5-00.00 10
2 Broucker, Halley	Des Moines R	J5-00.00 8
3 Moss, Desirae	Des Moines R	4-10.00 5.5
3 Freeman, Liz	Dowling C- W	4-10.00 5.5
5 Morris, Jada	Des Moines R	J4-10.00 3.5
5 Gaber, Emma	Dowling C- W	J4-10.00 3.5
7 Doser, Taylor	SE Polk	4-08.00 2
8 Spitzer, Mia	Carlisle	J4-08.00 1
9 Ahartz, Adelynn	Carlisle	4-04.00
9 Bunch, Abby	Norwalk	4-04.00
11 Albertson, Samantha	SE Polk	J4-04.00

Girls Long Jump

Name	School	Finals
Finals		
1 Carter, Briyana	Des Moines R	15-09.50 10
2 Schlarmann, Rowan	Des Moines R	15-06.25 8
3 Spring, Chloe	SE Polk	15-00.50 6
4 Darling, Nicole	Carlisle	14-09.50 5
5 DuBois, Taylor	Carlisle	14-06.75 4
6 Willoughby, Angela	SE Polk	14-04.50 3
7 Niyigena, Delefine	DM North Gir	13-11.50 2
8 Rinehart, Erica	SE Polk	13-08.75 1
9 Okwaramoi, Juru	Dowling C- W	13-08.25
10 Kuehl, Carrington	Indianola	13-04.75
11 Heuckendorf, Roz	Dowling C- W	13-02.25
12 Odir, Christina	Dowling C- W	13-00.50
13 Mercer, Paige	Carlisle	12-11.25
14 Benson, Jayteairia	DM North Gir	12-00.00
15 Talbert, Jasmine	Des Moines R	11-04.00
16 Wea, Joyce	DM North Gir	10-11.25

Girls Shot Put

Name	School	Finals
Finals		
1 Hoyman, Anna	Indianola	37-05.00 10
2 Kruse, Brooke	Carlisle	32-10.25 8
3 Schmitz, Zoe	SE Polk	32-09.00 6
4 Talbot, Alix	Indianola	30-09.00 5
5 Ancona, Lexi	Dowling C- W	30-06.50 4
6 Laire, Anna	Norwalk	30-03.00 3
7 Johnson, Tytiaunna	DM North Gir	30-01.00 2
8 Gowin, Paige	SE Polk	28-10.00 1
9 Daniels, C C	Dowling C- W	28-05.75
10 Beenken, Hannah	Norwalk	28-03.00
11 Watson, Dadrianna	Des Moines R	27-06.00
12 Mealey, Payton	Carlisle	27-04.00
13 Israel, Libby	Des Moines R	27-02.00
14 Frost, Julia	Norwalk	J27-02.00
15 Lamar Nelson, Odyssey	DM North Gir	26-11.50
16 Lee, Allyx	Carlisle	26-10.00
17 Malloy, Caitlyn	Des Moines R	26-04.50

18 Creger, Lauren	SE Polk	25-07.00
19 Brace, Anna	Indianola	23-08.00
20 Ancona, Jayne	Dowling C- W	21-09.75
21 Spencer, DeNasja	DM North Gir	20-07.50

Girls Discus Throw

Name	School	Finals
Finals		
1 Hoyman, Anna	Indianola	118-03 10
2 Jensen, Ellie	Indianola	106-05.50 8
3 Beier, Agatha	Carlisle	102-08.50 6
4 Beenken, Hannah	Norwalk	99-05.50 5
5 Malloy, Caitlyn	Des Moines R	97-02 4
6 Laire, Anna	Norwalk	94-05 3
7 Kruse, Brooke	Carlisle	90-11.50 2
8 Ancona, Lexi	Dowling C- W	83-02 1
9 Daniels, C C	Dowling C- W	71-08
10 Israel, Libby	Des Moines R	63-00
11 Schmitz, Zoe	SE Polk	62-08.50
12 Lamar Nelson, Odyssey	DM North Gir	62-06.50
13 Shipley, Caitlyn	Norwalk	62-00.50
14 Creger, Lauren	SE Polk	60-03
15 Hilker, Charlotte	Des Moines R	59-08.50
16 Smith, Olivia	Carlisle	58-08.50
17 Gowin, Paige	SE Polk	58-01
18 Buchanan, Ronshalay	DM North Gir	38-09.50
--- Ancona, Jayne	Dowling C- W	FOUL
--- Johnson, Tytiaunna	DM North Gir	FOUL

Boys High Jump

Name	School	Finals
Finals		
1 Strong, Isaiah	Indianola	6-04.00 10
2 Dietrich, Josh	Dowling C- W	6-02.00 8
3 Northway, Garrett	SE Polk	5-10.00 6
4 Blaylock, Robby	DM Lincoln B	5-08.00 5
5 Wright, Ethan	Carlisle	J5-08.00 3.5
5 Reding, Austin	Valley- Wdm	J5-08.00 3.5
7 Donovan, Tommy	Carlisle	J5-08.00 2
8 Salyers, Hunter	SE Polk	J5-08.00 1
9 Curry, Quinton	Valley- Wdm	5-06.00
10 Howat, Jacob	Carlisle	5-04.00
10 Onken, Jaron	Norwalk	5-04.00
12 Titus, Asher	Des Moines R	J5-04.00
13 Cole, Josiah	SE Polk	J5-04.00
14 Rosonke, Drew	Norwalk	5-02.00
14 Weathers, Romalis	Norwalk	5-02.00
16 Wilson, Jasper	DM Lincoln B	5-00.00
17 Hawks, William	Des Moines R	J5-00.00
18 Cleveland, Max	Indianola	4-10.00
18 Hughes, Kavieon	DM Lincoln B	4-10.00
--- Ramirez, Cole	Des Moines R	NH
--- Moore, Matt	Dowling C- W	NH

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Results - Field Events**Boys Long Jump**

	Name	School	Finals	
Finals				
1	Fugate, Treveon	Valley- Wdm	20-10.50	10
2	Drees, Parker	SE Polk	J19-11.25	8
3	Seskis, Kire	Carlisle	J19-11.25	6
4	Goodhue, Max	Carlisle	19-10.50	5
5	Paskach, Josh	Dowling C- W	19-06.75	4
6	Moore, Matt	Dowling C- W	19-05.25	3
7	Pirkle, Devin	Norwalk	19-02.75	2
8	Reding, Austin	Valley- Wdm	19-02.50	1
9	Robertson, Brian	Carlisle	18-11.50	
10	VanTreeck, Joe	Indianola	18-09.00	
11	Fairchild, Mason	SE Polk	18-06.25	
12	Patterson, Donovan	DM Lincoln B	17-11.00	
13	Durr, Aلتrell	SE Polk	17-04.00	
14	Harban, Tyler	Indianola	17-03.25	
15	Waring, Haden	DM Lincoln B	16-09.75	
16	Carr, Ezra	Des Moines R	16-05.50	
17	Paskach, Zachary	DM Lincoln B	16-04.00	
18	Hildreth, Dylan	Indianola	16-03.50	
19	Okland-Kenney, Keegan	Norwalk	15-11.50	
20	English, Dmitri	Des Moines R	15-09.75	
---	Christy, Collin	Dowling C- W	FOUL	
---	Krichau, Tate	Norwalk	FOUL	

Boys Shot Put

	Name	School	Finals	
Finals				
1	Naba, Bedale	Valley- Wdm	50-05.00	10
2	Onken, Sonny	Norwalk	49-01.50	8
3	Jackson, Kendell	Des Moines R	47-03.25	6
4	Kennedy, Ryan	Norwalk	47-01.00	5
5	Campos, Ben	Valley- Wdm	44-09.25	4
6	Baker, Paul	SE Polk	42-10.50	3
7	Mitchell, Jake	SE Polk	41-06.00	2
8	Lickiss, Eagan	Indianola	J41-06.00	1
9	Seymour, Josh	Dowling C- W	41-02.25	
10	Koele, Ben	Valley- Wdm	40-10.25	
11	Stevens, Sam	DM Lincoln B	40-03.25	
12	Morgan, Spencer	Dowling C- W	39-10.50	
13	Nank, Peter	Dowling C- W	39-10.00	
14	Mindermann, Dan	Indianola	39-02.00	
15	Derrickson, Hunter	Indianola	39-00.50	
16	Endres, Tyler	Norwalk	38-10.75	
17	Williams, Caleb	Des Moines R	38-09.50	
18	Lewis, Jordan	DM Lincoln B	38-01.00	
19	Schettler, Cooper	Carlisle	35-09.00	
20	Hill, Andrew	Carlisle	35-00.75	
21	Minick, Sam	Des Moines R	34-11.50	
22	Glawe, Kallen	Carlisle	34-10.50	
23	Davidson, Spencer	DM Lincoln B	32-02.00	
24	Krier, Jevin	SE Polk	30-02.00	

Boys Discus Throw

	Name	School	Finals	
Finals				
1	Onken, Sonny	Norwalk	145-05	10
2	Mindermann, Dan	Indianola	128-07	8
3	Jackson, Kendell	Des Moines R	127-08	6
4	Patton, Cole	Dowling C- W	126-10	5
5	Seymour, Josh	Dowling C- W	125-09	4
6	Campos, Ben	Valley- Wdm	125-01	3
7	Lickiss, Eagan	Indianola	123-05.50	2
8	Naba, Bedale	Valley- Wdm	122-01	1
9	Kennedy, Ryan	Norwalk	120-00	
10	Lewis, Jordan	DM Lincoln B	116-02	
11	Williams, Caleb	Des Moines R	115-00.50	
12	Hill, Andrew	Carlisle	114-03	
13	Davidson, Spencer	DM Lincoln B	113-07	
14	Agan, Austin	Norwalk	113-05	
15	Glawe, Kallen	Carlisle	108-10	
16	Jackson, Samuel	Des Moines R	105-00.50	
17	VanElsen, Tanner	SE Polk	104-10	
18	Schettler, Cooper	Carlisle	102-00	
19	Nank, Peter	Dowling C- W	99-07	
20	Sittig, Zared	SE Polk	96-09	
21	Gavin, Spencer	Indianola	84-06	
22	Koele, Ben	Valley- Wdm	80-08	
23	Hermes, Ryan	SE Polk	77-07	

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Results - Running Events

Girls 100 Meter Dash

Name	School	Finals
Finals		
1 Carter, Briyana	Des Moines R	12.61 10
2 Woodard, Mackenzie	SE Polk	12.95 8
3 Hunter, Riawna	DM North Gir	13.31 6
4 DuBois, Taylor	Carlisle	13.60 5
5 Heuckendorf, Roz	Dowling C- W	13.94 4
6 Copola, Ashley	Dowling C- W	14.09 3
7 Williams, Kyndal	Des Moines R	14.10 2
8 Spring, Chloe	SE Polk	14.20 1
9 Benson, Jayteairia	DM North Gir	14.26
10 Viers, Kirstin	Carlisle	14.41
11 Clark, Eva	Norwalk	15.12
12 Baker, Makayla	Indianola	15.43
13 Heil, Caitlin	Norwalk	16.46
14 Burchett, Chelsea	Indianola	16.93

Girls 200 Meter Dash

Name	School	Finals
Finals		
1 Woodard, Mackenzie	SE Polk	25.94 10
2 Holman, Kori	Des Moines R	27.03 8
3 Hersom, Brianna	SE Polk	27.80 6
4 DuBois, Taylor	Carlisle	28.14 5
5 Beier, Agatha	Carlisle	29.04 4
6 Falk, Teryn	Dowling C- W	29.05 3
7 Williams, Kyndal	Des Moines R	29.18 2
8 Boozell, Taylor	Indianola	29.30 1
9 Gehl, Ella	Dowling C- W	29.32
10 Whitehead, Joplyn	Norwalk	30.27
11 Nahimina, Cecille	DM North Gir	30.99
12 Grant, Peiton	Norwalk	35.63
13 Siah, Willimena	DM North Gir	37.98

Girls 400 Meter Dash

Name	School	Finals
Finals		
1 Schweizer, Kelsey	Dowling C- W	1:00.04 10
2 Moss, Desirae	Des Moines R	1:01.18 8
3 Hersom, Brianna	SE Polk	1:01.19 6
4 McCormick, Natalie	Carlisle	1:06.64 5
5 Wells, Tyciera	Des Moines R	1:07.16 4
6 DuBois, Courtney	SE Polk	1:07.72 3
7 Kaas, Bailey	Indianola	1:08.56 2
8 Palmer, Mercedes	DM North Gir	1:09.52 1
9 Reed, Marissa	Carlisle	1:10.60
10 Garang, Ajak	Dowling C- W	1:11.23
11 Coffey, Allison	Indianola	1:11.90
12 Rees, Hannah	Norwalk	1:18.65
13 Yoder, MarieFrance	Norwalk	1:22.68

Girls 800 Meter Run

Name	School	Finals
Finals		
1 Nicholson, Paige	Indianola	2:27.25 10
2 Fluit, Allyssa	SE Polk	2:28.63 8
3 Timbo, Kate	Dowling C- W	2:33.30 6
4 Lawler, Mikaela	SE Polk	2:33.74 5
5 Schulze, Kaitlyn	Indianola	2:34.70 4
6 Drake, Brennan	Des Moines R	2:38.56 3
7 Flemming, Megan	Des Moines R	2:40.62 2
8 Riesburg, Alexis	Dowling C- W	2:41.91 1
9 Mesecher, Cameron	Carlisle	2:47.51
10 Ahartz, Adelynn	Carlisle	2:50.55
11 Palmer, Mercedes	DM North Gir	2:52.60
12 Grell, Ellie	Norwalk	2:55.37
13 Wea, Joyce	DM North Gir	3:12.61

Girls 1500 Meter Run

Name	School	Finals
Finals		
1 Mitchell, Sierra	SE Polk	5:04.64 10
2 Buchanan, Isabel	Des Moines R	5:13.13 8
3 Forbes, Jady	Indianola	5:26.43 6
4 Hubbell, Harriett	Dowling C- W	5:27.23 5
5 Sievers, Megan	Carlisle	5:29.74 4
6 Hoekstra, Madi	Carlisle	5:32.96 3
7 Germano, Solit	Des Moines R	5:34.31 2
8 Walker, Kaitlyn	SE Polk	5:36.96 1
9 Beyer, Taylor	SE Polk	5:37.41
10 Balk, Annie	Norwalk	5:41.29
11 Gebhart, Jensen	Indianola	5:44.13
12 Bennett, Sara	Norwalk	6:24.62
13 Smith, Emi	Des Moines R	7:03.76
14 Kern, Kendyl	Indianola	7:20.71

Girls 3000 Meter Run

Name	School	Finals
Finals		
1 Sievers, Megan	Carlisle	11:56.75 10
2 Drake, Brennan	Des Moines R	11:58.17 8
3 Flemming, Megan	Des Moines R	12:10.17 6
4 Hoekstra, Madi	Carlisle	12:12.13 5
5 Pritchard, Lauryn	SE Polk	12:40.70 4
6 Erickson, Emily	Dowling C- W	12:45.70 3
7 Osthus, Rebecca	Des Moines R	13:05.54 2
8 Henriksen, Natalie	SE Polk	13:46.99 1
9 Thostenson, Chloe	SE Polk	13:48.94
10 Johnson, Clara	Indianola	14:04.41
11 Snodgrass, Hannah	Indianola	14:19.54

Girls 100 Meter Hurdles

Name	School	Finals
Finals		
1 Lambson, Aricka	Carlisle	16.65 10
2 Thomas, Brittni	Indianola	17.09 8

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Results - Running Events

Finals ... (Girls 100 Meter Hurdles)

Name	School	Finals	
3 Haack, Jocelyn	Carlisle	17.13	6
4 Morris, Jada	Des Moines R	17.13	5
5 LeQuatte, Tori	Norwalk	17.56	4
6 Burrows, Hannah	Indianola	17.66	3
7 Donohoe, Alexandra	SE Polk	18.03	2
8 Willoughby, Angela	SE Polk	18.24	1
9 Urlis, Sam	Norwalk	18.32	
10 Strittmater, Ellen	Dowling C- W	19.30	
11 Nahimina, Cecille	DM North Gir	19.99	
12 Moss, Desirae	Des Moines R	20.39	
13 Odir, Christina	Dowling C- W	23.33	

Girls 400 Meter Hurdles

Name	School	Finals	
1 Lambson, Aricka	Carlisle	1:10.88	10
2 Haack, Jocelyn	Carlisle	1:11.42	8
3 Donohoe, Alexandra	SE Polk	1:15.48	6
4 Whitaker, Tyanna	Des Moines R	1:15.71	5
5 Giudici, Anna	Dowling C- W	1:16.31	4
6 Davidson, McKenna	SE Polk	1:16.66	3
7 Allen, Ashley	Dowling C- W	1:19.61	2
8 VanAmburg, Sam	Norwalk	1:21.75	1
9 Fritzkjunker, Emma	Des Moines R	1:35.12	

Girls 4x100 Meter Relay

Team	Relay	Finals	
1 Des Moines Roosevelt	A	J52.11	10
1) Hall, Tori	2) Morris, Jada		
3) Williams, Kyndal	4) Carter, Briyana		
2 Dowling C- Wdm	A	J53.01	8
1) Copola, Ashley	2) Heuckendorf, Roz		
3) Okwaramoi, Juru	4) Flood, Emily		
3 Indianola	A	J53.54	6
1) McVey, Bailee	2) Nichols, Maddie		
3) Boozell, Taylor	4) Blake, Leah		
4 SE Polk	A	J54.13	5
1) Spring, Chloe	2) Starcevic, Hailey		
3) Suttin, Abi	4) Kircher, Michaela		
5 Carlisle	A	J54.62	4
1) Viers, Kirstin	2) Jackson, Chrissy		
3) Beier, Agatha	4) Mercer, Paige		
6 Dowling C- Wdm	B	x55.75	
1) Davis, Sophia	2) Ackerman, McKenna		
3) Yamen, Isabella	4) Rieser, Marianna		
7 Indianola	B	x56.20	
1) Thomas, Brittni	2) Burrows, Hannah		
3) Kuehl, Carrington	4) Hoyman, Anna		
8 SE Polk	B	x56.70	
1) Doser, Taylor	2) Harwood, Sophia		
3) Thompson, Sheridan	4) Hamilton, Lauren		

9 Carlisle	B	x1:00.19	
1) McCoy, Rylee	2) Kurimski, Bailey		
3) Schurz, Hannah	4) Wright, Mckenzie		
10 DM North Girls	A	J1:00.98	2
1) Nahimina, Cecille	2) Benson, Jayteairia		
3) Zarwie, Mary	4) Ndayisaba, Merania (Mary)		
11 Norwalk	B	J1:01.39	1
1) Stefen, Laura	2) Yoder, MarieFrance		
3) Grant, Peiton	4) Rees, Hannah		
--- Norwalk	A	JDQ	3
1) Clark, Eva	2) Steenhoek, Olivia		
3) Ridgeway, Gabby	4) Anderson, Clare		

Girls 4x200 Meter Relay

Team	Relay	Finals	
1 Des Moines Roosevelt	A	J1:51.13	10
1) Matthews, Shaniya	2) Schlarman, Rowan		
3) Fritzkjunker, Emma	4) Holman, Kori		
2 Dowling C- Wdm	A	J1:51.18	8
1) Okwaramoi, Juru	2) Heuckendorf, Roz		
3) Brosnahan, Caroline	4) Flood, Emily		
3 SE Polk	A	J1:54.17	6
1) Albertson, Samantha	2) Starcevic, Hailey		
3) Suttin, Abi	4) Kircher, Michaela		
4 Indianola	A	J1:54.90	5
1) Boozell, Taylor	2) Lathrum, Liza		
3) McVey, Bailee	4) Nichols, Maddie		
5 Norwalk	A	J1:56.33	4
1) Clark, Eva	2) Vanderholt, Taylor		
3) Ridgeway, Gabby	4) Anderson, Clare		
6 Dowling C- Wdm	B	x1:57.16	
1) Gaber, Emma	2) Cunningham, Brynn		
3) Lopez, Natalie	4) Knapp, Emerson		
7 Norwalk	B	x1:57.42	
1) Belizzi, Gianna	2) Bunch, Abby		
3) Whitehead, Joplyn	4) Taylor, Morgan		
8 Carlisle	A	J1:58.41	3
1) Jackson, Chrissy	2) Mercer, Paige		
3) Spitzer, Mia	4) Viers, Kirstin		
9 SE Polk	B	x2:00.96	
1) Hamilton, Lauren	2) Doser, Abi		
3) Harwood, Sophia	4) Thompson, Sheridan		
10 Carlisle	B	x2:05.13	
1) McCoy, Rylee	2) Kurimski, Bailey		
3) Wright, Mckenzie	4) DuBois, Alyvia		
11 Indianola	B	x2:09.98	
1) Obermier, Elizabeth	2) Baker, Makayla		
3) Miller, Anna	4) Swolley, Morgan		
12 DM North Girls	A	J2:12.74	2
1) Siah, Willimena	2) Seger, Chrystal		
3) Zarwie, Mary	4) Benson, Jayteairia		

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Results - Running Events

Girls 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 SE Polk	A	J4:12.83 10
1) Hersom, Brianna	2) Blackford, Paige	
3) Mona, Johanna	4) Woodard, Mackenzie	
2 Des Moines Roosevelt	A	J4:15.28 8
1) Matthews, Shaniya	2) Wells, Tyciera	
3) Moss, Desirae	4) Kallo, Angelina	
3 Dowling C- Wdm	A	J4:15.73 6
1) Schweizer, Kelsey	2) Timbo, Kate	
3) Brosnahan, Caroline	4) Flood, Molly	
4 Carlisle	A	J4:24.29 5
1) McCormick, Natalie	2) DuBois, Taylor	
3) Haack, Jocelyn	4) Lambson, Aricka	
5 Norwalk	A	J4:31.49 4
1) Vanderholt, Taylor	2) Taylor, Morgan	
3) Scallon, Kennedy	4) VanVelzen, Tori	
6 Indianola	A	J4:37.45 3
1) Schulze, Katelyn	2) Lathrum, Liza	
3) Coffey, Allison	4) Mealey, Maddie	
7 SE Polk	B	x4:38.68
1) Winecke, Lexy	2) Davidson, McKenna	
3) Hinze, Grace	4) DuBois, Courtney	
8 Norwalk	B	x4:43.39
1) Bunch, Abby	2) Laire, Anna	
3) Myers, Emma	4) Johnson, Amber	
9 Des Moines Roosevelt	B	x4:58.81
1) Smith, Aondra	2) Deng, Thiang	
3) Collet, Ingrid	4) Talbert, Jasmine	
10 Indianola	B	x5:02.82
1) McGinnis, Jacque	2) Johnson, Clara	
3) Kollins, Dianna	4) Burchett, Chelsea	
11 DM North Girls	A	J5:55.95 2
1) Wea, Joyce	2) Siah, Willimena	
3) Seger, Chrystal	4) Ndayisaba, Merania (Mary)	
--- DM North Girls	B	DNF
1) Campbell, Emoni	2) Jacobe, Miriah	
3) Miller Larkin, Damia	4) Zarwie, Mary	
--- Dowling C- Wdm	B	DQ
1) Happe, Megan	2) Mohan, Camaryn	
3) Teeling, Anna	4) Riesburg, Alexis	

Girls 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 SE Polk	A	J10:07.15 10
1) Lawler, Mikaela	2) Walker, Kaitlyn	
3) Blackford, Paige	4) Fluit, Allyssa	
2 Dowling C- Wdm	A	J10:08.24 8
1) Flood, Molly	2) Timbo, Kate	
3) Schweizer, Kelsey	4) Hubbell, Harriett	
3 Indianola	A	J10:14.66 6
1) Schulze, Katelyn	2) Kaas, Bailey	
3) Forbes, Jady	4) Nicholson, Paige	

4 Des Moines Roosevelt	A	J10:49.10 5
1) Mason, Katie	2) Karlstad, Beyonce	
3) Collet, Ingrid	4) Buchanan, Isabel	
5 Dowling C- Wdm	B	x10:55.35
1) Heidesch, Isabella	2) Riesburg, Alexis	
3) Happe, Megan	4) Miller, Sydnee	
6 Carlisle	A	J11:09.62 4
1) DuBois, Alyvia	2) Ahartz, Adelynn	
3) Schmitt, Keara	4) Mesecher, Cameron	
7 SE Polk	B	x11:13.45
1) Olsen, Chaybrin	2) Schafer, Allison	
3) Hinze, Grace	4) Beyer, Taylor	
8 Norwalk	A	J11:20.72 3
1) Scallon, Kennedy	2) Balk, Annie	
3) Riordan, Jenna	4) Myers, Emma	
9 Indianola	B	x11:56.38
1) Barretta, Micheala	2) McGinnis, Jacque	
3) Kollins, Dianna	4) Jordan, Sarah	
10 Norwalk	B	x11:59.54
1) Grell, Ellie	2) Meinecke, Katie	
3) Bennett, Sara	4) Heinold, Jordan	
11 Des Moines Roosevelt	B	x12:53.72
1) Schott, Sarah	2) Neary, Hannah	
3) Hibbs, Riley	4) Mallopan, Meghna	

Girls 800 Sprint Medley

Team	Relay	Finals
Finals		
1 Des Moines Roosevelt	A	J1:55.39 10
1) Hall, Tori	2) Carter, Briyana	
3) Matthews, Shaniya	4) Kallo, Angelina	
2 DM North Girls	A	J1:56.20 8
1) Benson, Jayteairia	2) Wea, Joyce	
3) Palmer, Mercedes	4) Hunter, Riawna	
3 Dowling C- Wdm	A	J1:58.13 6
1) Copola, Ashley	2) Heuckendorf, Roz	
3) Falk, Teryn	4) Sadler, Mykal	
4 Norwalk	A	J1:59.58 5
1) Clark, Eva	2) Ridgeway, Gabby	
3) Anderson, Clare	4) Vanderholt, Taylor	
5 Carlisle	A	J2:02.00 4
1) Viers, Kirstin	2) Jackson, Chrissy	
3) Beier, Agatha	4) Reed, Marissa	
6 SE Polk	A	J2:02.19 3
1) Spring, Chloe	2) Rinehart, Erica	
3) Albertson, Samantha	4) Mack, Riley	
7 Des Moines Roosevelt	B	x2:03.00
1) Smith, Aondra	2) Schlarmann, Rowan	
3) Brocker, Halley	4) Chell, Claire	
8 Dowling C- Wdm	B	x2:08.66
1) Miller, Emily	2) Kavlock, Megan	
3) Fritz, Megan	4) Minnehan, Katie	
9 SE Polk	B	x2:10.18
1) Toomey, Katelyn	2) Gbayee, Gifty	
3) Veldhuizen, Toni	4) Olsen, Chaybrin	

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Results - Running Events

Finals ... (Girls 800 Sprint Medley)

Team	Relay	Finals
10 Indianola	B	J2:15.91 2
1) Barr, Tiffany	2) Talbot, Alix	
3) Thessen, Katie	4) Obermier, Elizabeth	
11 Norwalk	B	x2:26.99
1) Rees, Hannah	2) Cortez, Marissa	
3) Stefen, Laura	4) Ortega, Shirley	
--- DM North Girls	B	DNF
1) Jacobs, Miriah	2) Ndayisaba, Merania (Mary)	
3) Nikeya, Buckner Elexander	4) Walker, Jaque'ja	
--- Indianola	A	DQ
1) Kuehl, Carrington	2) Blake, Leah	
3) Nichols, Maddie	4) Nicholson, Paige	

Girls Distance Medley

Team	Relay	Finals
1 SE Polk	A	J4:31.18 10
1) Rinehart, Erica	2) Mona, Johanna	
3) Mack, Riley	4) Mitchell, Sierra	
2 Norwalk	A	J4:39.74 8
1) Ridgeway, Gabby	2) Johnson, Amber	
3) VanVelzen, Tori	4) Scallon, Kennedy	
3 Dowling C- Wdm	B	J4:54.64 6
1) Falk, Teryn	2) Ringwelski, Morgan	
3) Sadler, Mykal	4) Meilander, janey	
4 Dowling C- Wdm	A	x4:55.42
1) Allen, Ashley	2) Gehl, Ella	
3) Riggs, Lauren	4) Freeman, Cate	
5 Carlisle	A	J5:00.90 5
1) Darling, Nicole	2) LeClaire, Ceora	
3) Hoekstra, Madi	4) Sievers, Megan	
6 Des Moines Roosevelt	A	J5:03.40 4
1) Smith, Aondra	2) Bocker, Halley	
3) Hall, Tori	4) Llyod, Calla	
7 SE Polk	B	x5:11.39
1) Veldhuizen, Toni	2) Gbayee, Gifty	
3) Winecke, Lexy	4) Voss, Victoria	
8 Indianola	B	5:14.44 3
1) Obermier, Elizabeth	2) Kaldenberg, Michelle	
3) Swolley, Morgan	4) Barretta, Micheala	
9 Norwalk	B	x5:50.97
1) Stefen, Laura	2) Cortez, Marissa	
3) Ortega, Shirley	4) Larson, Haley	
--- Indianola	A	DQ
1) McVey, Bailee	2) Blake, Leah	
3) Mealey, Maddie	4) Gebhart, Jensen	

Girls 4x100 Meter Shuttle Hurdle

Team	Relay	Finals
1 SE Polk	A	J1:11.98 10
1) Willoughby, Angela	2) Doser, Taylor	
3) Davidson, McKenna	4) Donohoe, Alex	

2 Carlisle	A	J1:13.19 8
1) Kurimski, Bailey	2) Ahartz, Adelynn	
3) Haack, Jocelyn	4) Lambson, Aricka	
3 Dowling C- Wdm	A	J1:13.99 6
1) Odir, Christina	2) Giudici, Anna	
3) Okwaramoi, Juru	4) Allen, Ashley	
4 Norwalk	B	J1:14.24 5
1) Westhoff, Kiley	2) Steenhoek, Olivia	
3) Bunch, Abby	4) Belizzi, Gianna	
5 Des Moines Roosevelt	A	J1:15.42 4
1) Morris, Jada	2) Fritzkjunker, Emma	
3) Whitaker, Tyanna	4) Chell, Claire	
6 SE Polk	B	x1:17.47
1) Doser, Abi	2) Toomey, Katelyn	
3) Thompson, Sheridan	4) Hamilton, Lauren	
7 Norwalk	A	xJ1:18.10 3
1) Urllis, Sam	2) Adams, Megan	
3) LeQuatte, Tori	4) Gjerde, Maya	
8 Indianola	A	J1:19.51 2
1) Burrows, Hannah	2) Barr, Tiffany	
3) Krpan, Mallory	4) Thomas, Brittni	

Boys 100 Meter Dash

Name	School	Finals
1 Murray, Jayson	Dowling C- W	11.44 10
2 Deskin, Cole	Dowling C- W	11.62 8
3 Ruden, Pete	SE Polk	11.74 6
4 Paskach, Zachary	DM Lincoln B	11.80 5
5 Mahoney, John	Valley- Wdm	11.80 4
6 Ewoldsen, Chris	Indianola	11.81 3
7 Solo, Clarke	Des Moines R	11.90 2
8 Hartung, Kade	Indianola	11.98 1
9 Bundy, Nick	Des Moines R	12.02
10 Bottley, Levon	Valley- Wdm	12.03
11 McCaughey, Gabe	Carlisle	12.06
12 Haltom, Alec	DM Lincoln B	12.06
13 Gbayee, Mark	SE Polk	12.08
14 Wright, Ethan	Carlisle	12.09
15 Gudenkauf, Jake	Norwalk	12.31
16 Klowonn, Tanner	Norwalk	13.19

Boys 200 Meter Dash

Name	School	Finals
1 Ruden, Pete	SE Polk	23.31 10
2 Stephens, Peyton	Carlisle	23.55 8
3 Smith, Cale	Indianola	24.11 6
4 Hartung, Kade	Indianola	24.26 5
5 Bottley, Levon	Valley- Wdm	24.29 4
6 Moon, Hunter	Valley- Wdm	24.52 3
7 Weathers, Romalis	Norwalk	24.60 2
8 Schamel, Tyler	Norwalk	24.61 1
9 Northway, Garrett	SE Polk	24.65
10 Richter, Bryan	DM Lincoln B	24.68
11 Mortimer, Nathin	Carlisle	24.86

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Finals ... (Boys 200 Meter Dash)

Name	School	Finals
12 Kodok, Deng	Dowling C- W	25.25
13 Cavan, Christian	Dowling C- W	25.42
14 Totaye, Emanuel	DM Lincoln B	25.44
15 Titus, Asher	Des Moines R	25.51
16 Hawks, William	Des Moines R	26.84

Boys 400 Meter Dash

Name	School	Finals
Finals		
1 Houston, Davion	Des Moines R	50.71 10
2 Richter, Bryan	DM Lincoln B	51.44 8
3 Storm, Jacey	Indianola	52.97 6
4 Swearngin, Addison	SE Polk	53.72 5
5 Spann, Jacob	Valley- Wdm	54.29 4
6 Cook, Collin	Dowling C- W	54.40 3
7 Phillips, William	Valley- Wdm	55.75 2
8 Robson, Nick	Norwalk	55.87 1
9 Dieudonne, Dieudonne	Des Moines R	55.95
10 Henderson, Cole	Carlisle	56.03
11 Bickham, Seth	Indianola	56.16
12 Wright, Dane	Carlisle	56.19
13 Cavan, Christian	Dowling C- W	56.38
14 Hickman, Landon	SE Polk	57.61
15 Waring, Haden	DM Lincoln B	57.99
16 Weathers, Romalis	Norwalk	58.86

Boys 800 Meter Run

Name	School	Finals
Finals		
1 Habineza, Moise	Valley- Wdm	2:05.27 10
2 Riesberg, Skyler	Dowling C- W	2:05.48 8
3 Wood, Tanner	DM Lincoln B	2:05.75 6
4 Jones, Tristan	Valley- Wdm	2:05.89 5
5 Orput, JJ	Carlisle	2:09.55 4
6 Worthington, Noah	DM Lincoln B	2:13.70 3
7 Baack, Nic	Carlisle	2:14.90 2
8 Johnson, Cole	Des Moines R	2:15.49 1
9 Smith, Alex	Dowling C- W	2:16.52
10 Yeoman, Dudley	Indianola	2:19.28
11 Armstrong, Ben	Norwalk	2:19.37
12 Naughton, Thomas	Indianola	2:20.84
13 Prentice, Harry	Des Moines R	2:25.36
14 Beattie, Jake	SE Polk	2:37.47
15 Vroegh, Connor	Norwalk	2:55.54

Boys 1600 Meter Run

Name	School	Finals
Finals		
1 Schweizer, Ryan	Dowling C- W	4:22.83 10
2 Kirk, Trevor	Valley- Wdm	4:31.05 8
3 Riesberg, Skyler	Dowling C- W	4:34.98 6
4 Nostrala, Seth	Indianola	4:35.93 5
5 West, Matt	SE Polk	4:43.48 4
6 Wood, Tanner	DM Lincoln B	4:43.59 3

7 Williams, Ryan	Valley- Wdm	4:48.67 2
8 Pottebaum, Gabe	Indianola	4:53.72 1
9 Worthington, Noah	DM Lincoln B	4:59.12
10 Klomstad, Britton	Valley- Wdm	5:00.59
11 Huinker, Logan	SE Polk	5:02.09
12 Jauron, Jacob	SE Polk	5:03.88
13 Yeoman, Dudley	Indianola	5:07.55
14 Johnson, Cole	Des Moines R	5:08.30
15 Mohan, Luke	Dowling C- W	5:08.36
16 Harper, Seth	Norwalk	5:09.88
17 Toney, Chance	Des Moines R	5:11.46
18 Logue, Carter	Carlisle	5:11.81
19 Gornick, Carter	Norwalk	5:24.48
20 Simmer, Gage	DM Lincoln B	5:27.75
21 Flaws, Jonny	Carlisle	5:31.45
22 Kallestad, Seth	Des Moines R	5:48.78

Boys 3200 Meter Run

Name	School	Finals
Finals		
1 Schweizer, Ryan	Dowling C- W	9:38.92 10
2 Fraizer, Matt	Dowling C- W	9:54.35 8
3 Wood, Tanner	DM Lincoln B	9:58.98 6
4 Carmody, Matt	Dowling C- W	10:05.93 5
5 Orput, JJ	Carlisle	10:15.84 4
6 Day, Collin	Valley- Wdm	10:26.89 3
7 Worthington, Noah	DM Lincoln B	10:40.47 2
8 Schmidt, Jakob	Valley- Wdm	10:48.45 1
9 Prentice, Harry	Des Moines R	10:52.89
10 Knudsen, Robert	Valley- Wdm	10:53.51
11 Harper, Seth	Norwalk	10:56.21
12 Russell, Ben	Des Moines R	11:09.00
13 Elbert, Brock	Indianola	11:16.10
14 Sunvold, Daniel	SE Polk	11:21.16
15 Magalhaes, Nathan	Indianola	11:22.57
16 Veigulis, Dylan	DM Lincoln B	11:29.29
17 Felger, Josh	Carlisle	11:34.66
18 Gornick, Carter	Norwalk	11:36.88
19 Johnson, Tyler	Norwalk	12:01.44
20 McCrum, Kyle	SE Polk	12:21.44
21 Parks, Cordell	SE Polk	13:52.36
--- Frantzen, Eli	Des Moines R	DNF

Boys 110 Meter Hurdles

Name	School	Finals
Finals		
1 Wilson, Jack	Valley- Wdm	15.23 10
2 Barclay, Wade	SE Polk	15.47 8
3 Shonka, Bryce	Dowling C- W	15.76 6
4 Scott, Isaac	DM Lincoln B	15.88 5
5 Wright, Dallas	Carlisle	15.89 4
6 Smith, Cale	Indianola	16.36 3
7 Black, Andrew	Carlisle	16.67 2
8 Salyers, Hunter	SE Polk	16.70 1
9 Koele, Jon	Valley- Wdm	16.90
10 Christy, Collin	Dowling C- W	17.32

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Results - Running Events

Finals ... (Boys 110 Meter Hurdles)

Name	School	Finals
11 O'Brien, Eian	Des Moines R	17.34
12 Onken, Jaron	Norwalk	17.36
13 Madison, Chase	Des Moines R	17.83
14 Rees, Caleb	Norwalk	17.93
15 Mezera, Hunter	DM Lincoln B	18.45

Boys 400 Meter Hurdles

Name	School	Finals
Finals		
1 Barclay, Wade	SE Polk	54.29 10
2 Piper, Tyler	Indianola	57.70 8
3 Scott, Isaac	DM Lincoln B	57.99 6
4 O'Brien, Eian	Des Moines R	58.25 5
5 Wright, Dallas	Carlisle	58.34 4
6 Paskach, Josh	Dowling C- W	58.81 3
7 Adamson, Ross	Indianola	1:00.00 2
8 Floss, Keaton	Valley- Wdm	1:00.25 1
9 Johnston, JayQuon	DM Lincoln B	1:00.64
10 Hamborg, Jack	Valley- Wdm	1:01.44
11 Mortale, Ryan	SE Polk	1:01.48
12 Rees, Caleb	Norwalk	1:01.51
13 Goodhue, Max	Carlisle	1:01.99
14 Knoblauch, Austin	Dowling C- W	1:02.96
15 Clark, Brayden	Norwalk	1:04.78
16 Moss, Jordan	Des Moines R	1:05.33

Boys 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Dowling C- Wdm	A	J43.67 10
1) Krah, Aaron	2) Deskin, Cole	
3) Morse, Parker	4) Murray, Jayson	
2 SE Polk	A	J44.33 8
1) Gbayee, Mark	2) Ruden, Pete	
3) Swearngin, Addison	4) Drees, Parker	
3 Indianola	A	J45.00 6
1) Ewoldsen, Chris	2) Smith, Cale	
3) Strong, Isaiah	4) Hartung, Kade	
4 Valley- Wdm	A	J45.03 5
1) Bottley, Levon	2) Williams, Aaron	
3) Mahoney, John	4) Brown, Tariq	
5 Carlisle	A	J45.72 4
1) Mortimer, Nathin	2) Robertson, Brian	
3) Seskis, Kire	4) Stephens, Peyton	
6 Des Moines Roosevelt	A	J45.74 3
7 Norwalk	A	J46.18 2
1) Pirkle, Devin	2) Weathers, Romalis	
3) Gudenkauf, Jake	4) Schamel, Tyler	
8 Valley- Wdm	B	x46.65
1) Fugate, Treveon	2) Koch, Austin	
3) Mason, Jevon	4) Buchanan, Tashawn	
9 SE Polk	B	x46.99
1) Wade, Josh	2) Durr, Altrell	
3) Kinyea, Theophilus	4) Johnson, Austin	

10 DM Lincoln Boys	A	J47.12 1
1) Foster, Marco	2) Harrison, Jackson	
3) Newton, Brock	4) Paskach, Zachary	
11 Carlisle	B	x48.20
1) Pickering, Kacyn	2) Caruso, Richie	
3) Thiravong, Anethon	4) Howat, Jacob	
12 DM Lincoln Boys	B	x49.65
1) Haltom, Alec	2) Blaylock, Robby	
3) Patterson, Donovan	4) Polson, Daniel	
13 Indianola	B	x49.87
1) Tormey, Sean	2) Davison, Chase	
3) Carpenter, Colt	4) Kratoofil, Zac	
14 Norwalk	B	x50.69
1) Funk, Carter	2) Schuchard, Matt	
3) Gaumer, Jake	4) Clark, Brayden	
15 Des Moines Roosevelt	B	x52.64
--- Dowling C- Wdm	B	DNF
1) Cavan, Christian	2) Boduo, Prince	
3) Lee, Adam	4) Blish, Devon	

Boys 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 Dowling C- Wdm	A	J1:31.57 10
1) Krah, Aaron	2) Hummel, Jake	
3) Johnson, Charlie	4) Morse, Parker	
2 Valley- Wdm	A	J1:34.70 8
1) Williams, Aaron	2) Peterson, Grant	
3) Brown, Tariq	4) Heald, Braeden	
3 SE Polk	A	J1:35.06 6
1) Drees, Parker	2) Fairchild, Mason	
3) Durr, Altrell	4) Anfinson, Trevor	
4 Des Moines Roosevelt	A	J1:36.47 5
5 DM Lincoln Boys	A	J1:37.29 4
1) Foster, Marco	2) Newton, Brock	
3) Harrison, Jackson	4) Haltom, Alec	
6 Dowling C- Wdm	B	x1:38.39
1) Bender, Lane	2) Boduo, Prince	
3) Blish, Devon	4) Pyle, Evan	
7 SE Polk	B	x1:38.48
1) Cole, Jackson	2) Shedd, Tyler	
3) Johnson, Austin	4) Kinyea, Theophilus	
8 Valley- Wdm	B	x1:38.52
1) Barr, Noah	2) Shelton, Conner	
3) Koch, Austin	4) Johnston, Ryan	
9 Carlisle	B	J1:39.81 3
1) Pickering, Kacyn	2) Caruso, Richie	
3) Thiravong, Anethon	4) Howat, Jacob	
10 Norwalk	A	J1:39.97 2
1) Gudenkauf, Jake	2) Rosonke, Drew	
3) Clark, Brayden	4) Funk, Carter	
11 Indianola	B	J1:40.21 1
1) Hildreth, Dylan	2) Hildreth, Riley	
3) Kolarik, Kolby	4) Post, Carson	

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Results - Running Events

Finals ... (Boys 4x200 Meter Relay)

Team	Relay	Finals
12 DM Lincoln Boys	B	x1:44.51
1) Harris, John	2) Totaye, Emanuel	
3) Patterson, Donovan	4) Polson, Daniel	
13 Norwalk	B	x1:48.03
1) Campbell, Sam	2) Neil, Trevor	
3) Gaumer, Jake	4) Krichau, Tate	
--- Carlisle	A	DQ
1) Mortimer, Nathin	2) Robertson, Brian	
3) Seskis, Kire	4) Van Gorp, Adam	
--- Indianola	A	DQ
1) Menke, Lucas	2) Upchurch, Blake	
3) Longer, Nate	4) VanTreeck, Joe	

Boys 4x400 Meter Relay

Team	Relay	Finals
1 Indianola	A	J3:26.54 10
1) Storm, Jacey	2) Combs, Tyler	
3) Linnan, Quentin	4) Nochvay, Oleg	
2 Dowling C- Wdm	A	J3:31.33 8
1) Hummel, Jake	2) Johnson, Charlie	
3) Moore, Matt	4) Shonka, Bryce	
3 Valley- Wdm	A	J3:32.49 6
1) Williams, Aaron	2) Peterson, Grant	
3) Shaner, Jonathan	4) Heald, Braeden	
4 Des Moines Roosevelt	A	J3:39.24 5
5 DM Lincoln Boys	A	J3:40.87 4
1) Richter, Bryan	2) Rand, Cole	
3) Johnston, JayQuon	4) Scott, Isaac	
6 Carlisle	A	J3:42.49 3
1) Henderson, Cole	2) Van Gorp, Adam	
3) Brunsen, Nolan	4) Wright, Dane	
7 SE Polk	A	J3:43.27 2
1) Fairchild, Mason	2) Anfinson, Trevor	
3) Shedd, Tyler	4) Cole, Jackson	
8 Valley- Wdm	B	x3:43.64
1) Moon, Hunter	2) Rashid, Carson	
3) Gass, Jacob	4) Reding, Austin	
9 Dowling C- Wdm	B	x3:44.98
1) Kodok, Deng	2) Bagenstos, Blake	
3) Bender, Lane	4) Steenblock, Andrew	
10 Norwalk	A	J3:52.16 1
1) Rosonke, Drew	2) Okland-Kenney, Keegan	
3) Funk, Carter	4) Clark, Brayden	
11 DM Lincoln Boys	B	x3:56.59
1) Wilson, Jasper	2) Waring, Haden	
3) Knoebel, Ben	4) Hughes, Kavieon	
12 SE Polk	B	x3:59.02
1) Goldsberry, Anthony	2) Cole, Josiah	
3) Carter, Grant	4) Willeford, Connor	
13 Carlisle	B	x3:59.54
1) Egenberger, Devin	2) Beck, Trenton	
3) Black, Josh	4) Phillips, Zach	

14 Indianola	B	x4:02.75
1) Johnson, Jacob	2) Elbert, Brayden	
3) Illnitsky, Vadim	4) Hogard, Wes	
15 Norwalk	B	x4:05.25
1) Onken, Jaron	2) Gudenkauf, Jake	
3) Krichau, Tate	4) Klowonn, Tanner	
16 Des Moines Roosevelt	B	x4:11.98

Boys 4x800 Meter Relay

Team	Relay	Finals
1 Indianola	A	J8:08.33 10
1) Nostrala, Seth	2) Combs, Tyler	
3) Linnan, Quentin	4) Nochvay, Oleg	
2 Valley- Wdm	A	J8:20.93 8
1) Habineza, Moise	2) Schmitt, Nate	
3) Kirk, Trevor	4) Spann, Jacob	
3 Valley- Wdm	B	x8:46.25
1) Parris, Sean	2) Klomstad, Britton	
3) Bernhard, Joseph	4) Jamieson, Chris	
4 Dowling C- Wdm	A	J8:48.10 6
1) Cook, Collin	2) Smith, Alex	
3) Bussey, Thomas	4) Berns, Matt	
5 Carlisle	A	J9:02.37 5
1) Baack, Nic	2) Rowray, Ben	
3) Palar, Cutler	4) Derrickson, Riley	
6 Des Moines Roosevelt	B	J9:04.50 4
7 Dowling C- Wdm	B	x9:06.46
1) Willey, Cole	2) Mohan, Luke	
3) Conner, Sean	4) Wingert, Charlie	
8 Norwalk	A	J9:11.16 3
1) Armstrong, Ben	2) Okland-Kenney, Keegan	
3) Mellencamp, Andrew	4) Desmond, Kylar	
9 DM Lincoln Boys	A	J9:13.99 2
1) Rand, Cole	2) Bartlett, Barry	
3) Acevedo, Zach	4) Simmer, Gage	
10 SE Polk	A	J9:19.05 1
1) Leigh, Jordan	2) Kooker, Devon	
3) Savage, Nathan	4) Christensen, Camden	
11 SE Polk	B	x9:51.21
1) Wilson, Evan	2) Terwilliger, Mason	
3) Reed, Eli	4) Schmidt, Gavin	
12 Indianola	B	x9:58.97
1) Baldus, Eric	2) Vesey, Quinn	
3) Bylund, Joey	4) Upchurch, Brayden	
13 Carlisle	B	x10:00.29
1) Flaws, Jonny	2) Curry, Seth	
3) Egenberger, Devin	4) Phillips, Zach	
14 Des Moines Roosevelt	A	x10:03.06
15 DM Lincoln Boys	B	x10:08.70
1) Knoebel, Ben	2) Irvin, Keylan	
3) Meyer, Caleb	4) Crimmins, Michael	
16 Norwalk	B	x10:53.79
1) Cunningham, Tyler	2) Caplinger, Justin	
3) Ridout, Nolan	4) Fick, Brandon	

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Boys 1600 Sprint Medley

Team	Relay	Finals
Finals		
1 Valley- Wdm	A	J3:49.78 10
1) Phillips, William	2) Barr, Noah	
3) Johnston, Ryan	4) Schmitt, Nate	
2 Valley- Wdm	B	x3:51.00
1) Grittmann, Jake	2) Marschel, Parker	
3) Keller, Jacob	4) Parris, Sean	
3 Dowling C- Wdm	A	J3:51.25 8
1) Lee, Adam	2) Pyle, Evan	
3) Willey, Cole	4) Conner, Kevin	
4 Des Moines Roosevelt	A	J3:51.39 6
5 SE Polk	A	J3:51.64 5
1) Swearngin, Addison	2) Wade, Josh	
3) McLaughlin, Thomas	4) Secrest, Eric	
6 Indianola	A	J3:52.86 4
1) Menke, Lucas	2) Upchurch, Blake	
3) Johnson, Jacob	4) Baldus, Eric	
7 Carlisle	A	J4:01.28 3
1) McCaughey, Gabe	2) Rowray, Ben	
3) Derrickson, Riley	4) Palar, Cutler	
8 Norwalk	A	J4:01.60 2
1) Pirkle, Devin	2) Schamel, Tyler	
3) Robson, Nick	4) Okland-Kenney, Keegan	
9 Dowling C- Wdm	B	x4:04.45
1) Steenblock, Andrew	2) Newcomb, Reece	
3) Merry, Iam	4) Bagenstos, Blake	
10 DM Lincoln Boys	B	J4:06.52 1
1) Haltom, Alec	2) Polson, Daniel	
3) Totaye, Emanuel	4) Acevedo, Zach	
11 DM Lincoln Boys	A	x4:07.43
1) Foster, Marco	2) Blaylock, Robby	
3) Waring, Haden	4) Bartlett, Barry	
12 Indianola	B	x4:16.47
1) Lange, Collin	2) Scott, Cole	
3) Stich, Isaac	4) Vesey, Quinn	
13 Des Moines Roosevelt	B	x4:21.74
14 Norwalk	B	x4:27.02
1) Krichau, Tate	2) Klowonn, Tanner	
3) Schuchard, Matt	4) Johnson, Tyler	
15 Carlisle	B	x4:33.21
1) Brunsen, Nolan	2) Beck, Trenton	
3) Donovan, Tommy	4) Mutch, Grant	

3 Valley- Wdm	A	J1:00.94 6
1) Wilson, Jack	2) Floss, Keaton	
3) Hamborg, Jack	4) Koele, Jon	
4 Dowling C- Wdm	A	J1:02.01 5
1) Shonka, Bryce	2) Christy, Collin	
3) Ingham, Hunter	4) Paskach, Josh	
5 Valley- Wdm	B	x1:02.93
1) Collignon Doerrfeld, Preston	2) Grittmann, Jake	
3) Reding, Austin	4) Lombardi, Rocky	
6 Des Moines Roosevelt	A	J1:05.00 4
7 Norwalk	A	J1:06.43 3
1) Rees, Caleb	2) Pirkle, Devin	
3) Onken, Jaron	4) Schamel, Tyler	
8 Indianola	A	J1:08.03 2
1) Adamson, Ross	2) Stratton, Shane	
3) Smith, Cale	4) Piper, Tyler	
9 DM Lincoln Boys	A	J1:08.11 1
1) Paskach, Zachary	2) Mezera, Hunter	
3) Johnston, JayQuon	4) Scott, Isaac	
10 SE Polk	B	x1:09.41
1) Willeford, Connor	2) Rickabaugh, Alex	
3) Cole, Josiah	4) Carter, Grant	
11 Dowling C- Wdm	B	x1:09.53
1) Johnson, Charlie	2) Brown, DJ	
3) Knoblauch, Austin	4) Clark, Blake	
12 Norwalk	B	x1:14.44
1) Schuchard, Matt	2) Funk, Carter	
3) Gaumer, Jake	4) Clark, Brayden	
13 Indianola	B	x1:18.71
1) Cleveland, Max	2) Neesen, Ben	
3) Reeves, Ty	4) Elbert, Brayden	

Boys 4x110 Meter Shuttle Hurdle

Team	Relay	Finals
Finals		
1 SE Polk	A	J1:00.40 10
1) Barclay, Wade	2) Northway, Garrett	
3) Mortale, Ryan	4) Salyers, Hunter	
2 Carlisle	A	J1:00.64 8
1) Goodhue, Max	2) Black, Andrew	
3) Stephens, Peyton	4) Wright, Dallas	