

## 2019 Lakes Conference Championships - 5/2/2019

## Spirit Lake HS

## Results

## Event 2 Boys 4x800 Meter Relay

School	Seed	Finals	Points
Section 1			
1 Western Christian 'A'	8:28.00	8:30.85	10
1) Hulstein, Trevin	2) Elbers, Carson		
3) Spronk, Ethan	4) Hulstein, Tage		
2 Spencer 'A'	8:30.00	8:40.49	8
1) Morony, Kyle	2) Pingle, Isaac		
3) Schoelerman, Zach	4) Schmidt, Ethan		
3 LeMars 'A'	8:47.98	8:47.94	6
1) Wurth, Austin	2) Herbst, Kyle		
3) Heeren, Tucker	4) Sauer, Matt		
4 Spirit Lake 'A'	8:51.07	8:52.78	4
1) Tuttle, Jacob	2) Eldridge, Jonah		
3) Poncelet, Jacob	4) Jungjohan, Carver		
5 Storm Lake 'A'	9:45.07	10:02.99	2
1) Burton, Jaxon	2) Nicholson, Lucas		
3) Kleespie, Cole	4) Solem, Bryan		

## Event 4 Boys 3200 Meter Run

Name	Year	School	Seed	Finals	Points
1 McCaffery, Mason		Spirit Lake	10:11.60	10:22.97	10
1:16.687 (1:16.687)	2:39.635 (1:22.948)	4:01.378 (1:21.744)	5:24.342 (1:22.964)		
6:43.175 (1:18.833)	8:03.018 (1:19.844)	9:16.988 (1:13.970)	10:22.963 (1:05.975)		
2 Olson, Thomas		Storm Lake	10:24.83	10:25.37	8
1:16.896 (1:16.896)	2:39.842 (1:22.947)	4:01.658 (1:21.817)	5:24.616 (1:22.958)		
6:43.507 (1:18.892)	8:03.341 (1:19.834)	9:17.226 (1:13.885)	10:25.368 (1:08.143)		
3 Hulinsky, Ethan		LeMars	10:24.23	10:31.42	6
1:17.111 (1:17.111)	2:40.325 (1:23.214)	4:01.497 (1:21.173)	5:24.458 (1:22.962)		
6:43.283 (1:18.825)	8:03.263 (1:19.980)	9:19.146 (1:15.883)	10:31.413 (1:12.268)		
4 Myers, Taylor		Estherville	10:42.00	10:36.50	4
1:16.993 (1:16.993)	2:40.277 (1:23.284)	4:01.946 (1:21.669)	5:24.942 (1:22.997)		
6:43.941 (1:18.999)	8:03.641 (1:19.700)	9:21.293 (1:17.653)	10:36.493 (1:15.200)		
5 Bauermeister, Aidan		Spirit Lake	10:30.87	10:40.22	2
1:17.070 (1:17.070)	2:40.067 (1:22.998)	4:01.760 (1:21.693)	5:24.726 (1:22.967)		
6:43.813 (1:19.088)	8:03.930 (1:20.117)	9:22.341 (1:18.412)	10:40.212 (1:17.872)		
6 Parmelee, Landen		LeMars	10:26.00	10:52.65	1
1:17.350 (1:17.350)	2:40.643 (1:23.294)	4:02.420 (1:21.777)	5:25.322 (1:22.903)		
6:44.682 (1:19.360)	8:07.497 (1:22.815)	9:33.038 (1:25.542)	10:52.645 (1:19.607)		
7 Veldman, Jonathan		Western Christian	10:50.00	10:59.49	
1:17.207 (1:17.207)	2:40.616 (1:23.409)	4:03.681 (1:23.065)	5:27.085 (1:23.404)		
6:51.541 (1:24.457)	8:17.118 (1:25.578)	9:40.821 (1:23.703)	10:59.485 (1:18.664)		
8 Cline, Kadya		Spencer	12:20.00	11:25.50	
1:17.377 (1:17.377)	2:40.890 (1:23.513)	4:02.208 (1:21.319)	5:25.698 (1:23.490)		
6:49.738 (1:24.040)	8:18.830 (1:29.092)	9:53.875 (1:35.045)	11:25.495 (1:31.620)		



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**....Event 4 Boys 3200 Meter Run**

9 Moon, Tyler	Storm Lake	11:40.55	11:43.15		
1:17.322 (1:17.322)	2:41.692 (1:24.370)	4:08.193 (1:26.502)	5:36.773 (1:28.580)		
7:07.385 (1:30.612)	8:39.545 (1:32.160)	10:12.583 (1:33.039)	11:43.142 (1:30.559)		
10 Cauthron, Case	Spencer	12:00.00	12:26.04		
1:17.448 (1:17.448)	2:41.661 (1:24.213)	4:10.327 (1:28.667)	5:48.455 (1:38.128)		
7:27.673 (1:39.219)	9:05.925 (1:38.252)	10:48.722 (1:42.798)	12:26.038 (1:37.317)		

**Event 8 Boys 100 Meter Dash**

Name	Year School	Seed	Finals	Points
1 Khang, Tao	Storm Lake	11.99	12.11	12.102
2 Pierce, Daenen	Cherokee	12.12	12.11	12.106
3 Johnson, Jackson	Western Christian	12.14	12.33	
4 Johnson, Jenner	Western Christian	12.23	12.55	
Section 2				
1 Stein, Joe	Spirit Lake	10.68	10.99	10
2 Lamoreux, Anthony	LeMars	11.51	11.27	8
3 Green, TyRale	Spencer	11.52	11.56	6
4 Jensen, Jacob	Estherville	11.50	11.58	4
5 Mendoza, Edgar	Storm Lake	11.26	11.70	2
6 Green, Darrious	Spencer	11.85	11.73	1
7 Rasmussen, Dylan	LeMars	11.87	11.78	
8 Richter, Kolby	Spirit Lake	11.78	11.98	

**Event 11 Boys 400 Meter Dash**

Name	Year School	Seed	Finals	Points
Section 1				
1 Hussey, Qai	Spencer	55.59	55.35	
2 Backhaus, Ethan	Spirit Lake	1:02.00	59.84	
3 Olaiz, Flabio	Cherokee	1:03.97	1:03.10	
Section 2				
1 Jensen, Jacob	Estherville	51.80	51.82	10
2 Spronk, Ethan	Western Christian	52.60	52.07	8
3 Olson, Brandon	LeMars	53.56	54.08	6
4 Oolman, Caleb	Spirit Lake	54.83	54.41	4
5 Hicks, Thade	Spencer	55.45	54.52	2
6 Theesfeld, Riley	Estherville	54.44	54.99	1
7 Boehmer, Collin	LeMars	54.14	55.36	
8 Unga, Aaron	Storm Lake	56.37	58.68	

**Event 13 Boys 4x200 Meter Relay**

School	Seed	Finals	Points
Section 1			
1 Spencer 'A'	1:36.09	1:34.78	10



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**....Event 13 Boys 4x200 Meter Relay**

1) Green, TyRale	2) Pingle, Isaac			
3) Green, Taron	4) Christofferson, Andrew			
2 LeMars 'A'		1:34.21	1:35.48	8
1) Rasmussen, Dylan	2) Ferguson, Tyler			
3) Ott, Cody	4) Kass, Brandon			
3 Estherville 'A'		1:37.78	1:36.50	6
1) Anderson, Zach	2) Christensen, Matt			
3) Whiting, Lamont	4) Jensen, Daryl			
4 Storm Lake 'A'		1:39.51	1:36.77	4
1) Vang, Xeng	2) Muggenburg, Alex			
3) Olesen, Nic	4) Walker, Larry			
5 Spirit Lake 'A'		1:34.78	1:38.67	2
1) Stein, Mike	2) Katzfey, Vance			
3) Fine, Dillon	4) Richter, Kolby			
6 Cherokee 'A'		1:37.89	1:40.03	1
1) Pitts, Cole	2) Young, Ethan			
3) Farver, Brayden	4) Pierce, Daenen			
7 Western Christian 'A'		1:39.70	1:40.67	
1) Boer, Tyson	2) Johnson, Jenner			
3) Gulker, Wyatt	4) Zomermaand, Dylan			

**Event 17 Boys 110 Meter Hurdles**

Name	Year School	Seed	Finals	Points
1 Chanthavisouk, Joey	Storm Lake	17.55	17.32	
2 Paulson, Dale	Estherville	17.03	17.41	
Section 2				
1 Wadle, Ben	LeMars	15.56	15.47	10
2 Waters, Joe	Spirit Lake	16.19	15.88	8
3 Spencer, Isaiah	Spencer	16.27	16.04	6
4 Sundblad, Justin	Spencer	16.16	16.11	4
5 Arens, Carter	LeMars	16.59	16.88	2
6 Leonard, Nick	Estherville	16.44	17.01	1
7 Ruden, Wes	Spirit Lake	16.83	18.40	

**Event 18 Boys 1600 Meter Run**

Name	Year School	Seed	Finals	Points
Section 1				
1 McCaffery, Mason	Spirit Lake	4:32.31	4:40.08	10
1:08.095 (1:08.095)	2:18.384 (1:10.289)	3:31.241 (1:12.857)	4:40.079 (1:08.838)	
2 Schmidt, Ethan	Spencer	4:48.47	4:41.61	8
1:08.140 (1:08.140)	2:18.600 (1:10.460)	3:31.633 (1:13.034)	4:41.605 (1:09.973)	
3 Olson, Thomas	Storm Lake	4:48.35	4:43.37	6
1:08.561 (1:08.561)	2:19.132 (1:10.572)	3:32.243 (1:13.112)	4:43.364 (1:11.122)	
4 Kass, Cael	LeMars	4:53.51	4:50.90	4
1:09.478 (1:09.478)	2:23.147 (1:13.669)	3:40.298 (1:17.152)	4:50.894 (1:10.597)	



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**....Event 18 Boys 1600 Meter Run**

5	Kremer, Bryce	Cherokee	4:56.74	4:51.92	2
	1:09.790 (1:09.790)	2:22.925 (1:13.136)	3:39.277 (1:16.352)	4:51.917 (1:12.640)	
6	Hulstein, Tage	Western Christian	4:55.63	4:52.78	1
	1:10.105 (1:10.105)	2:23.455 (1:13.350)	3:39.937 (1:16.482)	4:52.771 (1:12.835)	
7	Bauermeister, Aidan	Spirit Lake	5:01.45	4:53.11	
	1:09.990 (1:09.990)	2:23.435 (1:13.446)	3:39.780 (1:16.345)	4:53.109 (1:13.329)	
8	Hulinsky, Ethan	LeMars	4:50.36	4:55.02	
	1:09.092 (1:09.092)	2:22.749 (1:13.657)	3:39.523 (1:16.775)	4:55.015 (1:15.493)	
9	Schoelerman, Ty	Spencer	5:00.00	5:00.66	
	1:09.675 (1:09.675)	2:23.469 (1:13.794)	3:41.490 (1:18.022)	5:00.654 (1:19.165)	
10	Veldman, Jonathan	Western Christian	4:55.73	5:03.40	
	1:11.515 (1:11.515)	2:28.083 (1:16.568)	3:46.328 (1:18.245)	5:03.400 (1:17.073)	
11	Burton, Jaxon	Storm Lake	5:08.45	5:15.50	
	1:11.100 (1:11.100)	2:30.065 (1:18.966)	3:54.912 (1:24.847)	5:15.493 (1:20.582)	

**Event 21 Boys 200 Meter Dash**

Name	Year School	Seed	Finals	Points
1 Young, Ethan	Cherokee	24.96	24.19	
2 Anderson, Zach	Estherville	25.22	24.69	
3 Gulker, Donte	Western Christian	24.10	24.90	
4 Muggenburg, Alex	Storm Lake	25.04	25.21	
5 Placid, Ulises	Cherokee	27.00	26.30	
6 Coleman, Titan	Spencer	26.50	26.91	
Section 2				
1 Stein, Joe	Spirit Lake	22.75	22.15	10
2 Lamoreux, Anthony	LeMars	23.36	23.10	8
3 Jensen, Jacob	Estherville	23.37	23.61	6
4 Green, Taron	Spencer	24.02	23.96	4
5 Ott, Cody	LeMars	23.94	24.05	2
6 Steele, Harry	Western Christian	23.56	24.11	1
7 Waters, Joe	Spirit Lake	24.00	24.63	

**Event 23 Boys 400 Meter Hurdles**

Name	Year School	Seed	Finals	Points
Section 1				
1 Nicholson, Lucas	Storm Lake	1:04.24	1:03.04	
2 Westra, Dalton	Western Christian	1:04.00	1:03.08	
3 Eldridge, Jonah	Spirit Lake	1:06.22	1:05.92	
4 Richardson, Kolin	Estherville	1:08.00	1:06.17	
5 Jensen, Zach	Spirit Lake	1:08.06	1:07.74	
Section 2				
1 Tigges, Conner	Spencer	59.88	58.91	10
2 Boehmer, Collin	LeMars	58.51	59.07	8
3 Olesen, Nic	Storm Lake	1:00.93	59.37	6
4 Doran, Jacob	Spencer	1:03.00	1:01.51	4



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**....Event 23 Boys 400 Meter Hurdles**

5 Westra, Colin	Western Christian	1:02.90	1:02.56	2
6 Wadle, Ben	LeMars	55.77	1:02.79	1
7 Farver, Brayden	Cherokee	1:02.97	1:03.40	

**Event 24 Boys 1600 Sprint Medley**

School	Seed	Finals	Points
<b>Section 1</b>			
1 LeMars 'A'	3:48.32	3:45.10	10
1) Parmelee, Conlen			
2) Spieler, Reece			
3) Spieler, Eric			
4) Parmelee, Landen			
2 Spencer 'A'	3:51.56	3:47.52	8
1) Spencer, Isaiah			
2) Doran, Jacob			
3) Hicks, Thade			
4) Schoelerman, Ty			
3 Western Christian 'A'	3:48.00	3:56.20	6
1) Steele, Harry			
2) Elbers, Carson			
3) Zevenbergen, Cole			
4) Hulstein, Trevin			
4 Spirit Lake 'A'	3:39.71	3:59.20	4
1) Ruden, Wes			
2) Fine, Dillon			
3) Christians, Darin			
4) Tifft, Carter			
5 Cherokee 'A'	4:06.00	4:02.50	2
1) Pierce, Daxsten			
2) Pitts, Cole			
3) Pingel, Levi			
4) Kremer, Bryce			
6 Storm Lake 'A'	3:58.57	4:08.05	1
1) Ioanis, Kiwon			
2) Xiong, Vichai			
3) Chanthavisouk, Joey			
4) Nicholson, Lucas			
7 Estherville 'A'	4:05.00	4:14.45	
1) Busch, Seth			
2) Schnell, Seth			
3) Egeland, Kevin			
4) Flores, Brandon			

**Event 27 Boys 800 Meter Run**

Name	Year	School	Seed	Finals	Points
1 McCaffery, Mason		Spirit Lake	1:59.90	2:03.02	10
58.076 (58.076)		2:03.015 (1:04.939)			
2 Parmelee, Landen		LeMars	2:04.95	2:04.09	8
1:00.278 (1:00.278)		2:04.081 (1:03.804)			
3 Morony, Kyle		Spencer	2:09.11	2:07.84	6
1:00.441 (1:00.441)		2:07.831 (1:07.390)			
4 Schoelerman, Zach		Spencer	2:13.78	2:09.60	4
1:01.956 (1:01.956)		2:09.598 (1:07.642)			
5 Wurth, Austin		LeMars	2:13.14	2:11.79	2
1:02.523 (1:02.523)		2:11.790 (1:09.267)			
6 Myers, Taylor		Estherville	2:13.00	2:12.82	1
1:01.101 (1:01.101)		2:12.820 (1:11.719)			
7 Tifft, Carter		Spirit Lake	2:09.85	2:18.18	
1:04.804 (1:04.804)		2:18.180 (1:13.376)			



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## ....Event 27 Boys 800 Meter Run

8	Lenzemeier, Matt	Storm Lake	2:20.00	2:21.82
	1:05.589 (1:05.589)	2:21.820 (1:16.232)		
9	Dostal, Morgan	Estherville	2:15.00	2:23.83
	1:05.928 (1:05.928)	2:23.822 (1:17.895)		
10	Wilkie, Austin	Cherokee	2:36.60	2:29.65
	1:13.245 (1:13.245)	2:29.645 (1:16.400)		
11	Moon, Tyler	Storm Lake	2:20.23	2:33.39
	1:10.296 (1:10.296)	2:33.390 (1:23.094)		

## Event 31 Boys 4x100 Meter Relay

School	Seed	Finals	Points
1 Spencer 'A'	45.73	44.50	10
1) Green, Darrious	2) Green, TyRale		
3) Nissen, Jon	4) Spencer, Isaiah		
2 LeMars 'A'	44.72	44.53	8
1) Rasmussen, Dylan	2) Lamoreux, Anthony		
3) Wadle, Ben	4) Ferguson, Tyler		
3 Spirit Lake 'A'	45.21	45.11	6
1) Stein, Joe	2) Waters, Joe		
3) Carney, Max	4) Stein, Mike		
4 Estherville 'A'	45.86	45.83	4
1) Jensen, Daryl	2) Christensen, Matt		
3) Whiting, Lamont	4) Jensen, Jacob		
5 Storm Lake 'A'	47.36	46.26	2
1) Vang, Xeng	2) Mendoza, Edgar		
3) Muggenburg, Alex	4) Walker, Larry		
6 Cherokee 'A'	46.59	48.19	1
1) Pitts, Cole	2) Young, Ethan		
3) Farver, Brayden	4) Pierce, Daenen		
7 Western Christian 'A'	47.20	48.30	
1) Visser, Isaac	2) Boer, Tyson		
3) Johnson, Jackson	4) Spronk, Ethan		

## Event 34 Boys 4x400 Meter Relay

School	Seed	Finals	Points
1 Western Christian 'A'	3:31.00	3:32.16	10
1) Steele, Harry	2) Hulstein, Trevin		
3) Elbers, Carson	4) Zevenbergen, Cole		
2 LeMars 'A'	3:37.61	3:35.54	8
1) Olson, Brandon	2) Spieler, Eric		
3) Spieler, Reece	4) Ott, Cody		
3 Spencer 'A'	3:39.77	3:37.35	6
1) Morony, Kyle	2) Hussey, Qai		
3) Pingle, Isaac	4) Hicks, Thade		
4 Spirit Lake 'A'	3:36.67	3:40.48	4



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**....Event 34 Boys 4x400 Meter Relay**

1) Christians, Darin	2) Katzfey, Vance			
3) Oolman, Caleb	4) Tifft, Carter			
5 Storm Lake 'A'		3:54.00	3:52.84	2
1) Ungs, Aaron	2) Kucera, Fletcher			
3) Solem, Bryan	4) Olesen, Nic			
6 Estherville 'A'		3:53.00	3:53.89	1
1) Theesfeld, Riley	2) Egeland, Kevin			
3) Flores, Brandon	4) Reiter, Sam			
7 Cherokee 'A'		4:15.62	4:05.61	
1) Pingel, Levi	2) Kremer, Bryce			
3) Farver, Brayden	4) Pierce, Daxsten			

**Event 36 Boys High Jump**

Name	Year	School	Seed	Finals	Points
Flight 1					
1 Gulker, Wyatt		Western Christian	6-00.00	6-03.00	1.90m 10
	5-04 5-06 5-08 5-10 6-00 6-01 6-02 6-03 6-04				
	O O O O XO O XXO XO XXX				
2 Walker, Larry		Storm Lake	5-10.00	6-00.00	1.82m 8
	5-04 5-06 5-08 5-10 6-00 6-01				
	O XO XO O O XXX				
3 McCaffery, Mason		Spirit Lake	6-02.00	5-10.00	1.77m 6
	5-04 5-06 5-08 5-10 6-00				
	P P O O XXX				
4 Hicks, Thade		Spencer	5-10.00	5-10.00	1.77m 4
	5-06 5-08 5-10 6-00				
	O XO XXO XXX				
5 Westra, Colin		Western Christian	5-10.00	5-08.00	1.72m 2
	5-04 5-06 5-08 5-10				
	O O XO XXX				
6 Morony, Kyle		Spencer	5-10.00	5-06.00	1.67m 1
	5-04 5-06 5-08				
	O O XXX				
7 Fine, Dillon		Spirit Lake	5-08.00	5-04.00	1.62m
	5-04 5-06				
	XXO XXX				
-- Calhoun, Konnor		LeMars	5-04.00	NH	
	5-04				
	XXX				

**Event 38 Boys Discus Throw**

Name	Year	School	Seed	Finals	Points
1 Heimgartner, Jacob		LeMars	125-11	129-02	39.37m
	120-02 118-00 127-05 129-02 113-02 111-08				



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**....Event 38 Boys Discus Throw**

2	Pitts, Cole	Cherokee	123-02	123-04	37.59m
	118-06 115-11 123-04				
3	Vugteveen, Garret	Spirit Lake	130-04	122-02	37.23m
	118-07 116-04 122-02				
4	Schlaeger, Brady	Spencer	129-02	119-11	36.55m
	110-10 112-11 119-11				
5	Vanden Bos, Levi	Western Christian	124-08	117-06	35.81m
	FOUL 117-06 FOUL				
6	Wolfe, Jesse	Estherville	116-00	108-08	33.12m
	104-03 108-08 FOUL				
7	McGee, Kaleb	Cherokee	64-05	94-10	28.90m
	94-10 FOUL 94-07				

Flight 2

1	VanderSluis, Brandon	LeMars	142-10	140-09	42.90m	10
	131-06 131-05 FOUL 137-02 140-09 126-10					
2	Jensen, Connor	Spirit Lake	142-11	140-09	42.90m	8
	130-00 FOUL FOUL 127-09 136-02 140-09					
3	Thompson, Drew	Spencer	143-03	137-05	41.88m	6
	131-07 137-05 129-04 129-07 128-03 FOUL					
4	VanGinkel, Eli	Western Christian	136-01	134-06	40.99m	4
	126-00 129-02 FOUL 12-00 126-07 134-06					
5	Ebel, Dustin	Storm Lake	137-08	134-04	40.94m	2
	130-08 27-00 133-03 134-04 FOUL 126-03					
6	Deng, Cham	Storm Lake	147-10	132-03	40.30m	1
	132-03 FOUL FOUL FOUL 117-08 FOUL					
7	Egeland, Brian	Estherville	138-05	129-00	39.31m	
	125-03 129-00 FOUL 126-03 FOUL FOUL					

**Event 40 Boys Shot Put**

Name	Year	School	Seed	Finals	Points
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Flight 1

1	Heimgartner, Jacob	LeMars	41-06.00	41-08.00	12.70m
	40-06.50 41-08 39-04.75 38-01.50 36-09.25 39-10.50				
2	Vugteveen, Garret	Spirit Lake	42-07.00	40-03.50	12.28m
	40-00.25 39-05.25 40-03.50				
3	Beck, Parker	Spirit Lake	40-11.00	40-02.50	12.25m
	40-02.50 39-06 39-08.50				
4	Hauser, Lucas	LeMars	42-08.00	39-06.75	12.05m
	35-11.50 37-02.75 39-06.75				
5	Wolfe, Jesse	Estherville	41-00.00	38-01.50	11.62m
	25-10 25-00.25 38-01.50				
6	Moser, Carter	Western Christian	40-00.25	37-09.75	11.52m
	3.75 37-09.75 FOUL				
7	Harrison, Ely	Cherokee	24-03.00	22-07.50	6.89m
	22-00.25 22-07.50 20-08.50				

Flight 2





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**....Event 40 Boys Shot Put**

1	Egeland, Brian	Estherville	49-00.00	49-07.25	15.11m	10
	48-04.25	49-00.25	49-06	49-02	49-07.25	48-08.75
2	Heiter, Ethan	Spencer	48-10.00	47-00.75	14.34m	8
	45-08	FOUL	47-00.75	44-03.75	FOUL	43-11.75
3	Grover, Travis	Spencer	47-02.00	46-04.50	14.13m	6
	FOUL	FOUL	40-09	46-04.50	44-09.50	44-05
4	Ebel, Dustin	Storm Lake	46-00.00	44-03.00	13.48m	4
	43-04	42-10.25	43-09	44-03	41-07.50	43-05
5	McGee, Kaleb	Cherokee	45-09.50	42-09.00	13.03m	2
	40-02.75	40-10	42-09	42-02	38-06.50	42-01.50
6	Van Voorst, Jake	Western Christian	44-00.00	42-03.00	12.87m	1
	40-11	40-01	41-10	40-07	39-10	42-03
7	Shannon, Kail	Storm Lake	43-05.50	42-00.00	12.80m	
	38-06	42-00	41-06	40-08.50	41-06	38-11

**Event 42 Boys Long Jump**

Name	Year	School	Seed	Finals	Points	
<b>Flight 1</b>						
1	Richter, Kolby	Spirit Lake	21-01.00	20-09.75	6.34m 10	
	FOUL	20-06.50	20-07.50	20-09.75	20-02.25	20-09.75
2	Nissen, Jon	Spencer	19-09.50	19-11.25	6.07m 8	
	FOUL	FOUL	19-05.50	19-11.25	19-08	FOUL
3	Spieler, Reece	LeMars	18-04.25	18-08.75	5.70m 6	
	18-01.50	FOUL	FOUL	FOUL	FOUL	18-08.75
4	Ungs, Aaron	Storm Lake	18-04.75	18-08.50	5.70m 4	
	18-01.25	18-08.50	17-07	FOUL	FOUL	FOUL
5	Latham, Jack	Spirit Lake	15-09.50	18-03.00	5.56m 2	
	FOUL	16-11.50	17-00	18-03	15-08.25	16-06.50
6	Kass, Brandon	LeMars	18-00.00	16-01.50	4.91m 1	
	FOUL	FOUL	13-00	FOUL	FOUL	16-01.50
--	Johnson, Jenner	Western Christian	18-09.25	FOUL		
	FOUL	FOUL	FOUL			

**Event 48 Boys 4x100 Meter Shuttle Hurdle**

School	Seed	Finals	Points
<b>Section 1</b>			
1 LeMars 'A'	1:03.11	1:03.18	10
1) Arens, Carter			
3) Spieler, Eric			
2 Spencer 'A'	1:07.08	1:03.80	8
1) Sundblad, Justin			
3) Doran, Jacob			
3 Spirit Lake 'A'	1:05.72	1:03.99	6
1) Jensen, Connor			
3) Ruden, Wes			



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## ....Event 48 Boys 4x100 Meter Shuttle Hurdle

4 Estherville 'A'	1:07.89	1:06.95	4
1) Leonard, Nick	2) Richardson, Kolin		
3) Hernandez, Cruz	4) Paulson, Dale		

## Event 49 Boys 800 Sprint Medley

School	Seed	Finals	Points
1 Western Christian 'A'	1:39.00	1:39.08	10
1) Elbers, Carson	2) Boer, Tyson		
3) Steele, Harry	4) Zevenbergen, Cole		
2 LeMars 'A'	1:39.41	1:39.59	8
1) Rasmussen, Dylan	2) Ferguson, Tyler		1:39.581
3) Lamoreux, Anthony	4) Olson, Brandon		
3 Spencer 'A'	1:40.23	1:39.59	6
1) Green, Darrious	2) Nissen, Jon		1:39.589
3) Sundblad, Justin	4) Hicks, Thade		
4 Spirit Lake 'A'	1:39.97	1:39.92	4
1) Stein, Mike	2) Carney, Max		
3) Stein, Joe	4) Christians, Darin		
5 Estherville 'A'	1:41.40	1:40.28	2
1) Anderson, Zach	2) Christensen, Matt		
3) Whiting, Lamont	4) Theesfeld, Riley		
6 Storm Lake 'A'	1:43.40	1:45.32	1
1) Vang, Xeng	2) Khang, Tao		
3) Walker, Larry	4) Unga, Aaron		
7 Cherokee 'A'	1:53.00	1:53.57	
1) Pierce, Daxsten	2) Goebel, Mason		
3) Fiedler, JD	4) Olaiz, Flabio		

## Event 50 Girls 4x800 Meter Relay

School	Seed	Finals	Points
1 Western Christian 'A'	9:46.88	9:38.35	10
1) Nelson, Bailey	2) Van'tHul, Macay		
3) Heynen, Emilee	4) Granstra, Olivia		
2 Spencer 'A'	9:57.81	10:23.66	8
1) Hamilton, Grace	2) Weeks, Abby		
3) Woodall, Kaiden	4) Simpson, Mia		
3 Le Mars 'A'	10:22.00	10:24.34	6
1) Albrecht, Kara	2) Washburn, Paige		
3) Meis, Sarah	4) Calhoun, Chloe		
4 Cherokee 'A'	11:00.00	11:12.27	4
1) Anderson, Lily	2) Good, Emma		
3) Slaughter, Teagen	4) Kennebeck, Kiley		
5 Estherville 'A'	11:09.26	11:16.90	2
1) Rosfjord, Adrienne	2) Armstrong, Nevaeh		
3) Astello, Alyna	4) Humble, Laura		



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....Event 50 Girls 4x800 Meter Relay

6 Spirit Lake Park 'A'	11:15.35	11:45.19	1
1) Hackbarth, Emma	2) Dykema, Jenny		
3) Vierkant, Maddie	4) McCarthy, Noli		
7 Storm Lake 'A'	11:56.58	12:18.97	
1) Rydberg, Jadyne	2) Dierenfield, Holly		
3) Venegas, Abby	4) Kleespies, Mia		

Event 51 Girls 3000 Meter Run

Name	Year School	Seed	Finals	Points
1 Delperdang, Kourtney	Spirit Lake Park	11:17.48	11:01.37	10
36.397 (36.397)	1:59.676 (1:23.279)	3:29.988 (1:30.313)	5:02.722 (1:32.734)	
6:34.002 (1:31.280)	8:04.265 (1:30.263)	9:35.730 (1:31.465)	11:01.365 (1:25.635)	
2 Fisher, Elisa	Spencer	11:12.79	11:09.99	8
36.063 (36.063)	1:59.391 (1:23.328)	3:29.721 (1:30.330)	5:02.397 (1:32.677)	
6:34.760 (1:32.363)	8:05.966 (1:31.207)	9:39.880 (1:33.914)	11:09.982 (1:30.103)	
3 Minderhoud, Whitney	Western Christian	11:31.61	11:33.39	6
37.590 (37.590)	2:04.792 (1:27.203)	3:36.901 (1:32.109)	5:10.980 (1:34.079)	
6:47.318 (1:36.339)	8:25.058 (1:37.740)	10:03.026 (1:37.968)	11:33.382 (1:30.357)	
4 Fisher, Brenna	Spencer	12:02.74	11:44.94	4
37.440 (37.440)	2:05.233 (1:27.794)	3:38.995 (1:33.762)	5:16.776 (1:37.782)	
6:55.215 (1:38.439)	8:35.348 (1:40.134)	10:16.345 (1:40.997)	11:44.938 (1:28.594)	
5 Hurt, Maddie	Le Mars	12:02.00	11:58.91	2
37.240 (37.240)	2:04.447 (1:27.208)	3:37.867 (1:33.420)	5:16.358 (1:38.492)	
6:55.578 (1:39.220)	8:36.071 (1:40.493)	10:21.628 (1:45.558)	11:58.907 (1:37.279)	
6 Chamberlain, Emily	Le Mars	12:43.00	12:39.00	1
38.510 (38.510)	2:17.222 (1:38.713)	4:02.605 (1:45.383)	5:47.195 (1:44.590)	
7:33.708 (1:46.514)	9:19.660 (1:45.952)	11:02.172 (1:42.513)	12:38.996 (1:36.824)	
7 Rogge, London	Cherokee	12:34.48	12:42.59	
37.923 (37.923)	2:10.752 (1:32.829)	3:52.722 (1:41.970)	5:36.866 (1:44.144)	
7:24.116 (1:47.250)	9:13.956 (1:49.840)	11:02.470 (1:48.514)	12:42.582 (1:40.113)	
8 Domek, Margaret	Estherville	13:17.69	12:47.30	
42.526 (42.526)	2:22.313 (1:39.788)	4:04.116 (1:41.803)	5:49.621 (1:45.505)	
7:35.033 (1:45.413)	9:21.390 (1:46.357)	11:07.678 (1:46.289)	12:47.292 (1:39.614)	
9 Young, Allison	Estherville	13:36.86	13:26.06	
43.140 (43.140)	2:21.830 (1:38.690)	4:06.106 (1:44.277)	5:57.465 (1:51.359)	
7:52.255 (1:54.790)	9:48.566 (1:56.312)	11:44.128 (1:55.563)	13:26.051 (1:41.923)	
10 Carlson, Kierstan	Cherokee	12:57.49	13:28.75	
41.926 (41.926)	2:22.806 (1:40.880)	4:11.320 (1:48.514)	6:03.685 (1:52.365)	
7:58.608 (1:54.924)	9:54.483 (1:55.875)	11:49.867 (1:55.384)	13:28.742 (1:38.875)	
11 Wingad, Jackie	Spirit Lake Park	14:14.00	14:11.22	
42.787 (42.787)	2:22.938 (1:40.152)	4:12.212 (1:49.274)	6:09.515 (1:57.303)	
8:09.163 (1:59.649)	10:13.590 (2:04.427)	12:16.710 (2:03.120)	14:11.218 (1:54.509)	
12 TenPas, Breanna	Western Christian	14:13.61	14:28.81	
44.533 (44.533)	2:27.081 (1:42.548)	4:20.163 (1:53.083)	6:18.261 (1:58.098)	
8:20.237 (2:01.977)	10:27.398 (2:07.162)	12:33.226 (2:05.828)	14:28.801 (1:55.575)	



**2019 Lakes Conference Championships - 5/2/2019****Spirit Lake HS****Results****Event 52 Girls 100 Meter Dash**

Name	Year School	Seed	Finals	Points
1 Moore, Jordyn	Estherville	13.83	13.80	
2 Ahrenstorff, Carlie Jo	Spirit Lake Park	14.26	14.09	
3 Rasche, Ava	Spirit Lake Park	14.61	14.32	
4 Zuidema, Emily	Western Christian	14.87	14.71	
5 Boyd, Amyah	Storm Lake	14.75	14.74	
6 Maves, Sara	Cherokee	14.92	15.10	
Section 2				
1 Zwiefel, Camille	Cherokee	13.09	12.83	10
2 Hopkins, Kailee	Spencer	13.02	12.92	8
3 Kenkel, Emma	Storm Lake	13.08	13.01	6
4 Nissen, Ashlyn	Spencer	13.11	13.11	4
5 Lausen, Natalie	Estherville	12.92	13.29	2
6 Westphal, Emma	Western Christian	13.35	13.48	1
7 Pratt, Avery	Le Mars	13.66	13.73	
8 Morgan, Averie	Le Mars	13.80	14.51	

**Event 53 Girls 400 Meter Dash**

Name	Year School	Seed	Finals	Points
Section 1				
1 Rosfjord, Adrienne	Estherville	1:07.34	1:06.21	1
2 Paulsrud, Anna	Cherokee	1:08.79	1:09.05	
3 Wadle, Annie	Le Mars	1:12.40	1:10.20	
4 Kamstra, Braelynn	Western Christian	1:08.29	1:10.62	
5 Baccam, Chelsea	Storm Lake	1:12.72	1:11.77	
6 Ballou, Grace	Cherokee	1:13.48	1:13.89	
Section 2				
1 Kenkel, Emma	Storm Lake	1:00.38	1:00.06	10
2 Heynen, Emilee	Western Christian	1:00.88	1:00.71	8
3 Halverson, Allie	Spencer	1:04.26	1:04.21	6
4 Trucksess, Deanna	Spirit Lake Park	1:05.78	1:05.26	4
5 Krieger, Kacey	Spirit Lake Park	1:05.74	1:06.15	2
6 Williams, Mollie	Spencer	1:05.70	1:06.27	
7 Washburn, Paige	Le Mars	1:06.60	1:06.72	
8 Armstrong, Nevaeh	Estherville	1:06.79	1:07.77	

**Event 54 Girls 4x200 Meter Relay**

School	Seed	Finals	Points
Section 1			
1 Spencer 'A'	1:49.07	1:47.36	10
1) Nissen, Ashlyn			
2) Nissen, Katelyn			
3) Johnson, Nadine			
4) Hopkins, Kailee			
2 Estherville 'A'	1:49.59	1:47.77	8
1) Christoffer, Riley			
2) Moore, Jordyn			



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## ....Event 54 Girls 4x200 Meter Relay

3) Olson, Hannah	4) Lausen, Natalie			
3 Cherokee 'A'		1:52.10	1:49.72	6
1) Brown, Megan	2) Nichols, JeMae			
3) Zwiefel, Camille	4) Pingel, Kassidy			
4 Le Mars 'A'		1:50.20	1:51.16	4
1) Cooper, Haylee	2) Cunningham, Katie			
3) Carlson, Emily	4) Temple, Shaniah			
5 Spirit Lake Park 'A'		1:54.68	1:54.59	2
1) Vierkant, Maddie	2) Latham, Emerson			
3) Gulick, Catherine	4) Ahrenstorff, Carlie Jo			
6 Western Christian 'A'		1:50.85	1:55.45	1
1) Zuidema, Emily	2) VanDyken, Jaylin			
3) Zeutenhorst, Josie	4) Westphal, Emma			
7 Storm Lake 'A'		1:56.71	2:07.54	
1) Kolpin, Rowan	2) Thao, Apisinee			
3) Yanga, Mary	4) Boyd, Amyah			

## Event 55 Girls 100 Meter Hurdles

Name	Year School	Seed	Finals	Points
1 Oehler, Emma	Storm Lake	19.38	18.54	
2 Gulick, Catherine	Spirit Lake Park	18.08	18.66	
3 Bechtel, Ember	Estherville	19.06	19.42	
4 Slaughter, Madison	Western Christian	18.73	20.08	
5 Astello, Alyna	Estherville	20.29	20.57	
6 Mantel, Caelyn	Western Christian	20.68	21.39	
Section 2				
1 Borth, Abby	Spencer	16.44	16.21	10
2 Morony, Maddie	Spencer	17.16	16.62	8
3 Leusink, Kady	Le Mars	17.01	16.68	6
4 Jenness, Emma	Spirit Lake Park	17.17	17.35	4
5 Schiff, Karlee	Le Mars	17.65	17.40	2
6 Timmerman, Alexa	Cherokee	17.65	17.51	1
7 Jenness, Jena	Cherokee	17.76	17.92	
8 Bozonie, Rachel	Storm Lake	17.69	18.14	

## Event 56 Girls 1500 Meter Run

Name	Year School	Seed	Finals	Points
Section 1				
1 Fisher, Elisa	Spencer	5:14.26	5:11.21	10
55.949 (55.949)	2:20.700 (1:24.752)	3:49.255 (1:28.555)	5:11.209 (1:21.955)	
2 Delperdang, Kourtney	Spirit Lake Park	5:11.84	5:19.69	8
56.350 (56.350)	2:21.855 (1:25.505)	3:54.217 (1:32.363)	5:19.681 (1:25.465)	
3 Hurt, Maddie	Le Mars	5:17.00	5:20.63	6
56.744 (56.744)	2:27.085 (1:30.342)	3:58.599 (1:31.515)	5:20.621 (1:22.023)	



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**Spirit Lake HS**

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**....Event 56 Girls 1500 Meter Run**

4	Fisher, Brenna	Spencer	5:31.79	5:32.51	4
	59.637 (59.637)	2:29.724 (1:30.087)	4:03.611 (1:33.888)	5:32.510 (1:28.899)	
5	Humble, Laura	Estherville	5:43.35	5:41.58	2
	1:01.384 (1:01.384)	2:34.475 (1:33.092)	4:09.679 (1:35.205)	5:41.577 (1:31.898)	
6	Kamstra, Braelynn	Western Christian	5:48.07	5:51.20	1
	1:01.891 (1:01.891)	2:38.100 (1:36.209)	4:21.197 (1:43.097)	5:51.193 (1:29.996)	
7	Agnitch, Kyrstin	Cherokee	5:55.37	5:53.58	
	58.590 (58.590)	2:31.623 (1:33.033)	4:13.124 (1:41.502)	5:53.573 (1:40.449)	
8	Cole, Skyler	Storm Lake	5:41.55	5:54.71	
	1:01.718 (1:01.718)	2:35.538 (1:33.820)	4:19.157 (1:43.619)	5:54.701 (1:35.545)	
9	Bainbridge, Rylie	Cherokee	6:07.54	6:01.76	
	1:03.715 (1:03.715)	2:42.477 (1:38.763)	4:27.781 (1:45.305)	6:01.759 (1:33.978)	
10	Venegas, Abby	Storm Lake	6:11.47	6:06.07	
	1:01.707 (1:01.707)	2:40.096 (1:38.389)	4:27.193 (1:47.097)	6:06.067 (1:38.875)	
11	Domek, Margaret	Estherville	6:06.85	6:07.95	
	1:04.039 (1:04.039)	2:43.596 (1:39.557)	4:28.291 (1:44.696)	6:07.950 (1:39.659)	
12	Chamberlain, Emily	Le Mars	5:43.00	6:16.97	
	1:01.150 (1:01.150)	2:43.058 (1:41.908)	4:33.398 (1:50.340)	6:16.961 (1:43.564)	
13	McCarthy, Noli	Spirit Lake Park	6:02.36	6:23.06	
	1:02.123 (1:02.123)	2:43.093 (1:40.970)	4:34.675 (1:51.583)	6:23.060 (1:48.386)	

**Event 57 Girls 200 Meter Dash**

Name	Year	School	Seed	Finals	Points
1 Trucksess, Deanna		Spirit Lake Park	28.86	28.41	1
2 Lagunes-Cervantes, Niche		Spencer	28.86	28.89	
3 Huntoon, Gabby		Spencer	28.94	29.01	
4 VanDyken, Jaylin		Western Christian	29.00	30.98	
5 Maves, Sara		Cherokee	31.99	31.41	
6 TenKley, Olivia		Western Christian	30.66	32.23	
Section 2					
1 Olson, Hannah		Estherville	27.52	27.30	10
2 Christoffer, Riley		Estherville	27.26	27.34	8
3 Kenkel, Emma		Storm Lake	27.50	27.37	6
4 Ahrenstorff, Payton		Spirit Lake Park	27.81	27.60	4
5 Louwagie, Sam		Storm Lake	27.95	27.87	2
6 Pratt, Avery		Le Mars	28.70	28.49	
7 Schietler, Shaunna		Le Mars	28.50	29.29	

**Event 58 Girls 400 Meter Hurdles**

Name	Year	School	Seed	Finals	Points
Section 1					
1 Astello, Alyna		Estherville	1:21.15	1:18.41	
2 Oehler, Emma		Storm Lake	1:22.21	1:19.00	
3 Youngstedt, Riley		Storm Lake	1:27.23	1:28.85	
Section 2					



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**....Event 58 Girls 400 Meter Hurdles**

1	Jeness, Emma	Spirit Lake Park	1:09.69	1:11.02	10
2	Pingel, Alexis	Cherokee	1:11.93	1:11.63	8
3	Johnson, Lexi	Spencer	1:13.78	1:11.87	6
4	Schiff, Karlee	Le Mars	1:12.10	1:12.25	4
5	Borth, Abby	Spencer	1:13.83	1:13.70	2
6	Timmerman, Alexa	Cherokee	1:15.37	1:15.86	1
7	Hackbarth, Emma	Spirit Lake Park	1:19.07	1:19.12	
8	Davison, Jordyn	Le Mars	1:20.00	1:19.84	

**Event 59 Girls 1600 Sprint Medley**

=====					
School		Seed	Finals	Points	
=====					
Section 1					
1	Western Christian 'A'	4:25.39	4:26.83	10	
	1) Granstra, Olivia	2) Zeutenhorst, Josie			
	3) Nelson, Bailey	4) Minderhoud, Whitney			
2	Spencer 'A'	4:29.36	4:30.68	8	
	1) Lagunes-Cervantes, Nichelle	2) Huntoon, Gabby			
	3) Johnson, Lexi	4) Morey, Jenna			
3	Le Mars 'A'	4:34.00	4:33.14	6	
	1) Cooper, Haylee	2) Temple, Shaniah			
	3) Carlson, Emily	4) Albrecht, Kara			
4	Cherokee 'A'	4:40.00	4:37.79	4	
	1) Timmerman, Alexa	2) Jenness, Jena			
	3) Anderson, Grace	4) Pitts, Molly			
5	Spirit Lake Park 'A'	4:30.36	4:40.58	2	
	1) Ahrenstorff, Payton	2) Elser, Grace			
	3) Grau, Lindsay	4) Delperdang, Kourtney			
6	Storm Lake 'A'	4:31.32	5:03.56	1	
	1) Louwagie, Sam	2) Kolpin, Rowan			
	3) Mejia, Gisselle	4) Cole, Skyler			

**Event 60 Girls 800 Meter Run**

=====					
Name	Year	School	Seed	Finals	Points
=====					
1	Nelson, Bailey	Western Christian	2:25.45	2:22.50	10
	1:08.679 (1:08.679)	2:22.494 (1:13.815)			
2	Hamilton, Grace	Spencer	2:30.30	2:25.86	8
	1:09.494 (1:09.494)	2:25.860 (1:16.367)			
3	Van'tHul, Macay	Western Christian	2:32.44	2:26.43	6
	1:09.589 (1:09.589)	2:26.425 (1:16.836)			
4	Weeks, Abby	Spencer	2:36.47	2:30.50	4
	1:11.146 (1:11.146)	2:30.492 (1:19.347)			
5	LaLone, Sami	Storm Lake	2:30.88	2:32.23	2
	1:10.882 (1:10.882)	2:32.227 (1:21.345)			
6	Anderson, Lily	Cherokee	2:34.78	2:34.95	1
	1:12.368 (1:12.368)	2:34.942 (1:22.575)			



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**....Event 60 Girls 800 Meter Run**

7	Meis, Sarah	Le Mars	2:38.00	2:40.97
	1:15.542 (1:15.542)	2:40.964 (1:25.422)		
8	Good, Emma	Cherokee	2:44.34	2:44.06
	1:14.344 (1:14.344)	2:44.056 (1:29.713)		
9	Armstrong, Nevaeh	Estherville	2:49.47	2:49.16
	1:22.309 (1:22.309)	2:49.160 (1:26.852)		
10	Britt, Alli	Le Mars	2:50.00	2:53.24
	1:22.515 (1:22.515)	2:53.232 (1:30.718)		
11	Rydberg, Jady	Storm Lake	3:04.91	2:55.32
	1:18.739 (1:18.739)	2:55.319 (1:36.580)		
12	Dykema, Jenny	Spirit Lake Park	2:48.91	2:57.14
	1:21.998 (1:21.998)	2:57.135 (1:35.137)		
13	Wingad, Jackie	Spirit Lake Park	3:07.00	3:12.46
	1:26.134 (1:26.134)	3:12.455 (1:46.322)		

**Event 61 Girls 4x100 Meter Relay**

=====			
School	Seed	Finals	Points
=====			
1 Spencer 'A'	51.23	50.89	10
1) Nissen, Ashlyn	2) Nissen, Katelyn		
3) Johnson, Nadine	4) Hopkins, Kailee		
2 Estherville 'A'	51.90	51.52	8
1) Christoffer, Riley	2) Moore, Jordyn		
3) Olson, Hannah	4) Lausen, Natalie		
3 Cherokee 'A'	52.24	51.65	6
1) Brown, Megan	2) Nichols, JeMae		
3) Zwiefel, Camille	4) Pingel, Kassidy		
4 Le Mars 'A'	52.50	52.47	4
1) Leusink, Kady	2) Pratt, Avery		
3) McNaughton, Lilly	4) Temple, Shaniah		
5 Storm Lake 'A'	55.78	54.70	2
1) Louwagie, Sam	2) Mulgae, Anny		
3) Kolpin, Rowan	4) Bozonie, Rachel		
6 Western Christian 'A'	53.99	55.20	1
1) VanDyken, Jaylin	2) TenKley, Olivia		
3) Zeutenhorst, Josie	4) Westphal, Emma		
7 Spirit Lake Park 'A'	52.60	56.03	
1) Ahrenstorff, Payton	2) Elser, Grace		
3) Latham, Emerson	4) Grau, Lindsay		

**Event 62 Girls 4x400 Meter Relay**

=====			
School	Seed	Finals	Points
=====			
1 Western Christian 'A'	4:06.98	4:08.17	10
1) Heynen, Emilee	2) Van'tHul, Macay		
3) Nelson, Bailey	4) Granstra, Olivia		
2 Le Mars 'A'	4:13.00	4:13.13	8





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**....Event 62 Girls 4x400 Meter Relay**

1) Cunningham, Katie	2) Cooper, Haylee			
3) Carlson, Emily	4) Calhoun, Chloe			
3 Spencer 'A'		4:20.51	4:16.62	6
1) Hamilton, Grace	2) Halverson, Allie			
3) Weeks, Abby	4) Morey, Jenna			
4 Spirit Lake Park 'A'		4:20.28	4:21.41	4
1) Krieger, Kacey	2) Trucksess, Deanna			
3) Vierkant, Maddie	4) Grau, Lindsay			
5 Cherokee 'A'		4:35.00	4:33.18	2
1) Anderson, Lily	2) Pitts, Molly			
3) Slaughter, Teagen	4) Anderson, Grace			
6 Estherville 'A'		4:26.25	4:44.99	1
1) Rosfjord, Adrienne	2) Armstrong, Nevaeh			
3) Astello, Alynna	4) Humble, Laura			
7 Storm Lake 'A'		4:54.34	4:54.07	
1) Mejia, Gisselle	2) LaLone, Sami			
3) Thao, Apisinee	4) Cole, Skyler			

**Event 63 Girls 4x100 Meter Shuttle Hurdle**

School	Seed	Finals	Points
1 Storm Lake 'A'	1:16.09	1:14.6h	4
1) Oehler, Emma			
3) Thao, Apisinee			
-- Cherokee 'A'	1:13.39	DQ	#2 left early
1) Timmerman, Alexa			
3) Jenness, Jena			
Section 2			
1 Spencer 'A'	1:10.56	1:08.7h	10
1) Morony, Maddie			
3) Stave, Madi			
2 Le Mars 'A'	1:11.60	1:10.7h	8
1) Schiff, Karlee			
3) Alesch, Brooke			
3 Spirit Lake Park 'A'	1:11.84	1:12.1h	6
1) Latham, Emerson			
3) Trucksess, Deanna			

**Event 64 Girls 800 Sprint Medley**

School	Seed	Finals	Points
Section 1			
1 Western Christian 'A'	1:52.80	1:53.68	10
1) Westphal, Emma			
3) Granstra, Olivia			
2 Le Mars 'A'	1:55.02	1:54.30	8
1) Cooper, Haylee			
2) Temple, Shaniah			



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....Event 64 Girls 800 Sprint Medley

3) Cunningham, Katie	4) Calhoun, Chloe			
3 Storm Lake 'A'		1:54.54	1:55.57	6
1) Louwagie, Sam	2) Mulgae, Anny			
3) LaLone, Sami	4) Kenkel, Emma			
4 Spencer 'A'		1:55.40	1:55.58	4
1) Nissen, Katelyn	2) Piercy, Allison			
3) Williams, Mollie	4) Halverson, Allie			
5 Cherokee 'A'		1:57.50	1:56.16	2
1) Nichols, JeMae	2) Anderson, Grace			
3) Brown, Megan	4) Pingel, Kassidy			
6 Spirit Lake Park 'A'		1:59.42	1:56.96	1
1) Ahrenstorff, Payton	2) Elser, Grace			
3) Grau, Lindsay	4) Jenness, Emma			
7 Estherville 'A'		1:58.30	1:57.71	
1) Lausen, Natalie	2) Moore, Jordyn			
3) Christoffer, Riley	4) Olson, Hannah			

Event 65 Girls High Jump

Name	Year School	Seed	Finals	Points
Flight 1				
1 Delperdang, Kourtney	Spirit Lake Park	5-00.00	J4-10.00	1.47m 8
4-04 4-06 4-08 4-10 5-00				
0 0 0 0 XXX				
1 Cole, Skyler	Storm Lake	5-01.00	4-10.00	1.47m 10 won jump of
4-04 4-06 4-08 4-10 5-00				
0 0 0 0 XXX				
3 Cooper, Payton	Spencer	4-08.00	4-10.00	1.47m 6
4-04 4-06 4-08 4-10 5-00				
0 0 0 XO XXX				
4 Pitts, Rylee	Cherokee	4-10.00	4-10.00	1.47m 4
4-04 4-06 4-08 4-10 5-00				
0 0 XXO XXO XXX				
5 Hackbarth, Emma	Spirit Lake Park	4-10.00	4-08.00	1.42m 2
4-04 4-06 4-08 4-10				
0 0 0 XXX				
6 Morony, Maddie	Spencer	4-10.00	4-08.00	1.42m 1
4-04 4-06 4-08 4-10				
0 0 XXO XXX				
7 Schiff, Karlee	Le Mars	4-08.00	4-06.00	1.37m
4-04 4-06 4-08				
0 0 XXX				
8 Yanga, Mary	Storm Lake	4-08.00	4-06.00	1.37m
4-04 4-06 4-08				
0 XO XXX				
-- Schietler, Shaunna	Le Mars	4-06.00	NH	
4-04				
XXX				



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**....Event 65 Girls High Jump**

-- Gulker, Zoe	Western Christian	4-04.00	NH
4-04			
XXX			
-- TenKley, Olivia	Western Christian	4-06.00	NH
4-04			
XXX			

**Event 66 Girls Discus Throw**

Name	Year	School	Seed	Finals	Points
1 Claycamp, Dena		Cherokee	78-09	75-09	23.08m
75-09 FOUL	60-00	70-06			
75-09 FOUL		56-06			
2 Kleespies, Mia		Storm Lake	78-08	74-04	22.65m
73-06	74-04	71-00			
3 Smith, Jordan		Spirit Lake Park	69-09	68-10	20.98m
63-07	67-07	68-10			
4 McCoy, Lena		Estherville	76-00	66-01	20.14m
61-00	66-01	64-09			
5 Mulder, Hailey		Le Mars	67-00	66-00	20.11m
56-04	66-00	56-05			
6 Moser, Lyndsey		Western Christian	79-11	63-07	19.38m
FOUL	63-07	62-02			
7 Bauer, Grace		Spirit Lake Park	50-11	48-09	14.85m
44-08	FOUL	48-09			

Flight 2

1 Heisinger, Josie	Spencer	114-00	116-05	35.48m	10
101-10	102-08	110-11	97-00	96-05	116-05
2 Banuelos, Alazay	Storm Lake	103-05	97-07	29.74m	8
FOUL	FOUL	97-06	8-07	97-07	9.50
3 Robinson, Morgan	Spencer	99-05	97-03	29.64m	6
FOUL	FOUL	88-07	95-10	FOUL	97-03
4 Ruschy, Kendyl	Estherville	105-07	96-09	29.48m	4
96-00	93-10	96-09	88-02	FOUL	FOUL
5 McLaughlin, Nicole	Cherokee	94-03	93-04	28.44m	2
81-09	82-00	93-04	90-08	90-07	86-00
6 DenHerder, Jill	Western Christian	85-09	84-09	25.83m	1
84-09	80-10	79-00	FOUL	82-02	79-04
7 Volkert, Leah	Le Mars	94-00	82-00	24.99m	
82-00	77-11	79-09	72-05	76-00	FOUL

**Event 67 Girls Shot Put**

Name	Year	School	Seed	Finals	Points
1 Anderson, Rianne		Cherokee	28-03.50	27-09.25	8.46m
27-01	25-10.25	27-02.50	26-02.75	25-08.50	27-09.25



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....Event 67 Girls Shot Put

2	Madison, Mack	Estherville	27-06.00	27-00.25	8.23m
	25-04.25	27-00.25	25-09.25	26-02.50	25-09 25-06.75
3	Moser, Lyndsey	Western Christian	28-08.75	26-07.25	8.10m
	25-03.25	26-07.25	25-04		
4	Williams, Sara	Cherokee	26-10.00	25-07.25	7.80m
	24-08.75	23-10.50	25-07.25		
5	Mulder, Hailey	Le Mars	27-07.00	25-05.50	7.75m
	FOUL	25-05.50	25-04.50		
6	Smith, Jordan	Spirit Lake Park	23-07.00	22-03.00	6.78m
	21-07	22-03	20-07		
7	Bauer, Grace	Spirit Lake Park	20-03.00	18-10.00	5.74m
	18-10	17-05.50	17-11		

Flight 2

1	Heisinger, Josie	Spencer	38-09.75	38-02.75	11.65m	10
	FOUL	37-05.75	36-02.50	FOUL	38-02.75	FOUL
2	Robinson, Morgan	Spencer	36-09.00	35-02.50	10.73m	8
	21-11.25	35-02.50	32-02.50	33-07.75	33-07.50	32-09.25
3	Volkert, Leah	Le Mars	33-05.00	34-02.00	10.41m	6
	28-00	FOUL	FOUL	31-07.50	31-06	34-02
4	Boyd, Amyah	Storm Lake	32-03.25	30-11.25	9.42m	4
	30-11.25	30-07	29-06.75	30-01.25	29-11.75	30-05
5	DenHerder, Jill	Western Christian	29-02.00	29-09.00	9.06m	2
	27-04.25	29-09	28-02	26-05.50	27-04	29-00.50
6	Banuelos, Alazay	Storm Lake	32-01.00	29-05.50	8.97m	1
	FOUL	29-01.25	29-05.50	28-09.75	27-09	27-11.25
7	McCoy, Lena	Estherville	29-00.50	26-11.25	8.21m	
	26-11.25	26-06.25	26-03.50			

Event 68 Girls Long Jump

Name	Year	School	Seed	Finals	Points
------	------	--------	------	--------	--------

Flight 1

1	Latham, Emerson	Spirit Lake Park	14-06.00	15-11.00	4.85m	10
	FOUL	15-02.50	15-11	14-09.75	14-08.75	14-11
2	McNaughton, Lilly	Le Mars	15-08.00	15-03.25	4.65m	8
	15-03	14-06.50	15-03.25	11-00	14-08.75	15-00.75
3	Mulgae, Anny	Storm Lake	15-04.50	15-02.25	4.62m	6
	14-07.75	14-05	15-01.50	14-10	14-08	15-02.25
4	Johnson, Jaelyn	Spencer	15-04.00	14-10.50	4.53m	4
	13-04.75	13-10.25	14-08.50	14-01.50	14-10.50	14-10.25
5	Thao, Apisinee	Storm Lake	14-09.75	14-06.75	4.43m	2
	FOUL	13-04	13-10.75	13-09.75	14-06.75	FOUL
6	Johnson, Lexi	Spencer	14-01.00	14-06.25	4.42m	1
	13-08.75	14-06.25	12-11	13-04	FOUL	13-07.25
7	Vierkant, Maddie	Spirit Lake Park	15-00.50	14-05.25	4.40m	
	13-00.25	14-05.25	FOUL	13-07	FOUL	8-05
8	Tenkley, Olivia	Western Christian	14-00.00	13-09.00	4.19m	
	FOUL	13-09	13-04.75	FOUL	12-11	13-09



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**....Event 68 Girls Long Jump**

9	Jeness, Jena	Cherokee	14-05.50	13-07.00	4.14m
	13-07 12-00.25 13-01.50				
10	Paulsrud, Anna	Cherokee	13-04.50	13-02.00	4.01m
	13-02 12-09.25 12-04.25				
11	Bechtel, Ember	Estherville	13-05.75	12-04.75	3.77m
	11-07.25 12-00.75 12-04.75				
12	Pippett, Maddi	Le Mars	14-05.00	11-06.00	3.50m
	FOUL FOUL 11-06				

**Event 69 Boys 100 Meter Dash WHEELCHAIR Wheelchair**

Name	Year	School	Seed	Finals
Section 1				
1	Woodard, Kadin	LeMars	19.69	19.74

**Event 70 Boys 200 Meter Dash WHEELCHAIR Wheelchair**

Name	Year	School	Seed	Finals
1	Woodard, Kadin	LeMars	37.24	37.50

**Event 72 Boys 400 Meter Dash WHEELCHAIR Wheelchair**

Name	Year	School	Seed	Finals
1	Woodard, Kadin	LeMars	1:17.06	1:22.25

**Event 73 Boys Shot Put WHEELCHAIR Wheelchair**

Name	Year	School	Seed	Finals
Flight 1				
1	Woodard, Kadin	LeMars	17-06.50	15-06.75 4.74m
	15-03.75 15-02.50 14-07.75 15-06.75			

**Women - Team Rankings - 19 Events Scored**

1) Spencer	184	2) Spirit Lake Park	79
2) Le Mars	79	4) Western Christian	77
5) Storm Lake	70	6) Cherokee	51
7) Estherville	46		

**Men - Team Rankings - 19 Events Scored**

1) Spencer	144	2) LeMars	141
3) Spirit Lake	120	4) Western Christian	65
5) Estherville	54	6) Storm Lake	53
7) Cherokee	8		



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**....Event 73 Boys Shot Put WHEELCHAIR Wheelchair**

=====  
Combined Team Scores - 38 Events Scored  
=====

1) Spencer	184	2) Spencer	144
3) Western Christian	142	4) LeMars	141
5) Spirit Lake	120	6) Estherville	100
7) Le Mars	79	7) Spirit Lake Park	79
9) Storm Lake	70	10) Storm Lake	53
11) Cherokee	51	12) Cherokee	8

