

**2023 Tornado Relays - 5/1/2023****5/1/2023****Results****Event 2 Boys 4x800 Meter Relay**

School	Seed	Finals	Points
<b>Finals</b>			
1 LeMars 'A'	8:30.73	9:05.27	10
1) Allen, Alex	2) Kasel, Teagen		
3) Peterson, Conner	4) McIntyre, Sam		
2:05.162 (2:05.162)	4:26.219 (2:21.057)	6:40.854 (2:14.635)	9:05.261 (2:24.407)
2 Spencer 'A'	9:00.00	9:37.20	8
1) Anderson, Reno	2) Baldwin, Alex		
3) Fullhart, Noah	4) Fisher, Luke		
2:18.353 (2:18.353)	4:39.347 (2:20.994)	7:10.279 (2:30.932)	9:37.196 (2:26.917)
3 Sioux Center 'A'	8:50.00	9:42.95	6
1) Kroese, Easton	2) VandeVegte, Micah		
3) Dean, Kellen	4) Addink, Easton		
2:11.423 (2:11.423)	4:37.042 (2:25.619)	7:06.640 (2:29.598)	9:42.950 (2:36.310)
4 Estherville-LC 'A'	9:29.98	9:49.19	4
1) Duitsman, Bennett	2) Matheson, Conner		
3) Duitsman, Warren	4) Knudson, Jacob		
2:20.662 (2:20.662)	4:53.834 (2:33.172)	7:17.697 (2:23.863)	9:49.184 (2:31.487)
5 Spirit Lake 'A'	8:25.10	10:10.19	2
1) Frangenberg, Nick	2) Sorenson, Riley		
3) Fechter, Eric	4) Neis, Michael		
2:21.183 (2:21.183)	4:45.326 (2:24.143)	7:19.020 (2:33.694)	10:10.184 (2:51.164)

**Event 4 Boys 3200 Meter Run**

Name	Year School	Seed	Finals	Points
1 VandenBerg, Damon	Spirit Lake	10:06.18	10:24.96	10
1:15.404 (1:15.404)	2:33.093 (1:17.689)	3:51.144 (1:18.051)	5:11.628 (1:20.484)	
6:34.523 (1:22.895)	7:56.501 (1:21.978)	9:15.213 (1:18.712)	10:24.960 (1:09.747)	
2 Hughes, Brandon	Spirit Lake	10:12.04	10:27.99	8
1:15.419 (1:15.419)	2:32.098 (1:16.679)	3:50.130 (1:18.032)	5:10.952 (1:20.822)	
6:34.504 (1:23.552)	7:56.383 (1:21.879)	9:15.820 (1:19.437)	10:27.983 (1:12.163)	
3 Van Den Berg, Easton	Sioux Center	10:32.99	10:29.88	6
1:15.682 (1:15.682)	2:33.438 (1:17.756)	3:50.274 (1:16.836)	5:07.522 (1:17.248)	
6:27.161 (1:19.639)	7:48.532 (1:21.371)	9:10.795 (1:22.263)	10:29.873 (1:19.078)	
4 Duitsman, Parker	Estherville-LC	10:12.19	10:41.32	4
1:13.323 (1:13.323)	2:32.403 (1:19.080)	3:50.409 (1:18.006)	5:10.603 (1:20.194)	
6:35.070 (1:24.467)	7:57.086 (1:22.016)	9:20.730 (1:23.644)	10:41.313 (1:20.583)	
5 Obbink, Trace	LeMars	10:21.54	10:48.45	2
1:15.820 (1:15.820)	2:32.786 (1:16.966)	3:50.772 (1:17.986)	5:11.172 (1:20.400)	
6:34.231 (1:23.059)	7:58.250 (1:24.019)	9:21.956 (1:23.706)	10:48.445 (1:26.489)	
6 Van Der Werff, Ian	Moc-Fv	10:52.43	11:01.36	1
1:18.054 (1:18.054)	2:40.808 (1:22.754)	4:02.419 (1:21.611)	5:26.650 (1:24.231)	
6:51.101 (1:24.451)	8:13.247 (1:22.146)	9:38.727 (1:25.480)	11:01.354 (1:22.627)	
7 Lee, Aaron	LeMars	10:43.51	11:05.53	
1:17.543 (1:17.543)	2:40.498 (1:22.955)	4:02.106 (1:21.608)	5:26.308 (1:24.202)	
6:51.947 (1:25.639)	8:16.735 (1:24.788)	9:45.037 (1:28.302)	11:05.530 (1:20.493)	
8 Schmidt, Micah	Moc-Fv	11:13.63	11:09.22	
1:18.348 (1:18.348)	2:41.066 (1:22.718)	4:02.994 (1:21.928)	5:27.069 (1:24.075)	
6:52.674 (1:25.605)	8:17.322 (1:24.648)	9:45.728 (1:28.406)	11:09.220 (1:23.492)	
9 Goeken, Noah	Spencer	11:46.97	11:58.56	
1:17.097 (1:17.097)	2:40.100 (1:23.003)	4:04.184 (1:24.084)	5:38.013 (1:33.829)	
7:16.620 (1:38.607)	8:55.567 (1:38.947)	10:30.484 (1:34.917)	11:58.557 (1:28.073)	

**2023 Tornado Relays - 5/1/2023****5/1/2023****Results****....Event 4 Boys 3200 Meter Run**

10 Tut, Tut Top Storm Lake 14:05.83  
 1:15.956 (1:15.956) 2:46.506 (1:30.550) 4:29.024 (1:42.518) 6:16.991 (1:47.967)  
 7:48.574 (1:31.583) 9:46.996 (1:58.422) 11:59.629 (2:12.633) 14:05.830 (2:06.201)

**Event 8 Boys 100 Meter Dash**

Name	Year School	Seed	Finals	H#	Points
1 Fifita, Sione	LeMars	11.09	10.89	2	10
2 Stanzel, Keaton	Spencer	11.38	11.10	2	8
3 Koerselman, Kaleb	Moc-Fv	11.62	11.36	2	6
4 Wajda, Jack	Spirit Lake		11.42	2	4
5 Leonard, Ryan	Estherville-LC	11.71	11.54	2	2
6 Hussey, Qamerin	Spirit Lake	11.85	11.67	2	1 11.666
7 Bandstra, Blake	Sioux Center	12.14	11.67	1	11.667
8 Brantsen, Caleb	Sioux Center	12.34	11.76	1	
9 Gynn, Justin	Storm Lake	12.29	11.77	1	
10 Cohrs, Collin	Estherville-LC	12.02	11.78	1	
11 Sitzmann, Jami	LeMars	11.78	11.80	2	
12 Moss, Caiden	Moc-Fv	11.56	11.83	2	
13 Azurdia, Brandyn	Storm Lake	12.62	12.59	1	

**Event 11 Boys 400 Meter Dash**

Name	Year School	Seed	Finals	H#	Points
1 Dougherty, Jude	LeMars	55.36	56.92	2	10
2 Elser, Lucas	Spencer	55.47	58.06	2	8
3 Nelson, Jayden	LeMars	55.56	59.12	2	6
4 Martin, Will	Estherville-LC	56.10	59.68	2	4
5 Haugsted, Landon	Sioux Center	58.87	1:02.95	2	2
6 Hellickson, Jacob	Spirit Lake	1:02.27	1:03.58	1	1
7 Tapia, Cesar	Storm Lake	1:01.66	1:04.28	1	
8 Barthman, Max	Spirit Lake		1:05.13	1	
9 Alonso, FloresMota	Sioux Center	1:04.24	1:05.53	1	
-- Piercy, Drew	Spencer	55.54	DNF	2	

**Event 13 Boys 4x200 Meter Relay**

School	Seed	Finals	Points
1 Spencer 'A'	1:31.07	1:33.82	10
1) Robbins, Miles			
2) Wessels, Campbell			
3) Timmer, Gavin			
4) Berends, Jack			
2 LeMars 'A'	1:33.23	1:34.62	8
1) Vondrak, Matt			
2) Beltran, Israel			
3) Wadle, Beau			
4) Fifita, Sione			
3 Spirit Lake 'A'	1:32.97	1:36.61	6
1) Orpen, Tate			
2) Sandman, Logan			
3) Alger, Drew			
4) Wajda, Jack			
4 Sioux Center 'A'	1:36.04	1:39.60	4
1) Bandstra, Blake			
2) Kamerman, Connor			
3) Brantsen, Caleb			
4) Bauer, Kade			
5 Moc-Fv 'A'	1:35.61	1:41.67	2
1) Jager, Carson			
2) Reyna Yoc, Angel			

**2023 Tornado Relays - 5/1/2023****5/1/2023****Results****....Event 13 Boys 4x200 Meter Relay**

3) Punt, Draeden	4) Wede, Nikolai			
6 Estherville-LC 'A'		1:36.68	1:42.28	1
1) Swanson, Aiden	2) Thelen, Dustin			
3) Cohrs, Collin	4) Shatto, Kale			
7 Storm Lake 'A'		1:41.82	1:43.20	
1) Azurdia, Brandyn	2) Guynn, Justin			
3) Soukko, Nathan	4) Turner, Trevor			

**Event 17 Boys 110 Meter Hurdles**

Name	Year School	Seed	Finals	H#	Points
1 Stecker, Ethan	Spirit Lake	15.71	15.11	2	10
2 Johnson, Weston	Spencer	15.58	15.43	2	8
3 Winkel, Cooper	Spirit Lake	15.62	15.73	2	6
4 DeJager, Aidan	Sioux Center	16.07	15.99	2	4
5 Sadoski, Ryan	LeMars	16.26	16.07	2	2
6 Hinkeldey, Sam	Spencer	16.30	16.25	2	1
7 Maasdam, Dylan	Moc-Fv	17.30	16.32	1	
8 Hoyer, Tate	Estherville-LC	16.38	16.57	2	
9 Camberos Barajas, Yahir	Estherville-LC	17.11	16.78	1	16.772
10 Hosnyang, Wichiang	LeMars	16.39	16.78	2	16.777
11 Vander Ploeg, Conner	Moc-Fv	17.18	17.01	1	

**Event 18 Boys 1600 Meter Run**

Name	Year School	Seed	Finals	Points
1 VandenBerg, Damon	Spirit Lake	4:47.21	4:53.95	10
1:16.497 (1:16.497)	2:35.765 (1:19.268)	3:48.669 (1:12.904)	4:53.947 (1:05.278)	
2 Mirande, Trevor	Moc-Fv	4:49.99	4:56.66	8
1:16.304 (1:16.304)	2:34.454 (1:18.150)	3:46.149 (1:11.695)	4:56.659 (1:10.510)	
3 Tello, Sergio	Spencer	4:58.18	4:58.72	6
1:16.092 (1:16.092)	2:35.661 (1:19.569)	3:48.958 (1:13.297)	4:58.717 (1:09.759)	
4 Dirks, Dietrich	Spirit Lake	4:52.68	5:06.77	4
1:16.837 (1:16.837)	2:36.982 (1:20.145)	3:56.906 (1:19.924)	5:06.762 (1:09.856)	
5 Lee, Aaron	LeMars	4:59.86	5:07.52	2
1:16.955 (1:16.955)	2:37.328 (1:20.373)	3:56.529 (1:19.201)	5:07.517 (1:10.988)	
6 Ramirez-Parra, Joel	Storm Lake	4:52.82	5:08.21	1
1:16.603 (1:16.603)	2:35.975 (1:19.372)	3:51.003 (1:15.028)	5:08.207 (1:17.204)	
7 Schmidt, Micah	Moc-Fv	5:16.23	5:11.81	
1:17.352 (1:17.352)	2:37.952 (1:20.600)	3:57.117 (1:19.165)	5:11.803 (1:14.686)	
8 Duitsman, Warren	Estherville-LC	5:14.20	5:22.20	
1:17.062 (1:17.062)	2:37.566 (1:20.504)	3:58.935 (1:21.369)	5:22.192 (1:23.257)	
9 VandeVegte, Micah	Sioux Center	5:21.21	5:32.10	
1:18.007 (1:18.007)	2:41.279 (1:23.272)	4:08.116 (1:26.837)	5:32.097 (1:23.981)	
10 Jacuinde-Mellado, Raul	Storm Lake	6:04.30	5:32.82	
1:20.268 (1:20.268)	2:45.945 (1:25.677)	4:13.408 (1:27.463)	5:32.812 (1:19.404)	
11 Murra, Michael	LeMars	5:26.12	5:38.60	
1:19.854 (1:19.854)	2:45.674 (1:25.820)	4:13.920 (1:28.246)	5:38.599 (1:24.679)	
12 Reinke, Isaac	Estherville-LC	6:35.81	6:53.32	
1:24.485 (1:24.485)	3:05.171 (1:40.686)	4:55.622 (1:50.451)	6:53.313 (1:57.691)	

**2023 Tornado Relays - 5/1/2023****5/1/2023****Results****Event 21 Boys 200 Meter Dash**

Name	Year School	Seed	Finals	H#	Points
1 Toews, Carter	Spirit Lake	22.85	21.89	2	10
2 Fifita, Sione	LeMars	23.03	22.53	2	8
3 Timmer, Gavin	Spencer	22.80	22.86	2	6
4 Hussey, Qamerin	Spirit Lake	23.55	23.27	2	4
5 Tigges, Reid	Spencer	23.46	23.28	2	2
6 Leonard, Ryan	Estherville-LC	23.38	23.42	2	1
7 Koerselman, Kaleb	Moc-Fv	24.28	23.65	2	
8 Bandstra, Blake	Sioux Center	23.88	24.13	2	
9 Shatto, Kale	Estherville-LC	24.66	24.21	1	
10 Venteicher, Noah	LeMars	24.43	24.27	1	
11 Van Kalsbeek, Jesse	Moc-Fv	24.80	24.31	1	
12 Guynn, Justin	Storm Lake	24.80	24.48	1	

**Event 23 Boys 400 Meter Hurdles**

Name	Year School	Seed	Finals	H#	Points
1 Pitts, Preston	Spencer	56.65	59.23	2	10
2 Profit, Tommy	Spirit Lake	57.39	59.82	2	8
3 Stecker, Dylan	Spirit Lake	1:00.59	1:02.09	2	6
4 Johnson, Weston	Spencer	1:00.66	1:03.74	2	4
5 Augustine, Tycen	LeMars	1:02.81	1:05.86	2	2
6 Hosnyang, Wichiang	LeMars	1:03.56	1:05.99	2	1
7 Duitsman, Bennett	Estherville-LC	1:04.84	1:07.23	2	
8 Van Gelder, Braylon	Moc-Fv	1:06.30	1:08.41	1	
9 Valentine, Carson	Moc-Fv	1:07.60	1:08.48	1	
10 Keyanye, Bachi	Storm Lake	1:05.58	1:09.12	2	
11 Yager, Layton	Estherville-LC	1:10.50	1:12.81	1	

**Event 24 Boys Distance Medley**

School	Seed	Finals	Points
1 Spencer 'A'	3:49.48	3:55.38	10
1) Tigges, Reid			
3) Erdman, Blaine			
2 LeMars 'A'	3:42.57	4:01.35	8
1) Venteicher, Noah			
3) Jalas, Connor			
3 Spirit Lake 'A'	3:35.94	4:02.51	6
1) Andres, Joey			
3) Hamm, Justyn			
4 Moc-Fv 'A'	3:57.56	4:05.10	4
1) Tooker, Jackson			
3) Katt, Cooper			
5 Estherville-LC 'A'	3:56.60	4:20.19	2
1) Sherdian, Alexander			
3) Martin, Wes			
6 Storm Lake 'A'	4:28.43	4:36.85	1
1) Chaiyawong, Sitah			
3) Tapia, Cesar			

**2023 Tornado Relays - 5/1/2023****5/1/2023****Results****Event 27 Boys 800 Meter Run**

Name	Year	School	Seed	Finals	Points
1 Sundall, Ryder		Spirit Lake	2:01.65	2:06.21	10
1:01.801 (1:01.801)	2:06.203 (1:04.402)				
2 Allen, Alex		LeMars	2:06.62	2:07.00	8
1:01.432 (1:01.432)	2:06.998 (1:05.566)				
3 Truesdell, Micah		Sioux Center	2:10.12	2:12.14	6
1:04.715 (1:04.715)	2:12.140 (1:07.425)				
4 Duitsman, Parker		Estherville-LC	2:10.13	2:12.55	4
1:04.058 (1:04.058)	2:12.547 (1:08.489)				
5 Krogman, Carson		Spencer	2:12.12	2:12.89	2
1:04.819 (1:04.819)	2:12.883 (1:08.064)				
6 Ramirez-Parra, Joel		Storm Lake	2:16.53	2:15.92	1
1:04.573 (1:04.573)	2:15.911 (1:11.338)				
7 De Young, Micah		Moc-Fv	2:15.04	2:17.10	
1:05.946 (1:05.946)	2:17.094 (1:11.148)				
8 Van Der Werff, Ian		Moc-Fv	2:19.34	2:19.60	
1:08.677 (1:08.677)	2:19.599 (1:10.922)				
9 Frangenberg, Nick		Spirit Lake	2:18.51	2:24.30	
1:08.347 (1:08.347)	2:24.295 (1:15.948)				
10 Vander Sluis, Seth		LeMars	2:17.81	2:30.06	
1:07.253 (1:07.253)	2:30.059 (1:22.806)				
11 Knudson, Jacob		Estherville-LC	2:22.19	2:32.01	
1:09.108 (1:09.108)	2:32.005 (1:22.897)				
12 Ortega, Alexander		Storm Lake	2:33.83	2:34.53	
1:13.072 (1:13.072)	2:34.521 (1:21.449)				

**Event 31 Boys 4x100 Meter Relay**

School	Seed	Finals	Points
1 Spencer 'A'	43.57	43.81	10
1) Stanzel, Keaton	2) Robbins, Miles		
3) Timmer, Gavin	4) Wessels, Campbell		
2 Spirit Lake 'A'	43.55	44.88	8
1) Stecker, Ethan	2) Sandman, Logan		
3) Alger, Drew	4) Wajda, Jack		
3 LeMars 'A'	44.17	45.41	6
1) Sitzmann, Jami	2) Beltran, Israel		
3) Vondrak, Matt	4) Fifita, Sione		
4 Moc-Fv 'A'	44.42	45.75	4
1) Tooker, Jackson	2) Koerselman, Kaleb		
3) Jager, Carson	4) Moss, Caiden		
5 Estherville-LC 'A'	46.12	48.98	2
1) Camberos Barajas, Yahir	2) Hoyer, Tate		
3) Shatto, Kale	4) Cohrs, Collin		
6 Storm Lake 'A'	49.30	49.40	1
1) Azurdia, Brandyn	2) Guynn, Justin		
3) Soukko, Nathan	4) Dykes, Dwaune		
7 Sioux Center 'A'	45.87	50.19	
1) Van Regenmorter, Brodie	2) Dalle, Zander		
3) Brantsen, Caleb	4) Bauer, Kade		

**2023 Tornado Relays - 5/1/2023**

**5/1/2023**

**Results**

**Event 34 Boys 4x400 Meter Relay**

School	Seed	Finals	Points
1 LeMars 'A'	3:32.49	3:35.97	10
1) Wadle, Beau	2) Allen, Alex		
3) Jalas, Connor	4) Obbink, Trace		
1:46.163 (1:46.163)	2:41.262 (55.099)	3:35.967 (54.705)	
2 Spencer 'A'	3:34.10	3:45.25	8
1) Carrillo, Adrian	2) Tigges, Reid		
3) Erdman, Blaine	4) Pitts, Preston		
1:54.569 (1:54.569)	2:50.436 (55.867)	3:45.242 (54.806)	
3 Moc-Fv 'A'	3:47.35	3:49.84	6
1) Aalbers, Blake	2) Punt, Draeden		
3) Katt, Cooper	4) Reyna Yoc, Angel		
1:55.700 (1:55.700)	2:53.021 (57.321)	3:49.836 (56.815)	
4 Estherville-LC 'A'	3:39.30	3:53.04	4
1) Leonard, Ryan	2) Martin, Wes		
3) Martin, Will	4) White, Tate		
1:56.788 (1:56.788)	2:57.411 (1:00.623)	3:53.038 (55.627)	
5 Spirit Lake 'A'	3:30.93	3:54.25	2
1) Hamm, Justyn	2) Lundt, Caden		
3) McCaffery, Merek	4) Sorenson, Riley		
1:57.328 (1:57.328)	2:54.851 (57.523)	3:54.250 (59.399)	
6 Storm Lake 'A'	4:02.46	4:20.47	1
1) Keyanye, Bachi	2) Soukkeo, Nathan		
3) Jacuinde-Mellado, Raul	4) Ramirez-Parra, Joel		
2:06.198 (2:06.198)	3:14.019 (1:07.821)	4:20.469 (1:06.450)	

**Event 36 Boys High Jump**

Starting Height 5-4

Event to follow Girls High Jump

Name	Year School	Seed	Finals	Points
1 Hosnyang, Wanding	LeMars	6-06.00	6-04.00	1.93m 10
5-02 5-04 5-06 5-08 5-10	6-00 6-02 6-04 6-05			
P P P P P	XXO O XXO XXX			
2 Turner, Trevor	Storm Lake	6-05.00	6-02.00	1.87m 8
5-02 5-04 5-06 5-08 5-10	6-00 6-02 6-04			
P P P O O	O XO XXX			
3 Stecker, Dylan	Spirit Lake	6-05.00	6-02.00	1.87m 6
5-02 5-04 5-06 5-08 5-10	6-00 6-02 6-04			
P P P O O	XO XO XXX			
4 Van Kalsbeek, Jesse	Moc-Fv	6-04.00	6-02.00	1.87m 4
5-02 5-04 5-06 5-08 5-10	6-00 6-02 6-04			
P P P O O	O XXO XXX			
5 Timmer, Dylan	Spencer	5-08.00	5-08.00	1.72m 2
5-02 5-04 5-06 5-08 5-10				
O O O XO XXX				
6 Pitts, Preston	Spencer	5-10.00	5-06.00	1.67m 1
5-02 5-04 5-06 5-08				
O O O XXX				
7 Lundt, Caden	Spirit Lake	5-06.00	5-04.00	1.62m
5-02 5-04 5-06				
O XXO XXX				

**2023 Tornado Relays - 5/1/2023****5/1/2023****Results****Event 38 Boys Discus Throw**

3 THROWS IN PRELIMS TOP 8 TO FINALS 3 MORE THROWS

Name	Year	School	Seed	Finals	H#	Points
1 Cline, Kaleb		Spencer	139-04	148-08	45.31m	2 10
	141-00 148-08 139-04	FOUL FOUL FOUL				
2 Van Gelder, Brett		Moc-Fv	141-05	137-04	41.85m	2 8
	93-05 122-02 114-02	FOUL FOUL 137-04				
3 Jalas, Evan		LeMars	139-06	134-08	41.04m	2 6
	FOUL FOUL 134-08 129-03 109-01 120-02					
4 Bodholdt, Ty		Storm Lake	112-10	131-02	39.97m	1 4
	FOUL FOUL 119-02 FOUL 124-05 131-02					
5 Brown, Liam		Estherville-LC	113-03	125-05	38.22m	1 2
	115-01 121-06 125-05 FOUL FOUL FOUL					
6 Jellema, Adryan		LeMars	119-05	124-07	37.97m	2 1
	124-07 105-11 123-06 111-05 120-01 FOUL					
7 Cantrall, Cole		Spencer	118-08	118-06	36.11m	2
	FOUL 117-07 FOUL 113-00 118-06 FOUL					
8 Christensen, Jess		Estherville-LC	116-09	116-09	35.58m	2
	116-09 98-07 FOUL 112-05 105-02 FOUL					
9 Ostovic, Isaac		Spirit Lake	116-02	114-09	34.97m	1
	85-00 114-09 111-02					
10 Lamfers, Brendan		Sioux Center	125-10	113-09	34.67m	2
	80-03 FOUL 113-09					
11 Clinkenbeard, Kaine		Spirit Lake	111-11	102-05	31.21m	1
	100-03 102-05 FOUL					
12 Bundt, Ezra		Moc-Fv		101-07	30.96m	1
	101-07 97-07 99-11					
13 Wolfswinkel, Riley		Sioux Center		98-00	29.87m	1
	98-00 FOUL FOUL					

**Event 40 Boys Shot Put**

EVENT TO FOLLOW GIRLS SHOT PUT

3 THROWS IN PRELIMS TOP 8 TO FINALS 3 MORE THROWS

Name	Year	School	Seed	Finals	H#	Points
1 Cline, Kaleb		Spencer	49-10.00	47-09.75	14.57m	2 10
	46-00 FOUL 44-09 45-11.50 47-02.50 47-09.75					
2 Van Gelder, Brett		Moc-Fv	48-01.00	43-03.50	13.19m	2 8
	FOUL 42-05.75 41-03 42-08.50 43-03.50 FOUL					
3 Pond, Alan		Storm Lake	42-03.00	42-01.50	12.83m	2 6
	37-02.25 42-01.50 FOUL FOUL FOUL 41-04.50					
4 Theesfeld, Nolan		Spirit Lake	43-08.50	41-02.00	12.54m	2 4
	37-00.50 37-08 FOUL 41-02 41-00.25 38-07.50					
5 Foreman, Jaxson		Moc-Fv	40-10.00	40-05.75	12.33m	2 2
	38-11 38-05.25 FOUL 40-05.75 37-03.50 36-08.50					
6 Cantrall, Cole		Spencer	41-08.00	38-10.25	11.84m	2 1
	38-10.25 FOUL FOUL 36-07.25 FOUL 37-10.50					
7 Jellema, Adryan		LeMars	37-11.50	38-05.75	11.72m	1
	36-05 37-08.25 38-05.75 FOUL FOUL FOUL					
8 Wolfswinkel, Riley		Sioux Center	38-10.00	37-11.50	11.56m	1
	37-11.50 37-09.75 37-03.25 32-02.25 35-01.25 35-08.75					
9 Christensen, Jess		Estherville-LC	39-04.00	37-04.50	11.39m	1
	36-11.50 37-04.50 37-02					

**2023 Tornado Relays - 5/1/2023**  
**5/1/2023**  
**Results**

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

10	Bodholdt, Ty	Storm Lake	39-11.50	37-00.50	11.29m	1
	37-00.50 36-06.25 35-11.50					
11	Moss, Asher	LeMars	37-03.50	37-00.25	11.28m	1
	36-09.25 37-00.25 36-07.75					
12	Brown, Liam	Estherville-LC	40-05.50	35-05.75	10.81m	2
	FOUL 35-05.75 35-05.75					
13	Clinkenbeard, Kaine	Spirit Lake		33-10.25	10.31m	1
	FOUL 33-10.25 27-11					
14	Lamfers, Brendan	Sioux Center		31-10.25	9.70m	1
	31-08.75 31-10.25 FOUL					

**Event 42 Boys Long Jump**

=====									
3 JUMPS IN PRELIMS TOP 8 TO FINALS 3 MORE JUMPS									
Name	Year	School	Seed	Finals	Points				
=====									
1	Berends, Jack	Spencer	20-02.00	20-03.00	6.17m	10			
	19-10 19-04.50 20-03								
2	Sandman, Logan	Spirit Lake	20-07.00	20-01.50	6.13m	8			
	19-11 20-01.50 FOUL FOUL FOUL 19-05.50								
3	Turner, Trevor	Storm Lake	18-00.00	19-02.00	5.84m	6			
	17-08.50 16-06 17-07.50 17-09 17-04 19-02								
4	Maasdam, Dylan	Moc-Fv	20-07.50	18-09.00	5.71m	4			
	18-08.50 18-06 8-08 17-04.50 18-07 18-09								
5	Dougherty, Jude	LeMars	18-07.00	18-08.00	5.68m	2			
	18-08 FOUL 18-06.50 18-04.50 FOUL FOUL								
6	Grant, Andrew	LeMars	18-11.00	18-02.00	5.53m	1			
	18-02 FOUL 16-09.50 16-08 17-02.50 14-05.50								
7	Graves, Will	Spirit Lake	16-03.00	17-07.00	5.35m				
	16-02 16-10.50 17-07 16-08.50 16-08.50 16-05								
8	Swanson, Aiden	Estherville-LC	19-04.50	17-05.50	5.32m				
	FOUL 17-05.50 17-02.50 16-08 15-08.50 FOUL								
9	Dalle, Zander	Sioux Center	16-11.00	16-04.00	4.97m				
	16-04 15-04 16-00.50								
10	Duitsman, Bennett	Estherville-LC	16-07.25	16-04.00	4.97m				
	15-00.50 16-04 15-10								

**Event 48 Boys 4x110 Meter Shuttle Hurdle**

=====									
School	Seed	Finals	H#	Points					
=====									
1	Spirit Lake 'A'	59.35	1:03.60	2	10				
	1) Winkel, Cooper	2) Profit, Tommy							
	3) Alger, Drew	4) Stecker, Ethan							
2	Spencer 'A'	1:02.46	1:03.75	2	8				
	1) Timmer, Dylan	2) Hinkeldey, Sam							
	3) Johnson, Weston	4) Lovan, Jivahny							
3	LeMars 'A'	1:05.45	1:05.05	2	6				
	1) Sadoski, Ryan	2) Bogh, Tegan							
	3) Hosnyang, Wichiang	4) Dougherty, Elijah							
4	Moc-Fv 'A'	1:05.91	1:06.40	1	4				
	1) Vander Ploeg, Conner	2) Van Gelder, Braylon							
	3) Aalbers, Blake	4) Maasdam, Dylan							
5	Estherville-LC 'A'	1:07.40	1:08.98	1	2				
	1) Swanson, Aiden	2) Hoyer, Tate							



**2023 Tornado Relays - 5/1/2023****5/1/2023****Results****....Event 48 Boys 4x110 Meter Shuttle Hurdle**

3) Duitsman, Bennett

4) Camberos Barajas, Yahir

**Event 49 Boys 800 Sprint Medley**

School	Seed	Finals	Points
1 Spencer 'A'	1:35.54	1:36.90	10
1) Stanzel, Keaton	2) Robbins, Miles		
3) Berends, Jack	4) Timmer, Gavin		
2 LeMars 'A'	1:37.42	1:40.32	8
1) Vondrak, Matt	2) Beltran, Israel		
3) Wadle, Beau	4) Laskie, Quinn		
3 Estherville-LC 'A'	1:39.49	1:40.32	6
1) Cohrs, Collin	2) Shatto, Kale		
3) Leonard, Ryan	4) White, Tate		
4 Sioux Center 'A'	1:40.47	1:40.86	4
1) Brantsen, Caleb	2) DeJager, Aidan		
3) Kamerman, Connor	4) Bandstra, Blake		
5 Spirit Lake 'A'	1:37.07	1:43.09	2
1) Andres, Joey	2) Orpen, Tate		
3) Winkel, Cooper	4) Leinbaugh, Simon		
6 Moc-Fv 'A'	1:45.60	1:44.25	1
1) Tooker, Jackson	2) Jager, Carson		
3) Punt, Draeden	4) Moss, Caiden		
7 Storm Lake 'A'	1:49.71	1:50.52	
1) Azurdia, Brandyn	2) Rosales, Kevin		
3) Dykes, Dwaune	4) Keyanye, Bachi		

**Event 50 Girls 4x800 Meter Relay**

School	Seed	Finals	Points
1 Moc-Fv 'A'	10:14.41	10:31.21	10
1) May, Sarah	2) Van Der Werff, Elin		
3) Dokter, Aryana	4) Fernstrum, Kennedy		
2:28.802 (2:28.802)	5:08.362 (2:39.560)	7:44.863 (2:36.501)	10:31.210 (2:46.347)
2 Sioux Center 'A'	10:11.51	10:36.04	8
1) Romero, Mya	2) McCord, Corinne		
3) Schmalbeck, Maci	4) Schmalbeck, Tatum		
2:30.987 (2:30.987)	5:13.443 (2:42.456)	7:56.899 (2:43.456)	10:36.039 (2:39.140)
3 Spencer 'A'	11:00.00	11:30.43	6
1) Morey, Emma	2) Palmer, Alexandria		
3) Haldin, Ava	4) Hemann, Millie		
2:43.718 (2:43.718)	5:30.931 (2:47.213)	8:24.526 (2:53.595)	11:30.423 (3:05.897)
4 Storm Lake 'A'	11:46.60	11:54.81	4
1) Kenkel, Grace	2) Kampbell, Silvia		
3) Snyder, Eva	4) Dahlhauser, Lillian		
2:48.164 (2:48.164)	5:48.732 (3:00.568)	8:49.489 (3:00.757)	11:54.807 (3:05.318)
5 Estherville-LC 'A'	12:36.66	12:40.35	2
1) White, Saharia	2) Shatto, Suri		
3) Olson, Kylie	4) Ross, Quimby		
3:06.524 (3:06.524)	6:19.839 (3:13.315)	9:22.475 (3:02.636)	12:40.347 (3:17.872)

**2023 Tornado Relays - 5/1/2023****5/1/2023****Results****Event 51 Girls 3000 Meter Run**

Name	Year	School	Seed	Finals	Points
1 Morey, Peyton		Spencer	11:32.57	11:36.30	10
38.956 (38.956)	2:07.336 (1:28.380)	3:40.893 (1:33.557)	5:16.188 (1:35.295)		
6:51.829 (1:35.641)	8:29.066 (1:37.237)	10:06.515 (1:37.449)	11:36.292 (1:29.777)		
2 Dokter, Biyanca		Moc-Fv	11:28.35	11:51.91	8
40.502 (40.502)	2:09.606 (1:29.104)	3:44.843 (1:35.237)	5:21.127 (1:36.284)		
6:58.276 (1:37.149)	8:38.873 (1:40.597)	10:17.655 (1:38.782)	11:51.907 (1:34.252)		
3 Haverdink, Rachel		Moc-Fv	12:00.00	12:25.94	6
41.057 (41.057)	2:14.435 (1:33.378)	3:53.650 (1:39.215)	5:35.240 (1:41.590)		
7:16.943 (1:41.703)	9:01.252 (1:44.309)	10:44.426 (1:43.174)	12:25.937 (1:41.511)		
4 Hulinsky, Becca		LeMars	11:58.64	12:36.64	4
40.990 (40.990)	2:14.740 (1:33.750)	3:53.991 (1:39.251)	5:35.606 (1:41.615)		
7:17.346 (1:41.740)	9:05.909 (1:48.563)	10:55.877 (1:49.968)	12:36.636 (1:40.759)		
5 Dahlhauser, Lillian		Storm Lake	12:53.45	12:59.95	2
41.285 (41.285)	2:20.327 (1:39.042)	4:06.443 (1:46.116)	5:53.320 (1:46.877)		
7:41.912 (1:48.592)	9:31.471 (1:49.559)	11:19.164 (1:47.693)	12:59.946 (1:40.782)		
6 Wyman, Addison		Spencer	13:25.00	13:32.75	1
42.865 (42.865)	2:24.850 (1:41.985)	4:15.196 (1:50.346)	6:10.125 (1:54.929)		
8:04.298 (1:54.173)	9:57.980 (1:53.682)	11:48.932 (1:50.952)	13:32.744 (1:43.812)		
7 VandeVegte, Rylan		Sioux Center	13:40.86	13:46.68	
42.908 (42.908)	2:22.456 (1:39.548)	4:09.291 (1:46.835)	5:59.914 (1:50.623)		
7:54.076 (1:54.162)	9:51.393 (1:57.317)	11:49.370 (1:57.977)	13:46.674 (1:57.304)		

**Event 52 Girls 100 Meter Dash**

Name	Year	School	Seed	Finals	H#	Points
1 Huss, Tierney		Moc-Fv	12.28	12.34	2	10
2 Kauffman, Mackenzie		Spirit Lake	13.04	12.73	2	8
3 Harder, Mackenzie		Storm Lake	12.98	12.76	2	6
4 Anderson, Jaselyne		Estherville-LC	12.77	12.88	2	4
5 Tooker, Kaleigh		Moc-Fv	12.63	12.89	2	2
6 Piercy, Jada		Spencer	13.53	13.03	2	1
7 Keenan, Reese		Spirit Lake	14.39	13.05	1	
8 Koenig, Khia		Spencer	13.27	13.17	2	
9 Dunlavy, Tatum		Estherville-LC	13.22	13.23	2	
10 Hector, Stella		LeMars	13.75	13.37	1	
11 Oteri, Gabriella		Sioux Center	14.52	13.78	1	
12 McCoy, Zoe		Storm Lake	14.42	13.83	1	
13 Koster, Katelyn		LeMars	14.32	14.24	1	
14 Martinez, Dulce		Sioux Center	14.66	14.60	1	

**Event 53 Girls 400 Meter Dash**

Name	Year	School	Seed	Finals	H#	Points
1 Clabaugh, Morgan		Estherville-LC	1:07.39	1:07.89	2	10
2 Haverdink, Rachel		Moc-Fv	1:09.00	1:10.74	2	8
3 Roller, Marilyn		LeMars		1:10.83	1	6
4 Haldin, Braylee		Spencer	1:09.75	1:11.61	2	4
5 Anderson, Hailey		Storm Lake	1:11.13	1:11.91	2	2
6 Olaiiz, Anahi		Storm Lake	1:09.28	1:12.45	2	1
7 Haldin, Ava		Spencer	1:12.50	1:15.95	1	
8 Schuiteman, Grace		Sioux Center	1:12.00	1:16.60	2	

**2023 Tornado Relays - 5/1/2023****5/1/2023****Results****Event 54 Girls 4x200 Meter Relay**

School	Seed	Finals	Points
1 Spencer 'A'	1:47.73	1:50.03	10
1) Sutherland, Shaylee	2) Amendt, Erika		
3) Koenig, Khia	4) Piercy, Jada		
2 LeMars 'A'	1:49.67	1:51.04	8
1) Hector, Stella	2) Huls, Madi		
3) Kruse, Allie	4) Allen, Jenna		
3 Moc-Fv 'A'	1:48.92	1:54.01	6
1) Bahrke, Olyvia	2) Hoekstra, Kady		
3) Tooker, Kaleigh	4) Huss, Tierney		
4 Sioux Center 'A'	1:50.08	1:55.12	4
1) Vermeer, Emalee	2) Bleeker, Romee		
3) Bitker, Avery	4) Bleeker, Willow		
5 Spirit Lake 'A'	1:54.01	1:57.72	2
1) Bruinsma, Maggie	2) Avery, Addison		
3) Henrickson, Emma	4) DeWild, Faith		
6 Estherville-LC 'A'	2:01.88	2:04.41	1
1) Olson, Kylie	2) Astello, Aracely		
3) Smith, Julissa	4) DeRuyter, Zoey		
7 Storm Lake 'A'	1:58.41	2:11.08	
1) Carillo, Andrea	2) Chanthapangna, Melanie		
3) Liem, Nevaeh	4) Solem, Natasha		

**Event 55 Girls 100 Meter Hurdles**

Name	Year School	Seed	Finals	H#	Points
1 Merchant, Jerra	Spencer	15.21	14.73	2	10
2 Christoffer, Abreiana	Estherville-LC	15.89	15.34	2	8
3 Dunn, Carly	Sioux Center	16.94	16.56	2	6
4 Schiltz, Cara	Estherville-LC	17.26	16.69	2	4
5 Kleinhesselink, Payton	Moc-Fv	17.21	16.97	2	2
6 Manley, Savannah	LeMars	16.99	17.03	2	1
7 Susemihl, Claire	LeMars	17.06	17.10	2	
8 Hopkins, Sydnee	Spencer	17.65	17.52	1	
9 Vortherms, Alyssa	Moc-Fv	18.13	17.61	1	
10 Gutierrez, Jennifer	Storm Lake	19.20	18.71	1	
11 Duvall, Gelena	Spirit Lake	20.04	19.60	1	
12 Johnson, Shauntez	Storm Lake	20.74	20.33	1	
13 Heie, Averi	Sioux Center	20.62	20.79	1	
-- Keenan, Reese	Spirit Lake	17.47	FS	2	

**Event 56 Girls 1500 Meter Run**

Name	Year School	Seed	Finals	Points
1 Krieger, Katelyn	Spirit Lake	5:03.23	5:02.44	10
54.983 (54.983)	2:15.294 (1:20.311)	3:40.502 (1:25.208)	5:02.432 (1:21.930)	
2 May, Sarah	Moc-Fv	5:21.10	5:16.08	8
58.927 (58.927)	2:26.941 (1:28.014)	3:56.157 (1:29.216)	5:16.078 (1:19.921)	
3 Morey, Peyton	Spencer	5:20.00	5:17.72	6
57.385 (57.385)	2:25.563 (1:28.178)	3:55.980 (1:30.417)	5:17.720 (1:21.740)	
4 McCord, Corinne	Sioux Center	5:27.34	5:29.03	4
59.224 (59.224)	2:27.246 (1:28.022)	3:56.595 (1:29.349)	5:29.024 (1:32.429)	

**2023 Tornado Relays - 5/1/2023****5/1/2023****Results****....Event 56 Girls 1500 Meter Run**

5	DeRocher, Makenzie	LeMars	5:30.43	5:40.65	2
	58.595 (58.595)	2:30.649 (1:32.054)	4:06.690 (1:36.041)	5:40.643 (1:33.953)	
6	Dokter, Aryana	Moc-Fv	5:28.61	5:44.53	1
	58.528 (58.528)	2:30.564 (1:32.036)	4:06.565 (1:36.001)	5:44.529 (1:37.964)	
7	Hulinsky, Becca	LeMars	5:40.77	5:51.48	
	1:01.605 (1:01.605)	2:38.831 (1:37.226)	4:18.939 (1:40.108)	5:51.474 (1:32.535)	
8	Dahlhauser, Lillian	Storm Lake	5:56.11	6:04.29	
	1:05.013 (1:05.013)	2:43.451 (1:38.438)	4:27.791 (1:44.340)	6:04.282 (1:36.491)	
9	Kampbell, Silvia	Storm Lake	6:03.74	6:09.77	
	1:04.270 (1:04.270)	2:45.540 (1:41.270)	4:31.367 (1:45.827)	6:09.767 (1:38.400)	
10	Svoboda, Shelby	Sioux Center	5:59.00	6:24.59	
	1:00.448 (1:00.448)	2:41.659 (1:41.211)	4:33.471 (1:51.812)	6:24.589 (1:51.118)	
11	Wyman, Addison	Spencer	6:15.72	6:31.77	
	1:06.315 (1:06.315)	2:52.349 (1:46.034)	4:44.548 (1:52.199)	6:31.766 (1:47.218)	
12	Myers, Katelyn	Estherville-LC	9:01.66	9:27.70	
	1:46.775 (1:46.775)	4:31.163 (2:44.388)	7:17.489 (2:46.326)	9:27.695 (2:10.206)	

**Event 57 Girls 200 Meter Dash**

Name	Year School	Seed	Finals	H#	Points
1 Harder, Mackenzie	Storm Lake	26.52	26.26	2	10
2 Huls, Madi	LeMars	26.66	26.52	2	8
3 Amendt, Erika	Spencer	26.63	26.61	2	6
4 Kauffman, Mackenzie	Spirit Lake	27.04	26.76	2	4
5 Anderson, Jaselyne	Estherville-LC	26.68	26.96	2	2
6 Allen, Jenna	LeMars	28.81	27.45	1	1
7 Dunlavy, Tatum	Estherville-LC	27.28	27.50	2	
8 Avery, Addison	Spirit Lake	28.97	28.36	1	
9 DeHaan, Avery	Storm Lake	28.42	28.54	2	
10 Truesdell, Anna	Sioux Center	28.92	28.70	1	
11 Schmidt, Courtney	Sioux Center	29.01	28.76	1	
12 Hopkins, Sydnee	Spencer		28.99	2	
13 Hoekstra, Kady	Moc-Fv	29.33	29.78	1	
14 Koedam, Eden	Moc-Fv	30.94	30.09	1	

**Event 58 Girls 400 Meter Hurdles**

Name	Year School	Seed	Finals	H#	Points
1 Merchant, Jerra	Spencer	1:05.79	1:09.33	2	10
2 Keenan, Reese	Spirit Lake	1:14.98	1:13.73	2	8
3 Susemihl, Claire	LeMars		1:18.01	1	6
4 Brent -ferguson, Jennie	LeMars	1:20.28	1:20.52	2	4
5 Tracy, Teagan	Moc-Fv	1:17.34	1:21.20	2	2
6 Hamilton, Ivy	Spencer	1:20.63	1:21.74	2	1
7 Bruxvoort, Kaylea	Moc-Fv	1:13.04	1:22.47	2	
8 Snyder, Eva	Storm Lake	1:25.54	1:27.05	1	
9 Carillo, Andrea	Storm Lake	1:26.91	1:38.24	1	

**Event 59 Girls Distance Medley**

School	Seed	Finals	Points
1 Sioux Center 'A'	4:35.00	4:34.40	10

**2023 Tornado Relays - 5/1/2023****5/1/2023****Results****....Event 59 Girls Distance Medley**

1) Vermeer, Emalee	2) Bleeker, Willow			
3) Harald, Cori	4) Oldenkamp, Kolby			
2 Moc-Fv 'A'		4:38.94	4:39.26	8
1) Vortherms, Alyssa	2) Jeltema, Adyson			
3) Kleinhesselink, Kate	4) Immecker, Maya			
3 LeMars 'A'		4:31.92	4:46.51	6
1) Westhoff, Ahrianna	2) McNaughton, Holly			
3) Kass, Sienna	4) DeRocher, Makenzie			
4 Spencer 'A'		4:33.00	4:47.82	4
1) Hopkins, Sydnee	2) Stave, Corinne			
3) Vail, Tyriana	4) Schoelerman, Adalyn			
5 Storm Lake 'A'		4:36.82	4:53.31	2
1) McCoy, Zoe	2) DeHaan, Avery			
3) Harder, Mackenzie	4) Kenkel, Grace			
6 Estherville-LC 'A'		5:15.42	5:37.11	1
1) Jewell, Madyson	2) Matheson, Ava			
3) Helmich, Ava	4) Flores, Yuliana			

**Event 60 Girls 800 Meter Run**

Name	Year School	Seed	Finals	Points
1 Schmalbeck, Tatum	Sioux Center	2:33.89	2:37.21	10
1:16.163 (1:16.163)	2:37.202 (1:21.039)			
2 Dokter, Biyanca	Moc-Fv	2:46.92	2:39.23	8
1:19.349 (1:19.349)	2:39.230 (1:19.881)			
3 Kass, Sienna	LeMars	2:31.73	2:39.84	6
1:17.217 (1:17.217)	2:39.831 (1:22.614)			
4 Van Der Werff, Elin	Moc-Fv	2:34.00	2:40.01	4
1:17.353 (1:17.353)	2:40.010 (1:22.657)			
5 Kenkel, Grace	Storm Lake	2:37.05	2:41.45	2
1:18.089 (1:18.089)	2:41.444 (1:23.355)			
6 Romero, Mya	Sioux Center	2:32.03	2:43.78	1
1:17.561 (1:17.561)	2:43.776 (1:26.215)			
7 Morey, Emma	Spencer	2:41.27	2:44.57	
1:18.016 (1:18.016)	2:44.570 (1:26.554)			
8 Palmer, Alexandria	Spencer	2:38.50	2:49.65	
1:18.594 (1:18.594)	2:49.644 (1:31.050)			
9 Hamerlinck, Kendal	LeMars	2:48.35	2:51.94	
1:20.517 (1:20.517)	2:51.933 (1:31.416)			
10 Snyder, Eva	Storm Lake		3:05.15	
1:24.072 (1:24.072)	3:05.146 (1:41.074)			
11 Shatto, Suri	Estherville-LC	3:02.86	3:22.79	
1:32.411 (1:32.411)	3:22.784 (1:50.373)			

**Event 61 Girls 4x100 Meter Relay**

School	Seed	Finals	Points
1 Moc-Fv 'A'	49.39	50.53	10
1) Meines,Carolynn	2) Kleinhesselink, Payton		
3) Tooker, Kaleigh	4) Huss, Tierney		
2 Spencer 'A'	51.19	51.53	8
1) Koenig, Khia	2) Amendt, Erika		
3) Vail, Tyriana	4) Piercy, Jada		

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**....Event 61 Girls 4x100 Meter Relay**

3 LeMars 'A'	52.48	53.79	6
1) Manley, Savannah	2) Allen, Jenna		
3) Leusink, Aubree	4) Hector, Stella		
4 Spirit Lake 'A'	51.05	54.30	4
1) Bruinsma, Maggie	2) Avery, Addison		
3) Henrickson, Emma	4) DeWild, Faith		
5 Sioux Center 'A'	54.45	55.35	2
1) Martinez, Dulce	2) Massen, Aislin		
3) Schmidt, Courteney	4) Bleeker, Romee		
6 Estherville-LC 'A'	57.79	55.57	1
1) Acosta, Darieliz	2) Smith, Julissa		
3) Ruschy, Hillary	4) Astello, Aracely		
7 Storm Lake 'A'	57.07	57.96	
1) Bodholdt, Abby	2) Chanthapangna, Melanie		
3) DeHaan, Avery	4) McCoy, Zoe		

**Event 62 Girls 4x400 Meter Relay**

School	Seed	Finals	Points
1 Sioux Center 'A'	4:14.84	4:16.94	10
1) Vermeer, Emalee	2) Harald, Cori		
3) Bitker, Avery	4) Bleeker, Willow		
2:09.618 (2:09.618)	3:12.800 (1:03.182)	4:16.931 (1:04.131)	
2 LeMars 'A'	4:11.44	4:17.99	8
1) Hogrefe, Maya	2) Huls, Madi		
3) Beitelspacher, Claire	4) Kass, Sienna		
2:07.278 (2:07.278)	3:11.997 (1:04.719)	4:17.988 (1:05.991)	
3 Moc-Fv 'A'	4:19.65	4:27.83	6
1) Immecker, Maya	2) Bahrke, Olyvia		
3) Kleinhesselink, Kate	4) Jeltema, Adyson		
2:18.233 (2:18.233)	3:24.640 (1:06.407)	4:27.823 (1:03.183)	
4 Spencer 'A'	4:28.00	4:43.11	4
1) Schoelerman, Adalyn	2) Stave, Corinne		
3) Palmer, Alexandria	4) Christensen, Jasmyn		
2:20.290 (2:20.290)	3:32.874 (1:12.584)	4:43.105 (1:10.231)	
5 Estherville-LC 'A'	4:46.36	4:43.46	2
1) Helmich, Ava	2) Olson, Kylie		
3) Clabaugh, Morgan	4) Nath, Evelyn		
2:25.183 (2:25.183)	3:31.735 (1:06.552)	4:43.451 (1:11.716)	
6 Storm Lake 'A'	4:40.16	4:55.00	1
1) Gutierrez, Jennifer	2) Kenkel, Grace		
3) Olaiz, Anahi	4) Anderson, Hailey		
2:27.351 (2:27.351)	3:40.392 (1:13.041)	4:55.000 (1:14.608)	

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

School	Seed	Finals	H#	Points
1 Spencer 'A'	1:08.62	1:09.01	2	10
1) Merchant, Jerra	2) Hamilton, Ivy			
3) Hopkins, Sydnee	4) Stave, Corinne			
2 Estherville-LC 'A'	1:10.62	1:10.09	2	8
1) Reinhardt, Audree	2) Schiltz, Cara			
3) Yager, Rylee	4) Christoffer, Abreiana			

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

3 LeMars 'A'	1:09.69	1:10.60	2	6	
1) Manley, Savannah					2) Leusink, Aubree
3) Larson, Liberty					4) Susemihl, Claire
4 Moc-Fv 'A'	1:12.24	1:14.60	2	4	
1) Vortherms, Alyssa					2) Fleming, Lili
3) Sassman, Emma					4) Kleinhesselink, Payton
5 Sioux Center 'A'	1:16.11	1:19.85	1	2	
1) Dunn, Carly					2) Truesdell, Anna
3) Keizer, Haley					4) Heie, Averi
-- Storm Lake 'A'	1:23.72		DQ	1	went too early
1) Gutierrez, Jennifer					2) Johnson, Shauntez
3) Tut, Nyamal					4) Carillo, Andrea

**Event 64 Girls 800 Sprint Medley**

School	Seed	Finals	Points
1 Spencer 'A'	1:52.54	1:53.54	10
1) Koenig, Khia			
3) Piercy, Jada			
2 Estherville-LC 'A'	1:53.61	1:55.55	8
1) Christoffer, Abreiana			
3) Dunlavy, Tatum			
3 Sioux Center 'A'	1:56.74	2:00.20	6
1) Massen, Aislin			
3) Schmidt, Courteney			
4 LeMars 'A'	1:51.98	2:01.97	4
1) Leusink, Aubree			
3) Beitelspacher, Claire			
5 Moc-Fv 'A'	1:50.55	2:07.20	2
1) Meines, Carolyn			
3) Bahrke, Olyvia			
6 Spirit Lake 'A'	1:55.69	2:08.68	1
1) Duvall, Gelena			
3) Lundt, Reese			
7 Storm Lake 'A'	1:57.81	2:22.26	
1) Phiakhanta, Rose			
3) Solem, Natasha			

**Event 65 Girls High Jump**

Starting Height 4-6								Seed	Finals	Points
Name	Year		School	Seed	Finals	Points				
1 Chanthapangna, Melanie			Storm Lake	5-01.00	5-01.00	1.54m	10			
4-04 4-06 4-08 4-10 5-00 5-01 5-02										
O O O O XO O XXX										
2 Tracy, Teagan			Moc-Fv	4-08.00	4-08.00	1.42m	8			
4-04 4-06 4-08 4-10										
XO XO XO XXX										
3 Anderson, Hailey			Storm Lake	4-10.00	4-08.00	1.42m	6			
4-04 4-06 4-08 4-10										
O O XXO XXX										

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

4 Hogrefe, Maya	LeMars	4-10.00	4-06.00	1.37m	4
4-04 4-06 4-08					
O O XXX					
5 Gilmore, Zoey	Moc-Fv	4-10.00	4-06.00	1.37m	2
4-04 4-06 4-08					
XO O XXX					
-- Stuckey, Addison	Spencer	4-06.00	NH		
4-04					
XXX					

**Event 66 Girls Discus Throw**

EVENT TO FOLLOW BOYS DISCUS

3 THROWS IN PRELIMS TOP 8 TO FINALS 3 MORE THROWS

Name	Year School	Seed	Finals	H#	Points
1 Walhof, Makenna	Sioux Center	134-05	140-04	42.77m	2 10
130-06 FOUL 140-04 123-09 130-02 FOUL					
2 Heisinger, Elliana	Spencer	12-11.50	130-07	39.80m	2 8
120-10 125-01 130-07 FOUL 94-08 112-10					
3 Travis, Fran	Spirit Lake	126-03	127-04	38.81m	2 6
FOUL 127-04 118-10 113-04 121-08 125-05					
4 Hettinga, Madison	Moc-Fv	116-11	117-04	35.76m	2 4
106-07 106-04 117-04 112-00 FOUL 114-06					
5 Gomez, Ashlyn	Moc-Fv	119-00	114-09	34.97m	2 2
114-09 FOUL 108-07 FOUL 112-03 FOUL					
6 Rosacker, Kaylee	Spencer	114-09	110-10	33.78m	2 1
90-02 FOUL 110-07 110-10 FOUL 101-10					
7 Ruschy, Hillary	Estherville-LC	110-00	109-10	33.47m	2
109-05 FOUL 101-05 103-10 FOUL 109-10					
8 Vander Waal, Makailyn	Sioux Center	82-01	101-04	30.88m	1
96-03 88-06 101-04 FOUL FOUL 74-10					
9 Leraas, Libby	LeMars	99-11	95-01	28.98m	1
95-01 FOUL 93-01					
10 Hogrefe, Madelyn	Storm Lake	93-09	89-08	27.33m	1
FOUL FOUL 89-08					
11 Kibby, Addison	LeMars	91-02	89-01	27.15m	1
89-01 FOUL FOUL					
12 Travis, Lauren	Spirit Lake	89-07	86-02	26.26m	1
FOUL FOUL 86-02					
13 Bodholdt, Abby	Storm Lake	89-05	77-04	23.57m	1
FOUL 77-04 66-09					

**Event 67 Girls Shot Put**

3 THROWS IN PRELIMS TOP 8 TO FINALS 3 MORE THROWS

Name	Year School	Seed	Finals	Points
1 Ruschy, Hillary	Estherville-LC	39-05.50	40-03.25	12.27m 10
FOUL 38-02 34-08.50 37-04.75 40-03.25 39-00.50				
2 Heisinger, Elliana	Spencer	38-06.00	38-03.75	11.67m 8
FOUL 33-11.75 36-07 35-06.75 33-05.75 38-03.75				
3 Rosacker, Kaylee	Spencer	36-11.00	36-11.25	11.25m 6
35-04 34-11.50 FOUL 34-10 36-11.25 FOUL				



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**....Event 67 Girls Shot Put**

4	Travis, Lauren	Spirit Lake	41-08.50	36-11.00	11.25m	4
	36-11 34-09.75 34-10.75 33-05.50 36-02.25 34-09.50					
5	Walhof, Makenna	Sioux Center	34-03.00	35-06.25	10.82m	2
	32-01.50 FOUL 33-10.75 32-09.25 33-03.25 35-06.25					
6	Hettinga, Madison	Moc-Fv	36-00.00	35-04.50	10.78m	1
	32-08.75 34-05 FOUL 34-00 33-11.25 35-04.50					
7	Gomez, Ashlyn	Moc-Fv	36-06.00	35-00.50	10.68m	
	33-10.25 33-02.50 35-00.50 34-02 33-06.25 33-07.25					
8	Travis, Fran	Spirit Lake	36-05.75	32-06.75	9.92m	
	30-03 31-06.50 FOUL 30-02.75 29-10.75 32-06.75					
9	Vander Waal, Makailyn	Sioux Center	32-07.00	30-03.00	9.22m	
	FOUL 29-08.75 30-03					
10	Leraas, Libby	LeMars	31-04.00	29-04.50	8.95m	
	29-04.50 27-02.50 27-06.25					
11	Kibby, Addison	LeMars	31-07.00	29-03.00	8.91m	
	29-03 FOUL FOUL					
12	Hogrefe, Madelyn	Storm Lake	28-03.00	28-04.50	8.64m	
	28-04.50 27-02.50 27-01.50					
13	Bodholdt, Abby	Storm Lake	28-09.00	28-01.50	8.57m	
	26-05.25 FOUL 28-01.50					

**Event 68 Girls Long Jump**

3 JUMPS IN PRELIMS TOP 8 TO FINALS 3 MORE JUMP						
Name	Year	School	Seed	Finals	Points	
1 Harder, Mackenzie		Storm Lake	17-08.00	16-10.50	5.14m	10
	16-10.50 FOUL FOUL	16-07 16-06 16-03.25				
2 Kruse, Allie		LeMars	15-04.00	16-05.00	5.00m	8
	FOUL 15-07 FOUL 16-05 FOUL 14-08					
3 Hector, Stella		LeMars	14-11.00	16-01.00	4.90m	6
	14-04.50 15-03 FOUL 16-00 15-01 16-01					
4 Henrickson, Emma		Spirit Lake	16-03.00	15-06.00	4.72m	4
	15-00 15-05.25 FOUL 14-01 15-06 15-01					
5 Hamilton, Ivy		Spencer	15-03.00	15-00.25	4.57m	2
	FOUL 14-02 15-00.25 14-11 13-02.50 FOUL					
6 Truesdell, Anna		Sioux Center	15-09.00	14-05.25	4.40m	1
	14-01 13-11 14-05.25 14-04.25 14-03.75 13-10					
7 DeRuyter, Zoey		Estherville-LC	14-09.00	14-02.25	4.32m	
	14-01.50 14-02.25 13-11 FOUL FOUL 13-09					
8 Clabaugh, Morgan		Estherville-LC	14-11.00	13-08.25	4.17m	
	13-01 FOUL 13-08.25 13-05 13-03.75 13-08					

**Event 74 Girls 4x100 Meter Relay JV**

School	Seed	Finals
1 Spirit Lake 'A'	59.00	57.31
1) Duvall, Gelena		2) Travis, Lauren
3) Bolluyt, Ellie		4) Lundt, Reese
2 Moc-Fv 'A'	56.03	57.61
1) Sassman, Emma		2) Koedam, Eden
3) Fleming, Lili		4) Gilmore, Zoey
3 LeMars 'A'	57.00	58.07
1) Koster, Katelyn		2) Larson, Liberty

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3) Sadoski, Julia	4) Paravati, Paola		
4 Estherville-LC 'A'		1:01.85	58.83
1) De La Rosa, Yuri	2) Hurst, Jasmine		
3) Reinhardt, Audree	4) Matheson, Ava		
5 Spencer 'A'		54.00	59.04
1) Sutherland, Shaylee	2) Hopkins, Sydnee		
3) Haldin, Braylee	4) Buum, Ava		
6 Sioux Center 'A'			1:00.49
1) Cook, Gracelyn	2) Keizer, Haley		
3) Heie, Averi	4) Bomgaars, Josie		
7 Storm Lake 'A'		1:20.00	1:01.80
1) Liem, Nevaeh	2) Tut, Nyamal		
3) Carrillo, Valeria	4) Hogrefe, Morgann		

**Event 75 Boys 4x100 Meter Relay JV**

School	Seed	Finals
1 LeMars 'A'	45.98	47.15
1) Sadoski, Ryan	2) Kass, Hudson	
3) Bogh, Tegan	4) Ott, Carson	
2 Moc-Fv 'A'	46.80	48.73
1) Arends, Kael	2) Tyler, Evan	
3) Vander Zwaag, Brenden	4) Van Kalsbeek, Jesse	
3 Spencer 'A'	48.71	48.94
1) Matthiesen, Matthew	2) Lauck, Tommy	
3) Young, Kamden	4) Lovan, Jivahny	
4 Spirit Lake 'A'	48.00	49.71
1) Barthman, Jack	2) Henrickson, Sam	
3) Sexton, Terry	4) Lalumendre, Owen	
5 Estherville-LC 'A'	49.00	49.73
1) Thelen, Dustin	2) Castillo, Alexis	
3) Peta, Dylan	4) Grange, Carson	
6 Sioux Center 'A'	53.00	51.71
1) Van Den Berg, Easton	2) Vonk, Hudson	
3) Truesdell, Micah	4) Kroese, Easton	
-- Storm Lake 'A'	53.00	DNF
1) Turnquist, Brock	2) Chaiyawong, Sitah	
3) Khang, Hao	4) Ambriz-Cervantes, Miguel	

**Event 76 Girls 4x200 Meter Relay JV**

School	Seed	Finals
1 LeMars 'A'	2:04.00	2:03.44
1) Hogrefe, Maya	2) Brent -ferguson, Jennie	
3) Sadoski, Julia	4) Paravati, Paola	
2 Spencer 'A'	1:58.50	2:05.54
1) Christensen, Jasmyn	2) Stuckey, Addison	
3) Snyder, Kamryn	4) Buum, Ava	
3 Moc-Fv 'A'	2:02.20	2:06.46
1) Sassman, Emma	2) Koedam, Eden	
3) Fleming, Lili	4) Gilmore, Zoey	
4 Sioux Center 'A'		2:10.50
1) Cook, Gracelyn	2) VanderWaal, Haidyn	

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**....Event 76 Girls 4x200 Meter Relay JV**

3) Bomgaars, Josie	4) Oteri, Gabriella		
5 Storm Lake 'A'		2:10.00	2:16.39
1) Hogrefe, Morgann	2) Phiakhamta, Rose		
3) Carrillo, Valeria	4) Tut, Nyamal		

**Event 77 Boys 4x200 Meter Relay JV**

School	Seed	Finals
1 LeMars 'A'	1:37.00	1:41.02
1) Ott, Carson	2) Kass, Hudson	
3) Grant, Andrew	4) Kass, Nolan	
2 Spencer 'A'		1:42.75
1) Lauck, Tommy	2) Matthiesen, Matthew	
3) Young, Kamden	4) Piercy, Drew	
3 Estherville-LC 'A'	1:43.00	1:44.15
1) Johnson, Braxton	2) Castillo, Alexis	
3) Peta, Dylan	4) Grange, Carson	
4 Moc-Fv 'A'	1:40.00	1:44.44
1) Arends, Kael	2) Vander Zwaag, Brenden	
3) Van Gelder, Braylon	4) Tyler, Evan	
5 Spirit Lake 'A'	1:45.00	1:50.90
1) Hagedorn, Kyler	2) Clinkenbeard, Brock	
3) Grau, Kyle	4) Jones, Lerril	
6 Storm Lake 'A'	1:50.00	1:51.16
1) Turnquist, Brock	2) Chaiyawong, Sitah	
3) Rassasy, Nicola	4) Ambriz-Cervantes, Miguel	
7 Sioux Center 'A'	1:50.00	1:59.33
1) Alonso, FloresMota	2) Haverhals, Ben	
3) Haugsted, Landon	4) Addink, Easton	

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

1) Spencer	126	2) MOC-FV	122
3) LeMars	94	4) Sioux Center	76
5) Estherville-LC	61	6) Storm Lake	56
7) Spirit Lake	51		

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

1) Spencer	153	2) Spirit Lake	146
3) LeMars	127	4) MOC-FV	62
5) Estherville-LC	38	6) Sioux Center	32
7) Storm Lake	29		