

H-10 Conference Track Meet

Boys

Glenwood – 126

Harlan - 101

Lewis Central – 94

Creston – 76

Clarinda – 59

Denison – 43

Atlantic – 36.5

Shenandoah – 31

Kuemper Catholic – 26

Red Oak – 22

Girls

Glenwood – 147.5

Harlan – 116

Creston – 85

Shenandoah – 74

Denison – 66

Clarinda – 60

Kuemper Catholic – 36

Atlantic – 30.5

Red Oak – 29.5

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Results

Event 1 Girls Shot Put Girls

LaneName	Team	Finals
Finals		
1 Embray, Jacy	GLEN	38-07.00
2 Parker, Serena	SHEN	38-04.00
3 Weyer, Ashton	HAR	37-04.50
4 Johnson, Valerie	DS	36-03.00
5 Konfrst, Linnaea	GLEN	35-08.00
6 Bengtson, Mariah	SHEN	33-09.00
7 Sockrider, Asia	LCG	33-02.00
8 Ferry, Addison	HAR	32-07.50
9 Buch, Karyee	CLAR	29-10.00
10 Mills, Darien	ATL	29-00.00
11 Behrendt, Jany	DS	28-10.00
12 Askland, Tetta	ATL	28-05.00
13 Hood, Marie	CRES	28-02.50
14 Nielsen, Olivia	CRES	27-04.00
15 Baum, Steph	CLAR	27-03.00
16 Ross, Emma	ROHS	25-09.00
17 Fields, Sydney	CBSA	25-08.00
18 Fada, Hailey	ROHS	24-05.00
19 White, Hayley	LCG	24-03.00

Event 2 Boys Shot Put Boys

LaneName	Team	Finals
Finals		
1 Barents, Jacob	LEW	52-02.00
2 Brincks, Sam	KCHS	44-07.00
3 Aldrich, Trent	CLAR	43-11.00
4 Devoe, Jared	CLAR	43-10.00
5 Butcher, Justin	STAL	42-09.00
5 Christensen, Tyler	ATL	42-09.00
7 Ferguson, Dylan	HARL	42-08.00
8 Pahl, Justin	GLEN	41-02.00
9 Pardun, Nate	DENS	40-03.00
9 Scott-Brown, Jackson	STAL	40-03.00
11 Guffey, Nathan	ROHS	39-02.00
12 Beiker, Jon	HARL	39-00.00
13 Cook, Derek	ATL	38-06.00
14 Serrano, Nate	GLEN	38-03.00
15 Fichter, Austin	SHEN	37-09.00
16 Brinkman, Mitchell	LEW	37-08.00
17 Guerra, Carlos	ROHS	37-07.00
18 Cam, Mitch	DENS	37-05.00
19 Healy, Phil	KCHS	37-00.00
20 Baldwin, Jonah	SHEN	35-09.00
21 Maitlen, Seth	CRES	35-04.00
22 Tanner, Cody	CRES	34-00.00

Event 3 Girls Discus Throw Girls

LaneName	Team	Finals
Finals		
1 Weyer, Ashton	HAR	128-04
2 Johnson, Valerie	DS	122-11
3 Parker, Serena	SHEN	122-05
4 Goudie, Hallie	CLAR	116-02

5 Konfrst, Linnaea	GLEN	113-03
6 Palmer, Mikayla	SHEN	107-09
7 Buch, Karyee	CLAR	106-10
8 Fields, Sydney	CBSA	101-09
9 Starnier, Bailey	GLEN	101-08
9 Ferry, Addison	HAR	101-08
11 Askland, Tetta	ATL	100-07
12 Mills, Darien	ATL	100-05
13 Nielsen, Olivia	CRES	98-09
14 Behrendt, Jany	DS	96-11
15 Sockrider, Asia	LCG	90-05
16 White, Hayley	LCG	85-05
17 Ross, Emma	ROHS	79-08
18 Hood, Marie	CRES	63-08
19 Fada, Hailey	ROHS	59-02

Event 4 Boys Discus Throw Boys

LaneName	Team	Finals
Finals		
1 Barents, Jacob	LEW	169-00
2 Scott-Brown, Jackson	STAL	140-03
3 Love, Eddy	CLAR	139-02
4 Aldrich, Trent	CLAR	136-10
5 Luther, Trevor	CRES	133-02
6 Schnack, Curtis	HARL	129-11
7 Nielsen, Evan	CRES	129-01
8 Brinkman, Mitchell	LEW	126-02
9 Petersen, Travis	ATL	124-09
10 Pardun, Nate	DENS	124-06
11 Peterman, Steve	KCHS	116-04
12 McGinn, John	STAL	113-02
13 Majerus, Shane	ROHS	112-03
14 Svoboda, Skyler	ATL	111-11
15 Griffin, Kyle	GLEN	109-02
16 Pahl, Justin	GLEN	108-02
17 Beiker, Jon	HARL	105-06
18 Cam, Mitch	DENS	104-07
19 Gilliland, Tanner	ROHS	103-11
20 Valquier, James	SHEN	102-02
21 Baumhover, Brandon	KCHS	99-06

Event 5 Girls Long Jump Girls

LaneName	Team	Finals
Finals		
1 Tigges, Katie	KUEM	16-06.75
2 Nielsen, Sydney	SHEN	16-00.00
3 Pearce, Kaitlyn	CBSA	15-09.00
4 Best, Cynthia	CLAR	15-05.50
5 Salerno, Sarah	GLEN	15-03.50
5 Clark, Kaycee	GLEN	15-03.50
7 Schultz, Sophia	DS	14-11.50
8 Demer, Abby	KUEM	14-09.50
9 Copenhagen, Skylar	LCG	14-06.00
10 Williams, Tiffany	ATL	14-05.75
11 Rew, Jen	CBSA	14-05.00
12 Campbell, Skie	CLAR	13-09.50
13 Smith, Ashlyn	LCG	13-04.25

14 Suiter, Sydney	CRES	13-03.25
15 Stogdill, Kayla	SHEN	12-02.25
16 Welter, Mollee	ATL	11-04.75

Event 6 Boys Long Jump Boys

LaneName	Team	Finals
Finals		
1 Kettwick, Jett	CLAR	19-10.25
2 Van Scoy, John	GLEN	18-11.00
3 Rupiper, Chase	KCHS	18-08.00
4 Klein, Marcus	HARL	18-07.75
5 Rew, Brian	LEW	18-00.50
6 Bourg, EJ	LEW	18-00.00
7 Grudie, Kyle	GLEN	17-11.25
8 Neary, Cole	KCHS	17-09.50
9 Saenthavy, Darian	DENS	17-04.00
10 Witrock, Austin	SHEN	17-01.25
11 Bodine, Robbie	ATL	17-01.00
11 Perkins, Devon	SHEN	17-01.00
13 Carlson, Zach	CLAR	17-00.25
14 Isaacson, Brock	ROHS	16-10.75
15 Walters, Maxx	CRES	16-08.50
16 Koch, Dan	STAL	16-08.00
17 Barajas, Rodrigo	STAL	14-09.50
--- Parker, Cody	ROHS	FOUL

Event 7 Girls High Jump Girls

Name	Team	Finals
Finals		
1 Hopkins, Brenda	HAR	4-10.00
2 Dean, Molly	GLEN	4-10.00
3 Kinghorn, Delaney	SHEN	4-10.00
4 Mostek, Natalie	CRES	4-08.00
5 McCue, Hannah	GLEN	4-06.00
5 Sandbothe, Stephanie	ATL	4-06.00
7 Walker, Kate	ROHS	4-06.00
--- Brown, McKenna	LCG	NH
--- Brockman, Alexis	ATL	NH
--- Schultes, Danielle	KUEM	NH

Event 8 Boys High Jump Boys

Name	Team	Finals
Finals		
1 Hayes, Alec	ATL	6-03.00
2 Rupiper, Chase	KCHS	6-00.00
3 Bix, Noah	CLAR	6-00.00
4 Walker, Joey	ATL	5-10.00
5 Smith, Spencer	GLEN	5-08.00
6 Billiew, Nhial	DENS	5-06.00
--- Hoyt, Tyler	SHEN	NH
--- Kerkhoff, Logan	STAL	NH
--- Schoening, Alex	LEW	NH
--- Luckado, Blake	CLAR	NH
--- Cave, Nate	HARL	NH
--- Foster, Chris	CRES	NH
--- Vial, Rob	ROHS	NH
--- Schon, Travis	ROHS	NH

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Results

Event 9 Girls 3000 Meter Run Girls

Name	Team	Finals
Finals		
1 Williams, Tiffany	ATL	11:52.10
2 Mostek, Maria	CRES	11:54.86
3 Hart, Megan	SHEN	12:12.04
4 Mayberry, Mercedee	HAR	12:36.06
5 Sorenson, Savannah	ATL	12:47.50
6 Arellano, Felicia	GLEN	12:48.39
7 Finnegan, Jillian	GLEN	13:02.48
8 Powers, Kristy	CRES	13:05.93
9 Blum, Emily	HAR	13:13.34
10 Brower, Ashley	ROHS	13:40.08
11 VanFosson, Shelby	CLAR	13:47.20
12 Hunter, Andi	SHEN	14:24.18
13 Grote, Haley	KUEM	14:55.64
14 Castillo, Tatiana	LCG	15:16.40
15 Byerley, Rachel	LCG	16:00.18

Event 10 Boys 4x800 Meter Relay Boys

Team	Relay	Finals
Finals		
1 Creston	A	8:15.18
Briley, Bryce	McDermott, Cooper	
Phipps, Brandon	Wolfe, Jay	
2 Harlan	A	8:19.24
Hough, Nick	Scramko, Phillip	
Feldman, Jacob	Preston, Levi	
3 St. Albert- CB	A	8:21.64
Doll, Gus	Ross, Max	
Culjat, Tucker	Beezley, Mason	
4 Glenwood	A	8:48.60
Cook, Jared	Hein, Isaac	
Springer, Jaron	Harrill, Damon	
5 Denison-Schlswg	A	9:04.19
Biliew, Nhal	Majerus, Aaron	
Salazar, David	Heese, Taylor	
6 Shenandoah	A	9:12.25
Hoyt, Tyler	Feller, Austin	
Finnell, Lucas	Blake, Joe	
7 Lewis Central	A	9:33.82
Sicleman, Drew	Figueroa, Brendan	
Fulsos, Taylor	Southard, Mac	
8 Red Oak	A	9:41.50
Sherman, Jared	Schon, Travis	
Selberg, Alec	French, Gavin	

Event 11 Girls 4x800 Meter Relay Girls

Team	Relay	Finals
Finals		
1 Creston	A	10:08.60
Briley, Taylor	Little, Lexie	
Mostek, Natalie	Sickels, Jami	
2 Harlan	A	10:26.46
Hoegh, Payten	Klindt, Marissa	
Hansen, Bailey	Kloewer, Asia	

3 Glenwood	A	10:47.89
Mixan, Gabriella	Starnes, Myranda	
Mumm, Kali	Matthews, Hayley	
4 Shenandoah	A	11:00.22
Munsinger, Erica	Ray, Angela	
Doyle, Brooke	Ritchey, Caroline	
5 Denison-Schlswg	A	11:19.07
Gehlsen, Haley	Krohnke, Mariah	
Wingrove, Cortney	Ahrenholtz, Allie	
6 St. Albert Girls	A	11:22.63
Martin, Jacey	Thomas, Josie	
Hilderbrand, Nicole	Jangula, Miranda	
7 Lewis Central Girls	A	11:25.86
Williams, Cameron	Smith, Hannah	
Knudsen, Ciara	Simmons, Nicole	
8 Atlantic	A	12:43.15
Schmitt, Macey	Iekel, Anna	
Welter, Mollee	Henderson, Paige	

Event 12 Boys 3200 Meter Run Boys

Name	Team	Finals
Finals		
1 Sunberg, Josh	ROHS	10:27.43
2 Hug, Freddy	STAL	10:43.70
3 Burris, Preston	HARL	10:45.03
4 Williams, Josiah	ATL	10:46.26
5 Rogers, Josef	DENS	10:47.36
6 Hoyt, Nate	SHEN	10:55.58
7 Gray, Cuentin	GLEN	11:12.77
8 Flores, Gustavo	DENS	11:18.60
9 Salerno, Victor	GLEN	11:19.45
10 Jones, Bradley	HARL	11:21.03
11 Shadden, Phoenix	ATL	11:22.14
12 Cain, Todd	SHEN	11:28.38
13 Grote, Ben	KCHS	11:31.98
14 LaRette, Logan	ROHS	11:49.79
15 Luckado, Tyler	CLAR	12:06.07
16 Theulen, John	STAL	12:07.83
17 Fangman, Jon	KCHS	12:19.55
18 Nielsen, Kristian	LEW	12:25.75
19 Frain, Brody	CRES	12:30.72
20 Peters, Tyler	CRES	13:26.40

Event 13 Boys 4x100 Meter Shuttle Hurdle Boys

LaneTeam	Relay	Finals
Finals		
1 Glenwood	A	59.11
Moore, Tyler	Von Essen, Carter	
Clark, Blaine	Kruse, Dane	
2 Harlan	A	1:02.30
Lansman, Will	Wingert, Jacob	
Kesterson, Lucas	Clayton, Connor	
3 Denison-Schlswg	A	1:02.85
Pauley, Jade	Beymer, Blake	
Beck, Destry	Promes, Nathan	

4 Clarinda	A	1:04.70
Clark, JJ	Luckado, Blake	
Carlson, Jacob	Bix, Noah	
5 Lewis Central	A	1:05.55
Quandt, Brendon	Hanafan, Conner	
Sicleman, Drew	Rodenburg, Lincoln	
6 St. Albert- CB	A	1:05.72
Hecker, Josh	Larchik, Tyler	
Beezley, Mason	Sindelar, Jeremy	
7 Atlantic	A	1:06.40
Bodine, Robbie	Holmes, Brendan	
Roller, Drake	Benn, Tristen	
8 Shenandoah	A	1:11.99
Hastings, Scott	Grebert, Alec	
Hiser, Chase	Fisher, Brian	

Event 14 Girls 4x100 Meter Shuttle Hurdle Girl

LaneTeam	Relay	Finals
Finals		
1 Glenwood	A	1:09.96
Ruth, Miranda	Konfrst, Ashley	
Becker, McKenzie	Scarborough, Olivia	
2 Creston	A	1:12.42
Hance, Madison	Schuler, Leah	
Castillo, Amber	Little, Lexie	
3 Harlan	A	1:12.91
Bruck, Allison	Havick, Hannah	
Redler, Whitney	Scheffler, Courtney	
4 Denison-Schlswg	A	1:12.95
Kastner, Cara	Lee, Payton	
Heilesen, Rachelle	Measeck, Jessica	
5 Shenandoah	A	1:13.69
Nielsen, Sydney	Sickler, Peyton	
Holmes, Brianna	Kinghorn, Delaney	
6 St. Albert Girls	A	1:16.84
Thomas, Josie	Dunning, Maddy	
Stephany, Krisann	Pearce, Kaitlyn	
7 Atlantic	A	1:18.62
Pelzer, Laeni	Christensen, Kerra	
Schildberg, Bailey	Sandbothe, Stephanie	
8 Lewis Central Girls	A	1:20.97
Driver, Megan	Albertsen, Lexi	
Drummey, Sarah	Alvarez, Gracie	
9 Clarinda	A	1:21.71
Rock, Paetyn	Glassgow, Delayne	
Notwehr, Maddie	McElroy, Klarissa	
— Kuemper Catholic	A	DQ
Berg, Elise	Schmitz, Emma	
Sibenaller, Ashley	Schultes, Danielle	

Event 15 Girls 100 Meter Dash Girls

LaneName	Team	Finals
Finals		
1 Moses, Jaedra	CLAR	13.60
2 Ellerbeck, Megan	DS	13.67
3 Magnussen, Courtney	GLEN	13.69
4 Caudill, Kecia	GLEN	13.83

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Results

Finals ... (Event 15 Girls 100 Meter Dash Girls)

5	Best, Cynthia	CLAR	14.08
6	Albertsen, Emily	LCG	14.12
7	Branning, Sarah	DS	14.40
8	Foote, Alysha	LCG	14.49
8	Havener, Maysen	ROHS	14.49
10	DeBolt, Emily	KUEM	14.65
11	Muhlbauer, Alison	KUEM	14.92
12	Suiter, Sydney	CRES	15.00
13	Johnk, Kristin	ATL	15.05
14	Meyer, Chloe	CBSA	15.10
15	Hood, Marie	CRES	15.12
16	Grebert, Ariel	SHEN	15.19
17	Olmos, April	HAR	15.58
18	Fulk, Katie	ATL	16.09
19	Bartholomew, Kaylee	SHEN	16.29
20	Archer, Lauren	CBSA	18.18

Event 16 Boys 100 Meter Dash Boys

Lane	Name	Team	Finals
Finals			
1	Rodgers, Jake	LEW	11.58
2	Johnson, Hooch	STAL	11.74
3	Beymer, Blake	DENS	11.85
4	Kroepel, Sam	SHEN	11.88
5	Decker, Mavrick	GLEN	11.90
6	Walters, Maxx	CRES	11.95
7	Everett, Dylann	CLAR	12.08
8	Fidone, Sal	LEW	12.09
9	Bertleson, Glen	STAL	12.12
10	Kloewer, Josh	HARL	12.31
11	Cerven, Jake	SHEN	12.54
12	Kanne, Cooper	KCHS	12.55
13	Birt, Brendon	ROHS	12.58
14	Esser, Garret	HARL	12.70
15	Tamerius, Alex	CRES	12.72
16	Greteman, Nick	KCHS	12.78
17	Ihnen, Casey	ATL	12.88
18	Guerra, Eli	ROHS	12.89
19	Clarken, Colby	ATL	12.97
20	Johanns, Cain	CLAR	13.00
21	Harlston, Josh	DENS	13.06
22	Smith, Spencer	GLEN	19.24

Event 17 Girls Distance Medley Girls

Lane	Team	Relay	Finals
Finals			
1	Kuemper Catholic	A	4:29.23
	Wendl, Madi	Tigges, Katie	
	Ludwig, Claire	Overmohle, Paige	
2	Harlan	A	4:32.07
	Hopkins, Brenda	Craig, Cassidy	
	Havick, Hannah	Kuhl, Bailey	
3	Creston	A	4:35.60
	Smith, Raegen	Beatty, Jessica	
	Downing, Chelcee	Briley, Taylor	

4	St. Albert Girls	A	4:40.58
	Wettengel, Alli	Dunning, Maddy	
	Ferguson, Kylie	Stephany, Krisann	
5	Glenwood	A	4:45.72
	Webster, Chelsea	Fornoff, Rebecca	
	Clark, Kaycee	Starner, Bailey	
6	Shenandoah	A	4:52.33
	Fischer, Stacie	Hart, Megan	
	Stoaks, Macayla	Munsinger, Erica	
7	Clarinda	A	4:53.67
	Jones, Lauren	Fast, Allison	
	Warren, Baillie	Mayer, Elizabeth	
8	Lewis Central Girls	A	4:59.56
	Copenhaver, Skylar	Kresl, Georgia	
	Larsen, Kassie	Statzer, Denae	
9	Denison-Schlschw	A	5:08.11
	Ertz, Allyssa	Gehlsen, Haley	
	Waldemar, Macy	Patel, Hetasvi	
10	Atlantic	A	5:08.98
	Roark, Deanna	Arnold, Kyja	
	Reilly, Meghan	Brockman, Alexis	
11	Red Oak	A	5:26.37
	Wingfield, Alexis	Wingfield, Madison	
	Buntrock, Michaela	Brower, Ashley	

Event 18 Girls 400 Meter Dash Girls

Lane	Name	Team	Finals
Finals			
1	Kloewer, Asia	HAR	59.53
2	Walker, Kate	ROHS	1:00.29
3	Christensen, Nycole	LCG	1:03.64
4	Hoegh, Payton	HAR	1:04.04
5	Graber, Nikki	ROHS	1:04.15
6	Dean, Molly	GLEN	1:07.03
7	Bair, Rachael	CLAR	1:07.12
8	Callahan, Madison	CRES	1:08.46
9	Konfrst, Ashley	GLEN	1:08.72
10	Monson, Karly	ATL	1:08.78
11	Segebart, Hannah	DS	1:08.90
12	Martin, Jacey	CBSA	1:10.58
13	DeBolt, Emily	KUEM	1:10.62
14	Williams, Tiffany	ATL	1:11.02
15	Doyle, Brooke	SHEN	1:11.71
16	Venner, Jessica	KUEM	1:12.78
17	Palmer, Katelyn	SHEN	1:15.86
18	Drey, Angela	CRES	1:16.30
19	Bailey, Courtney	LCG	1:16.48
20	Janguila, Miranda	CBSA	1:18.26

Event 19 Boys 400 Meter Dash Boys

Lane	Name	Team	Finals
Finals			
1	Wolfe, Jay	CRES	51.19
2	Wheeler, Brady	GLEN	52.54
3	Briley, Bryce	CRES	52.93
4	Bowden, Matt	GLEN	53.19
5	McMahan, Kenneth	LEW	53.70

6	Simmons, Austin	LEW	54.17
7	Mumm, Andrew	HARL	54.22
8	Lansman, Will	HARL	54.86
9	Hansen, Ryan	STAL	55.59
10	Caboen, Justin	CLAR	55.93
11	Espinosa, Josh	CLAR	56.17
12	Jones, Tucker	SHEN	56.45
13	Paz, Adrain	DENS	56.50
14	Luke, Lucas	STAL	57.23
15	Vial, Rob	ROHS	57.29
16	Wingrove, Tim	DENS	57.99
17	Bopp, Conner	SHEN	58.81
18	Schaefer, Jacob	KCHS	1:03.39
19	Lampe, Lucas	KCHS	1:04.51

Event 20 Girls 4x200 Meter Relay Girls

Lane	Team	Relay	Finals
Finals			
1	Lewis Central Girls	A	1:51.81
	Swenson, Keeley	Coffelt, Delaney	
	Miller, Nicole	Sulentie, Jamie	
2	Denison-Schlschw	A	1:51.97
	Schultz, Sophia	Lee, Payton	
	Branning, Sarah	Ellerbeck, Megan	
3	Glenwood	A	1:52.47
	Magnussen, Courtney	Salerno, Sarah	
	Ostrander, Reiny	Webster, Chelsea	
4	Clarinda	A	1:53.74
	Fast, Paige	Best, Cynthia	
	Moses, Jaedra	Bair, Jenny	
5	Creston	A	1:54.49
	Smith, Raegen	Beatty, Jessica	
	Sickels, Josie	Shepherd, Rachel	
6	Kuemper Catholic	A	1:56.17
	Wendl, Madi	Pottebaum, Susie	
	Peter, Kendra	Lohrmann, Abby	
7	Harlan	A	1:56.80
	Hopkins, Brenda	Kleffman, Jamie	
	Craig, Cassidy	Olmos, April	
8	Atlantic	A	2:00.36
	Pelzer, Laeni	Siggins, Aly	
	Freund, Lexi	Johnk, Kristin	
9	Shenandoah	A	2:03.33
	Grebert, Ariel	Thornton, Kerrigan	
	Stogdill, Kayla	Kelso, Darby	
10	St. Albert Girls	A	2:04.44
	Meyer, Chloe	Hilderbrand, Nicole	
	Wettengel, Grace	Fields, Sydney	
11	Red Oak	A	2:09.17
	Pate, Vanessa	Fada, Hailey	
	Haisak, Cheyenne	Straw, Sydney	

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Results

Event 21 Boys 4x200 Meter Relay Boys

Lane	Team	Relay	Finals
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Finals			
1	Glenwood	A	1:32.01
	Weddum, Brogan	Bertini, Corey	
	Kennedy, Cole	Decker, Mavrick	
2	Lewis Central	A	1:32.99
	Rew, Tony	Rodgers, Jake	
	Hanafan, Conner	Redeker, Logan	
3	St. Albert- CB	A	1:33.01
	Bendgen, Jake	Bertleson, Glen	
	Culjat, Tucker	Johnson, Hooch	
4	Shenandoah	A	1:34.21
	Roberts, Logan	Lindburg, Evan	
	Cerven, Jake	Kroepel, Sam	
5	Clarinda	A	1:35.08
	Everett, Dylann	Holmes, Kyle	
	Clark, JJ	Kettwick, Jett	
6	Harlan	A	1:36.39
	Klein, Marcus	Kloewer, Josh	
	Rasmussen, Caleb	Preston, Levi	
7	Red Oak	A	1:37.93
	VanMeter, Hayden	Graber, Dylan	
	Jansky, Conner	Isaacson, Brock	
8	Atlantic	A	1:38.25
	Benn, Tristen	Mills, Matt	
	Baker, Collin	Ihnen, Casey	
9	Denison-Schlswwg	A	1:39.71
	Preul, Parker	Reynolds, Tyler	
	Winey, Tristan	Pauley, Jade	
10	Creston	A	1:41.29
	Tamerius, Alex	Luther, Trevor	
	Foster, Chris	Maitten, Seth	
—	Kuemper Catholic	A	DQ
	Kraus, Von	Greteman, Nick	
	Weidl, Cody	Neary, Cole	

Event 22 Girls 100 Meter Hurdles Girls

Lane	Name	Team	Finals
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Finals			
1	Ruth, Miranda	GLEN	16.66
2	Bruck, Allison	HAR	16.87
3	Scarborough, Olivia	GLEN	17.34
4	Castillo, Amber	CRES	17.43
5	Kinghorn, Delaney	SHEN	17.46
6	Sandbothe, Stephanie	ATL	17.68
7	Scheffler, Courtney	HAR	17.72
8	Meseck, Jessica	DS	17.76
9	Sibenaller, Ashley	KUEM	18.09
10	Pearce, Kaitlyn	CBSA	18.60
11	Thomas, Josie	CBSA	18.75
12	Kastner, Cara	DS	18.76
13	Driver, Megan	LCG	18.81
14	Holmes, Brianna	SHEN	18.99
15	Schuler, Leah	CRES	19.21
16	Schmitz, Emma	KUEM	19.57

17	Christensen, Kerra	ATL	19.87
18	Glasgow, Delayne	CLAR	20.28
19	Albertsen, Lexi	LCG	20.29
—	McElroy, Klarissa	CLAR	DQ

Event 23 Boys 110 Meter Hurdles Boys

Lane	Name	Team	Finals
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Finals			
1	Kruse, Dane	GLEN	15.40
2	Clayton, Connor	HARL	15.82
3	Rodenburg, Lincoln	LEW	15.84
4	Bodine, Robbie	ATL	16.70
5	Promes, Nathan	DENS	16.77
6	Moore, Tyler	GLEN	16.86
7	Hecker, Josh	STAL	17.46
8	Larchik, Tyler	STAL	17.59
9	Hastings, Scott	SHEN	18.46
10	Bix, Noah	CLAR	18.50
11	Quandt, Brendon	LEW	18.58
12	Luckado, Blake	CLAR	19.81
13	Hale, Bryant	ROHS	19.82
14	Kesterson, Lucas	HARL	19.83
15	Fisher, Brian	SHEN	20.73

Event 24 Boys 1600 Meter Run Boys

Name	Team	Finals
Finals		
1 Phipps, Brandon	CRES	4:36.39
2 McDermott, Cooper	CRES	4:41.07
3 Brace, Chris	HARL	4:48.28
4 Scianko, Phillip	HARL	4:50.81
5 Ross, Max	STAL	4:50.92
6 Sunberg, Josh	ROHS	4:53.85
7 Blake, Joe	SHEN	4:57.20
8 Hug, Freddy	STAL	5:03.85
9 Rogers, Josef	DENS	5:06.67
10 Salerno, Victor	GLEN	5:08.25
11 Flores, Gustavo	DENS	5:10.89
12 Finnell, Lucas	SHEN	5:10.99
13 Gray, Cuentin	GLEN	5:14.43
14 LaRette, Logan	ROHS	5:26.10
15 Archibald, Easton	LEW	5:30.01
16 Fangman, Jon	KCHS	5:34.24
17 Richardson, Trevor	CLAR	5:35.89
18 Smith, Brennan	ATL	5:56.56

Event 25 Girls 800 Meter Run Girls

Name	Team	Finals
Finals		
1 Mostek, Natalie	CRES	2:25.65
2 Overmohle, Paige	KUEM	2:28.71
3 Kuhl, Bailey	HAR	2:29.40
4 Smith, Emma	LCG	2:36.33
5 Mixan, Gabriella	GLEN	2:37.17
6 Sickels, Jami	CRES	2:38.55
7 Ray, Angela	SHEN	2:40.02
8 Starnier, Myranda	GLEN	2:42.02

9	Mayberry, Mercedee	HAR	2:48.85
10	Wingrove, Courtney	DS	2:52.74
11	Lara, Monica	DS	2:53.20
12	Bergren, Blake	ROHS	2:54.93
13	Bright, Madi	LCG	2:59.19
14	Wingfield, Alexis	ROHS	3:14.49
15	Staley, Abby	ATL	3:20.25

Event 26 Girls 200 Meter Dash Girls

Lane	Name	Team	Finals
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Finals			
1	Ellerbeck, Megan	DS	27.99
2	Bair, Jenny	CLAR	28.28
3	Caudill, Kecia	GLEN	28.79
4	Schultz, Sophia	DS	29.05
5	Salerno, Sarah	GLEN	29.25
6	Coffelt, Delaney	LCG	29.32
7	Jones, Lauren	CLAR	29.70
8	Graber, Nikki	ROHS	29.93
9	Fischer, Stacie	SHEN	30.58
9	Sandbothe, Stephanie	ATL	30.58
11	Kietffman, Jamie	HAR	30.91
12	Ellis, Meredith	LCG	30.92
13	Berg, Elise	KUEM	31.07
14	Muhlbauer, Alison	KUEM	31.33
15	Larkin, Alcisha	CRES	32.76
16	Weihs, Megan	CBSA	33.88
17	Drey, Jessica	CRES	34.27
18	Fulk, Katie	ATL	34.76
19	Haidak, Cheyenne	ROHS	35.66
20	Rindone, Emily	CBSA	36.38
21	Palmer, Courtney	SHEN	45.36

Event 27 Boys 200 Meter Dash Boys

Lane	Name	Team	Finals
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Finals			
1	Rodgers, Jake	LEW	22.98
2	Decker, Mavrick	GLEN	23.70
3	Beymer, Blake	DENS	23.79
4	Walters, Maxx	CRES	24.24
5	Fidone, Sal	LEW	24.36
6	Everett, Dylann	CLAR	24.57
7	Beier, Nick	GLEN	24.88
8	Holmes, Kyle	CLAR	24.89
9	Kloewer, Josh	HARL	25.00
10	Esser, Garret	HARL	25.31
11	Hardisty, Jacob	SHEN	25.57
12	Whye, Alex	STAL	25.79
13	Foster, Chris	CRES	25.81
14	Ihnen, Casey	ATL	25.89
15	Sacnathavy, Darian	DENS	26.04
16	Armbruster, Kevin	STAL	26.59
17	Valquier, James	SHEN	27.14
18	Edwards, Nick	ATL	27.40
19	Vega, Oscar	ROHS	27.83
20	Hinners, Blake	KCHS	28.10
21	Leininger, Ryan	ROHS	29.22

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Event 28 Girls 400 Meter Hurdles Girls

Lane	Name	Team	Finals
Finals			
1	Nielsen, Sydney	SHEN	1:07.43
2	Ruth, Miranda	GLEN	1:09.98
3	Dean, Molly	GLEN	1:10.79
4	Havick, Hannah	HAR	1:11.16
5	VanVactor, Allison	CLAR	1:13.41
6	Hance, Madison	CRES	1:14.16
7	Statzer, Denae	LCG	1:14.21
8	Thomas, Josie	CBSA	1:16.31
9	Stoaks, Macayla	SHEN	1:17.87
10	Seuntjens, Alyssa	DS	1:20.72
11	Haley, Nicole	CRES	1:22.26
12	Schmitz, Emma	KUEM	1:23.17
13	Drumme, Sarah	LCG	1:25.21
14	Sorenson, Savannah	ATL	1:25.87

Event 29 Boys 400 Meter Hurdles Boys

Lane	Name	Team	Finals
Finals			
1	Culjat, Tucker	STAL	55.31
2	Eflin, Nolan	GLEN	57.97
3	Petersen, Caleb	GLEN	59.14
4	Lansman, Will	HARL	59.22
5	Beeck, Destry	DENS	59.61
6	Hecker, Josh	STAL	1:00.11
7	Shatava, Lucas	CLAR	1:01.85
8	Wingert, Jacob	HARL	1:02.01
9	Carlson, Jacob	CLAR	1:02.16
10	Weidl, Cody	KCHS	1:03.65
11	Roller, Drake	ATL	1:03.88
12	Teply, Bailey	LEW	1:04.31
13	Walsh, Nick	CRES	1:04.64
14	Hastings, Scott	SHEN	1:05.52
15	Hale, Bryant	ROHS	1:05.60
16	Fisher, Brian	SHEN	1:08.28
17	Figueroa, Brendan	LEW	1:11.03
18	Purdy, Travis	CRES	1:20.80

Event 30 Boys Distance Medley Boys

Lane	Team	Relay	Finals
Finals			
1	Harlan	A	3:42.00
	Kloewer, Josh	Clayton, Connor	
	Klein, Marcus	Brace, Chris	
2	St. Albert- CB	A	3:42.26
	Bendgen, Jake	Bertleson, Glen	
	Johnson, Hooch	Doll, Gus	
3	Glenwood	A	3:45.78
	Bertini, Corey	Kennedy, Cole	
	Weddum, Brogan	Wheeler, Brady	
4	Shenandoah	A	3:46.98
	Kroepel, Sam	Lindburg, Evan	
	Roberts, Logan	Hoyt, Tyler	

5	Atlantic	A	3:54.49
	Benn, Tristen	Baker, Collin	
	Mills, Matt	Williams, Josiah	
6	Creston	A	3:54.73
	Tamerius, Alex	Maitlen, Seth	
	McDermott, Cooper	Briley, Bryce	
7	Clarinda	A	3:57.23
	Clark, JJ	Holmes, Kyle	
	Kettwick, Jett	Cabeen, Justin	
8	Red Oak	A	3:58.46
	VanMeter, Hayden	Isaacson, Brock	
	French, Gavin	Sherman, Jared	
9	Lewis Central	A	3:58.99
	Redeker, Logan	McMahan, Kenneth	
	Rew, Brian	Sieleman, Drew	
10	Denison-Schlswg	A	4:08.49
	Preul, Parker	Reynolds, Tyler	
	Wingrove, Tim	Heese, Taylor	
11	Kuemper Catholic	A	4:31.44
	Hinners, Blake	Scharfenkamp, Ryan	
	Schaefer, Jacob	Grote, Ben	

Event 31 Girls 800 Sprint Medley Girls

Lane	Team	Relay	Finals
Finals			
1	Harlan	A	1:55.90
	Craig, Kassidy	Bruck, Allison	
	Scheffler, Courtney	Kloewer, Asia	
2	Kuemper Catholic	A	1:57.68
	Wendt, Madi	Derner, Abby	
	Ludwig, Claire	Overmohle, Paige	
3	St. Albert Girls	A	1:58.16
	Rew, Jen	Wettengel, Alli	
	Dunning, Maddy	Ferguson, Kylie	
4	Denison-Schlswg	A	1:58.28
	Lee, Payton	Branning, Sarah	
	Schultz, Sophia	Ellerbeck, Megan	
5	Lewis Central Girls	A	1:58.29
	Smith, Ashlyn	Swenson, Keeley	
	Sulentie, Jamie	Miller, Nicole	
6	Creston	A	1:58.69
	Downing, Chelccc	Castillo, Amber	
	Sickels, Josie	Briley, Taylor	
7	Glenwood	A	1:59.34
	Magnussen, Courtney	Ostrander, Reiny	
	Webster, Chelsea	Clark, Kaycee	
8	Clarinda	A	1:59.68
	Best, Cynthia	Moses, Jacdra	
	Bair, Jenny	Bair, Rachael	
9	Red Oak	A	2:05.23
	Havener, Maysen	Buntrock, Michaela	
	Pate, Vanessa	Graber, Nikki	
10	Shenandoah	A	2:07.42
	Fischer, Stacie	Sickler, Peyton	
	Holmes, Brianna	Ritchey, Caroline	

11	Atlantic	A	2:10.26
	Johnk, Kristin	Pelzer, Laeni	
	Siggins, Aly	Monson, Karly	

Event 32 Girls 1500 Meter Run Girls

Name	Team	Finals
Finals		
1	Walker, Kate	ROHS 5:11.62
2	Mostek, Maria	CRES 5:19.73
3	Williams, Tiffany	ATL 5:26.74
4	Martin, Jacey	CBSA 5:27.29
5	Klindt, Marissa	HAR 5:27.44
6	Stamer, Bailey	GLEN 5:28.01
7	Hart, Megan	SHEN 5:35.08
8	Smith, Emma	LCG 5:46.77
9	Mayer, Elizabeth	CLAR 5:47.50
10	Brockman, Alexis	ATL 5:48.10
11	Williams, Cameron	LCG 5:51.50
12	Schmidt, Chantel	HAR 5:52.28
13	Finnegan, Jillian	GLEN 5:53.87
14	Ahrenholtz, Allie	DS 5:54.14
15	Shepherd, Rachel	CRES 5:55.22
16	VanFosson, Shelby	CLAR 6:16.40
17	Grote, Haley	KUEM 6:19.31
18	Jangula, Miranda	CBSA 6:20.34
19	Patel, Hetasvi	DS 6:28.79
20	Reddi, Preethi	SHEN 7:05.47

Event 33 Boys 800 Meter Run Boys

Name	Team	Finals
Finals		
1	Wolfe, Jay	CRES 1:57.57
2	Feldman, Jacob	HARL 2:03.54
3	Hough, Nick	HARL 2:04.95
4	Cook, Jared	GLEN 2:07.28
5	Hansen, Ryan	STAL 2:08.16
6	Springer, Jaron	GLEN 2:08.64
7	Luke, Lucas	STAL 2:09.83
8	Miller, Jordan	SHEN 2:12.69
9	McCall, Jason	CLAR 2:13.68
10	Billiew, Nhial	DENS 2:19.27
11	Nebel, Bridger	SHEN 2:19.85
12	Salazar, David	DENS 2:21.93
13	Southard, Mac	LEW 2:24.62
14	Frain, Brody	CRES 2:27.53
15	Robinson, Colton	ROHS 2:28.41
16	Gross, Cory	KCHS 2:31.65
17	Shadden, Phoenix	ATL 2:33.86

Event 34 Girls 4x100 Meter Relay Girls

Lane	Team	Relay	Finals
Finals			
1	Clarinda	A	51.70
	Fast, Paige	McElroy, Klarissa	
	Bair, Jenny	Moses, Jacdra	

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Finals ... (Event 34 Girls 4x100 Meter Relay Girls)

2	Glenwood	A	51.76
	Magnussen, Courtney	Candill, Kecia	
	Salerno, Sarah	Webster, Chelsea	
3	Kuemper Catholic	A	53.99
	Wendl, Madi	Demer, Abby	
	Ludwig, Claire	Tigges, Katie	
4	Lewis Central Girls	A	54.01
	Alvarez, Gracie	Smith, Ashlyn	
	Albertsen, Emily	Copenhaver, Skylar	
5	Creston	A	54.96
	Castillo, Amber	Suiter, Sydney	
	Sickels, Josie	Hood, Marie	
6	Denison-Schlschw	A	56.00
	Branning, Sarah	Ertz, Allyssa	
	Meseck, Jessica	Heilesen, Rachelle	
7	Shenandoah	A	56.16
	Fischer, Stacie	Kelso, Darby	
	Holmes, Brianna	Sickler, Peyton	
8	St. Albert Girls	A	57.15
	Rew, Jen	Meyer, Chloe	
	Wettengel, Grace	Pearce, Kaitlyn	
9	Atlantic	A	1:00.17
	Johnk, Kristin	Pelzer, Laeni	
	Roark, Deanna	Christensen, Kerra	
10	Red Oak	A	1:01.62
	Havener, Maysen	Straw, Sydney	
	Haisak, Cheyenne	Fada, Hailey	
—	Harlan	A	DQ
	Scheffler, Courtney	Havick, Hannah	
	Craig, Cassidy	Kleffman, Jamie	

Event 35 Boys 4x100 Meter Relay Boys

Lane	Team	Relay	Finals
Finals			
1	Lewis Central	A	44.68
	Rew, Tony	Rodgers, Jake	
	Hanahan, Conner	Rodenburg, Lincoln	
2	Glenwood	A	45.05
	Kruse, Dane	Van Scoy, John	
	Smith, Spencer	Decker, Mavrick	
3	Shenandoah	A	45.12
	Cerven, Jake	Lindburg, Evan	
	Roberts, Logan	Kroepel, Sam	
4	Denison-Schlschw	A	46.39
	Promes, Nathan	Pauley, Jade	
	Beeck, Destry	Beymer, Blake	
5	Harlan	A	47.38
	Schnack, Curtis	Rasmussen, Caleb	
	Lansman, Will	Preston, Levi	
6	Kuemper Catholic	A	47.39
	Rupiper, Chase	Gretzman, Nick	
	Near, Cole	Kanne, Cooper	
7	Red Oak	A	47.86
	VanMeter, Hayden	Graber, Dylan	
	Guerra, Eli	Birt, Brendon	

8	St. Albert- CB	A	47.92
	Armbruster, Kevin	Hecker, Josh	
	Larchik, Tyler	Whye, Alex	
9	Creston	A	48.18
	Tamarius, Alex	Luther, Trevor	
	Foster, Chris	Maitlen, Seth	
10	Atlantic	A	48.40
	Clarke, Colby	Benn, Tristen	
	Walker, Joey	Innen, Casey	
—	Clarinda	A	DNF
	Everett, Dylann	Holmes, Kyle	
	Clark, JJ	Kettwick, Jett	

Event 36 Girls 4x400 Meter Relay Girls

Lane	Team	Relay	Finals
Finals			
1	Harlan	A	4:14.71
	Bruck, Allison	Kuhl, Bailey	
	Hoegh, Payten	Kloewer, Asia	
2	Glenwood	A	4:19.42
	Ruth, Miranda	Clark, Kaycee	
	Caudill, Kecia	Dean, Molly	
3	Creston	A	4:20.79
	Smith, Raegen	Mostek, Natalie	
	Downing, Chelcee	Little, Lexie	
4	St. Albert Girls	A	4:23.72
	Dunning, Maddy	Stephany, Krisann	
	Wettengel, Alli	Ferguson, Kytie	
5	Red Oak	A	4:28.61
	Pate, Vanessa	Graber, Nikki	
	Buntrock, Michaela	Walker, Kate	
6	Kuemper Catholic	A	4:29.20
	Peter, Kendra	Lohrmann, Abby	
	Ludwig, Claire	Overmohle, Paige	
7	Shenandoah	A	4:31.66
	Munsinger, Erica	Stoaks, Macayla	
	Nielsen, Sydney	Ray, Angela	
8	Lewis Central Girls	A	4:43.45
	Christensen, Nycole	Coffelt, Delaney	
	Larsen, Kassie	Miller, Nicole	
9	Denison-Schlschw	A	4:43.72
	Gehlsen, Haley	Segebart, Hannah	
	Waldemar, Macy	Ertz, Allyssa	
10	Clarinda	A	4:46.77
	Fast, Allison	Campbell, Skie	
	Rock, Paetyn	Warren, Bailee	
11	Atlantic	A	4:46.79
	Siggins, Aly	Monson, Karly	
	Arnold, Kyja	Freund, Lexi	

Event 37 Boys 4x400 Meter Relay Boys

Lane	Team	Relay	Finals
Finals			
1	Harlan	A	3:30.67
	Klein, Marcus	Rasmussen, Caleb	
	Preston, Levi	Clayton, Connor	

2	Glenwood	A	3:31.28
	Weddum, Brogan	Kennedy, Cole	
	Whocler, Brady	Cook, Jared	
3	St. Albert- CB	A	3:32.33
	Bendgen, Jake	Bertleson, Glen	
	Culjat, Tucker	Beezley, Mason	
4	Creston	A	3:33.49
	Briley, Bryce	Walters, Maxx	
	Phipps, Brandon	Wolfe, Jay	
5	Lewis Central	A	3:42.91
	Fidone, Sal	Fulsos, Taylor	
	McMahan, Kenneth	Simmons, Austin	
6	Red Oak	A	3:46.31
	Schon, Travis	Jansky, Conner	
	Isaacson, Brock	French, Gavin	
7	Clarinda	A	3:46.54
	Carlson, Jacob	Cabeen, Justin	
	Carlson, Zach	Espinosa, Josh	
8	Atlantic	A	3:52.25
	Bodine, Robbie	Holmes, Brendan	
	Mills, Matt	Baker, Collin	
9	Shenandoah	A	3:52.26
	Miller, Jordan	Hoyt, Tyler	
	Hardisty, Jacob	Feller, Austin	
10	Denison-Schlschw	A	3:58.12
	Thul, Taylor	Thul, Austin	
	Weltz, Jacob	Paz, Adrain	
11	Kuemper Catholic	A	4:15.32
	Weitl, Cody	Kraus, Von	
	Lampe, Lucas	Scharfenkamp, Ryan	