

## 2019 Co-Ed Southern H-10 - 3/26/2019

3/26/2019

## Results - Coed Relays

**Girls 100 Meter Dash**

Name	School	Finals	
<b>Finals</b>			
1 Allgood, Sadey	Glenwood	13.75	8
2 Worthington, Alison	Creston	14.68	6
3 Boltinghouse, Laney	Clarinda	14.76	4
4 Sunderman, Maddie	Clarinda	14.85	2
5 Hays, Victoria	Glenwood	15.19	1
6 Nielsen, Nikki	Glenwood	x15.30	
7 Dietz, Alyx	Glenwood	x15.52	
8 Liles, Ally	Glenwood	x15.74	
9 Southwell, Mya	Red Oak	15.83	
10 Raymond, Karlee	Glenwood	x15.93	
11 Barnhart, Ryllee	Clarinda	x16.86	
12 Kinser, Allison	Shenandoah	16.93	
13 Rice, Alissa	Red Oak	17.05	
14 Jensen, Payton	Shenandoah	17.12	
15 Johnson, Natalie	Shenandoah	x17.58	
16 Lint, Ashleigh	Shenandoah	x18.59	
17 Randolph, Sadie	Glenwood	x18.88	
18 Reed, Brianna	Clarinda	x19.64	
19 Randolph, Jacey	Clarinda	x20.11	
20 Gutknecht, Lexi	Creston	20.65	

**Girls 200 Meter Dash**

Name	School	Finals	
<b>Finals</b>			
1 Allgood, Sadey	Glenwood	28.07	8
2 Schultz, Abi	Glenwood	29.27	6
3 Fields, Kelsey	Creston	30.18	4
4 Worthington, Alison	Creston	30.39	2
5 Nielsen, Nikki	Glenwood	x31.58	
6 Gilbert, Sarah	Shenandoah	31.77	1
7 Hays, Victoria	Glenwood	x31.80	
8 Raymond, Karlee	Glenwood	x32.04	
9 Abildtrup, Ryli	Creston	x32.14	
10 Camden, Madison	Glenwood	x32.74	
11 Boltinghouse, Laney	Clarinda	32.82	
12 McQueen, Jordyn	Clarinda	32.99	
13 Zito, Alexis	Shenandoah	33.51	
14 Smith, Izzy	Clarinda	x33.79	
15 Southwell, Mya	Red Oak	34.02	
16 Evans, Halle	Creston	x34.14	
17 Wilmes, Colbie	Clarinda	x34.54	
18 Kinser, Allison	Shenandoah	x34.86	
19 Graham, Jillian	Clarinda	x35.76	
20 Rice, Alissa	Red Oak	36.28	
21 Lint, Ashleigh	Shenandoah	x39.97	

**Girls 400 Meter Dash**

Name	School	Finals	
<b>Finals</b>			
1 Matheny, Coryl	Glenwood	1:03.83	8
2 Baker, Brielle	Creston	1:04.95	6
3 Hudson, MaKenna	Creston	1:05.40	4

4 Wedemeyer, Taylor	Clarinda	1:05.71	2
5 Eberly, Ashlyn	Clarinda	1:09.15	1
6 Worthington, Alison	Creston	x1:09.84	
7 Strait, Chloe	Clarinda	x1:13.89	
8 Hays, Victoria	Glenwood	1:15.35	
9 Graham, Aedynn	Red Oak	1:17.27	
10 Smith, Izzy	Clarinda	x1:17.64	
11 Peterson, Emily	Red Oak	1:24.83	
12 Dietz, Alyx	Glenwood	x1:26.45	
--- Liles, Ally	Glenwood	DNF	

**Girls 800 Meter Run**

Name	School	Finals	
<b>Finals</b>			
1 Schraft, Janette	Glenwood	2:14.95	8
2 Schultz, Erin	Glenwood	2:39.95	6
3 Rengstorf, Ellie	Red Oak	2:40.02	4
4 Godfread, Brenna	Shenandoah	2:43.66	2
5 Manrose, Carlie	Shenandoah	2:45.28	1
6 Sickels, Molly	Creston	2:54.90	
7 Lihs, Molly	Clarinda	2:57.80	
8 Hall, Delaney	Red Oak	3:04.17	
9 Morgenstern, Bryn	Clarinda	3:07.68	
10 Zavala, Sippy	Clarinda	x3:13.84	
11 Graham, Aedynn	Red Oak	x3:16.83	

**Girls 1500 Meter Run**

Name	School	Finals	
<b>Finals</b>			
1 Hughes, Emma	Glenwood	5:20.63	8
2 Baker, Brielle	Creston	5:27.50	6
3 Baker, Braelyn	Creston	5:28.38	4
4 Campbell, Claire	Shenandoah	5:44.77	2
5 Davis, Paige	Creston	x5:48.36	
6 Eberly, Ashlyn	Clarinda	5:58.90	1
7 McCunn, Alexa	Red Oak	5:59.84	
8 Christensen, Ali	Creston	x6:07.27	
9 Sickels, Molly	Creston	x6:10.68	

**Girls 3000 Meter Run**

Name	School	Finals	
<b>Finals</b>			
1 Schultz, Erin	Glenwood	11:55.28	8
2 McCunn, Alexa	Red Oak	12:38.81	6
3 Christensen, Ali	Creston	12:39.07	4
4 Mullenix, Rachel	Glenwood	13:26.21	2
5 Peterson, Emily	Red Oak	16:11.25	1

**Girls 100 Meter Hurdles**

Name	School	Finals	
<b>Finals</b>			
1 Scarborough, Elle	Glenwood	16.20	8
2 Arnold, Audrey	Glenwood	16.38	6
3 Jones, Kennedy	Glenwood	x18.76	
4 Camden, Madison	Glenwood	x19.32	
5 Linch, Brittany	Creston	19.49	4

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Results - Coed Relays

Finals ... (Girls 100 Meter Hurdles)

Name	School	Finals	
6 Chuong, Angelina	Creston	19.61	2
7 Hunter, Riley	Shenandoah	20.13	1
8 Shane, Addy	Clarinda	20.28	
9 Abildtrup, Ryli	Creston	x20.53	
10 Evans, Halle	Creston	x21.60	
11 Wilmes, Colbie	Clarinda	23.12	
12 Kinghorn, Hadlee	Shenandoah	23.63	
13 McIntosh, Makayla	Creston	x27.16	
14 Seaton, Taylor	Creston	x28.46	

Girls 400 Meter Hurdles

Name	School	Finals	
1 Becker, Lauren	Glenwood	1:14.20	8
2 Chuong, Angelina	Creston	1:19.63	6
3 Ausdemore, Marissa	Glenwood	1:23.52	4
4 Linch, Brittany	Creston	1:24.28	2
5 Morales-Llan, Lydia	Shenandoah	1:24.69	1

Girls 4x100 Meter Relay

Team	Relay	Finals	
1 Glenwood	A	53.25	8
1) Schultz, Abi	2) Allgood, Sadey		
3) Roenfeldt, Lauren	4) Matheny, Coryl		
2 Glenwood	B	x57.15	
1) Arnold, Brynlee	2) Gray, Cera		
3) Sechtem, Aza	4) Parr, Sami		
3 Clarinda	A	57.17	6
1) Sunderman, Maddie	2) Wedemeyer, Taylor		
3) Strait, Chloe	4) Boltinghouse, Laney		
4 Red Oak	A	57.88	4
1) Bass, Camryn	2) Devries, Chloe		
3) Brummett, Ariana	4) Bentley, Ashlynn		
5 Shenandoah	A	59.92	2
1) Stogdill, Olivia	2) Spiegel, Reese		
3) Hunter, Riley	4) Richardson, Baylee		
6 Shenandoah	B	x1:05.36	
1) Johnson, Natalie	2) Zito, Alexis		
3) Silvestre, Maddie	4) Jensen, Payton		
7 Creston	A	1:05.62	1
1) Evans, Halle	2) Seaton, Taylor		
3) McIntosh, Makayla	4) Hood, Abbi		

Girls 4x200 Meter Relay

Team	Relay	Finals	
1 Glenwood	A	1:56.14	8
1) Parr, Sami			
3) Ausdemore, Marissa	4) Hughes, Abby		
2 Creston	A	1:57.97	6
1) Reynard, Ashley	2) Dryden, Hannah		
3) Fields, Brianna	4) Hanson, Emma		

3 Red Oak	A	2:02.45	4
1) McCunn, Alexa	2) Rengstorf, Ellie		
3) Devries, Chloe	4) Walker, Sophie		
4 Clarinda	A	2:08.19	2
1) McQueen, Jordyn	2) Sunderman, Maddie		
3) Lihs, Morgan	4) Smith, Izzy		
5 Shenandoah	B	2:09.01	1
1) Zito, Alexis	2) Spiegel, Reese		
3) Morris, Cassidy	4) Richardson, Baylee		
6 Shenandoah	A	x2:13.23	
1) Adkins, Claire	2) Stogdill, Olivia		
3) Gilbert, Sarah	4) Morales-Llan, Lydia		

Girls 4x400 Meter Relay

Team	Relay	Finals	
1 Glenwood	A	4:19.70	8
1) Hughes, Abby	2) Scarborough, Elle		
3) Matheny, Coryl	4) Schraft, Janette		
2 Creston	A	4:29.21	6
1) Rice, Peyton	2) Dryden, Hannah		
3) Hudson, MaKenna	4) Baker, Brielle		
3 Creston	B	x4:42.85	
1) Hanson, Emma	2) Linch, Brittany		
3) Fields, Brianna	4) Baker, Braelyn		
4 Red Oak	A	4:43.72	4
1) Bentley, Ashlynn	2) Rengstorf, Ellie		
3) Brummett, Ariana	4) Walker, Sophie		
5 Clarinda	A	4:47.91	2
1) Espinosa, Faith	2) Lihs, Molly		
3) Lihs, Morgan	4) Wedemeyer, Taylor		

Girls 4x800 Meter Relay

Team	Relay	Finals	
1 Creston	A	10:21.75	8
1) Rice, Peyton	2) Baker, Braelyn		
3) Hudson, MaKenna	4) Baker, Brielle		
2 Glenwood	A	10:41.59	6
1) Roenfeldt, Lauren	2) Becker, Lauren		
3) McIntyre, Abby	4) Schultz, Abi		
3 Creston	B	x10:55.35	
1) Davis, Paige	2) Sickels, Molly		
3) Dryden, Hannah	4) Hanson, Emma		
4 Shenandoah	A	10:56.53	4
1) Manrose, Carlie	2) Campbell, Claire		
3) Gilbert, Sarah	4) Godfread, Brenna		
5 Clarinda	A	11:54.19	2
1) Strait, Chloe	2) Morgenstern, Bryn		
3) Eberly, Ashlynn	4) Wedemeyer, Taylor		
6 Red Oak	A	12:27.77	1
1) Graham, Aedynn	2) Bass, Camryn		
3) Hall, Delaney	4) Devries, Chloe		

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## Results - Coed Relays

**Girls 800 Sprint Medley**

Team	Relay	Finals
<b>Finals</b>		
1 Red Oak	A	2:00.66 8
1) Bass, Camryn	2) Brummett, Ariana	
3) Bentley, Ashlynn	4) Walker, Sophie	
2 Creston	A	2:02.71 6
1) Chuong, Angelina	2) Reynard, Ashley	
3) Linch, Brittany	4) Hudson, MaKenna	
3 Glenwood	B	2:13.81 4
1) Gray, Cera	2) Dietz, Alyx	
3) Jones, Kennedy	4) Sechtem, Aza	
4 Shenandoah	A	2:14.29 2
1) Stogdill, Olivia	2) Spiegel, Reese	
3) Richardson, Baylee	4) Morris, Cassidy	
5 Clarinda	A	2:15.35 1
1) McQueen, Jordyn	2) Wilmes, Colbie	
3) Lihs, Morgan	4) Zavala, Sippy	

**Girls Distance Medley**

Team	Relay	Finals
<b>Finals</b>		
1 Glenwood	A	4:35.63 8
1) Becker, Lauren	2) Roenfeldt, Lauren	
3) Gray, Cera	4) McIntyre, Abby	
2 Red Oak	A	4:43.59 6
1) Brummett, Ariana	2) Bentley, Ashlynn	
3) Walker, Sophie	4) Rengstorf, Ellie	
3 Creston	A	4:51.97 4
1) Reynard, Ashley	2) Fields, Kelsey	
3) Chuong, Angelina	4) Rice, Peyton	
4 Clarinda	A	5:25.47 2
1) Sunderman, Maddie	2) Espinosa, Faith	
3) Lihs, Molly	4) Zavala, Sippy	
5 Shenandoah	A	5:29.81 1
1) Adkins, Claire	2) Stogdill, Olivia	
3) Morales-Llan, Lydia	4) Silvestre, Maddie	

**Girls 4x100 Meter Shuttle Hurdle**

Team	Relay	Finals
<b>Finals</b>		
1 Glenwood	A	1:07.58 8
1) Arnold, Audrey	2) Ausdemore, Marissa	
3) Parr, Sami	4) Scarborough, Elle	
2 Glenwood	B	x1:21.36
1) Arnold, Brynlee	2) Jones, Kennedy	
3) Sechtem, Aza	4) Camden, Madison	
3 Clarinda	A	1:24.00 6
1) Strait, Chloe	2) Espinosa, Faith	
3) Wilmes, Colbie	4) Shane, Addy	
4 Shenandoah	A	1:25.38 4
1) Adkins, Claire	2) Morales-Llan, Lydia	
3) Hunter, Riley	4) Kinghorn, Hadlee	

**Girls High Jump**

Name	School	Finals
<b>Finals</b>		
1 Matheny, Coryl	Glenwood	4-10.00 8
2 Becker, Lauren	Glenwood	4-08.00 6
3 Camden, Madison	Glenwood	x4-06.00
4 Arnold, Brynlee	Glenwood	x4-06.00
4 Abildtrup, Ryli	Creston	4-06.00 4
6 Lihs, Morgan	Clarinda	4-04.00 2
--- Kinghorn, Hadlee	Shenandoah	NH
--- Morgenstern, Bryn	Clarinda	NH

**Girls Long Jump**

Name	School	Finals
<b>Finals</b>		
1 Parr, Sami	Glenwood	14-03.50 8
2 Arnold, Audrey	Glenwood	14-03.50 6
3 Boltinghouse, Laney	Clarinda	12-11.75 4
4 Reynard, Ashley	Creston	12-08.25 2
5 Evans, Halle	Creston	12-06.50 1
6 Sechtem, Aza	Glenwood	x12-06.25
7 Espinosa, Faith	Clarinda	12-01.50
8 Zito, Alexis	Shenandoah	11-06.50
9 Silvestre, Maddie	Shenandoah	11-06.00
10 Seaton, Taylor	Creston	x8-09.75

**Girls Shot Put**

Name	School	Finals
<b>Finals</b>		
1 Biermann, Sydney	Glenwood	41-01.50 8
2 Hughes, Logan	Shenandoah	39-01.75 6
3 Fields, Kelsey	Creston	38-04.25 4
4 Morales-Llan, Sara	Shenandoah	35-03.25 2
5 Jones, Kennedy	Glenwood	33-04.00 1
6 Franzen, Haille	Glenwood	x32-08.50
7 Hood, Abbi	Creston	32-07.50
8 Parker, Mia	Shenandoah	x30-04.00
9 Fields, Brianna	Creston	x30-01.00
9 Cronovich, Olivia	Glenwood	x30-01.00
11 Hayes, Darrian	Glenwood	x29-07.00
12 Blank, Macee	Shenandoah	x28-05.50
13 Graham, Jillian	Clarinda	26-11.75
14 Godfread, Ava	Shenandoah	x25-00.00
15 Stromgren, Shaelee	Glenwood	x24-09.00
16 Shane, Addy	Clarinda	23-06.00
17 Konfrst, Quinn	Glenwood	x23-02.00
18 Leahy, Ranni	Glenwood	x22-07.50
19 Barnhart, Ryllee	Clarinda	x20-07.25

**Girls Discus Throw**

Name	School	Finals
<b>Finals</b>		
1 Hughes, Logan	Shenandoah	124-05 8
2 Fields, Kelsey	Creston	123-11 6
3 Scarborough, Elle	Glenwood	121-05 4

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**Finals ... (Girls Discus Throw)**

Name	School	Finals
4 Biermann, Sydney	Glenwood	119-00 2
5 Morales-Llan, Sara	Shenandoah	95-10 1
6 Stromgren, Shaelee	Glenwood	x89-11
7 Arnold, Brynlee	Glenwood	x89-05
8 Blank, Macee	Shenandoah	x87-07
9 Parker, Mia	Shenandoah	x83-02
10 Hood, Abbi	Creston	80-06
11 Fields, Brianna	Creston	x80-03
12 Leahy, Ranni	Glenwood	x78-09
13 Graham, Jillian	Clarinda	76-05
14 Franzen, Haille	Glenwood	x74-03
15 Abildtrup, Ryli	Creston	x74-00
16 Konfrst, Quinn	Glenwood	x57-04
17 Godfreed, Ava	Shenandoah	x50-08

**Boys 100 Meter Dash**

Name	School	Finals
1 Lee, Jon	Glenwood	12.18 8
2 Bauer, Trevor	Shenandoah	12.33 6
3 Robertson, Dominic	Glenwood	12.58 4
4 Woods, Sully	Glenwood	x12.69
5 Smith, Brock	Glenwood	x12.71
6 Rogers, Ty	Shenandoah	12.92 2
7 Athen, Jacob	Red Oak	13.11 1
8 Darden, Chase	Glenwood	x13.21
9 Bowers, Ryan	Clarinda	13.21
10 Guerra, Zac	Red Oak	13.55
11 Wolbach, Josh	Glenwood	x13.70
12 Edmonds, Connor	Glenwood	x13.92
13 Dollen, Alex	Glenwood	x14.11
14 Howard, Crew	Clarinda	14.19
15 Green, Logan	Clarinda	x14.19
16 Veatch, Lucas	Creston	14.23
16 Ontiveros, Ray	Shenandoah	x14.23
18 Sperling, Luke	Red Oak	x14.29
19 Gale, Briar	Glenwood	x14.58
20 Wilson, Chris	Creston	15.05
21 Barnes, Matt	Clarinda	x16.35
22 Ontiveros, Rafeal	Shenandoah	x16.46

**Boys 200 Meter Dash**

Name	School	Finals
1 Hughes, Jack	Glenwood	24.79 8
2 Clark, Logen	Glenwood	24.89 6
3 Sifford, Bradley	Red Oak	24.91 4
4 Lincoln, Preston	Glenwood	x25.36
5 Robertson, Dominic	Glenwood	x25.49
6 Schaben, Collin	Glenwood	x25.70
6 Patton, Austin	Glenwood	x25.70
8 Rodriguez, Erick	Creston	26.25 2
9 Parks, Ethan	Glenwood	x26.33
10 Smith, Brock	Glenwood	x26.60

11 Athen, Jacob	Red Oak	26.74 1
12 Wilkens, Austin	Red Oak	x26.88
13 Looney, Hank	Creston	27.00
14 Dollen, Alex	Glenwood	x27.12
15 Bahr, Nic	Glenwood	x27.29
16 Wells, Chris	Creston	x27.43
17 Edmonds, Connor	Glenwood	x28.36
18 Ontiveros, Ray	Shenandoah	28.51
19 Mitchell, Jacob	Glenwood	x28.75
20 Freeman, Ethan	Creston	x29.02
21 Sperling, Luke	Red Oak	x29.05
22 Veatch, Lucas	Creston	x29.21
23 Barnes, Nathan	Clarinda	31.96
24 Barnes, Matt	Clarinda	35.00
25 Ontiveros, Rafeal	Shenandoah	36.02
26 Smith, Brandon	Clarinda	x40.48

**Boys 400 Meter Dash**

Name	School	Finals
1 Stanislav, Christian	Glenwood	55.25 8
2 Yearington, Hunter	Clarinda	57.27 6
3 Millikan, Matt	Clarinda	58.27 4
4 Perrin, Ashtin	Shenandoah	1:03.35 2
5 Jones, Mitchell	Shenandoah	1:07.55 1
6 Vannostrand, Grant	Clarinda	x1:13.01
7 Fidler, Jeff	Clarinda	x1:14.61
8 Barnes, Matt	Clarinda	x1:22.33
9 Smith, Brandon	Clarinda	x1:36.16

**Boys 800 Meter Run**

Name	School	Finals
1 Parks, Mason	Glenwood	2:10.90 8
2 Mower, Brett	Glenwood	2:12.55 6
3 Opsomer, Sam	Red Oak	2:16.43 4
4 McCall, Jon	Clarinda	2:20.91 2
5 Hall, Caden	Red Oak	2:23.02 1
6 Voshell, Ethan	Shenandoah	2:29.35
7 Jones, Mitchell	Shenandoah	2:30.81
8 Lukehart, Bruce	Red Oak	x2:35.92
9 Everett, Mark	Clarinda	2:40.64
10 Lorson, Ian	Glenwood	x2:40.81
11 Shaw, Matt	Shenandoah	x2:42.25
12 Sherry, Juan	Glenwood	x2:42.61
13 Ostrander, Kord	Glenwood	x2:43.57
14 Wilson, Demetrious	Shenandoah	x2:55.54
15 Vannostrand, Grant	Clarinda	x2:59.12
16 Johnson, Andrew	Shenandoah	x2:59.80
17 James, Jesse	Clarinda	x3:02.57
18 Hartman, Logan	Shenandoah	x3:12.60

**Boys 1600 Meter Run**

Name	School	Finals
1 Covington, Parson	Glenwood	4:57.29 8

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**Finals ... (Boys 1600 Meter Run)**

Name	School	Finals
2 McIntyre, Sam	Glenwood	4:59.74 6
3 Bergren, Baylor	Red Oak	5:02.04 4
4 Koppe, Connor	Red Oak	5:26.27 2
5 Halloran, Tyler	Clarinda	5:27.78 1
6 Campbell, Jack	Shenandoah	5:28.07
7 Rohrberg, Nathan	Glenwood	x5:29.59
8 Son, Levi	Shenandoah	5:34.54
9 Presley, Adison	Glenwood	x5:35.33
10 Parks, Jacob	Glenwood	x5:46.79
11 Mayer, Michael	Clarinda	5:48.77
12 Wilson, Demetrious	Shenandoah	x5:51.64
13 Son, Blake	Shenandoah	x6:00.33
14 Williams, Andrew	Glenwood	x6:04.43
15 Lorson, Ian	Glenwood	x6:11.18
16 Hayes, Brandon	Clarinda	x6:36.29
17 Fidler, Jeff	Clarinda	x6:56.78
18 Johnson, Andrew	Shenandoah	x7:01.31

**Boys 3200 Meter Run**

Name	School	Finals
1 Rohrberg, Nathan	Glenwood	11:18.08 8
2 Campbell, Jack	Shenandoah	11:20.53 6
3 Lukehart, Bruce	Red Oak	11:25.68 4
4 Son, Levi	Shenandoah	11:34.38 2
5 Everett, Mark	Clarinda	12:13.32 1

**Boys 110 Meter Hurdles**

Name	School	Finals
1 Lindsay, Nathan	Clarinda	16.75 8
2 Backus, Riley	Shenandoah	17.36 6
3 Hunter, Nick	Shenandoah	17.62 4
4 Boldra, Tyler	Glenwood	18.54 2
5 Shatava, Aiden	Clarinda	18.73 1
6 Nusser, Alex	Glenwood	19.36
7 Belt, Owen	Glenwood	x20.03
8 Godbout, Brenden	Glenwood	x22.30
9 Holmes, Evan	Shenandoah	x27.55

**Boys 400 Meter Hurdles**

Name	School	Finals
1 Nusser, Alex	Glenwood	1:10.48 8
2 Petersen, Kaden	Glenwood	1:10.80 6
3 Von Essen, Grant	Glenwood	x1:10.89
4 King, Hunter	Glenwood	x1:13.52
5 Holmes, Evan	Shenandoah	1:14.52 4
6 Reed, Micheal	Shenandoah	1:18.96 2
7 Potter, Jacob	Clarinda	1:25.44 1

**Boys 4x100 Meter Relay**

Team	Relay	Finals
<b>Finals</b>		
1 Shenandoah	A	46.06 8
1) Backus, Riley	2) Stogdill, Anthony	
3) Bauer, Trevor	4) Cerven, Kyle	
2 Glenwood	A	46.31 6
1) Lee, Jon	2) Silvius, Cooper	
3) Robertson, Dominic	4) Vondra, Zach	
3 Red Oak	A	47.45 4
1) Bruce, Carter	2) Sifford, Bradley	
3) Athen, Jacob	4) Vanderhoof, Cam	
4 Clarinda	A	47.68 2
1) Roberts, Austin	2) Lindsay, Nathan	
3) Millikan, Matt	4) Shull, Mike	
5 Glenwood	B	x47.90
1) Berke, Ben	2) Clark, Logen	
3) Woods, Sully	4) Goos, Jackson	
6 Glenwood	E	x49.54
1) Parks, Ethan	2) Johnson, Tommy	
3) Sell, Brock	4) Boldra, Tyler	
7 Glenwood	D	x50.34
1) Dollen, Alex	2) Hayes, Zander	
3) Kolle, Noah	4) Wolbach, Josh	
8 Creston	A	52.20 1
1) Looney, Hank	2) Freeman, Ethan	
3) Rodriguez, Erick	4) Wells, Chris	
9 Clarinda	B	x55.05
1) Ridnour, Cole	2) Dow, Sant	
3) Nally, Damon	4) Bowers, Ryan	
--- Glenwood	C	DQ
1) Bahr, Nic	2) Belt, Owen	
3) Chase, Justin	4) Edmonds, Connor	

**Boys 4x200 Meter Relay**

Team	Relay	Finals
<b>Finals</b>		
1 Glenwood	A	1:36.28 8
1) Lee, Jon	2) Bales, Silas	
3) Lincoln, Preston	4) Vondra, Zach	
2 Shenandoah	A	1:36.58 6
1) Backus, Riley	2) Stogdill, Anthony	
3) Bauer, Trevor	4) Cerven, Kyle	
3 Red Oak	A	1:44.00 4
1) Athen, Jacob	2) Guerra, Zac	
3) McCunn, Justin	4) Wilkens, Austin	
4 Glenwood	B	x1:44.79
1) Bahr, Nic	2) Berke, Ben	
3) Chase, Zach	4) Goos, Jackson	
5 Glenwood	C	x1:46.22
1) Dollen, Alex	2) Chase, Justin	
3) Johnson, Tommy	4) Parks, Ethan	
6 Glenwood	D	x1:48.21
1) Kolle, Noah	2) Sell, Brock	
3) Darden, Chase	4) Wolbach, Josh	

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Results - Coed Relays

Finals ... (Boys 4x200 Meter Relay)

Team	Relay	Finals
7 Glenwood	E	x1:50.28
1) Petersen, Kaden	2) Von Essen, Grant	
3) Mitchell, Jacob	4) Benton, Anthony	
8 Clarinda	A	1:50.65 2
1) Ridnour, Cole	2) Bowers, Ryan	
3) Herzberg, Ethan	4) Roberts, Austin	
9 Clarinda	B	x1:57.53
1) Fast, Ethan	2) Barnes, Nathan	
3) Dow, Sant	4) McKinnon, Tyler	

Boys 4x400 Meter Relay

Team	Relay	Finals
1 Glenwood	A	3:46.97 8
1) Patton, Austin	2) Lincoln, Preston	
3) Godbout, Brenden	4) Bales, Silas	
2 Clarinda	A	4:01.06 6
1) McCall, Jon	2) Fasnacht, Jordan	
3) Shatava, Aiden	4) Yearington, Hunter	
3 Glenwood	B	x4:08.46
1) Sherry, Juan	2) Smith, Brock	
3) Schaben, Collin	4) Clark, Logen	
4 Shenandoah	A	4:11.29 4
1) Voshell, Ethan	2) Perrin, Ashtin	
3) Shaw, Matt	4) Jones, Mitchell	
5 Red Oak	A	4:13.33 2
1) Koppe, Connor	2) Lukehart, Bruce	
3) Hall, Caden	4) Wilkens, Austin	

Boys 4x800 Meter Relay

Team	Relay	Finals
1 Glenwood	A	8:44.98 8
1) Mower, Brett	2) McIntyre, Sam	
3) Parks, Mason	4) Covington, Parson	
2 Red Oak	A	9:03.54 6
1) McCunn, Justin	2) Koppe, Connor	
3) Opsomer, Sam	4) Bergren, Baylor	
3 Clarinda	A	9:32.34 4
1) McCall, Jon	2) Halloran, Tyler	
3) Fasnacht, Jordan	4) Yearington, Hunter	
4 Shenandoah	A	10:02.48 2
1) Voshell, Ethan	2) Jones, Mitchell	
3) Shaw, Matt	4) Son, Blake	
5 Glenwood	B	x10:46.41
1) Lorson, Ian	2) McDanel, Jonathan	
3) Williams, Andrew	4) Ostrander, Kord	

Boys 800 Sprint Medley

Team	Relay	Finals
1 Glenwood	A	1:41.32 8
1) Lee, Jon	2) Silvius, Cooper	
3) Lincoln, Preston	4) Bales, Silas	

2 Red Oak	A	1:42.68 6
1) Bruce, Carter	2) Sifford, Bradley	
3) Vanderhoof, Cam	4) Opsomer, Sam	
3 Clarinda	A	1:44.94 4
1) Roberts, Austin	2) Shull, Mike	
3) Lindsay, Nathan	4) Millikan, Matt	
4 Glenwood	B	x1:47.80
1) Woods, Sully	2) Chase, Justin	
3) Goos, Jackson	4) Chase, Zach	
5 Shenandoah	A	1:47.81 2
1) Swanson, Blake	2) Perrin, Ashtin	
3) Hunter, Nick	4) Cotten, Morgan	
6 Creston	A	1:54.21 1
1) Looney, Hank	2) Freeman, Ethan	
3) Rodriguez, Erick	4) Wells, Chris	
7 Glenwood	C	x1:58.14
1) Darden, Chase	2) Hayes, Zander	
3) Mitchell, Jacob	4) King, Hunter	
8 Clarinda	B	x2:05.64
1) Bowers, Ryan	2) Barnes, Nathan	
3) Nally, Damon	4) Jobe, Grant	

Boys Distance Medley

Team	Relay	Finals
1 Red Oak	A	3:57.53 8
1) Vanderhoof, Cam	2) Bruce, Carter	
3) Opsomer, Sam	4) Bergren, Baylor	
2 Glenwood	A	4:14.63 6
1) Clark, Logen	2) Berke, Ben	
3) Patton, Austin	4) Sherry, Juan	
3 Clarinda	A	4:21.09 4
1) Ridnour, Cole	2) Roberts, Austin	
3) Halloran, Tyler	4) Mayer, Michael	
4 Glenwood	B	x4:22.16
1) Chase, Zach	2) Johnson, Tommy	
3) Schaben, Collin	4) Parks, Jacob	
5 Glenwood	C	x4:28.47
1) Hayes, Zander	2) Wolbach, Josh	
3) Mitchell, Jacob	4) Presley, Adison	
6 Shenandoah	A	4:35.89 2
1) Swanson, Blake	2) Perrin, Ashtin	
3) Cotten, Morgan	4) Son, Levi	
7 Clarinda	B	x4:53.53
1) Fast, Ethan	2) Dow, Sant	
3) Potter, Jacob	4) Hayes, Brandon	

Boys 4x100 Meter Shuttle Hurdle

Team	Relay	Finals
1 Glenwood	A	1:07.15 8
1) Godbout, Brenden	2) Belt, Owen	
3) Silvius, Cooper	4) Berke, Ben	
2 Clarinda	A	1:10.89 6
1) Shatava, Aiden	2) Herzberg, Ethan	
3) Shull, Mike	4) Lindsay, Nathan	

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Results - Coed Relays

Finals ... (Boys 4x100 Meter Shuttle Hurdle)

Team	Relay	Finals
3 Glenwood	B	x1:12.42
1) Boldra, Tyler	2) Nusser, Alex	
3) Hayes, Zander	4) Sell, Brock	
4 Glenwood	C	x1:23.47
1) Von Essen, Grant	2) Petersen, Kaden	
3) Kolle, Noah	4) King, Hunter	
--- Shenandoah	A	DQ
1) Hunter, Nick	2) Stogdill, Anthony	
3) Reed, Micheal	4) Holmes, Evan	

Boys High Jump

Name	School	Finals
<b>Finals</b>		
1 Backus, Riley	Shenandoah	6-00.00 8
2 Stanislav, Christian	Glenwood	5-10.00 6
3 Patton, Austin	Glenwood	5-06.00 4
4 Nellis, Matt	Clarinda	5-02.00 2
--- Voshell, Ethan	Shenandoah	NH
--- Wulbecker, Eben	Clarinda	NH

Boys Long Jump

Name	School	Finals
<b>Finals</b>		
1 Vondra, Zach	Glenwood	19-09.00 8
2 Shull, Mike	Clarinda	19-06.00 6
3 Millikan, Matt	Clarinda	17-10.75 4
4 Rodriguez, Erick	Creston	16-11.75 2
5 Goos, Jackson	Glenwood	16-10.50 1
6 Sell, Brock	Glenwood	x16-10.00
7 Robertson, Dominic	Glenwood	x16-03.00
8 Boldra, Tyler	Glenwood	x16-02.25
9 Nusser, Alex	Glenwood	x16-01.25
10 Reed, Micheal	Shenandoah	15-11.00
11 Woods, Sully	Glenwood	x15-10.50
12 Darden, Chase	Glenwood	x15-07.00
13 Kolle, Noah	Glenwood	x15-02.25
14 Wells, Chris	Creston	14-06.00
15 Veatch, Lucas	Creston	x13-01.00

Boys Shot Put

Name	School	Finals
<b>Finals</b>		
1 Watson, Kane	Glenwood	43-10.50 8
2 Peterson, Konner	Glenwood	J43-10.50 6
3 Green, Logan	Clarinda	41-05.75 4
4 Smith, Keagan	Creston	40-07.00 2
5 Lacy, Zach	Glenwood	x39-06.00
6 Hansen, Trey	Glenwood	x39-03.00
7 VanFossen, Bryan	Clarinda	38-07.00 1
8 Fornoff, Logan	Glenwood	x38-00.50
9 Carda, Zander	Glenwood	x37-11.25
10 Harger, Tristan	Glenwood	x37-07.00
11 Stenzel, Jake	Shenandoah	36-08.00
12 Sperling, Luke	Red Oak	36-04.00

13 Howard, Crew	Clarinda	x35-08.00
14 Doyle, Blake	Shenandoah	34-11.50
15 Biermann, Gavin	Glenwood	x34-08.50
16 Dressel, Caleb	Glenwood	x34-08.00
17 Plambeck, Carter	Glenwood	x34-04.50
18 Clark, Noah	Glenwood	x34-03.50
19 Jobe, Grant	Clarinda	x34-00.50
20 L'Hueuruex, Jace	Shenandoah	x33-10.25
21 McCunn, Justin	Red Oak	33-10.00
22 Fast, Ethan	Clarinda	x33-09.50
23 Foster, Zach	Shenandoah	x32-06.50
24 Holben, Clayton	Shenandoah	x31-07.50
25 Wake, Jordan	Glenwood	x31-03.50
26 Wilson, Chris	Creston	30-08.25
27 Ramsey, Grant	Glenwood	x30-08.00
28 Peters, Roger	Clarinda	x28-00.25
29 Lewis, Cayden	Glenwood	x27-10.00
30 Stogdill, Jayson	Shenandoah	x25-06.00
31 Holmstrom, Gabe	Clarinda	x24-08.50
32 Bird, Dylan	Glenwood	x24-07.00

Boys Discus Throw

Name	School	Finals
<b>Finals</b>		
1 VanFossen, Bryan	Clarinda	129-04 8
2 Peterson, Konner	Glenwood	128-06 6
3 Hansen, Trey	Glenwood	124-07 4
4 Stenzel, Jake	Shenandoah	115-04 2
5 Howard, Crew	Clarinda	111-07 1
6 Watson, Kane	Glenwood	x110-04
7 Lacy, Zach	Glenwood	x108-08
8 Dressel, Caleb	Glenwood	x106-02
9 Smith, Keagan	Creston	99-10
10 Ramsey, Grant	Glenwood	x93-07
11 Fornoff, Logan	Glenwood	x91-07
12 Plambeck, Carter	Glenwood	x91-06
13 Doyle, Blake	Shenandoah	90-05
14 Jobe, Grant	Clarinda	x89-11
15 Clark, Noah	Glenwood	x87-09
16 Biermann, Gavin	Glenwood	x84-08
17 Green, Logan	Clarinda	x83-01
18 L'Hueuruex, Jace	Shenandoah	x81-11
19 Wilson, Chris	Creston	80-02
20 Sperling, Luke	Red Oak	79-01
21 Bird, Dylan	Glenwood	x77-01
21 Holben, Clayton	Shenandoah	x77-01
23 Harger, Tristan	Glenwood	x76-05
24 Fast, Ethan	Clarinda	x74-06
25 Foster, Zach	Shenandoah	x74-00
26 Carda, Zander	Glenwood	x67-11
27 Lewis, Cayden	Glenwood	x65-08
28 Peters, Roger	Clarinda	x64-08
29 Wake, Jordan	Glenwood	x63-09
30 Stogdill, Jayson	Shenandoah	x55-10
31 Holmstrom, Gabe	Clarinda	x51-05

**2019 Co-Ed Southern H-10 - 3/26/2019****3/26/2019****Results - Coed Relays**

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

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1) Glenwood	182
2) Creston	98
3) Shenandoah	39
4) Red Oak	38
5) Clarinda	37

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

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1) Glenwood	181
2) Clarinda	78
3) Shenandoah	69
4) Red Oak	51
5) Creston	8