

Demo Meet - 4/28/2019**4/28/2019****Results****Girls 100 Meter Dash**

Name	Year	School	Seed	Finals	H#	Points	Alternate
Finals							
1		Clark, Jayde	Woodbine	13.82	13.74	2	10
2		Schon, Talia	Glidden-Ralston	14.00	14.12	2	8
3		Rife, Sabrina	West Harrison	14.42	14.26	2	6
4		Hamblen, Kerragen	Woodbine	13.75	14.50	2	4
5		Paup, Carmyn	Paton-Churdan	15.30	15.15	2	2
6		Mohr, Madison	Coon Rapids	15.34	15.25	2	1
7		Wood, Addie	Boyer Valley	14.69	15.40	2	
8		Gessert, Imagen	Exira- Elk H	16.25	15.94	1	
9		Etter, Zoe	West Harrison	16.26	16.08	1	
10		Baker, Cassidy	Coon Rapids	16.61	16.17	1	
11		Harris, Haley	Exira- Elk H	16.73	16.81	1	
12		Bonsall, Tara	Boyer Valley	16.48	17.32	1	
13		Denney, Darcy	Cam	18.24	18.17	1	
14		Kinze, Isabel	Cam	18.69	18.56	1	

Girls 200 Meter Dash

Name	Year	School	Seed	Finals	H#	Points	Alternate
1		Clark, Jayde	Woodbine	28.74	28.64	2	10
2		Whitver, Hannah	Glidden-Ralston	28.70	28.86	2	8
3		Kraus, Hannah	Ar-We-Va	28.87	29.18	2	6
4		Gilgen, Lydia	West Harrison	29.50	29.70	2	4
5		Emgarten, Macy	Exira- Elk H	29.33	29.90	2	2
6		Klocke, Jenna	Glidden-Ralston	29.95	30.61	2	1
7		Mohr, Madison	Coon Rapids	32.33	31.97	1	
8		Paup, Carmyn	Paton-Churdan	32.33	32.09	2	
9		Baker, Cassidy	Coon Rapids	34.11	34.04	1	
10		Anderson, Sam	Woodbine	34.40	34.69	1	
11		Lewis, Kasey	West Harrison	33.04	34.94	1	
12		Ehrman, Lexie	Cam	36.07	35.59	1	
13		Lehan, Carly	Boyer Valley	36.05	35.73	1	
14		Luke, Haley	Cam	37.97	37.82	1	
15		Bonsall, Tara	Boyer Valley	41.00	39.52	1	

Girls 400 Meter Dash

Name	Year	School	Seed	Finals	H#	Points	Alternate
1		Rife, Sabrina	West Harrison	1:06.84	1:05.79	2	10
2		Whitver, Hannah	Glidden-Ralston	1:08.48	1:06.94	2	8
3		Foster, Amanda	Woodbine	1:09.97	1:07.22	2	6
4		Jensen, Alyssa	Woodbine	1:08.87	1:09.63	2	4
5		Peasley, Kali	West Harrison	1:09.90	1:11.02	2	2
6		Shirbroun, Bridget	Coon Rapids	1:08.00	1:11.82	2	1
7		Ringenberg, Paige	Boyer Valley	1:15.99	1:16.37	1	
8		Jensen, Paige	Cam	1:20.10	1:20.74	1	
9		Stepenson, Karissa	Paton-Churdan	1:21.92	1:24.16	1	

Demo Meet - 4/28/2019**4/28/2019****Results****Girls 800 Meter Run**

Name	Year	School	Seed	Finals	Points	Alternate
1 Kerger, Riley		Woodbine	2:48.40	2:43.86	10	
2 Hanigan, Marie		Boyer Valley	2:44.26	2:44.25	8	
3 Holtz, Maddie		Cam	2:45.53	2:46.83	6	
4 Paulsen, Camryn		Exira- Elk H	2:47.61	2:50.19	4	
5 Burkhart, Abby		Boyer Valley	2:45.06	2:50.52	2	
6 Wilson, Shelbi		Exira- Elk H	2:45.50	2:58.48	1	
7 Wallace, Gretchen		Glidden-Ralston	2:55.08	3:00.44		
8 Bowman, Chenoa		West Harrison	3:01.87	3:03.64		
9 Shirbroun, Bridget		Coon Rapids	2:56.00	3:09.04		
10 Wilson, Mariah		Glidden-Ralston	3:18.49	3:13.17		
11 Stepenson, Karissa		Paton-Churdan	3:06.53	3:15.85		
12 Olson, Rachael		West Harrison	3:28.00	3:36.05		

Girls 1500 Meter Run

Name	Year	School	Seed	Finals	Points	Alternate
1 Petersen, Kylie		Boyer Valley	5:48.00	5:47.36	10	
2 Gore, Katie		West Harrison	5:49.83	5:49.12	8	
3 Nelson, Alexia		Glidden-Ralston	4:59.16	5:58.84	6	
4 Stephenson, Cadence		Cam	6:16.97	6:16.49	4	
5 Bowman, Chenoa		West Harrison	6:23.13	6:28.82	2	
6 Plowman, Jamie		Woodbine	6:25.27	6:35.88	1	
7 Ireland, Audrey		Woodbine	6:37.27	6:43.36		
8 Stepenson, Karissa		Paton-Churdan	6:35.56	6:50.35		

Girls 3000 Meter Run

Name	Year	School	Seed	Finals	Points	Alternate
1 Nelson, Alexia		Glidden-Ralston	12:10.10	12:20.33	10	
2 Gore, Katie		West Harrison	12:37.05	12:44.07	8	
3 Plowman, Jamie		Woodbine	14:55.00	14:32.79	6	
4 Ireland, Audrey		Woodbine	14:51.35	15:16.72	4	
5 Olson, Rachael		West Harrison	15:26.35	15:37.08	2	
6 Freeman, Skylar		Boyer Valley	17:07.23	16:28.86	1	
7 Vais, Paige		Cam	16:23.15	16:30.06		
8 Scar, Kate		Cam	18:00.00	18:00.95		

Girls 100 Meter Hurdles

Name	Year	School	Seed	Finals	H#	Points	Alternate
1 Jackson, Jade		Cam	17.96	17.73	2	10	
2 Klein, Sydney		Boyer Valley	18.05	18.14	2	8	
3 Janssen, Tianna		Glidden-Ralston	17.55	18.51	2	6	
4 Van Pelt, Oakley		Woodbine	18.49	18.95	2	4	
5 Paup, Carmyn		Paton-Churdan	19.19	19.28	1	2	
6 Sherwood, Shelly		Boyer Valley	19.05	20.90	1	1	
7 Schlueter, Claire		Exira- Elk H	21.72	21.28	1		

Demo Meet - 4/28/2019**4/28/2019****Results****Girls 400 Meter Hurdles**

Name	Year School	Seed	Finals	Points	Alternate
1 Janssen, Tianna	Glidden-Ralston	1:12.50	1:14.73	10	
2 Jensen, Alyssa	Woodbine	1:15.16	1:17.05	8	
3 Jackson, Jade	Cam	1:23.63	1:19.14	6	
4 Wallis, Sage	West Harrison	1:21.21	1:22.25	4	
5 Kuhlman, Whitney	Woodbine	1:17.18	1:23.71	2	
6 Schlueter, Claire	Exira- Elk H	1:25.27	1:25.94	1	
7 Reffitt, Zoe	Boyer Valley	1:32.57	1:34.64		

Girls 4x100 Meter Relay

School	Seed	Finals	Points	Alternate
1 Woodbine 'A'	54.99	55.47	10	
1) Van Pelt, Oakley				
2) Clark, Jayde				
3) Foster, Amanda				
4) Hamblen, Kerragen				
2 West Harrison 'A'	57.99	57.90	8	
1) Rife, Haleigh				
2) Peasley, Kali				
3) Rife, Sabrina				
4) Gilgen, Lydia				
3 Cam 'A'	56.81	58.22	6	
1) Baylor, Zoey				
2) Follmann, Abby				
3) Spieker, Marissa				
4) Peach, Mallarie				
4 Glidden-Ralston 'A'	56.07	58.46	4	
1) Schultz, Chloe				
2) Dreessen, Alicen				
3) Daily, Katelyn				
4) Schon, Talia				
5 Exira- Elk Horn- Kimballton 'A'	58.01	58.79	2	
1) Peterson, Damian				
2) Nichols, Selena				
3) Riley, Makaela				
4) Emgarten, Macy				
6 Ar-We-Va 'A'	58.18	59.93	1	
1) Kraus, Hannah				
2) Hanson, Jordan				
3) Schurke, Sara				
4) Smith, Jadeyn				
7 Boyer Valley 'A'	1:00.17	1:02.59		
1) Simon, Jenna				
2) Lehan, Carly				
3) Behrendt, Nicole				
4) Tremel, Kelsey				

Girls 4x200 Meter Relay

School	Seed	Finals	Points	Alternate
1 Glidden-Ralston 'A'	1:56.66	2:00.55	10	
1) Klocke, Jenna				
2) Dreessen, Alicen				
3) Hannasch, Emma				
4) Schon, Talia				
2 Cam 'A'	2:00.69	2:04.17	8	
1) Baylor, Zoey				
2) Follmann, Abby				
3) Spieker, Marissa				
4) Peach, Mallarie				
3 Ar-We-Va 'A'	2:05.27	2:06.61	6	
1) Kraus, Hannah				
2) Hanson, Jordan				
3) Schurke, Sara				
4) Smith, Jadeyn				
4 Woodbine 'A'	2:10.00	2:07.93	4	
1) Kuhlman, Whitney				
2) Kanioka, Grace				
3) Steinkuehler, Alexa				
4) Moores, Grace				
5 Exira- Elk Horn- Kimballton 'A'	2:05.45	2:08.08	2	
1) Meyers, Caitlin				
2) Nichols, Selena				
3) Riley, Makaela				
4) Emgarten, Macy				

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6 West Harrison 'A'	2:08.15	2:08.49	1
1) Rife, Haleigh	2) Etter, Zoe		
3) Wallis, Sage	4) Lynch, Kayla		
7 Boyer Valley 'A'	2:09.94	2:12.05	
1) Sherwood, Shelly	2) Tremel, Kelsey		
3) Behrendt, Nicole	4) Simon, Jenna		

Girls 4x400 Meter Relay

School	Seed	Finals	Points	Alternate
1 Woodbine 'A'	4:39.51	4:41.99	10	
1) Schafer, Alyssa	2) Kerger, Riley			
3) Foster, Amanda	4) Jensen, Alyssa			
2 Glidden-Ralston 'A'	4:36.06	4:42.36	8	
1) Klocke, Jenna	2) Wallace, Gretchen			
3) Hannasch, Emma	4) Janssen, Tianna			
3 Boyer Valley 'A'	5:00.76	4:54.06	6	
1) Hanigan, Marie	2) Ringenberg, Paige			
3) Petersen, Jaci	4) Burkhart, Abby			
4 West Harrison 'A'	4:48.44	4:55.54	4	
1) Lynch, Kayla	2) Rife, Sabrina			
3) Wallis, Sage	4) Peasley, Kali			
5 Cam 'A'	4:51.55	5:13.97	2	
1) Holtz, Maddie	2) Perry, RoAnn			
3) Peach, Mallarie	4) Stephenson, Cadence			

Girls 4x800 Meter Relay

School	Seed	Finals	Points	Alternate
1 Exira- Elk Horn- Kimballton 'A'	11:28.00	11:23.58	10	
1) Riley, Makaela	2) Emgarten, Macy			
3) Wilson, Shelbi	4) Paulsen, Camryn			
2 Boyer Valley 'A'	11:16.24	11:35.48	8	
1) Hanigan, Marie	2) Ringenberg, Paige			
3) Burkhart, Abby	4) Petersen, Kylie			
3 Woodbine 'A'	12:13.00	12:11.06	6	
1) Kerger, Riley	2) Moores, Grace			
3) Plowman, Jamie	4) Foster, Amanda			
4 Glidden-Ralston 'A'	12:44.52	12:18.49	4	
1) Wilson, Mariah	2) Brincks, Madison			
3) Wallace, Gretchen	4) Nelson, Alexia			
5 Cam 'A'	12:52.51	12:44.21	2	
1) Plagman, Emily	2) Perry, RoAnn			
3) Stephenson, Cadence	4) Gossman, Kylie			

Girls 800 Sprint Medley

School	Seed	Finals	Points	Alternate
1 Glidden-Ralston 'A'	2:00.05	2:03.23	10	
1) Schultz, Chloe	2) Schon, Talia			
3) Hannasch, Emma	4) Whitver, Hannah			
2 West Harrison 'A'	2:09.50	2:07.13	8	

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....Girls 800 Sprint Medley

1) Rife, Haleigh	2) Peasley, Kali			
3) Gilgen, Lydia	4) Lynch, Kayla			
3 Cam 'A'		2:06.42	2:08.25	6
1) Baylor, Zoey	2) Spieker, Marissa			
3) Peach, Mallarie	4) Holtz, Maddie			
4 Boyer Valley 'A'		2:09.05	2:08.99	4
1) Klein, Sydney	2) Sherwood, Shelly			
3) Cooper, Leah	4) Petersen, Jaci			
5 Coon Rapids - Bayard 'A'		2:10.00	2:09.65	2
1) Kautzky, Alexis	2) Baker, Cassidy			
3) Mohr, Madison	4) Shirbroun, Bridget			
6 Exira- Elk Horn- Kimballton 'A'		2:09.05	2:09.67	1
1) Peterson, Damian	2) Meyers, Caitlin			
3) Nichols, Selena	4) Paulsen, Camryn			
7 Ar-We-Va 'A'		2:09.13	2:09.87	
1) Schurke, Sara	2) Hanson, Jordan			
3) Kraus, Hannah	4) Smith, Jadeyn			
8 Woodbine 'A'		2:09.72	2:10.36	
1) Clark, Jayde	2) Hamblen, Kerragen			
3) Steinkuehler, Alexa	4) Schafer, Alyssa			

Girls Distance Medley

School	Seed	Finals	Points	Alternate
1 Boyer Valley 'A'	4:50.30	4:58.01	10	
1) Klein, Sydney				
3) Burkhart, Abby				
2 Exira- Elk Horn- Kimballton 'A'	5:03.95	5:02.32	8	
1) Riley, Makaela				
3) Paulsen, Camryn				
3 Glidden-Ralston 'A'	5:05.32	5:15.96	6	
1) Schultz, Chloe				
3) Daily, Katelyn				
4 West Harrison 'A'	5:25.00	5:23.20	4	
1) Etter, Zoe				
3) Wallis, Sage				
5 Woodbine 'A'	5:24.74	5:35.87	2	
1) Heitman, Amanda				
3) Kerger, Riley				
6 Cam 'A'	5:30.00	5:50.70	1	
1) Lett, Jozie				
3) Perry, RoAnn				

Girls 4x100 Meter Shuttle Hurdle

School	Seed	Finals	Points	Alternate
1 Woodbine 'A'	1:14.75	1:15.89	10	
1) Kuhlman, Whitney				
3) Schafer, Alyssa				
2 Glidden-Ralston 'A'	1:15.53	1:16.24	8	
1) Hannasch, Emma				
3) Dreessen, Alicen				
3 Boyer Valley 'A'	1:18.49	1:18.72	6	

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1) Simon, Jenna	2) Sherwood, Shelly			
3) Cooper, Leah	4) Klein, Sydney			
4 Cam 'A'		1:17.64	1:22.15	4
1) Holtz, Maddie	2) Follmann, Abby			
3) Stephenson, Shelby	4) Jackson, Jade			

Girls High Jump

Name	Year	School	Seed	Finals	Points	Alternate
1 Jackson, Jade		Cam	4-10.00	4-10.00	10	
2 Kuhlman, Whitney		Woodbine	4-08.00	4-08.00	8	
3 Steinkuehler, Alexa		Woodbine	4-08.00	J4-08.00	6	
4 Wallace, Gretchen		Glidden-Ralston	4-06.00	4-06.00	4	

Girls Long Jump

Name	Year	School	Seed	Finals	Points	Alternate
1 Cooper, Leah		Boyer Valley	14-09.50	14-09.50	10	
2 Steinkuehler, Alexa		Woodbine	13-04.75	14-08.00	8	
3 Follmann, Abby		Cam	14-03.00	14-01.00	6	
4 Van Pelt, Oakley		Woodbine	13-04.25	13-02.00	4	
5 Tremel, Kelsey		Boyer Valley	11-10.00	12-08.00	2	
6 Stephenson, Shelby		Cam	11-00.50	11-03.00	1	

Girls Shot Put

Name	Year	School	Seed	Finals	Points	Alternate
1 Hinners, Emily		Ar-We-Va	34-03.50	34-05.00	10	
2 Smith, Jadeyn		Ar-We-Va	31-09.50	34-03.00	8	
3 Sherer, Sydney		West Harrison	34-08.00	33-10.25	6	
4 Behnken, Mallory		Cam	33-11.00	33-01.50	4	
5 Venteicher, Molly		Cam	36-02.50	32-06.50	2	
6 Doty, Rayna		Coon Rapids	32-03.00	31-01.00	1	
7 Brunow, Natalie		Woodbine	31-01.25	30-05.00		
8 Moores, Grace		Woodbine	30-08.00	29-11.00		
9 Streeter, Abbie		Glidden-Ralston	27-08.50	28-05.25		
10 Klein, Taylor		Boyer Valley	29-02.50	26-10.00		
11 Wood, Addie		Boyer Valley	25-05.00	23-07.50		
12 Brincks, Megan		Glidden-Ralston	26-00.00	23-00.50		
-- Zach, Adrian		Exira- Elk H	28-05.00	DQ		
-- Rasmussen, Mollie		Exira- Elk H	26-01.00	DQ		

Girls Discus Throw

Name	Year	School	Seed	Finals	Points	Alternate
1 Sherer, Sydney		West Harrison	109-11	108-07.50	10	
2 Hinners, Emily		Ar-We-Va	100-02	100-00	8	
3 Spieker, Allison		Cam	101-07	94-03	6	
4 Doty, Rayna		Coon Rapids	92-10	93-08.50	4	
5 Venteicher, Molly		Cam	95-04	92-11	2	
6 Brunow, Natalie		Woodbine	79-09	83-07	1	

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...Girls Discus Throw

7	Plowman, Jamie	Woodbine	86-06	83-00
8	Klein, Taylor	Boyer Valley	83-08	76-11
9	Wood, Addie	Boyer Valley	81-03	71-04.50
10	Brincks, Megan	Glidden-Ralston	71-08	69-11
11	Streeter, Abbie	Glidden-Ralston	71-10	68-03

Boys 100 Meter Dash

Name	Year School	Seed	Finals	H#	Points	Alternate
1 Pryor, Layne	Woodbine	12.03	11.60	2	10	
2 Brummer, Tyler	Boyer Valley	11.85	11.60	2	8	
3 Leaders, Brock	Woodbine	11.36	11.84	2	6	
4 Nelson, Karter	West Harrison	11.25	11.90	2	4	
5 Neumann, Riley	Ar-We-Va	12.35	12.21	2	2	
6 Burmeister, Cole	Exira- Elk H	12.48	12.27	2	1	
7 Burnison, Darien	Cam	12.40	12.39	2		
8 Larsen, Cooper	Exira- Elk H	12.62	12.74	1		
9 Butler, Dalton	Paton-Churdan	12.91	12.91	1		
10 Sievers, Clark	Coon Rapids	13.70	13.40	1		
11 Gorden, Nathan	Boyer Valley	13.85	13.56	1		
12 Shirbroun, Samuel	Coon Rapids	16.43	14.42	1		
13 Kirsch, Conner	Ar-We-Va	15.78	14.87	1		
14 Stream, Mason	Paton-Churdan	15.07	15.72	1		

Boys 200 Meter Dash

Name	Year School	Seed	Finals	H#	Points	Alternate
1 Leaders, Brock	Woodbine	23.79	23.78	2	10	
2 Coberly, Tyler	Woodbine	23.70	24.49	2	8	
3 Schulz, Trever	Exira- Elk H	25.18	25.04	2	6	
4 Burnison, Darien	Cam	25.70	25.32	2	4	
5 Goodwin, Jayden	Exira- Elk H	24.34	25.83	2	2	
6 Gorden, Nathan	Boyer Valley	28.00	27.26	1	1	
7 Dose, Jonathan	Ar-We-Va	27.71	27.32	1		
8 Shirbroun, Samuel	Coon Rapids	28.21	27.82	1		
9 Kirsch, Braeden	Ar-We-Va	28.15	28.70	1		
10 Smith, Bradyn	Paton-Churdan	29.71	30.41	1		
11 Stream, Mason	Paton-Churdan	32.00	34.20	1		

Boys 400 Meter Dash

Name	Year School	Seed	Finals	H#	Points	Alternate
1 Coberly, Tyler	Woodbine	53.10	54.28	2	10	
2 Pryor, Wyatt	Woodbine	53.61	54.39	2	8	
3 Gresham, Tyler	Coon Rapids	56.60	56.66	2	6	
4 Thompson, Eric	Paton-Churdan	59.46	1:00.15	2	4	
5 Mumm, Greg	Boyer Valley	1:02.00	1:04.01	2	2	
6 Smith, Luke	Ar-We-Va		1:06.46	1	1	
7 Kingery, Tyler	Exira- Elk H	1:05.51	1:06.79	2		
8 Lloyd, Brent	Glidden-Ralston	1:08.12	1:11.36	1		
9 Shirbroun, Samuel	Coon Rapids	1:10.00	1:11.44	1		
10 Paulsen, William	Exira- Elk H	1:09.62	1:15.34	1		

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...Boys 400 Meter Dash

11	Cullum, Riley	Paton-Churdan	1:16.65	1:17.54	1
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Boys 800 Meter Run

Name	Year	School	Seed	Finals	Points	Alternate
1	Meeker, Cuy	Woodbine	2:07.31	2:07.84	10	
2	Nelson, Creighton	Exira- Elk H	2:12.56	2:16.45	8	
3	Heithoff, Colby	Coon Rapids	2:17.00	2:19.40	6	
4	Thompson, Eric	Paton-Churdan	2:16.74	2:20.30	4	
5	Green, Nathaniel	Boyer Valley	2:20.00	2:22.53	2	
6	Puck, Adam	Boyer Valley	2:20.00	2:23.32	1	
7	Pryor, Wyatt	Woodbine	2:09.18	2:23.92		
8	Self, Cody	Ar-We-Va		2:24.26		
9	Schneider, Thomas	Ar-We-Va	2:22.14	2:24.37		
10	Hill, Michael	Cam	2:20.99	2:29.57		
11	Cilliers, Kegan	Coon Rapids	2:25.00	2:32.17		
12	Oglesbee, Reese	Cam	2:22.00	2:40.53		
13	Jaeckel, Brayden	West Harrison	2:35.00	2:46.30		
14	Larsen, Davis	Exira- Elk H		3:10.10		
15	Lloyd, Brent	Glidden-Ralston	3:08.02	3:54.91		

Boys 1600 Meter Run

Name	Year	School	Seed	Finals	Points	Alternate
1	Ambrose, Justin	Boyer Valley	4:58.00	5:02.11	10	
2	Sherer, Adam	Woodbine	5:01.22	5:03.29	8	
3	Brus, Connor	Paton-Churdan	5:09.17	5:13.29	6	
4	Follman, Ethan	Cam	5:06.00	5:14.26	4	
5	Schafer, Conrad	Woodbine	5:20.66	5:17.59	2	
6	Heffernan, Michael	Boyer Valley	6:00.00	5:20.72	1	
7	Rosener, Keaton	Ar-We-Va	5:24.69	5:27.37		
8	Cullum, Riley	Paton-Churdan	6:32.81	6:46.35		

Boys 3200 Meter Run

Name	Year	School	Seed	Finals	Points	Alternate
1	Ambrose, Justin	Boyer Valley	10:34.00	10:34.75	10	
2	Follman, Ethan	Cam	11:10.00	11:31.68	8	
3	Carmody, Aidan	Woodbine	11:29.24	11:38.72	6	
4	Green, Nathaniel	Boyer Valley	11:50.00	11:41.35	4	
5	Wright, Nate	Woodbine	11:33.38	12:07.39	2	

Boys 110 Meter Hurdles

Name	Year	School	Seed	Finals	H#	Points	Alternate
1	Brummer, Tyler	Boyer Valley	15.33	15.26	2	10	
2	McKee, Connor	Cam	15.81	15.78	2	8	
3	Oeser, Derek	Ar-We-Va	16.28	16.27	2	6	
4	Borkowski, Grant	Glidden-Ralston	16.69	17.43	2	4	
5	Holste, Jacob	Cam	16.90	17.49	2	2	
6	Kock, Cooper	Ar-We-Va	17.51	17.49	1	1	

Demo Meet - 4/28/2019**4/28/2019****Results****....Boys 110 Meter Hurdles**

7 Andersen, Colby	Woodbine	18.02	17.66	1
8 Nelson, Jack	Woodbine	17.70	17.86	1
9 Wood, Carsan	Boyer Valley	19.00	19.36	1

Boys 400 Meter Hurdles

Name	Year School	Seed	Finals	H#	Points	Alternate
1 Brummer, Tyler	Boyer Valley	56.86	56.34	2	10	
2 McKee, Connor	Cam	57.46	57.55	2	8	
3 Pryor, Layne	Woodbine	58.05	57.92	2	6	
4 Oeser, Derek	Ar-We-Va	59.83	1:01.53	2	4	
5 Wakehouse, Caleb	Woodbine	1:03.35	1:04.41	2	2	
6 Soyer, Carter	Glidden-Ralston	1:08.60	1:07.33	1	1	
7 Garside, Eli	Boyer Valley	1:10.00	1:07.78	1		
8 Schlueter, Brock	Exira- Elk H	1:05.98	1:08.61	2		
9 Butler, Dalton	Paton-Churdan	1:10.68	1:13.74	1		

Boys 4x100 Meter Relay

School	Seed	Finals	Points	Alternate
1 Exira- Elk Horn- Kimballton 'A'	47.00	47.48	10	
1) Burmeister, Cole				
2) Nelson, Creighton				
3) Schulz, Trever				
4) Goodwin, Jayden				
2 Cam 'A'	46.46	47.93	8	
1) Williamson, Mitchell				
2) Bower, Isaac				
3) Burnison, Darien				
4) Murphy, Preston				
3 Ar-We-Va 'A'	47.74	48.42	6	
1) Schurke, Drew				
2) Neumann, Riley				
3) Miller, Brady				
4) Simons, Keegan				
4 Coon Rapids - Bayard 'A'	47.60	48.68	4	
1) Rosenbeck, Jalen				
2) Dudley, Blaine				
3) Oswald, Tanner				
4) Obert, Gabe				
5 Woodbine 'A'	45.93	49.27	2	
1) Nelson, Jack				
2) Gau, Erik				
3) Sullivan, Connor				
4) Andersen, Colby				
6 Boyer Valley 'A'	52.00	51.71	1	
1) Soma, Jesse				
2) Garrett, Colin				
3) Berens, Lucas				
4) Berens, Dylan				
7 Glidden-Ralston 'A'	52.09	54.13		
1) Borkowski, Grant				
2) Free, Jared				
3) Schoenherr, Braeden				
4) Janssen, Mason				

Boys 4x200 Meter Relay

School	Seed	Finals	Points	Alternate
1 Woodbine 'A'	1:35.29	1:36.93	10	
1) Wakehouse, Caleb				
2) Leaders, Brock				
3) Sherer, Adam				
4) Pryor, Layne				
2 Exira- Elk Horn- Kimballton 'A'	1:36.66	1:37.21	8	
1) Burmeister, Cole				
2) Schulz, Trever				
3) Nelson, Creighton				
4) Goodwin, Jayden				
3 Ar-We-Va 'A'	1:38.40	1:39.32	6	

Demo Meet - 4/28/2019

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Results

....Boys 4x200 Meter Relay

1) Schurke, Drew	2) Neumann, Riley			
3) Miller, Brady	4) Simons, Keegan			
4 Coon Rapids - Bayard 'A'		1:39.52	1:40.57	4
1) Rosenbeck, Jalen	2) Dudley, Blaine			
3) Oswald, Tanner	4) Obert, Gabe			
5 Cam 'A'		1:39.95	1:41.47	2
1) Williamson, Mitchell	2) Hensley, Nate			
3) Murphy, Preston	4) Rich, Colby			
6 West Harrison 'A'		1:44.00	1:43.62	1
1) Gilgen, Gabe	2) Acker, Austin			
3) Rife, Nick	4) Gilgen, Grant			
7 Boyer Valley 'A'		1:48.00	1:48.31	
1) Reineke, Gavin	2) Berens, Dylan			
3) Berens, Lucas	4) Heffernan, Michael			
8 Glidden-Ralston 'A'		1:49.76	1:53.57	
1) Janssen, Mason	2) Free, Jared			
3) Schoenherr, Braeden	4) Janning, Bennett			

Boys 4x400 Meter Relay

School	Seed	Finals	H#	Points	Alternate
1 Woodbine 'A'	3:36.28	3:46.11	2	10	
1) Pryor, Layne					
3) Meeker, Cuy					
2 Boyer Valley 'A'	3:59.00	3:54.94	2	8	
1) Soma, Hunter					
3) Green, Nathaniel					
3 Cam 'A'	3:56.00	3:55.00	2	6	
1) McKee, Connor					
3) Holste, Jacob					
4 West Harrison 'A'	4:01.00	3:59.94	2	4	
1) Nelson, Karter					
3) Rife, Nick					
5 Ar-We-Va 'A'	4:02.34	4:03.09	2	2	
1) Ragaller, Will					
3) Self, Cody					
6 Coon Rapids - Bayard 'A'	4:00.00	4:11.13	2	1	
1) Heithoff, Colby					
3) Cilliers, Kegan					
7 Exira- Elk Horn- Kimballton 'A'	4:29.27	4:16.01	1		
1) Pettepier, Josh					
3) Potts, Aiden					
8 Paton-Churdan 'A'	4:15.69	4:17.77	1		
1) Thompson, Eric					
3) Brus, Connor					
9 Glidden-Ralston 'A'	4:14.90	4:21.12	1		
1) Soyer, Carter					
3) Free, Jared					

Boys 4x800 Meter Relay

School	Seed	Finals	Points	Alternate
1 Woodbine 'A'	9:06.54	9:35.91	10	

Demo Meet - 4/28/2019**4/28/2019****Results****....Boys 4x800 Meter Relay**

1) Sullivan, Connor	2) Colwell, Nathan			
3) Malone, Jerry	4) Schafer, Conrad			
2 Paton-Churdan 'A'		9:44.00	9:37.06	8
1) Brus, Connor	2) Mobley, Daunte			
3) Thompson, Eric	4) Thompson, Forest			
3 Ar-We-Va 'A'		9:49.73	9:57.66	6
1) Rosener, Keaton	2) Smith, Luke			
3) Self, Cody	4) Schneider, Thomas			
4 Cam 'A'		10:05.00	10:02.20	4
1) Hill, Michael	2) Oglesbee, Reese			
3) Gettler, Walker	4) Martin, Sam			
5 Exira- Elk Horn- Kimballton 'A'		10:15.00	10:36.85	2
1) Kingery, Tyler	2) Pettepier, Josh			
3) Andersen, Hunter	4) Potts, Aiden			
6 Boyer Valley 'A'		12:00.00	10:48.79	1
1) Garrett, Colin	2) Lantz, Sam			
3) Vennink, Alex	4) Petersen, Zack			

Boys 800 Sprint Medley

School	Seed	Finals	Points	Alternate
1 Exira- Elk Horn- Kimballton 'A'	1:40.66	1:41.73	10	
1) Burmeister, Cole	2) Schulz, Trever			
3) Nelson, Creighton	4) Goodwin, Jayden			
2 Woodbine 'A'	1:41.52	1:43.84	8	
1) Pryor, Wyatt	2) Andersen, Colby			
3) Coberly, Tyler	4) Sherer, Adam			
3 Ar-We-Va 'A'	1:43.83	1:48.02	6	
1) Oeser, Derek	2) Simons, Keegan			
3) Schurke, Drew	4) Ehlers, Dalton			
4 Boyer Valley 'A'	1:50.00	1:49.88	4	
1) Puck, Adam	2) Soma, Jesse			
3) Malone, Trevor	4) Soma, Hunter			
5 Cam 'A'	1:47.12	1:50.83	2	
1) Rich, Colby	2) Bower, Isaac			
3) Murphy, Preston	4) Kaufman, Joe			
6 Glidden-Ralston 'A'	1:54.16	1:54.30	1	
1) Snyder, Austin	2) Soyer, Carter			
3) Schoenherr, Braeden	4) Janning, Bennett			
7 Coon Rapids - Bayard 'A'	1:52.00	1:55.49		
1) Dudley, Blaine	2) Andersen, Chance			
3) Cilliers, Kegan	4) Heithoff, Colby			

Boys Distance Medley

School	Seed	Finals	H#	Points	Alternate
1 Woodbine 'A'	3:48.82	4:05.71	2	10	
1) Sherer, Adam	2) Meeker, Cuy				
3) Sullivan, Connor	4) Gruver, Seth				
2 Boyer Valley 'A'	4:10.00	4:08.00	2	8	
1) Soma, Hunter	2) Soma, Jesse				
3) Malone, Trevor	4) Zehner, Ben				
3 Coon Rapids - Bayard 'A'	4:04.00	4:08.71	2	6	

Demo Meet - 4/28/2019

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Results

....Boys Distance Medley

1) Obert, Gabe	2) Dudley, Blaine				
3) Rosenbeck, Jalen	4) Heithoff, Colby				
4 West Harrison 'A'		4:15.00	4:19.42	2	4
1) Gilgen, Gabe	2) Gilgen, Grant				
3) Jaeckel, Brayden	4) Hansen, Hunter				
5 Glidden-Ralston 'A'		4:20.24	4:19.54	1	2
1) Borkowski, Grant	2) Soyer, Carter				
3) Janning, Bennett	4) Snyder, Austin				
6 Ar-We-Va 'A'		4:13.26	4:19.68	2	1
1) Kirsch, Braeden	2) Kock, Cooper				
3) Dose, Jonathan	4) Ragaller, Will				
7 Exira- Elk Horn- Kimballton 'A'		4:32.00	4:35.28	1	
1) Larsen, Cooper	2) Schlueter, Brock				
3) Pettepier, Josh	4) Potts, Aiden				
8 Cam 'A'		4:24.00	4:40.59	1	
1) Nelson, Kolby	2) Ticknor, Cade				
3) Kaufman, Joe	4) Martin, Sam				
9 Paton-Churdan 'A'		4:40.23	4:41.95	1	
1) Butler, Dalton	2) Smith, Bradyn				
3) Mobley, Daunte	4) Thompson, Forest				

Boys 4x100 Meter Shuttle Hurdle

School	Seed	Finals	H#	Points	Alternate
1 Cam 'A'	1:04.82	1:05.67	2	10	
1) Rich, Colby	2) Nelson, Kolby				
3) Holste, Jacob	4) McKee, Connor				
2 Woodbine 'A'	1:08.09	1:08.43	2	8	
1) Andersen, Colby	2) Nelson, Jack				
3) Wakehouse, Caleb	4) Meeker, Cuy				
3 Ar-We-Va 'A'		1:12.75	1	6	
1) Ragaller, Will	2) Kock, Cooper				
3) Ehlers, Dalton	4) Oeser, Derek				
4 Boyer Valley 'A'	1:20.00	1:20.42	1	4	
1) Garside, Eli	2) Webster, Travis				
3) Reineke, Gavin	4) Wood, Carsan				
5 Exira- Elk Horn- Kimballton 'A'	1:19.09	1:21.85	2	2	
1) Kingery, Tyler	2) Pettepier, Josh				
3) Andersen, Hunter	4) Schlueter, Brock				

Boys High Jump

Name	Year School	Seed	Finals	Points	Alternate
1 Simons, Keegan	Ar-We-Va	6-02.00	6-00.00	10	
2 Borkowski, Grant	Glidden-Ralston	6-01.00	5-10.00	8	
3 Holste, Jacob	Cam	6-00.00	5-08.00	6	
4 Obert, Gabe	Coon Rapids	5-10.00	J5-08.00	4	
5 Reineke, Gavin	Boyer Valley	5-06.00	5-02.00	2	
6 Colwell, Nathan	Woodbine	5-03.00	5-00.00	1	
7 Malone, Trevor	Boyer Valley	5-04.00	J5-00.00		

Demo Meet - 4/28/2019**4/28/2019****Results****Boys Long Jump**

Name	Year School	Seed	Finals	Points	Alternate
1 Schurke, Drew	Ar-We-Va	20-02.00	20-09.50	10	
2 Carr, Deshawn	Cam	20-04.00	19-02.50	8	
3 Brummer, Tyler	Boyer Valley	19-11.00	19-01.00	6	
4 Ragaller, Will	Ar-We-Va	18-01.00	18-11.00	4	
5 Rosenbeck, Jalen	Coon Rapids	19-02.00	18-09.50	2	
6 Burnison, Darien	Cam	17-10.00	17-11.00	1	
7 Rife, Nick	West Harrison	16-11.00	17-03.00		
8 Gilgen, Gabe	West Harrison	16-05.00	16-11.00		
9 Schoenherr, Braeden	Glidden-Ralston	16-06.00	16-08.00		
10 Oswald, Tanner	Coon Rapids	17-04.00	16-05.50		
11 Wood, Carsan	Boyer Valley	15-05.00	15-02.00		
12 Gau, Erik	Woodbine	16-00.00	15-01.50		
13 Reisz, EJ	Woodbine	14-00.00	12-10.00		

Boys Shot Put

Name	Year School	Seed	Finals	Points	Alternate
1 Williamson, Mitchell	Cam	49-05.00	49-10.50	10	
2 Hoefler, Dylan	Woodbine	41-08.00	43-06.00	8	
3 Allen, Aaron	Exira- Elk H	44-05.50	42-10.50	6	
4 Rich, Colby	Cam	39-05.00	40-06.50	4	
5 Janssen, Mason	Glidden-Ralston	40-04.00	39-10.50	2	
6 Berens, Dylan	Boyer Valley	38-00.00	38-01.00	1	
7 Radil, Cody	West Harrison	40-10.00	J38-01.00		
8 Pavlik, Corbin	West Harrison	39-04.00	37-09.25		
9 Rosa, Martin	Woodbine	40-01.00	37-02.00		
10 Berens, Lucas	Boyer Valley	38-00.00	36-07.50		
11 Ehlers, Damon	Ar-We-Va	34-11.00	34-08.00		
12 Smith, Bradyn	Paton-Churdan	33-08.75	33-03.00		
13 Andersen, Chance	Coon Rapids	30-06.00	31-08.50		
14 Paulsen, William	Exira- Elk H	31-04.00	29-11.00		
15 Segebart, Henry	Ar-We-Va	30-10.00	29-03.25		
16 Brincks, Branden	Glidden-Ralston	25-00.00	26-11.50		
17 Stream, Mason	Paton-Churdan	28-03.00	25-08.00		

Boys Discus Throw

Name	Year School	Seed	Finals	Points	Alternate
1 Pryor, Layne	Woodbine	165-11	157-01	10	
2 Kuhlman, Clay	Woodbine	138-02	139-10	8	
3 Williamson, Mitchell	Cam	131-00	131-11	6	
4 Ticknor, Cade	Cam	119-11	111-03	4	
5 Berens, Dylan	Boyer Valley	115-00	108-01	2	
6 Janssen, Mason	Glidden-Ralston	100-00	103-00	1	
7 Smith, Bradyn	Paton-Churdan	102-02	102-06		
8 Berens, Lucas	Boyer Valley	115-00	99-10		
9 Radil, Cody	West Harrison	00-06.50	98-03		
10 Stream, Mason	Paton-Churdan	84-03	82-09		
11 Ehlers, Damon	Ar-We-Va	97-06	80-06		
12 Segebart, Henry	Ar-We-Va	79-09	78-01.50		
13 Brincks, Branden	Glidden-Ralston	65-00	69-00		

Demo Meet - 4/28/2019**4/28/2019****Results****....Boys Discus Throw**

14 Paulsen, William	Exira- Elk H	71-00	62-01
-- Kingery, Anthony	Exira- Elk H	119-05	DQ
-- Jacobsen, Gavin	West Harrison	62-00	DQ

 Women - Team Rankings - 19 Events Scored

1) Woodbine	138	2) Glidden-Ralston	111
3) West Harrison	87	4) CAM	86
5) Boyer Valley	76	6) Ar-We-Va	39
7) Exira- Elk Horn- Kimballto	31	8) Coon Rapids - Bayard	9
9) Paton-Churdan	4		

 Men - Team Rankings - 19 Events Scored

1) Woodbine	173	2) CAM	105
3) Boyer Valley	96	4) Ar-We-Va	71
5) Exira- Elk Horn- Kimballto	55	6) Coon Rapids - Bayard	33
7) Paton-Churdan	22	8) Glidden-Ralston	19
9) West Harrison	13		