

Sioux City Relays 2019 - 4/12/2019 to 4/13/2019**55th Running
Olsen Stadium
Results****Girls 4x100 Meter Relay Class"A"**

Meet: M 49.48 4/19/2008 Sioux City West, West
M Pearson, G Williams, C Simon, R Twohig

School Finals

Finals

1	Sioux City East 'A'	50.58
	1) Myerra Parker 12	2) Lineya Wells 10
	3) Allyson Smith 12	4) Laken Gardner 11
2	Sioux City West 'A'	51.65
	1) Makayla Mozak 12	2) Lily Juhnke 09
	3) Braedyn Downs 11	4) Holly Duax 09
3	South Sioux City 'A'	52.22
	1) Ashlynn Garcia 09	2) Megan Hansen 11
	3) Marybeth Rasmussen 12	4) McKenna Sims 12
4	Sergeant Bluff-Luton 'A'	53.15
	1) Brooklyn Huberty 12	2) Madison Harms 12
	3) Chloe Black 11	4) Emma Salker 09
5	Le Mars 'A'	53.34
	1) Kady Leusink 11	2) Haylee Cooper 12
	3) Avery Pratt 09	4) Shaniah Temple 10
6	Sioux City North 'A'	54.11
	1) Leila Quintanilla 12	2) Mia Norton 10
	3) Adriel Simien 09	4) Hailee Enoch 12
7	Bishop Heelan 'A'	54.52
	1) Hope Sokolowski 11	2) Allie Stanek 09
	3) Joslyn Verzal 09	4) Izzy Linden 09

Girls 4x200 Meter Relay Class"A"

Meet: M 1:44.71 4/19/2008 Sioux City West, West
C Simon, G Williams, R Twohig, M Pearson

School Finals

1	Sioux City East 'A'	1:47.60
	1) Myerra Parker 12	2) Lineya Wells 10
	3) Allyson Smith 12	4) Laken Gardner 11
2	Sioux City West 'A'	1:50.39
	1) Braedyn Downs 11	2) Simiah Proctor 10
	3) Sydney Edwards 11	4) Holly Duax 09
3	Sergeant Bluff-Luton 'A'	1:50.67
	1) Brooklyn Huberty 12	2) Madison Harms 12
	3) Maddie Hinkel 09	4) Emma Salker 09
4	South Sioux City 'A'	1:51.33
	1) Ashlynn Garcia 09	2) Marybeth Rasmussen 12
	3) Megan Hansen 11	4) McKenna Sims 12
5	Bishop Heelan 'A'	1:51.36
	1) Hope Sokolowski 11	2) Allie Stanek 09
	3) Dayle Bleeker 12	4) Madison Jochum 12
6	Le Mars 'A'	1:52.66
	1) Haylee Cooper 12	2) Avery Pratt 09
	3) Emily Carlson 11	4) Shaniah Temple 10
--	Sioux City North 'A'	DQ
	1) Hailee Enoch 12	2) Michelle Sanchez 11
	3) Mia Norton 10	4) Adriel Simien 09

Sioux City Relays 2019 - 4/12/2019 to 4/13/2019**55th Running
Olsen Stadium
Results****Girls 4x400 Meter Relay Class"A"**

Meet: M 4:02.17 4/18/2010 Sioux City East, East		S Houlihan, R Mikulicz, L Strom, E Dougherty	
School			Finals
1	Sergeant Bluff-Luton 'A'		4:11.29
	1) Emma Salker 09	2) Chloe Black 11	
	3) Maddie Hinkel 09	4) Brooklyn Huberty 12	
2	Le Mars 'A'		4:19.24
	1) Emily Carlson 11	2) Haylee Cooper 12	
	3) Katie Cunningham 09	4) Chloe Calhoun 11	
3	Sioux City North 'A'		4:26.67
	1) Mia Norton 10	2) Brenda Phillips 12	
	3) Nicole Zuehl 09	4) Michelle Sanchez 11	
4	Bishop Heelan 'A'		4:28.81
	1) Hannah Hutchinson 12	2) Dayle Bleeker 12	
	3) Mia Conley 09	4) Ashley Aesoph 12	
5	Sioux City East 'A'		4:35.79
	1) Megan Callahan 09	2) Addie Harris 09	
	3) Karlee Phillips 11	4) Brylee Hempey 09	

Girls 800 Sprint Medley Class"A"

Meet: M 1:50.29 4/16/2016 CB Abraham Lincoln, CB Abe		K Damgaard, R Fichter, M Hart, D Thomas	
School			Finals
1	Le Mars 'A'		1:58.17
	1) Haylee Cooper 12	2) Avery Pratt 09	
	3) Shaniah Temple 10	4) Katie Cunningham 09	
2	Sioux City North 'A'		1:59.03
	1) Leila Quintanilla 12	2) Adriel Simien 09	
	3) Hailee Enoch 12	4) Mia Norton 10	
3	Bishop Heelan 'A'		2:01.06
	1) Hope Sokolowski 11	2) Allie Stanek 09	
	3) Joslyn Verzal 09	4) Mia Conley 09	
4	Sergeant Bluff-Luton 'A'		2:03.78
	1) Chloe Black 11	2) Emma Salker 09	
	3) Isabelle Lenz 09	4) Linkynn Garrett 10	
--	Sioux City East 'A'		DQ exch 2-3 vil

Girls 4x100 Meter Relay Class"B"

Meet: M 50.88 4/20/1991 Cherokee, Cherokee		C. Hauswald, L. Johanson, K. Corzillus, A. Schuver	
School			Finals
1	Sioux Center 'A'		52.35
	1) Ellie Schley 12	2) Alyssa Mulder 12	
	3) Megan Juffer 09	4) Natalee Greenfield 11	
2	Kp-Wc 'A'		53.35
	1) Aubree Bell 09	2) Madison Goodwin 12	
	3) Paige Kuchel 10	4) Jayde Barto 11	
3	Unity Christian 'A'		55.33
	1) Shelby Riebeling 12	2) Karli Vanden Brink 11	

Sioux City Relays 2019 - 4/12/2019 to 4/13/2019

**55th Running
Olsen Stadium
Results**

....Girls 4x100 Meter Relay Class"B"

3) Megan Vander Kooi 10	4) Erica Feikema 11	
4 Moc-Floyd Valley 'A'		55.63
1) Sera Burg 10	2) Claire Yaw 09	
3) Delanie Niemyer 11	4) Akeyma Fedders 09	
5 Atlantic 'A'		56.20
1) Tayler Burg 11	2) Alyssa Derby 10	
3) Anna Lowary 11	4) Aspen Niklasen 09	
6 Glenwood 'A'		57.32
1) Sadey Allgood 12	2) Bailey Ostrander 12	
3) Jaeda Wilson 11	4) Coryl Matheny 09	

Girls 4x200 Meter Relay Class"B"

Meet: M 1:46.16 4/12/2014 Moc-Fv, MOC-FV
R Muilenburg, D Heimensen, A Achterhof, K Landhuis

School Finals

1 Glenwood 'A'		1:49.27
1) Sadey Allgood 12	2) Bailey Ostrander 12	
3) Marissa Ausdemore 10	4) Coryl Matheny 09	
2 Sioux Center 'A'		1:50.54
1) Natalee Greenfield 11	2) Ellie Schley 12	
3) Peytan Toering 09	4) Alyssa Mulder 12	
3 Kp-Wc 'A'		1:52.04
1) Skylar Hannah 11	2) Madison Goodwin 12	
3) Paige Kuchel 10	4) Jayde Barto 11	
4 Western Christian High School 'A'		1:52.28
1) Olivia Granstra 11	2) Josie Zeutenhorst 09	
3) Bailey Nelson 12	4) Emilee Heynen 10	
5 Unity Christian 'A'		1:52.38
1) AJ Schrock 10	2) Janie Schoonhoven 10	
3) Madison Blankespoor 11	4) Mikayla Turek 12	
6 Atlantic 'A'		1:52.92
1) Taylor Hansen 12	2) Alyssa Derby 10	
3) Aspen Niklasen 09	4) Haley Rasmussen 10	
7 Moc-Floyd Valley 'A'		1:54.84
1) Sera Burg 10	2) Claire Yaw 09	
3) Delanie Niemyer 11	4) Akeyma Fedders 09	
8 Okoboji 'A'		1:56.29
1) Ethnee Jorgensen 09	2) Keitra Cabinboy 12	
3) Mia Meyer 12	4) Sarae Semen 10	

Girls 4x400 Meter Relay Class"B"

Meet: M 4:02.45 4/17/1999 Elkhorn, Elkhorn
E. Ohm, K. Bull, A. Schmidt, K. Clark

School Finals

1 Atlantic 'A'		4:10.22
1) Pluma Pross 11	2) Alyssa Derby 10	
3) Taylor McCreedy 10	4) Haley Rasmussen 10	
2 Western Christian High School 'A'		4:11.88
1) Bailey Nelson 12	2) Emilee Heynen 10	
3) Whitney Minderhoud 11	4) Olivia Granstra 11	

Sioux City Relays 2019 - 4/12/2019 to 4/13/2019**55th Running
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Results****....Girls 4x400 Meter Relay Class"B"**

3 Kp-Wc 'A'		4:13.23
1) Erika Kuntz 09	2) Madison Goodwin 12	
3) Paige Kuchel 10	4) Jayde Barto 11	
4 Glenwood 'A'		4:20.58
1) Sadey Allgood 12	2) Jaeda Wilson 11	
3) Coryl Matheny 09	4) Abby Hughes 09	
5 Sioux Center 'A'		4:24.32
1) Hope Arends 10	2) Jacie VanderWaal 10	
3) Ella Jahn 09	4) Peytan Toering 09	
6 Unity Christian 'A'		4:31.53
1) Madison Blankespoor 11	2) Janie Schoonhoven 10	
3) AJ Schrock 10	4) Mikayla Turek 12	
7 Sheldon 'A'		4:32.71
1) Makenna Kleinhesselink 09	2) Maliah Kleinhesselink 09	
3) Sydney Olson 11	4) Haley Christians 10	
8 Moc-Floyd Valley 'A'		4:36.46
1) Akeyma Fedders 09	2) Addison Wierda 09	
3) Claire Yaw 09	4) Taryn Nothem 10	

Girls 800 Sprint Medley Class"B"

=====		
Meet: M 1:54.19	4/23/1987	Sioux Center, Sioux Center
School		Finals
=====		
1 Kp-Wc 'A'		1:54.74
1) Aubree Bell 09	2) Madison Goodwin 12	
3) Jayde Barto 11	4) Erika Kuntz 09	
2 Western Christian High School 'A'		1:55.51
1) Olivia Granstra 11	2) Josie Zeutenhorst 09	
3) Emma Westphal 09	4) Emilee Heynen 10	
3 Atlantic 'A'		1:56.07
1) Tayler Burg 11	2) Taylor Hansen 12	
3) Alyssa Derby 10	4) Haley Rasmussen 10	
4 Unity Christian 'A'		1:56.89
1) Janie Schoonhoven 10	2) Karli Vanden Brink 11	
3) AJ Schrock 10	4) Mikayla Turek 12	
5 Glenwood 'A'		1:59.56
1) Audrey Arnold 11	2) Marissa Ausdemore 10	
3) Abby Hughes 09	4) Elle Scarborough 10	
6 Okoboji 'A'		2:02.44
1) Sarae Semen 10	2) Keitra Cabinboy 12	
3) Ethnee Jorgensen 09	4) Lexi Duffy 09	
7 Sioux Center 'A'		2:06.43
1) Erika TeGrotenhuis 10	2) Sydney Mouw 12	
3) Annika Jahn 09	4) Jenna King 10	
8 Moc-Floyd Valley 'A'		2:12.76
1) Sera Burg 10	2) Jaycee Hoekstra 11	
3) Claire Yaw 09	4) Akeyma Fedders 09	

Sioux City Relays 2019 - 4/12/2019 to 4/13/2019**55th Running
Olsen Stadium
Results****Girls 4x100 Meter Relay Class"C"**

Meet: M 51.53 4/19/2008 Laurel-Concord, Laurel-Concor	
K Gould, B DeLong, A Lunz, K Jacobsen	
School	Finals
1 Ponca 'A'	55.06
1) Kortney Fethkenher 12	2) Hannah Wahls 10
3) Kai Seneviratne 11	4) Kaci Day 11
2 Westwood 'A'	56.02
1) Shelby Skinner 10	2) Torrie Shantz 12
3) Andee Martin 12	4) Cora Shull 09
3 Mvaocou 'A'	56.73
1) Kelsey Fender 09	2) Alexia Adkins 11
3) Beau Mohr 09	4) Katelyn Trucke 12
4 Lawton Bronson 'A'	57.48
1) Leah Day 09	2) Willow Fluent 09
3) Isabel Rohan 09	4) Bella Johnson 10
5 Mmcru 'A'	58.52
1) Nicole Specht 11	2) Ellie Reuter 09
3) Taylor Harpenau 09	4) Faith Olson 11
-- Homer 'A'	DQ exc 2-3 viol
1) Jocey Peters 10	2) Brooklynn Schmidt 10
3) Katie Baker 11	4) Hannah Harris 11
-- Pierce 'A'	DQ exc 2-3 viol
1) Maggie Brahmmer 12	2) Callie Arnold 09
3) Alexis Sindelar 09	4) Kenzie Moeller 10

Girls 4x200 Meter Relay Class"C"

Meet: M 1:47.98 4/19/2010 Central Lyon, Central Lyon	
M Schleusner, K Eckenrod, K Cuperus, A Ackerman	
School	Finals
1 Westwood 'A'	1:58.83
1) Shelby Skinner 10	2) Andee Martin 12
3) Cora Shull 09	4) Torrie Shantz 12
2 Mvaocou 'A'	1:58.98
1) Katelyn Trucke 12	2) Emily Trucke 10
3) Kelsey Fender 09	4) Beau Mohr 09
3 Lawton Bronson 'A'	1:59.43
1) Alli Sobieski 12	2) Bella Johnson 10
3) Breanna Jernberg 11	4) Sloane Harris 12
-- Homer 'A'	DNF
1) Skylar Moe 09	2) Brooklynn Schmidt 10
3) Katie Baker 11	4) Hannah Harris 11
-- Gehlen Catholic 'A'	DQ
1) Sydney Livermore 11	2) Katelyn Langel 12
3) Tiffany Woerdehoff 10	4) Kate Hill 11

Sioux City Relays 2019 - 4/12/2019 to 4/13/2019**55th Running
Olsen Stadium
Results****Girls 4x400 Meter Relay Class"C"**

Meet: M 4:08.95 4/18/2015 Dakota Valley, Dakota Valle			
A Rasmussen, A Johnson, S Bohan, M Schulz			
School	Finals		
1 Pierce 'A'	4:16.29		
1) Alexis Sindelar 09	2) Callie Arnold 09		
3) Katie Vogt 09	4) Kenzie Moeller 10		
2 Ponca 'A'	4:31.20		
1) Kortney Fethkenher 12	2) Hannah Wahls 10		
3) Kai Seneviratne 11	4) Kaci Day 11		
3 Lawton Bronson 'A'	4:38.96		
1) Alli Sobieski 12	2) Kaitlyn Ricke 12		
3) Willow Fluent 09	4) Sloane Harris 12		
4 Mmcru 'A'	4:44.32		
1) Emily Dreckman 09	2) Faith Olson 11		
3) Ellie Reuter 09	4) Taylor Harpenau 09		
5 Homer 'A'	4:50.08		
1) Jocey Peters 10	2) Brooklynn Schmidt 10		
3) Katie Baker 11	4) Hannah Harris 11		

Girls 800 Sprint Medley Class"C"

Meet: M 1:55.73 4/20/1990 Westwood, Westwood			
School	Finals		
1 Gehlen Catholic 'A'	2:02.86		
1) Tiffany Woerdehoff 10	2) Sydney Livermore 11		
3) Kate Hill 11	4) Katelyn Langel 12		
2 Homer 'A'	2:06.01		
1) Jocey Peters 10	2) Brooklynn Schmidt 10		
3) Katie Baker 11	4) Hannah Harris 11		
3 Lawton Bronson 'A'	2:06.02		
1) Alli Sobieski 12	2) Bella Johnson 10		
3) Breanna Jernberg 11	4) Sloane Harris 12		
4 Mvaocou 'A'	2:08.00		
1) Beau Mohr 09	2) Emily Trucke 10		
3) Katelyn Trucke 12	4) Alexia Adkins 11		
5 Westwood 'A'	2:08.11		
1) Shelby Skinner 10	2) Madison Kafton 12		
3) Cora Shull 09	4) Torrie Shantz 12		
6 Mmcru 'A'	2:08.54		
1) Nicole Specht 11	2) Ellie Reuter 09		
3) Emily Dreckman 09	4) Taylor Harpenau 09		

Girls 800 Meter Run OHS

Meet: M 2:10.36 4/18/2011 Shelby Houlihan, East			
Name	Year	School	Finals
1 Amber Aesoph	11	Bishop Heelan	2:21.00
2 Madison Jochum	12	Bishop Heelan	2:21.59
3 Kaia Downs	09	Sioux City East	2:26.36
4 Alex Radcliffe	09	Sioux City East	2:28.62
5 Karsyn Rush	12	Atlantic	2:33.01

Sioux City Relays 2019 - 4/12/2019 to 4/13/2019**55th Running
Olsen Stadium
Results****....Girls 800 Meter Run OHS**

6 Kara Albrecht	11 Le Mars	2:41.28
7 Paige Washburn	11 Le Mars	2:42.58
8 Emily Haverdink	09 Moc-Floyd Valley	2:43.23
9 Kennedy Goergen	10 Atlantic	2:45.03
10 Ruby Castillo	11 South Sioux City	2:47.86
11 Bailey McKenna	11 Lawton Bronson	2:48.20
12 Shay Muilenburg	10 Unity Christian	2:49.26
13 Emma De Groot	12 Moc-Floyd Valley	2:50.14
14 Kaitlyn Goth	11 Mmcru	2:50.42
15 Rylee Faling	09 South Sioux City	2:51.11

Girls 1500 Meter Run OHS

Meet: M 4:30.67 4/23/2011 Shelby Houlihan, East			
Name	Year	School	Finals
1 Janette Schraft	12	Glenwood	4:46.65
2 Kaia Downs	09	Sioux City East	4:57.42
3 Taylor McCreedy	10	Atlantic	5:10.57
4 Hannah Hutchinson	12	Bishop Heelan	5:12.59
5 Emily Haverdink	09	Moc-Floyd Valley	5:12.73
6 Whitney Minderhoud	11	Western Chri	5:13.46
7 Lexi Duffy	09	Okobojo	5:13.82
8 Anessa Schoo	12	Sheldon	5:15.72
9 Emma Hughes	10	Glenwood	5:28.02
10 Lilly Teager	11	Lawton Bronson	5:28.18
11 Maddie Hurt	12	Le Mars	5:31.34
12 Madison Botos	10	Atlantic	5:31.46
13 Karlee Phillips	11	Sioux City East	5:34.26
14 Amaya Van Essen	09	Unity Christian	5:34.35
15 Lynsey Countryman	09	Kp-Wc	5:34.72
16 Kaitlyn Goth	11	Mmcru	5:39.06
17 Sarah Meis	11	Le Mars	5:41.36
18 Sarahy Hamann	09	Kp-Wc	5:44.55
19 Emma Ricke	09	Lawton Bronson	5:47.88
20 Zoe Gulker	09	Western Chri	5:48.07
21 Ellie Zeutenhorst	10	Sioux Center	5:48.29
22 Hannah O'Connell	09	Mvaocou	5:49.04
23 Emma Haley	10	Moc-Floyd Valley	5:50.64
24 Emma Kelley	10	Sioux City North	5:51.68
25 Sabrina Hazuka	09	Sergeant Blu	5:57.50
26 Kindi Etherington	11	Siouxland Christian	5:58.90
27 Addi Weber	11	Gehlen Catholic	6:01.84
28 Jaycelyn Walters	12	Sioux City North	6:11.66
29 Ellie Hurst	10	Sioux Center	6:28.72

Girls 3000 Meter Run OHS

Meet: M 9:57.23 4/23/2005 Ramsey Kavan, Yankton			
Name	Year	School	Finals
1 Janette Schraft	12	Glenwood	10:19.74
2 Amber Aesoph	11	Bishop Heelan	10:48.41
3 Taylor McCreedy	10	Atlantic	10:58.76

Sioux City Relays 2019 - 4/12/2019 to 4/13/2019**55th Running****Olsen Stadium****Results****....Girls 3000 Meter Run OHS**

4	Emily Haverdink	09	Moc-Floyd Valley	11:27.14
5	Anessa Schoo	12	Sheldon	11:38.80
6	Lilly Teager	11	Lawton Bronson	11:41.72
7	Lillian Garay	10	Sioux City North	11:58.98
8	Ellie Zeutenhorst	10	Sioux Center	12:04.39
9	Sydney Helt	09	Sioux City East	12:05.47
10	Nicole Zuehl	09	Sioux City North	12:10.95
11	Sarah Putze	10	Kp-Wc	12:16.83
12	Abby Dykstra	12	Unity Christian	12:20.77
13	Kindi Etherington	11	Siouxland Christian	12:35.09
14	Mary Putze	10	Kp-Wc	12:38.84
15	Emma Haley	10	Moc-Floyd Valley	12:45.29
16	Sabrina Hazuka	09	Sergeant Blu	12:52.51
17	Karlie Stoos	10	Sioux City East	12:53.91
18	Emily Chamberlain	11	Le Mars	13:02.21
19	Addi Weber	11	Gehlen Catholic	13:12.96
20	Lexi Weber	11	Mvaocou	13:37.83

Girls 400 Meter Hurdles OHS

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Meet: M 1:04.55 4/16/2016 Molly Dean, Glenwood				
Name	Year	School	Finals	H#
=====				
1	Janette Schraft	12	Glenwood	1:05.23 3
2	Mikayla Turek	12	Unity Christian	1:07.84 3
3	Sydney Olson	11	Sheldon	1:09.59 3
4	Megan Juffer	09	Sioux Center	1:09.72 3
5	Mia Meyer	12	Okoboji	1:11.37 3
6	Makenna Kleinhesselink	09	Sheldon	1:12.55 3
7	Ashley Aesoph	12	Bishop Heelan	1:13.12 2
8	Karlee Schiff	10	Le Mars	1:13.58 2
9	Lauren Becker	10	Glenwood	1:14.02 3
10	Megan Hansen	11	South Sioux City	1:14.23 3
11	Claire Yaw	09	Moc-Floyd Valley	1:15.07 2
12	Anna Lowary	11	Atlantic	1:15.70 2
13	Yuriczi Montes	10	Sioux City West	1:16.08 1
14	Alexia Adkins	11	Mvaocou	1:16.89 1
15	Molly Roder	10	Gehlen Catholic	1:17.04 2
16	Hannah Hageman	09	Lawton Bronson	1:17.74 2
17	Haley Drenkhahn	12	Mvaocou	1:18.94 2
18	Jenna Meyer	09	Sergeant Blu	1:20.43 1
19	Faith Olson	11	Mmcru	1:21.19 1
20	AnnDea Boetger	12	Sioux City North	1:21.20 1
21	Akia Simpson	12	Sioux City West	1:25.78 1
22	Renee Arrowood	09	Sioux City North	1:29.60 1
--	Nya Lul	10	Sioux City East	DNF 2

Girls 4x800 Meter Relay OHS

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Meet: M 9:15.76 4/19/2006 SF Roosevelt, Sioux Falls R		
B. Thune, D. Dalon, A. Eckert, K. Eckert		
School		Finals
=====		
1	Western Christian High School 'A'	9:52.36

Sioux City Relays 2019 - 4/12/2019 to 4/13/2019

**55th Running
Olsen Stadium
Results**

....Girls 4x800 Meter Relay OHS

1) Whitney Minderhoud 11	2) Bailey Nelson 12
3) Emilee Heynen 10	4) Olivia Granstra 11
2 Sioux City East 'A'	10:08.75
1) Kaia Downs 09	2) Karlee Phillips 11
3) Katie Lammers 10	4) Alex Radcliffe 09
3 Sioux Center 'A'	10:10.84
1) Hope Arends 10	2) Jacie VanderWaal 10
3) Megan Juffer 09	4) Peytan Toering 09
4 Pierce 'A'	10:21.23
1) Callie Arnold 09	2) Alexis Sindelar 09
3) Zoe Brenden 11	4) Payten Simmons 09
5 Le Mars 'A'	10:22.72
1) Chloe Calhoun 11	2) Kara Albrecht 11
3) Paige Washburn 11	4) Sarah Meis 11
6 Atlantic 'A'	10:29.29
1) Kennedy Goergen 10	2) Madison Botos 10
3) Pluma Pross 11	4) Karsyn Rush 12
7 Sergeant Bluff-Luton 'A'	10:42.45
1) Madison TenHulzen 12	2) Maddie Hinkel 09
3) Ella Brester 09	4) Linkynn Garrett 10
8 Kp-Wc 'A'	10:43.51
1) Sarahy Hamann 09	2) Makayla Archer 10
3) Lillian Ofert 09	4) Lynsey Countryman 09
9 South Sioux City 'A'	10:43.59
1) Marybeth Rasmussen 12	2) Sadie Rocha 12
3) Ashley Hedquist 09	4) Yesenia Balderas 10
10 Unity Christian 'A'	10:45.64
1) Madison Blankespoor 11	2) Emma Byker 09
3) Amaya Van Essen 09	4) Shay Muilenburg 10
11 Glenwood 'A'	10:48.94
1) Abby McIntyre 10	2) Emma Hughes 10
3) Lauren Becker 10	4) Abby Hughes 09
12 Sioux City North 'A'	11:02.34
1) Nicole Zuehl 09	2) Brenda Phillips 12
3) Lillian Garay 10	4) Monica Olson 11
13 Lawton Bronson 'A'	11:04.93
1) Lilly Teager 11	2) Bailey McKenna 11
3) Sloane Harris 12	4) Emma Ricke 09
14 Mmcru 'A'	11:18.89
1) Faith Olson 11	2) Emily Dreckman 09
3) Kaitlyn Goth 11	4) Taylor Harpenau 09
15 Mvaocou 'A'	11:27.31
1) Kelsey Fender 09	2) Haley Drenkhahn 12
3) Cameron Brenner 11	4) Hannah O'Connell 09

Girls High Jump OHS

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Meet: M 5-07.50 4/20/2006 Megan Glisar, Hanah Wilkinson, SBL, E							
Name	Year School			Finals			
=====							
1 Tasha Freiberg	10 South Sioux City			5-02.00	1.57m		
4-08	4-10	5-00	5-01	5-02	5-03	5-04	
O	O	O	P	XO	P	XXX	

Sioux City Relays 2019 - 4/12/2019 to 4/13/2019**55th Running****Olsen Stadium****Results****....Girls High Jump OHS**

2	Jacie VanderWaal	10	Sioux Center	J5-02.00	1.57m
	4-08 4-10 5-00 5-01 5-02 5-03 5-04				
	P O XO P XXO P XXX				
3	Madison Harms	12	Sergeant Blu	5-00.00	1.52m
	4-08 4-10 5-00 5-01 5-02				
	P O O P XXX				
4	Kirstin Sykes	12	Sioux City East	J5-00.00	1.52m
	4-08 4-10 5-00 5-01 5-02				
	O O XXO P XXX				
4	Payten Lode	09	Sheldon	J5-00.00	1.52m
	4-08 4-10 5-00 5-01 5-02				
	O O XXO P XXX				
6	Coryl Matheny	09	Glenwood	4-10.00	1.47m
	4-08 4-10 5-00				
	O O XXX				
7	Sydney Edwards	11	Sioux City West	J4-10.00	1.47m
	4-08 4-10 5-00				
	XO O XXX				
8	Emily Dreckman	09	Mmcru	J4-10.00	1.47m
	4-08 4-10 5-00				
	O XO XXX				
8	Kyley Vondrak	09	Sioux City East	J4-10.00	1.47m
	4-08 4-10 5-00				
	O XO XXX				
10	Jorja VanDenHul	09	Dakota Valley	J4-10.00	1.47m
	4-08 4-10 5-00				
	O XXO XXX				
11	Camrin Baird	09	Kp-Wc	4-08.00	1.42m
	4-08 4-10				
	O XXX				
11	Addy Mosier	09	Sergeant Blu	4-08.00	1.42m
	4-08 4-10				
	O XXX				
11	Lauren Becker	10	Glenwood	4-08.00	1.42m
	4-08 4-10				
	O XXX				
14	Taylor Jochum	09	Bishop Heelan	J4-08.00	1.42m
	4-08 4-10				
	XO XXX				
--	Haley Williams	11	Lawton Bronson	NH	
	4-08				
	XXX				
--	Rhayna Waldner	12	Pierce	NH	
	4-08				
	XXX				
--	Brooklyn Leusink	09	Moc-Floyd Valley	NH	
	4-08				
	XXX				
--	Avery Nelson	10	Bishop Heelan	NH	
	4-08				
	XXX				

Sioux City Relays 2019 - 4/12/2019 to 4/13/2019

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Girls Long Jump OHS

Meet: M 17-09.50 4/20/1996 Delena Hanes, Bellvue West						
Name	Year	School	Finals	Wind		H#
1 Ashlyn Albrecht	12	Sheldon	17-05.00	NWI	5.30m	3
FOUL	16-04.25 (NWI)	16-09.25 (NWI)	17-02 (NWI)	17-05 (NWI)	FOUL	
2 Mikayla Turek	12	Unity Christian	17-02.25	NWI	5.23m	3
15-01.50 (NWI)	14-08 (NWI)	16-05.25 (NWI)	15-08 (NWI)	FOUL	17-02.25 (NWI)	
3 McKenna Sims	12	South Sioux City	16-07.50	NWI	5.06m	3
15-00 (NWI)	16-07.50 (NWI)	15-07 (NWI)	15-07 (NWI)	15-11 (NWI)	15-06.50 (NWI)	
4 Bella Johnson	10	Lawton Bronson	15-08.25	NWI	4.78m	2
14-06.50 (NWI)	15-08.25 (NWI)	FOUL	15-03 (NWI)	15-03.75 (NWI)	15-00.50 (NWI)	
5 Aubree Bell	09	Kp-Wc	15-06.50	NWI	4.73m	2
13-08.75 (NWI)	14-06.25 (NWI)	15-06.50 (NWI)	14-07.75 (NWI)	15-00.75 (NWI)	FOUL	
6 Adriel Simien	09	Sioux City North	15-04.25	NWI	4.67m	3
15-04.25 (NWI)	15-02.50 (NWI)	FOUL	14-02.50 (NWI)	14-01 (NWI)	FOUL	
7 Lilly McNaughton	09	Le Mars	15-03.75	NWI	4.66m	3
14-08.50 (NWI)	15-03 (NWI)	14-03 (NWI)	13-11.75 (NWI)	15-03.75 (NWI)	15-00 (NWI)	
8 Sydney Olson	11	Sheldon	15-03.25	NWI	4.65m	3
14-02 (NWI)	14-11.50 (NWI)	15-03.25 (NWI)	14-11.50 (NWI)	15-01.75 (NWI)	14-10.50 (NWI)	
9 Annika Jahn	09	Sioux Center	15-00.50	NWI	4.58m	2
FOUL	FOUL	15-00.50 (NWI)	FOUL	FOUL	13-03 (NWI)	
10 Jayda Dekkers	11	Sioux Center	14-06.50	NWI	4.43m	2
14-02.50 (NWI)	13-10 (NWI)	14-06.50 (NWI)				
11 Hannah Holder	12	Sioux City West	14-06.00	NWI	4.41m	1
13-09 (NWI)	13-01.50 (NWI)	14-06 (NWI)				
12 Kennedy Cooper	12	Whiting	14-04.25	NWI	4.37m	2
11-09.50 (NWI)	FOUL	14-04.25 (NWI)				
13 Sami Parr	11	Glenwood	14-03.00	NWI	4.34m	2
FOUL	14-03 (NWI)	FOUL				
14 Janae Arens	12	Pierce	14-02.50	NWI	4.33m	3
FOUL	14-02.50 (NWI)	12-01 (NWI)				
15 Emily Trucke	10	Mvaocou	13-10.00	NWI	4.21m	1
13-09.25 (NWI)	13-10 (NWI)	13-04 (NWI)				
16 Sera Burg	10	Moc-Floyd Valley	13-07.25	NWI	4.14m	2
13-04.50 (NWI)	13-01 (NWI)	13-07.25 (NWI)				
17 Karrena Modlin	12	Homer	13-04.25	NWI	4.07m	1
12-09 (NWI)	13-04.25 (NWI)	FOUL				
18 Isabelle Lenz	09	Sergeant Blu	13-03.25	NWI	4.04m	1
13-03.25 (NWI)	12-11 (NWI)	12-11.25 (NWI)				
19 Brylee Hempey	09	Sioux City East	12-10.50	NWI	3.92m	1
FOUL	12-10.50 (NWI)	11-07 (NWI)				
20 Ella Brester	09	Sergeant Blu	12-09.50	NWI	3.89m	1
12-08.25 (NWI)	FOUL	12-09.50 (NWI)				
21 Brooklynn Schmidt	10	Homer	11-11.50	NWI	3.64m	1
10-11.50 (NWI)	11-04 (NWI)	11-11.50 (NWI)				
-- Audrey Arnold	11	Glenwood	FOUL			3
FOUL	FOUL	FOUL				

Girls Shot Put OHS

Meet: M 45-01.25 4/20/1989 Lisa VanSteenwyk, West Lyons			
Name	Year	School	H#

Sioux City Relays 2019 - 4/12/2019 to 4/13/2019

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....Girls Shot Put OHS

1	Nya Diew	11 South Sioux City	44-08.50	13.62m	3
	40-02.50 39-08.25 43-04.25 44-08.50	FOUL FOUL			
2	Kenna Curry	11 Elk Point-Jefferson	41-00.00	12.49m	3
	38-07.75 41-00 38-00.50 38-06.50 39-00.25 38-09				
3	Brooke Languis	10 Ponca	38-09.75	11.83m	3
	37-00.25 38-09.75 38-07.75 37-11.25 38-04.50 38-02.75				
4	Sydney Biermann	12 Glenwood	38-05.50	11.72m	3
	38-05.50 38-02.50 36-11.50 38-03.25 36-08.50 37-02				
5	Hope Wagner	11 Sioux City West	37-11.00	11.55m	3
	35-02.25 37-11 37-06 37-06.75 FOUL 36-03.50				
6	Hailey Hoogers	12 Sioux City North	36-10.50	11.23m	3
	33-03 35-04.75 34-08 36-04 36-10.50 36-00.50				
7	Emily Kraft	11 Kp-Wc	35-11.25	10.95m	3
	34-05.50 FOUL 35-11.25 34-11 FOUL FOUL				
8	Ella Skinner	11 Bishop Heelan	35-02.25	10.72m	3
	33-08.25 35-02.25 34-01.75 33-07.75 32-02.50 33-03				
9	Marie Stone	12 Pierce	34-00.75	10.38m	2
	30-00.50 31-06 34-00.75 33-00.50 32-09 FOUL				
10	Samantha Thompson	11 Westwood	33-03.25	10.14m	2
	33-03.25 FOUL FOUL				
11	Kaylee Dvorak	12 Pierce	32-11.75	10.05m	2
	32-11.75 FOUL FOUL				
12	Leslie Hamman	09 Mvaocou	32-09.50	9.99m	1
	32-09.50 30-04.75 32-02.75				
13	Melinda Zubrod	12 Gehlen Catholic	32-06.50	9.91m	2
	30-11.25 32-06.50 31-04.75				
14	Shayla Altemeier	10 Unity Christian	32-05.75	9.89m	2
	30-09.50 30-11 32-05.75				
15	Sania Mays	11 South Sioux City	32-01.00	9.77m	3
	31-04 32-01 31-01.25				
15	Emily Reis	12 Homer	32-01.00	9.77m	2
	31-09.75 30-02.25 32-01				
17	Dejah Coe	09 Moc-Floyd Valley	31-10.50	9.71m	2
	31-10.50 30-11.75 29-10.50				
18	Rylee Wagner	11 Lawton Bronson	31-02.00	9.49m	1
	30-02 FOUL 31-02				
19	Keely Simonsen	10 Sheldon	31-01.00	9.47m	1
	31-01 28-08 30-09.25				
20	Ali Palmersheim	11 Sioux City East	31-00.25	9.45m	3
	FOUL 30-01 31-00.25				
21	Meg Keller	11 Ponca	30-06.50	9.30m	1
	29-11.25 29-07.25 30-06.50				
22	Serena Bogenrief	10 Unity Christian	30-06.25	9.30m	2
	30-06.25 29-11.50 28-03.50				
23	Olivia Cronovich	12 Glenwood	30-05.50	9.28m	1
	29-04.25 29-04 30-05.50				
24	Taryn Funkhouser	09 Mvaocou	30-02.25	9.20m	2
	27-01.75 FOUL 30-02.25				
25	Tara Horstman	09 Sioux Center	29-07.00	9.01m	1
	27-10.75 29-07 28-09.75				
26	Leah Volkert	12 Le Mars	29-01.50	8.87m	1
	28-06.75 28-01.50 29-01.50				
27	Allison Ruden	11 Gehlen Catholic	28-11.00	8.81m	1
	26-06.75 28-11 28-05.25				

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....Girls Shot Put OHS

28 ReAnna Wolfswinkel 10 Sioux Center 26-07.25 8.10m 1
26-02 26-06.25 26-07.25

Girls Discus Throw OHS

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Meet: M 159-01 4/16/2016 Kiana Phelps, Kingsly-P/Wo
Name Year School Finals H#
=====
1 Nya Diew 11 South Sioux City 148-10 45.36m 3
  FOUL 140-02 FOUL 143-11 131-10 148-10
2 Kenna Curry 11 Elk Point-Jefferson 133-07 40.71m 3
  131-02 FOUL 126-09 124-11 128-06 133-07
3 Elle Scarborough 10 Glenwood 123-07 37.66m 3
  FOUL 99-02 123-07 FOUL 114-09 FOUL
4 Sydney Biermann 12 Glenwood 119-08 36.47m 3
  108-02 FOUL 112-06 118-03 119-08 118-08
5 Nicole Jacobson 12 Bishop Heelan 116-07 35.53m 3
  107-06 115-05 FOUL 116-07 FOUL 109-06
6 Hailey Hoogers 12 Sioux City North 111-02 33.88m 3
  107-01 105-11 106-01 111-02 FOUL 106-07
7 Meg Keller 11 Ponca 104-10 31.95m 3
  102-07 101-01 103-07 100-00 104-10 101-01
8 Hope Wagner 11 Sioux City West 104-05 31.82m 2
  104-05 FOUL FOUL FOUL FOUL FOUL
9 Kaylee Dvorak 12 Pierce 100-09 30.70m 3
  FOUL 94-11 100-09 FOUL FOUL 99-05
10 Madison Riley 10 Ponca 94-04 28.75m 1
  FOUL FOUL 94-04
11 Ali Palmersheim 11 Sioux City East 92-11 28.32m 2
  FOUL 92-11 FOUL
12 Kaitlyn Hennings 10 Lawton Bronson 92-08 28.24m 2
  FOUL 92-08 FOUL
13 Tessa Smith 10 Sergeant Blu 92-03 28.11m 2
  FOUL 92-03 FOUL
14 Shayla Altemeier 10 Unity Christian 90-08 27.63m 2
  FOUL FOUL 90-08
-- Reata Hoy 10 Mvaocou FOUL 1
  FOUL FOUL FOUL
-- Melinda Zubrod 12 Gehlen Catholic FOUL 2
  FOUL FOUL FOUL
-- Emily Reis 12 Homer FOUL 1
  FOUL FOUL FOUL
-- Sara Diew 09 South Sioux City FOUL 2
  FOUL FOUL FOUL
-- Emily Kraft 11 Kp-Wc FOUL 1
  FOUL FOUL FOUL
-- Leah Volkert 12 Le Mars FOUL 1
  FOUL FOUL FOUL
-- Morgan Jensen 12 Sioux Center FOUL 1
  FOUL FOUL FOUL
-- ReAnna Wolfswinkel 10 Sioux Center FOUL 1
  FOUL FOUL FOUL
-- Dejah Coe 09 Moc-Floyd Valley FOUL 1
  FOUL FOUL FOUL
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Sioux City Relays 2019 - 4/12/2019 to 4/13/2019**55th Running
Olsen Stadium
Results****Girls 100 Meter Dash Elite**

Meet: M 12.15 4/16/2016 Khenadi Jones, S.C. West						
Name	Year	School	Finals	Wind	H#	
1 Holly Duax	09	Sioux City West	12.28	1.1	4	
2 Lily Juhnke	09	Sioux City West	12.97	1.1	4	
3 Bailey Ostrander	12	Glenwood	13.27	1.1	4	
4 Myerra Parker	12	Sioux City East	13.27	1.1	4	
5 Kennedy Cooper	12	Whiting	13.33	1.1	4	
6 Ashlyn Albrecht	12	Sheldon	13.36	1.1	4	
7 Aubree Bell	09	Kp-Wc	13.52	1.1	4	
8 AJ Schrock	10	Unity Christian	13.59	4.4	2	
9 Emma Westphal	09	Western Chri	13.62	0.5	3	
10 Ethnee Jorgensen	09	Okoboji	13.66	0.5	3	
10 Isabelle Lenz	09	Sergeant Blu	13.66	4.4	2	
12 Hailee Enoch	12	Sioux City North	13.67	4.4	2	
13 Leila Quintanilla	12	Sioux City North	13.72	0.5	3	
14 Kilie Junck	10	Sioux City East	13.77	4.4	2	
15 Mia Gamet	10	Sergeant Blu	13.83	4.4	2	
16 Shaniah Temple	10	Le Mars	13.89	0.5	3	
17 Cora Shull	09	Westwood	13.91	1.1	4	
18 Elizabeth Hammer	10	Pierce	13.97	0.5	3	
19 Avery Pratt	09	Le Mars	14.00	0.5	3	
20 Tiffany Woerdehoff	10	Gehlen Catholic	14.02	4.4	2	
21 Maiya Baumann	11	Pierce	14.03	4.4	2	
22 Sadey Allgood	12	Glenwood	14.09	0.5	3	
23 Cameron Brenner	11	Mvaocou	14.10	0.7	1	
24 Alli Sobieski	12	Lawton Bronson	14.19	0.5	3	
25 Karli Vanden Brink	11	Unity Christian	14.24	0.7	1	
26 Beau Mohr	09	Mvaocou	14.25	4.4	2	
27 Breanna Jernberg	11	Lawton Bronson	14.28	0.7	1	
28 Sarae Semen	10	Okoboji	14.60	0.7	1	
29 Ellie Reuter	09	Mmcru	14.87	0.7	1	

Girls 100 Meter Hurdles Elite

Meet: M 14.80 4/18/2009 Nevada Sorenson, Sioux Falls Lincoln						
Name	Year	School	Finals	Wind	H#	
1 Megan Hansen	11	South Sioux City	15.59	0.2	4	
2 Laken Gardner	11	Sioux City East	16.07	0.2	4	
3 Elle Scarborough	10	Glenwood	16.23	0.2	4	
4 Maggie Brahmer	12	Pierce	16.34	0.2	4	
5 Sydney Livermore	11	Gehlen Catholic	16.55	1.5	2	
6 Audrey Arnold	11	Glenwood	16.90	0.2	4	
7 Nya Lul	10	Sioux City East	17.09	0.2	4	
8 Kady Leusink	11	Le Mars	17.26	0.2	4	
9 Ellie Schley	12	Sioux Center	17.32	0.2	4	
10 Sami Parr	11	Glenwood	17.58	1.6	1	
11 Makenna Kleinhesselink	09	Sheldon	17.87	0.9	3	
12 Jaycee Hoekstra	11	Moc-Floyd Valley	17.91	0.9	3	
13 Lilly McNaughton	09	Le Mars	18.02	1.5	2	
14 Anna Lowary	11	Atlantic	18.07	0.9	3	
15 Akia Simpson	12	Sioux City West	18.28	0.9	3	
16 Karlee Schiff	10	Le Mars	18.30	0.9	3	

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Results****....Girls 100 Meter Hurdles Elite**

17 Karli Bomgaars	11 Moc-Floyd Valley	18.43	1.5	2
18 Alexia Adkins	11 Mvaocou	18.58	1.5	2
19 Shelby Riebeling	12 Unity Christian	18.67	1.6	1
20 Madeline Stout	09 Dakota Valley	18.80	0.9	3
21 Brooke Alesch	12 Le Mars	18.96	1.6	1
22 Shelby Skinner	10 Westwood	19.03	1.5	2
22 Addy Mosier	09 Sergeant Blu	19.03	0.9	3
24 Hannah Hageman	09 Lawton Bronson	19.03	1.6	1
25 Alyssa Mulder	12 Sioux Center	19.07	1.5	2
26 Maya Bishwokarma	10 Bishop Heelan	19.21	1.5	2
27 Sophie Krusen	10 Mvaocou	19.33	1.5	2
28 Keitra Cabinboy	12 Okoboji	19.73	0.9	3
29 Grace Kiple	12 Sergeant Blu	20.04	1.6	1
30 Renee Arrowood	09 Sioux City North	20.93	1.6	1
31 Elisa Davis	10 Westwood	21.24	1.6	1
32 Courtney Johnson	10 Sioux City North	21.27	1.6	1

Women 100 Meter Dash UCO

=====					
Meet: M 11.82 4/16/1994 Marie Brown, South Dakota					
Name	Year	School	Finals	Wind	H#
=====					
1 Callie DeWitt	SR	Augustana (S.D.)	12.35	1.2	4
2 Anna Heusinkveld	SR	Northwestern (Iowa)	12.87	1.2	4
3 Josie Wolf	SR	Dakota State	12.92	1.2	4
4 Devin Bloemendaal	SR	Northwestern (Iowa)	13.02	1.2	4
5 Sydney Mudgett	SR	Augustana (S.D.)	13.06	0.8	2
6 Jada Carlson	SR	Northwestern (Iowa)	13.10	0.8	2
7 Kaitlyn Mulder	SR	Augustana (S.D.)	13.16	2.8	1
8 Abbie Strasser	SR	Dakota State	13.22	1.2	4
9 Mariah Beckius	SR	Augustana (S.D.)	13.32	1.2	4
10 Julia Yoder	SR	Dordt	13.36	0.1	3
11 Jo McKibben	SR	Morningside	13.38	0.1	3
12 Brooke DeVos	SR	Augustana (S.D.)	13.38	2.8	1
13 Mika Kooistra	SR	Dordt	13.40	2.8	1
14 Lily Peschau	SR	Northwestern (Iowa)	13.41	0.1	3
15 Alexandra Lund	SR	Dordt	13.44	0.8	2
16 Allison Birks	SR	Northwestern (Iowa)	13.53	0.1	3
17 Hannah Veldhuisen	SR	Dordt	13.58	0.1	3
18 Elissa O'Dell	SR	Northwestern (Iowa)	13.61	0.8	2
19 Lindsey Flammang	SR	Morningside	13.63	0.1	3
20 Elianna Clark	SR	Mount Marty	13.66	0.1	3
21 Elizabeth Rankin	SR	Dordt	13.68	0.1	3
22 Taylor Rus		Dordt	13.98	2.8	1
23 Edith Van Ginkel	SR	Dordt	14.12	0.8	2
24 Shirley Reginald		Northwestern (Iowa)	14.13	2.8	1
25 Mikaela Van Soelen	SR	Dordt	14.36	0.8	2
26 Lauren Vanee		Dordt	14.64	2.8	1
27 Colleen Rypkema		Northwestern (Iowa)	14.88	2.8	1

Sioux City Relays 2019 - 4/12/2019 to 4/13/2019**55th Running
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Results****Women 200 Meter Dash UCO**

Meet: M 24.02 4/17/2015 Destiny Carter, Iowa Central					
Name	Year	School	Finals	Wind	H#
1 Aurora Arevalo	SR	Morningside	26.20	-0.8	4
2 Jordyn Pester		Wayne State (Neb.)	26.44	-0.8	4
3 Peyton Coffin	SR	Briar Cliff	26.61	-1.1	3
4 Katie Te Grotenhuis	SR	Northwestern (Iowa)	26.75	3.9	2
5 Mika Kooistra	SR	Dordt	26.84	3.9	2
6 Josie Wolf	SR	Dakota State	26.90	-0.8	4
7 Sydney Mudgett	SR	Augustana (S.D.)	26.90	-0.8	4
8 Kaitlyn Mulder	SR	Augustana (S.D.)	26.93	-1.1	3
9 Julia Yoder	SR	Dordt	26.96	3.9	2
10 Abbie Strasser	SR	Dakota State	26.97	-1.1	3
11 Devin Bloemendaal	SR	Northwestern (Iowa)	27.05	-1.1	3
12 Lily Peschau	SR	Northwestern (Iowa)	27.09	3.9	2
13 Hannah Veldhuisen	SR	Dordt	27.13	3.9	2
14 Mariah Beckius	SR	Augustana (S.D.)	27.14	-0.8	4
15 Brooke DeVos	SR	Augustana (S.D.)	27.21	-1.1	3
16 Chantel Groen		Northwestern (Iowa)	27.21	3.9	2
17 Kiana Hoff-Au	SR	Mount Marty	27.23	-0.8	4
18 Elizabeth Rankin	SR	Dordt	27.53	-1.1	3
19 Elissa O'Dell	SR	Northwestern (Iowa)	27.68	2.4	1
20 Elianna Clark	SR	Mount Marty	27.90	2.4	1
21 Sophie Noecker		Wayne State (Neb.)	28.04	-1.1	3
22 Sage Pulse		Dakota Wesleyan	28.15	2.4	1
23 Devyn Kemble	SR	Northwestern (Iowa)	28.43	3.9	2
24 Emily McDonald		Dakota Wesleyan	28.59	2.4	1
25 Edith Van Ginkel	SR	Dordt	29.01	3.9	2

Women 400 Meter Dash UCO

Meet: M 54.71 4/17/2015 Danielle Riggins, Iowa Central					
Name	Year	School	Finals		H#
1 Selin Dikmen	SR	Augustana (S.D.)	59.64		2
2 Sydney Mudgett	SR	Augustana (S.D.)	59.82		4
3 Kaitlyn Mulder	SR	Augustana (S.D.)	59.92		4
4 Lauren Van Dyke		South Dakota St.	1:00.07		3
5 Delaney Carlson		South Dakota St.	1:00.53		4
6 Kiana Hoff-Au	SR	Mount Marty	1:00.54		4
7 Allison Sebern		South Dakota St.	1:00.71		4
8 Chloe Bermel		South Dakota St.	1:01.13		4
9 Brooke DeVos	SR	Augustana (S.D.)	1:01.20		4
10 Kali Ryan		Augustana (S.D.)	1:01.41		3
11 Nichole Sample		South Dakota St.	1:02.71		3
12 Allison Birks	SR	Northwestern (Iowa)	1:03.07		3
13 Brianna Sleezer	SR	Morningside	1:03.07		2
14 Kate Wnek	SR	Dordt	1:03.33		4
15 Tianna Wald		Sioux Falls	1:03.50		3
16 Madison Whitcomb		Dakota State	1:04.00		2
17 Jennifer Giles	SR	Dakota State	1:04.21		3
18 Emily Sorensen	SR	Northwestern (Iowa)	1:04.47		3
19 Jessica Christoffer		South Dakota St.	1:05.04		1
20 Elianna Clark	SR	Mount Marty	1:05.55		2

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Results****...Women 400 Meter Dash UCO**

21	Sydney Batz		Northwestern (Iowa)	1:05.71	2
22	Danielle Costain	SR	Southwestern CC	1:06.98	2
23	Kalli Jelen		South Dakota St.	1:07.41	1
24	Serena Pfeiffer		South Dakota St.	1:12.39	1

Women 800 Meter Run UCO

=====					
Meet: M 2:09.89 4/17/2000 Lisbeth Pedersen, unattached					
Name	Year	School		Finals	H#
=====					
1	Carly Rahn		Augustana (S.D.)	2:15.71	4
2	Kali Ryan		Augustana (S.D.)	2:16.66	4
3	Taryn Ceglowski		Sioux Falls	2:16.77	4
4	Emily Tromp		Augustana (S.D.)	2:17.88	4
5	Patty Jo English		Augustana (S.D.)	2:18.26	4
6	Avery Selberg		Augustana (S.D.)	2:19.25	4
7	Rachel Propst		South Dakota St.	2:19.60	4
8	Jenna Stephens	SR	Dordt	2:19.78	4
9	Rebekah Muilenburg		Northwestern (Iowa)	2:20.28	4
10	Emalee Fundermann	SR	Morningside	2:20.93	3
11	Joan Jelimo		Wayne State (Neb.)	2:20.99	4
12	Katrina Engebretson	SR	Northwestern (Iowa)	2:22.39	3
13	Annechiena Knevelbaard		Dordt	2:23.28	3
14	Kiana Hoff-Au	SR	Mount Marty	2:23.50	4
15	Kassidy De Jong		Northwestern (Iowa)	2:23.53	3
16	Annika Rick	SR	Dordt	2:24.23	2
17	Sarah Wensink		Dordt	2:24.93	3
18	Delaney Leber		Augustana (S.D.)	2:25.01	4
19	Hailey Pullman	FR	Dordt	2:25.12	3
20	Jessica Christoffer		South Dakota St.	2:25.31	3
21	Nichole Sample		South Dakota St.	2:25.77	3
22	Sadie Thompson		Sioux Falls	2:25.98	2
23	Jenna Dirkx	SR	Morningside	2:26.35	3
24	Clare Kortlever	SR	Morningside	2:26.54	3
25	Devyn Kemble	SR	Northwestern (Iowa)	2:27.36	2
26	Kelsey Lang		Northwestern (Iowa)	2:27.67	2
27	Annika Brands	SR	Dordt	2:27.85	2
28	Rose Pelelo-Ray	SR	Morningside	2:28.12	3
29	Marin Jetensky		Wayne State (Neb.)	2:28.33	2
30	Maria Streed		Sioux Falls	2:29.07	2
31	Sonora Foresman	SR	Morningside	2:29.37	3
32	Anna Teigland		Northwestern (Iowa)	2:29.53	2
33	McKenna Rogers		Dakota Wesleyan	2:29.77	3
34	Sarina Lindell		Sioux Falls	2:29.82	2
35	Samantha Blum		Northwestern (Iowa)	2:30.07	2
36	Kirsten Paetow	SR	Dakota State	2:30.45	3
37	Autumn Muilenburg		Northwestern (Iowa)	2:31.33	2
38	Rachel Barkema		Morningside	2:31.61	2
39	Krista Zavadil		Morningside	2:32.46	2
40	Madison Whitcomb		Dakota State	2:32.61	1
41	Keegan Day		Sioux Falls	2:33.64	3
42	Morgan Van Der Brink		Northwestern (Iowa)	2:34.01	2
43	Taylor Carlson	SR	Mount Marty	2:34.33	1
44	Mattisen Kelley		Sioux Falls	2:34.70	2

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45	Samantha Dowling		Northwestern (Iowa)	2:35.03	1
46	Morgan Parys		Augustana (S.D.)	2:35.85	1
47	Emma Meyers		Dakota Wesleyan	2:37.37	1
48	Karina Manriquez	SR	Briar Cliff	2:38.07	1
49	Claire Schaefer	SR	Briar Cliff	2:39.35	1
50	Brianna Hoffman	SR	Southwestern CC	2:39.41	1
51	Mallory Aughenbaugh		Dakota State	2:39.92	2
52	Serena Pfeiffer		South Dakota St.	2:40.98	1
53	Danielle Costain	SR	Southwestern CC	2:43.95	1
54	Macey Claussen		Dakota Wesleyan	2:45.70	1
55	Annabelle Schulz		Sioux Falls	2:46.42	1
56	Karie Klingensmith		Morningside	2:47.08	1
57	Dayana Montano-Salama		Bellevue University	2:56.68	1
58	Cindy Moreno		Briar Cliff	3:00.99	1
59	Lyndsay Pruss		Dakota State	3:02.42	1
60	Diana Montano-Salama		Bellevue University	3:10.50	1

Women 1500 Meter Run UCO

=====					
Meet: M 4:33.71 4/12/2014 Katie Wetzstein, South Dakota					
Name	Year	School	Finals	H#	
=====					
1	Taryn Ceglowski		Sioux Falls	4:45.99	3
2	Anna Fasen		South Dakota St.	4:47.21	3
3	Rachel Propst		South Dakota St.	4:48.02	3
4	Mackenzie Schell		South Dakota St.	4:52.23	3
5	Emalee Fundermann	SR	Morningside	4:54.98	3
6	Kassidy De Jong		Northwestern (Iowa)	4:55.97	3
7	Megan Maaske		Morningside	4:57.45	3
8	Hunter Koepke		Northwestern (Iowa)	5:08.63	2
9	Kelsey Lang		Northwestern (Iowa)	5:09.10	2
10	Tiana Schroeder		Dordt	5:12.00	2
11	Sarina Lindell		Sioux Falls	5:12.01	3
12	Maria Streed		Sioux Falls	5:13.42	2
13	Autumn Muilenburg		Northwestern (Iowa)	5:13.74	2
14	Mary Krause		South Dakota St.	5:13.86	3
15	Macie Moore		Morningside	5:14.41	2
16	Alex George		Morningside	5:15.75	2
17	Sadie Thompson		Sioux Falls	5:15.91	3
18	Emma Van Meeteren		Northwestern (Iowa)	5:16.19	3
19	Rachel Barkema		Morningside	5:16.52	2
20	Katlyn Hoogland		Dordt	5:17.70	2
21	Krista Zavadil		Morningside	5:19.01	2
22	Genevieve Clark	SR	Mount Marty	5:20.20	3
23	Kim Lowman		Wayne State (Neb.)	5:23.71	3
24	Ashley Robinson		Dakota State	5:25.23	2
25	Wesley Milligan		Northwestern (Iowa)	5:27.25	2
26	Olivia Vande Polder		Dordt	5:28.13	1
27	Andrea Bryant		Dakota State	5:28.68	1
28	Keegan Day		Sioux Falls	5:31.68	3
29	Lorena Ramirez		Bellevue University	5:32.39	2
30	Mattisen Kelley		Sioux Falls	5:32.95	2
31	Megan Shulstad		Northwestern (Iowa)	5:33.45	1
32	Jaycee Vander Berg		Northwestern (Iowa)	5:34.14	1

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33	Alyssa Krohn		Northwestern (Iowa)	5:34.26	1
34	Taylor Carlson	SR	Mount Marty	5:35.31	1
35	Amory Prue		Briar Cliff	5:36.36	1
36	Karie Klingensmith		Morningside	5:36.89	1
37	Tara Tilstra		Dordt	5:37.38	1
38	Kiki Bennett		Morningside	5:42.79	1
39	Cassidy Rodman		Northwestern (Iowa)	5:44.89	1
40	Mallory Aughenbaugh		Dakota State	5:45.55	2
41	Annabelle Schulz		Sioux Falls	5:48.81	1
42	Brianna Hoffman	SR	Southwestern CC	5:53.38	1
43	Dayana Montano-Salama		Bellevue University	6:21.67	1
44	Lyndsay Pruss		Dakota State	6:27.37	1
45	Diana Montano-Salama		Bellevue University	6:42.07	1
46	Traci Vandersnick		Mount Marty	6:53.47	1

Women 5000 Meter Run UCO

=====					
Meet: M 17:06.56 4/11/2014 Kristin Brondbo, Augustana					
Name	Year	School		Finals	
=====					
1	Morgan Lawler		South Dakota	17:46.81	
2	Laura Nelson		South Dakota	17:53.02	
3	Mackenzie Schell		South Dakota St.	17:59.72	
4	Cailee Peterson		South Dakota St.	18:23.54	
5	Emma Nelson		South Dakota St.	18:26.82	
6	Kelsi Kearney		South Dakota	18:29.57	
7	Ellie Coyle		South Dakota	18:48.41	
8	Rachel Rairdon		Augustana (S.D.)	18:51.16	
9	Elizabeth Yoder		Augustana (S.D.)	19:10.20	
10	Jacia Christiansen		Dakota State	19:33.31	
11	Julia Megazzini		Augustana (S.D.)	19:45.80	
12	Andrea Torres		Wayne State (Neb.)	19:47.15	
13	Jessica Skopec		South Dakota	19:49.99	
14	Allie Rosener		Wayne State (Neb.)	19:54.63	
15	Amanda Peterson		Augustana (S.D.)	19:56.81	
16	Lorena Ramirez		Bellevue University	20:01.44	
17	Elise Emmick		South Dakota St.	20:08.04	
18	Bailey Dergan		South Dakota St.	20:11.81	
19	Kaitlin Pauls		Briar Cliff	21:02.04	
20	Amanda Mote		Wayne State (Neb.)	21:34.98	
21	Savannah Schmidt		Dakota Wesleyan	22:14.09	
22	Aleida Moreno		Briar Cliff	23:00.08	

Women 100 Meter Hurdles UCO

=====						
Meet: M 13.99 4/18/2015 Danielle Riggins, Iowa Central						
Name	Year	School		Finals	Wind	H#
=====						
1	Selin Dikmen	SR	Augustana (S.D.)	14.83	2.2	2
2	MacKenzie Keune	SR	Northwestern (Iowa)	14.94	2.2	2
3	Aurora Arevalo	SR	Morningside	15.75	2.2	2
4	Jada Carlson	SR	Northwestern (Iowa)	16.02	2.2	2
5	Stephanie Faulhaber	SR	Mount Marty	16.35	0.5	1
6	Ashley Solano		Augustana (S.D.)	16.44	2.2	2

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7	Bryn Groff	Morningside	16.87	2.2	2
8	Camryn Cleveringa	Northwestern (Iowa)	17.06	0.5	1
9	Emily McDonald	Dakota Wesleyan	17.20	0.5	1
10	Sophie Noecker	Wayne State (Neb.)	17.32	2.2	2
11	Cassidy Schwab	SR Briar Cliff	17.63	2.2	2
12	Betsy Ridout	SR Morningside	17.88	0.5	1
13	Jessica Giles	SR Dakota State	22.11	0.5	1

Women 400 Meter Hurdles UCO

Meet: M 1:00.55 4/15/1995 Anna Ratzloff, Augustana					
Name	Year	School	Finals		
1	MacKenzie	Keune SR	Northwestern (Iowa)	1:04.26	
2	Anmarie	Stuit SR	Dordt	1:04.49	
3	Ashley	Solano	Augustana (S.D.)	1:06.91	
4	Molli	Vasa	Wayne State (Neb.)	1:07.92	
5	Angela	Brinkman	Northwestern (Iowa)	1:10.99	
6	Tiffany	Braun SR	Briar Cliff	1:17.99	

Women 3000 Meter Steeplechase UCO

Meet: M 10:41.76 4/14/2012 Kyle Blakeslee, Augustana					
Name	Year	School	Finals		
1	Samantha	Schuyler	Dakota Wesleyan	12:17.61	
2	Tenna	Beel SR	Morningside	12:33.23	
3	Morgan	Roberts SR	Morningside	13:14.32	
--	Andrea	Bryant	Dakota State	DQ	

Women 4x100 Meter Relay UCO

Meet: M 46.88 4/16/2010 Mary, Mary					
K Nelson, N Coombs, M Weber, K Stewart					
School					Finals
1	Augustana (S.D.)	'A'			48.25
	1) Olivia Montez Brown SR		2) Alaina Klapperich SR		
	3) Selin Dikmen SR		4) Callie DeWitt SR		
2	Northwestern (Iowa)	'A'			50.50
	1) Devin Bloemendaal SR		2) Anna Heusinkveld SR		
	3) Jada Carlson SR		4) Lily Peschau SR		
3	Morningside	'A'			50.74
	1) Betsy Ridout SR		2) Jo McKibben SR		
	3) Lindsey Flammang SR		4) Aurora Arevalo SR		
4	Dordt	'A'			51.09
	1) Emma Bakker SR		2) Mika Kooistra SR		
	3) Pam Regenerus SR		4) Joscelyn Wind SR		
5	Dakota State	'A'			51.40
	1) Abbie Strasser SR		2) Jessica Giles SR		
	3) Jennifer Giles SR		4) Josie Wolf SR		
6	Dordt	'B'			52.32
	1) Julia Yoder SR		2) Alexandra Lund SR		
	3) Hannah Veldhuisen SR		4) Anmarie Stuit SR		

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....Women 4x100 Meter Relay UCO

7 Dordt 'C' 54.09
 1) Elizabeth Rankin SR 2) Kate Wnek SR
 3) Edith Van Ginkel SR 4) Mikaela Van Soelen SR

Women 4x400 Meter Relay UCO

Meet: M 3:49.05 4/22/1992 North Dakota State, North Dako
 Ristau, Koehn, Kelly, Faus

School	Finals	H#
1 Dordt 'A'	4:02.34	2
1) Emma Bakker SR	2) Mika Kooistra SR	
3) Anmarie Stuit SR	4) Joscelyn Wind SR	
2 Dordt 'B'	4:10.07	2
1) Elizabeth Rankin SR	2) Jenna Stephens SR	
3) Annika Rick SR	4) Kate Wnek SR	
3 Northwestern (Iowa) 'A'	4:11.31	2
1) Devyn Kemble SR	2) Megan Willroth SR	
3) Allison Birks SR	4) Katrina Engebretson SR	
4 Morningside 'A'	4:11.37	2
1) Brianna Sleezer SR	2) Sonora Foresman SR	
3) Emalee Fundermann SR	4) Rose Pelelo-Ray SR	
5 Morningside 'B'	4:16.59	1
1) Clare Kortlever SR	2) Jenna Dirkx SR	
3) Morgan Roberts SR	4) Tenna Beel SR	
6 Briar Cliff 'A'	4:20.37	1
1) Peyton Coffin SR	2) Karina Manriquez SR	
3) Claire Schaefer SR	4) Cassidy Schwab SR	

Women High Jump Jump Off UCO

Meet: M 5-10.75 4/14/2012 Megan Glisar, Morningside

Name	Year School	Finals
1 Sarah De Haan	Dordt	1.67m 5-05.75 won jump off
1.47 1.52 1.57 1.62 1.67 1.67		
P O O O XXX O		
2 Mearah Miedema	Augustana (S.D.)	1.62m 5-03.75
1.47 1.52 1.57 1.62 1.67 1.67		
O O O O XXX X		
3 Cori De Jong	Dordt	J1.62m 5-03.75
1.47 1.52 1.57 1.62 1.67		
P O XXO XXO XXX		
4 Joscelyn Wind	SR Dordt	1.57m 5-01.75
1.47 1.52 1.57 1.62		
P XO XO XXX		
5 Katie Te Grotenhuis	SR Northwestern (Iowa)	1.52m 4-11.75
1.47 1.52 1.57		
XO O XXX		
6 Lia Guigui	Dakota Wesleyan	J1.52m 4-11.75
1.47 1.52 1.57		
XO XXO XXX		

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....Women High Jump Jump Off UCO

-- Katherine Glenn	SR Mount Marty	NH
1.47		
XXX		
-- Ashley Hohenstein	Briar Cliff	NH
1.47		
XXX		
-- Samantha Hays	Mount Marty	NH
1.47		
XXX		

Women Pole Vault UCO

=====

Meet: M 13-06 4/14/2012 Emily Grove, South Dakota

Name	Year	School	Finals																		
1 Landon Kemp		South Dakota	4.30m	14-01.25																	
2.85	3.00	3.15	3.30	3.45	3.60	3.70	3.80	3.90	4.00	4.05	4.10	4.15	4.20	4.25	4.30	4.35	4.40				
P	P	P	P	P	P	P	XXO	XO	P	O	P	P	O	P	XO	P	XXX				
2 Josephina Wright		South Dakota	3.70m	12-01.50																	
2.85	3.00	3.15	3.30	3.45	3.60	3.70	3.80														
P	P	P	P	XO	XO	XXO	XXX														
3 Lily Noble		Augustana (S.D.)	3.30m	10-10.00																	
2.85	3.00	3.15	3.30	3.45																	
P	P	O	XO	XXX																	
4 Brenna Schmidt		Sioux Falls	3.00m	9-10.00																	
2.85	3.00	3.15																			
P	XO	XXX																			
4 Marya Schiltz		Sioux Falls	3.00m	9-10.00																	
2.85	3.00	3.15																			
P	O	XXX																			

Women Long Jump UCO

=====

Meet: M 19-11.75 4/13/2013 Neeia Cooperwood, Morningside

Name	Year	School	Finals	Wind	H#
1 Olivia Montez Brown	SR	Augustana (S.D.)	5.69m	0.2	18-08.00 2
5.69m(0.2)	5.60m(-1.2)	5.52m(+0.0)			
2 Elenani Tinai	SR	Southwestern CC	5.46m	-1.3	17-11.00 2
5.46m(-1.3)	4.88m(-2.1)	PASS			
3 Chantel Groen		Northwestern (Iowa)	5.31m	-1.0	17-05.25 2
5.15m(0.7)	5.31m(-1.0)	4.86m(1.1)	4.88m(-0.7)	4.86m(-1.9)	FOUL
4 Kaly Banks		Augustana (S.D.)	5.07m	-1.7	16-07.75 1
4.96m(+0.0)	5.07m(-1.7)	4.94m(-0.4)	PASS	PASS	PASS
5 Lydia Gerber		Dakota Wesleyan	4.87m	-1.4	15-11.75 2
4.73m(-0.8)	4.87m(-1.4)	4.82m(-1.1)	4.69m(-0.7)	FOUL	FOUL
6 Kati Kneifl		Morningside	J4.87m	1.1	15-11.75 2
4.87m(1.1)	FOUL	FOUL	FOUL	FOUL	4.82m(1.1)
7 Sarah Westerman		Augustana (S.D.)	4.84m	-0.2	15-10.50 2
4.71m(-1.4)	FOUL	4.84m(-0.2)	FOUL	4.80m(-0.0)	4.74m(0.5)
8 Jo McKibben	SR	Morningside	4.79m	-1.2	15-08.75 1
4.55m(-1.4)	4.43m(0.1)	4.79m(-1.2)	4.68m(-1.0)	FOUL	4.66m(-0.0)
9 Claire Stoller		Dakota Wesleyan	4.76m	-0.7	15-07.50 2
4.76m(-0.7)	FOUL	4.41m(-0.2)	4.35m(0.8)	FOUL	4.47m(-0.2)

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10	Mearah Miedema	Augustana (S.D.)	4.74m	0.1	15-06.75	1
	4.74m(0.1) FOUL	FOUL				
11	Alyssa Weidler	Dakota Wesleyan	4.73m	+0.0	15-06.25	2
	FOUL 4.73m(+0.0) FOUL					
12	Sage Pulse	Dakota Wesleyan	4.61m	0.8	15-01.50	1
	4.56m(-1.0) FOUL	4.61m(0.8)				
13	Jacqui Balt	Dordt	J4.61m	-1.4	15-01.50	1
	4.61m(-1.4) FOUL	FOUL				
14	Danielle Ullmann	SR Briar Cliff	4.58m	-1.4	15-00.50	1
	4.48m(0.7) 4.58m(-1.4) 4.56m(-0.5)					
--	Grayce Adler	Augustana (S.D.)	FOUL			1
	FOUL FOUL FOUL					

Women Triple Jump UCO

Meet: M 42-06.25 4/22/2014 Kenna Wolter, unattached

Name	Year	School	Finals	Wind
1 Lydia Gerber		Dakota Wesleyan	10.91m	-1.1 35-09.50
	FOUL	10.77m(-0.9) 10.33m(0.9) 10.55m(-1.9)	10.91m(-1.1) FOUL	
2 Kaly Banks		Augustana (S.D.)	10.89m	-0.8 35-08.75
	FOUL	10.82m(-1.2) 10.89m(-0.8) 10.76m(-1.7)	10.70m(-0.6) FOUL	
3 Claire Stoller		Dakota Wesleyan	10.49m	-1.1 34-05.00
	9.91m(-3.7) FOUL	10.49m(-1.1) 10.02m(-0.7)	10.10m(-0.8) FOUL	
4 Jacqui Balt		Dordt	10.39m	-1.2 34-01.25
	9.97m(-0.7) 10.31m(-0.9) 10.10m(0.4)	10.08m(+0.0)	9.86m(-1.4) 10.39m(-1.2)	
5 Stephanie Faulhaber	SR	Mount Marty	10.12m	0.7 33-02.50
	9.80m(-2.4) FOUL	10.12m(0.7) 9.97m(0.8)	9.90m(-0.2) FOUL	
6 Shirley Reginald		Northwestern (Iowa)	10.01m	-1.8 32-10.25
	9.42m(0.4) FOUL	9.54m(-2.5) FOUL FOUL	10.01m(-1.8)	
7 Danielle Costain	SR	Southwestern CC	9.06m	-1.5 29-08.75
	FOUL 9.06m(-1.5) FOUL	8.96m(+0.0) FOUL	9.03m(-0.6)	
--	Yasmine Cribb	Southwestern CC	FOUL	
	FOUL FOUL FOUL			

Women Shot Put UCO

Meet: M 59-07 4/18/2009 Rachel Jansen, unattached

Name	Year	School	Finals	H#
1 Callie Henrich		South Dakota	14.57m	47-09.75 2
	14.36m 14.57m	14.57m FOUL 14.37m 14.31m		
2 Madi Moorhouse		South Dakota St.	13.39m	43-11.25 2
	13.29m 13.39m	12.93m FOUL 12.67m 12.78m		
3 Josey Starner		South Dakota	13.30m	43-07.75 2
	13.02m 13.30m	FOUL 12.74m FOUL FOUL		
4 Mary Wester		South Dakota	12.66m	41-06.50 2
	12.66m FOUL FOUL FOUL	12.17m 12.57m		
5 Mikaela Stofferahn		Dakota Wesleyan	12.31m	40-04.75 1
	11.96m 12.31m	FOUL 12.27m FOUL FOUL		
6 Madison Witte		Dakota Wesleyan	12.29m	40-04.00 2
	11.89m 12.29m	FOUL 11.94m 11.82m 12.29m		
7 Naomi Wynn		South Dakota St.	12.02m	39-05.25 2
	12.02m FOUL	11.72m 11.49m 11.25m 11.23m		

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8	Meghan Hettinga	South Dakota St.	11.94m	39-02.25	2
	11.82m 11.59m 11.40m 11.49m 11.33m 11.94m				
9	Faith Leiseth	South Dakota St.	11.92m	39-01.25	2
	FOUL 11.49m 11.92m FOUL 11.17m FOUL				
10	Elizabeth Stanger	South Dakota St.	11.71m	38-05.00	2
	11.68m 11.71m 11.61m				
11	Kasey Jensen	Unattached	11.62m	38-01.50	1
	11.62m 11.08m 11.22m				
12	Alex Dynes	South Dakota St.	11.57m	37-11.50	2
	11.54m 11.57m 10.92m				
12	Caitlin Thilges	South Dakota St.	11.57m	37-11.50	2
	11.57m 11.28m 11.32m				
14	Rachel Astleford	South Dakota St.	11.36m	37-03.25	2
	11.36m 11.03m FOUL				
15	Rebecca Bindert	Northwestern (Iowa)	11.23m	36-10.25	2
	11.23m FOUL FOUL				
16	Julie Jansen	Northwestern (Iowa)	10.56m	34-07.75	1
	10.56m 10.12m 10.18m				
17	Hallie Hallock	Mount Marty	10.44m	34-03.00	1
	10.44m 10.39m 10.11m				
18	Dylana Ward	Mount Marty	10.30m	33-09.50	1
	10.30m FOUL 10.21m				
19	Shelby Fasching	Mount Marty	9.98m	32-09.00	1
	9.25m 9.98m 9.46m				
20	Jenn Stellingwerf	Dordt	9.81m	32-02.25	1
	9.65m 9.67m 9.81m				
21	Caroline Van Berkum	Northwestern (Iowa)	9.51m	31-02.50	1
	FOUL 9.33m 9.51m				
22	Kadie Bauer	Northwestern (Iowa)	9.45m	31-00.00	1
	FOUL 9.42m 9.45m				
23	Payton Jellison	Southwestern CC	9.37m	30-09.00	1
	9.37m 8.91m 8.75m				
24	Lauren Osweiler	Morningside	9.34m	30-07.75	1
	9.34m 9.15m 9.01m				
25	Markee Gruis	Morningside	9.23m	30-03.50	1
	8.22m 9.23m 9.03m				

Women Discus Throw UCO

=====						
Meet: M 168-00 4/20/1998 Nancy Overman, South Dakota State						
Name	Year	School	Finals	H#		
=====						
1	Callie Henrich	South Dakota	45.58m	149-06	3	
	39.42m 41.71m 45.58m 42.88m 45.31m 44.60m					
2	Leah Dusterhoft	South Dakota	43.87m	143-11	3	
	40.43m 40.72m 41.84m 41.88m 43.87m 41.24m					
3	Mikaela Stofferahn	Dakota Wesleyan	43.56m	142-11	3	
	40.86m 43.56m FOUL FOUL 42.24m FOUL					
4	Molly Schiermeyer	South Dakota	43.41m	142-05	3	
	43.41m FOUL 42.32m FOUL FOUL 40.86m					
5	Eleni Knapp	South Dakota	42.48m	139-04	3	
	39.52m 39.73m 41.25m 40.66m 42.48m 41.76m					
6	Traia Hubbard	Dakota State	39.60m	129-11	3	
	FOUL FOUL 38.01m FOUL 39.60m 38.20m					

Sioux City Relays 2019 - 4/12/2019 to 4/13/2019**55th Running****Olsen Stadium****Results****....Women Discus Throw UCO**

7	Caitlin Thilges	South Dakota St.	39.00m	127-11	3
	35.34m 38.26m 37.08m 37.49m 34.87m 39.00m				
8	Faith Leiseth	South Dakota St.	38.23m	125-05	2
	36.93m FOUL 38.23m FOUL FOUL 38.05m				
9	Josey Starner	South Dakota	37.16m	121-11	2
	30.64m 34.58m 37.16m 36.04m FOUL FOUL				
10	Maddison Zoelle	South Dakota	35.77m	117-04	1
	35.20m 35.77m FOUL				
11	Meghan Hettinga	South Dakota St.	35.63m	116-11	3
	FOUL 34.19m 35.63m				
12	Rebecca Bindert	Northwestern (Iowa)	35.31m	115-10	3
	35.31m 31.45m FOUL				
13	Hallie Hallock	Mount Marty	33.91m	111-03	2
	31.08m 33.91m 28.17m				
14	Kadie Bauer	Northwestern (Iowa)	33.87m	111-01	2
	29.72m 33.87m FOUL				
15	Laura Grasman	Dordt	32.77m	107-06	2
	29.20m FOUL 32.77m				
16	Caroline Van Berkum	Northwestern (Iowa)	32.48m	106-07	1
	FOUL 32.28m 32.48m				
17	Dylana Ward	Mount Marty	32.39m	106-03	1
	32.39m FOUL FOUL				
18	Jobi McCreary	Dakota State	32.16m	105-06	2
	32.16m FOUL FOUL				
19	Miranda Zinola	South Dakota St.	31.65m	103-10	3
	31.65m FOUL 30.55m				
20	Julie Jansen	Northwestern (Iowa)	31.25m	102-06	2
	30.08m 31.25m 31.22m				
21	Cassie Bawdon	Dakota Wesleyan	30.70m	100-09	1
	30.70m 29.60m FOUL				
22	DaNeila Jensen	Mount Marty	30.19m	99-00	2
	30.19m 28.54m 30.00m				
23	Britni Plucker	Dakota State	30.06m	98-07	1
	28.81m 30.06m 26.15m				
24	Jenna Bremer	Dordt	29.71m	97-06	2
	29.59m 29.55m 29.71m				
25	Taylor Sprecher	Dakota State	29.48m	96-09	2
	FOUL FOUL 29.48m				
26	Alyssa Juelfs	Dakota State	28.87m	94-09	1
	28.23m FOUL 28.87m				
27	Summer Struve	Morningside	26.70m	87-07	1
	26.69m 26.70m 26.36m				
28	Shelby Fasching	Mount Marty	26.69m	87-07	1
	26.69m 25.52m 23.84m				
29	Jenn Stellingwerf	Dordt	26.39m	86-07	1
	23.78m FOUL 26.39m				
30	Payton Jellison	Southwestern CC	24.58m	80-08	1
	FOUL 24.58m 22.88m				
31	Krysten Everhart	Dordt	24.45m	80-02	2
	24.45m FOUL 23.71m				

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Women Hammer Throw UCO

Meet: M 209-04 4/17/2015 Carly Fehring, unattached									
Name	Year	School				Finals	H#		
1	Michaela	Dendinger		Iron	Wood	TC	65.52m	214-11	2
	64.84m	65.52m	63.23m	63.04m	64.64m	64.94m			
2	Lara	Boman		South	Dakota		57.98m	190-03	2
	52.18m	57.78m	57.98m	FOUL	54.49m	FOUL			
3	Emilee	Shostrom		South	Dakota		51.07m	167-07	2
	47.32m	50.39m	49.98m	47.30m	51.07m	48.29m			
4	Callie	Henrich		South	Dakota		49.30m	161-09	2
	FOUL	47.56m	47.96m	47.40m	49.30m	FOUL			
5	Miranda	Zinola		South	Dakota	St.	49.02m	160-10	2
	FOUL	45.24m	FOUL	49.02m	45.43m	48.89m			
6	Caitlin	Thilges		South	Dakota	St.	46.55m	152-09	1
	46.41m	43.15m	FOUL	44.31m	46.55m	44.00m			
7	Jobi	McCreary		Dakota	State		46.40m	152-03	2
	44.96m	FOUL	43.54m	46.40m	45.17m	45.63m			
7	Eleni	Knapp		South	Dakota		46.40m	152-03	2
	43.35m	43.72m	45.11m	45.09m	FOUL	46.40m			
9	Jenna	Bremer		Dordt			45.77m	150-02	2
	FOUL	45.77m	FOUL	FOUL	43.94m	FOUL			
10	Naomi	Wynn		South	Dakota	St.	44.35m	145-06	1
	43.35m	44.31m	44.35m						
11	Laurel	Ketelhut		South	Dakota		43.72m	143-05	2
	FOUL	43.72m	FOUL						
12	Taylor	Heitman		South	Dakota		43.42m	142-05	2
	42.77m	43.16m	43.42m						
13	Laura	Grasman		Dordt			40.20m	131-11	2
	35.69m	FOUL	40.20m						
14	Mikaela	Stofferahn		Dakota	Wesleyan		39.78m	130-06	1
	39.78m	FOUL	FOUL						
15	Traia	Hubbard		Dakota	State		39.28m	128-10	2
	FOUL	39.28m	39.21m						
16	Britni	Plucker		Dakota	State		37.98m	124-07	1
	37.98m	35.38m	FOUL						
17	Jenn	Stellingwerf		Dordt			37.66m	123-07	1
	34.93m	35.79m	37.66m						
18	Madison	Witte		Dakota	Wesleyan		37.65m	123-06	2
	FOUL	37.65m	FOUL						
19	Dylana	Ward		Mount	Marty		37.63m	123-05	1
	FOUL	37.63m	33.54m						
20	Alyssa	Juelfs		Dakota	State		34.59m	113-06	1
	34.13m	FOUL	34.59m						
21	Krysten	Everhart		Dordt			33.13m	108-08	1
	FOUL	33.13m	31.73m						
22	Summer	Struve		Morningside			32.13m	105-05	2
	FOUL	32.13m	FOUL						
23	Kadie	Bauer		Northwestern	(Iowa)		31.57m	103-07	1
	27.92m	28.68m	31.57m						
24	Markee	Gruis		Morningside			31.37m	102-11	1
	31.01m	28.12m	31.37m						
25	Taylor	Sprecher		Dakota	State		29.89m	98-01	1
	29.89m	FOUL	FOUL						

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....Women Hammer Throw UCO

26	Hallie Hallock	Mount Marty	27.92m	91-07	1
	27.92m FOUL 26.31m				
27	Caroline Van Berkum	Northwestern (Iowa)	24.60m	80-08	1
	21.12m 24.60m 23.90m				
--	DaNeila Jensen	Mount Marty	FOUL		1
	FOUL FOUL FOUL				

Women Javelin Throw UCO

=====								
Meet: M 156-08 4/13/2014 Meghan Dennis, South Dakota								
Name	Year	School						Finals
=====								
1	Kati Kneifl	Morningside						40.23m 132-00
	39.66m 40.23m 39.09m 40.02m 39.23m		FOUL					
2	Aurora Arevalo	SR Morningside						36.18m 118-08
	36.07m 34.67m 36.18m 34.52m		FOUL FOUL					
3	Morgan Rothschadl	Augustana (S.D.)						34.48m 113-01
	28.13m FOUL 27.18m 34.48m 32.57m 33.43m							
4	Morgan Mace	Briar Cliff						30.76m 100-11
	28.88m 29.16m 30.76m		FOUL FOUL FOUL					
5	Lauren Vanee	Dordt						28.93m 94-11
	27.83m 28.80m 28.93m							
6	Joscelyn Wind	SR Dordt						27.80m 91-02
	26.53m 26.63m 27.80m 24.03m 25.70m 25.14m							
7	Gabbie Hagen	Augustana (S.D.)						27.40m 89-11
	25.93m 26.19m		FOUL FOUL 27.40m 25.82m					
8	Bryn Groff	Morningside						27.12m 89-00
	24.68m 25.53m 23.47m 27.12m 22.53m 26.00m							
9	Jessica Giles	SR Dakota State						23.36m 76-08
	23.36m 22.49m 22.10m 21.52m 18.22m 21.90m							
10	Betsy Ridout	SR Morningside						21.20m 69-07
	20.79m 18.00m 21.20m 18.50m 17.13m 18.88m							
11	Sarah Westerman	Augustana (S.D.)						17.62m 57-10
	FOUL FOUL 17.62m 17.30m 14.62m 14.05m							

Boys 4x100 Meter Relay Class"A"

=====							
Meet: M 42.72 4/16/2016 Sioux City East, S.C. East							
T Flemister, D Flemister, P Moon, R Godfrey							
School							Finals
=====							
1	Sioux City East 'A'						43.73
	1) Kayden Jones 11	2) Gabe Wagner 11					
	3) Ray Ray Douglas 12	4) Ardell Inlay 12					
2	Bishop Heelan 'A'						45.71
	1) Keyontre Clark 10	2) Deonte Walker 12					
	3) Camden Lee 11	4) Drew Olson 12					
3	South Sioux City 'A'						46.01
	1) Weston Wilson 12	2) Awnan Bouvilom 11					
	3) Alex Sotelo 12	4) Dylan McGuire 12					
4	Sioux City North 'A'						46.66
	1) Dante Hansen 10	2) Kevin Phung 09					
	3) Cale Conner 12	4) Matt Hagan 12					
5	Sergeant Bluff-Luton 'A'						46.88

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....Boys 4x100 Meter Relay Class"A"

- | | | |
|-----------------------|------------------------|-------|
| 1) Jacob Imming 09 | 2) Kaden Helt 10 | |
| 3) JT Holder 10 | 4) Parker Kaler 09 | |
| 6 Sioux City West 'A' | | 47.56 |
| 1) Riliegh Belt 11 | 2) Bryson Brinkman 11 | |
| 3) TT Quintana 11 | 4) Michael Duax 10 | |
| -- Le Mars 'A' | | DNF |
| 1) Dylan Rasmussen 11 | 2) Anthony Lamoreux 11 | |
| 3) Conlen Parmelee 11 | 4) Tyler Ferguson 12 | |

Boys 4x200 Meter Relay Class"A"

- =====
- Meet: M 1:29.12 4/16/2016 Sb-Luton, Sgt. Bluff-Luton
M George, R McGregor, D Girres, B Wall
- | | | |
|----------------------------|--------------------------|----------------|
| School | | Finals |
| ===== | | |
| 1 Sioux City East 'A' | | 1:31.04 |
| 1) Kayden Jones 11 | 2) Gabe Wagner 11 | |
| 3) Ray Ray Douglas 12 | 4) Ardell Inlay 12 | |
| 2 Sergeant Bluff-Luton 'A' | | 1:33.25 |
| 1) Zach Shultz 12 | 2) Sam DeMoss 12 | |
| 3) Josh Stangel 11 | 4) Britton Delperdang 12 | |
| 3 Bishop Heelan 'A' | | 1:33.83 |
| 1) Keyontre Clark 10 | 2) Deonte Walker 12 | |
| 3) Camden Lee 11 | 4) Drew Olson 12 | |
| 4 Le Mars 'A' | | 1:34.21 |
| 1) Dylan Rasmussen 11 | 2) Anthony Lamoreux 11 | |
| 3) Eric Spieler 11 | 4) Tyler Ferguson 12 | |
| 5 Sioux City West 'A' | | 1:37.84 |
| 1) Michael Duax 10 | 2) Riliegh Belt 11 | |
| 3) Bryson Brinkman 11 | 4) DJ Hudson 12 | |
| -- South Sioux City 'A' | | DQ exl 3-4 vil |
| 1) Elijah Strom 12 | 2) Weston Wilson 12 | |
| 3) Iankarlos Santana 09 | 4) Dylan McGuire 12 | |
| -- Sioux City North 'A' | | DQ exl 2-3 vil |
| 1) Dante Hansen 10 | 2) Austin McClain 10 | |
| 3) Detric Sullivan 09 | 4) Eduardo Moradel 09 | |

Boys 4x400 Meter Relay Class"A"

- =====
- Meet: M 3:22.84 4/18/1998 Bishop Heelan, Bishop Heela
A. Kuehl, J. Florke, J. Kayl, N. McInerney
- | | | |
|----------------------------|-----------------------|---------|
| School | | Finals |
| ===== | | |
| 1 Sergeant Bluff-Luton 'A' | | 3:29.03 |
| 1) Zach Shultz 12 | 2) Josh Stangel 11 | |
| 3) Britton Delperdang 12 | 4) Jorma Schwedler 11 | |
| 2 Bishop Heelan 'A' | | 3:38.01 |
| 1) Ryan Dougherty 11 | 2) RJ Breen 11 | |
| 3) David Pithan 11 | 4) Deonte Walker 12 | |
| 3 Le Mars 'A' | | 3:40.47 |
| 1) Eric Spieler 11 | 2) Brandon Olson 12 | |
| 3) Anthony Lamoreux 11 | 4) Ben Wadle 12 | |
| 4 Sioux City West 'A' | | 3:46.19 |
| 1) Michael Duax 10 | 2) Ezekial Turner 11 | |

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3) Abel Harker 11	4) DJ Hudson 12	
5 Sioux City East 'A'		3:47.19
1) Ethan Breyfogle 10	2) Ray Ray Douglas 12	
3) Colby East 11	4) Ben Shaputis 10	
6 Sioux City North 'A'		3:48.80
1) Austin McClain 10	2) Colin Greenwell 10	
3) Dave Karisa 12	4) Luke Benson 12	

Boys 1600 Sprint Medley Class"A"

=====		
Meet: M 3:33.38	4/12/2014	Sioux City East, S.C. East
	T Flemister, R Godfrey, R Nash, C Lilly	
School		Finals
=====		
1 Sergeant Bluff-Luton 'A'		3:39.95
1) Zach Shultz 12	2) Britton Delperdang 12	
3) Jorma Schwedler 11	4) Gabe Hannemann 12	
2 Sioux City East 'A'		3:43.06
1) Kayden Jones 11	2) Gabe Wagner 11	
3) Ardell Inlay 12	4) Ethan Burge 10	
3 Bishop Heelan 'A'		3:44.90
1) Drew Olson 12	2) Camden Lee 11	
3) Deonte Walker 12	4) Charlie Saulsbury 12	
4 Sioux City North 'A'		3:50.88
1) Dante Hansen 10	2) Dave Karisa 12	
3) Colin Greenwell 10	4) Jaysen Bouwers 10	
5 South Sioux City 'A'		3:54.15
1) Iankarlos Santana 09	2) Awnan Bouvilom 11	
3) Jesus Garcia 12	4) Mubarak Abdela 12	
6 Le Mars 'A'		3:57.19
1) Cody Ott 12	2) Conlen Parmelee 11	
3) Brandon Olson 12	4) Austin Wurth 12	
7 Sioux City West 'A'		4:03.17
1) Ezekial Turner 11	2) Abel Harker 11	
3) Michael Duax 10	4) Auston Surber 12	

Boys 4x100 Meter Relay Class"B"

=====		
Meet: M 43.84	4/17/1999	Lemars Central, Lemars Centra
	R. White, K. Hector, B. Beach, P. Crandell	
School		Finals
=====		
1 Glenwood 'A'		45.15
1) Jon Lee 12	2) Christian Stanislav 12	
3) Cooper Silvius 12	4) Zach Vondra 12	
2 Kp-Wc 'A'		46.16
1) Damon Schmid 09	2) Mitchell Countryman 11	
3) Preston Pfaffle 11	4) Ethan Copeland 11	
3 Unity Christian 'A'		46.40
1) Carter Schiebout 12	2) Logan Franken 10	
3) Clayton Bosma 10	4) Luke Wagner 11	
4 Moc-Floyd Valley 'A'		46.65
1) Gage Fisher 12	2) Michael Ruden 11	
3) Noah Flemming 12	4) Eli Te Grotenhuis 12	

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Results****....Boys 4x100 Meter Relay Class"B"**

5 Glenwood 'B'	46.99
1) Logen Clark 10	2) Dominic Robertson 11
3) Ben Berke 12	4) Jackson Goos 11
6 Mount Michael 'A'	47.45
1) Alex Crnkovich 12	2) Clifford Roepke 11
3) Christopher Angel 09	4) Joe Hitzemann 12
7 Hinton 'A'	48.02
1) Joe Conley 10	2) Justin Faith 10
3) Wyatt Stucky 12	4) Cameron Sitzmann 12

Boys 4x200 Meter Relay Class"B"

Meet: M 1:30.55 4/13/2013 Oa-Bcig, OA-BCIG
Q Westphal, D Leinbaugh, K Young, T Ryen

School Finals

1 Glenwood 'A'	1:33.57
1) Christian Stanislav 12	2) Silas Bales 10
3) Jack Hughes 12	4) Zach Vondra 12
2 Dakota Valley 'A'	1:33.90
1) Tadd Green 11	2) Sam Chesterman 12
3) Cole Schulz 12	4) Nate Rice 12
3 Unity Christian 'A'	1:34.14
1) Carter Schiebout 12	2) Logan Franken 10
3) Clayton Bosma 10	4) Luke Wagner 11
4 Hinton 'A'	1:36.18
1) Micah Kaiser 11	2) Justin Faith 10
3) Thomas Bishop 12	4) Steven Greigg 11
5 Mount Michael 'A'	1:38.46
1) Alex Crnkovich 12	2) Benjamin Goetz 11
3) Christopher Angel 09	4) Joe Hitzemann 12
6 Okoboji 'A'	1:39.34
1) Austin Simpson	2) Jake Olson
3) Caden Larue	4) Jamison Helmers
-- Kp-Wc 'A'	DNF
1) Mitchell Countryman 11	2) Damon Schmid 09
3) Grant Schroeder 09	4) Ethan Copeland 11
-- Western Christian High School 'A'	DQ ex 2-3 vio
1) Harry Steele 12	2) Carson Elbers 10
3) Tyson Boer 10	4) Cole Zevenbergen 11

Boys 4x400 Meter Relay Class"B"

Meet: M 3:26.24 4/16/2016 Glenwood, Glenwood
N Kennedy, J Springer, C Petersen, C Von Essen

School Finals

1 Atlantic 'A'	3:28.72
1) Zade Niklasen 12	2) Colin Mullenix 10
3) Craig Becker 10	4) Chase Mullenix 12
2 Western Christian High School 'A'	3:31.60
1) Harry Steele 12	2) Trevin Hulstein 11
3) Carson Elbers 10	4) Cole Zevenbergen 11
3 Glenwood 'A'	3:38.90

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....Boys 4x400 Meter Relay Class"B"

1) Silas Bales 10	2) Christian Stanislav 12
3) Brett Mower 12	4) Parson Covington 12
4 Unity Christian 'A'	3:41.94
1) Logan Franken 10	2) Jackson Hofland 11
3) Devin Bos 11	4) Luke Wagner 11
5 Mount Michael 'A'	3:43.61
1) Joe Hitzemann 12	2) Christopher Angel 09
3) Clifford Roepke 11	4) Alex Crnkovich 12
6 Hinton 'A'	3:44.11
1) Kade Hoefling 10	2) Micah Kaiser 11
3) Jaden Anderson 12	4) Steven Greigg 11
7 Moc-Floyd Valley 'A'	3:45.65
1) Luke Jeltema 09	2) Jakob VanDerWerff 12
3) Josiah Jansen 12	4) Noah Flemming 12
8 Kp-Wc 'A'	3:54.14
1) Kole Reis 10	2) Shawn Archer 11
3) Grant Schroeder 09	4) Mitchell Countryman 11

Boys 1600 Sprint Medley Class"B"

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=====
Meet: M 3:38.09 4/18/2010 Glenwood, Glenwood
      T Williams I Effin, E Lincoln, K Wheeler
School                               Finals H#
=====
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1 Atlantic 'A'	3:39.60	2
1) Gannon O'Hara 09	2) Colin Mullenix 10	
3) Zade Niklasen 12	4) Chase Mullenix 12	
2 Unity Christian 'A'	3:48.32	2
1) Logan Franken 10	2) Carter Schiebout 12	
3) Luke Wagner 11	4) Jackson Hofland 11	
3 Sioux Center 'A'	3:48.81	2
1) Caden Plasier 09	2) Taylor DeJagor 10	
3) Lane Kamerman 10	4) Peter Shippy 12	
4 Glenwood 'A'	3:51.34	2
1) Jon Lee 12	2) Jack Hughes 12	
3) Silas Bales 10	4) Parson Covington 12	
5 Moc-Floyd Valley 'A'	3:52.54	2
1) Michael Ruden 11	2) Luke Jeltema 09	
3) Noah Flemming 12	4) Samuel May 09	
6 Western Christian High School 'A'	3:54.29	1
1) Harry Steele 12	2) Cole Zevenbergen 11	
3) Ethan Spronk 10	4) Trevin Hulstein 11	
7 Hinton 'A'	3:56.93	1
1) Thomas Bishop 12	2) Micah Kaiser 11	
3) Steven Greigg 11	4) Gabe Clark 11	
8 Okoboji 'A'	3:57.57	2
1) Austin Simpson	2) Jake Olson	
3) Ethan Albright	4) David Alexander	
9 Kp-Wc 'A'	4:06.62	1
1) Shawn Archer 11	2) Preston Pfaffle 11	
3) Mitchell Countryman 11	4) Jalen Spink 12	

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Results****Boys 4x100 Meter Relay Class"C"**

=====			
Meet: M 44.75 4/17/1999 Sioux Center, Sioux Center			
VanVoorst, Zevenbergen, Wielenga, Kempers			
School			Finals
=====			
1 Pierce 'A'			45.10
1) Carson Oestreich 11	2) Dalton Freeman 11		
3) Brett Tinker 11	4) Devan Roth 12		
2 Lawton Bronson 'A'			46.08
1) Max Fluent 12	2) Sam Roder 11		
3) Adam Fillipi 10	4) Cade Pedersen 12		
3 Hartley Melvin Sanborn 'A'			47.33
1) Noah Adams 10	2) Dawson Schiphoff 10		
3) Connor Dodd 09	4) Nate bangert 11		
4 Gehlen Catholic 'A'			48.17
1) Dylan Lehmann 09	2) Isaac Vaske 11		
3) Ryan Livermore 09	4) Adam Schuch 12		
5 Homer 'A'			48.64
1) Alex Huerta 12	2) Carson Gaarder 10		
3) Hunter Davis 11	4) Jacob Huerta 11		
6 Mvaocou 'A'			48.72
1) Jamison Thies 10	2) James Weaver 09		
3) Hayden Kuhl 12	4) Will Forbes 09		

Boys 4x200 Meter Relay Class"C"

=====			
Meet: M 1:31.73 4/20/2011 Dakota Valley, Dakota Valle			
M Lupkes, E Hendriks, Z Sexton, T White			
School			Finals
=====			
1 Lawton Bronson 'A'			1:35.44
1) Fluent Max 12	2) Hayden Dahlhauser 10		
3) Sam Roder 11	4) Adam Fillipi 10		
2 Gehlen Catholic 'A'			1:40.25
1) Dylan Lehmann 09	2) Jeff Augustine 10		
3) Ryan Livermore 09	4) Adam Schuch 12		
-- Hartley Melvin Sanborn 'A'			DQ exc 1-2 viol
1) Noah Adams 10	2) Dawson Schiphoff 10		
3) Connor Dodd 09	4) Nate bangert 11		

Boys 4x400 Meter Relay Class"C"

=====			
Meet: M 3:30.38 4/20/1988 LeMars Gehlen, Lemars Gehle			
M. Rohe, G. Meister, N. Ryan, B. Sitzmann			
School			Finals
=====			
1 Lawton Bronson 'A'			3:40.68
1) Cade Pedersen 12	2) Hayden Dahlhauser 10		
3) Cody Feddersen 12	4) Dillon Hennings 12		
2 Gehlen Catholic 'A'			3:44.12
1) Dylan Lehmann 09	2) Jeff Augustine 10		
3) Ethan Peters 11	4) Isaac Vaske 11		
3 Westwood 'A'			3:46.81
1) Jayden McFarland 10	2) Sean Westergaard 12		
3) Brennan Eby 10	4) Francisco Rohner 12		

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Results****....Boys 4x400 Meter Relay Class"C"**

4 Homer 'A'	3:55.18
1) Jacob Huerta 11	2) Carson Gaarder 10
3) Alex Huerta 12	4) Hunter Davis 11

Boys 1600 Sprint Medley Class"C"

Meet: M 3:38.46 4/16/1988 Gehlen Catholic, Le Mars Ge
J. Block, M. Dull, M. Carpenter, B. Baack

School	Finals
--------	--------

1 Westwood 'A'	3:51.63
1) Jayden McFarland 10	2) James Mendenhall 11
3) Sean Westergaard 12	4) Francisco Rohner 12
2 Lawton Bronson 'A'	3:52.90
1) Max Fluent 12	2) Adam Fillipi 10
3) Dillon Hennings 12	4) Cade Pedersen 12
3 Mvaocou 'A'	3:53.64
1) Kolby Nutt 11	2) Hayden Kuhl 12
3) Will Forbes 09	4) Cameron O'Connell 12
4 Hartley Melvin Sanborn 'A'	3:57.55
1) Dawson Schiphoff 10	2) Connor Dodd 09
3) Adam Heyn 12	4) Clint Peters 11

Boys 800 Meter Run OHS

Meet: M 1:56.46 4/18/2015 Nic Scheelhaase, K-P/WC

Name	Year School	Finals
------	-------------	--------

1 Dylan Blake	11 Mvaocou	2:03.04
2 Mason Sindelar	10 Pierce	2:04.13
3 Eric Heibult	12 Sheldon	2:05.72
4 Joseph Schoonhoven	12 Unity Christian	2:06.39
5 Brendan Cain	10 Sheldon	2:06.52
6 Will Roder	11 Gehlen Catholic	2:07.02
7 Peter Shippy	12 Sioux Center	2:07.80
8 Landen Parmelee	12 Le Mars	2:08.31
9 Jakob VanDerWerff	12 Moc-Floyd Valley	2:08.66
10 Will Lohr	09 Sioux City North	2:09.66
11 Payden Hofer	12 Sergeant Blu	2:10.49
12 Brett Mower	12 Glenwood	2:10.98
13 Nathan Behrends	12 Atlantic	2:12.22
14 John Greer	10 Bishop Heelan	2:12.86
15 Nick Muller	10 Sergeant Blu	2:13.71
16 Luke Benson	12 Sioux City North	2:15.03
17 Jackson Hofland	11 Unity Christian	2:18.05
18 Weston Beeson	11 Mvaocou	2:18.74
19 Ethan Burge	10 Sioux City East	2:21.16

Boys 1600 Meter Run OHS

Meet: M 4:22.13 4/20/1995 Nolan Speichinger, SC East

Name	Year School	Finals
------	-------------	--------

1 Dylan Blake	11 Mvaocou	4:33.01
---------------	------------	---------

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Results****....Boys 1600 Meter Run OHS**

2 Eric Heibult	12 Sheldon	4:35.61
3 Will Roder	11 Gehlen Catholic	4:36.24
4 Jakob VanDerWerff	12 Moc-Floyd Valley	4:41.75
5 Ahmed Bare	12 South Sioux City	4:43.78
6 Brendan Cain	10 Sheldon	4:50.63
7 Samuel May	09 Moc-Floyd Valley	4:51.49
8 Joseph Schoonhoven	12 Unity Christian	4:52.41
9 Bradley Dennis	11 Atlantic	4:54.22
10 Carlos Rodriguez	09 Sergeant Blu	4:54.40
11 Jon Veldman	12 Western Chri	4:55.32
12 Jake Vakulskas	12 Sioux City East	4:56.13
13 Ethan Hulinsky	10 Le Mars	4:56.21
14 Cole Satterwhite	11 Bishop Heelan	4:57.78
15 Jacob Gathje	11 Mount Michael	4:57.84
16 Tage Hulstein	09 Western Chri	4:58.92
17 Nick Walters	12 Sioux City North	4:59.20
18 Mason Parks	12 Glenwood	4:59.44
19 Sam McIntyre	11 Glenwood	5:00.65
20 John Schroll	11 Mount Michael	5:02.11
21 Blake Schmiedt	09 Dakota Valley	5:02.37
22 Jalen Spink	12 Kp-Wc	5:03.37
23 Alex Nonhof	12 Unity Christian	5:03.47
24 Drew Marksbury	12 Sergeant Blu	5:04.50
25 Aziah Ashley	09 Lawton Bronson	5:10.91
26 Issa Aman	10 Sioux City North	5:11.24
27 Blake Hanson	12 Lawton Bronson	5:13.29
28 Jacob Johnson	09 Sioux City West	5:15.12
29 Kevin Greigg	11 Sioux City East	5:18.46

Boys 3200 Meter Run OHS

Meet: M 9:23.29 4/20/2010 Johnny Fuller, Glenwood

Name Year School Finals

1 Joe Anderson	12 George Little Rock	9:50.86
2 Will Roder	11 Gehlen Catholic	9:53.38
3 Jakob VanDerWerff	12 Moc-Floyd Valley	9:57.09
4 Jaysen Bouwers	10 Sioux City North	10:00.75
5 Jalen Petersen	12 Atlantic	10:13.05
6 Jacob Gathje	11 Mount Michael	10:24.42
7 Deven Henry	10 Sioux City West	10:25.54
8 Carlos Rodriguez	09 Sergeant Blu	10:33.31
9 Joseph Schoonhoven	12 Unity Christian	10:34.80
10 Alex Nonhof	12 Unity Christian	10:51.82
11 Drew Marksbury	12 Sergeant Blu	10:59.03
12 Yemane Kifle	09 Sioux City North	10:59.04
13 Ethan Hulinsky	10 Le Mars	11:00.55
14 Zane Berg	09 Atlantic	11:05.39
15 Cameron Mallisee	10 Mount Michael	11:11.18
16 Corbin Doll	Okoboji	11:23.05
17 Blake Dirksen	10 Le Mars	11:24.12
18 Kevin Greigg	11 Sioux City East	11:31.44
19 Jacob Lamb	Okoboji	11:33.69
20 Dylan DeMoss	12 Hinton	11:41.92

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....Boys 3200 Meter Run OHS

21 Nathan Rohrberg	10 Glenwood	11:48.37
22 Clayton Roberts	11 Sioux City East	12:00.72
23 Clint Peters	11 Hartley Melv	12:16.68

Boys 400 Meter Hurdles OHS

Meet: M 53.79 4/14/2012 Derek Jones, Glenwood

Name	Year	School	Finals	H#
1 Ethan Albright		Okoboji	55.43	3
2 Ben Wadle	12	Le Mars	57.18	3
3 Isaac Vaske	11	Gehlen Catholic	57.96	3
4 Nate bangert	11	Hartley Melv	58.74	2
5 Dhugomsa Mohammed	10	South Sioux City	59.76	3
6 Max Murphy	12	Sergeant Blu	59.87	3
7 Brenden Godbout	11	Glenwood	59.90	2
8 Collin Boehmer	10	Le Mars	1:00.24	3
9 Alex Crnkovich	12	Mount Michael	1:00.63	3
10 Quinten Wynia	12	Sheldon	1:00.73	2
11 Lane Kamerman	10	Sioux Center	1:00.96	2
12 Luke Olesen	11	Lawton Bronson	1:01.15	1
13 Austin Freiberg	11	Sergeant Blu	1:01.26	3
14 Devin Bos	11	Unity Christian	1:02.15	1
15 John Vreugdenhil	11	Unity Christian	1:03.28	2
16 Cale Conner	12	Sioux City North	1:03.31	2
17 Tyler Wittrock		Okoboji	1:03.45	1
18 Kole Reis	10	Kp-Wc	1:03.53	1
19 Kyle Brighton	11	Hinton	1:03.59	1
20 Collin Lansink	10	Mvaocou	1:04.02	1
21 Edgar DeLuna	12	South Sioux City	1:07.84	1
22 Mitch Sherlock	10	Hinton	1:08.83	1
-- Ezekial Turner	11	Sioux City West	DNF	2

Boys 4x800 Meter Relay OHS

Meet: M 7:57.93 4/18/2009 Yankton, SC East
J. Ailts A. Hohenthauer M. Yaggie T. Brenner

School	Finals
1 Atlantic 'A'	8:20.38
1) Craig Becker 10	2) Bradley Dennis 11
3) Nathan Behrends 12	4) Chase Mullenix 12
2 Sergeant Bluff-Luton 'A'	8:22.73
1) Payden Hofer 12	2) Nick Muller 10
3) Conner Groves 12	4) Easton Ritz 12
3 Sioux City North 'A'	8:29.79
1) Jaysen Bouwers 10	2) Will Lohr 09
3) Colin Greenwell 10	4) Luke Benson 12
4 Glenwood 'A'	8:31.61
1) Brett Mower 12	2) Sam McIntyre 11
3) Mason Parks 12	4) Parson Covington 12
5 Mvaocou 'A'	8:32.82
1) Cameron O'Connell 12	2) Kolby Nutt 11
3) Weston Beeson 11	4) Dylan Blake 11

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....Boys 4x800 Meter Relay OHS

6 Bishop Heelan 'A'	8:39.75
1) John Greer 10	2) Cole Satterwhite 11
3) David Pithan 11	4) Charlie Saulsbury 12
7 Pierce 'A'	8:42.51
1) Mason Sindelar 10	2) David Dale 10
3) Cole Vogt 11	4) Isaac Lambrecht 12
8 Western Christian High School 'A'	8:45.61
1) Trevin Hulstein 11	2) Carson Elbers 10
3) Tage Hulstein 09	4) Ethan Spronk 10
9 Unity Christian 'A'	8:47.61
1) Joseph Schoonhoven 12	2) John Vreugdenhil 11
3) Dylan Riebeling 11	4) Jackson Hofland 11
10 Le Mars 'A'	8:52.89
1) Landen Parmelee 12	2) Cael Kass 09
3) Kyle Herbst 11	4) Austin Wurth 12
11 Okoboji 'A'	8:54.29
1) Ethan Albright	2) David Alexander
3) Tyler Wittrock	4) Jacob Lamb
12 Hinton 'A'	9:05.12
1) Kade Hoefling 10	2) Jaden Anderson 12
3) Dylan DeMoss 12	4) Gabe Clark 11
13 Sioux City East 'A'	9:10.88
1) Ryan Crawford 10	2) Colby East 11
3) Ryan Campbell 09	4)
14 Gehlen Catholic 'A'	9:12.11
1) Jeff Augustine 10	2) Traegen Kramer 10
3) Ethan Herbst 09	4) Carson Tesch 11
15 Lawton Bronson 'A'	9:43.02
1) Cade Pedersen 12	2) Aziah Ashley 09
3) Hasten Michaels 11	4) Dillon Hennings 12

Boys High Jump OHS

=====				
Meet: M 6-10 4/20/1989 Darwin VanderHoef, Rock Valley				
Name	Year	School	Finals	
=====				
1 Ben Thelander	11	Lawton Bronson	6-00.00	1.82m
5-08 5-10 6-00 6-01				
O XO O XXX				
2 Clifford Roepke	11	Mount Michael	5-10.00	1.77m
5-08 5-10 6-00				
O O XXX				
2 Keanen Wieseler	11	Hinton	5-10.00	1.77m
5-08 5-10 6-00				
O O XXX				
4 Ethan Peters	11	Gehlen Catholic	J5-10.00	1.77m
5-08 5-10 6-00				
XO XO XXX				
5 Austin Freiberg	11	Sergeant Blu	5-08.00	1.72m
5-08 5-10				
O XXX				
6 Aiden Brock	12	Hinton	J5-08.00	1.72m
5-08 5-10				
XO XXX				

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....Boys High Jump OHS

6	Jacob Imming	09	Sergeant Blu	J5-08.00	1.72m
	5-08 5-10				
	XO XXX				
6	Sam Chesterman	12	Dakota Valley	J5-08.00	1.72m
	5-08 5-10				
	XO XXX				
--	Kevin Phung	09	Sioux City North	NH	
	5-08				
	XXX				
--	Alex Sotelo	12	South Sioux City	NH	
	5-08				
	XXX				

Boys Long Jump OHS

=====						
Meet: M 22-03 4/20/1961 Lloyd Matthews, SC Central						
Name	Year	School	Finals	Wind	H#	
=====						
1	Keyontre Clark	10	Bishop Heelan	20-07.50	NWI	6.28m 3
	19-06(NWI) 18-00(NWI) FOUL		19-10.50(NWI) 19-09.50(NWI)	20-07.50(NWI)		
2	Clifford Roepke	11	Mount Michael	20-07.00	NWI	6.27m 3
	20-07(NWI) 19-09.25(NWI) 19-04(NWI)		20-01.50(NWI) 19-07(NWI)	20-01.25(NWI)		
3	Zach Vondra	12	Glenwood	20-04.00	NWI	6.19m 3
	FOUL 20-04(NWI) FOUL		FOUL 19-05(NWI) FOUL			
4	Nate Rice	12	Dakota Valley	20-00.50	NWI	6.10m 2
	19-07.25(NWI) 19-11(NWI) 20-00.50(NWI)		18-08(NWI) 18-08.50(NWI)	19-08.50(NWI)		
5	Joe Hitzemann	12	Mount Michael	J20-00.50	NWI	6.10m 3
	18-00.50(NWI) 18-11(NWI) 20-00.50(NWI)		19-04.50(NWI) 18-09(NWI)	18-00(NWI)		
6	Cody Vaselaar	12	Sheldon	19-06.00	NWI	5.94m 3
	FOUL 18-07.75(NWI) 19-06(NWI) FOUL		19-02.50(NWI) 18-11(NWI)			
7	Matthew Bomgaars	10	Sioux Center	19-05.75	NWI	5.93m 3
	18-06(NWI) 17-08(NWI) 19-05.75(NWI)		18-07.25(NWI) 18-07.50(NWI)	19-04.50(NWI)		
8	Parker Moss	12	Dakota Valley	19-00.50	NWI	5.80m 3
	18-11(NWI) 19-00.50(NWI) FOUL		FOUL 18-01.75(NWI)	13-10.50(NWI)		
9	Matt Hagan	12	Sioux City North	18-10.75	NWI	5.75m 2
	17-05(NWI) 17-04.50(NWI) 18-10.75(NWI)		16-11(NWI) FOUL	FOUL		
10	Carter Schiebout	12	Unity Christian	18-10.50	NWI	5.75m 1
	18-03.50(NWI) 18-06(NWI) 18-10.50(NWI)					
11	Easton Ritz	12	Sergeant Blu	18-08.00	NWI	5.68m 3
	FOUL 18-08(NWI) FOUL					
12	Aiden Brock	12	Hinton	18-06.50	NWI	5.65m 2
	FOUL 18-06.50(NWI) FOUL					
13	Ethan Copeland	11	Kp-Wc	18-04.50	NWI	5.60m 3
	FOUL 18-04.50(NWI) 14-02.50(NWI)					
14	Devin Bos	11	Unity Christian	18-03.00	NWI	5.56m 2
	18-03(NWI) 17-09.25(NWI) 17-07(NWI)					
14	Jayden McFarland	10	Westwood	18-03.00	NWI	5.56m 2
	18-03(NWI) 17-09.25(NWI) 17-07(NWI)					
16	Bryson Brinkman	11	Sioux City West	J18-03.00	NWI	5.56m 1
	17-05.25(NWI) 18-03(NWI) FOUL					
17	Payden Hofer	12	Sergeant Blu	18-01.00	NWI	5.51m 1
	18-01(NWI) FOUL FOUL					
18	Kevin Phung	09	Sioux City North	17-09.25	NWI	5.41m 1
	FOUL 17-09.25(NWI) FOUL					

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....Boys Long Jump OHS

19	Jamison Helmers	Okoboji	17-07.75	NWI	5.37m	2
	17-07.75 (NWI)	17-05 (NWI)	16-05.50 (NWI)			
20	Michael Duax	10 Sioux City West	17-07.50	NWI	5.37m	1
	17-03.75 (NWI)	17-07.50 (NWI)	16-07.50 (NWI)			
21	Michael Ruden	11 Moc-Floyd Valley	17-07.00	NWI	5.35m	1
	17-07 (NWI) FOUL	17-03.25 (NWI)				
22	Damon Schmid	09 Kp-Wc	17-04.50	NWI	5.29m	2
	17-04.50 (NWI)	17-02 (NWI)	17-02.25 (NWI)			
23	Kolby Nutt	11 Mvaocou	17-00.00	NWI	5.18m	1
	17-00 (NWI)	16-07.25 (NWI)	17-00 (NWI)			
24	Charlie Dykshorn	12 Sioux Center	16-11.25	NWI	5.16m	2
	FOUL	16-11.25 (NWI)	FOUL			
25	Hasten Michaels	11 Lawton Bronson	16-06.75	NWI	5.04m	1
	16-06.75 (NWI)	16-03.50 (NWI)	16-00.25 (NWI)			
26	Dominic Robertson	11 Glenwood	16-04.50	NWI	4.99m	2
	16-04.50 (NWI)	FOUL	16-03.25 (NWI)			
27	Gavin DeJager	11 Lawton Bronson	15-07.00	NWI	4.74m	1
	FOUL	FOUL	15-07 (NWI)			
--	Tyler Goehring	10 Elk Point-Jefferson	FOUL			3
	FOUL	FOUL				

Boys Shot Put OHS

=====							
Meet: M 58-11 4/20/2011 Justin Baker, Bishop Heelan							
Name	Year	School	Finals	H#			
=====							
1	Zach Verzani	10 Lawton Bronson	51-06.50	15.70m	3		
	45-07.50	44-10.50	48-06.50	49-03.50	51-06.50	48-07	
2	Blake Wiederhold	11 Sioux City East	51-05.00	15.67m	3		
	48-05	49-11	49-05.50	FOUL	47-11.50	51-05	
3	Kobe Clayborne	11 Bishop Heelan	50-10.50	15.50m	3		
	48-07.50	48-01	48-07.50	49-00.50	50-02.50	50-10.50	
4	Drake Peed	10 Elk Point-Jefferson	50-01.00	15.26m	3		
	49-06	49-08	FOUL	FOUL	50-01	FOUL	
5	Brad Hartnett	12 South Sioux City	49-10.00	15.18m	3		
	49-10	45-06	FOUL	FOUL	FOUL	FOUL	
6	Cruz Gleason	10 Pierce	44-01.50	13.44m	3		
	43-01.50	42-06	FOUL	41-10.50	43-03.50	44-01.50	
7	Caden Sussex	10 Hinton	43-05.50	13.24m	1		
	43-01	42-11.50	43-05.50	FOUL	41-06	FOUL	
8	Tameron Pius	09 Sioux City East	43-05.00	13.23m	2		
	42-10.50	42-03.50	43-05	41-10.50	41-11	42-02.50	
9	William Minnick	12 Moc-Floyd Valley	43-03.50	13.19m	2		
	FOUL	41-06	43-03.50	FOUL	FOUL	41-03	
10	Dwayne Cassell	12 Sioux City North	43-01.50	13.14m	1		
	42-00.50	42-03.50	43-01.50				
11	Bryce Huitink	12 Unity Christian	43-00.50	13.11m	3		
	FOUL	42-06	43-00.50				
12	Michael logue	Ponca	42-10.00	13.05m	3		
	41-00.50	42-10	41-07.50				
13	Kane Watson	10 Glenwood	42-06.50	12.96m	2		
	FOUL	42-06.50	40-03				
14	Cade Block	11 Bishop Heelan	42-03.00	12.87m	2		
	40-09.50	40-10.50	42-03				

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....Boys Shot Put OHS

15	Ely Fundermann	12	Mvaocou	42-00.00	12.80m	3
	FOUL 40-11 42-00					
16	Eric Divis	12	Sioux City North	41-11.50	12.78m	2
	41-11.50 41-05.50 FOUL					
16	Marshall Kleinhesselink	12	Sheldon	41-11.50	12.78m	2
	41-06.50 40-02 41-11.50					
18	Brecken Hayes	12	Mvaocou	41-01.50	12.53m	2
	41-01.50 40-07.50 41-00					
19	Harrison East	12	Westwood	40-11.50	12.48m	1
	39-02.50 40-11.50 39-04					
20	Dalton Jacobsma	11	Moc-Floyd Valley	40-11.00	12.47m	1
	38-05.50 40-11 38-08.50					
21	Brandon VanderSluis	09	Le Mars	40-10.50	12.45m	2
	39-10 40-06.50 40-10.50					
22	Caleb Trierweiler	12	Hinton	40-05.50	12.33m	3
	FOUL FOUL 40-05.50					
23	Carson Gaul	11	Sergeant Blu	40-01.50	12.23m	1
	39-11 40-01.50 39-09.50					
24	Matt Logue		Ponca	39-04.50	12.00m	1
	35-03.25 38-05.50 39-04.50					
25	Luis Castro	10	Sioux Center	37-03.00	11.35m	1
	35-07 36-10 37-03					
26	Cheyenne Donnelly	12	Homer	36-07.50	11.16m	1
	36-07.50 36-02.50 FOUL					
27	Lucas Hauser	11	Le Mars	34-06.50	10.52m	1
	FOUL FOUL 34-06.50					
--	Konner Peterson	11	Glenwood	FOUL		3
	FOUL FOUL FOUL					

Boys Discus Throw OHS

Meet: M 178-00 4/20/2011 Justin Baker, Bishop Heelan						
Name	Year	School	Finals	H#		
1 Taylor Davis	12	Mount Michael	147-09	45.03m	3	
	147-09 139-05 FOUL	FOUL 138-09 FOUL				
2 Drake Peed	10	Elk Point-Jefferson	144-11	44.17m	3	
	144-11 FOUL 139-06 FOUL	FOUL 134-06 FOUL				
3 Brandon VanderSluis	09	Le Mars	137-05	41.88m	3	
	137-05 132-03 FOUL	135-02 133-11 FOUL				
4 Colby Richart	11	Pierce	136-01	41.47m	3	
	129-06 FOUL 136-01 FOUL	132-08 FOUL				
5 Brad Hartnett	12	South Sioux City	133-08	40.74m	3	
	FOUL FOUL 127-03 133-08 FOUL FOUL					
6 Cruz Gleason	10	Pierce	131-03	40.00m	3	
	FOUL 131-03 FOUL FOUL FOUL	126-08				
7 Cade Block	11	Bishop Heelan	130-01	39.64m	2	
	FOUL 121-03 125-01 FOUL	130-01 126-06				
8 Kobe Clayborne	11	Bishop Heelan	129-06	39.47m	2	
	122-08 129-06 FOUL	120-04 FOUL FOUL				
9 Caden Lafleur	09	Bishop Heelan	128-01	39.03m	1	
	124-07 128-01 FOUL	FOUL FOUL FOUL				
10 Kody LaFleur	12	Elk Point-Jefferson	125-04	38.20m	3	
	123-07 FOUL FOUL FOUL	125-04 FOUL				

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....Boys Discus Throw OHS

11 Dalton Jacobsma	11 Moc-Floyd Valley	124-05	37.92m	2
FOUL FOUL 124-05				
12 Zach Verzani	10 Lawton Bronson	122-08	37.38m	1
FOUL 122-05 122-08				
-- William Minnick	12 Moc-Floyd Valley	FOUL		1
FOUL FOUL FOUL				
-- Bryce Huitink	12 Unity Christian	FOUL		1
FOUL FOUL FOUL				
-- Alex Huerta	12 Homer	FOUL		3
FOUL FOUL FOUL				
-- Zachary Rozeboom	09 Sioux Center	FOUL		1
FOUL FOUL FOUL				
-- Aidan Moran	10 Dakota Valley	FOUL		2
FOUL FOUL FOUL				
-- Carson Gaul	11 Sergeant Blu	FOUL		2
FOUL FOUL FOUL				
-- Trey Hansen	10 Glenwood	FOUL		2
FOUL FOUL FOUL				
-- Jacob Heimgartner	10 Le Mars	FOUL		2
FOUL FOUL FOUL				
-- Jared Davis	12 Sergeant Blu	FOUL		3
FOUL FOUL FOUL				
-- Marshall Kleinhesselink	12 Sheldon	FOUL		1
FOUL FOUL FOUL				
-- Carter Ploen	09 Kp-Wc	FOUL		1
FOUL FOUL FOUL				
-- Konner Peterson	11 Glenwood	FOUL		2
FOUL FOUL FOUL				
-- Caden Sussex	10 Hinton	FOUL		1
FOUL FOUL FOUL				

Boys 100 Meter Dash Elite

=====					
Meet: M 10.83 4/14/2012 Darius Pearson, SC West					
Name	Year	School	Finals	Wind	H#
=====					
1 Ardell Inlay	12	Sioux City East	10.87	+0.0	5
2 Jorma Schwedler	11	Sergeant Blu	11.10	+0.0	5
3 Tyler Moen	11	Atlantic	11.42	+0.0	5
4 Zach Vondra	12	Glenwood	11.48	+0.0	5
5 Kayden Jones	11	Sioux City East	11.49	+0.0	5
6 Christian Stanislav	12	Glenwood	11.53	+0.0	5
7 Carson Oestreich	11	Pierce	11.55	+0.0	5
8 Dalton Freeman	11	Pierce	11.60	+0.0	5
9 Tadd Green	11	Dakota Valley	11.73	0.7	4
10 Luke Wagner	11	Unity Christian	11.83	0.7	4
11 Nate Rice	12	Dakota Valley	11.86	0.7	4
12 Dylan Rasmussen	11	Le Mars	11.90	0.5	3
13 Ethan Copeland	11	Kp-Wc	11.92	0.7	4
14 Awnan Bouvilom	11	South Sioux City	11.95	0.5	3
15 Eli Te Grotenhuis	12	Moc-Floyd Valley	12.04	0.5	3
16 Max Fluent	12	Lawton Bronson	12.08	0.5	3
17 Caden Plasier	09	Sioux Center	12.13	0.7	4
18 Noah Adams	10	Hartley Melv	12.14	1.3	1

Sioux City Relays 2019 - 4/12/2019 to 4/13/2019**55th Running
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Results****....Boys 100 Meter Dash Elite**

19	Briley Pollema	10	Le Mars	12.16	1.5	2
20	Adam Fillipi	10	Lawton Bronson	12.17	0.7	4
21	Heber Marroquin	11	Sheldon	12.21	0.7	4
22	Will Forbes	09	Mvaocou	12.25	1.5	2
23	Damon Schmid	09	Kp-Wc	12.25	0.5	3
24	Clayton Bosma	10	Unity Christian	12.39	1.3	1
25	Gannon O'Hara	09	Atlantic	12.43	0.5	3
26	JT Holder	10	Sergeant Blu	12.43	1.5	2
27	Dedric Sullivan	09	Sioux City North	12.44	0.5	3
28	Caden Larue		Okoboji	12.62	1.5	2
29	Joe Conley	10	Hinton	12.71	1.5	2
30	James Weaver	09	Mvaocou	12.77	1.5	2
31	Cameron Sitzmann	12	Hinton	12.87	1.3	1

Boys 110 Meter Hurdles Elite

=====						
Meet: M 14.41 4/20/2002 Derek Casey, Cherokee						
Name	Year	School	Finals	Wind	H#	
=====						
1	Max Murphy	12	Sergeant Blu	14.84	2.0	3
2	Austin Freiberg	11	Sergeant Blu	15.42	2.0	3
3	Ben Wadle	12	Le Mars	15.57	2.0	3
4	Devan Roth	12	Pierce	15.82	2.0	3
5	Parker Moss	12	Dakota Valley	15.92	2.0	3
6	Drew Olson	12	Bishop Heelan	16.24	2.0	3
7	Cale Conner	12	Sioux City North	16.61	2.0	3
8	Colin Mullenix	10	Atlantic	16.75	3.3	2
9	Carter Arens	10	Le Mars	16.81	3.3	2
10	Gunnar Gunderson	10	Dakota Valley	16.82	2.0	3
11	Ben Thelander	11	Lawton Bronson	16.86	3.3	2
12	Quinten Wynia	12	Sheldon	16.87	3.3	2
13	Thomas Bishop	12	Hinton	17.04	3.3	2
14	Kole Reis	10	Kp-Wc	17.06	3.3	2
15	Riliegh Belt	11	Sioux City West	17.08	1.1	1
16	Dhugomsa Mohammed	10	South Sioux City	17.34	3.3	2
17	Tyler Boldra	09	Glenwood	17.55	1.1	1
18	Josiah Bundt	09	Moc-Floyd Valley	18.91	1.1	1
19	Karsen Gray	11	Kp-Wc	18.93	1.1	1
20	Lorcan Christensen	09	Sioux City North	20.06	1.1	1
21	Brenden Godbout	11	Glenwood	21.06	3.3	2
--	Keanen Wieseler	11	Hinton	DNF	1.1	1

Men 100 Meter Dash UCO

=====						
Meet: M 10.35 4/17/1994 Keith Green, Morningside						
Name	Year	School	Finals	Wind	H#	
=====						
1	Matt Yeager		Morningside	11.20	0.8	2
2	Collin Glazek	SR	Briar Cliff	11.21	1.6	4
3	Joseph Washington	SR	Briar Cliff	11.23	1.6	4
4	Jonah Rechtenbaugh	SR	Mount Marty	11.32	0.4	3
5	Albert Miller	SR	Southwestern CC	11.38	0.4	3
6	Riley Greenhoff	SR	Dakota State	11.41	1.6	4
7	AJ Lefler	SR	Briar Cliff	11.41	1.6	4

Sioux City Relays 2019 - 4/12/2019 to 4/13/2019**55th Running
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Results****....Men 100 Meter Dash UCO**

8	Riley Crawford	SR	Augustana (S.D.)	11.45	1.6	4
9	Chad Blank	SR	Briar Cliff	11.51	1.6	4
10	Derrick Akers		Unattached	11.52	0.4	3
11	Ryan Harrel	SR	Briar Cliff	11.53	0.8	2
12	Taven McKee	SR	Mount Marty	11.73	1.6	4
13	Justin Grevengoed	SR	Northwestern (Iowa)	11.76	0.4	3
14	Logan Roberts	SR	Morningside	11.77	0.4	3
15	Daniel Strand	SR	Northwestern (Iowa)	11.83	0.4	3
16	Justin Kooiman		Augustana (S.D.)	11.84	0.8	2
17	Brady Butters	SR	Northwestern (Iowa)	11.87	1.6	4
18	Austin Row		Dakota State	11.94	0.8	2
19	Nic Herman	SR	Dordt	11.94	0.8	2
20	Ryan Wager		Northwestern (Iowa)	12.15	1.5	1
21	Zane Zuccaro		Northwestern (Iowa)	12.18	1.5	1
--	Matthew Johnson	SR	Northwestern (Iowa)	DNF	0.8	2

Men 200 Meter Dash UCO

=====						
Meet: M 21.04 4/12/2014 Breyan Miller, Dickinson State						
Name	Year	School	Finals	Wind	H#	
=====						
1	Paul Paul	SR	Mount Marty	21.40	2.9	5
2	Joshua Snook	SR	Dakota State	21.84	2.9	5
3	Collin Glazek	SR	Briar Cliff	21.94	2.9	5
4	Joseph Washington	SR	Briar Cliff	22.25	2.9	5
5	AJ Lefler	SR	Briar Cliff	22.34	2.9	5
6	Noah Imperial	SR	Dordt	22.37	1.1	4
7	Riley Greenhoff	SR	Dakota State	22.41	2.9	5
8	Chad Blank	SR	Briar Cliff	22.64	2.9	5
9	Albert Miller	SR	Southwestern CC	22.66	1.1	4
10	Brenner Furlong	SR	Dakota State	22.76	1.1	4
11	Zac Hazen		Morningside	22.97	1.5	3
12	Ryan Stiles	SR	Augustana (S.D.)	23.41	1.1	4
13	Riley Crawford	SR	Augustana (S.D.)	23.55	1.5	3
14	Matt Holzman	SR	Briar Cliff	23.74	1.5	3
15	Ryan Sully	SR	Augustana (S.D.)	23.79	1.5	3
16	Daniel Strand	SR	Northwestern (Iowa)	23.85	2.5	2
17	Marcus Whipper	SR	Dordt	23.88	1.1	4
18	Nic Herman	SR	Dordt	24.05	2.5	2
19	Triston Mott		Dakota State	24.27	2.5	2
20	Johnson Roeun		Unattached	24.74	2.5	2
21	Isaac Munoz	SR	Northwestern (Iowa)	24.77	1.8	1
22	Brice Enright	SR	Northwestern (Iowa)	24.86	2.5	2
23	Brady Butters	SR	Northwestern (Iowa)	25.21	1.1	4
24	Ryan Wager		Northwestern (Iowa)	25.39	2.5	2
25	Lane Ausdemore		Morningside	25.87	1.8	1
26	Connor Wilson		Dakota State	26.21	1.8	1

Men 400 Meter Dash UCO

=====						
Meet: M 46.22 4/20/1996 Lionel McPhaul, South Dakota						
Name	Year	School	Finals	H#		
=====						
1	Perkins Aiyegbeni	SR	Northwestern (Iowa)	48.96	7	

Sioux City Relays 2019 - 4/12/2019 to 4/13/2019**55th Running
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Results****....Men 400 Meter Dash UCO**

2	Jonah Rechtenbaugh	SR Mount Marty	49.12	7
3	Joshua Snook	SR Dakota State	49.31	7
4	Benjamin Aliel	FR Southwestern CC	49.67	6
5	Caleb Herman	SR Dordt	49.93	7
6	Lucas Van Eps	SR Dordt	50.17	7
7	Dewayne Robinson	SR Mount Marty	50.53	7
8	Cal Lawton	South Dakota St.	50.66	5
9	Noah Imperial	SR Dordt	50.74	6
10	Zach Ambrose	SR Morningside	50.75	6
11	Ryan Sully	SR Augustana (S.D.)	50.98	6
12	Josh Goehring	South Dakota St.	51.08	6
13	Mark Bakker	SR Dordt	51.10	6
14	Paul Meloche	SR Augustana (S.D.)	51.12	4
15	Blake Savey	SR Augustana (S.D.)	51.32	6
16	Micah Brands	SR Dordt	51.33	5
17	Brenner Furlong	SR Dakota State	51.34	7
18	Noah Melton	Augustana (S.D.)	51.36	5
19	Justin Grevengoed	SR Northwestern (Iowa)	51.38	4
20	Cameron Kuil	South Dakota St.	51.39	7
21	Taven McKee	SR Mount Marty	51.50	5
22	Blake Iverson	South Dakota St.	52.04	5
23	Derek Boekelheide	South Dakota St.	52.22	4
24	Logan Roberts	SR Morningside	52.24	6
25	Wyatt McAlpin	Morningside	52.31	3
26	JT Engebretson	SR Northwestern (Iowa)	52.66	5
27	Mason Schlunsen	SR Mount Marty	52.87	4
28	Matt Holzman	SR Briar Cliff	53.29	4
29	Peyton Brassler	SR Northwestern (Iowa)	53.53	4
30	Chris Kroll	SR Northwestern (Iowa)	54.03	4
31	Beau Ireland	Augustana (S.D.)	54.21	4
32	Brice Enright	SR Northwestern (Iowa)	54.38	3
33	Isaac Munoz	SR Northwestern (Iowa)	54.69	2
34	Luke Bousema	SR Dordt	54.92	3
35	Devon Fritz	Morningside	55.41	3
36	Aaron Newton	Bellevue University	55.77	2
37	Johnson Roeun	Unattached	55.87	2
38	Caleb Kirschenmann	Mount Marty	55.92	2
39	Scott Barhke	Unattached	56.21	1
40	Eric Portis	SR Southwestern CC	56.86	5
41	Daryl Mellor	Dakota State	57.49	2
42	Lane Ausdemore	Morningside	57.83	1
43	Treshawn Roberts	Dakota State	58.07	1
44	Tony Chol	Bellevue University	59.25	1
45	Jason Landin	Bellevue University	59.89	2

Men 800 Meter Run UCO

=====				
Meet: M 1:48.89 4/20/1995 Tom Dow, Augustana				
Name	Year	School	Finals	H#
=====				
1	Matthew Van Eps	SR Dordt	1:53.13	4
2	Zach Lundberg	Sioux Falls	1:54.03	4
3	Cal Lawton	South Dakota St.	1:54.83	4
4	Billy Beseman	Sioux Falls	1:54.97	4

Sioux City Relays 2019 - 4/12/2019 to 4/13/2019

**55th Running
Olsen Stadium
Results**

....Men 800 Meter Run UCO

5	Josh Goehring	South Dakota St.	1:55.37	4
6	Alex Derr	SR Dakota State	1:55.55	4
7	Peter Hollinger	SR Northwestern (Iowa)	1:55.71	4
8	Jase Kraft	Sioux Falls	1:56.13	4
9	Zach Ambrose	SR Morningside	1:56.49	4
10	David Temte	FR Dor dt	1:56.59	3
11	Blake Iverson	South Dakota St.	1:56.75	3
12	Phil Selmer	SR Southwestern CC	1:57.21	3
13	Mason Phillips	Sioux Falls	1:57.63	4
14	Dylan Lindstrom	SR Morningside	1:57.76	3
15	Derek Boekelheide	South Dakota St.	1:57.81	4
16	Logan Hansen	Sioux Falls	1:58.20	4
17	Nathan Pearson	Wayne State (Neb.)	1:58.37	3
18	Noah Melton	Augustana (S.D.)	1:58.61	3
19	Bryce Holcomb	Wayne State (Neb.)	1:58.66	3
20	Evan Ouverson	SR Southwestern CC	1:59.54	3
21	Nick Reiffenberger	Augustana (S.D.)	1:59.67	3
22	Peyton Brassler	SR Northwestern (Iowa)	1:59.89	2
23	Mason Schlunsen	SR Mount Marty	2:00.38	2
24	Caleb Benzing	Northwestern (Iowa)	2:02.01	3
25	Jakob Kemper	Wayne State (Neb.)	2:02.03	2
26	Michael Rizzi	Morningside	2:02.53	2
27	Joshua Van Dusseldorp	SR Northwestern (Iowa)	2:02.71	3
28	Benjamin Aliel	FR Southwestern CC	2:03.00	2
29	Ben Schmidt	Dor dt	2:04.39	2
30	Nathan Hiemer	Wayne State (Neb.)	2:04.85	2
31	Beau Ireland	Augustana (S.D.)	2:05.03	2
32	James House	SR Briar Cliff	2:05.80	1
33	Logan Peterson	SR Mount Marty	2:06.38	2
34	Kendall Van Zanten	Dor dt	2:06.90	1
35	Mitchell Mund	Sioux Falls	2:07.52	1
36	Daniel Green	Dakota State	2:07.72	2
37	Caden Zonnefeld	SR Dor dt	2:08.69	1
38	Isaiah Lee	Northwestern (Iowa)	2:09.67	2
39	Zach Kollasch	Briar Cliff	2:10.42	2
40	Daryl Mellor	Dakota State	2:10.64	1
41	Lukas Blankman	SR Mount Marty	2:10.85	1
42	Nick Bruggeman	Dakota State	2:10.98	1
43	Blake Johnston	Sioux Falls	2:11.22	1
44	Grant Vizzini	Dakota State	2:12.15	1
45	Micah Wittenberg	Northwestern (Iowa)	2:16.67	1
46	Jonathan Lein	Dakota State	2:16.84	1
47	Triston Mott	Dakota State	2:17.29	1
48	Eric Portis	SR Southwestern CC	2:21.35	2
49	Joseph Rosas	SR Briar Cliff	2:23.17	1
--	Daniel Burkhalter	SR South Dakota St.	DNF	3

Men 1500 Meter Run UCO

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Meet: M 3:51.29 4/12/2014 Dante Carter, Dickinson St

Name	Year	School	Finals	H#	
1	Zach	Lundberg	Sioux Falls	3:59.87	4
2	Mason	Phillips	Sioux Falls	3:59.91	4

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Sioux City Relays 2019 - 4/12/2019 to 4/13/2019**55th Running
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Results****....Men 1500 Meter Run UCO**

3	Jase Kraft		Sioux Falls	4:01.39	4
4	Michael Schwinghamer		South Dakota St.	4:01.41	4
5	Jacob Simmons		South Dakota	4:01.98	4
6	Gabe Peters		South Dakota St.	4:02.17	4
7	Riley Bauer		South Dakota St.	4:03.20	4
8	Anthony Ghiorso	SO	Dordt	4:03.60	4
9	Billy Beseman		Sioux Falls	4:04.42	4
10	Sam Wensink		Unattached	4:05.72	4
11	Cole Streich		South Dakota	4:06.30	4
12	Daniel Burkhalter	SR	South Dakota St.	4:08.68	4
13	Peter Hollinger	SR	Northwestern (Iowa)	4:09.72	4
14	Phil Selmer	SR	Southwestern CC	4:10.99	3
15	Brock Hegarty		Wayne State (Neb.)	4:12.41	3
16	Jebadiah Merkle	SR	Dordt	4:13.94	3
17	Jacob Waymire		South Dakota	4:16.90	3
18	Nathan Wendt		South Dakota	4:17.03	4
19	P.J. Kooima		Dordt	4:17.73	3
20	Franklin Reinders	FR	Dordt	4:17.86	2
21	Chandler Klawitter		South Dakota St.	4:18.01	4
22	Joshua Starr		Northwestern (Iowa)	4:18.52	3
23	Brooks De Waard		Dordt	4:18.68	3
24	Dylan Lindstrom	SR	Morningside	4:19.62	3
25	Chris Ellens	SO	Dordt	4:21.08	3
26	Ayub Mohamud		Dakota State	4:21.48	2
27	Logan Hansen		Sioux Falls	4:21.61	4
28	Alex Derr	SR	Dakota State	4:22.31	3
29	Evan Ouverson	SR	Southwestern CC	4:22.85	2
30	Isaiah Lee		Northwestern (Iowa)	4:23.35	3
31	Dawson Jacobsma		Northwestern (Iowa)	4:23.59	2
32	Lance Van Zee	SR	Dordt	4:24.68	3
33	Shane Breheny		Southwestern CC	4:25.39	3
34	Tristan Hulstein	SO	Dordt	4:26.70	3
35	Tyler Kennedy		Dakota State	4:29.10	2
36	Michael Rizzi		Morningside	4:29.82	3
37	Zach Elbers		Dordt	4:29.90	2
38	Cole Wagner		Bellevue University	4:30.36	2
39	Hayden Lee		Northwestern (Iowa)	4:30.44	2
40	Colton Folkers		Northwestern (Iowa)	4:30.83	2
41	Cedrick Watson		Southwestern CC	4:31.32	2
42	Skyler Rawlings	SR	Southwestern CC	4:33.22	1
43	Zach Kollasch		Briar Cliff	4:33.61	2
44	Blake Johnston		Sioux Falls	4:34.24	1
45	Grant Vizzini		Dakota State	4:35.00	2
46	John Noyes		Sioux Falls	4:35.61	3
47	Edwin Iraheta		Sioux Falls	4:35.76	2
48	Nick Bruggeman		Dakota State	4:36.04	2
49	Lukas Blankman	SR	Mount Marty	4:37.57	1
50	Payton Walker		Briar Cliff	4:39.21	2
51	Chris DeGroot	SO	Dordt	4:39.25	3
52	Nevin Sagstetter		Dordt	4:43.83	1
53	Aaron Newton		Bellevue University	4:43.85	1
54	Fernando Cavanzon	SR	Southwestern CC	4:45.03	1
55	Dan Kelly	JR	Dordt	4:47.08	2
56	Jonathan Lein		Dakota State	4:47.32	1

Sioux City Relays 2019 - 4/12/2019 to 4/13/2019**55th Running
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Results****....Men 1500 Meter Run UCO**

57	Austin Lundy	Southwestern CC	4:47.53	1
58	Daniel Green	Dakota State	4:49.54	2
59	Gerardo Najera	Bellevue University	4:50.49	1
60	Jason Landin	Bellevue University	4:52.09	1
61	Cody Meiners	SO Dordt	4:55.17	1
62	Derek Janzen	Northwestern (Iowa)	4:57.29	1
63	Tony Chol	Bellevue University	5:09.12	1
64	Matthew Jirele	Mount Marty	5:10.82	1
65	Samuel Talsma	Mount Marty	6:23.03	1

Men 5000 Meter Run UCO

Meet: M 14:23.61 4/21/2001 Matt Hoyt, unattached

Name	Year School	Finals
1	Tom Breuckman	South Dakota St. 15:03.04
2	Braden Curnow	Dakota State 15:10.84
3	Max Cruse	Dakota State 15:16.00
4	Alexander Auch	South Dakota St. 15:24.12
5	Lucas Pierson	South Dakota St. 15:34.54
6	Dylan Hendricks	Northwestern (Iowa) 15:43.09
7	Shane Breheny	Southwestern CC 15:50.02
8	Abdinasir Abdi	South Dakota 15:51.05
9	Aaron Voigt	Sioux Falls 15:53.05
10	Bailey Peckham	Wayne State (Neb.) 15:53.82
11	Connor Ritz	Morningside 15:55.70
12	Shodo Mahamed	Sioux Falls 15:57.54
13	Ray Munsterman	South Dakota St. 16:00.25
14	Mitchell Mund	Sioux Falls 16:03.96
15	David Ecker	Sioux Falls 16:07.22
16	Dylan Kessler	Wayne State (Neb.) 16:10.24
17	Jack Doughty	Wayne State (Neb.) 16:18.40
18	Cedrick Watson	Southwestern CC 16:28.19
19	Wyatt Schlager	Sioux Falls 16:28.38
20	Dalton Demers	Briar Cliff 16:32.06
21	Chris Casart	Bellevue University 16:50.84
22	Corhan Kress	JR Unattached 16:51.16
23	Brian Santiago	Mount Marty 16:51.21
24	Austin Lundy	Southwestern CC 17:21.66
25	Gerardo Najera	Bellevue University 17:26.09
26	Grant Dunsbergen	SO Dordt 17:37.49

Men 110 Meter Hurdles UCO

Meet: M 14.25 4/17/1988 Charles Johnson, Morningside

Name	Year School	Finals	Wind	H#
1	Paul Meloche	SR Augustana (S.D.) 14.73	2.1	3
2	Robert Sullivan	Wayne State (Neb.) 15.19	2.1	3
3	Justus Adams	SR Northwestern (Iowa) 15.33	2.1	3
4	Preston Davis	Wayne State (Neb.) 15.47	2.1	3
5	Kevin Jenkins	Dakota State 15.55	2.1	3
6	Chase Hiser	SR Morningside 15.74	2.1	3
7	Michael Buma	SR Dordt 15.76	0.7	2

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Results****....Men 110 Meter Hurdles UCO**

8	Tyl Woelber	SR	Augustana (S.D.)	16.10	0.7	2
9	Noah Lilly		Wayne State (Neb.)	16.11	3.0	1
10	Walker Olivier	SR	Dakota State	16.15	2.1	3
11	Obang Ojulu		Dakota State	16.36	0.7	2
12	Matthew Johnson	SR	Northwestern (Iowa)	16.62	0.7	2
13	Brock Bumann		Dakota State	16.72	0.7	2
14	Justin Kooiman		Augustana (S.D.)	16.82	0.7	2
15	Kyle Bakker		Northwestern (Iowa)	16.85	0.7	2
16	Josh Schumacher	SR	Augustana (S.D.)	16.89	0.7	2
17	Carson Marco		Northwestern (Iowa)	17.24	3.0	1
18	Brayden Effle	SR	Mount Marty	17.98	3.0	1
19	Ian McGaughey		Dordt	18.42	3.0	1
--	Jacobus Noble	JR	Unattached	DNF	2.1	3

Men 400 Meter Hurdles UCO

=====						
Meet: M 52.42 4/19/2007 Jake Hamik; Erik Hill, Northern						
Name	Year	School	Finals	H#		
=====						
1	Josh Barrows	SR	Augustana (S.D.)	53.16	3	
2	Michael Buma	SR	Dordt	55.27	3	
3	Preston Davis		Wayne State (Neb.)	56.06	3	
4	Alex Woods	SR	Augustana (S.D.)	56.69	3	
5	Chase Hiser	SR	Morningside	56.94	3	
6	Kyle Bakker		Northwestern (Iowa)	57.54	3	
7	Jacobus Noble	JR	Unattached	57.55	2	
8	Josh Schumacher	SR	Augustana (S.D.)	58.49	2	
9	Peyton Miller	SR	Dordt	59.04	2	
10	Rex Schlicht		Dakota Wesleyan	59.23	3	
11	Carson Marco		Northwestern (Iowa)	59.58	2	
12	Justin Kooiman		Augustana (S.D.)	59.76	1	
13	Brock Bumann		Dakota State	1:00.41	2	
14	Obang Ojulu		Dakota State	1:01.00	2	
15	Kevin Jenkins		Dakota State	1:01.84	2	
16	Ian McGaughey		Dordt	1:02.04	2	
17	Trevor Mees		Dakota State	1:04.76	1	

Men 3000 Meter Steeplechase UCO

=====						
Meet: M 8:57.61 4/14/2012 Tom Karbo, Augustana						
Name	Year	School	Finals			
=====						
1	Hunter Paulsen		South Dakota	9:52.72		
2	Josh Liester		Sioux Falls	9:56.98		
3	Nick Lawson		Sioux Falls	10:01.58		
4	Matthew Dunn		Dakota State	10:17.74		
5	Cole Wagner		Bellevue University	10:19.07		
6	Ayub Mohamud		Dakota State	10:27.72		
7	Skyler Rawlings	SR	Southwestern CC	10:44.56		
8	Tyler Kennedy		Dakota State	10:54.02		
9	Nick Wixon		Mount Marty	11:28.37		
10	Fernando Cavanzon	SR	Southwestern CC	11:45.29		

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Meet: M 40.74 4/18/2015 Iowa Central CC, Iowa Central	
A Taylor, J Soutien, E Minor, C Resias	
School	Finals
1 Northwestern (Iowa) 'A'	42.43
1) Justin Grevengoed SR	2) Justus Adams SR
3) Brady Butters SR	4) Perkins Aiyegbeni SR
2 Augustana (S.D.) 'A'	43.16
1) Riley Crawford SR	2) Paul Meloche SR
3) Josh Barrows SR	4) Ryan Stiles SR
3 Dakota State 'A'	43.20
1) Brenner Furlong SR	2) Joshua Snook SR
3) Riley Greenhoff SR	4) Walker Olivier SR
4 Wayne State (Neb.) 'A'	43.43
1) Alvyns Alcenord SR	2) Justin Rohloff SR
3) Clay Kramper SR	4) Jordan Zautke SR
-- Briar Cliff 'A'	DNF
1) Joseph Washington SR	2) Chad Blank SR
3) Collin Glazek SR	4) AJ Lefler SR

Men 4x400 Meter Relay UCO

Meet: M 3:11.81 4/22/1995 Augustana, Augustana		
T. Gonye M. Blumer J. Skjelvaag T. Dow		
School	Finals	H#
1 Dordt 'A'	3:19.51	2
1) Matthew Van Eps SR	2) Lucas Van Eps SR	
3) Mark Bakker SR	4) Caleb Herman SR	
2 Augustana (S.D.) 'A'	3:22.97	2
1) Blake Savey SR	2) Ryan Sully SR	
3) Josh Barrows SR	4) Alex Woods SR	
3 Northwestern (Iowa) 'A'	3:23.38	2
1) Justus Adams SR	2) Justin Grevengoed SR	
3) JT Engebretson SR	4) Perkins Aiyegbeni SR	
4 Southwestern CC 'A'	3:24.08	2
1) Albert Miller SR	2) Phil Selmer SR	
3) Eric Portis SR	4) Benjamin Aliel FR	
5 Morningside 'A'	3:25.82	2
1) Logan Roberts SR	2) Dylan Lindstrom SR	
3) Chase Hiser SR	4) Zach Ambrose SR	
6 Dordt 'B'	3:27.56	1
1) Noah Imperial SR	2) Micah Brands SR	
3) David Temte FR	4) Michael Buma SR	
7 Dordt 'C'	3:29.62	1
1) Jebadiah Merkle SR	2) Peyton Miller SR	
3) Marcus Whipper SR	4) Anthony Ghiorso SO	
8 Briar Cliff 'A'	3:31.09	2
1) Joseph Washington SR	2) Kalen Murray SR	
3) AJ Lefler SR	4) Collin Glazek SR	
9 Northwestern (Iowa) 'B'	3:36.48	1
1) Chris Kroll SR	2) Joshua Van Dusseldorp SR	
3) Benjamin Aberson SR	4) Brice Enright SR	
10 Dordt 'D'	3:43.85	1

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....Men 4x400 Meter Relay UCO

1) Nic Herman SR	2) Luke Bousema SR	
3) Franklin Reinders FR	4) Lance Van Zee SR	
11 Southwestern CC 'B'		4:01.75 1
1) Evan Ouverson SR	2) Colin Shreve SR	
3) Skyler Rawlings SR	4) Fernando Cavanzon SR	

Men High Jump UCO

=====										
Meet: M 7-00 4/22/1995 Don Wolf, Buena Vista										
Name	Year	School								Finals
=====										
1 Jackson Johnson		Northwestern (Iowa)	2.02m	6-07.50						
	1.77	1.82	1.87	1.92	1.97	2.02	2.05			
	P	P	P	O	O	XO	XXX			
2 Robert Sullivan		Wayne State (Neb.)	J2.02m	6-07.50						
	1.77	1.82	1.87	1.92	1.97	2.02	2.05			
	P	P	XO	XO	XO	XXO	XXX			
3 Jared Rabenberg		Dakota Wesleyan	1.92m	6-03.50						
	1.77	1.82	1.87	1.92	1.97					
	P	P	P	O	XXX					
4 Tyl Woelber		SR Augustana (S.D.)	J1.92m	6-03.50						
	1.77	1.82	1.87	1.92	1.97					
	P	P	XO	O	XXX					
5 Ryan Papelbon		Mount Marty	1.87m	6-01.50						
	1.77	1.82	1.87	1.92						
	P	O	XO	XXX						
6 Tanner Schulte		Augustana (S.D.)	1.82m	5-11.50						
	1.77	1.82	1.87							
	XO	O	XXX							
7 Noah Lilly		Wayne State (Neb.)	1.77m	5-09.75						
	1.77	1.82								
	O	XXX								
-- Devin Millen		Mount Marty	NH							
	1.77	1.82								
	P	XXX								

Men Pole Vault UCO

=====											
Meet: M 18-09 4/20/2001 Derek Miles, unattached											
Name	Year	School								Finals	
=====											
1 Nick Johnson		South Dakota	5.01m	16-05.25							
	3.86	4.01	4.16	4.31	4.46	4.61	4.71	4.81	4.91	5.01	5.06
	P	P	P	P	P	P	P	P	O	XO	P
2 Tristan Zawadzki		Sioux Falls	J5.01m	16-05.25							
	3.86	4.01	4.16	4.31	4.46	4.61	4.71	4.81	4.91	5.01	5.06
	P	P	P	P	P	P	P	P	XO	XXO	P
3 Kaleb Ellis		South Dakota	J5.01m	16-05.25							
	3.86	4.01	4.16	4.31	4.46	4.61	4.71	4.81	4.91	5.01	5.06
	P	P	P	P	P	XXO	O	P	O	XXO	P
4 Connor DeJong		Sioux Falls	4.71m	15-05.50							
	3.86	4.01	4.16	4.31	4.46	4.61	4.71	4.81			
	P	P	P	P	P	P	XO	XXX			

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5	Matt Pohlmann	Augustana (S.D.)	4.31m	14-01.75
	3.86 4.01 4.16 4.31 4.46			
	P P P XO XXX			
--	Sean McClellan	South Dakota		NH
	3.86 4.01 4.16 4.31 4.46 4.61			
	P P P P P XXX			
--	Jake Person	Sioux Falls		NH
	3.86			
	XXX			
--	Ethan Holm	Sioux Falls		NH
	3.86			
	XXX			

Men Long Jump UCO

=====						
Meet: M 25-03 4/21/1997 Andrew Owusu, unattached						
Name	Year	School	Finals	Wind		
=====						
1	Tyl Woelber	SR Augustana (S.D.)	6.84m	-1.6	22-05.25	
	FOUL	FOUL	6.84m(-1.6)	6.70m(0.6)	6.83m(-1.1)	PASS
2	Zac Hazen	Morningside	6.46m	-0.8	21-02.50	
	6.39m(-0.8)	6.20m(+0.0)	FOUL	6.46m(-0.8)	FOUL	6.45m(-0.9)
3	Ryan Papelbon	Mount Marty	6.38m	-2.4	20-11.25	
	6.38m(-2.4)	6.22m(0.3)	6.21m(-1.6)	6.20m(+0.0)	FOUL	6.11m(1.1)
4	Miles Gebel	Morningside	6.34m	0.7	20-09.75	
	FOUL	6.10m(1.0)	FOUL	FOUL	6.34m(0.7)	FOUL
5	Mason Small	Dakota Wesleyan	6.27m	-1.7	20-07.00	
	6.17m(-1.7)	5.98m(-1.1)	6.09m(-1.2)	6.01m(-1.4)	6.27m(-1.7)	6.02m(1.3)
6	Cody Davis	Mount Marty	5.84m	+0.0	19-02.00	
	5.31m(0.5)	5.64m(-0.5)	5.56m(-0.6)	5.75m(-1.6)	5.84m(+0.0)	5.68m(-0.5)
7	Chris Kroll	SR Northwestern (Iowa)	5.77m	-1.0	18-11.25	
	5.77m(-1.0)	5.71m(+0.0)	5.58m(1.4)	5.72m(-0.3)	FOUL	PASS
8	Kennan Kelly	Dakota State	J5.77m	-1.4	18-11.25	
	5.66m(-0.1)	FOUL	5.64m(-1.4)	FOUL	FOUL	5.77m(-1.4)
9	Joey Callan	SR Mount Marty	5.68m	0.8	18-07.75	
	FOUL	5.66m(1.1)	FOUL	FOUL	5.68m(0.8)	FOUL
10	Mike Elsten	Briar Cliff	5.64m	-0.8	18-06.00	
	5.41m(-0.8)	5.64m(-0.8)	5.18m(0.4)			
11	JT Engebretson	SR Northwestern (Iowa)	5.53m	-0.3	18-01.75	
	FOUL	5.53m(-0.3)	FOUL			
12	Connor Wilson	Dakota State	5.38m	1.1	17-08.00	
	FOUL	FOUL	5.38m(1.1)			
13	Caleb Kirschenmann	Mount Marty	5.34m	-1.0	17-06.25	
	5.08m(-1.6)	5.34m(-1.0)	5.33m(-1.4)			
--	Mason Schmidgall	Dakota State				FOUL
	FOUL	FOUL	FOUL			

Men Triple Jump UCO

=====						
Meet: M 55-06 4/22/1998 Andrew Owusu, unattached						
Name	Year	School	Finals	Wind		
=====						
1	Kalen Murray	SR Briar Cliff	13.52m	-1.2	44-04.25	
	13.52m(-1.2)	13.49m(-2.0)	FOUL	FOUL	12.88m(-2.1)	PASS

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....Men Triple Jump UCO

2	Brian Johnston	Morningside	12.64m	0.1	41-05.75
	11.98m(-2.3) FOUL	11.95m(-1.1) FOUL	12.64m(0.1)	12.55m(-0.5)	
3	Mason Small	Dakota Wesleyan	12.54m	-2.0	41-01.75
	11.74m(-1.9) 12.09m(-1.1)	11.92m(+0.0) 11.83m(-1.2)	12.54m(-2.0)	12.42m(0.9)	
4	Tim Wager	Northwestern (Iowa)	12.44m	-1.1	40-09.75
	12.33m(-1.9) 12.44m(-1.1)	11.38m(-1.2) 11.57m(-2.3)	FOUL	12.04m(-0.4)	
5	Joey Callan	SR Mount Marty	12.41m	-1.9	40-08.75
	12.41m(-1.9) 12.00m(-1.0)	11.92m(-1.5) FOUL	FOUL	FOUL	
6	Cody Davis	Mount Marty	11.71m	-2.0	38-05.00
	FOUL FOUL	11.36m(-2.3) 11.09m(+0.0)	FOUL	11.71m(-2.0)	
--	Miles Gebel	Morningside	FOUL		
	FOUL FOUL FOUL				

Men Shot Put UCO

=====						
Meet: M 60-04.50 4/17/2015 Kyle McKelvey, South Dakota						
Name	Year School		Finals		H#	
=====						
1	Ben Hammer	South Dakota	17.76m	58-03.25	2	
	17.14m FOUL	17.33m FOUL	17.76m FOUL			
2	Tyson Jenkins	Dakota Wesleyan	16.57m	54-04.50	2	
	FOUL 15.49m	15.19m 14.71m	15.81m 16.57m			
3	Sam Coil	South Dakota St.	14.90m	48-10.75	2	
	14.90m 14.59m	FOUL 13.97m	FOUL 14.55m			
4	Jessie Sullivan	South Dakota	14.86m	48-09.00	2	
	13.82m 14.57m	14.86m 14.38m	FOUL FOUL			
5	Jackson Coker	South Dakota	14.84m	48-08.25	2	
	14.39m 14.84m	14.78m 14.79m	14.43m FOUL			
6	Derrick Sheppard	South Dakota	14.73m	48-04.00	2	
	13.88m FOUL	FOUL 14.31m	14.73m FOUL			
7	Matt Slagus	South Dakota	14.70m	48-02.75	2	
	13.48m FOUL	14.05m 14.70m	13.95m FOUL			
8	Andrew Bird	South Dakota	14.53m	47-08.00	2	
	14.53m FOUL	14.20m FOUL	FOUL FOUL			
9	Calob Jones	Dakota Wesleyan	14.36m	47-01.50	2	
	13.86m 13.69m	13.18m 14.36m	FOUL FOUL			
10	Caden Milmine	Dakota Wesleyan	13.90m	45-07.25	1	
	13.48m 13.60m	13.90m				
11	Brandon Schreur	Dordt	13.62m	44-08.25	1	
	FOUL 13.14m	13.62m				
12	Bryce Ludwig	FR Unattached	13.61m	44-08.00	1	
	FOUL 12.85m	13.61m				
13	Nick Raab	Dakota Wesleyan	13.36m	43-10.00	1	
	13.33m FOUL	13.36m				
14	Christopher Zanotto	Dakota Wesleyan	13.07m	42-10.75	1	
	13.07m 12.57m	FOUL				
15	Brandon Schmit	Dakota State	12.25m	40-02.25	2	
	FOUL 12.25m	FOUL				
16	Dawson Kerzman	Dakota Wesleyan	11.98m	39-03.75	1	
	11.89m 11.98m	FOUL				
17	Conner Tordsen	Dakota State	11.65m	38-02.75	1	
	11.65m FOUL	10.81m				
18	Taylor Duncan	Morningside	11.56m	37-11.25	1	
	FOUL 11.56m	11.40m				

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....Men Shot Put UCO

19	Christopher Wixon	Mount Marty	10.54m	34-07.00	1
	9.88m FOUL 10.54m				
20	Troy Lewis	Southwestern CC	9.49m	31-01.75	1
	8.28m 9.49m 8.91m				

Men Discus Throw UCO

=====					
Meet: M 199-05 4/21/1999 Mark White, unattached					
	Name	Year	School	Finals	H#
=====					
1	Jackson Coker		South Dakota	47.22m	154-11 2
	45.00m 47.22m 46.71m 45.27m FOUL 45.43m				
2	Ike Van Kempen		Dordt	46.31m	151-11 2
	FOUL FOUL 45.70m 46.31m FOUL 44.49m				
3	Chandler Nelson		Sioux Falls	46.29m	151-10 2
	44.15m 46.29m FOUL 45.30m 44.99m 45.50m				
4	Tyler Moulton		Dakota State	45.75m	150-01 2
	44.60m 43.60m 43.04m FOUL 44.77m 45.75m				
5	Jessie Sullivan		South Dakota	45.59m	149-07 2
	45.18m FOUL 45.59m 43.67m 41.52m FOUL				
6	Tyler Lems		Dakota State	45.52m	149-04 2
	45.38m 45.52m 44.30m FOUL 45.09m FOUL				
7	Matt Slagus		South Dakota	44.89m	147-03 2
	44.32m 44.89m FOUL FOUL FOUL FOUL				
8	Kino Dunkley		South Dakota	44.25m	145-02 2
	FOUL 44.25m 43.24m PASS PASS PASS				
9	Matthew Campbell		Dakota Wesleyan	44.16m	144-10 2
	FOUL 44.16m 43.88m FOUL FOUL 42.94m				
10	Patrick Hagan		Sioux Falls	42.11m	138-02 1
	42.11m 37.78m FOUL FOUL FOUL 39.17m				
11	Bryce Ludwig	FR	Unattached	40.60m	133-02 1
	FOUL FOUL 40.60m				
12	Christian Gruschin		Sioux Falls	40.38m	132-06 2
	FOUL 40.38m 39.37m				
13	Brandon Schmit		Dakota State	39.57m	129-10 1
	FOUL 39.57m 38.87m				
14	Sam Coil		South Dakota St.	39.00m	127-11 1
	39.00m FOUL FOUL				
15	Conner Tordsen		Dakota State	37.65m	123-06 2
	FOUL 37.65m 36.38m				
16	Taylor Duncan		Morningside	33.78m	110-10 1
	31.44m 33.78m FOUL				
17	Brandon Schreur		Dordt	31.68m	103-11 1
	31.68m FOUL FOUL				
18	Evan McCreary		Dakota State	30.87m	101-03 1
	29.67m 30.87m FOUL				
19	Andrew Trask		Dakota State	30.31m	99-05 1
	FOUL FOUL 30.31m				
20	Troy Lewis		Southwestern CC	28.79m	94-05 1
	28.79m 27.39m 27.24m				

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Men Hammer Throw UCO

Meet: M 253-00 4/21/2007 A.G. Kruger, unattached					
Name	Year	School	Finals		H#
1 Ethan Fenchel		South Dakota	60.67m	199-00	2
	57.21m	FOUL	60.38m	59.05m	FOUL
2 Logan Ammons		South Dakota St.	57.25m	187-10	2
	52.41m	FOUL	54.55m	57.25m	55.98m
3 Matt Slagus		South Dakota	53.60m	175-10	2
	52.47m	52.99m	53.48m	53.60m	FOUL
4 Christian Gruschin		Sioux Falls	52.66m	172-09	2
	44.63m	47.28m	FOUL	FOUL	52.15m
5 Ike Van Kempen		Dordt	51.11m	167-08	2
	51.11m	FOUL	50.80m	50.84m	FOUL
6 Patrick Hagan		Sioux Falls	49.39m	162-00	2
	FOUL	FOUL	49.37m	49.39m	FOUL
7 Sam Coil		South Dakota St.	49.30m	161-09	2
	FOUL	FOUL	49.30m	FOUL	FOUL
8 Matthew Campbell		Dakota Wesleyan	49.00m	160-09	2
	FOUL	FOUL	49.00m	48.42m	48.40m
9 Kaden Elder		South Dakota	48.47m	159-00	2
	46.58m	FOUL	47.92m	48.47m	47.72m
10 Tyler Lems		Dakota State	46.72m	153-03	2
	46.72m	FOUL	44.82m		
11 Bryce Ludwig		FR Unattached	45.03m	147-09	1
	FOUL	FOUL	45.03m		
12 Jessie Sullivan		South Dakota	44.66m	146-06	2
	FOUL	FOUL	44.66m		
13 Tyler Moulton		Dakota State	44.39m	145-08	1
	41.33m	44.39m	43.53m		
14 Calob Jones		Dakota Wesleyan	41.45m	136-00	1
	41.45m	FOUL	FOUL		
15 Caden Milmine		Dakota Wesleyan	41.17m	135-01	1
	41.17m	FOUL	FOUL		
16 Christopher Zanotto		Dakota Wesleyan	39.70m	130-03	1
	39.70m	39.14m	37.55m		
17 Evan McCreary		Dakota State	38.61m	126-08	1
	38.61m	FOUL	FOUL		
18 Andrew Trask		Dakota State	37.62m	123-05	1
	37.62m	FOUL	FOUL		
19 Conner Tordsen		Dakota State	35.83m	117-07	1
	35.83m	33.87m	34.78m		
20 Christopher Wixon		Mount Marty	33.68m	110-06	1
	32.69m	33.68m	31.37m		
-- Taylor Duncan		Morningside	FOUL		1
	FOUL	FOUL	FOUL		
-- Dawson Kerzman		Dakota Wesleyan	FOUL		1
	FOUL	FOUL	FOUL		
-- Andrew Bird		South Dakota	FOUL		1
	FOUL	FOUL	FOUL		
-- Derrick Sheppard		South Dakota	FOUL		2
	FOUL	FOUL	FOUL		

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Results****Men Javelin Throw UCO**

Meet: M 205-09 4/19/2007 Mark Liebl, unattached									
Name	Year	School				Finals	H#		
1 Jeff Stellingwerf		Dordt				54.38m	178-05	2	
	50.07m	54.38m	53.95m	50.36m	FOUL	FOUL			
2 Carter Behler		Northwestern (Iowa)				47.79m	156-09	2	
	44.31m	47.79m	45.95m	43.72m	FOUL	46.37m			
3 Tyl Woelber		SR Augustana (S.D.)				45.28m	148-07	2	
	41.26m	45.28m	45.13m	44.51m	FOUL	FOUL			
4 Brian Johnston		Morningside				43.02m	141-02	2	
	42.53m	FOUL	43.02m	FOUL	FOUL	39.43m			
5 Tim Huizenga		Dordt				42.86m	140-07	2	
	37.09m	41.00m	39.19m	35.56m	38.76m	42.86m			
6 Treshawn Roberts		Dakota State				41.29m	135-05	2	
	FOUL	38.85m	39.07m	39.11m	FOUL	41.29m			
7 Jared Samms		Briar Cliff				40.84m	134-00	2	
	FOUL	40.84m	FOUL	36.59m	38.77m	40.03m			
8 Mike Elsten		Briar Cliff				39.82m	130-08	1	
	39.08m	39.04m	38.08m	39.82m	FOUL	37.89m			
9 Tristan Harris		Morningside				36.08m	118-04	1	
	36.08m	FOUL	35.09m	FOUL	FOUL	FOUL			
10 Zach McKee		Morningside				35.00m	114-10	1	
	35.00m	32.90m	30.70m						
11 Michael Brastrup		Dakota Wesleyan				34.62m	113-07	2	
	34.62m	30.86m	34.44m						
12 Walker Olivier		SR Dakota State				32.06m	105-02	1	
	32.06m	32.01m	FOUL						
13 Hunter Davis		Morningside				30.08m	98-08	1	
	FOUL	30.08m	29.08m						
14 Ryan Harrel		SR Briar Cliff				29.08m	95-05	1	
	25.00m	29.08m	25.05m						
15 Brock Bumann		Dakota State				25.09m	82-04	1	
	22.04m	24.03m	25.09m						

Mixed 100 Meter Dash Wheelchair

Name	Year	School	Finals	Wind
1 Keri Siebrecht	W12	Sheldon	26.12	NWI