

**H-10 CO-ED TRACK MEET - 5/5/2022****Atlantic High School****Results****Girls 100 Meter Dash**

Name	Year	School	Seed	Finals	H#	Points
Finals						
1 Koontz, Allison		Glenwood	13.03	12.83	3	10
2 Carda, Zoie		Glenwood	13.00	13.11	3	8
3 McKeever, Carly		St. Albert	12.78	13.16	3	6
4 Millikan, Paige		Clarinda	13.32	13.25	3	5
5 Chandler, Samantha		Den-Sch	13.71	13.96	3	4
6 Herrig, Ashlyn		Den-Sch	13.08	14.08	3	3
7 Wendt, Tori		Red Oak	14.19	14.17	3	2
8 Klein, Alexandria		Kuemper	14.57	14.19	2	1
9 Irlbeck, Kerrigan		Kuemper		14.20	1	
10 Haynes, Aaniah		Creston	14.47	14.24	2	
11 Gray, Marley		Red Oak	14.55	14.65	2	
12 Narios, Nerensia		Atlantic	14.60	14.66	2	
13 Pellett, Callee		Atlantic	15.27	15.02	2	
14 Moore, Adrienne		Shen	15.44	15.24	2	
15 Knight, Hailee		Clarinda	15.73	15.40	1	
16 Henderson, Taylor		Shen	15.36	15.81	2	
17 Irlbeck, Ariel		Harlan	15.83	15.85	1	
18 Graeve, Mary		LC	15.99	16.50	1	
19 Franco, Angelica		Creston	17.03	16.51	1	
20 Dingler, Rosalie		Harlan		16.80	1	

**Girls 200 Meter Dash**

Name	Year	School	Seed	Finals	H#	Points
1 Koontz, Allison		Glenwood	27.41	26.67	3	10
2 Millikan, Paige		Clarinda	27.86	27.28	3	8
3 Bergman, Maddie		LC	27.13	27.80	3	6
4 Arnold, Danika		Glenwood	27.68	27.82	3	5
5 Lantz, Kate		Shen	28.04	28.10	3	4
6 Monahan, Ellie		St. Albert	27.29	28.24	3	3
7 Huffman, Hailey		Atlantic	29.99	28.32	2	2
8 Wagner, Ava		St. Albert	30.34	28.98	1	1
9 Bowker, Lauren		Den-Sch	28.47	28.99	3	
10 Mayhall, Catherine		Kuemper	27.82	29.30	3	
11 Bass, Camryn		Red Oak	29.27	29.32	2	
12 Fields, Brianna		Creston	29.44	29.65	2	
13 Williams, Marissa		Red Oak	29.41	29.67	2	
14 Hol, Kaelyn		Harlan	29.84	30.06	2	
15 Steinkuehler, Savannah		Den-Sch	29.90	30.31	2	
16 Burdorf, Jenna		Shen	29.80	30.70	2	
17 Rohe, Brooke		Kuemper	29.61	30.95	2	
18 McEntaffer, Jocelyn		Atlantic	31.12	31.31	1	
19 Wingert, Lauren		Harlan		32.61	1	
20 Knight, Hailee		Clarinda		32.65	1	
21 Villalpando, Aileen		Creston	35.21	34.86	1	

**Girls 400 Meter Dash**

Name	Year	School	Seed	Finals	H#	Points
1 Hays, Gracie		LC	1:02.58	1:02.11	3	10

**H-10 CO-ED TRACK MEET - 5/5/2022****Atlantic High School****Results****...Girls 400 Meter Dash**

2	Schultz, Brooklyn	Glenwood	1:04.21	1:03.36	3	8
3	McKeever, Carly	St. Albert	1:04.08	1:03.53	3	6
4	Middents, Nicole	Atlantic	1:04.97	1:03.58	3	5
5	Hopp, Jenna	Glenwood	1:04.51	1:05.05	3	4
6	McLaughlin, Lauren	Harlan	1:07.31	1:05.82	2	3
7	King, Callie	Clarinda	1:07.22	1:06.09	3	2
8	Huffman, Hailey	Atlantic	1:07.98	1:06.47	2	1
9	Plagman, Ella	Harlan	1:06.50	1:06.81	3	
10	Hesse, Amelia	Clarinda	1:08.68	1:08.78	2	
11	Dukes, Lauryn	Shen	1:12.08	1:11.77	2	
12	Musgrave, Brianna	Den-Sch		1:12.17	1	
13	Strunk, Sydney	Creston	1:16.77	1:14.30	2	
14	Ramirez, Tiffany	Den-Sch	1:18.32	1:15.82	1	
15	Morrison, Ady	Creston	1:18.05	1:17.02	1	
16	Schroeder, Presley	Kuemper	1:18.00	1:18.55	1	
17	Diercksen, Kaylie	Kuemper	1:17.93	1:21.37	2	

**Girls 800 Meter Run**

Name	Year	School	Seed	Finals	Points
1	Bieker, Kaia	Harlan	2:17.23	2:16.22	10
2	Rush, Ava	Atlantic	2:24.09	2:25.55	8
3	Pellett, Claire	Atlantic	2:32.75	2:31.30	6
4	Hartley, Mayson	Clarinda	2:29.00	2:33.78	5
5	Gessert, Jenna	Harlan	2:38.91	2:34.57	4
6	Mendlik, Lola	Den-Sch	2:28.35	2:34.88	3
7	Hughes, Lauren	Glenwood	2:32.67	2:35.32	2
8	Nanfito, Neyla	Glenwood	2:38.46	2:41.27	1
9	Eberly, Ashlyn	Clarinda	2:45.71	2:42.27	
10	Bussey, Ava	LC	2:42.13	2:42.86	
11	Piskorski, Kirsten	St. Albert	2:53.58	2:48.45	
12	Manz, Mahri	LC	2:40.77	2:49.77	
13	Ramirez, Tiffany	Den-Sch	2:58.27	2:56.06	
14	Dukes, Lauryn	Shen	2:53.84	2:58.08	
15	Diercksen, Kaylie	Kuemper	3:09.97	3:11.03	
16	Grass, Michelle	Red Oak	3:08.66	3:15.03	

**Girls 1500 Meter Run**

Name	Year	School	Seed	Finals	Points
1	Rush, Ava	Atlantic	5:10.06	5:08.48	10
2	Hartley, Mayson	Clarinda	5:10.59	5:14.15	8
3	Mendlik, Lola	Den-Sch	5:14.91	5:14.16	6
4	Holt, Addison	LC	5:23.21	5:17.41	5
5	Henke, Raenna	Clarinda	5:15.59	5:17.78	4
6	Berglund, Madelyn	Glenwood	5:13.43	5:19.21	3
7	Sonderman, Lindsey	Harlan	5:18.08	5:21.78	2
8	Mullennax, Rachel	Glenwood	5:29.68	5:26.64	1
9	Duncan, Reese	St. Albert	5:27.50	5:31.23	
10	Gross, Ellie	Harlan	5:37.71	5:35.22	
11	Egbert, Hailey	Shen	5:35.16	5:40.96	
12	Bond, Nicole	Red Oak	5:47.31	5:41.79	
13	Johnson, Christene	Shen	5:48.59	5:44.80	

**H-10 CO-ED TRACK MEET - 5/5/2022****Atlantic High School****Results****...Girls 1500 Meter Run**

14	Dearment, Addie	Atlantic	5:49.14	5:54.09
15	Smith, Brenna	St. Albert	5:50.95	6:16.53
16	Strunk, Mia	Creston	6:13.51	6:28.76
17	Barajas, Juliana	Den-Sch	6:49.64	6:32.15
18	Davis, Payton	Creston	6:34.13	6:43.49
19	Grass, Michelle	Red Oak	6:22.29	7:11.96

**Girls 3000 Meter Run**

Name	Year	School	Seed	Finals	Points
1	Hartley, Mayson	Clarinda	10:58.70	10:54.50	10
2	Berglund, Madelyn	Glenwood	11:05.37	10:58.04	8
3	Mendlik, Lola	Den-Sch	11:15.81	10:59.72	6
4	Sonderman, Lindsey	Harlan	11:16.53	11:06.11	5
5	Henke, Raenna	Clarinda	11:40.52	11:44.47	4
6	Duncan, Reese	St. Albert	11:57.26	11:45.56	3
7	Holt, Addison	LC	11:51.93	11:48.84	2
8	Mullennax, Rachel	Glenwood	12:06.04	11:56.84	1
9	Egbert, Hailey	Shen	12:04.18	12:25.89	
10	Dearment, Addie	Atlantic	12:23.57	12:51.72	
11	Smith, Brenna	St. Albert		13:23.31	
12	Wiederstein, Claire	Atlantic	13:49.12	13:49.94	
13	Argotsinger, Hadlie	Harlan		14:15.79	

**Girls 100 Meter Hurdles**

Name	Year	School	Seed	Finals	H#	Points
1	Denton, Chloe	Shen	16.54	16.62	3	10
2	Williams, Lauren	St. Albert	16.63	16.70	3	8
3	Hughes, Abby	Glenwood	17.30	17.37	3	6
4	Reisz, Pearl	St. Albert	17.79	17.50	3	5
5	Schmitz, Jaylee	Harlan	17.90	17.52	3	4
6	Broeckelman, Jaci	Harlan	18.73	17.74	2	3
7	Kinghorn, Hadlee	Shen	18.10	17.76	3	2
8	O' Doniel, Karyssa	LC	18.26	17.93	2	1
9	Bruhn, Kaitlyn	Den-Sch	18.68	18.01	2	
10	Knuth, Avery	Atlantic	18.24	18.79	2	
11	Brincks, Hanna	Kuemper	19.06	18.84	2	
12	May, Paige	Clarinda	18.90	19.23	2	
13	Miller, Claire	Den-Sch	16.95	19.28	3	
14	Hoffman, Jemma	Kuemper	19.84	19.34	2	
15	Travis, Grace	Creston	19.37	19.80	2	
16	Miller, Lauren	LC	20.29	20.09	1	
17	Atkinson, Makayla	Atlantic	20.95	20.52	1	
18	Strait, Chloe	Clarinda	20.83	20.81	1	
19	Sallach, Brinkly	Red Oak	19.89	21.34	1	
20	Vandevender, Zoey	Creston	21.44	21.38	1	
21	Eichelberger, Abby	Red Oak	19.86	21.54	1	

**H-10 CO-ED TRACK MEET - 5/5/2022****Atlantic High School****Results****Girls 400 Meter Hurdles**

Name	Year School	Seed	Finals	H#	Points
1 Hughes, Abby	Glenwood	1:06.25	1:06.01	3	10
2 Williams, Lauren	St. Albert	1:10.05	1:09.05	3	8
3 Mullenix, Chloe	Atlantic	1:08.67	1:10.02	3	6
4 Botos, Morgan	Atlantic	1:13.09	1:11.40	3	5
5 Broeckelman, Abby	Harlan	1:13.14	1:11.74	3	4
6 Jones, Kennedy	Glenwood	1:13.70	1:13.54	3	3
7 Paup, Doryn	Creston	1:14.71	1:15.10	3	2
8 Hesse, Amelia	Clarinda	1:14.04	1:16.17	3	1
9 Linn, Jordyn	Den-Sch	1:17.16	1:16.30	2	
10 Gilbert, Sarah	Shen	1:16.85	1:17.29	2	
11 Strait, Chloe	Clarinda	1:15.99	1:17.79	2	
12 O' Doniel, Karyssa	LC	1:18.21	1:17.93	2	
13 Swensen, Molly	Harlan	1:19.72	1:18.27	2	
14 Schmadeke, Hope	Red Oak		1:22.53	1	
15 Pantini, Emma	Creston	1:22.04	1:23.02	2	
16 Mullenix, Elise	LC	1:23.22	1:23.34	1	
17 Hoffman, Grace E	Kuemper	1:21.90	1:25.68	2	
18 Sallach, Brinkly	Red Oak	1:27.48	1:27.79	1	

**Girls 4x100 Meter Relay**

School	Seed	Finals	H#	Points
1 Glenwood 'A'	51.67	52.29	2	10
1) Carda, Zoie				
2) Hernandez, Charley				
3) Roenfeldt, Lauren				
4) Floyd, Jaylynn				
2 Harlan 'A'	53.03	53.52	2	8
1) Schmitz, Jaylee				
2) Stork, Kami				
3) Ineson, Samantha				
4) Plagman, Ella				
3 St. Albert 'A'	53.58	53.61	2	6
1) Sherrill, Lydia				
2) Monahan, Ellie				
3) Williams, Lauren				
4) McKeever, Carly				
4 Shen 'A'	54.32	54.00	2	5
1) Denton, Chloe				
2) Lantz, Kate				
3) Hodges, Ashlynn				
4) Edwards, Sydney				
5 Kuemper 'A'	54.73	54.19	2	4
1) Blum, Macy				
2) Heuton, Aubrey				
3) Irlbeck, Kerrigan				
4) Mayhall, Catherine				
6 Clarinda 'A'	52.55	54.22	2	3
1) Nordyke, Bailey				
2) Meier, Aly				
3) Cole, Taylor				
4) Knight, Jerzee				
7 Den-Sch 'A'	53.64	54.58	2	2
1) Herrig, Ashlyn				
2) Bowker, Lauren				
3) Chandler, Samantha				
4) Miller, Claire				
8 Atlantic 'A'	54.95	55.79	2	1
1) Knuth, Avery				
2) Jensen, Jada				
3) Narios, Nerensia				
4) Guyer, Aubrey				
9 Red Oak 'A'	56.96	56.79	1	
1) Williams, Marissa				
2) Wallace, Alexis				
3) Gray, Marley				
4) Wendt, Tori				
10 LC 'A'	55.00	56.90	1	
1) Jans, Gracie				
2) Werklund, Lillian				
3) Scott, Eleanor				
4) Larsen, Brooke				

**H-10 CO-ED TRACK MEET - 5/5/2022****Atlantic High School****Results****....Girls 4x100 Meter Relay**

11 Creston 'A'	57.41	58.11	1
1) Clayton, Karter	2) Travis, Grace		
3) Gerdes, Alyssa	4) Haynes, Aaniah		

**Girls 4x200 Meter Relay**

School	Seed	Finals	H#	Points
1 Glenwood 'A'	1:49.62	1:50.42	2	10
1) Carda, Zoie	2) Crawford, Courtney			
3) Floyd, Jaylynn	4) Arnold, Danika			
2 LC 'A'	1:51.67	1:55.69	2	8
1) James, Irelynn	2) Heller, Avery			
3) Scott, Eleanor	4) Bergman, Maddie			
3 Den-Sch 'A'	1:54.74	1:55.90	2	6
1) Herrig, Ashlyn	2) Chandler, Samantha			
3) Harris, Hannah	4) Bowker, Lauren			
4 Kuemper 'A'	1:55.59	1:56.53	2	5
1) Blum, Macy	2) Scott, Megan			
3) Irlbeck, Kerrigan	4) Mayhall, Catherine			
5 Atlantic 'A'	1:51.92	1:57.11	2	4
1) Huddleson, Madison	2) Jensen, Jada			
3) Guyer, Aubrey	4) Botos, Morgan			
6 Clarinda 'A'	1:52.04	1:57.21	2	3
1) Nordyke, Bailey	2) Meier, Aly			
3) Jobe, Presley	4) Cole, Taylor			
7 Red Oak 'A'	1:57.54	1:58.79	1	2
1) Williams, Marissa	2) Wallace, Alexis			
3) Gray, Marley	4) Wendt, Tori			
8 Creston 'A'	2:04.67	2:10.37	1	1
1) Vandevender, Zoey	2) Haynes, Aaniah			
3) Clayton, Karter	4) Gerdes, Alyssa			
9 Shen 'A'	2:00.98	2:12.18	1	
1) Burdorf, Jenna	2) Henderson, Taylor			
3) Moore, Adrienne	4) Parker, Aliyah			

**Girls 4x400 Meter Relay**

School	Seed	Finals	H#	Points
1 Atlantic 'A'	4:10.18	4:06.34	2	10
1) Middents, Nicole	2) Huffman, Mariah			
3) Mullenix, Chloe	4) Rush, Ava			
2 Glenwood 'A'	4:11.41	4:07.72	2	8
1) Schultz, Brooklyn	2) Koontz, Allison			
3) Arnold, Danika	4) Hughes, Abby			
3 Harlan 'A'	4:15.50	4:09.36	2	6
1) Smith, Dani	2) Metzger, Lilly			
3) Broeckelman, Abby	4) Bieker, Kaia			
4 LC 'A'	4:14.67	4:19.45	2	5
1) Hays, Gracie	2) James, Irelynn			
3) Larsen, Brooke	4) Bergman, Maddie			
5 Red Oak 'A'	4:34.82	4:37.76	2	4
1) Bass, Camryn	2) Bozwell, Macy			
3) Hall, Delaney	4) Carbaugh, Liz			

**H-10 CO-ED TRACK MEET - 5/5/2022****Atlantic High School****Results****....Girls 4x400 Meter Relay**

6 Clarinda 'A'	4:25.78	4:39.63	2	3
1) Jobe, Presley			2) Nordyke, Bailey	
3) King, Callie			4) Knight, Jerzee	
7 Creston 'A'	4:40.96	4:40.69	2	2
1) Paup, Doryn			2) Fields, Brianna	
3) Pantini, Emma			4) Clayton, Karter	
8 Den-Sch 'A'	4:42.49	4:43.93	2	1
1) Harris, Hannah			2) Bahnsen, Emily	
3) Steinkuehler, Savannah			4) Bruhn, Kamden	
9 Kuemper 'A'	4:57.63	4:53.72	1	
1) Irlbeck, Kyra			2) Rohe, Brooke	
3) Scott, Megan			4) Gehling, Sada	

**Girls 4x800 Meter Relay**

School	Seed	Finals	Points
1 Atlantic 'A'	10:24.53	10:13.87	10
1) Pellett, Claire			2) Guyer, Aubrey
3) Huffman, Mariah			4) Rush, Ava
2 Glenwood 'A'	10:22.35	10:26.68	8
1) Hughes, Lauren			2) Petersen, Breckyn
3) Nanfито, Neyla			4) Schultz, Brooklyn
3 Harlan 'A'	10:24.16	10:33.69	6
1) Gessert, Jenna			2) Bieker, Taylor
3) Gross, Ellie			4) Schechinger, Brylee
4 Clarinda 'A'	10:37.82	10:56.03	5
1) Eberly, Ashlyn			2) Hesse, Amelia
3) King, Callie			4) Henke, Raenna
5 Red Oak 'A'	10:51.02	10:57.57	4
1) Hall, Delaney			2) Bozwell, Macy
3) Bond, Nicole			4) Bass, Camryn
6 Creston 'A'		11:55.89	3
1) Strunk, Sydney			2) Pantini, Emma
3) Davis, Payton			4) Strunk, Mia
7 LC 'A'	11:47.54	12:13.24	2
1) Jones, Madison			2) Benck, Lauren
3) Mings, Kendall			4) Scott, Lucy

**Girls 800 Sprint Medley**

School	Seed	Finals	H#	Points
1 Harlan 'A'	1:55.93	1:53.74	2	10
1) Schmitz, Jaylee			2) Stork, Kami	
3) Metzger, Lilly			4) Bieker, Kaia	
2 Glenwood 'A'	1:54.11	1:55.87	2	8
1) Floyd, Jaylynn			2) Dougherty, Elaina	
3) Roenfeldt, Lauren			4) Arnold, Danika	
3 Atlantic 'A'	1:57.09	1:56.28	2	6
1) Huddleson, Madison			2) Jensen, Jada	
3) Middents, Nicole			4) Mullenix, Chloe	
4 LC 'A'	1:54.00	1:58.48	2	5
1) Jans, Gracie			2) Heller, Avery	
3) James, Irelynn			4) Hays, Gracie	

**H-10 CO-ED TRACK MEET - 5/5/2022****Atlantic High School****Results****....Girls 800 Sprint Medley**

5 St. Albert 'A'	1:57.21	2:00.43	2	4
1) Sherrill, Lydia	2) McKeever, Carly			
3) Williams, Lauren	4) Monahan, Ellie			
6 Den-Sch 'A'	1:59.64	2:03.05	2	3
1) Herrig, Ashlyn	2) Bruhn, Kaitlyn			
3) Miller, Claire	4) Bowker, Lauren			
7 Kuemper 'A'	2:02.23	2:03.56	2	2
1) Irlbeck, Kerrigan	2) Hoffman, Grace C			
3) Mayhall, Catherine	4) Blum, Macy			
8 Clarinda 'A'	2:00.62	2:04.14	2	1
1) Meier, Aly	2) Cole, Taylor			
3) Jobe, Presley	4) Nordyke, Bailey			
9 Red Oak 'A'	2:06.25	2:05.61	1	
1) Wallace, Alexis	2) Gray, Marley			
3) Wendt, Tori	4) Ogden, Iris			
10 Shen 'A'	2:07.45	2:07.56	1	
1) Edwards, Sydney	2) Burdorf, Jenna			
3) Yale, Navaeh	4) Johnson, Christene			
11 Creston 'A'	2:04.99	2:11.69	1	
1) Haynes, Aaniah	2) Travis, Grace			
3) Gerdes, Alyssa	4) Clayton, Karter			

**Girls Distance Medley**

School	Seed	Finals	H#	Points
1 Harlan 'A'	4:42.19	4:27.00	2	10
1) Stork, Kami	2) Ineson, Samantha			
3) Bieker, Kaia	4) Sonderman, Lindsey			
2 Atlantic 'A'	4:30.29	4:28.28	2	8
1) Huddleson, Madison	2) Mullenix, Chloe			
3) Huffman, Mariah	4) Pellett, Claire			
3 Clarinda 'A'	4:33.65	4:33.73	2	6
1) Cole, Taylor	2) Millikan, Paige			
3) Knight, Jerzee	4) Hartley, Mayson			
4 Glenwood 'A'	4:30.96	4:40.41	2	5
1) Crawford, Courtney	2) Roenfeldt, Lauren			
3) Nanfито, Neyla	4) Berglund, Madelyn			
5 LC 'A'	4:42.95	4:52.40	2	4
1) Jans, Gracie	2) Kafka, Madison			
3) Larsen, Brooke	4) Manz, Mahri			
6 Red Oak 'A'	4:50.66	4:56.06	2	3
1) Bozwell, Macy	2) Bass, Camryn			
3) Carbaugh, Liz	4) Hall, Delaney			
7 Shen 'A'	4:53.65	4:57.61	2	2
1) Yale, Navaeh	2) Gilbert, Sarah			
3) Johnson, Christene	4) Egbert, Hailey			
8 Kuemper 'A'	5:01.29	4:58.13	1	1
1) Irlbeck, Kyra	2) Hoffman, Grace C			
3) Gehling, Sada	4) Heuton, Aubrey			
9 Den-Sch 'A'	4:59.81	5:00.14	1	
1) Adams, Taya	2) Steinkuehler, Savannah			
3) Linn, Jordyn	4) Bahnsen, Emily			
10 St. Albert 'A'	5:06.25	5:01.72	1	
1) Sherrill, Lydia	2) Wagner, Ava			





**H-10 CO-ED TRACK MEET - 5/5/2022****Atlantic High School****Results****Girls Long Jump**

Name	Year School	Seed	Finals	H#	Points
1 Millikan, Paige	Clarinda	17-01.75	16-08.00	2	10
2 Hernandez, Charley	Glenwood	17-06.00	16-07.00	2	8
3 Hopp, Jenna	Glenwood	17-04.50	16-04.00	2	6
4 Carbaugh, Liz	Red Oak	17-02.75	16-03.00	2	5
5 Bergman, Maddie	LC	17-01.50	15-07.00	2	4
6 McLaughlin, Lauren	Harlan	16-04.25	15-02.00	2	3
7 Rohe, Brooke	Kuemper	14-02.50	13-10.00	2	2
8 Reisz, Pearl	St. Albert	13-05.50	13-07.00	2	1
9 Blum, Macy	Kuemper	15-03.75	13-05.00	2	
9 Wilwerding, Paige	Harlan	13-03.75	13-05.00	1	
11 Furlow, Madeline	LC	14-00.00	13-00.00	2	
12 Pellett, Callee	Atlantic	13-02.00	12-06.00	1	
13 Sherrill, Lydia	St. Albert	13-05.00	12-00.00	1	
14 Musgrave, Brianna	Den-Sch	12-11.00	11-10.00	1	
15 Williams, Marissa	Red Oak	14-00.50	11-08.00	2	

**Girls Shot Put**

Name	Year School	Seed	Finals	H#	Points
1 Schon, Kenzie	Kuemper	39-08.50	39-08.00	2	10
2 Thramer, Elise	LC	38-07.00	37-05.00	2	8
3 Schmieding, Kierra	LC	37-10.50	36-09.00	2	6
4 Sibbel, Ellie	Kuemper	36-05.25	36-05.00	2	5
5 Allmon, Mia	St. Albert	37-05.25	35-07.00	2	4
6 Fields, Brianna	Creston	35-03.75	35-00.00	2	3
7 Green, Lynnae	Shen	33-11.50	34-00.50	2	2
8 Jones, Kennedy	Glenwood	33-05.00	33-05.00	2	1
9 Arnold, Brynlee	Glenwood	35-10.00	32-05.50	2	
10 Parker, Aliyah	Shen	34-08.00	32-01.00	2	
11 Larsen, Chloe	Harlan	31-11.00	31-04.50	2	
12 Jimenez-Russell, Alexis	Atlantic	29-08.50	31-00.00	1	
13 Richter, Abbi	Atlantic	30-06.00	30-08.50	1	
14 Seaton, Taylor	Creston	30-09.50	27-09.00	1	
15 Lacy, Tatum	Harlan	27-10.00	27-06.00	1	
16 Hendricks, Katelynn	St. Albert	27-07.50	27-04.00	1	
17 Bentley, Tymberlee	Red Oak	26-08.50	26-07.50	1	
18 Lupian, Adrianna	Den-Sch	28-01.50	26-06.00	1	
19 Merrill, Lylly	Clarinda	27-09.00	26-02.50	1	
20 Huebert, Norah	Den-Sch	27-06.50	25-00.50	1	
21 Smith, Kaylee	Clarinda	25-08.25	23-04.50	1	
22 Johnson, Ella	Red Oak	23-06.50	21-00.50	1	

**Girls Discus Throw**

Name	Year School	Seed	Finals	H#	Points
1 Thramer, Elise	LC	130-07	109-03	2	10
2 Schmieding, Kierra	LC	109-04	105-03	2	8
3 Fields, Brianna	Creston	113-03	102-03	2	6
4 Allmon, Mia	St. Albert	115-07	101-04	2	5
5 Hiller, Abi	Glenwood	105-06	100-06	2	4
6 Schon, Kenzie	Kuemper	103-04	99-00	2	3

**H-10 CO-ED TRACK MEET - 5/5/2022****Atlantic High School****Results****....Girls Discus Throw**

7	Springman, Cameron	Harlan	92-10	96-00	2	2
8	Arnold, Brynlee	Glenwood	103-07	95-04	2	1
9	Richter, Abbi	Atlantic	95-05	90-10	2	
10	Parker, Aliyah	Shen	104-08	88-03	2	
11	Sibbel, Ellie	Kuemper	74-00	86-08	1	
12	Paup, Doryn	Creston	87-00	85-01	1	
13	Green, Lynnae	Shen	92-05	81-02	2	
14	Durfey, Quinn	Clarinda	83-05	79-09	1	
15	Hendricks, Katelynn	St. Albert	73-08	75-07	1	
16	Lupian, Adrianna	Den-Sch	79-03	72-01	1	
17	Jimenez-Russell, Alexis	Atlantic	69-01	71-06	1	
18	Merrill, Lylly	Clarinda	73-00	71-02	1	
19	Huebert, Norah	Den-Sch	65-01	70-07	1	
20	Humphrey, Irrys	Harlan	62-00	62-03	1	
--	Johnson, Ella	Red Oak	70-02.50	ND	1	
--	Bentley, Tymberlee	Red Oak	64-03	ND	1	

**Boys 100 Meter Dash**

Name	Year School	Seed	Finals	H#	Points	
1	Hall, Aidan	Harlan	10.96	10.99	3	10
2	Monahan, Brendan	St. Albert	10.91	11.12	3	8
3	Neuharth, Will	Harlan	11.06	11.28	3	6
4	Hinsley, Tyler	LC	11.41	11.37	3	5
5	Humpal, Jonathan	LC	11.24	11.41	3	4
6	Sell, Brock	Glenwood	11.23	11.46	3	3
7	Sibenaller, Logan	Kuemper	11.50	11.76	3	2
8	Sayonkon, Luke	Red Oak	11.60	11.78	2	1
9	Dukes, Hunter	Shen	11.64	11.82	2	
10	Sifford, Brayden	Red Oak	11.81	11.88	2	
11	Darden, Chase	Glenwood	11.54	12.14	3	
12	Desy, Brailyn	Den-Sch	11.96	12.24	2	
13	Fields, Devon	Atlantic	12.40	12.35	2	
14	Sunderman, Ayden	Clarinda	12.59	12.36	1	
15	Eighmy, Taten	Clarinda	12.70	12.40	1	
16	Busch, Tony	St. Albert	12.32	12.42	2	
17	Houser, Tye	Atlantic	12.33	12.53	2	
18	Aragon, Chris	Creston	12.79	12.77	1	
19	Bruck, Jacob	Den-Sch	12.32	12.78	2	
20	Sample, Gage	Shen	12.69	12.88	1	
21	Pottebaum, Cooper	Kuemper	12.50	13.39	1	
22	Saturno, Rey	Creston	14.77	14.70	1	

**Boys 200 Meter Dash**

Name	Year School	Seed	Finals	H#	Points	
1	Monahan, Brendan	St. Albert	22.23	22.28	3	10
2	Hall, Aidan	Harlan	22.80	22.44	3	8
3	Humpal, Jonathan	LC	23.08	22.84	3	6
4	Sell, Brock	Glenwood	22.98	23.21	3	5
5	O'Hara, Gannon	Atlantic	23.71	23.61	2	4
6	Longmeyer, Payton	Glenwood	24.11	23.98	2	3
7	Dryden, Casen	Creston	24.95	24.29	2	2

**H-10 CO-ED TRACK MEET - 5/5/2022****Atlantic High School****Results****...Boys 200 Meter Dash**

8	Arambula, Anthony	Den-Sch	24.75	24.36	2	1
9	Bruce, Aiden	Red Oak	24.19	24.37	2	
10	Sifford, Brayden	Red Oak	24.59	24.40	2	
10	Brown, Tady	Clarinda	23.45	24.40	3	
12	Larson, Jaice	Atlantic	24.63	25.19	2	
13	Martin, Xavier	Shen	27.65	25.88	1	
14	Bruck, Jacob	Den-Sch	26.30	26.07	1	
15	Herron, Gage	Shen	26.42	26.41	1	
16	Sibbel, Anthony	Kuemper	27.24	26.82	1	
17	Marshall, Owen	St. Albert	27.31	27.21	1	
18	Schaefer, Josh	Creston	27.15	27.44	1	

**Boys 400 Meter Dash**

Name	Year	School	Seed	Finals	H#	Points
1	Kling, Jack	Red Oak	51.13	51.10	3	10
2	Pottebaum, Michael	Kuemper	51.14	51.85	3	8
3	Brown, Tady	Clarinda	52.21	52.64	3	6
4	Fishell, Ethen	LC	53.65	54.07	3	5
5	Lea, Karson	LC	55.50	54.55	2	4
6	O'Brien, Tyson	Atlantic	55.95	54.81	2	3
7	Lampman, Koby	Kuemper	54.48	55.36	3	2
8	Schaben, Carter	Glenwood	54.29	55.61	3	1
9	Arkfeld, Will	Harlan	58.10	55.73	2	
10	Desy, Brailyn	Den-Sch	56.12	55.74	2	
11	Reisz, Jozef	Harlan	56.28	55.77	2	
12	Lepe, Chino	Red Oak	57.76	56.67	2	
13	Herbert, Aidan	Den-Sch	56.89	57.07	2	
14	Williams, Andrew	Glenwood	54.31	57.13	3	
15	Templeton, Dayton	Atlantic	58.22	57.84	1	
16	Piskorski, Hadyn	St. Albert	59.68	58.46	1	
17	Wyman, Alec	Clarinda	57.03	58.56	2	
18	Martin, Xavier	Shen	1:00.66	58.94	1	
19	Riley, Tyler	Creston	1:00.72	59.02	1	
20	Schaefer, Josh	Creston	1:02.06	1:00.67	1	
21	Clark, River	Shen	1:01.38	1:00.89	1	

**Boys 800 Meter Run**

Name	Year	School	Seed	Finals	Points
1	Pottebaum, Michael	Kuemper	2:05.71	2:03.73	10
2	Smith, Andrew	Glenwood	2:06.83	2:03.99	8
3	Andersen, Caden	Atlantic	2:06.17	2:04.82	6
4	Briley, Brandon	Creston	2:07.76	2:05.29	5
5	Flores, Leonardo	Den-Sch	2:05.11	2:05.39	4
6	Mayer, Michael	Clarinda	2:09.28	2:08.03	3
7	Shannon, Jake	Glenwood	2:12.70	2:11.57	2
8	Wettengel, Luke	St. Albert	2:15.83	2:12.04	1
9	Olson, Jamison	LC	2:15.88	2:13.54	
10	Woltmann, Luke	LC	2:07.61	2:14.00	
11	Proehl, Jayden	Atlantic	2:13.65	2:14.17	
12	Denny, Adam	St. Albert	2:12.79	2:14.33	
13	Wipperman, Riley	Creston	2:17.17	2:14.72	

**H-10 CO-ED TRACK MEET - 5/5/2022****Atlantic High School****Results****....Boys 800 Meter Run**

14 Perrien, Ethan	Den-Sch	2:10.06	2:15.59
15 Bragg, Joseph	Harlan	2:21.34	2:17.89
16 Noeth, Shane	Harlan	2:21.78	2:20.34
17 Hensel, Patrick	Kuemper	2:19.00	2:21.58
18 Zwickel, Seth	Shen		2:21.78
19 Bergren, Bryton	Red Oak	2:22.70	2:22.89
20 Everett, Mark	Clarinda	2:24.01	2:27.32
21 Kellogg, Dylan	Shen	2:38.66	2:33.76

**Boys 1600 Meter Run**

Name	Year School	Seed	Finals	Points
1 Lillie, Colin	St. Albert	4:40.52	4:37.27	10
2 Bergren, Baylor	Red Oak	4:38.11	4:39.34	8
3 Keller, Bryant	Glenwood	4:43.34	4:43.38	6
4 Eichhorn, Ethan	LC	4:49.04	4:45.41	5
5 Smith, Andrew	Glenwood	4:50.78	4:46.58	4
6 Schaapherder, Treyton	Clarinda	4:49.89	4:48.91	3
7 Briley, Brandon	Creston	4:50.77	4:53.46	2
8 Sonntag, Alex	Atlantic	4:47.12	4:54.26	1
9 Wagoner, Kyle	Clarinda	4:51.92	4:55.36	
10 Diercks, Kade	LC	4:56.80	5:04.41	
11 Engler, Andrew	Atlantic	4:48.29	5:05.16	
12 Greving, Jacob	Kuemper	5:08.22	5:10.84	
13 Shelton, Tyler	Harlan	4:59.02	5:14.19	
14 Ledesma, Ricky	Den-Sch	5:00.00	5:19.80	
15 Little Thunder, Damien	Shen	5:14.60	5:23.33	
16 McDowell, Brandon	Shen	5:30.00	5:27.21	
17 Wise, Owen	St. Albert	5:30.07	5:35.96	
18 Alfaro, Ismael	Den-Sch	5:29.54	5:41.82	
19 Bragg, Joseph	Harlan	5:16.62	5:42.45	
20 Hopkins, Gabe	Creston	5:55.27	5:48.64	
21 Rose, Aiden	Kuemper	7:11.02	7:24.89	

**Boys 3200 Meter Run**

Name	Year School	Seed	Finals	Points
1 Lillie, Colin	St. Albert	9:56.21	9:45.05	10
2 Keller, Bryant	Glenwood	9:59.11	9:55.27	8
3 Bergren, Baylor	Red Oak	10:16.29	10:01.21	6
4 Eichhorn, Ethan	LC	9:58.38	10:01.66	5
5 Engler, Andrew	Atlantic	10:25.34	10:14.61	4
6 Schaapherder, Treyton	Clarinda	10:25.30	10:25.45	3
7 Greving, Jacob	Kuemper	10:43.61	10:30.01	2
8 Shelton, Tyler	Harlan	10:40.50	10:39.73	1
9 Slayman, Preston	Glenwood	10:39.05	10:58.07	
10 Arkfeld, Marshall	LC	10:59.98	10:59.88	
11 Berg, Zane	Atlantic	10:53.69	11:05.67	
12 Little Thunder, Damien	Shen	11:49.53	11:49.09	
13 Olsen, Ethan	Den-Sch	12:02.87	11:56.47	
14 Leise, Tyler	Kuemper	12:43.54	12:06.59	
15 Skeripski, Ryan	Clarinda	15:07.01	15:25.05	

**H-10 CO-ED TRACK MEET - 5/5/2022****Atlantic High School****Results****Boys 110 Meter Hurdles**

Name	Year School	Seed	Finals	H#	Points
1 Boldra, Tyler	Glenwood	15.50	15.83	2	10
2 Raybourn, Tyler	Clarinda	15.87	15.99	2	8
3 Driscoll-Lee, Anthony	Glenwood	15.68	16.10	2	6
4 McLaren, Jackson	Atlantic	16.33	16.20	2	5
5 DeGroot, Xavier	Clarinda	16.37	16.31	2	4
6 Maker, Lual	LC	16.36	16.72	2	3
7 Ibarra, Brian	Den-Sch	16.63	16.73	2	2
8 Rasmussen, Colton	Atlantic	17.06	16.97	2	1
9 Van Baale, Bret	Harlan	17.98	17.25	1	
10 Humpal, Julian	LC	17.28	17.33	1	
11 Fah, Stephen	Harlan	18.40	18.70	1	
12 Seaton, Austin	Creston	18.90	18.97	1	
13 Myers, Jayden	Creston	20.67	20.51	1	

**Boys 400 Meter Hurdles**

Name	Year School	Seed	Finals	H#	Points
1 Kammrad, Braylon	LC	58.15	57.92	3	10
2 Cullin, Brody	Shen	57.97	57.96	3	8
3 Boldra, Tyler	Glenwood	58.05	59.05	3	6
4 Fink, Jake	Den-Sch	59.84	59.27	3	5
5 Fishell, Ethen	LC	1:01.50	1:00.75	2	4
6 Rial, Trevor	Kuemper	1:02.54	1:00.86	2	3
7 Ibarra, Brian	Den-Sch	1:01.54	1:02.03	2	2
8 Petersen, Kaden	Glenwood	1:00.11	1:02.05	3	1
9 McLaren, Jackson	Atlantic	1:01.28	1:03.36	3	
10 Van Baale, Bryce	Harlan	1:06.75	1:03.54	1	
11 Scamman, Cole	Shen	1:05.37	1:04.22	2	
12 McAndrews, Kolby	Clarinda	1:04.81	1:04.78	2	
13 Raybourn, Tyler	Clarinda	1:01.28	1:04.80	3	
14 Leppla, Maddix	Creston	1:10.13	1:10.86	1	
15 Looney, Tyson	Creston	1:12.77	1:15.83	1	

**Boys 4x100 Meter Relay**

School	Seed	Finals	H#	Points
1 Harlan 'A'	43.30	43.38	2	10
1) Birch, Jacob				
2) Neuharth, Will				
3) Frame, Connor				
4) Hall, Aidan				
2 LC 'A'	43.99	44.35	2	8
1) Fidone, Luciano				
2) Hinsley, Tyler				
3) Humpal, Jonathan				
4) Maker, Lual				
3 Glenwood 'A'	44.61	45.22	2	6
1) Darden, Chase				
2) Mulkins, Jackson				
3) Frye, Colby				
4) Driscoll-Lee, Anthony				
4 Red Oak 'A'	45.38	45.46	2	5
1) Sayonkon, Luke				
2) Couse, Landon				
3) Sifford, Brayden				
4) Fouts, Riley				
5 Den-Sch 'A'	46.51	46.71	2	4
1) Desy, Brailyn				
2) Arambula, Anthony				
3) Wiebers, Luke				
4) Cardenas, David				

**H-10 CO-ED TRACK MEET - 5/5/2022****Atlantic High School****Results****....Boys 4x100 Meter Relay**

6	Kuemper 'A'	46.21	46.95	2	3
	1) Pottebaum, Cooper			2) Higby, Tanner	
	3) Christensen, Garrett			4) Mohr, Christopher	
7	Clarinda 'A'	45.58	47.48	2	2
	1) Wise, Levi			2) Engstrand, Kade	
	3) Weidman, Ronald			4) DeGroot, Xavier	
8	Atlantic 'A'	48.10	47.67	1	1
	1) Hedrington, Dante			2) Houser, Tye	
	3) Larson, Jaice			4) Smith, Carter	
9	Creston 'A'	48.56	47.85	1	
	1) Seaton, Austin			2) Conley, Payton	
	3) Riley, Tyler			4) Aragon, Chris	
10	Shen 'A'	45.87	48.56	2	
	1) Reed, Micheal			2) Labrum, Ben	
	3) Sample, Gage			4) Herron, Gage	
11	St. Albert 'A'	46.79	48.60	1	
	1) Helton, John			2) Busch, Tony	
	3) McCall, Brandon			4) Helton, David	

**Boys 4x200 Meter Relay**

=====					
School		Seed	Finals	H#	Points
=====					
1	Harlan 'A'	1:31.34	1:31.78	2	10
	1) Birch, Jacob			2) Neuharth, Will	
	3) Frame, Connor			4) Hall, Aidan	
2	Red Oak 'A'	1:34.71	1:35.62	2	8
	1) Kling, Jack			2) Couse, Landon	
	3) Bruce, Aiden			4) Fouts, Riley	
3	Den-Sch 'A'	1:36.24	1:36.09	2	6
	1) Arambula, Anthony			2) Wiebers, Luke	
	3) Cardenas, David			4) Fink, Jake	
4	Shen 'A'	1:34.98	1:36.17	2	5
	1) Dukes, Hunter			2) Holmes, Evan	
	3) Cullin, Brody			4) Shaw, Tysen	
5	LC 'A'	1:31.82	1:37.07	2	4
	1) Bergman, Aidan			2) Goeser, Brody	
	3) Loftin, Brayden			4) Witte, Curtis	
6	Clarinda 'A'	1:32.90	1:37.17	2	3
	1) Raybourn, Tyler			2) Engstrand, Kade	
	3) Hayes, Brayden			4) Schmitt, Wyatt	
7	Creston 'A'	1:38.61	1:38.06	2	2
	1) Seaton, Austin			2) Dryden, Casen	
	3) Drake, Xander			4) Conley, Payton	
8	Atlantic 'A'	1:39.57	1:38.28	1	1
	1) Hedrington, Dante			2) McLaren, James	
	3) Smith, Carter			4) Larson, Jaice	
9	St. Albert 'A'	1:40.27	1:40.01	1	
	1) Helton, John			2) Busch, Tony	
	3) Barnes, Keaton			4) McCall, Brandon	
10	Kuemper 'A'	1:38.97	1:43.00	1	
	1) Gerken, Benjamin			2) Pietig, Max	
	3) Sundrup, Kyle			4) Mohr, Christopher	
--	Glenwood 'A'	1:34.13	DQ	2	
	1) Krause, Cody			2) Longmeyer, Payton	

**H-10 CO-ED TRACK MEET - 5/5/2022****Atlantic High School****Results****....Boys 4x200 Meter Relay**

3) Frye, Colby

4) Sell, Brock

**Boys 4x400 Meter Relay**

School	Seed	Finals	H#	Points
1 LC 'A'	3:35.54	3:33.94	2	10
1) Fidone, Luciano				
2) Watson, Gabriel				
3) Fishell, Ethen				
4) Woltmann, Luke				
2 Atlantic 'A'	3:37.89	3:34.68	2	8
1) Pellett, Carter				
2) O'Hara, Gannon				
3) O'Brien, Tyson				
4) Whetstone, Bennett				
3 Clarinda 'A'	3:41.48	3:34.71	2	6
1) Brown, Tadyn				
2) Schmitt, Wyatt				
3) Hayes, Brayden				
4) Phillips, Cooper				
4 Kuemper 'A'	3:40.83	3:35.85	2	5
1) Lampman, Koby				
2) Rial, Trevor				
3) Sibenaller, Logan				
4) Pottebaum, Michael				
5 Glenwood 'A'	3:41.02	3:38.31	2	4
1) Krause, Cody				
2) Schaben, Carter				
3) DeLashmutt, Cooper				
4) Sell, Brock				
6 Harlan 'A'	3:42.10	3:40.99	2	3
1) Birch, Jacob				
2) Arkfeld, Will				
3) Reisz, Jozef				
4) Van Baale, Bret				
7 Creston 'A'	3:45.20	3:45.21	1	2
1) Dryden, Casen				
2) Drake, Xander				
3) Aragon, Chris				
4) Morrison, Ty				
8 Den-Sch 'A'	3:47.87	3:46.07	1	1
1) Herbert, Aidan				
2) Castellanos, Esteban				
3) Perrien, Chandler				
4) Perrien, Ethan				
9 St. Albert 'A'	3:46.55	3:54.14	1	
1) Denny, Adam				
2) Heisterkamp, Parker				
3) Wettengel, Luke				
4) Piskorski, Hadyn				
10 Red Oak 'A'	3:44.57	3:55.17	2	
1) Kling, Jack				
2) Blackman, Nolan				
3) Lepe, Chino				
4) Bergren, Baylor				
11 Shen 'A'	3:37.51	3:59.45	2	
1) Cullin, Brody				
2) Dukes, Hunter				
3) Holmes, Evan				
4) Shaw, Tysen				

**Boys 4x800 Meter Relay**

School	Seed	Finals	H#	Points
1 Glenwood 'A'	8:41.84	8:36.77	2	10
1) Smith, Andrew				
2) Shannon, Jake				
3) Mount, Nolan				
4) Williams, Andrew				
2 Clarinda 'A'	8:50.69	8:39.80	2	8
1) Mayer, Michael				
2) Wyman, Alec				
3) Wagoner, Kyle				
4) Schaapherder, Treyton				
3 Den-Sch 'A'	8:50.31	8:45.06	2	6
1) Flores, Leonardo				
2) Ibarra, Brian				
3) Perrien, Ethan				
4) Ledesma, Ricky				
4 LC 'A'	8:49.21	8:49.21	2	5
1) Diercks, Kade				
2) Olson, Jamison				

**H-10 CO-ED TRACK MEET - 5/5/2022****Atlantic High School****Results****....Boys 4x800 Meter Relay**

3) Petersen, Colin	4) Fishell, Ethen				
5 St. Albert 'A'		9:00.65	8:51.53	2	4
1) Denny, Adam	2) Heisterkamp, Parker				
3) Wettengel, Luke	4) Piskorski, Hadyn				
6 Atlantic 'A'		8:35.20	8:53.21	2	3
1) Andersen, Caden	2) Sonntag, Alex				
3) Proehl, Jayden	4) Whetstone, Bennett				
7 Creston 'A'		8:56.65	8:53.57	2	2
1) Evans, Austin	2) Wipperman, Riley				
3) Briley, Brandon	4) Morrison, Ty				
8 Kuemper 'A'		8:49.47	9:04.01	2	1
1) Lampman, Koby	2) Hensel, Patrick				
3) Sundrup, Ryan	4) Rial, Trevor				
9 Shen 'A'		9:35.27	9:38.88	1	
1) Zwickel, Seth	2) McDowell, Brandon				
3) Kellogg, Dylan	4) Mick, Braden				
10 Red Oak 'A'		9:33.64	9:43.10	1	
1) Bergren, Bryton	2) Ruhl, Anderson				
3) Welchans, Logan	4) Blackman, Nolan				
11 Harlan 'A'		9:30.56	10:12.47	1	
1) Shelton, Jonathan	2) Sonderman, Jeb				
3) Bruck, Caden	4) Sorensen, Micah				

**Boys 800 Sprint Medley**

School	Seed	Finals	H#	Points
1 Red Oak 'A'	1:37.56	1:36.45	2	10
1) Sayonkon, Luke	2) Couse, Landon			
3) Fouts, Riley	4) Kling, Jack			
2 Harlan 'A'	1:37.72	1:36.85	2	8
1) Eggerss, Brenden	2) Neuharth, Will			
3) Frame, Connor	4) Birch, Jacob			
3 LC 'A'	1:38.31	1:37.42	2	6
1) Fidone, Luciano	2) Maker, Lual			
3) Hinsley, Tyler	4) Woltmann, Luke			
4 Kuemper 'A'	1:40.46	1:38.99	2	5
1) Christensen, Garrett	2) Sibenaller, Logan			
3) Higby, Tanner	4) Pottebaum, Michael			
5 Glenwood 'A'	1:38.56	1:39.72	2	4
1) Darden, Chase	2) Mulkins, Jackson			
3) Boldra, Tyler	4) DeLashmutt, Cooper			
6 Clarinda 'A'	1:40.67	1:40.67	2	3
1) Wise, Levi	2) Hayes, Brayden			
3) Schmitt, Wyatt	4) Phillips, Cooper			
7 Atlantic 'A'	1:41.95	1:40.75	1	2
1) Houser, Tye	2) McLaren, Jackson			
3) O'Brien, Tyson	4) Pellett, Carter			
8 Shen 'A'	1:37.19	1:42.03	2	1
1) Reed, Michael	2) Holmes, Evan			
3) Dukes, Hunter	4) Cullin, Brody			
9 St. Albert 'A'	1:41.93	1:42.88	1	
1) Helton, John	2) Busch, Tony			
3) Helton, David	4) Barnes, Keaton			
10 Den-Sch 'A'	1:41.42	1:43.03	2	



**H-10 CO-ED TRACK MEET - 5/5/2022****Atlantic High School****Results****....Boys 800 Sprint Medley**

1) Desy, Brailyn	2) Cardenas, David			
3) Wiebers, Luke	4) Fink, Jake			
11 Creston 'A'		1:42.41	1:44.39	1
1) Drake, Xander	2) Conley, Payton			
3) Seaton, Austin	4) Evans, Austin			

**Boys Distance Medley**

School	Seed	Finals	H#	Points
1 Red Oak 'A'	3:44.63	3:45.33	2	10
1) Couse, Landon	2) Fouts, Riley			
3) Bruce, Aiden	4) Bergren, Baylor			
2 Den-Sch 'A'	3:50.51	3:46.89	2	8
1) Cardenas, David	2) Fink, Jake			
3) Wiebers, Luke	4) Flores, Leonardo			
3 LC 'A'	3:44.96	3:47.88	2	6
1) Fidone, Luciano	2) Kammrad, Braylon			
3) Watson, Gabriel	4) Woltmann, Luke			
4 Glenwood 'A'	3:50.36	3:48.41	2	5
1) Darden, Trey	2) Patton, Austin			
3) Connell, Gavin	4) Keller, Bryant			
5 Atlantic 'A'	3:52.97	3:49.79	2	4
1) O'Hara, Gannon	2) Pellett, Carter			
3) Whetstone, Bennett	4) Sonntag, Alex			
6 Creston 'A'	3:58.41	3:59.60	2	3
1) Drake, Xander	2) Conley, Payton			
3) Dryden, Casen	4) Evans, Austin			
7 Harlan 'A'	4:00.65	4:00.00	1	2
1) Eggerss, Brenden	2) Van Baale, Bryce			
3) Bragg, Joseph	4) Shelton, Tyler			
8 Kuemper 'A'	4:00.00	4:06.41	2	1
1) Gerken, Benjamin	2) Higby, Tanner			
3) Christensen, Garrett	4) Greving, Jacob			
9 Shen 'A'	4:02.19	4:11.53	1	
1) Labrum, Ben	2) Scamman, Cole			
3) Zwickel, Seth	4) McDowell, Brandon			
10 St. Albert 'A'		4:24.16	1	
1) Heisterkamp, Parker	2) Marshall, Owen			
3) Wise, Owen	4) Hughes, Joe			
-- Clarinda 'A'	3:53.76	DQ	2	
1) Hayes, Brayden	2) Phillips, Cooper			
3) Weidman, Ronald	4) Wagoner, Kyle			

**Boys 4x110 Meter Shuttle Hurdle**

School	Seed	Finals	H#	Points
1 Glenwood 'A'	1:02.59	1:02.41	2	10
1) Driscoll-Lee, Anthony	2) Petersen, Kaden			
3) VonEssen, Grant	4) Boldra, Tyler			
2 LC 'A'	1:03.89	1:03.32	2	8
1) Kammrad, Braylon	2) Dermody, JC			
3) Bergman, Aidan	4) Maker, Lual			
3 Clarinda 'A'	1:06.35	1:04.69	2	6

**H-10 CO-ED TRACK MEET - 5/5/2022****Atlantic High School****Results****....Boys 4x110 Meter Shuttle Hurdle**

1) DeGroot, Xavier	2) Schmitt, Wyatt				
3) Wise, Levi	4) Raybourn, Tyler				
4 Atlantic 'A'		1:08.14	1:04.90	2	5
1) McLaren, Jackson	2) Rasmussen, Colton				
3) Keiser, Alex	4) Hedrington, Dante				
5 Shen 'A'		1:10.00	1:07.67	1	4
1) Holmes, Evan	2) Labrum, Ben				
3) Reed, Micheal	4) Scamman, Cole				
6 Harlan 'A'		1:11.22	1:09.62	1	3
1) Fah, Stephen	2) Van Baale, Bryce				
3) Stephens, Keegan	4) Van Baale, Bret				
-- Creston 'A'				DQ	1
1) Myers, Jayden	2) Schaefer, Josh				
3) Leppla, Maddix	4) Looney, Tyson				

**Boys High Jump**

Name	Year School	Seed	Finals	Points
1 Jones, Isaac	Clarinda	6-08.00	6-06.00	10
2 Witte, Curtis	LC	5-10.00	J5-10.00	8
3 Proehl, Jayden	Atlantic	5-10.00	J5-10.00	6
4 Ostrander, Kord	Glenwood	6-00.00	J5-10.00	4.50
4 Krause, Cody	Glenwood	6-03.00	J5-10.00	4.50
6 Baumgart, Cole	Clarinda	5-08.00	J5-10.00	3
7 Rasmussen, Colton	Atlantic	6-01.00	J5-08.00	2
8 Mensen, Cyrus	Red Oak	5-06.00	J5-08.00	1
9 Van Baale, Bryce	Harlan	5-04.00	5-06.00	
10 Mohr, Christopher	Kuemper	5-06.00	5-04.00	
-- Hoppe, Brendan	LC		NH	

**Boys Long Jump**

Name	Year School	Seed	Finals	H#	Points
1 Brown, Tadya	Clarinda	21-08.50	22-06.50	2	10
2 Krause, Cody	Glenwood	20-09.50	21-00.00	2	8
3 Gerken, Benjamin	Kuemper	19-04.75	20-10.00	2	6
4 Humpal, Jonathan	LC	20-08.00	20-09.00	2	5
5 Jones, Isaac	Clarinda	21-02.00	20-08.00	2	4
6 Driscoll-Lee, Anthony	Glenwood	19-02.00	20-07.00	2	3
7 Eggerss, Brenden	Harlan	19-08.50	20-05.25	2	2
8 O'Hara, Gannon	Atlantic	19-00.50	20-04.00	2	1
9 Bruce, Aiden	Red Oak	19-02.50	18-02.00	2	
10 Arambula, Anthony	Den-Sch	18-02.00	18-01.00	1	
11 Ferguson, Zane	LC	19-03.50	17-07.25	2	
12 Templeton, Dayton	Atlantic	16-09.75	16-11.00	1	
13 Sundrup, Kyle	Kuemper	17-05.25	16-03.00	1	
14 Clark, River	Shen	15-00.00	15-10.50	1	
15 Scamman, Cole	Shen	17-01.00	15-08.50	1	
16 Riley, Tyler	Creston	16-02.00	14-03.00	1	
17 Leppla, Maddix	Creston	14-04.50	12-09.00	1	
-- Frame, Connor	Harlan	20-02.75	ND	2	

**H-10 CO-ED TRACK MEET - 5/5/2022****Atlantic High School****Results****Boys Shot Put**

Name	Year School	Seed	Finals	H#	Points
1 Deyo, Hunter	LC	52-08.50	50-10.50	2	10
2 Matiyow, Parker	LC	49-05.00	48-07.50	2	8
3 Green, Logan	Clarinda	50-03.00	47-09.50	2	6
4 Eckheart, Logyn	Glenwood	45-02.50	46-01.00	2	5
5 Adams, Evan	Kuemper	44-08.00	44-05.00	2	4
6 Bieker, Jameson	Harlan	46-00.00	43-05.00	2	3
7 McCall, Brandon	St. Albert	44-04.75	43-01.50	2	2
8 Dressel, Caleb	Glenwood	44-08.00	41-05.00	2	1
9 Schmitz, Gunner	Harlan	45-06.75	40-00.00	2	
9 Beckman, Jayden	St. Albert	40-03.00	40-00.00	1	
11 Darrow, Xavier	Atlantic	39-02.00	38-11.50	1	
12 Fichter, Teagan	Clarinda	40-09.00	38-02.00	1	
13 Plagge, Garret	Den-Sch	41-06.00	37-11.50	1	
14 Long, Kemper	Shen	42-01.00	37-02.00	1	
14 Sorensen, Evan	Atlantic	38-09.50	37-02.00	1	
16 Fuller, Quinten	Creston	37-05.00	36-07.50	1	
17 Sperling, Luke	Red Oak	39-10.00	36-06.50	1	
18 Conn, Logan	Red Oak	35-05.00	32-09.50	1	
19 Vonnahme, Hayden	Kuemper	35-03.50	32-04.50	1	
20 Scheuring, Derek	Den-Sch	34-10.00	30-03.00	1	
-- Chapman, Max	Creston	43-08.50	ND	2	
-- Laughlin, Tyler	Shen	46-07.00	ND	2	

**Boys Discus Throw**

Name	Year School	Seed	Finals	H#	Points
1 Deyo, Hunter	LC	151-08	146-00	2	10
2 Laughlin, Tyler	Shen	152-10	139-01	2	8
3 Eckheart, Logyn	Glenwood	145-00	138-00	2	6
4 Matiyow, Parker	LC	138-04	135-00	2	5
5 Mohr, Christopher	Kuemper	142-07	133-08	2	4
6 Sperling, Luke	Red Oak	125-00	127-06	1	3
7 Schmitz, Gunner	Harlan	27-04.50	127-02	2	2
8 Bieker, Jameson	Harlan	144-11	126-06	2	1
9 Bird, Dylan	Glenwood	132-09	121-10	2	
10 Chapman, Max	Creston	120-04	120-06	1	
11 Jobe, Grant	Clarinda	125-07	117-07	2	
11 Keiser, Alex	Atlantic	122-11	117-07	1	
13 Plagge, Garret	Den-Sch	127-08	114-10	2	
14 Bruce, Cohen	Atlantic	121-04	112-00	1	
15 Beckman, Jayden	St. Albert	115-10	108-08	1	
16 Adams, Evan	Kuemper	157-01	107-04	2	
17 Fuller, Quinten	Creston	115-03	105-08	1	
18 Tuzzio, Creighton	Clarinda	123-08	104-05	1	
19 McCall, Brandon	St. Albert	106-06	100-08	1	
-- Scheuring, Derek	Den-Sch	101-03	ND	1	

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

1) Glenwood	165	2) Clarinda	90
3) LC	89	4) Harlan	88
5) Atlantic	86.50	6) St. Albert	66

**H-10 CO-ED TRACK MEET - 5/5/2022**

**Atlantic High School**

**Results**

**....Boys Discus Throw**

7) Shen	41	8) Den-Sch	40.50
9) Kuemper	36	10) Red Oak	21
11) Creston	17		

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Men - Team Rankings - 19 Events Scored

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1) LC	144	2) Glenwood	134
3) Clarinda	88	4) Harlan	69
5) Red Oak	62	6) Atlantic	57
7) Kuemper	56	8) St. Albert	45
9) Den-Sch	39	10) Shen	26
11) Creston	18		