

AHSTW - 4/6/2023**AHSTW****Results****Boys 100 Meter Dash**

Name	Year School	Seed	Finals	H#	Points
Finals					
1 Olsen, Aaron	Audubon	11.90	11.73	2	10
2 Cook, Peyton	Griswold	11.90	12.13	2	8
3 Newcomb, Gavin	Ahstw	11.50	12.17	2	6
4 Flathers, Aiden	Ehk-Exira	12.66	12.28	2	5
5 Ekpai, Jonathan	Fremont-Mills	12.80	12.81	2	4
6 White, Quintinn	Ehk-Exira	12.66	12.86	2	3
7 McLaughlin, Jordan	Fremont-Mills	12.78	13.18	2	2
8 Stanerson, Jack	Audubon	13.18	13.44	2	1
9 Roegler, Dylan	East Mills	14.29	13.60	1	
10 Valdivia, Isaiah	Griswold	19.00	14.36	1	
11 Updegraff, Nick	East Mills	15.02	14.48	1	
12 Schechinger, Dalton	Riverside, Oak		14.54	1	
13 Steffen, Brian	Riverside, Oak		15.00	1	

Boys 200 Meter Dash

Name	Year School	Seed	Finals	H#	Points
1 Sternberg, Luke	Ahstw	23.80	23.34	2	10
2 Salais, Ayden	Riverside, Oak	24.00	23.34	2	8
3 McGrew, Davis	East Mills	23.50	23.67	2	6
4 McCready, Mason	Riverside, Oak	24.40	24.46	2	5
5 Flathers, Aiden	Ehk-Exira	25.15	24.87	2	4
6 White, Quintinn	Ehk-Exira	26.93	26.35	2	3
7 Stetzel, Logan	Audubon	27.15	26.73	1	2
8 Kling, Lawson	Fremont-Mills	27.59	26.83	1	1
9 Forney, Sawyer	Fremont-Mills	27.43	27.35	1	
10 Williams, Jordan	East Mills	28.40	28.20	1	
11 Taylor, Shane	Griswold	30.10	28.34	1	
12 Valdivia, Isaiah	Griswold	30.90	29.66	1	

Boys 400 Meter Dash

Name	Year School	Seed	Finals	H#	Points
1 Salais, Ayden	Riverside, Oak	50.88	51.05	2	10
2 Sternberg, Luke	Ahstw	53.00	52.82	2	8
3 McGrew, Davis	East Mills	53.02	53.74	2	6
4 Cook, Peyton	Griswold	54.10	55.82	2	5
5 LaCanne, Jonas	Ehk-Exira	59.88	57.92	2	4
6 McCrainie, Dakota	Audubon	58.00	1:00.53	2	3
7 Jensen, Gabe	Audubon	1:00.74	1:01.38	2	2
8 Barrett, Steven	East Mills	1:04.00	1:02.64	1	1
9 Martens, Dane	Riverside, Oak	1:04.10	1:03.73	1	
10 Mourick, Bryce	Ahstw	56.74	1:04.48	2	
11 Foster, Kaden	Fremont-Mills	1:06.00	1:06.66	1	
12 Carter, Anderson	Fremont-Mills	1:08.00	1:08.26	1	
13 Bowers, Conner	Griswold	1:15.00	1:12.85	1	
14 Baggett, Ben	Ehk-Exira	1:23.09	1:17.06	1	

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Results****Boys 800 Meter Run**

Name	Year School	Seed	Finals	Points
1 Konkler, Zeke	Audubon	2:10.34	2:09.84	10
2 Hatch, Caleb	Ahstw		2:12.49	8
3 Henderson, Brody	Riverside, Oak	2:19.00	2:19.95	6
4 Lockwood, Brayden	Griswold	2:23.10	2:22.90	5
5 Wheatley, Chase	Ahstw	2:22.13	2:24.00	4
6 Duhachek, Eric	Riverside, Oak	2:31.00	2:24.44	3
7 Mastin, Layne	East Mills	2:20.00	2:25.48	2
8 Obermiller, Anthony	East Mills	2:23.00	2:30.27	1
9 Wyman, Bode	Griswold	2:23.10	2:33.42	
10 Reinhart, Phil	Ehk-Exira		2:43.30	
11 Harris, Cade	Fremont-Mills	2:38.17	2:43.61	
12 Ethofer, Kaleb	Fremont-Mills	2:59.03	2:56.93	

Boys 1600 Meter Run

Name	Year School	Seed	Finals	Points
1 Harder, Collin	Ahstw	5:06.92	5:14.35	10
2 Schoenrock, Landyn	Riverside, Oak	5:10.00	5:15.57	8
3 Henderson, Dawson	Riverside, Oak	5:12.00	5:19.34	6
4 Lemonds, Ike	Fremont-Mills	5:11.30	5:24.79	5
5 Geraghty, Caden	Ahstw	5:37.24	5:32.33	4
6 Lockwood, Brayden	Griswold	5:10.10	5:32.91	3
7 Sanchez, Sam	Fremont-Mills	5:40.00	5:37.29	2
8 Johnson, Camryn	East Mills	5:47.23	5:37.73	1
9 Barrett, Steven	East Mills	5:30.00	5:41.23	
10 Wilson, Eric	Ehk-Exira		5:51.20	

Boys 3200 Meter Run

Name	Year School	Seed	Finals	Points
1 Henderson, Brody	Riverside, Oak	12:00.00	10:58.06	10
2 Harder, Collin	Ahstw	11:33.81	11:10.95	8
3 Obermiller, Anthony	East Mills	12:06.93	11:14.24	6
4 Lemonds, Ike	Fremont-Mills	11:18.07	11:15.65	5
5 Wilson, Eric	Ehk-Exira	11:42.48	11:26.16	4
6 Duhachek, Eric	Riverside, Oak	11:47.00	11:31.04	3
7 Geraghty, Caden	Ahstw	12:38.15	11:57.22	2
8 Lockwood, Brayden	Griswold	12:00.10	12:09.78	1
9 Rasmussen, Austin	Ehk-Exira	12:31.37	12:18.99	
10 Sanchez, Sam	Fremont-Mills	12:53.36	12:33.01	

Boys 110 Meter Hurdles

Name	Year School	Seed	Finals	H#	Points
1 Newcomb, Gavin	Ahstw	16.12	16.06	2	10
2 Embree, Peyton	East Mills	16.60	16.22	2	8
3 Cook, Peyton	Griswold	16.10	16.97	2	6
4 Beisswenger, Manny	Audubon	17.50	17.71	2	5
5 Hensley, Hayden	Riverside, Oak	17.26	17.72	2	4
6 Linkenhoker, JW	Fremont-Mills	18.32	17.79	1	3

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**AHSTW
Results**

....Boys 110 Meter Hurdles

7	Rieken, Kyler	Riverside, Oak	17.25	18.09	2	2
8	Kennedy, Aiden	Griswold	19.10	19.08	1	1
9	Schaaf, Blake	Fremont-Mills	18.85	19.35	1	
10	Madill, David	Ahstw	18.50	19.50	1	
11	Wray, Brodyn	East Mills	19.87	19.94	1	

Boys 400 Meter Hurdles

Name	Year School	Seed	Finals	H#	Points
1 LaCanne, Jonas	Ehk-Exira	1:01.50	59.58	2	10
2 Denning, Nick	Ahstw	1:00.73	59.71	2	8
3 Cook, Peyton	Griswold	59.60	1:00.84	2	6
4 Hensley, Hayden	Riverside, Oak	1:02.27	1:01.40	2	5
5 Rieken, Kyler	Riverside, Oak	1:02.92	1:01.85	2	4
6 Wyman, Bode	Griswold	1:03.00	1:06.86	2	3
7 Schaaf, Blake	Fremont-Mills	1:08.17	1:08.36	1	2
8 Rycroft, Carter	Fremont-Mills	1:08.25	1:08.77	1	1
9 Jensen, Gabe	Audubon		1:10.42	1	
10 Kilworth, Josten	Ehk-Exira	1:17.47	1:11.64	1	
11 Stanerson, Jack	Audubon		1:12.70	1	
-- Wray, Brodyn	East Mills	1:06.61	DNF	1	

Boys 4x100 Meter Relay

School	Seed	Finals	Points
1 Audubon 'A' 1) Beisswenger, Manny 3) McCrainie, Dakota	47.49	47.19	10
2 East Mills 'A' 1) Thornburg, Zach 3) Embree, Jackson	46.53	49.10	8
3 Fremont-Mills 'A' 1) VanHouten, Paxten 3) Rycroft, Carter	49.00	49.70	6
4 Ehk-Exira 'A' 1) White, Quintinn 3) Flathers, Aiden	51.22	51.06	5
5 Riverside, Oak 'A' 1) Hough, Garrett 3) Doyle, Lucas	47.90	52.73	4
6 Griswold 'A' 1) Johnson, Zane 3) Silk, Wyatt	53.01	53.52	3
7 Ahstw 'A' 1) Jager, Liam 3) Wheatley, Chase	50.58	53.93	2

Boys 4x200 Meter Relay

School	Seed	Finals	Points
1 Fremont-Mills 'A' 1) VanHouten, Paxten	1:44.22	1:42.94	10
2) Linkenhoker, JW			

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....Boys 4x200 Meter Relay

3) Rycroft, Carter	4) VanHouten, Payten			
2 Riverside, Oak 'A'		1:38.00	1:44.10	8
1) Roller, AC	2) Schechinger, Teegan			
3) Oliver, Kellen	4) Rieken, Keaten			
3 Audubon 'A'		1:47.15	1:47.08	6
1) Stetzel, Logan	2) Stanerson, Jack			
3) Wessel, Carson	4) Beane, Brody			
4 Ahstw 'A'		1:48.00	1:48.55	5
1) Jager, Liam	2) Golden, Landon			
3) Nelson, Ty	4) Pope, Seth			
5 Griswold 'A'		1:50.10	1:49.74	4
1) Johnson, Zane	2) Silk, Wyatt			
3) Smith, Nollan	4) Jensen, Holden			
6 East Mills 'A'		1:50.00	1:50.84	3
1) Updegraff, Nick	2) Roegler, Dylan			
3) Williams, Jordan	4) Stearns, Cooper			
7 Ehk-Exira 'A'		1:55.00	1:57.63	2
1) Devereaux-Carlile, Jathen	2) Radcliff, Jackson			
3) Olson, Allen	4) Carlile, Jaxson			

Boys 4x400 Meter Relay

School	Seed	Finals	Points
1 Riverside, Oak 'A'	3:41.00	3:41.95	10
1) McCreedy, Mason	2) Schechinger, Teegan		
3) Rieken, Keaten	4) Salais, Ayden		
2 East Mills 'A'	3:48.00	3:45.52	8
1) McGrew, Davis	2) Urban, Caleb		
3) Embree, Peyton	4) Crouse, Mason		
3 Fremont-Mills 'A'	4:04.58	3:59.10	6
1) Linkenhoker, Dylan	2) Baker, Landon		
3) Forney, Sawyer	4) Sanchez, Sam		
4 Ahstw 'A'	4:00.00	4:05.19	5
1) Mourick, Bryce	2) Nelson, Ty		
3) Harder, Collin	4) Hatch, Caleb		
5 Audubon 'A'	4:05.00	4:05.20	4
1) Schultes, Brody	2) Obrecht, Adam		
3) Stetzel, Logan	4) Wessel, Carson		
6 Griswold 'A'	3:52.10	4:14.14	3
1) Smith, Nollan	2) Jensen, Holden		
3) Baxter, Ethan	4) Sheeder, Jeremy		
7 Ehk-Exira 'A'	4:49.00	4:18.14	2
1) Kommes, Derrek	2) Pettepier, Jaiden		
3) Juhl, Owen	4) Jessen, Levi		

Boys 4x800 Meter Relay

School	Seed	Finals	Points
1 Riverside, Oak 'A'	8:53.00	9:31.31	10
1) Henderson, Dawson	2) Schechinger, Teegan		
3) Oliver, Kellen	4) Schoenrock, Landyn		
2 Audubon 'A'	10:04.46	9:58.57	8
1) Obrecht, Adam	2) Stanerson, Jack		

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Results

....Boys 4x800 Meter Relay

3) Wessel, Carson	4) Beane, Brody			
3 Ahstw 'A'	10:12.00	10:04.66	6	
1) Wheatley, Chase	2) Jager, Liam			
3) Golden, Landon	4) Nelson, Ty			
4 Fremont-Mills 'A'	10:18.89	10:38.46	5	
1) Foster, Kaden	2) Carter, Anderson			
3) Dines, Ethan	4) Harris, Cade			
5 Griswold 'A'	9:55.10	10:38.93	4	
1) Smith, Nollan	2) Jensen, Holden			
3) Bowers, Conner	4) Sheeder, Jeremy			
6 Ehk-Exira 'A'	11:00.00	10:59.09	3	
1) Pettepier, Jaiden	2) Jessen, Levi			
3) Radcliff, Jackson	4) Brabham, Cole			

Boys 800 Sprint Medley

School	Seed	Finals	Points
1 Audubon 'A'	1:42.06	1:41.08	10
1) McCrainie, Dakota	2) Beisswenger, Manny		
3) Olsen, Aaron	4) Konkler, Zeke		
2 Ahstw 'A'	1:41.31	1:43.35	8
1) Madill, David	2) Denning, Nick		
3) Pope, Seth	4) Hatch, Caleb		
3 Riverside, Oak 'A'	1:38.00	1:43.96	6
1) Hensley, Hayden	2) Roller, AC		
3) Schechinger, Teegan	4) McCready, Mason		
4 Fremont-Mills 'A'	1:46.15	1:49.01	5
1) VanHouten, Paxten	2) Baker, Landon		
3) VanHouten, Payten	4) Linkenhoker, Dylan		
5 East Mills 'A'	1:54.00	1:53.46	4
1) Updegraff, Nick	2) Roegler, Dylan		
3) Williams, Jordan	4) Stearns, Cooper		
6 Griswold 'A'	1:53.10	1:55.28	3
1) Johnson, Zane	2) Taylor, Shane		
3) Silk, Wyatt	4) Smith, Nollan		
7 Ehk-Exira 'A'	1:54.00	1:58.60	2
1) White, Quintinn	2) Hansen, Alex		
3) Kilworth, Jameson	4) Hansen, Cannon		

Boys Distance Medley

School	Seed	Finals	Points
1 Ahstw 'A'	4:00.55	3:58.52	10
1) Golden, Landon	2) Pope, Seth		
3) Denning, Nick	4) Hatch, Caleb		
2 East Mills 'A'	3:55.00	4:00.46	8
1) Thornburg, Zach	2) Brodigan, Jiri		
3) Urban, Caleb	4) Mastin, Layne		
3 Riverside, Oak 'A'	3:50.00	4:01.62	6
1) Rieken, Keaten	2) Branan, Jack		
3) Schoenrock, Landyn	4) McCready, Mason		
4 Fremont-Mills 'A'	4:06.46	4:10.78	5
1) VanHouten, Paxten	2) VanHouten, Payten		

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....Boys Distance Medley

3) Linkenhoker, Dylan	4) Lemonds, Ike			
5 Audubon 'A'		4:15.55	4:12.33	4
1) Konkler, Zeke	2) Stetzel, Logan			
3) Obrecht, Adam	4) Schultes, Brody			
6 Griswold 'A'		3:52.10	4:20.75	3
1) Johnson, Zane	2) Baxter, Ethan			
3) Wyman, Bode	4) Lockwood, Brayden			
7 Ehk-Exira 'A'		4:30.88	4:47.81	2
1) Radcliff, Jackson	2) Hansen, Cannon			
3) Kilworth, Jameson	4) Rasmussen, Austin			

Boys 4x110 Meter Shuttle Hurdle

School	Seed	Finals	H#	Points
1 Ahstw 'A'	1:08.30	1:07.19	2	10
1) Denning, Nick				
3) Pope, Seth				
2 Audubon 'A'	1:07.97	1:07.21	2	8
1) Olsen, Aaron				
3) Schultes, Brody				
3 Fremont-Mills 'A'	1:12.43	1:08.00	1	6
1) Madison, Lucas				
3) VanHouten, Payten				
4 East Mills 'A'	1:07.50	1:08.54	2	5
1) Wray, Brodyn				
3) McGrew, Davis				
5 Griswold 'A'	1:12.00	1:15.62	2	4
1) Kennedy, Aiden				
3) Baxter, Ethan				
6 Riverside, Oak 'A'	1:13.00	1:16.66	1	3
1) Hensley, Hayden				
3) Rieken, Kyler				
7 Ehk-Exira 'A'		1:18.29	1	2
1) Kommes, Derrek				
3) Reinhart, Phil				

Boys High Jump

Name	Year School	Seed	Finals	Points
1 Kommes, Derrek	Ehk-Exira	5-10.00	J5-08.00	10
2 LaCanne, Jonas	Ehk-Exira		J5-08.00	8
3 Kennedy, Aiden	Griswold	5-06.00	J5-02.00	6
4 Linkenhoker, JW	Fremont-Mills	5-04.00	J5-02.00	5
5 Embree, Jackson	East Mills	5-04.00	J5-00.00	4
-- Bowers, Conner	Griswold		NH	
-- Hough, Garrett	Riverside, Oak	4-10.00	NH	

Boys Long Jump

Name	Year School	Seed	Finals	Points
1 Kommes, Derrek	Ehk-Exira		19-00.50	10
2 Salais, Ayden	Riverside, Oak	19-10.00	18-10.00	8

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**AHSTW
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....Boys Long Jump

3 Sternberg, Luke	Ahstw	19-08.75	18-06.50	6
4 Baker, Landon	Fremont-Mills	18-04.25	18-00.00	5
5 Kennedy, Aiden	Griswold	15-00.00	16-11.50	4
6 Rieken, Kyler	Riverside, Oak	17-04.00	16-08.00	3
7 Ekpai, Jonathan	Fremont-Mills	17-10.75	15-10.00	2

Boys Shot Put

Name	Year School	Seed	Finals	Points
1 Peterson, Jett	Ahstw	43-00.75	42-09.00	10
2 Messerschmidt, Nathan	Riverside, Oak	42-08.00	41-11.00	8
3 Jorgensen, Ely	Audubon	36-07.00	36-11.00	6
4 Dishong, RJ	Griswold	38-00.00	36-09.00	5
5 Alff, Jon	Riverside, Oak	36-00.00	36-08.00	4
6 Brandt, Caleb	Fremont-Mills	34-11.00	35-09.00	3
7 Nelson, Easton	Ehk-Exira	30-00.00	33-05.00	2
8 Rossell, Camden	Griswold		32-02.00	1
9 Sorensen, Izik	Audubon	32-04.50	30-07.00	
10 Gubbels, Ethen	Ahstw	32-00.00	29-03.00	
11 Shutters, Jackson	Ahstw		28-07.00	
11 Partridge, Donovan	Ehk-Exira	27-07.00	28-07.00	

Boys Discus Throw

Name	Year School	Seed	Finals	Points
1 Messerschmidt, Nathan	Riverside, Oak	113-00	127-00	10
2 Peterson, Jett	Ahstw	17-04.50	123-04	8
3 Dishong, RJ	Griswold	120-00	109-08	6
4 Brandt, Caleb	Fremont-Mills	105-10	102-06	5
5 Rossell, Camden	Griswold	110-00	98-08	4
6 Devereaux-Carlile, Jathe	Ehk-Exira	86-10	97-08	3
7 Gubbels, Ethen	Ahstw	92-03.50	96-05	2
8 Spiering, Trent	Riverside, Oak	113-04	92-11	1
9 Olson, Allen	Ehk-Exira	95-06	89-08	
10 McLaughlin, Jordan	Fremont-Mills	107-03	84-07	
11 McClain, Sully	Audubon	82-06	82-06	
12 Jorgensen, Ely	Audubon	83-06	80-03	

Women - Team Rankings - 19 Events Scored

1) Riverside, Oak	165	2) Fremont-Mills	123
3) Underwood	114	4) Logan-Magnolia	92
5) Audubon	71	6) AHSTW	56
7) East Mills	48	8) EHK-Exira	28
9) W Harrison	15		

Men - Team Rankings - 19 Events Scored

1) Riverside, Oak	155	2) AHSTW	150
3) Audubon	89	4) Griswold	88
4) Fremont-Mills	88	6) EHK-Exira	84
7) East Mills	71		