

Jerome Howe Relays 2023 - 4/3/2023**Treynor High School****Results****Event 1 Boys High Jump**

Name	Year School	Finals	Points
Finals			
1 Kusel, Ross	Ikm-Manning	J5-10.00	10
2 Kommes, Derrek	Ehk-Exira	J5-09.00	8
3 Phelps, Brady	Treynor	J5-08.00	6
4 Roden, Adam	Logan-Magnolia	J5-06.00	5
5 Linkenhoker, JW	Fremont-Mills	J5-04.00	4
6 Harris, Noah	Clarinda	J5-04.00	3
7 Graham, Cole	Shenandoah	J5-02.00	2
8 Thompson, Treyvein	Shenandoah	J5-00.00	0.33
8 Gutttau, Dane	Treynor	J5-00.00	0.33
8 Luett, Garrett	Underwood	J5-00.00	0.33
-- Hough, Garrett	Riverside, Oak	NH	
-- Walski, Luke	Logan-Magnolia	NH	
-- Irlmeier, Cooper	Ikm-Manning	NH	
-- Hackett, Gaven	Riverside, Oak	NH	

Event 2 Boys Long Jump

Name	Year School	Finals	Points
1 Brown, Tadyn	Clarinda	J20-06.75	10
2 Boothby, Mason	Underwood	J20-06.00	8
3 Roden, Evan	Logan-Magnolia	J18-10.00	6
4 Irlmeier, Cooper	Ikm-Manning	J18-05.00	5
5 Herman, Mason	MO Valley	J17-08.25	4
6 Baker, Landon	Fremont-Mills	J17-07.25	3
7 Myers, Drew	Treynor	J17-07.00	2
8 Schoening, Sam	Underwood	J17-04.00	1
9 Ekpai, Jonathan	Fremont-Mills	J17-04.00	
10 Sunderman, Ayden	Clarinda	17-02.00	
11 Graham, Cole	Shenandoah	16-08.00	
12 Rasmussen, Davis	Ikm-Manning	16-07.00	
13 Collins, Calvin	Logan-Magnolia	16-06.50	
14 Sornson, Jett	Treynor	16-02.50	
15 Soetmelk, Jon	MO Valley	16-01.00	
16 Rieken, Kyler	Riverside, Oak	16-00.75	
17 Sternberg, Luke	Ahstw	15-11.25	
18 Smith, Keegan	Riverside, Oak	15-10.25	
19 Scamman, Cole	Shenandoah	15-10.00	
20 Embree, Jackson	East Mills	15-08.75	
20 Brodigan, Jiri	East Mills	15-08.75	
22 Holiday, Matthew	St. Albert, CB	13-03.25	

Event 3 Boys Shot Put

Name	Year School	Finals	Points
1 Huneke, Thomas	Underwood	50-02.00	10
2 Brix, Grant	Logan-Magnolia	45-00.00	8
3 McCall, Brandon	St. Albert, CB	44-10.75	6
4 Laughlin, Tyler	Shenandoah	44-10.00	5
5 Marvel, Cooper	Fremont-Mills	44-05.00	4
6 Tiarks, Max	Underwood	42-04.75	3

Jerome Howe Relays 2023 - 4/3/2023**Treynor High School****Results****....Event 3 Boys Shot Put**

7	Peterson, Jett	Ahstw	41-05.00	2
8	Zappia, Vinny	MO Valley	39-08.25	1
9	Long, Kemper	Shenandoah	39-07.00	
10	Messerschmidt, Nathan	Riverside, Oak	39-06.75	
11	Beckman, Jayden	St. Albert, CB	37-02.75	
12	Hunter, Corban	Clarinda	36-10.50	
13	Jorgensen, Ely	Audubon	36-07.00	
14	Butt, Jordan	Clarinda	36-06.25	
15	Schwarte, Jared	Treynor	35-05.50	
16	Helvie, Loeck	Treynor	35-00.00	
17	Bittner, Joey	Treynor	33-07.00	
18	Alff, Jon	Riverside, Oak	33-05.50	
19	Brandt, Caleb	Fremont-Mills	32-09.25	
20	Sorensen, Izik	Audubon	32-04.50	
21	Edney, Carson	Logan-Magnolia	31-06.00	
22	Kerkhoff, Nolan	Ikm-Manning	31-05.00	
23	Devereaux-Carlile, Jathe	Ehk-Exira	30-06.00	
24	Rogers, Collin	East Mills	29-05.50	
25	Bartlett, Zane	MO Valley	29-03.50	
26	Gillespie, Sam	Treynor	28-05.00	
27	Gubbels, Ethen	Ahstw	27-00.00	
27	Shutters, Jackson	Ahstw	27-00.00	
29	Olson, Allen	Ehk-Exira	19-02.00	
--	Stark, Jason	Underwood	ND	
--	Baucom, Josh	East Mills	ND	

Event 5 Boys Discus Throw

Name	Year School	Finals	Points	
1	Laughlin, Tyler	Shenandoah	167-00	10
2	Marvel, Cooper	Fremont-Mills	133-10	8
3	Tiarks, Max	Underwood	128-09	6
4	Tuzzio, Creighton	Clarinda	126-02	5
5	Long, Kemper	Shenandoah	121-00	4
6	Beckman, Jayden	St. Albert, CB	120-03	3
7	Schwarte, Jared	Treynor	113-07	2
8	Spiering, Trent	Riverside, Oak	113-04	1
9	Kilibarda-Foote, David	Underwood	113-02	
10	Guttau, Dane	Treynor	108-07	
11	Gillespie, Sam	Treynor	106-11	
12	Brandt, Caleb	Fremont-Mills	105-10	
13	Messerschmidt, Nathan	Riverside, Oak	102-00	
14	Kerkhoff, Nolan	Ikm-Manning	98-09	
15	Butt, Jordan	Clarinda	95-09	
16	Zappia, Vinny	MO Valley	94-05	
17	Peterson, Jett	Ahstw	94-01	
18	Olson, Allen	Ehk-Exira	93-02	
19	Starman, Jace	Ikm-Manning	91-04	
20	Hobbs, Cael	St. Albert, CB	90-01	
21	Edney, Carson	Logan-Magnolia	87-07	
22	Sazama, Jake	MO Valley	82-08	
23	McClain, Sully	Audubon	82-06	
24	Gubbels, Ethen	Ahstw	81-01	
25	Brix, Grant	Logan-Magnolia	77-05	

Jerome Howe Relays 2023 - 4/3/2023**Treynor High School****Results****....Event 5 Boys Discus Throw**

26 Jorgensen, Ely	Audubon	71-00
27 Partridge, Donovan	Ehk-Exira	70-01

Event 6 Boys 800 Sprint Medley

School	Finals	H#	Points
1 Shenandoah 'A'	1:39.64	2	10
1) Shaw, Tysen	2) Dukes, Hunter		
3) Razee, Alex	4) Cullin, Brody		
2 Underwood 'A'	1:40.71	2	8
1) Sealock, Riley	2) Buckholdt, Will		
3) Strutton, Ty	4) Morales-Foote, Landon		
3 Treynor 'A'	1:42.88	2	6
1) Nelson, Noah	2) Moss, Kyle		
3) Wallace, Brady	4) Myers, Drew		
4 Ahstw 'A'	1:43.79	2	5
1) Pope, Seth	2) Denning, Nick		
3) Newcomb, Gavin	4) Hatch, Caleb		
5 Clarinda 'A'	1:44.04	1	4
1) Wise, Levi	2) Engstrand, Kade		
3) Johnson, Adam	4) Norton, Jonah		
6 Audubon 'A'	1:44.08	2	3
1) Schultes, Brody	2) Olsen, Aaron		
3) Beisswenger, Manny	4) Konkler, Zeke		
7 East Mills 'A'	1:44.10	2	2
1) Thornburg, Zach	2) Urban, Caleb		
3) Embree, Peyton	4) McGrew, Davis		
8 Ikm-Manning 'A'	1:47.71	1	1
1) Lueth, Jase	2) Segebart, Justin		
3) Butler, Max	4) Polzien, Abe		
9 Fremont-Mills 'A'	1:49.13	1	
1) VanHouten, Paxten	2) Baker, Landon		
3) VanHouten, Payten	4) Linkenhoker, Dylan		
10 Riverside, Oak 'A'	1:50.02	2	
1) Evans, Emery	2) Roller, AC		
3) Hough, Garrett	4) Rieken, Keaten		
11 Ehk-Exira 'A'	1:54.18	1	
1) White, Quintinn	2) Flathers, Aiden		
3) LaCanne, Jonas	4) Emgarten, Cash		
12 MO Valley 'A'	1:56.30	2	
1) Radke, Riley	2) Soetmelk, Jon		
3) Voster, Keaton	4) Manzo, Diego		
-- Logan-Magnolia 'A'	DQ	1	
1) Wallis, Cael	2) Roden, Adam		
3) Newton, James	4) Kuhl, Kalab		

Event 7 Boys 3200 Meter Run

Name	Year School	Finals	Points
1 Schaapherder, Treyton	Clarinda	9:51.27	10
2 Lillie, Colin	St. Albert, CB	9:57.48	8
3 Wagoner, Kyle	Clarinda	10:41.23	6
4 Rowe, Tarick	Logan-Magnolia	10:59.90	5

Jerome Howe Relays 2023 - 4/3/2023**Treynor High School****Results****....Event 7 Boys 3200 Meter Run**

5	Biederman, John Ross	Treynor	11:33.55	4
6	Johnson, Nathan	Ikm-Manning	11:37.13	3
7	Henderson, Dawson	Riverside, Oak	11:39.25	2
8	Wilson, Eric	Ehk-Exira	11:42.48	1
9	Duhachek, Eric	Riverside, Oak	11:47.99	
10	Smith, Brady	St. Albert, CB	12:23.25	
11	Rasmussen, Austin	Ehk-Exira	12:31.37	
--	Thacker, Gavin	MO Valley	NT	
--	Kellogg, Dylan	Shenandoah	NT	
--	Goldsmith, Jack	Logan-Magnolia	NT	
--	Germer, Ryan	Ikm-Manning	NT	
--	Killinger, Chase	Treynor	NT	
--	Dines, Ethan	Fremont-Mills	NT	

Event 8 Boys 4x800 Meter Relay

School	Finals	Points
1 Ikm-Manning 'A'	8:40.70	10
1) Sams, Lane	2) Smith, Hunter	
3) Hinners, Reed	4) Keller, Caden	
2 Riverside, Oak 'A'	8:53.63	8
1) McCready, Mason	2) Jeppesen, Grady	
3) Schoenrock, Landyn	4) Salais, Ayden	
3 St. Albert, CB 'A'	8:57.07	6
1) Wettengel, Luke	2) Hughes, Joe	
3) Wise, Owen	4) Heisterkamp, Parker	
4 MO Valley 'A'	9:18.16	5
1) Hoden, Jacob	2) Meadows, Adam	
3) O'Dowd, Ryder	4) Janssen, Dane	
5 Underwood 'A'	9:21.77	4
1) Ravlin, Josh	2) Limpp, Jack	
3) Stark, Jason	4) Harold, Johnathan	
6 Ahstw 'A'	9:43.73	3
1) Geraghty, Caden	2) Harder, Collin	
3) Wheatley, Chase	4) Nelson, Ty	
7 Clarinda 'A'	9:44.42	2
1) Wyman, Alec	2) Lihs, Alex	
3) Manes, Morgan	4) Weidman, Ronnie	
8 East Mills 'A'	9:51.42	1
1) Obermiller, Anthony	2) Mastin, Layne	
3) Barrett, Steven	4) Seipold, Walter	
9 Treynor 'A'	9:55.00	
1) Bain, Alek	2) Jensen, Jeyden	
3) Carley, Jack	4) Beekhuizen, Kyle	
10 Shenandoah 'A'	10:18.12	
1) Rodewald, Rafe	2) Babe, Tyler	
3) Kellogg, Dalton	4) Mick, Braden	
11 Fremont-Mills 'A'	10:18.89	
1) Lemonds, Ike	2) Harris, Cade	
3) Carter, Anderson	4) Sanchez, Sam	
12 Audubon 'A'	10:26.47	
1) Stanerson, Jack	2) Obrecht, Adam	
3) Wessel, Carson	4) Beane, Brody	
13 Ehk-Exira 'A'	10:53.13	

Jerome Howe Relays 2023 - 4/3/2023**Treynor High School****Results****....Event 8 Boys 4x800 Meter Relay**

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|-------------------|----------------------|
| 1) Reinhart, Phil | 2) Hansen, Alex |
| 3) Jessen, Levi | 4) Pettepier, Jaiden |

Event 9 Boys 4x110 Meter Shuttle Hurdle

School	Finals	H#	Points
1 Treynor 'A'	1:03.92	3	10
1) Elwood, Karson	2) Dirks, Kayden		
3) Wallace, Brady	4) Schumacher, Jaxon		
2 Underwood 'A'	1:05.77	3	8
1) Boothby, Mason	2) Bose, Lucas		
3) Hulsing, Sam	4) Baker, Wyatt		
3 Clarinda 'A'	1:07.36	3	6
1) DeGroot, Xavier	2) Schmitt, Wyatt		
3) Roop, Kaiden	4) Wise, Levi		
4 Audubon 'A'	1:08.24	2	5
1) Olsen, Aaron	2) Beisswenger, Manny		
3) Schultes, Brody	4) Jensen, Gabe		
5 Ahstw 'A'	1:08.91	2	4
1) Newcomb, Gavin	2) Sternberg, Luke		
3) Pope, Seth	4) Denning, Nick		
6 East Mills 'A'	1:09.94	2	3
1) Wray, Brodyn	2) Embree, Peyton		
3) Embree, Jackson	4) McGrew, Davis		
7 Logan-Magnolia 'A'	1:09.96	3	2
1) Roden, Evan	2) Edney, Carson		
3) Collins, Calvin	4) Wallis, Calvin		
8 Fremont-Mills 'A'	1:12.43	1	1
1) Baker, Landon	2) Rycroft, Carter		
3) Kling, Lawson	4) Linkenhoker, JW		
9 Riverside, Oak 'A'	1:13.07	2	
1) Hensley, Hayden	2) Smith, Keegan		
3) Rieken, Kyler	4) Bramman, Davis		
10 Shenandoah 'A'	1:14.29	1	
1) Scamman, Cole	2) Labrum, Ben		
3) Moutray, Matthew	4) Sample, Gage		
11 Ikm-Manning 'A'	1:15.15	1	
1) Fara, Will	2) Segebart, Justin		
3) Ahrenholtz, Ashton	4) Hanners, Reed		
12 MO Valley 'A'	1:15.82	1	
1) Harrison, Jackson	2) Radke, Riley		
3) Manzo, Diego	4) Neill, Brayden		

Event 10 Boys 100 Meter Dash

Name	Year School	Finals	H#	Points
1 Monahan, Brendan	St. Albert, CB	11.19	4	10
2 Brown, Tadyne	Clarinda	11.22	4	8
3 Anderson, William	Logan-Magnolia	11.40	4	6
4 Emgarten, Cash	Ehk-Exira	11.58	4	5
5 Dukes, Hunter	Shenandoah	11.63	4	4
6 Busch, Tony	St. Albert, CB	11.74	4	3
7 Newcomb, Gavin	Ahstw	11.82	4	2

Jerome Howe Relays 2023 - 4/3/2023**Treynor High School****Results****....Event 10 Boys 100 Meter Dash**

8	Strutton, Ty	Underwood	11.84	4	1
9	Schoening, Sam	Underwood	12.13	3	
10	Harris, Noah	Clarinda	12.18	3	
11	Sornson, Jett	Treynor	12.37	3	
12	Casey, Ben	Treynor	12.55	1	
13	Martin, Xavier	Shenandoah	12.63	3	
14	White, Quintinn	Ehk-Exira	12.66	2	
15	Jasa, Trey	Ikm-Manning	12.69	3	
16	Brodigan, Jiri	East Mills	12.70	2	
17	McLaughlin, Jordan	Fremont-Mills	12.78	2	
18	Stetzel, Logan	Audubon	12.81	3	
19	Perdew, Carson	Ikm-Manning	12.90	3	
20	Phelps, Brady	Treynor	12.92	2	
21	Fouts, Eli	MO Valley	13.15	2	
21	Lake, Jed	Logan-Magnolia	13.15	3	
23	Stanerson, Jack	Audubon	13.18	1	
24	Waterman, Nolan	Treynor	13.28	1	
25	Bartlett, Zane	MO Valley	13.42	2	
26	Martens, Dane	Riverside, Oak	13.72	2	
27	Bell, Wyatt	Riverside, Oak	13.86	1	
28	Hagen, Cooper	East Mills	14.31	1	
29	Scybert, Nicolae	Ahstw	15.21	1	
30	Andrew, Christopher	Ia School Deaf	15.44	1	
31	Luther, Austin	Ia School Deaf	15.95	1	
32	Tobin, Braden	Fremont-Mills	16.27	2	

Event 12 Boys Distance Medley

School	Finals	H#	Points
1 Ahstw 'A'	4:00.55	2	10
1) Pope, Seth			
2) Sternberg, Luke			
3) Denning, Nick			
4) Hatch, Caleb			
2 Ikm-Manning 'A'	4:04.81	2	8
1) Lueth, Jase			
2) Butler, Max			
3) Blankman, Isaac			
4) Ramsey, Ben			
3 Treynor 'A'	4:14.87	2	6
1) Moss, Kyle			
2) Wallace, Brady			
3) Myers, Drew			
4) Beekhuizen, Kyle			
4 Fremont-Mills 'A'	4:15.35	2	5
1) VanHouten, Payten			
2) Linkenhoker, JW			
3) Linkenhoker, Dylan			
4) Lemonds, Ike			
5 Riverside, Oak 'A'	4:18.31	2	4
1) Hensley, Hayden			
2) Branan, Jack			
3) Oliver, Kellen			
4) Schechinger, Teegan			
6 Clarinda 'A'	4:19.46	2	3
1) Wise, Levi			
2) Sunderman, Ayden			
3) Eighmy, Taten			
4) Lihs, Alex			
7 Shenandoah 'A'	4:19.49	2	2
1) McManis, Zane			
2) Thompson, Treyvein			
3) Johnson, Ayden			
4) Rodewald, Rafe			
8 Audubon 'A'	4:20.71	1	1
1) Konkler, Zeke			
2) Beisswenger, Manny			
3) Obrecht, Adam			
4) Schultes, Brody			
9 Ehk-Exira 'A'	4:23.89	1	

Jerome Howe Relays 2023 - 4/3/2023**Treynor High School****Results****....Event 12 Boys Distance Medley**

1) Kilworth, Jameson	2) Flathers, Aiden		
3) Brabham, Bryce	4) LaCanne, Jonas		
10 Underwood 'A'		4:25.82	1
1) Adair, Ryker	2) Luett, Garrett		
3) Hulsing, Sam	4) Wade, Brandon		
11 St. Albert, CB 'A'		4:35.72	1
1) Marshall, Owen	2) Holiday, Matthew		
3) Hughes, Joe	4) Boswell, Jacob		
12 Logan-Magnolia 'A'		4:43.98	1
1) Kuhl, Kalab	2) Westphal, Clay		
3) Newton, James	4) Walski, Luke		
13 East Mills 'A'		4:44.20	1
1) Updegraff, Nick	2) Roegler, Dylan		
3) Williams, Jordan	4) Seipold, Walter		
14 MO Valley 'A'		4:46.33	2
1) Vergamini, Aidan	2) Radke, Riley		
3) Neill, Brayden	4) Voster, Keaton		

Event 13 Boys 400 Meter Dash

Name	Year School	Finals	H#	Points
1 Sealock, Riley	Underwood	54.10	4	10
2 Manzo, Alexis	MO Valley	54.42	4	8
3 Dworak, Chris	MO Valley	55.16	4	6
4 Wyman, Alec	Clarinda	56.22	4	5
5 Bain, Alek	Treynor	56.60	4	4
6 Mourick, Bryce	Ahstw	56.74	3	3
7 Graham, Cole	Shenandoah	56.77	3	2
8 Polzien, Abe	Ikm-Manning	56.87	4	1
9 Limpp, Jack	Underwood	56.93	4	
10 Rowe, Tarick	Logan-Magnolia	57.06	4	
11 Rieken, Keaten	Riverside, Oak	58.38	3	
12 Mastin, Layne	East Mills	59.53	3	
13 Manes, Morgan	Clarinda	1:00.57	3	
14 Stearns, Cooper	East Mills	1:01.32	2	
15 Jensen, Gabe	Audubon	1:01.57	3	
16 Forney, Sawyer	Fremont-Mills	1:02.46	2	
17 Smithhisler (Clark), Riv	Shenandoah	1:03.01	2	
18 Kling, Lawson	Fremont-Mills	1:03.75	3	
19 Wessel, Carson	Audubon	1:03.88	1	
20 Schechinger, Dalton	Riverside, Oak	1:10.00	2	
21 Dawson, Alex	St. Albert, CB	1:10.13	2	
22 Vandevanter, James	Treynor	1:13.77	1	
23 Jessen, Levi	Ehk-Exira	1:14.66	1	
24 Baggett, Ben	Ehk-Exira	1:23.09	2	
25 Luther, Austin	Ia School Deaf	1:25.91	1	

Event 15 Boys 4x200 Meter Relay

School	Finals	H#	Points
1 Treynor 'A'	1:32.93	2	10
1) Nelson, Noah	2) Elwood, Karson		
3) Dirks, Kayden	4) Schumacher, Jaxon		

Jerome Howe Relays 2023 - 4/3/2023**Treynor High School****Results****....Event 15 Boys 4x200 Meter Relay**

2 Underwood 'A'	1:34.64	2	8
1) Buckholdt, Will	2) Morales-Foote, Landon		
3) Boothby, Mason	4) Ravlin, Alex		
3 Shenandoah 'A'	1:35.58	2	6
1) Dukes, Hunter	2) Razee, Alex		
3) Shaw, Tysen	4) Cullin, Brody		
4 Riverside, Oak 'A'	1:37.69	2	5
1) Jeppesen, Grady	2) McCready, Mason		
3) Evans, Emery	4) Salais, Ayden		
5 Clarinda 'A'	1:39.47	2	4
1) Roop, Kaiden	2) Weidman, Ronnie		
3) Phillips, Cooper	4) Johnson, Adam		
6 East Mills 'A'	1:41.76	2	3
1) Thornburg, Zach	2) Embree, Jackson		
3) Urban, Caleb	4) McGrew, Davis		
7 Logan-Magnolia 'A'	1:43.37	2	2
1) Wallis, Cael	2) Lake, Jed		
3) Roden, Adam	4) Anderson, William		
8 Fremont-Mills 'A'	1:44.22	1	1
1) Rycroft, Carter	2) Ekpai, Jonathan		
3) VanHouten, Paxten	4) VanHouten, Payten		
9 Ikm-Manning 'A'	1:44.85	2	
1) Rasmussen, Davis	2) Irlmeier, Cooper		
3) Dreyer, Eli	4) Kusel, Ross		
10 MO Valley 'A'	1:47.34	1	
1) Town, Owen	2) Fouts, Eli		
3) Soetmelk, Jon	4) Bartlett, Zane		
11 Treynor 'B'	1:47.61	1	
1) Casey, Ben	2) Carley, Jack		
3) Phelps, Brady	4) Waterman, Nolan		
12 Audubon 'A'	1:49.47	1	
1) Stanerson, Jack	2) Stetzel, Logan		
3) Beane, Brody	4) Obrecht, Adam		
13 Ahstw 'A'	1:50.26	1	
1) Golden, Landon	2) Madill, David		
3) Nelson, Ty	4) Jager, Liam		
14 Ehk-Exira 'A'	1:53.26	1	
1) Devereaux-Carlile, Jathen	2) Brabham, Cole		
3) Radcliff, Jackson	4) Kilworth, Josten		

Event 16 Boys 110 Meter Hurdles

Name	Year School	Finals	H#	Points
1 Wallis, Calvin	Logan-Magnolia	15.74	3	10
2 Newcomb, Gavin	Ahstw	16.12	3	8
3 Embree, Peyton	East Mills	16.60	3	6
4 Schmitt, Wyatt	Clarinda	16.81	3	5
5 DeGroot, Xavier	Clarinda	16.89	3	4
6 Rieken, Kyler	Riverside, Oak	17.25	2	3
7 Hensley, Hayden	Riverside, Oak	17.26	2	2
8 Moss, Kyle	Treynor	17.47	3	1
9 Olsen, Aaron	Audubon	17.80	3	
10 Fara, Will	Ikm-Manning	18.18	3	
11 Labrum, Ben	Shenandoah	18.58	1	

Jerome Howe Relays 2023 - 4/3/2023**Treynor High School****Results****....Event 16 Boys 110 Meter Hurdles**

12	Harrison, Jackson	MO Valley	18.64	1
13	Schaaf, Blake	Fremont-Mills	18.85	2
14	Scamman, Cole	Shenandoah	19.57	2
15	Wray, Brodyn	East Mills	19.87	2

Event 17 Boys 800 Meter Run

Name	Year School	Finals	H#	Points
1 Heisterkamp, Parker	St. Albert, CB	2:06.92	2	10
2 Schaapherder, Treyton	Clarinda	2:07.65	2	8
3 Wagoner, Kyle	Clarinda	2:11.14	2	6
4 Sams, Lane	Ikm-Manning	2:12.19	2	5
5 Konkler, Zeke	Audubon	2:13.73	2	4
6 Wettengel, Luke	St. Albert, CB	2:14.47	2	3
7 Henderson, Brody	Riverside, Oak	2:19.91	2	2
8 Herman, Mason	MO Valley	2:21.92	2	1
9 Hatch, Caleb	Ahstw	2:23.51	2	
10 Jensen, Jeyden	Treynor	2:23.72	2	
11 Wilson, Eric	Ehk-Exira	2:23.90	1	
12 O'Dowd, Ryder	MO Valley	2:25.03	2	
13 Henderson, Dawson	Riverside, Oak	2:25.80	2	
14 Harold, Johnathan	Underwood	2:25.84	2	
15 Stark, Jason	Underwood	2:28.01	1	
16 Mastin, Layne	East Mills	2:28.59	2	
17 Wheatley, Chase	Ahstw	2:30.21	1	
18 Barrett, Steven	East Mills	2:32.23	1	
19 Jensen, Gabe	Audubon	2:33.98	1	
20 Carley, Jack	Treynor	2:34.15	1	
21 Smith, Hunter	Ikm-Manning	2:34.47	2	
22 Kellogg, Dalton	Shenandoah	2:36.68	1	
23 Pettepier, Jaiden	Ehk-Exira	2:39.78	1	
24 Goldsmith, Jack	Logan-Magnolia	2:43.64	1	
25 Vandevanter, James	Treynor	2:55.67	1	
26 Baldwin, Wyatt	Shenandoah	2:56.02	1	
27 Mass, Brennen	Treynor	3:06.56	1	
28 Ethofer, Kaleb	Fremont-Mills	3:14.15	1	

Event 18 Boys 200 Meter Dash

Name	Year School	Finals	H#	Points
1 Cullin, Brody	Shenandoah	22.99	5	10
2 Brown, Tadyne	Clarinda	23.04	5	8
3 Monahan, Brendan	St. Albert, CB	23.20	5	6
4 Ravlin, Alex	Underwood	23.34	5	5
5 Dworak, Chris	MO Valley	23.65	4	4
6 Nelson, Noah	Treynor	23.72	5	3
7 Sternberg, Luke	Ahstw	23.80	4	2
8 Razee, Alex	Shenandoah	23.81	5	1
9 Schumacher, Jaxon	Treynor	23.93	5	
10 Schmitt, Wyatt	Clarinda	24.16	5	
11 Anderson, William	Logan-Magnolia	24.19	4	
12 Busch, Tony	St. Albert, CB	24.30	4	
13 Ravlin, Josh	Underwood	24.51	4	

Jerome Howe Relays 2023 - 4/3/2023**Treynor High School****Results****....Event 18 Boys 200 Meter Dash**

14	Emgarten, Cash	Ehk-Exira	24.52	4
15	Hoden, Jacob	MO Valley	24.65	3
16	Roden, Evan	Logan-Magnolia	24.85	4
17	Flathers, Aiden	Ehk-Exira	25.15	3
18	Hill, Ethan	Treynor	25.51	1
19	Sornson, Jett	Treynor	25.91	2
20	Casey, Ben	Treynor	26.24	2
21	Brodigan, Jiri	East Mills	26.27	3
22	Jasa, Trey	Ikm-Manning	26.84	3
23	Perdew, Carson	Ikm-Manning	26.93	3
24	Waterman, Nolan	Treynor	27.09	2
25	Stetzel, Logan	Audubon	27.16	3
26	Roller, AC	Riverside, Oak	27.17	3
27	VanHouten, Paxten	Fremont-Mills	27.30	3
28	Forney, Sawyer	Fremont-Mills	27.43	2
29	Weber, Brody	Audubon	28.51	1
30	Williams, Jordan	East Mills	28.89	2
31	Doyle, Lucas	Riverside, Oak	29.03	2
32	Andrew, Christopher	Ia School Deaf	35.48	1

Event 20 Boys 400 Meter Hurdles

Name	Year	School	Finals	H#	Points
1		Elwood, Karson	Treynor	58.93	3 10
2		Wallis, Calvin	Logan-Magnolia	1:00.00	3 8
3		Dirks, Kayden	Treynor	1:01.14	3 6
4		LaCanne, Jonas	Ehk-Exira	1:01.50	3 5
5		Denning, Nick	Ahstw	1:01.97	3 4
6		Janssen, Dane	MO Valley	1:04.09	3 3
7		Meadows, Adam	MO Valley	1:04.75	2 2
8		Norton, Jonah	Clarinda	1:05.77	2 1
9		Scamman, Cole	Shenandoah	1:06.44	3
10		Butler, Max	Ikm-Manning	1:06.87	1
11		Harris, Noah	Clarinda	1:06.95	2
12		Marshall, Owen	St. Albert, CB	1:06.99	1
13		Bose, Lucas	Underwood	1:08.12	3
14		Moutray, Matthew	Shenandoah	1:08.77	1
15		Wray, Brodyn	East Mills	1:10.53	2
16		Schaaf, Blake	Fremont-Mills	1:10.54	2
17		Kuhl, Kalab	Logan-Magnolia	1:12.03	2
18		Hackett, Gaven	Riverside, Oak	1:12.51	1
19		Rycroft, Carter	Fremont-Mills	1:13.12	2
20		Ahrenholtz, Ashton	Ikm-Manning	1:13.58	1
21		Kilworth, Josten	Ehk-Exira	1:14.05	1
22		Bramman, Davis	Riverside, Oak	1:14.11	2
23		Hagen, Cooper	East Mills	1:22.40	1

Event 21 Boys 1600 Meter Run

Name	Year	School	Finals	Points
1		Keller, Caden	Ikm-Manning	4:43.56 10
2		Lillie, Colin	St. Albert, CB	4:44.23 8
3		Schaapherder, Treyton	Clarinda	4:51.21 6

Jerome Howe Relays 2023 - 4/3/2023**Treynor High School****Results****....Event 21 Boys 1600 Meter Run**

4 Hanners, Reed	Ikm-Manning	4:52.88	5
5 Wise, Owen	St. Albert, CB	4:53.34	4
6 Wagoner, Kyle	Clarinda	5:01.13	3
7 Harder, Collin	Ahstw	5:16.53	2
8 Biederman, John Ross	Treynor	5:19.45	1
9 Obermiller, Anthony	East Mills	5:28.37	
10 Lemonds, Ike	Fremont-Mills	5:35.44	
11 Geraghty, Caden	Ahstw	5:37.24	
12 Duhachek, Eric	Riverside, Oak	5:38.67	
13 Oliver, Kellen	Riverside, Oak	5:45.36	
14 Walski, Luke	Logan-Magnolia	5:48.64	
15 Kellogg, Dylan	Shenandoah	5:49.61	
16 Wade, Brandon	Underwood	5:57.76	
-- Stanerson, Jack	Audubon	NT	
-- Harrison, Jackson	MO Valley	NT	
-- Thacker, Gavin	MO Valley	NT	
-- Babe, Tyler	Shenandoah	NT	
-- Rowe, Tarick	Logan-Magnolia	NT	
-- Jessen, Levi	Ehk-Exira	NT	
-- Rasmussen, Austin	Ehk-Exira	NT	
-- Jensen, Jeyden	Treynor	NT	
-- Barrett, Steven	East Mills	NT	
-- Spanier, Caden	Treynor	NT	

Event 22 Boys 4x100 Meter Relay

School	Finals	H#	Points
1 Treynor 'A'	44.65	2	10
1) Nelson, Noah			
2) Elwood, Karson			
3) Dirks, Kayden			
4) Schumacher, Jaxon			
2 Shenandoah 'A'	46.07	2	8
1) Shaw, Tysen			
2) Dukes, Hunter			
3) Razee, Alex			
4) Cullin, Brody			
3 Underwood 'A'	46.24	2	6
1) Morales-Foote, Landon			
2) Sealock, Riley			
3) Schoening, Sam			
4) Strutton, Ty			
4 Riverside, Oak 'A'	46.63	2	5
1) Gordon, Jaxon			
2) McCready, Mason			
3) Jeppesen, Grady			
4) Salais, Ayden			
5 Ikm-Manning 'A'	47.14	2	4
1) Rasmussen, Davis			
2) Dreyer, Eli			
3) Irlmeier, Cooper			
4) Kusel, Ross			
6 Clarinda 'A'	47.77	2	3
1) Wise, Levi			
2) Sunderman, Ayden			
3) Johnson, Adam			
4) Roop, Kaiden			
7 East Mills 'A'	48.38	2	2
1) Thornburg, Zach			
2) Embree, Peyton			
3) Urban, Caleb			
4) McGrew, Davis			
8 St. Albert, CB 'A'	48.68	2	1
1) Holiday, Matthew			
2) Busch, Tony			
3) Marshall, Owen			
4) Monahan, Brendan			
9 Logan-Magnolia 'A'	48.87	1	
1) Roden, Evan			
2) Collins, Calvin			
3) Lake, Jed			
4) Anderson, William			

Jerome Howe Relays 2023 - 4/3/2023**Treynor High School****Results****....Event 22 Boys 4x100 Meter Relay**

10	Treynor 'B'	50.23	1
	1) Sornson, Jett		
	2) Casey, Ben		
	3) Phelps, Brady		
	4) Waterman, Nolan		
11	Ehk-Exira 'A'	50.45	1
	1) White, Quintinn		
	2) Kilworth, Jameson		
	3) Flathers, Aiden		
	4) Emgarten, Cash		
12	Fremont-Mills 'A'	50.51	1
	1) VanHouten, Paxten		
	2) VanHouten, Payten		
	3) Kling, Lawson		
	4) Ekpai, Jonathan		
13	MO Valley 'A'	51.43	1
	1) Town, Owen		
	2) Fouts, Eli		
	3) Soetmelk, Jon		
	4) Vergamini, Aidan		
14	Ahstw 'A'	52.17	1
	1) Jager, Liam		
	2) Nelson, Ty		
	3) Golden, Landon		
	4) Madill, David		
15	Audubon 'A'	52.85	1
	1) Wessel, Carson		
	2) Obrecht, Adam		
	3) Jensen, Gabe		
	4) McClain, Sully		

Event 23 Boys 4x400 Meter Relay

School	Finals	H#	Points
1 Underwood 'A'	3:39.29	2	10
1) Buckholdt, Will			
2) Boothby, Mason			
3) Ravlin, Josh			
4) Ravlin, Alex			
2 MO Valley 'A'	3:46.91	2	8
1) Hoden, Jacob			
2) Manzo, Alexis			
3) Dworak, Chris			
4) Herman, Mason			
3 Clarinda 'A'	3:53.92	2	6
1) Wyman, Alec			
2) Brown, Tadyne			
3) Engstrand, Kade			
4) Schmitt, Wyatt			
4 Treynor 'A'	3:55.91	2	5
1) Bain, Alek			
2) Wallace, Brady			
3) Beekhuizen, Kyle			
4) Myers, Drew			
5 Ikm-Manning 'A'	3:57.01	2	4
1) Ramsey, Ben			
2) Segebart, Justin			
3) Blankman, Isaac			
4) Polzien, Abe			
6 Riverside, Oak 'A'	3:57.58	2	3
1) Schoenrock, Landyn			
2) McCready, Mason			
3) Henderson, Brody			
4) Hensley, Hayden			
7 Audubon 'A'	4:03.54	1	2
1) Olsen, Aaron			
2) Konkler, Zeke			
3) Beisswenger, Manny			
4) Schultes, Brody			
8 St. Albert, CB 'A'	4:03.94	2	1
1) Hughes, Joe			
2) Heisterkamp, Parker			
3) Wettengel, Luke			
4) Lillie, Colin			
9 Shenandoah 'A'	4:06.28	2	
1) Graham, Cole			
2) Johnson, Ayden			
3) Martin, Xavier			
4) McManis, Zane			
10 East Mills 'A'	4:12.33	1	
1) Stearns, Cooper			
2) Embree, Jackson			
3) Brodigan, Jiri			
4) Seipold, Walter			
11 Ehk-Exira 'A'	4:33.90	1	
1) Kommes, Derrek			
2) Wilson, Eric			

Jerome Howe Relays 2023 - 4/3/2023
Treynor High School
Results

....Event 23 Boys 4x400 Meter Relay

3) Brabham, Bryce	4) LaCanne, Jonas	
12 Fremont-Mills 'A'		4:47.02 1
1) Foster, Kaden	2) Carter, Anderson	
3) Dines, Ethan	4) Harris, Cade	

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Men - Team Rankings - 19 Events Scored

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1) Clarinda	116	2) Underwood	88.33
3) Treynor	86.33	4) St. Albert, CB	69
5) IKM-Manning	66	6) Shenandoah	64.33
7) Logan-Magnolia	52	8) AHSTW	45
9) MO Valley	42	10) Riverside, Oak	35
11) Fremont-Mills	26	12) EHK-Exira	19
13) East Mills	17	14) Audubon	15