

Fremont-Mills HS Last Chance - 5/8/2023

Tabor
Results

Girls 100 Meter Dash

Name	Yr	School	Finals
Finals			
1 Williams, Emily	12	East Mills	13.14 10
2 Pryor, Katy	09	Woodbine	13.73 8
3 Sherer, Nicole	12	Woodbine	13.93 6
4 Humphrey, Irrys	10	Shenandoah	14.28 4
5 Gute, Reese	09	Fremont-Mill	14.45 2
6 Lund, Ada	09	Southwest Va	14.47 1
7 Green, Lynnae	10	Shenandoah	14.47
8 Woods, McKenna	12	Fremont-Mill	14.49
9 Wendt, Hannah	09	Woodbine	14.56
10 Montgomery, Alysia	12	East Mills	14.61
11 Graham, Macey	10	Sidney	14.83
12 Moore, Adrienne	10	Shenandoah	15.35
13 Kirchert, Mariska	09	Essex	15.44
14 Pearson, Alyssa	09	Southwest Va	15.46
15 Haning, Addy	10	Sidney	15.91
16 Brennan, Kayci	10	Heartland Ch	16.13
17 Top, Haidyn	11	Southwest Va	16.29
18 Randall, Hailey	09	Southwest Va	16.39
19 Beam, Izabella	11	Stanton	16.91
20 Kisichy, Rifenta	09	Ia School De	17.56
21 Johnson, Kaylee	10	Heartland Ch	17.98
22 Korver, Claire	09	Fremont-Mill	18.82
--- Hoefler, Taylor	09	Woodbine	X14.30
--- King, Lisa	10	East Mills	X16.57

Girls 200 Meter Dash

Name	Yr	School	Finals
Finals			
1 Williams, Emily	12	East Mills	27.12 10
2 Cooper, Emma	11	Southwest Va	27.24 8
3 Ewalt, Teagan	12	Fremont-Mill	28.17 6
4 Coenen, Adalynn	09	Woodbine	29.24 4
5 Hoefler, Taylor	09	Woodbine	29.35 2
6 Burdorf, Jenna	11	Shenandoah	30.50 1
7 Gute, Reese	09	Fremont-Mill	30.53
8 Boban, Audrey	11	East Mills	30.62
9 Graham, Macey	10	Sidney	31.30
10 Osher, Jasmine	09	Stanton	32.15
11 Gammell, Ryllynne	09	Shenandoah	33.11
12 Moore, Adrienne	10	Shenandoah	33.55
13 Brennan, Kayci	10	Heartland Ch	33.78
14 Lenz, Ivey	10	Southwest Va	35.46
15 King, Kennedy	09	Stanton	36.57
16 King, Alex	11	Essex	36.91
17 Butcher, Averyle	10	Southwest Va	36.97
18 Beam, Izabella	11	Stanton	37.00
19 Johns, Kaitlyn	09	Ia School De	37.21
--- Erickson, Addison	12	Woodbine	X29.52
--- Steinkuehler, Danyelle	10	Woodbine	X29.78
--- King, Lisa	10	East Mills	X35.74

Girls 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 Ewalt, Teagan	12	Fremont-Mill	1:00.66 10
2 Thornburg, Jenna	11	East Mills	1:05.90 8
3 Switzer, Ellie	11	Fremont-Mill	1:06.23 6
4 Steinmetz, Grace	10	Heartland Ch	1:07.85 4
5 Walsh, Mariah	10	Woodbine	1:09.92 2
6 Cramer, Noel	10	Heartland Ch	1:10.06 1
7 Gammell, Ryllynne	09	Shenandoah	1:14.40
8 Stearns, Mackenzie	09	East Mills	1:18.51
9 King, Kennedy	09	Stanton	1:30.94

Girls 800 Meter Run

Name	Yr	School	Finals
Finals			
1 Wilson, Hannah	10	Fremont-Mill	2:23.74 10
2 Crouse, Aspen	12	East Mills	2:40.37 8
3 Hughes, Mylie	11	Fremont-Mill	2:47.80 6
4 Cogdill, Reagan	09	Woodbine	2:50.17 4
5 Fernau, Chloe	11	Heartland Ch	2:53.74 2
6 Olson, Elise	10	Woodbine	2:57.69 1
7 Dickerson, Mallory	10	Shenandoah	2:59.18
8 Benge, Oakley	09	Southwest Va	2:59.63
9 Valdez, Kylie	09	Essex	3:00.52

Girls 1500 Meter Run

Name	Yr	School	Finals
Finals			
1 Lapel, Adyson	10	Woodbine	5:31.90 10
2 Steinmetz, Grace	10	Heartland Ch	5:48.21 8
3 King, Riley	09	Essex	5:51.27 6
4 Brandt, Makenna	11	Fremont-Mill	6:18.04 4
5 Morrical, Sophia	09	East Mills	6:18.99 2
6 Steinmetz, Hannah	12	Heartland Ch	6:26.05 1
7 Forney, Maria	10	Fremont-Mill	6:38.79
8 Gaytan, Riley	09	Woodbine	6:51.93

Girls 3000 Meter Run

Name	Yr	School	Finals
Finals			
1 Egbert, Hailey	10	Shenandoah	12:04.14 10
2 King, Riley	09	Essex	13:22.21 8
3 Cogdill, Reagan	09	Woodbine	13:50.66 6
4 Steinmetz, Hannah	12	Heartland Ch	14:25.42 4
5 Fletchall, Victoria	10	Southwest Va	14:57.31 2
6 Gaytan, Riley	09	Woodbine	15:28.71 1

Girls 100 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Williams, Emily	12	East Mills	15.35 10
2 Olson, Hannah	10	Stanton	16.64 8
3 Weldon, Izzy	11	Fremont-Mill	17.36 6
4 McDonald, Elly	11	Stanton	17.98 4
5 Woods, McKenna	12	Fremont-Mill	18.04 2

Fremont-Mills HS Last Chance - 5/8/2023

Tabor
Results

Finals ... (Girls 100 Meter Hurdles)

Name	Yr	School	Finals	
6 Pearson, Sierra	11	Southwest Va	18.36	1
7 Hoefer, Nicole	11	Woodbine	18.56	
8 Neligh, Kylie	11	Woodbine	18.68	
9 Buffington, Paighton	12	Southwest Va	18.84	
10 Dumler, Abbey	09	Shenandoah	19.42	
11 Cramer, Noel	10	Heartland Ch	20.46	
12 King, Alex	11	Essex	23.24	

Girls 400 Meter Hurdles

Name	Yr	School	Finals	
1 Wilson, Hannah	10	Fremont-Mill	1:08.35	10
2 Madison, Emily	11	Fremont-Mill	1:09.52	8
3 Olson, Addison	12	Stanton	1:11.69	6
4 Lillie, Katey	10	Southwest Va	1:18.79	4
5 Dumler, Abbey	09	Shenandoah	1:23.47	2
6 McCoy, Maddie	10	Southwest Va	1:23.48	1

Girls 4x100 Meter Relay

Team	Relay	Finals	
1 Shenandoah	A	52.52	10
1) Green, Lynnae 10	2) Denton, Chloe 10		
3) Rogers, Caroline 11	4) Lantz, Kate 12		
2 Stanton	A	52.74	8
1) Silva, Brooklyn 12	2) Johnson, Marleigh 12		
3) Olson, Hannah 10	4) Johnson, Lauren 10		
3 East Mills	A	54.22	6
1) Thornburg, Jenna 11	2) Williams, Emily 12		
3) Urban, Miah 12	4) Montgomery, Alysia 12		
4 Woodbine	A	54.49	4
1) Coenen, Adalynn 09	2) Hoefer, Taylor 09		
3) Leaders, Reese 09	4) Erickson, Addison 12		
5 Sidney	A	55.06	2
1) Kingsolver, Lily 12	2) Melvin, Alyssa 09		
3) Haning, Addy 10	4) Holmes, Paycee 11		
6 Southwest Valley	A	55.69	1
1) Cooper, Emma 11	2) Top, Haidyn 11		
3) Randall, Hailey 09	4) Lund, Ada 09		
7 Fremont-Mills	A	55.95	
1) Woods, McKenna 12	2) Weldon, Izzy 11		
3) Gute, Reese 09	4) Wederquist, Kimber 10		
8 Fremont-Mills	B	58.19	
1) Lopez, Leslie 10	2) Mahaney, Olivia 10		
3) Moreland, Braxie 09	4) Mattox, Hayleigh 09		
9 Woodbine	B	58.27	
1) Wendt, Hannah 09	2) O'Day, Abby 09		
3) Crook, Isabell 09	4) Boettger, Leena 10		
10 Southwest Valley	B	1:00.45	
1) Maeder, Mackenzie 09	2) Dimmler, Andraya 11		
3) Randall, Alyssa 11	4) Lillie, Katey 10		

Girls 4x200 Meter Relay

Team	Relay	Finals	
1 Fremont-Mills	A	1:50.87	10
1) Gute, Bella 10	2) Chambers, Carlie 10		
3) Madison, Emily 11	4) Alley, Lana 09		
2 Stanton	A	1:52.19	8
1) Silva, Brooklyn 12	2) Johnson, Marleigh 12		
3) Olson, Addison 12	4) Johnson, Lauren 10		
3 Woodbine	A	1:53.15	6
1) Sherer, Nicole 12	2) Steinkuehler, Danyelle 10		
3) Cogdill, Isabelle 09	4) Pryor, Katy 09		
4 Southwest Valley	A	1:56.96	4
1) Cooper, Emma 11	2) Top, Haidyn 11		
3) Randall, Hailey 09	4) Lund, Ada 09		
5 Sidney	A	1:58.32	2
1) Kingsolver, Lily 12	2) Graham, Macey 10		
3) Holmes, Paycee 11	4) Haning, Addy 10		
6 East Mills	A	2:00.74	1
1) Laumann, Kandra 11	2) Goodman, Natalie 12		
3) Boban, Audrey 11	4) Montgomery, Alysia 12		
7 Fremont-Mills	B	2:04.53	
1) Wederquist, Kimber 10	2) Mahaney, Olivia 10		
3) Moreland, Braxie 09	4) Mattox, Hayleigh 09		
8 Woodbine	B	2:04.94	
1) O'Day, Abby 09	2) Jochims, Anna 10		
3) Wendt, Hannah 09	4) Kelley, Bridgette 09		
9 Southwest Valley	B	2:06.85	
1) Pearson, Alyssa 09	2) Maeder, Mackenzie 09		
3) Dimmler, Andraya 11	4) Lillie, Katey 10		

Girls 4x400 Meter Relay

Team	Relay	Finals	
1 Fremont-Mills	A	4:23.10	10
1) Switzer, Ellie 11	2) Chambers, Carlie 10		
3) Gute, Bella 10	4) Madison, Emily 11		
2 Woodbine	A	4:43.62	8
1) Lapel, Adyson 10	2) Walsh, Mariah 10		
3) Hoefer, Nicole 11	4) Kerger, Lillian 09		
3 Heartland Christ	A	4:47.89	6
1) Cramer, Noel 10	2) Fernau, Chloe 11		
3) Steinmetz, Hannah 12	4) Steinmetz, Grace 10		
4 East Mills	A	4:47.89	4
1) Brown, Cloe 10	2) Boban, Audrey 11		
3) Stearns, Mackenzie 09	4) Laumann, Kandra 11		
5 Southwest Valley	A	5:00.15	2
1) Benge, Oakley 09	2) Green, Carly 11		
3) Pearson, Sierra 11	4) Randall, Alyssa 11		
6 Stanton	A	5:09.63	1
1) Silva, Britney 09	2) Roberts, Meredith 09		
3) Osher, Jasmine 09	4) Peterson, Ella 10		

Fremont-Mills HS Last Chance - 5/8/2023

**Tabor
Results**

Girls 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 East Mills	A	11:30.58 10
1) Sayers, Venna 09	2) Stearns, Mackenzie 09	
3) Morriscal, Sophia 09	4) Crouse, Aspen 12	
2 Fremont-Mills	A	12:04.04 8
1) Forney, Maria 10	2) Brandt, Makenna 11	
3) Hughes, Mylie 11	4) Moreland, Braxie 09	
3 Stanton	A	14:28.73 6
1) Osher, Jasmine 09	2) Burke, Riley 10	
3) Peterson, Ella 10	4) King, Kennedy 09	

Girls 800 Sprint Medley

Team	Relay	Finals
Finals		
1 Fremont-Mills	A	1:55.87 10
1) Gute, Bella 10	2) Chambers, Carlie 10	
3) Alley, Lana 09	4) Ewalt, Teagan 12	
2 East Mills	A	2:04.97 8
1) Thornburg, Jenna 11	2) Goodman, Natalie 12	
3) Boban, Audrey 11	4) Urban, Miah 12	
3 Woodbine	A	2:07.88 6
1) Wendt, Hannah 09	2) Boettger, Leena 10	
3) Thomas, Madison 11	4) Kerger, Lillian 09	
4 Stanton	A	2:09.60 4
1) Silva, Brooklyn 12	2) Johnson, Marleigh 12	
3) Roberts, Meredith 09	4) Silva, Britney 09	
5 Southwest Valley	A	2:09.78 2
1) Lillie, Katey 10	2) Pearson, Sierra 11	
3) Randall, Hailey 09	4) Pearson, Alyssa 09	
6 Shenandoah	A	2:14.63 1
1) Humphrey, Irrys 10	2) Dumler, Abbey 09	
3) Moore, Adrienne 10	4) Dickerson, Mallory 10	
7 Essex	A	2:15.67
1) Swain, Cindy 11	2) Burns, Brooke 11	
3) Burns, Tori 11	4) Valdez, Kylie 09	

Girls Distance Medley

Team	Relay	Finals
Finals		
1 Fremont-Mills	A	4:22.50 10
1) Alley, Lana 09	2) Chambers, Carlie 10	
3) Ewalt, Teagan 12	4) Wilson, Hannah 10	
2 Woodbine	A	5:11.94 8
1) Thomas, Madison 11	2) Crook, Isabell 09	
3) Lapel, Adyson 10	4) Olson, Elise 10	
3 Stanton	A	5:18.34 6
1) Silva, Britney 09	2) McDonald, Elly 11	
3) Osher, Jasmine 09	4) Roberts, Meredith 09	
4 Heartland Christ	A	5:40.08 4
1) Brennan, Kayci 10	2) Johnson, Kaylee 10	
3) Fernau, Chloe 11	4) Steinmetz, Hannah 12	

5 Southwest Valley	A	5:44.82 2
1) Maeder, Mackenzie 09	2) Dimmler, Andraya 11	
3) Benge, Oakley 09	4) Fletchall, Victoria 10	

Girls 4x100 Meter Shuttle Hurdle

Team	Relay	Finals
Finals		
1 Fremont-Mills	A	1:07.58 10
1) Weldon, Izzy 11	2) Alley, Lana 09	
3) Gute, Bella 10	4) Madison, Emily 11	
2 Stanton	A	1:07.67 8
1) Olson, Addison 12	2) Johnson, Lauren 10	
3) McDonald, Elly 11	4) Olson, Hannah 10	
3 Shenandoah	A	1:08.62 6
1) Lantz, Kate 12	2) Rogers, Caroline 11	
3) Burdorf, Jenna 11	4) Denton, Chloe 10	
4 Woodbine	A	1:13.67 4
1) Hoefer, Nicole 11	2) Neligh, Kylie 11	
3) Coenen, Adalynn 09	4) Leaders, Reese 09	
5 Southwest Valley	A	1:17.66 2
1) Buffington, Paighton 12	2) McCoy, Maddie 10	
3) Randall, Alyssa 11	4) Pearson, Sierra 11	

Girls High Jump

Name	Yr	School	Finals
Finals			
1 Brown, Cloe	10	East Mills	J4-10.00 10
2 Wilson, Hannah	10	Fremont-Mill	J4-10.00 8
3 Lund, Ada	09	Southwest Va	J4-08.00 6
4 Crook, Isabell	09	Woodbine	J4-04.00 4
5 Neligh, Kylie	11	Woodbine	J4-04.00 2
--- Lantz, Kate	12	Shenandoah	NH
--- Steinmetz, Grace	10	Heartland Ch	NH

Girls Long Jump

Name	Yr	School	Finals
Finals			
1 Holmes, Paycee	11	Sidney	17-01.75 10
2 Cooper, Emma	11	Southwest Va	16-07.25 8
3 Johnson, Lauren	10	Stanton	16-01.50 6
4 Erickson, Addison	12	Woodbine	15-01.75 4
5 Humphrey, Irrys	10	Shenandoah	14-01.25 2
6 Melvin, Alyssa	09	Sidney	13-10.25 1
7 Woods, McKenna	12	Fremont-Mill	13-03.75
8 Cramer, Noel	10	Heartland Ch	13-02.25
9 Jochims, Anna	10	Woodbine	12-08.00
10 Dickerson, Mallory	10	Shenandoah	11-01.75
11 King, Lisa	10	East Mills	9-08.00
12 Johns, Kaitlyn	09	Ia School De	9-07.00

Girls Shot Put

Name	Yr	School	Finals
Finals			
1 Parker, Aliyah	11	Shenandoah	35-07.50 10
2 Green, Lynnae	10	Shenandoah	35-04.75 8
3 Mitchell, Macy	11	Fremont-Mill	35-01.50 6

Fremont-Mills HS Last Chance - 5/8/2023

**Tabor
Results**

Finals ... (Girls Shot Put)

Name	Yr	School	Finals
4 Newton, Amanda	11	Woodbine	34-09.50 4
5 Richards, Mackenzie	10	Southwest Va	34-06.25 2
6 Davies, Samantha	11	Southwest Va	31-11.25 1
7 Peters, Lilly	11	Sidney	31-07.50
8 Kelley, Bridgette	09	Woodbine	29-03.00
9 Hall, Jenna	09	Hamburg	28-03.50
10 Burke, Riley	10	Stanton	27-08.00
11 Johnson, Kaylee	10	Heartland Ch	26-11.50
12 Sailors, Claire	09	Woodbine	25-09.50
13 Surrell, Kaelyn	11	Sidney	25-04.50
14 Means, Julia	12	Southwest Va	23-11.50
15 Sellwood, Ali	10	Ia School De	20-03.25
16 Kisichy, Rifenta	09	Ia School De	20-03.00

Girls Discus Throw

Name	Yr	School	Finals
1 Peters, Lilly	11	Sidney	118-04 10
2 Mitchell, Macy	11	Fremont-Mill	102-09 8
3 Mattox, Hayleigh	09	Fremont-Mill	98-01.50 6
4 Newton, Amanda	11	Woodbine	97-04 4
5 Davies, Samantha	11	Southwest Va	86-03.50 2
6 Parker, Aliyah	11	Shenandoah	85-10 1
7 Brennan, Kayci	10	Heartland Ch	75-00
8 Surrell, Kaelyn	11	Sidney	73-04
9 Johnson, Kaylee	10	Heartland Ch	73-03
10 Richards, Mackenzie	10	Southwest Va	70-05
11 O'Day, Abby	09	Woodbine	69-10.50
12 Sellwood, Ali	10	Ia School De	64-03
13 Sailors, Claire	09	Woodbine	64-00.25
14 Means, Julia	12	Southwest Va	62-06
15 Fernau, Chloe	11	Heartland Ch	57-00
16 Burns, Tori	11	Essex	55-08.50
17 Haynie, Adrian	09	Stanton	53-09.50

Boys 100 Meter Dash

Name	Yr	School	Finals
1 Thornburg, Zach	11	East Mills	11.46 10
2 Dukes, Hunter	11	Shenandoah	11.64 8
3 Sitzman, KC	11	Southwest Va	11.93 6
4 Crouse, Mason	12	East Mills	12.28 4
5 Showalter, Simon	10	Stanton	12.53 2
6 McLaughlin, Jordan	10	Fremont-Mill	12.62 1
7 Anderson, Levi	10	Heartland Ch	12.64
8 Wagner, Brenden	09	Woodbine	12.74
9 Tremel, Matthew	09	Woodbine JV	12.75
10 Kling, Lawson	11	Fremont-Mill	12.84
11 Lewis, Elijah	11	Heartland Ch	12.91
12 Burgmeyer, Trey	11	Woodbine	12.95
13 Smithhisler (Clark), River	10	Shenandoah	13.13
14 Fitchhorn, Landon	11	Woodbine JV	13.22
15 Kelley, Gavin	11	Woodbine	13.27
16 Reynolds, Dylan	09	Stanton	13.33

17 Wallace, Chace	12	Sidney	13.41
18 Kline, Ashon	09	Essex	13.41
19 Sholes, Isaiah	09	Essex	13.48
20 Holmes, Brody	11	Stanton	13.57
21 Andersen, Gavin	12	Heartland Ch	13.72
22 Lang, Austin	09	Sidney	13.81
23 Babe, Tyler	09	Shenandoah	14.21
24 Lickliter, Silas	11	Heartland Ch	14.63
25 Andrew, Christopher	10	Ia School De	14.68
26 Hagen, Cooper	09	East Mills	14.71
27 Sowers, Brodee	09	Stanton	14.81
28 O'Brien, Cooper	09	Shenandoah	15.64
29 Lindmier, Evan	10	Woodbine JV	17.51
30 Promnitz, Glenn	09	Woodbine JV	19.78

Boys 100 Yard Dash Wheelchair

Name	Yr	School	Finals
1 Steng, Titus	09	Shenandoah	J22.43

Boys 200 Yard Dash Wheelchair

Name	Yr	School	Finals
1 Steng, Titus	09	Shenandoah	J42.90

Boys 200 Meter Dash

Name	Yr	School	Finals
1 Razez, Alex	11	Shenandoah	23.20 10
2 Walsh, Colton	12	Woodbine	23.99 8
3 Morales, Derek	09	Southwest Va	24.44 6
4 Urban, Caleb	10	East Mills	24.80 4
5 Reed, Dillon	09	Woodbine	24.95 2
6 Anderson, Levi	10	Heartland Ch	25.61 1
7 Stearns, Cooper	10	East Mills	25.85
8 Wagner, Brenden	09	Woodbine	26.15
9 Kling, Lawson	11	Fremont-Mill	26.15
10 Forney, Sawyer	09	Fremont-Mill	26.59
11 Gibbs, Brody	10	Stanton	26.89
12 Lewis, Elijah	11	Heartland Ch	26.98
13 Thompson, Treyvein	09	Shenandoah	27.41
14 Kline, Ashon	09	Essex	27.83
15 Reynolds, Dylan	09	Stanton	27.83
16 Updegraff, Nick	11	East Mills	28.31
17 Lang, Austin	09	Sidney	28.46
18 Sholes, Isaiah	09	Essex	28.84
19 Ford, Vincent	09	Shenandoah	29.32
20 Colwell, Aaron	10	Woodbine JV	29.46
21 Lickliter, Silas	11	Heartland Ch	29.96
22 Lopez, Daniel	10	Heartland Ch	30.80
23 Andrew, Christopher	10	Ia School De	32.51
24 O'Brien, Cooper	09	Shenandoah	32.82
25 Allen, Zooye	10	Stanton	34.62
--- Cline, Cameron	12	Woodbine	X25.10

Fremont-Mills HS Last Chance - 5/8/2023

**Tabor
Results**

Boys 400 Yard Dash Wheelchair

Name	Yr	School	Finals
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Finals

1	Steng, Titus	09	Shenandoah	J1:26.92
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Boys 400 Meter Dash

Name	Yr	School	Finals
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Finals

1	Bryant, Will	11	Sidney	53.13	10
2	Mendenhall, Wyatt	09	Southwest Va	55.86	8
3	Forney, Sawyer	09	Fremont-Mill	1:00.42	6
4	Brennan, Colton	12	Heartland Ch	1:00.60	4
5	Barrett, Steven	11	East Mills	1:00.83	2
6	Colwell, Aaron	10	Woodbine JV	1:02.62	1
7	Kline, Ashon	09	Essex	1:04.14	
8	McQueen, Logan	10	Stanton	1:05.77	
9	Cline, Matt	10	Woodbine JV	1:07.79	
10	Ford, Vincent	09	Shenandoah	1:07.94	
11	Williams, Jordan	10	East Mills	1:09.19	
12	Holtmyer, Michael	09	Heartland Ch	1:09.20	
13	Babe, Tyler	09	Shenandoah	1:09.72	
14	Holmes, Brody	11	Stanton	1:09.76	
15	Sholes, Isaiah	09	Essex	1:11.65	
16	Ethofer, Kaleb	09	Fremont-Mill	1:13.64	

Boys 800 Meter Run

Name	Yr	School	Finals
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Finals

1	Tremel, Thomas	11	Woodbine	2:10.03	10
2	Mastin, Layne	11	East Mills	2:10.60	8
3	Wagner, Gunner	10	Woodbine	2:17.42	6
4	Seipold, Walter	10	East Mills	2:21.25	4
5	Sanchez, Sam	09	Fremont-Mill	2:28.47	2
6	Little Thunder, Damien	10	Shenandoah	2:28.93	1
7	Carter, Anderson	09	Fremont-Mill	2:35.32	
8	McQueen, Logan	10	Stanton	2:40.17	
9	Fetter, Bronx	12	Heartland Ch	2:42.23	
10	Baldwin, Wyatt	12	Shenandoah	2:52.37	
11	Anderson, Keaton	10	Essex	3:29.27	

Boys 1600 Meter Run

Name	Yr	School	Finals
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Finals

1	Vennink, Lane	12	Woodbine	4:52.44	10
2	Buttry, Andreas	10	Sidney	5:17.00	8
3	McDonald, James	10	Stanton	5:19.96	6
4	Obermiller, Anthony	12	East Mills	5:30.96	4
5	Rodewald, Rafe	11	Shenandoah	5:31.54	2
6	Estrada, Evan	10	Woodbine JV	5:40.67	1
7	Murdock, Connor	09	Woodbine JV	5:49.08	
8	Foster, Kaden	10	Fremont-Mill	6:00.86	
9	Hopf, Evan	11	Stanton	6:13.95	
10	Holtmyer, Michael	09	Heartland Ch	6:29.23	
11	Boswell, Ashton	09	Southwest Va	6:32.68	
12	Eddy, Quaid	09	Southwest Va	6:32.69	

13	Baldwin, Wyatt	12	Shenandoah	6:47.84
14	Anderson, Keaton	10	Essex	6:59.91
15	Fetter, Bronx	12	Heartland Ch	6:59.91

Boys 3200 Meter Run

Name	Yr	School	Finals
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Finals

1	Wagner, Gunner	10	Woodbine	10:48.25	10
2	Tremel, Thomas	11	Woodbine	11:34.48	8
3	Lemons, Ike	12	Fremont-Mill	11:49.26	6
4	Kellogg, Dalton	11	Shenandoah	12:02.96	4
5	Estrada, Evan	10	Woodbine JV	12:12.57	2
6	Kellogg, Dylan	11	Shenandoah	12:13.82	1
7	Murdock, Connor	09	Woodbine JV	12:42.78	
8	Johnson, Camryn	11	East Mills	12:51.71	
9	Allen, Zooey	10	Stanton	13:58.79	
10	Eddy, Quaid	09	Southwest Va	14:12.61	
11	Boswell, Ashton	09	Southwest Va	14:53.32	
12	Anderson, Keaton	10	Essex	16:32.75	

Boys 110 Meter Hurdles

Name	Yr	School	Finals
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Finals

1	Embree, Peyton	12	East Mills	15.71	10
2	Linkenhoker, JW	09	Fremont-Mill	15.96	8
3	Grebin, Nolan	11	Stanton	16.05	6
4	Thoreson, Andrew	12	Woodbine	16.85	4
5	Pearson, Evan	11	Southwest Va	17.93	2
6	Embree, Jackson	10	East Mills	18.04	1
7	Brown, Ian	11	Southwest Va	18.23	
8	Matusik, Matthew	10	Woodbine	18.36	
9	Schaaf, Blake	09	Fremont-Mill	19.08	
10	Anderson, Levi	10	Heartland Ch	19.09	
11	Ryerson, Luke	12	Woodbine JV	19.33	
12	Allen, Trystan	09	Heartland Ch	20.93	

Boys 400 Meter Hurdles

Name	Yr	School	Finals
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Finals

1	Grebin, Nolan	11	Stanton	1:01.28	10
2	Wingert, Owen	10	Woodbine	1:04.51	8
3	Moutray, Matthew	09	Shenandoah	1:04.87	6
4	Schaaf, Blake	09	Fremont-Mill	1:06.23	4
5	Swank, Hunter	10	Shenandoah	1:08.81	2
6	Williams, Jordan	10	East Mills	1:20.80	1
7	Gray, Josiah	10	Heartland Ch	1:20.85	
8	Hagen, Cooper	09	East Mills	1:21.66	
9	Lewis, Elijah	11	Heartland Ch	1:24.02	

Boys 4x100 Meter Relay

Team	Relay	Finals
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Finals

1	Shenandoah	A	45.21	10
	1) Dukes, Hunter 11	2) Razee, Alex 11		
	3) Graham, Cole 09	4) Shaw, Tysen 12		

Fremont-Mills HS Last Chance - 5/8/2023

**Tabor
Results**

Finals ... (Boys 4x100 Meter Relay)

Team	Relay	Finals	
2 East Mills	A	45.87	8
1) Stortenbecker, Ryan 12	2) Thornburg, Zach 11		
3) Crouse, Mason 12	4) Haley, Matthew 10		
3 Sidney	A	46.79	6
1) Peters, Ethan 12	2) Godfread, Braedon 10		
3) Hensley, Michael 10	4) Bryant, Will 11		
4 Woodbine	A	47.65	4
1) Thoreson, Andrew 12	2) Wagner, Brenden 09		
3) Reed, Dillon 09	4) Pryor, Brodyn 09		
5 Fremont-Mills	A	48.30	2
1) VanHouten, Paxten 12	2) Rycroft, Carter 09		
3) Ekpai, Jonathan 09	4) VanHouten, Payten 12		
6 Stanton	A	49.77	1
1) Ford, Gavin 10	2) Wookey, Jonan 12		
3) Gibbs, Brody 10	4) Showalter, Simon 10		
7 Sidney	B	50.64	
1) Stenzel, Aiden 09	2) Gardner, Phillip 11		
3) Smith, Cade 10	4) Wallace, Chace 12		
8 Woodbine JV	A	51.61	
1) Freund, Joe 09	2) Tremel, Matthew 09		
3) Fitchhorn, Landon 11	4) Ryerson, Luke 12		
9 Stanton	B	54.66	
1) Carpenter, Preston 11	2) Sowers, Brodee 09		
3) Reynolds, Dylan 09	4) Holmes, Brody 11		
10 Shenandoah	B	56.19	
1) O'Brien, Cooper 09	2) Ford, Vincent 09		
3) Nokes, Owen 09	4) Sample, Beau 09		
11 Heartland Christ	A	56.94	
1) Gray, Josiah 10	2) Lopez, Daniel 10		
3) Fetter, Ra J 10	4) Lickliter, Silas 11		

Boys 4x200 Meter Relay

Team	Relay	Finals	
1 East Mills	A	1:35.53	10
1) Thornburg, Zach 11	2) Haley, Matthew 10		
3) Urban, Caleb 10	4) McGrew, Davis 12		
2 Sidney	A	1:39.17	8
1) Peters, Ethan 12	2) Hensley, Michael 10		
3) Godfread, Braedon 10	4) Mount, Tate 09		
3 Shenandoah	A	1:39.32	6
1) Martin, Xavier 10	2) Shaw, Tysen 12		
3) McManis, Zane 09	4) Graham, Cole 09		
4 Fremont-Mills	A	1:42.67	4
1) VanHouten, Paxten 12	2) Rycroft, Carter 09		
3) Ekpai, Jonathan 09	4) VanHouten, Payten 12		
5 Stanton	A	1:42.94	2
1) Showalter, Simon 10	2) French, Logan 11		
3) Gibbs, Brody 10	4) Wookey, Jonan 12		
6 Southwest Valley	A	1:48.06	1
1) Hogan, Cael 09	2) Fast, Evan 09		
3) Pearson, Evan 11	4) Wetzal, Gavin 09		

7 Sidney	B	1:49.69	
1) Gardner, Phillip 11	2) Wallace, Chace 12		
3) Stenzel, Aiden 09	4) Smith, Cade 10		
8 Heartland Christ	A	1:57.17	
1) Gray, Josiah 10	2) Dingus, Brady 10		
3) Lopez, Daniel 10	4) Andersen, Gavin 12		
9 Stanton	B	2:04.01	
1) Grebin, Rylan 09	2) Carpenter, Preston 11		
3) Hopf, Evan 11	4) Reynolds, Dylan 09		
--- Shenandoah	B	X1:43.41	
1) Foster, Treyten 09	2) Smithhisler (Clark), River 10		
3) Thompson, Treyvein 09	4) Swank, Hunter 10		
--- Fremont-Mills	B	X1:45.46	
1) SchAAF, Blake 09	2) Sanchez, Sam 09		
3) Kling, Lawson 11	4) Forney, Sawyer 09		

Boys 4x400 Meter Relay

Team	Relay	Finals	
1 East Mills	A	3:36.21	10
1) McGrew, Davis 12	2) Urban, Caleb 10		
3) Mastin, Layne 11	4) Embree, Peyton 12		
2 Stanton	A	3:45.50	8
1) French, Logan 11	2) Wookey, Jonan 12		
3) Martin, Joshua 12	4) Grebin, Nolan 11		
3 Woodbine	A	3:46.43	6
1) Burgmeyer, Trey 11	2) Walsh, Colton 12		
3) Cline, Cameron 12	4) Reed, Dillon 09		
4 Sidney	A	3:52.06	4
1) Payne, Kolt 10	2) Hensley, Michael 10		
3) Mount, Tate 09	4) Bryant, Will 11		
5 Fremont-Mills	A	3:55.49	2
1) Linkenhoker, Dylan 11	2) Linkenhoker, JW 09		
3) Sanchez, Sam 09	4) Baker, Landon 10		
6 Heartland Christ	A	4:03.92	1
1) Anderson, Levi 10	2) Brennan, Colton 12		
3) Andersen, Gavin 12	4) Dingus, Brady 10		
7 Shenandoah	A	4:10.85	
1) Mick, Braden 10	2) Kellogg, Dalton 11		
3) Babe, Tyler 09	4) Kellogg, Dylan 11		

Boys 4x800 Meter Relay

Team	Relay	Finals	
1 East Mills	A	9:14.20	10
1) Seipold, Walter 10	2) Urban, Caleb 10		
3) Barrett, Steven 11	4) Mastin, Layne 11		
2 Shenandoah	A	10:13.97	8
1) Rodewald, Rafe 11	2) Little Thunder, Damien 10		
3) Mick, Braden 10	4) Babe, Tyler 09		
3 Stanton	A	10:29.61	6
1) McDonald, James 10	2) Carpenter, Preston 11		
3) Hopf, Evan 11	4) McQueen, Logan 10		
4 Heartland Christ	A	10:34.97	4
1) Andersen, Gavin 12	2) Holtmyer, Michael 09		
3) Lickliter, Silas 11	4) Dingus, Brady 10		

Fremont-Mills HS Last Chance - 5/8/2023

**Tabor
Results**

Finals ... (Boys 4x800 Meter Relay)

Team	Relay	Finals
5 Fremont-Mills	A	10:52.58 2
1) Harris, Cade 09	2) Carter, Anderson 09	
3) Dines, Ethan 09	4) Foster, Kaden 10	

Boys 800 Sprint Medley

Team	Relay	Finals
Finals		
1 East Mills	A	1:40.67 10
1) Thornburg, Zach 11	2) Crouse, Mason 12	
3) Haley, Matthew 10	4) McGrew, Davis 12	
2 Sidney	A	1:43.89 8
1) Peters, Ethan 12	2) Godfread, Braedon 10	
3) Payne, Kolt 10	4) Hensley, Michael 10	
3 Shenandoah	A	1:45.91 6
1) Martin, Xavier 10	2) Foster, Treyten 09	
3) Labrum, Ben 12	4) Johnson, Ayden 09	
4 Fremont-Mills	A	1:46.15 4
1) VanHouten, Paxten 12	2) Madison, Lucas 11	
3) Linkenhoker, JW 09	4) Linkenhoker, Dylan 11	
5 Woodbine	A	1:47.17 2
1) Cline, Cameron 12	2) Walsh, Colton 12	
3) Wingert, Owen 10	4) Vennink, Lane 12	
6 Stanton	A	1:50.08 1
1) French, Logan 11	2) Ford, Gavin 10	
3) Wookey, Jonan 12	4) Showalter, Simon 10	
7 Southwest Valley	A	1:51.63
1) Hogan, Cael 09	2) Sitzman, KC 11	
3) Mendenhall, Wyatt 09	4) Wetzel, Gavin 09	
8 Woodbine JV	A	1:53.24
1) Fitchhorn, Landon 11	2) Cline, Matt 10	
3) Freund, Joe 09	4) Colwell, Aaron 10	
9 Heartland Christ	A	1:56.76
1) Brennan, Colton 12	2) Dingus, Brady 10	
3) Lewis, Elijah 11	4) Fetter, Bronx 12	

Boys Distance Medley

Team	Relay	Finals
Finals		
1 Woodbine	A	4:03.96 10
1) Burgmeyer, Trey 11	2) Matusik, Matthew 10	
3) Wingert, Owen 10	4) Pryor, Brodyn 09	
2 Fremont-Mills	A	4:09.39 8
1) VanHouten, Paxten 12	2) VanHouten, Payten 12	
3) Linkenhoker, Dylan 11	4) Lemonds, Ike 12	
3 Stanton	A	4:10.73 6
1) Yeager, Max 10	2) Grebin, Rylan 09	
3) French, Logan 11	4) McDonald, James 10	
4 Shenandoah	A	4:12.56 4
1) Martin, Xavier 10	2) Johnson, Ayden 09	
3) McManis, Zane 09	4) Mick, Braden 10	
5 Sidney	A	4:16.16 2
1) Stenzel, Aiden 09	2) Payne, Kolt 10	
3) Bell, Flynt 09	4) Buttry, Andreas 10	

6 East Mills	A	4:34.84 1
1) Updegraff, Nick 11	2) Stearns, Cooper 10	
3) Wray, Brodyn 12	4) Obermiller, Anthony 12	
7 Southwest Valley	A	4:53.14
1) Brown, Ian 11	2) Fast, Evan 09	
3) Wetzel, Gavin 09	4) Hartman, Riley 10	

Boys 4x110 Meter Shuttle Hurdle

Team	Relay	Finals
Finals		
1 East Mills	A	1:05.23 10
1) Stortenbecker, Ryan 12	2) McGrew, Davis 12	
3) Embree, Jackson 10	4) Embree, Peyton 12	
2 Fremont-Mills	A	1:06.61 8
1) Madison, Lucas 11	2) Baker, Landon 10	
3) VanHouten, Payten 12	4) Linkenhoker, JW 09	
3 Woodbine	A	1:07.33 6
1) Matusik, Matthew 10	2) Thoreson, Andrew 12	
3) Butrick, Hayden 09	4) Cline, Cameron 12	
4 Southwest Valley	A	1:08.44 4
1) Hartman, Riley 10	2) Brown, Ian 11	
3) Pearson, Evan 11	4) Mendenhall, Wyatt 09	
5 Stanton	A	1:10.27 2
1) Grebin, Nolan 11	2) Carpenter, Preston 11	
3) Ford, Gavin 10	4) Martin, Joshua 12	
6 Shenandoah	A	1:14.81 1
1) Labrum, Ben 12	2) Shaw, Tysen 12	
3) Moutray, Matthew 09	4) Swank, Hunter 10	
7 Heartland Christ	A	1:26.88
1) Fetter, Bronx 12	2) Gray, Josiah 10	
3) Fetter, Ra J 10	4) Allen, Trystan 09	

Boys High Jump

Name	Yr	School	Finals
Finals			
1 Stenzel, Aiden	09	Sidney	J5-08.00 10
2 Sholes, Isaiah	09	Essex	J5-04.00 8
3 Wetzel, Gavin	09	Southwest Va	J5-04.00 6
4 Martin, Joshua	12	Stanton	J5-04.00 4
5 Thompson, Treyvein	09	Shenandoah	J5-00.00 2
6 Allen, Trystan	09	Heartland Ch	J5-00.00 1
--- Mendenhall, Wyatt	09	Southwest Va	NH
--- Ryerson, Luke	12	Woodbine	NH

Boys Long Jump

Name	Yr	School	Finals
Finals			
1 Thoreson, Andrew	12	Woodbine	18-07.75 10
2 Ford, Gavin	10	Stanton	18-00.00 8
3 Brennan, Colton	12	Heartland Ch	16-08.50 6
4 Ekpai, Jonathan	09	Fremont-Mill	16-05.75 4
5 Kline, Ashon	09	Essex	16-04.75 2
6 Fast, Evan	09	Southwest Va	16-03.75 1
7 Swank, Hunter	10	Shenandoah	16-02.50
8 Hogan, Cael	09	Southwest Va	15-11.50
9 Matusik, Matthew	10	Woodbine	15-11.00

Fremont-Mills HS Last Chance - 5/8/2023

**Tabor
Results**

Finals ... (Boys Long Jump)

Name	Yr	School	Finals
10 Foster, Treyten	09	Shenandoah	14-03.00
11 Salmons, Teegyn	11	Hamburg	12-09.00
12 Updegraff, Nick	11	East Mills	10-11.00
13 Seaman, Cash	10	Essex	10-10.00

Boys Shot Put

Name	Yr	School	Finals
Finals			
1 Laughlin, Tyler	12	Shenandoah	49-03.00 10
2 Marvel, Cooper	11	Fremont-Mill	48-06.50 8
3 Pryor, Jax	09	Woodbine	45-03.75 6
4 Mullen, Theron	10	Southwest Va	44-07.00 4
5 Kelley, Gavin	11	Woodbine	40-02.00 2
6 Long, Kemper	12	Shenandoah	39-08.00 1
7 Racine, Tony	11	Essex	39-06.50
8 Nokes, Owen	09	Shenandoah	38-11.00
9 Brandt, Caleb	11	Fremont-Mill	37-09.00
10 Sample, Beau	09	Shenandoah	37-06.00
11 Grebin, Rylan	09	Stanton	35-08.25
12 Holmes, Brody	11	Stanton	35-03.50
13 Dovel, Mason	10	Sidney	34-02.50
14 Fitchhorn, Landon	11	Woodbine JV	33-00.50
15 Peters, Nik	12	Sidney	33-00.00
16 Seaman, Cash	10	Essex	32-11.00
17 Inman, Lucas	09	Southwest Va	32-10.00
18 Fetter, Ra J	10	Heartland Ch	29-00.50
19 Lindmier, Evan	10	Woodbine JV	28-03.00
20 Aradanas, Damien	09	Essex	26-02.00
21 Lopez, Daniel	10	Heartland Ch	25-11.00
22 Promnitz, Glenn	09	Woodbine JV	25-06.75
23 Holtmyer, Michael	09	Heartland Ch	25-03.00

Boys Discus Throw

Name	Yr	School	Finals
Finals			
1 Laughlin, Tyler	12	Shenandoah	169-09.50 10
2 Pryor, Jax	09	Woodbine	138-02 8
3 Kelley, Gavin	11	Woodbine	137-09 6
4 Marvel, Cooper	11	Fremont-Mill	133-08 4
5 Long, Kemper	12	Shenandoah	129-03 2
6 Dovel, Mason	10	Sidney	115-07 1
7 Peters, Nik	12	Sidney	112-00
8 Brandt, Caleb	11	Fremont-Mill	111-05
9 Mullen, Theron	10	Southwest Va	110-01.50
10 Inman, Lucas	09	Southwest Va	106-03
11 Sample, Beau	09	Shenandoah	103-06
12 Gibbs, Brody	10	Stanton	96-09
13 Fetter, Ra J	10	Heartland Ch	95-01.50
14 Sowers, Brodee	09	Stanton	92-03
15 Racine, Tony	11	Essex	91-08
16 Nokes, Owen	09	Shenandoah	84-01
17 McLaughlin, Jordan	10	Fremont-Mill	81-06.50
18 Tremel, Matthew	09	Woodbine JV	70-07.50
19 Promnitz, Glenn	09	Woodbine JV	70-06

20	Aradanas, Damien	09	Essex	69-08.50
21	Allen, Trystan	09	Heartland Ch	64-08.50
22	Lindmier, Evan	10	Woodbine JV	55-06.50

Women - Team Rankings - 19 Events Scored

1)	Fremont-Mills	156
2)	Woodbine	98
3)	East Mills	87
4)	Stanton	65
5)	Shenandoah	55
6)	Southwest Valley	49
7)	Heartland Christ	30
8)	Sidney	25
9)	Essex	14

Men - Team Rankings - 22 Events Scored

1)	Woodbine	126
2)	East Mills	107
3)	Shenandoah	94
4)	Fremont-Mills	73
5)	Stanton	62
6)	Sidney	57
7)	Southwest Valley	38
8)	Heartland Christ	17
9)	Essex	10
10)	Woodbine JV	4