

Bruce Henderson Invitational - 5/1/2023**Atlantic High School****Results****Girls 100 Meter Dash**

Name	Year School	Seed	Finals	H#	Points
Finals					
1 Koontz, Allison	Glenwood	12.87	12.74	3	10
2 Watkins, Ava	Cb, A Lincoln	12.91	12.81	3	8
3 Cole, Taylor	Clarinda	13.51	13.19	3	6
4 Holcombe, Hailey	Cb, A Lincoln	13.69	13.69	3	5
5 Jobe, Presley	Clarinda	13.80	13.88	3	4
6 Bladt, Haley	Harlan	14.91	13.95	2	3
7 Pokorny, Braylee	Creston	14.01	14.01	3	2
8 Phippen, Jersey	Atlantic	14.58	14.02	2	1
9 Roenfeldt, Taylor	Glenwood	14.15	14.06	3	
10 Humphrey, Irrys	Shenandoah	14.61	14.29	2	
11 Monson, Ava	Harlan	15.08	14.47	2	
12 Williams, Aliyah	Atlantic	14.95	14.60	2	
13 Hochstein, Kiera	St. Albert, CB	14.75	14.75	2	
14 Riley, Maylee	Creston	14.43	14.81	3	
15 Moore, Adrienne	Shenandoah	15.07	15.37	2	
16 Neville, Athena	Cb, T Jefferson	16.50	16.43	1	
17 Kroupa, Versace	Cb, T Jefferson	17.01	17.04	1	
18 Schuman, Hannah	Lewis Central	18.71	18.87	1	
-- McEntaffer, Jocelyn	Atlantic	15.40	X15.19	2	

Girls 200 Meter Dash

Name	Year School	Seed	Finals	H#	Points
1 Arnold, Danika	Glenwood	26.56	26.54	3	10
2 Koontz, Allison	Glenwood	27.00	27.14	3	8
3 O'Neal, Jocelyn	Red Oak	27.31	27.23	3	6
4 Huffman, Hailey	Atlantic	27.87	27.36	3	5
5 Watkins, Ava	Cb, A Lincoln	27.39	27.38	3	4
6 Schwieso, Aubrey	Harlan	28.15	28.00	3	3
7 Rau, Hutson	Cb, A Lincoln	27.64	28.55	3	2
8 Underwood, Avah	St. Albert, CB	29.13	29.16	3	1
9 Cole, Maddie	Clarinda	29.79	29.58	2	
10 Riley, Maylee	Creston	29.90	30.23	2	
11 Wesack, Kylie	St. Albert, CB	30.29	30.44	2	
12 Schmadeke, Hope	Red Oak	30.97	30.75	2	
13 Hagen, Taylee	Atlantic	30.12	30.77	2	
14 Monson, Ava	Harlan	30.23	30.94	2	
15 Hanson, Brianne	Cb, T Jefferson	32.36	32.04	1	
16 Dumler, Abbey	Shenandoah	32.97	32.85	1	
17 Tussey, Brynn	Creston	32.87	33.38	1	
18 Moore, Adrienne	Shenandoah	31.00	34.16	1	

Girls 400 Meter Dash

Name	Year School	Seed	Finals	H#	Points
1 Rush, Ava	Atlantic	59.62	1:00.08	2	10
2 Schultz, Brooklyn	Glenwood	1:00.74	1:02.24	2	8
3 Arnold, Danika	Glenwood	1:01.90	1:02.37	2	6
4 O'Neal, Jocelyn	Red Oak	1:01.07	1:02.60	2	5
5 Huffman, Mariah	Atlantic	1:02.77	1:02.95	2	4

Bruce Henderson Invitational - 5/1/2023**Atlantic High School****Results****....Girls 400 Meter Dash**

6	Schechinger, Lily	Harlan	1:06.40	1:07.42	2	3
7	Pokorny, Braylee	Creston	1:07.61	1:07.85	2	2
8	Sonderman, Paige	Harlan	1:08.28	1:08.22	1	1
9	Holt, Addison	Lewis Central	1:07.00	1:08.68	2	
10	Kafka, Madison	Lewis Central	1:11.47	1:10.65	1	
11	Holcombe, Hailey	Cb, A Lincoln	1:08.93	1:11.64	1	
12	Nunez, Hanna	Cb, T Jefferson	1:15.30	1:13.94	1	
13	Corbetta, Sara	Cb, A Lincoln	1:17.91	1:18.78	1	
14	Freeman, Abby	Creston	1:17.65	1:22.83	1	

Girls 800 Meter Run

Name	Year	School	Seed	Finals	H#	Points
1	Hartley, Mayson	Clarinda	2:25.14	2:21.69	2	10
2	Petersen, Breckyn	Glenwood	2:25.69	2:24.93	2	8
3	Sonderman, Lindsey	Harlan	2:30.62	2:29.33	2	6
4	Rush, Ava	Atlantic	2:23.05	2:29.74	2	5
5	Schechinger, Brylee	Harlan	2:42.85	2:38.78	2	4
6	Wise, Molly	St. Albert, CB	2:37.06	2:40.32	2	3
7	Kepler Thomason, KayLynn	Cb, A Lincoln	2:41.39	2:42.99	2	2
8	Newman, Averi	Glenwood	2:46.01	2:46.31	2	1
9	Naughton, Addie	Cb, A Lincoln	2:50.33	2:48.99	1	
10	Strunk, Sydney	Creston	2:50.26	2:54.28	2	
11	Wiederstein, Claire	Atlantic	2:56.27	2:54.96	1	
12	Johnsen, Payton	St. Albert, CB	2:53.48	2:56.54	1	
13	Grass, Michelle	Red Oak	3:01.38	3:01.22	1	
14	Muff, Richlyn	Clarinda	3:04.76	3:05.04	1	
15	Lemus, Eleana	Cb, T Jefferson	3:05.00	3:06.19	1	
16	Dickerson, Mallory	Shenandoah	3:09.70	3:07.95	1	
17	Jager, Jamie	Lewis Central	3:38.99	3:43.41	1	
--	Nicholas, Avery	Atlantic	3:06.00	X3:13.12	1	

Girls 1500 Meter Run

Name	Year	School	Seed	Finals	Points
1	Denton, Lili	St. Albert, CB	5:10.86	5:07.83	10
2	Pellett, Claire	Atlantic	5:02.91	5:14.24	8
3	Egbert, Hailey	Shenandoah	5:24.67	5:22.72	6
4	Gessert, Jenna	Harlan	5:34.86	5:32.06	5
5	Duncan, Reese	St. Albert, CB	5:31.43	5:33.84	4
6	Hughes, Haylee	Glenwood	5:43.05	5:35.62	3
7	Bussey, Ava	Lewis Central	5:43.59	5:45.53	2
8	Johnson, Ruby	Cb, A Lincoln	5:38.85	5:57.65	1
9	Wait, Olivia	Lewis Central	5:56.17	6:04.04	
10	Higgins, Hannah	Clarinda	6:45.55	6:11.09	
11	Strunk, Mia	Creston	6:22.01	6:13.48	
12	Wingert, Lauren	Harlan	6:15.45	6:21.45	
13	Johnson, Emma	Glenwood	6:04.59	6:24.23	
14	Neville, Athena	Cb, T Jefferson	6:07.47	6:26.08	
15	Fitch, Sonia	Cb, A Lincoln	6:21.49	6:26.50	

Bruce Henderson Invitational - 5/1/2023**Atlantic High School****Results****Girls 3000 Meter Run**

Name	Year School	Seed	Finals	Points
1 Sonderman, Lindsey	Harlan	10:51.44	11:10.55	10
2 Egbert, Hailey	Shenandoah	11:23.15	11:35.10	8
3 Duncan, Reese	St. Albert, CB	12:07.77	12:02.18	6
4 Johnson, Ruby	Cb, A Lincoln	12:10.10	12:47.22	5
5 Hunter, Maya	Clarinda	12:48.61	12:53.22	4
6 Walton, Halle	Cb, A Lincoln	12:57.48	12:58.11	3
7 Johnson, Emma	Glenwood	15:41.88	14:00.87	2
8 Comes, Lola	Atlantic	14:19.50	14:08.58	1
9 Wingert, Lauren	Harlan	14:21.42	14:20.96	
10 Brosam, Laney	Atlantic		15:08.67	

Girls 100 Meter Hurdles

Name	Year School	Seed	Finals	H#	Points
1 Denton, Chloe	Shenandoah	15.52	15.36	3	10
2 Clemmer, Carlie	Glenwood	15.95	15.88	3	8
3 Reed, Jayci	Atlantic	15.65	16.26	3	6
4 Schmitz, Jaylee	Harlan	17.38	17.09	3	5
5 Lantz, Kate	Shenandoah	17.25	17.21	3	4
6 Nordyke, Bailey	Clarinda	17.89	17.43	2	3
7 Martin, Makalya	Cb, T Jefferson	17.28	17.44	3	2
8 O' Doniel, Karyssa	Lewis Central	17.22	17.63	3	1
9 Bailey, Kadley	Creston	17.78	17.88	2	
10 May, Paige	Clarinda	18.07	17.98	2	
11 Williams, Olivia	Cb, A Lincoln	17.68	18.28	3	
12 Girres, Preslie	Cb, A Lincoln	18.08	18.39	2	
13 Bruce, Adler	Atlantic	18.34	18.55	2	
14 Yale, Destiny	Glenwood	19.60	18.97	1	
15 Wesack, Kylie	St. Albert, CB	18.67	18.99	2	
16 Sonderman, Paige	Harlan	18.30	19.36	2	
17 Sallach, Brinkly	Red Oak	19.29	19.46	1	
18 Travis, Grace	Creston	18.44	19.50	2	
19 Mullenix, Elise	Lewis Central	19.91	19.56	1	
-- Knuth, Avery	Atlantic	19.82	X19.10	1	
-- Williams, Aliyah	Atlantic	19.32	X19.28	1	

Girls 400 Meter Hurdles

Name	Year School	Seed	Finals	H#	Points
1 Botos, Morgan	Atlantic	1:09.24	1:10.24	2	10
2 Mullenix, Chloe	Atlantic	1:11.08	1:12.22	2	8
3 Paup, Doryn	Creston	1:12.15	1:13.41	2	6
4 Broeckelman, Abby	Harlan	1:13.36	1:14.66	2	5
5 Girres, Preslie	Cb, A Lincoln	1:16.38	1:15.84	1	4
6 O' Doniel, Karyssa	Lewis Central	1:15.06	1:17.07	2	3
7 Hughes, Kate	Glenwood	1:18.00	1:17.60	1	2
8 Sonderman, Paige	Harlan	1:16.22	1:17.61	2	1
9 LaSale, Abby	Cb, A Lincoln	1:07.23	1:18.04	2	
10 Kahl, Kayden	Glenwood	1:18.00	1:20.01	1	
11 Martin, Makalya	Cb, T Jefferson	1:16.42	1:24.64	1	
12 Sallach, Brinkly	Red Oak	1:21.75	1:25.37	1	

Bruce Henderson Invitational - 5/1/2023**Atlantic High School****Results****....Girls 400 Meter Hurdles**

13 Gordon, Kambry	Clarinda	1:21.70	1:27.50	1
-------------------	----------	---------	---------	---

Girls 4x100 Meter Relay

School	Seed	Finals	H#	Points
1 Atlantic 'A'	51.41	53.33	2	10
1) Huffman, Hailey	2) Wiederstein, Lila			
3) Middents, Nicole	4) Reed, Jayci			
2 Glenwood 'A'	55.00	53.78	2	8
1) Dougherty, Elaina	2) Duran, Keisi			
3) Fichter, Addison	4) Richards, Ella			
3 Shenandoah 'A'	53.18	53.85	2	6
1) Rogers, Caroline	2) Denton, Chloe			
3) Burdorf, Jenna	4) Lantz, Kate			
4 Harlan 'A'	53.29	55.14	2	5
1) Stork, Kami	2) Ineson, Samantha			
3) Smith, Dani	4) Schmitz, Jaylee			
5 Red Oak 'A'	55.17	55.79	2	4
1) Joint, Alexis	2) Gray, Marley			
3) Wendt, Tori	4) O'Neal, Jocelyn			
6 Lewis Central 'A'	58.00	57.77	1	3
1) Heller, Avery	2) Werklund, Lillian			
3) Johnston, Addie	4) Merksick, Stacy			
7 Cb, A Lincoln 'A'	52.31	58.07	2	2
1) Holcombe, Hailey	2) Corbetta, Sara			
3) Witt, Tana	4) Williams, Olivia			
8 Creston 'A'	56.51	58.34	2	1
1) Bailey, Kadley	2) Travis, Grace			
3) Clayton, Karter	4) Chesnut, Nevaeh			
9 Cb, T Jefferson 'A'	57.99	1:02.20	1	
1) Wieland, Cierra	2) Morris, Iliana			
3) Hanson, Brianne	4) Mayfield, Keyonnie			
-- Clarinda 'A'	51.45	DQ	2	
1) Cole, Taylor	2) Meier, Aly			
3) Nordyke, Bailey	4) Knight, Jerzee			
-- Atlantic 'C'		X58.57	1	
1) Potts, Anna	2) McEntaffer, Jocelyn			
3) Pellett, Callee	4) Atkinson, Makayla			
-- Atlantic 'B'		X59.14	1	
1) Williams, Aliyah	2) Hagen, Taylee			
3) Knuth, Avery	4) Bruce, Adler			

Girls 4x200 Meter Relay

School	Seed	Finals	H#	Points
1 Cb, A Lincoln 'A'	1:48.04	1:51.97	2	10
1) Watkins, Ava	2) Rau, Hutson			
3) Sandbothe, Aubrey	4) LaSale, Abby			
2 Harlan 'A'	1:51.85	1:54.54	2	8
1) Stork, Kami	2) Ineson, Samantha			
3) Plagman, Ella	4) Smith, Dani			
3 Atlantic 'A'	1:49.13	1:54.57	2	6
1) Huffman, Hailey	2) Wiederstein, Lila			

Bruce Henderson Invitational - 5/1/2023**Atlantic High School****Results****....Girls 4x200 Meter Relay**

3) Phippen, Jersey	4) Botos, Morgan				
4 Glenwood 'A'		1:55.00	1:58.80	2	5
1) Fichter, Addison	2) Dougherty, Elaina				
3) Roenfeldt, Taylor	4) Crawford, Courtney				
5 Clarinda 'A'		1:49.06	1:59.06	2	4
1) Cole, Maddie	2) Meier, Aly				
3) Wagoner, Addison	4) Jobe, Presley				
6 Lewis Central 'A'		2:00.00	2:03.09	1	3
1) Heller, Avery	2) Werklund, Lillian				
3) Furlow, Madeline	4) Merksick, Stacy				
7 Red Oak 'A'		1:56.11	2:06.20	2	2
1) Joint, Alexis	2) Gray, Marley				
3) Schmadeke, Hope	4) Wendt, Tori				
8 Cb, T Jefferson 'A'		2:02.44	2:08.01	1	1
1) Morris, Iliana	2) Rodriguez, Angelica				
3) Schennach, Lena	4) Hanson, Brianne				
9 Shenandoah 'A'		2:10.00	2:11.71	1	
1) Humphrey, Irrys	2) Moore, Adrienne				
3) Gammell, Rylayne	4) Cochran, Makayla				

Girls 4x400 Meter Relay

School	Seed	Finals	H#	Points
1 Atlantic 'A'	4:07.93	4:12.50	2	10
1) Middents, Nicole	2) Huffman, Mariah			
3) Mullenix, Chloe	4) Rush, Ava			
2 Lewis Central 'A'	4:10.22	4:20.26	2	8
1) Bergman, Maddie	2) James, Irelynn			
3) Kafka, Madison	4) Fidone, Madeline			
3 Harlan 'A'	4:19.64	4:22.74	2	6
1) Sonderman, Lindsey	2) Plagman, Ella			
3) Broeckelman, Abby	4) Schwieso, Aubrey			
4 Glenwood 'A'	4:30.00	4:26.51	2	5
1) Clemmer, Carlie	2) Hughes, Lauren			
3) Schau, Maya	4) Berglund, Madelyn			
5 Cb, A Lincoln 'A'	4:18.00	4:33.72	2	4
1) Sandbothe, Aubrey	2) Kepler Thomason, KayLynn			
3) Rau, Hutson	4) LaSale, Abby			
6 Creston 'A'	4:33.02	4:34.66	2	3
1) Pantini, Emma	2) Turner, Ella			
3) Davis, Payton	4) Paup, Doryn			
7 St. Albert, CB 'A'	4:38.29	4:40.21	2	2
1) Wise, Molly	2) Walter, Madi			
3) Wesack, Kylie	4) Monahan, Ellie			
8 Clarinda 'A'	4:40.00	4:51.28	1	1
1) Kent, Carli	2) Muff, Richlyn			
3) Cole, Ellie	4) Hunter, Maya			
9 Cb, T Jefferson 'A'	4:47.00	4:57.43	1	
1) Wieland, Cierra	2) Rodriguez, Angelica			
3) Nunez, Hanna	4) Schennach, Lena			
-- Atlantic 'B'		X4:41.77	1	
1) Hinman, Delaney	2) Phippen, Jersey			
3) Smith, Abby	4) Wiederstein, Claire			

Bruce Henderson Invitational - 5/1/2023**Atlantic High School****Results****Girls 4x800 Meter Relay**

School	Seed	Finals	Points
1 Atlantic 'A'	10:28.50	10:30.06	10
1) Smith, Abby	2) Huffman, Mariah		
3) Wiederstein, Claire	4) Pellett, Claire		
2 Glenwood 'A'	10:30.00	10:33.91	8
1) Hughes, Lauren	2) Nanfито, Neyla		
3) Schau, Maya	4) Hughes, Haylee		
3 Creston 'A'	10:49.30	11:06.30	6
1) Paup, Doryn	2) Turner, Ella		
3) Pantini, Emma	4) Strunk, Sydney		
4 Cb, A Lincoln 'A'	11:05.24	11:13.02	5
1) Kepler Thomason, KayLynn	2) Billings, Emily		
3) Richardson, Kylie	4) Naughton, Addie		
5 Harlan 'A'	10:34.21	11:14.20	4
1) Elizalde, Maria	2) Schechinger, Brylee		
3) Bieker, Taylor	4) Schechinger, Lily		
6 Lewis Central 'A'	11:19.57	11:15.65	3
1) Holt, Addison	2) Bussey, Ava		
3) Wait, Olivia	4) Skokan, Sydney		
7 Clarinda 'A'	11:31.64	11:57.38	2
1) Muff, Richlyn	2) Higgins, Hannah		
3) Gordon, Kambry	4) Moore, Addison		
8 Red Oak 'A'	12:15.81	12:14.50	1
1) Klepinger, Lainey	2) Sallach, Brinkly		
3) Grass, Michelle	4) Ogden, Iris		

Girls 800 Sprint Medley

School	Seed	Finals	H#	Points
1 Atlantic 'A'	1:52.88	1:53.82	2	10
1) Middents, Nicole	2) Reed, Jayci			
3) Mullenix, Chloe	4) Rush, Ava			
2 Glenwood 'A'	1:53.81	1:56.13	2	8
1) Carda, Zoie	2) Dougherty, Elaina			
3) Schultz, Brooklyn	4) Petersen, Breckyn			
3 Lewis Central 'A'	1:53.28	1:56.67	2	6
1) Heller, Avery	2) James, Irelynn			
3) Bergman, Maddie	4) Fidone, Madeline			
4 St. Albert, CB 'A'	1:54.26	1:58.08	2	5
1) Sherrill, Lydia	2) Walter, Madi			
3) Monahan, Ellie	4) Denton, Lili			
5 Cb, A Lincoln 'A'	1:55.25	1:58.79	2	4
1) Watkins, Ava	2) Holcombe, Hailey			
3) Rau, Hutson	4) Sandbothe, Aubrey			
6 Harlan 'A'	1:57.91	2:01.26	2	3
1) Stork, Kami	2) Ineson, Samantha			
3) Smith, Dani	4) Schwieso, Aubrey			
7 Clarinda 'A'	1:55.39	2:05.37	2	2
1) Cole, Maddie	2) Meier, Aly			
3) Kent, Carli	4) Wagoner, Addison			
8 Red Oak 'A'	2:00.26	2:07.67	2	1
1) Joint, Alexis	2) Gray, Marley			
3) Wendt, Tori	4) Ogden, Iris			

Bruce Henderson Invitational - 5/1/2023**Atlantic High School****Results****....Girls 800 Sprint Medley**

9 Shenandoah 'A'	2:02.71	2:08.00	1
1) Humphrey, Irrys	2) Green, Lynnae		
3) Rogers, Caroline	4) Denton, Chloe		
10 Atlantic 'B'		x2:10.72	1
1) Williams, Aliyah	2) Knuth, Avery		
3) Pellett, Callee	4) Hinman, Delaney		
11 Cb, T Jefferson 'A'	2:11.05	2:19.63	1
1) Morris, Iliana	2) Rodriguez, Angelica		
3) Nunez, Hanna	4) Lemus, Eleana		
12 Atlantic 'C'		x2:21.15	1
1) Atkinson, Makayla	2) Hagen, Taylee		
3) Potts, Anna	4) Nicholas, Avery		
13 Creston 'A'	2:21.50	2:27.67	1
1) Chesnut, Nevaeh	2) Tussey, Brynn		
3) Freeman, Abby	4) Strunk, Mia		

Girls Distance Medley

School	Seed	Finals	H#	Points
1 St. Albert, CB 'A'	4:35.62	4:28.89	2	10
1) Sherrill, Lydia	2) Walter, Madi			
3) Monahan, Ellie	4) Denton, Lili			
2 Atlantic 'A'	4:30.35	4:29.85	2	8
1) Huffman, Hailey	2) Botos, Morgan			
3) Middents, Nicole	4) Pellett, Claire			
3 Glenwood 'A'	4:25.53	4:33.98	2	6
1) Carda, Zoie	2) Richards, Ella			
3) Nanfито, Neyla	4) Berglund, Madelyn			
4 Harlan 'A'	4:35.39	4:38.94	2	5
1) Broeckelman, Abby	2) Schwieso, Aubrey			
3) Sonderman, Lindsey	4) Gessert, Jenna			
5 Cb, T Jefferson 'A'	4:45.00	4:58.54	2	4
1) Martin, Makalya	2) Wieland, Cierra			
3) Lemus, Eleana	4) Schennach, Lena			
6 Clarinda 'A'	4:29.36	5:05.69	2	3
1) Gray, Kelby	2) Cole, Ellie			
3) Moore, Addison	4) Hunter, Maya			
7 Creston 'A'	4:51.24	5:07.70	2	2
1) Bailey, Kadley	2) Clayton, Karter			
3) Turner, Ella	4) Davis, Payton			
8 Red Oak 'A'	5:06.86	5:15.67	1	1
1) Wendt, Tori	2) Gray, Marley			
3) Ogden, Iris	4) Klepinger, Lainey			
9 Cb, A Lincoln 'A'	4:57.92	5:20.43	1	
1) Witt, Tana	2) Grahm, Neveah			
3) Naughton, Addie	4) Billings, Emily			
10 Lewis Central 'A'	5:04.88	5:32.11	1	
1) Alarcon, Gizelle	2) Johnston, Addie			
3) Skokan, Sydney	4) Wait, Olivia			
11 Shenandoah 'A'	4:50.25	5:33.99	2	
1) Cochran, Makayla	2) Dumler, Abbey			
3) Gammell, Rylynn	4) Dickerson, Mallory			

Bruce Henderson Invitational - 5/1/2023**Atlantic High School****Results****Girls 4x100 Meter Shuttle Hurdle**

School	Seed	Finals	H#	Points
1 Atlantic 'A'	1:10.82	1:10.86	2	10
1) Mullenix, Chloe	2) Bruce, Adler			
3) Botos, Morgan	4) Reed, Jayci			
2 Shenandoah 'A'	1:10.43	1:11.78	2	8
1) Lantz, Kate	2) Rogers, Caroline			
3) Burdorf, Jenna	4) Denton, Chloe			
3 Cb, A Lincoln 'A'	1:13.68	1:14.54	2	6
1) LaSale, Abby	2) Girres, Preslie			
3) Williams, Olivia	4) Peterson, Malene			
4 Glenwood 'A'	1:15.00	1:16.90	1	5
1) Crawford, Courtney	2) Hughes, Kate			
3) Kahl, Kayden	4) Stanislav, Lauren			
5 Harlan 'A'	1:14.49	1:18.13	2	4
1) Broeckelman, Abby	2) Sonderman, Paige			
3) Stork, Kami	4) Schmitz, Jaylee			
6 Lewis Central 'A'	1:17.09	1:22.59	1	3
1) O' Doniel, Karyssa	2) Katzer, Olivia			
3) Mullenix, Elise	4) Furlow, Madeline			
7 Creston 'A'	1:16.69	1:26.64	1	2
1) Travis, Grace	2) Clayton, Karter			
3) Chesnut, Nevaeh	4) Bailey, Kadley			

Girls High Jump

Name	Year School	Seed	Finals	Points
1 Underwood, Avah	St. Albert, CB	5-04.00	5-00.00	10
2 Lantz, Kate	Shenandoah	4-10.00	J4-06.00	5.20
2 Merksick, Stacy	Lewis Central	4-08.00	J4-06.00	5.20
2 Duran, Keisi	Glenwood	4-11.00	J4-06.00	5.20
2 Williams, Olivia	Cb, A Lincoln	5-00.00	J4-06.00	5.20
2 Bladt, Haley	Harlan	4-08.00	J4-06.00	5.20
7 Monson, Ava	Harlan	4-08.00	J4-06.00	1.50
7 Fidone, Madeline	Lewis Central	4-10.00	J4-06.00	1.50
9 Wellhausen, Carsen	Clarinda	4-08.00	J4-06.00	
10 Pokorny, Braylee	Creston	4-08.00	J4-06.00	
11 Bruce, Adler	Atlantic	4-08.00	4-04.00	
11 Schmadeke, Hope	Red Oak	4-06.00	4-04.00	
-- Wieland, Cierra	Cb, T Jefferson	4-08.00	NH	

Girls Long Jump

Name	Year School	Seed	Finals	Points
1 Sandbothe, Aubrey	Cb, A Lincoln	17-05.00	17-01.00	10
2 Knight, Jerzee	Clarinda	17-04.00	16-02.00	8
3 O'Neal, Jocelyn	Red Oak	16-10.00	15-10.75	6
4 Wiederstein, Lila	Atlantic	16-08.00	15-10.00	5
5 Meier, Kylie	Clarinda	17-00.00	15-09.00	4
6 Duran, Keisi	Glenwood	16-04.50	15-05.50	3
7 Bergman, Maddie	Lewis Central	16-01.00	15-02.50	2
8 Fichter, Addison	Glenwood	15-10.00	15-01.00	1
9 Furlow, Madeline	Lewis Central	13-11.50	14-07.00	

Bruce Henderson Invitational - 5/1/2023**Atlantic High School****Results****...Girls Long Jump**

10 Schechinger, Lily	Harlan	15-02.00	14-04.50
11 Bladt, Haley	Harlan	14-02.50	13-11.50
12 Martin, Makalya	Cb, T Jefferson	15-03.50	13-10.75
13 Hinman, Delaney	Atlantic	13-01.00	13-03.00
14 Humphrey, Irrys	Shenandoah	14-04.00	12-07.25
15 Sherrill, Lydia	St. Albert, CB	13-08.25	12-03.00
16 Morris, Iliana	Cb, T Jefferson		11-03.25
-- Mayfield, Keyonnie	Cb, T Jefferson	13-04.50	ND
-- Cochran, Makayla	Shenandoah	11-08.00	ND
-- Phippen, Jersey	Atlantic	13-00.00	X12-02.25

Girls Shot Put

Name	Year School	Seed	Finals	Points
1 Matiyow, Jordyn	Lewis Central	38-01.50	36-06.25	10
2 Thramer, Elise	Lewis Central	37-05.25	34-11.00	8
3 Green, Lynnae	Shenandoah	35-07.50	33-10.00	6
4 Rosloniec, Lena	St. Albert, CB	34-01.00	33-04.50	5
5 Jarmon, Brandi	Cb, T Jefferson	32-11.00	33-02.75	4
6 Parker, Aliyah	Shenandoah	33-11.50	32-06.50	3
7 Richter, Abbi	Atlantic	33-00.50	32-00.00	2
8 Olson, Olivia	Atlantic	32-09.50	30-00.25	1
9 Hamilton, Kamryn	Cb, A Lincoln	33-08.00	29-06.50	
10 Stratton, Maddie	Glenwood	31-01.00	29-00.00	
11 Reisz, Kennedy	Harlan	29-05.00	28-10.75	
12 Springman, Cameron	Harlan	29-04.50	28-10.25	
13 Rosloniec, Molli	St. Albert, CB	31-07.75	28-08.50	
14 Tussey, Brynn	Creston	29-10.75	28-06.25	
15 Jimenez Russell, Alexis	Atlantic		x28-02.25	
16 Merrill, Lylly	Clarinda	29-10.00	26-06.75	
17 Vanecek, Joely	Glenwood	28-10.00	26-05.25	
18 Nichols, Mariha	Cb, T Jefferson	26-11.25	26-03.25	
19 Shields, Jasmine	Cb, A Lincoln	29-09.00	25-08.75	
20 Smith, Kaylee	Clarinda	25-05.25	23-07.50	
21 Needham, Chaylee	Creston	23-09.00	23-04.00	

Girls Discus Throw

Name	Year School	Seed	Finals	Points
1 Thramer, Elise	Lewis Central	115-10	108-00	10
2 Richter, Abbi	Atlantic	104-03	106-08	8
3 Paup, Doryn	Creston	109-01	105-00	6
4 Springman, Cameron	Harlan	111-08	103-07	5
5 Matiyow, Jordyn	Lewis Central	102-10	102-01	4
6 Parker, Aliyah	Shenandoah	90-03	99-01	3
7 Hamilton, Kamryn	Cb, A Lincoln	99-10	97-11	2
8 Smith, Maggie	Glenwood	82-03	92-01	1
9 Olson, Olivia	Atlantic	96-03	90-00	
10 Jarmon, Brandi	Cb, T Jefferson	102-00	87-10	
11 Woods, Madeline	Cb, A Lincoln	96-07	87-09	
12 Reisz, Kennedy	Harlan	90-03	84-06	
13 Rosloniec, Molli	St. Albert, CB	88-06	81-02	
14 Howard, Sage	Clarinda	88-09	79-02	

Bruce Henderson Invitational - 5/1/2023**Atlantic High School****Results****....Girls Discus Throw**

15 Jimenez Russell, Alexis	Atlantic		x79-00
16 Durfey, Quinn	Clarinda	88-00	77-08
17 Berning, Lila	Creston	62-11	76-07
18 Rosloniec, Lena	St. Albert, CB	79-11	71-11
19 Nichols, Mariha	Cb, T Jefferson	70-04	56-06
-- Hiller, Abi	Glenwood	114-01	ND

Boys 100 Meter Dash

Name	Year School	Seed	Finals	H#	Points
1 Brown, Tadyn	Clarinda	11.22	11.22	5	10
2 Monahan, Brendan	St. Albert, CB	11.12	11.33	5	8
3 Eggerss, Brehden	Harlan	11.49	11.35	5	6
4 Houser, Tye	Atlantic	11.61	11.60	5	5
5 Couse, Landon	Red Oak	11.43	11.62	5	4
6 Sorfonden, Matthew	Harlan	11.62	11.67	5	3
7 Larson, Jaice	Atlantic	11.64	11.84	5	2
8 Busch, Tony	St. Albert, CB	11.67	11.97	4	1
9 German, Keaton	Glenwood	11.99	12.05	4	
10 Gordon, Seth	Creston	12.14	12.08	4	
11 Watson, Gabriel	Lewis Central	12.00	12.24	4	
12 Johannes, Nathan	Cb, A Lincoln	12.08	12.26	4	
13 McManis, Zane	Shenandoah	12.76	12.32	3	
14 Lusafo, Isaiah	Cb, A Lincoln	12.31	12.40	3	
15 Foster, Treyten	Shenandoah	12.18	12.46	4	
16 Harris, Noah	Clarinda	12.18	12.51	3	
17 Sneed, Ashtin	Glenwood	12.76	12.73	3	
18 Wallace, Chase	Lewis Central	13.52	13.20	2	
19 Kibbe, Dawson	Creston	13.14	13.89	3	
-- Pellett, Carter	Atlantic	11.70	X11.53	4	
-- Hoover, Weston	Atlantic	12.49	X12.55	3	
-- Harter II, Preston	Atlantic	14.00	X12.74	2	
-- Brennecke, Zachary	Atlantic	12.50	X12.81	3	
-- Witzman, Carter	Atlantic	13.96	X13.01	2	
-- Fields, Rickie	Atlantic	13.78	X13.04	2	
-- Comes, Dylan	Atlantic	13.50	X13.12	2	
-- Lamp, Cooper	Atlantic	13.50	X13.13	3	
-- Hansen, D'Artagnan	Atlantic	14.44	X13.35	1	
-- Siggins, Ethan	Atlantic	14.57	X13.40	1	
-- Wood, Derrick	Atlantic	13.80	X13.77	2	
-- Wailes, Joaquin	Atlantic	15.23	X14.24	1	
-- Macias, Lukas	Atlantic	13.89	X14.47	2	

Boys 101 Yard Dash Wheelchair

Name	Year School	Seed	Finals
1 Steng, Titus	Shenandoah	23.00	21.18

Boys 200 Meter Dash

Name	Year School	Seed	Finals	H#	Points
1 Kling, Jack	Red Oak	22.74	23.01	3	10

Bruce Henderson Invitational - 5/1/2023**Atlantic High School****Results****...Boys 200 Meter Dash**

2 Monahan, Brendan	St. Albert, CB	22.80	23.17	3	8
3 Birch, Jacob	Harlan	23.09	23.33	3	6
4 DeLashmutt, Cooper	Glenwood	24.29	23.47	2	5
5 Sorfonden, Matthew	Harlan	23.89	23.90	3	4
6 Jones, Isaac	Clarinda	24.15	23.98	3	3
7 Bruce, Aiden	Red Oak	23.58	24.56	3	2
8 Smith, Carter	Atlantic	24.75	24.65	2	1
9 Johannes, Nathan	Cb, A Lincoln	25.88	24.75	1	
10 Johnson, Adam	Clarinda	24.83	25.09	2	
11 Shaw, Tysen	Shenandoah	25.31	25.52	2	
12 Foster, Treyten	Shenandoah	25.70	25.67	2	
13 McLaren, James	Atlantic	25.67	25.87	2	
14 Lusafo, Isaiah	Cb, A Lincoln	26.08	26.02	1	
15 Chen, Eric	Creston	26.61	26.23	1	
16 Shain, Talon	Glenwood	26.83	26.56	1	
17 Morrison, Ty	Creston	26.69	26.67	1	
-- Hedrington, Zak	Atlantic	25.70	X25.70	2	
-- Comes, Dylan	Atlantic	28.00	X26.27	1	
-- Wood, Derrick	Atlantic	29.69	X27.88	1	

Boys 201 Yard Dash Wheelchair

Name	Year School	Seed	Finals
1 Steng, Titus	Shenandoah	43.00	44.24

Boys 400 Meter Dash

Name	Year School	Seed	Finals	H#	Points
1 Kling, Jack	Red Oak	50.76	51.93	3	10
2 Raze, Alex	Shenandoah	51.46	52.86	3	7
2 Pellett, Carter	Atlantic	52.62	52.86	3	7
4 Monahan, Brendan	St. Albert, CB	52.60	54.29	3	5
5 DeLashmutt, Cooper	Glenwood	54.09	55.46	3	4
6 Arkfeld, Will	Harlan	56.13	56.24	2	3
7 Reisz, Jozef	Harlan	57.76	56.70	2	2
8 Dalton, Pierce	Glenwood	56.55	56.80	2	1
9 Whetstone, Bennett	Atlantic	55.00	58.41	3	
10 Eighmy, Taten	Clarinda	59.36	1:00.02	2	
11 Morrison, Ty	Creston	59.09	1:00.12	2	
12 Hanson, CJ	Cb, A Lincoln	1:01.76	1:02.38	1	
13 Kellogg, Dalton	Shenandoah		1:03.51	1	
14 Leppla, Maddix	Creston	1:02.84	1:05.28	1	
15 Boswell, Jacob	St. Albert, CB	1:03.39	1:05.99	1	
16 Manes, Morgan	Clarinda	1:00.57	1:08.63	2	
-- Sonntag, Alex	Atlantic	55.00	X55.31	3	
-- Fields, Devon	Atlantic	55.71	X56.54	3	
-- Roberts, Hank	Atlantic	1:00.00	X59.65	2	
-- Bruce, Cohen	Atlantic	1:05.52	X1:06.34	1	
-- Cook, Xander	Atlantic		X1:09.05	1	

Bruce Henderson Invitational - 5/1/2023**Atlantic High School****Results****Boys 401 Yard Run Wheelchair**

Name	Year School	Seed	Finals
1 Steng, Titus	Shenandoah		1:45.06

Boys 800 Meter Run

Name	Year School	Seed	Finals	H#	Points
1 Keller, Bryant	Glenwood	2:01.86	2:03.28	2	10
2 Heisterkamp, Parker	St. Albert, CB	2:01.26	2:03.87	2	8
3 Slayman, Preston	Glenwood	2:08.45	2:10.39	2	6
4 Rudy, Colin	Atlantic	2:12.87	2:13.50	2	5
5 Williams, Preston	Atlantic	2:20.35	2:16.55	2	4
6 Siford, Robert	Cb, A Lincoln	2:10.77	2:16.57	2	3
7 Wettengel, Luke	St. Albert, CB	2:07.41	2:16.60	2	2
8 Bergren, Bryton	Red Oak	2:16.00	2:17.64	2	1
9 Pettegrew, Jackson	Creston	2:11.49	2:18.43	2	
10 Olson, Jamison	Lewis Central	2:13.07	2:19.92	2	
10 Manes, Morgan	Clarinda	2:28.02	2:19.92	1	
12 Wipperman, Riley	Creston	2:21.97	2:26.48	1	
13 Mick, Braden	Shenandoah	2:30.69	2:31.10	1	
14 Fitch, Lucas	Cb, A Lincoln	2:24.99	2:31.20	1	
15 Gross, Christian	Clarinda	2:40.40	2:34.97	1	
16 Little Thunder, Damien	Shenandoah	2:28.95	2:35.23	1	
17 Brower, Jacob	Red Oak	2:36.26	2:39.18	1	
-- Tarrell, Sawyer	Atlantic	2:22.24	X2:19.78	1	
-- Schwartz, Cameron	Atlantic	2:30.00	X2:30.17	1	
-- Cook, Xander	Atlantic	2:35.38	X2:35.26	1	

Boys 1600 Meter Run

Name	Year School	Seed	Finals	Points
1 Lillie, Colin	St. Albert, CB	4:37.39	4:37.82	10
2 Diercks, Kade	Lewis Central	4:33.80	4:40.65	8
3 Wise, Owen	St. Albert, CB	4:42.42	4:41.20	6
4 Briley, Brandon	Creston	4:42.33	4:43.33	5
5 Arkfeld, Marshall	Lewis Central	4:40.91	4:44.54	4
6 Keller, Bryce	Glenwood	5:05.82	4:57.22	3
7 Sonntag, Alex	Atlantic	4:40.73	4:58.33	2
8 Smith, Cody	Cb, A Lincoln	4:49.92	4:59.82	1
9 West, Ethan	Glenwood	5:13.01	5:15.52	
10 Tarrell, Logan	Atlantic	5:13.31	5:16.69	
11 Bragg, Joseph	Harlan	5:32.44	5:19.08	
12 Siford, Robert	Cb, A Lincoln	5:12.36	5:22.78	
13 McFadden, Mason	Atlantic	5:26.19	x5:26.45	
14 Kellogg, Dylan	Shenandoah	5:29.05	5:28.30	
15 Kellogg, Dalton	Shenandoah	5:36.69	5:28.89	
16 Shelton, Jonathan	Harlan	5:47.96	5:46.47	
17 Williams, Bryce	Red Oak	5:50.45	5:52.66	
-- LaJeunesse, Talon	Atlantic	5:40.86	X5:40.97	
-- Lamp, Cooper	Atlantic		X6:07.31	

Bruce Henderson Invitational - 5/1/2023**Atlantic High School****Results****Boys 3200 Meter Run**

Name	Year School	Seed	Finals	Points
1 Smith, Cody	Cb, A Lincoln	10:36.22	11:12.18	10
2 West, Ethan	Glenwood	11:33.18	11:37.38	8
3 Ritter, Corbin	Atlantic	11:44.87	11:47.18	6
4 Spurr, Braden	Atlantic	11:37.89	11:51.07	5
5 Kellogg, Dylan	Shenandoah	11:48.92	12:13.80	4
6 Shelton, Jonathan	Harlan	12:16.94	12:23.17	3
7 Smith, Brady	St. Albert, CB	12:12.50	12:34.88	2
8 Wipperman, Riley	Creston	13:39.99	12:53.91	1
9 Johnston, Alex	Cb, A Lincoln	12:26.52	12:54.71	
10 Dawson, Alex	St. Albert, CB	13:03.00	13:04.99	
-- McFadden, Mason	Atlantic	11:45.10	X11:46.40	

Boys 110 Meter Hurdles

Name	Year School	Seed	Finals	H#	Points
1 Driscoll-Lee, Anthony	Glenwood	15.22	15.51	2	10
2 McLaren, Jackson	Atlantic	15.71	15.63	2	8
3 DeGroot, Xavier	Clarinda	16.61	16.53	2	6
4 Rasmussen, Colton	Atlantic	16.15	16.69	2	5
5 Lopez, Aaden	Glenwood	16.90	17.08	2	4
6 Pettegrew, Jaydan	Creston	16.06	17.17	2	3
7 Schmitt, Wyatt	Clarinda	16.81	17.19	2	2
8 Reisz, Franz	Harlan	17.35	17.42	1	1
9 Looney, Tyson	Creston	18.61	19.13	1	
10 Lippert, Austin	Cb, A Lincoln	19.05	19.17	1	
11 Lang, Evan	Cb, A Lincoln	19.45	19.51	1	
12 Tupa, Aden	Lewis Central	18.96	19.71	1	
13 Labrum, Ben	Shenandoah	18.58	19.75	1	
14 Davis, Jaylen	Lewis Central	17.16	19.88	2	

Boys 400 Meter Hurdles

Name	Year School	Seed	Finals	H#	Points
1 Cullin, Brody	Shenandoah	58.50	58.74	3	10
2 Kammrad, Braylon	Lewis Central	58.73	58.85	3	8
3 Cox, Jadyne	Atlantic	1:00.06	59.99	3	6
4 Van Baale, Bryce	Harlan	1:00.86	1:00.59	3	5
5 Norton, Jonah	Clarinda	1:01.46	1:01.15	3	4
6 Proehl, Jayden	Atlantic	1:01.04	1:02.02	3	3
7 Reisz, Franz	Harlan	1:01.81	1:02.67	2	2
8 McPherson, Aaron	Glenwood	1:01.38	1:02.68	3	1
9 Pettegrew, Jaydan	Creston	1:00.60	1:04.80	3	
10 Mixan, Maverick	Glenwood	1:01.98	1:04.82	2	
11 Harris, Noah	Clarinda	1:02.80	1:05.10	2	
12 Staver, Milo	Creston	1:04.34	1:05.67	2	
13 Marshall, Owen	St. Albert, CB	1:05.11	1:05.69	2	
14 Swank, Hunter	Shenandoah	1:05.46	1:05.88	1	
15 Lang, Evan	Cb, A Lincoln	1:07.00	1:06.07	1	
16 Kepler, Jace	Cb, A Lincoln	1:02.82	1:07.56	2	

Bruce Henderson Invitational - 5/1/2023**Atlantic High School****Results****Boys 4x100 Meter Relay**

School	Seed	Finals	H#	Points
1 Harlan 'A'	42.49	43.33	2	10
1) Birch, Jacob	2) Sears, Cade			
3) Eggerss, Brehden	4) Neuharth, Will			
2 Shenandoah 'A'	44.08	44.60	2	8
1) Dukes, Hunter	2) Razee, Alex			
3) Graham, Cole	4) Cullin, Brody			
3 Red Oak 'A'	44.20	44.72	2	6
1) Couse, Landon	2) Fouts, Riley			
3) Sifford, Brayden	4) Kling, Jack			
4 Clarinda 'A'	44.29	44.89	2	5
1) Wise, Levi	2) Brown, Tadya			
3) Schmitt, Wyatt	4) Roop, Kaiden			
5 Glenwood 'A'	44.60	45.35	2	4
1) Mulkins, Jackson	2) German, Keaton			
3) Longmeyer, Payton	4) Driscoll-Lee, Anthony			
6 Atlantic 'A'	45.92	46.14	2	3
1) Darrow, Xavier	2) McLaren, Jackson			
3) Houser, Tye	4) Larson, Jaice			
7 Cb, A Lincoln 'A'	45.93	46.68	2	2
1) Smith, Steven	2) Brown, Wes			
3) Johannes, Nathan	4) Wright, Eric			
8 Creston 'A'	46.92	50.12	1	1
1) Trapp, Weston	2) Looney, Tyson			
3) Riley, Tyler	4) Gordon, Seth			
9 St. Albert, CB 'A'	49.05	51.50	1	
1) Holiday, Matthew	2) Marshall, Owen			
3) Sheffield, Sawyer	4) Hobbs, Cael			
-- Lewis Central 'A'	43.76	FS	2	
1) Witte, Curtis	2) Humpal, Jonathan			
3) Kammrad, Braylon	4) Patlan, Brody			
-- Atlantic 'B'	47.40	X47.17	1	
1) O'Brien, Easton	2) Fields, Devon			
3) Rasmussen, Keelin	4) Hedrington, Dante			
-- Atlantic 'C'	51.30	X51.61	1	
1) Fields, Rickie	2) Bruce, Cohen			
3) McLaren, Gavin	4) Sorensen, Evan			
-- Atlantic 'D'	53.00	X54.60	1	
1) Schmitt, Keston	2) Hedrington, Donovan			
3) Pollock, Mathew	4) Parker, Zayden			

Boys 4x200 Meter Relay

School	Seed	Finals	H#	Points
1 Harlan 'A'	1:28.63	1:31.20	2	10
1) Birch, Jacob	2) Sorfonden, Matthew			
3) Sears, Cade	4) Neuharth, Will			
2 Lewis Central 'A'	1:30.66	1:32.89	2	8
1) Witte, Curtis	2) Humpal, Jonathan			
3) Kammrad, Braylon	4) Patlan, Brody			
3 Shenandoah 'A'	1:32.08	1:34.92	2	6
1) Dukes, Hunter	2) Razee, Alex			
3) Graham, Cole	4) Cullin, Brody			

Bruce Henderson Invitational - 5/1/2023**Atlantic High School****Results****....Boys 4x200 Meter Relay**

4 Clarinda 'A'	1:32.40	1:36.45	2	5
1) Johnson, Adam			2) Wyman, Alec	
3) Phillips, Cooper			4) Norton, Jonah	
5 Glenwood 'A'	1:35.70	1:38.27	2	4
1) Mulkins, Jackson			2) Meier, Tristan	
3) Cruz, Victor			4) Longmeyer, Payton	
6 Atlantic 'A'	1:38.00	1:39.02	2	3
1) Keiser, Alex			2) Rasmussen, Keelin	
3) Larson, Jaice			4) Houser, Tye	
7 Cb, A Lincoln 'A'	1:36.45	1:39.45	2	2
1) Smith, Steven			2) Wright, Eric	
3) Brown, Wes			4) Kepler, Jace	
8 Creston 'A'	1:38.70	1:41.78	1	1
1) Pettegrew, Jaydan			2) Riley, Tyler	
3) Gordon, Seth			4) Trapp, Weston	
-- Atlantic 'C'	1:56.00	XDQ	1	
1) Wood, Derrick			2) Hansen, D'Artagnan	
3) Wailes, Joaquin			4) Parker, Zayden	
-- Atlantic 'B'	1:46.00	X1:48.07	1	
1) Hoover, Weston			2) Johnson, Korbin	
3) Crall, Kayden			4) Brennecke, Zachary	
-- Atlantic 'D'	1:50.00	X1:50.83	1	
1) Harter II, Preston			2) Witzman, Carter	
3) Macias, Lukas			4) Fields, Rickie	

Boys 4x400 Meter Relay

School	Seed	Finals	H#	Points
1 Atlantic 'A'	3:31.71	3:34.86	2	10
1) Rasmussen, Colton			2) Andersen, Caden	
3) Whetstone, Bennett			4) Pellett, Carter	
2 Glenwood 'A'	3:29.93	3:36.47	2	8
1) Cruz, Victor			2) Shannon, Jake	
3) Smith, Andrew			4) DeLashmutt, Cooper	
3 Lewis Central 'A'	3:35.00	3:46.00	2	6
1) Watson, Gabriel			2) Petersen, Colin	
3) Cox, Haidyn			4) Ortega, Ryan	
4 Clarinda 'A'	3:36.44	3:48.43	2	5
1) Johnson, Adam			2) Engstrand, Kade	
3) Lihs, Alex			4) Wyman, Nolan	
5 Creston 'A'	3:39.93	3:49.17	2	4
1) Aragon, Chris			2) Evans, Austin	
3) Trapp, Weston			4) Pettegrew, Jackson	
6 Shenandoah 'A'	3:38.45	3:56.23	2	3
1) Shaw, Tysen			2) Johnson, Ayden	
3) McManis, Zane			4) Martin, Xavier	
7 St. Albert, CB 'A'	3:40.71	3:58.22	2	2
1) Wettengel, Luke			2) Lillie, Colin	
3) Wise, Owen			4) Hughes, Joe	
8 Red Oak 'A'	3:49.00	4:11.29	1	1
1) Bruce, Aiden			2) Ruhl, Anderson	
3) Hall, Cale			4) Bergren, Bryton	
-- Atlantic 'B'	3:45.00	X3:49.53	1	
1) O'Brien, Tyson			2) O'Brien, Tanner	

Bruce Henderson Invitational - 5/1/2023**Atlantic High School****Results****....Boys 4x400 Meter Relay**

3) McLaren, James

4) Proehl, Jayden

Boys 4x800 Meter Relay

School	Seed	Finals	Points
1 Atlantic 'A'	8:34.13	8:27.13	10
1) Whetstone, Bennett	2) Sonntag, Alex		
3) O'Brien, Tanner	4) Andersen, Caden		
2 St. Albert, CB 'A'	8:28.28	8:30.23	8
1) Wettengel, Luke	2) Wise, Owen		
3) Lillie, Colin	4) Heisterkamp, Parker		
3 Glenwood 'A'	8:33.00	8:43.50	6
1) Keller, Bryant	2) Mixan, Maverick		
3) Keller, Bryce	4) Slayman, Preston		
4 Clarinda 'A'	8:48.91	8:46.95	5
1) Wyman, Alec	2) Weidman, Ronnie		
3) Wagoner, Kyle	4) Schaapherder, Treyton		
5 Lewis Central 'A'	8:40.00	8:49.05	4
1) Cox, Haidyn	2) Petersen, Colin		
3) Olson, Jamison	4) Rodenburg, Asher		
6 Creston 'A'	8:39.77	8:59.06	3
1) Aragon, Chris	2) Briley, Brandon		
3) Pettegrew, Jackson	4) Morrison, Ty		
7 Atlantic 'B'	8:59.00	x9:13.97	
1) Williams, Preston	2) Rudy, Colin		
3) Tarrell, Sawyer	4) Tarrell, Logan		
8 Shenandoah 'A'	9:35.40	10:00.60	2
1) Rodewald, Rafe	2) Kellogg, Dalton		
3) Mick, Braden	4) Little Thunder, Damien		
9 Red Oak 'A'	9:59.90	10:50.52	1
1) Ruhl, Anderson	2) Gusman, Dayton		
3) Williams, Bryce	4) Brower, Jacob		

Boys 800 Sprint Medley

School	Seed	Finals	H#	Points
1 Shenandoah 'A'	1:35.24	1:35.89	2	10
1) Dukes, Hunter	2) Graham, Cole			
3) Cullin, Brody	4) Razee, Alex			
2 Red Oak 'A'	1:35.29	1:36.41	2	8
1) Couse, Landon	2) Fouts, Riley			
3) Sifford, Brayden	4) Kling, Jack			
3 Harlan 'A'	1:35.34	1:37.13	2	6
1) Eggerss, Brehden	2) Sorfonden, Matthew			
3) Sears, Cade	4) Birch, Jacob			
4 Lewis Central 'A'	1:36.95	1:38.75	2	5
1) Witte, Curtis	2) Humpal, Jonathan			
3) Patlan, Brody	4) Bergman, Aidan			
5 Clarinda 'A'	1:37.33	1:39.40	2	4
1) Wise, Levi	2) King, Nathan			
3) Norton, Jonah	4) Phillips, Cooper			
6 Atlantic 'A'	1:41.00	1:39.75	2	3
1) Rasmussen, Keelin	2) Houser, Tye			

Bruce Henderson Invitational - 5/1/2023**Atlantic High School****Results****....Boys 800 Sprint Medley**

3) Pellett, Carter	4) O'Brien, Tyson			
7 Atlantic 'B'	1:45.00	x1:42.25	1	
1) O'Brien, Easton	2) Hedrington, Dante			
3) Larson, Jaice	4) Cox, Jady			
8 Glenwood 'A'	1:39.12	1:42.50	2	2
1) Mulkins, Jackson	2) German, Keaton			
3) Meier, Tristan	4) Cruz, Victor			
9 Creston 'A'	1:41.17	1:45.39	2	1
1) Gordon, Seth	2) Briley, Brandon			
3) Riley, Tyler	4) Evans, Austin			
10 Cb, A Lincoln 'A'	1:43.74	1:46.40	1	
1) Huff, Gavin	2) Lusajo, Isaiah			
3) Brown, Wes	4) Kepler, Jace			
11 Atlantic 'C'	1:47.00	x1:49.28	1	
1) Hoover, Weston	2) Fields, Rickie			
3) Smith, Carter	4) McLaren, James			
12 St. Albert, CB 'A'	1:50.05	1:56.03	1	
1) Busch, Tony	2) Holiday, Matthew			
3) Marshall, Owen	4) Boswell, Jacob			
13 Atlantic 'D'	2:00.00	x2:02.25	1	
1) Harter II, Preston	2) Macias, Lukas			
3) Witzman, Carter	4) Wailes, Joaquin			

Boys Distance Medley

School	Seed	Finals	H#	Points
1 Glenwood 'A'	3:44.00	3:50.36	2	10
1) Meier, Tristan	2) Lopez, Aaden			
3) Shannon, Jake	4) Smith, Andrew			
2 Creston 'A'	3:43.91	3:58.22	2	8
1) Riley, Tyler	2) Aragon, Chris			
3) Briley, Brandon	4) Evans, Austin			
3 Atlantic 'A'	3:52.40	4:01.98	2	6
1) Smith, Carter	2) Hedrington, Dante			
3) O'Brien, Tyson	4) O'Brien, Tanner			
4 Lewis Central 'A'	3:41.66	4:04.68	2	5
1) Ortega, Ryan	2) Scott, Jimmy			
3) Hinojosa, Leo	4) Selken, Richard			
5 Clarinda 'A'	3:44.95	4:11.90	2	4
1) Engstrand, Kade	2) Roop, Kaiden			
3) Weidman, Ronnie	4) Lihs, Alex			
6 Harlan 'A'	4:02.37	4:13.26	1	3
1) Redmon, Ayden	2) Sorensen, Hagen			
3) Bieker, Jackson	4) Bragg, Joseph			
7 Shenandoah 'A'	4:11.41	4:15.89	1	2
1) Martin, Xavier	2) Shaw, Tysen			
3) Johnson, Ayden	4) Rodewald, Rafe			
8 Red Oak 'A'	3:55.00	4:16.22	2	1
1) Hall, Cale	2) Bozwell, Kayden			
3) Ruhl, Anderson	4) Bergren, Bryton			
9 St. Albert, CB 'A'	3:49.05	4:22.41	2	
1) Holiday, Matthew	2) Marshall, Owen			
3) Busch, Tony	4) Hughes, Joe			
-- Atlantic 'B'	3:55.00	X4:00.66	1	

Bruce Henderson Invitational - 5/1/2023**Atlantic High School****Results****....Boys Distance Medley**

- | | |
|--------------------|-------------------|
| 1) O'Brien, Easton | 2) McLaren, James |
| 3) Cox, Jadyne | 4) Proehl, Jayden |

Boys 4x110 Meter Shuttle Hurdle

School	Seed	Finals	H#	Points
1 Atlantic 'A'	1:04.18	1:03.11	2	10
1) McLaren, Jackson	2) Rasmussen, Colton			
3) Keiser, Alex	4) O'Brien, Easton			
2 Lewis Central 'A'	1:05.47	1:04.49	2	8
1) Bergman, Aidan	2) Kammrad, Braylon			
3) Davis, Jaylen	4) Dahlheim, Braeden			
3 Glenwood 'A'	1:04.74	1:08.48	2	6
1) McPherson, Aaron	2) Eiseman, Christian			
3) Lopez, Aaden	4) Driscoll-Lee, Anthony			
4 Clarinda 'A'	1:07.02	1:08.88	2	5
1) DeGroot, Xavier	2) Wise, Levi			
3) Roop, Kaiden	4) Schmitt, Wyatt			
5 Cb, A Lincoln 'A'	1:14.88	1:15.59	1	4
1) Lang, Evan	2) Kepler, Jace			
3) Smith, Cooper	4) Lippert, Austin			
6 Creston 'A'	1:11.64	1:15.80	1	3
1) Looney, Tyson	2) Staver, Milo			
3) Leppla, Maddix	4) Holliday, Ethan			
7 Shenandoah 'A'	1:11.07	1:16.73	1	2
1) Labrum, Ben	2) Shaw, Tysen			
3) Moutray, Matthew	4) Swank, Hunter			

Boys High Jump

Name	Year School	Seed	Finals	Points
1 Proehl, Jayden	Atlantic	6-02.00	5-10.00	10
2 Rasmussen, Colton	Atlantic	5-10.00	5-08.00	8
3 Lopez, Aaden	Glenwood	5-08.00	J5-06.00	6
4 Rangel Gonzales, Virgini	Glenwood	5-06.00	J5-06.00	4.50
4 Bergren, Bryton	Red Oak	5-06.00	J5-06.00	4.50
-- Lusaajo, Isaiah	Cb, A Lincoln	5-04.00	NH	
-- O'Brien, Easton	Atlantic		XNH	
-- Harris, Noah	Clarinda	5-04.00	NH	
-- Smith, Cooper	Cb, A Lincoln	5-04.00	NH	
-- Mensen, Cyrus	Red Oak	5-08.00	NH	
-- Tupa, Aden	Lewis Central	5-04.00	NH	
-- McDowell, Dallas	Harlan	5-04.00	NH	

Boys Long Jump

Name	Year School	Seed	Finals	Points
1 Eggerss, Brehden	Harlan	20-09.25	20-02.50	10
2 Longmeyer, Payton	Glenwood	20-00.00	19-00.00	8
3 Roop, Kaiden	Clarinda	19-09.50	18-03.00	6
4 Chen, Eric	Creston	17-11.00	17-10.00	5
5 Bruce, Aiden	Red Oak	19-07.50	17-06.00	4

Bruce Henderson Invitational - 5/1/2023**Atlantic High School****Results****....Boys Long Jump**

6	Sunderman, Ayden	Clarinda	18-07.25	17-04.00	3
7	Hall, Cale	Red Oak	18-04.75	16-09.00	2
8	Sorensen, Micah	Harlan	18-08.00	16-05.00	1
9	Lippert, Max	Cb, A Lincoln	17-07.00	16-04.00	
10	Foster, Treyten	Shenandoah	17-01.75	16-00.00	
11	Comes, Dylan	Atlantic	16-02.00	15-03.00	
12	Holiday, Matthew	St. Albert, CB	15-08.00	15-01.00	
12	Sneed, Ashtin	Glenwood	16-00.50	15-01.00	
14	Hansen, D'Artagnan	Atlantic	14-01.00	13-00.00	
--	Swank, Hunter	Shenandoah	16-04.50	ND	
--	Keiser, Alex	Atlantic	13-00.00	XND	
--	Trapp, Weston	Creston	17-10.50	ND	
--	Dameron-Guyton, Damari	Cb, A Lincoln	16-08.50	ND	

Boys Shot Put

Name	Year School	Seed	Finals	Points	
1	Laughlin, Tyler	Shenandoah	48-08.00	48-03.00	10
2	Skarnulis, Reagan	Glenwood	52-01.75	46-08.75	8
3	Matiyow, Parker	Lewis Central	52-08.50	46-08.50	6
4	Perez, Aidan	Cb, A Lincoln	47-05.00	44-09.00	5
5	McLaren, Gavin	Atlantic	45-02.00	44-03.25	4
6	Darrow, Xavier	Atlantic	45-00.50	43-02.00	3
7	Beyenhof, Nate	Lewis Central	42-07.00	42-08.00	2
8	Eckheart, Logyn	Glenwood	47-05.75	41-06.00	1
9	Hobbs, Cael	St. Albert, CB	43-02.00	39-07.00	
10	Fuller, Quinten	Creston	44-01.00	39-00.50	
11	Tuzzio, Creighton	Clarinda	40-00.00	39-00.00	
12	Sheffield, Sawyer	St. Albert, CB	39-03.00	37-10.00	
13	Smith, Steven	Cb, A Lincoln	40-00.00	36-03.00	
14	Long, Kemper	Shenandoah	42-01.00	36-02.00	
15	Schoon, Brayden	Creston	37-05.50	35-11.00	
16	Butt, Jordan	Clarinda	39-06.00	32-03.00	
17	Brouse, Jacob	Harlan	35-06.25	30-05.00	
18	Patterson, Jacob	Red Oak	31-00.00	29-01.50	
19	Vukonich, Elisha	Red Oak	35-03.50	27-06.50	
--	Sorensen, Evan	Atlantic	40-04.00	X39-00.00	
--	Bruce, Cohen	Atlantic	36-02.50	X36-03.00	
--	Hedrington, Donovan	Atlantic	33-09.00	X33-08.00	
--	Parker, Zayden	Atlantic	25-00.00	X29-07.00	
--	Schmitt, Keston	Atlantic	29-03.00	X28-04.50	
--	Crall, Kayden	Atlantic	30-00.00	X27-04.00	
--	Pollock, Mathew	Atlantic	27-03.50	X26-11.00	
--	Sorensen, Eian	Atlantic		X25-07.00	
--	Dougherty, Mason	Atlantic	25-00.00	X24-03.00	
--	Van Horn, Garret	Atlantic		X17-02.00	

Boys Shot Put Wheelchair

Name	Year School	Seed	Finals
1	Steng, Titus	Shenandoah	7-09.75

Bruce Henderson Invitational - 5/1/2023**Atlantic High School****Results****Boys Discus Throw**

Name	Year School	Seed	Finals	Points
1 Perez, Aidan	Cb, A Lincoln	161-05	159-06	10
2 Matiyow, Parker	Lewis Central	171-08	147-00	8
3 Keiser, Alex	Atlantic	145-08	142-08	6
4 Eckheart, Logyn	Glenwood	146-05	137-10	5
5 Paulson, Nash	Lewis Central	142-08	131-01	4
6 Beckman, Jayden	St. Albert, CB	137-01	127-09	3
7 Reisz, Franz	Harlan	128-10	127-07	2
8 Fuller, Quinten	Creston	129-06	126-04	1
9 Tuzzio, Creighton	Clarinda	139-03	123-08	
10 Wyatt, Dylan	Glenwood	131-08	116-03	
11 Schoon, Brayden	Creston	118-00	116-01	
12 Reisz, Jozef	Harlan	124-02	114-03	
13 Ransom, Caleb	Red Oak	117-06	109-01	
14 Butt, Jordan	Clarinda	114-09	106-05	
15 Bruce, Cohen	Atlantic	33-04.50	105-01	
16 Travers, Jake	Cb, A Lincoln	114-10	103-07	
17 Sheffield, Sawyer	St. Albert, CB	105-06	93-07	
18 Long, Kemper	Shenandoah	129-06	92-05	
19 Vukonich, Elisha	Red Oak	94-04	91-10	
-- Laughlin, Tyler	Shenandoah	167-00	ND	
-- McLaren, Gavin	Atlantic	111-06	X118-10	
-- Sorensen, Evan	Atlantic	119-00	X114-11	
-- Darrow, Xavier	Atlantic	89-01	X101-02	
-- Parker, Zayden	Atlantic	78-10	X98-07	
-- Hedrington, Donovan	Atlantic	73-04	X88-09	
-- Pollock, Mathew	Atlantic	70-03	X76-07	
-- Crall, Kayden	Atlantic	72-01	X74-10	
-- Schmitt, Keston	Atlantic	65-07	X67-10	
-- Cox, Jadyne	Atlantic		X63-07	
-- Dougherty, Mason	Atlantic	60-00	X61-00	

Women - Team Rankings - 19 Events Scored

1) Atlantic	138	2) Glenwood	121.20
3) Harlan	92.70	4) CB, A Lincoln	82.20
5) Lewis Central	72.70	6) Shenandoah	59.20
7) St. Albert, CB	56	8) Clarinda	51
9) Creston	30	10) Red Oak	26
11) CB, T Jefferson	11		

Men - Team Rankings - 19 Events Scored

1) Atlantic	135	2) Glenwood	124.50
3) Harlan	77	4) Lewis Central	76
5) Clarinda	67	6) Shenandoah	64
7) St. Albert, CB	63	8) Red Oak	54.50
9) CB, A Lincoln	37	10) Creston	36

Combined Team Scores - 38 Events Scored

1) Atlantic	273	2) Glenwood	245.70
3) Harlan	169.70	4) Lewis Central	148.70
5) Shenandoah	123.20	6) CB, A Lincoln	119.20

Bruce Henderson Invitational - 5/1/2023

Atlantic High School

Results

....Boys Discus Throw

7) St. Albert, CB	119	8) Clarinda	118
9) Red Oak	80.50	10) Creston	66
11) CB, T Jefferson	11		