

FM HS Coed 2026 - 4/28/2026

Tabor  
Results

Girls 100 Meter Dash

Name	Yr	School	Finals
<b>Finals</b>			
1 Hagen, Ellie	10	East Mills	14.06 10
2 Keuck, Jordyn	09	Heartland Ch	14.06 8
3 Weldon, Brooklyn	09	Fremont-Mill	14.17 6
4 Blackburn, Kinley	12	Fremont-Mill	14.19 4
5 Russmann, Rylie	10	Glenwood	14.95 2
6 Valdez, Kylie	12	Essex	15.52 1
7 Cundall, Sammy	11	Glenwood	15.89
8 Valdez, Aila	11	Essex	16.01
9 Hubbard, Kylie	11	Diagonal	16.11
10 Clark, Chloe	10	Sidney	16.63
11 Wolfe, Jady	11	Fremont-Mill	16.71
12 Lincoln, Abigail	10	Glenwood	16.88
13 Stiverson, Shaylee	11	East Mills	16.90
14 Niskin, Cecelia	10	Essex	17.00
15 Howe, Katherine	10	Fremont-Mill	17.01
16 Kisichy, Rifenta	12	Ia School De	17.02
17 Swain, Maddison	09	Griswold	17.05
18 Boustani, Lisa	12	Essex	17.45
19 Iglesias-Lopez, Antia	10	Sidney	17.46
20 Lee, Ava	09	Griswold	17.75
21 Lopez, Josslen	11	Heartland Ch	18.24
22 Kinser, Aurora	09	East Mills	18.73
23 Lockwood, Lexi	10	Griswold	19.00
24 Surrell, Trinity	10	Fremont-Mill	19.22
25 Krueger, Naomi	09	Heartland Ch	19.25
26 Cowden, Anna	11	Sidney	20.43
27 Morrical, Ava	09	East Mills	20.75

Girls 200 Meter Dash

Name	Yr	School	Finals
<b>Finals</b>			
1 Alley, Lana	12	Fremont-Mill	26.39 10
2 Maher, Piper	09	Essex	28.46 8
3 Hagen, Ellie	10	East Mills	28.70 6
4 Ramos, Abigail	10	Fremont-Mill	29.96 4
5 Carlo, Claire	10	Glenwood	31.19 2
6 Schneckloth, Memphis	09	Heartland Ch	31.21 1
7 Russmann, Rylie	10	Glenwood	31.45
8 Mattox, Hayleigh	12	Fremont-Mill	31.58
9 Fulton, Leighton	11	East Mills	31.76
10 Valdez, Aila	11	Essex	32.84
11 Wolfe, Jady	11	Fremont-Mill	35.28
12 Boustani, Lisa	12	Essex	35.72
13 Lee, Ava	09	Griswold	37.21
14 Shirley, Sophie	09	Sidney	37.98
15 Law, Adela	10	Fremont-Mill	40.10
16 Gaspar Bautista, Juana	10	East Mills	40.57
17 Lockwood, Lexi	10	Griswold	41.28
18 Krueger, Naomi	09	Heartland Ch	44.40

Girls 400 Meter Dash

Name	Yr	School	Finals
<b>Finals</b>			
1 Maher, Piper	09	Essex	1:04.94 10
2 Carter, Gracie	10	Fremont-Mill	1:11.92 8
3 Inman, Kaylee	09	Fremont-Mill	1:14.01 6
4 Valdez, Kylie	12	Essex	1:15.57 4
5 Kephart, Elizabeth	10	Glenwood	1:18.15 2
6 Pracht, Angelica	09	Glenwood	1:35.51 1

Girls 800 Meter Run

Name	Yr	School	Finals
<b>Finals</b>			
1 Steinhoff, Alexa	10	Griswold	2:37.13 10
2 Steinmetz, Ava	10	Heartland Ch	2:43.00 8
3 Housh, Sophia	09	East Mills	2:54.03 6
4 Billingsley, Brookelynn	11	Fremont-Mill	3:00.14 4
5 Chambers, Embree	10	Griswold	3:01.68 2
6 Juarez, Taylor	11	Essex	3:03.11 1
7 Morrical, Sophia	12	East Mills	3:09.98
8 Forney, Ava	11	Fremont-Mill	3:11.33
9 Gill, Lillian	10	Fremont-Mill	3:35.46
10 John, Seriana	12	Ia School De	3:42.33
--- Athen, Lillie	09	Sidney	X3:06.15

Girls 1500 Meter Run

Name	Yr	School	Finals
<b>Finals</b>			
1 Steinmetz, Ava	10	Heartland Ch	5:48.42 10
2 Schaaf, Madelynn	09	Fremont-Mill	5:50.08 8
3 Sandahl, Ella	11	Essex	5:56.69 6
4 Bomer, Jaycee	09	Glenwood	6:19.05 4
5 Billingsley, Brookelynn	11	Fremont-Mill	6:25.45 2
6 Alonzo Reynoso, Yohana	11	Ia School De	7:09.11 1

Girls 3000 Meter Run

Name	Yr	School	Finals
<b>Finals</b>			
1 Schaaf, Madelynn	09	Fremont-Mill	12:11.62 10
2 Sandahl, Ella	11	Essex	12:14.97 8
3 Hutchison, Hannah	09	Heartland Ch	13:17.09 6
4 Alonzo Reynoso, Yohana	11	Ia School De	15:15.78 4

Girls 100 Meter Hurdles

Name	Yr	School	Finals
<b>Finals</b>			
1 Adams, Carsyn	11	Griswold	17.49 10
2 Malcom, Abby	09	Fremont-Mill	17.66 8
3 Wyman, Brystol	11	Griswold	17.77 6
4 Hilsabeck, Kasey	10	Glenwood	18.39 4
5 Alley, Lana	12	Fremont-Mill	19.43 2
6 Reeves, Jaylyn	10	East Mills	19.55 1
7 Stephens, Cooper	09	Stanton	19.60
8 Allen, Maven	09	Stanton	19.62
9 Behrens, Aubrey	10	Heartland Ch	21.30
10 Clemmons, Natalie	09	East Mills	21.83

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Girls 400 Meter Hurdles

Name	Yr	School	Finals
<b>Finals</b>			
1 Nuckolls, Carlie	11	Fremont-Mill	1:07.78 10
2 Adams, Carsyn	11	Griswold	1:10.11 8
3 Gohlinghorst, Sadie	11	Griswold	1:14.41 6
4 Weldon, Brooklyn	09	Fremont-Mill	1:14.98 4
5 Grandfield, Hailey	09	Diagonal	1:15.73 2
6 Hutchison, Hannah	09	Heartland Ch	1:23.50 1

Girls 4x100 Meter Relay

Team	Relay	Finals
<b>Finals</b>		
1 Fremont-Mills	A	51.74 10
1) Gute, Reese 12	2) Blackburn, Kinley 12	
3) Nuckolls, Carlie 11	4) Alley, Lana 12	
2 Stanton	A	53.16 8
1) McDonald, Quinn 09	2) Foster-Saye, Leilanie 09	
3) Roberts, Lauren 10	4) French, Piper 10	
3 Glenwood	A	56.81 6
1) Mayberry, Stella 10	2) McEwen, Annie 11	
3) Longchaya, Lynnea 11	4) Bomer, Kati 11	
4 Griswold	A	58.53 4
1) Chambers, Embree 10	2) Amos, Zoey 11	
3) Dorscher, Camille 10	4) Wyman, Brystol 11	
5 East Mills	A	59.08 2
1) Palmer, Loycee 12	2) Vandenberg, Jacey 10	
3) Blanton, Isabella 10	4) Stiverson, Shaylee 11	
6 Essex	A	1:00.45 1
1) Valdez, Kylie 12	2) Valdez, Aila 11	
3) Boustani, Lisa 12	4) Maher, Piper 09	
7 Sidney	A	1:01.62
1) Cranmer, Felicia 09	2) Haggerty, Keyana 10	
3) Spurlock, Kyla 09	4) Gallardo, Rose 09	
8 Heartland Christ	A	1:05.25
1) Garcia, Lexani 11	2) Hanson, Kaylen 10	
3) Anderson, Adia 09	4) Lopez, Josslen 11	
--- Fremont-Mills	B	X58.84
1) Campbell, Greenlie 10	2) Barbour, Ellie 10	
3) Inman, Kaylee 09	4) Castro, Lilly 10	
--- Glenwood	B	X1:03.70
1) Legband, Ayrianna 10	2) Lincoln, Abigail 10	
3) Kittle, Niveah 09	4) Pracht, Angelica 09	
--- Sidney	B	X1:03.93
1) Clark, Chloe 10	2) Iglesias-Lopez, Antia 10	
3) Nisley, Aubree 09	4) Hayes, Ashlyn 11	

Girls 4x200 Meter Relay

Team	Relay	Finals
<b>Finals</b>		
1 Fremont-Mills	A	1:55.77 10
1) Gute, Reese 12	2) Blackburn, Kinley 12	
3) Ramos, Abigail 10	4) Weldon, Brooklyn 09	

2 East Mills	A	1:59.78 8
1) Vandenberg, Jacey 10	2) Palmer, Loycee 12	
3) Fulton, Leighton 11	4) Hagen, Ellie 10	
3 Glenwood	A	2:01.61 6
1) Johansen, Emma 11	2) Bomer, Kati 11	
3) Longchaya, Lynnea 11	4) McEwen, Annie 11	
4 Stanton	A	2:10.42 4
1) Grebin, Gabi 10	2) Allen, Maven 09	
3) Stephens, Cooper 09	4) Stites, Kennedy 10	
5 Sidney	A	2:13.13 2
1) Spurlock, Kyla 09	2) Haggerty, Keyana 10	
3) Hayes, Ashlyn 11	4) Glenn, Katie 09	
6 Diagonal	A	2:13.82 1
1) Allee, Ashlynn 11	2) Hubbard, Kylie 11	
3) Cox, Jentri 11	4) Hoffman, Lydia 12	
7 Griswold	A	2:15.94
1) Swain, Maddison 09	2) Millikan, Josie 12	
3) Harrison, Ryanna 10	4) Swain, Addison 09	
8 Heartland Christ	A	2:18.40
1) Garcia, Lexani 11	2) Hanson, Kaylen 10	
3) Anderson, Adia 09	4) Schuster, Sienna 09	
--- Fremont-Mills	B	X2:12.81
1) Campbell, Greenlie 10	2) Barbour, Ellie 10	
3) Inman, Kaylee 09	4) Castro, Lilly 10	
--- Sidney	B	X2:29.15
1) Cranmer, Felicia 09	2) Gallardo, Rose 09	
3) Shirley, Sophie 09	4) Cowden, Anna 11	

Girls 4x400 Meter Relay

Team	Relay	Finals
<b>Finals</b>		
1 Griswold	A	4:28.62 10
1) Gohlinghorst, Sadie 11	2) Dorscher, Camille 10	
3) Steinhoff, Alexa 10	4) Adams, Carsyn 11	
2 Heartland Christ	A	4:31.30 8
1) Keuck, Jordyn 09	2) Schneckloth, Memphis 09	
3) Behrens, Aubrey 10	4) Steinmetz, Ava 10	
3 Fremont-Mills	A	4:49.96 6
1) Barbour, Ellie 10	2) Ramos, Abigail 10	
3) Inman, Kaylee 09	4) Carter, Gracie 10	
4 East Mills	A	4:54.10 4
1) Stearns, Mackenzie 12	2) Morrival, Sophia 12	
3) Grindle, Ava 10	4) Housh, Sophia 09	
5 Glenwood	A	4:55.31 2
1) Carlo, Claire 10	2) Johansen, Emma 11	
3) Newman, Autumn 11	4) Newman, Averi 12	
6 Stanton	A	5:07.88 1
1) Allen, Maven 09	2) Stites, Kennedy 10	
3) Grebin, Gabi 10	4) Foster-Saye, Leilanie 09	
7 Diagonal	A	5:16.26
1) Allee, Ashlynn 11	2) Grandfield, Hailey 09	
3) Cox, Jentri 11	4) Hoffman, Lydia 12	
8 Sidney	A	5:18.33
1) Spurlock, Kyla 09	2) King, Charli 10	
3) Glenn, Katie 09	4) Morgan, Czandrya 10	

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**Girls 4x800 Meter Relay**

Team	Relay	Finals
<b>Finals</b>		
1 Glenwood	A	11:39.45 10
1) Carlo, Claire 10	2) Newman, Autumn 11	
3) Newman, Averi 12	4) Bomer, Jaycee 09	
2 Essex	A	11:50.56 8
1) Valdez, Kylie 12	2) Maher, Piper 09	
3) Juarez, Taylor 11	4) Sandahl, Ella 11	
3 Fremont-Mills	A	11:56.91 6
1) Billingsley, Brookelynn 11	2) Billingsley, Adelynn 09	
3) Forney, Ava 11	4) Carter, Gracie 10	
4 Griswold	A	12:23.89 4
1) Chambers, Embree 10	2) Harrison, Ryanna 10	
3) Millikan, Josie 12	4) Swain, Addison 09	
5 Diagonal	A	12:28.80 2
1) Allee, Ashlynn 11	2) Grandfield, Hailey 09	
3) Cox, Jentri 11	4) Hoffman, Lydia 12	

**Girls 800 Sprint Medley**

Team	Relay	Finals
<b>Finals</b>		
1 Fremont-Mills	A	1:55.88 10
1) Blackburn, Kinley 12	2) Malcom, Abby 09	
3) Gute, Reese 12	4) Nuckolls, Carlie 11	
2 Stanton	A	2:06.73 8
1) Grebin, Gabi 10	2) Stephens, Cooper 09	
3) French, Piper 10	4) McDonald, Quinn 09	
3 Heartland Christ	A	2:07.36 6
1) Behrens, Aubrey 10	2) Schneckloth, Memphis 09	
3) Keuck, Jordyn 09	4) Steinmetz, Ava 10	
4 Griswold	A	2:08.36 4
1) Amos, Zoey 11	2) Millikan, Josie 12	
3) Chambers, Embree 10	4) Dorscher, Camille 10	
5 East Mills	A	2:10.52 2
1) Palmer, Loycee 12	2) Vandenberg, Jacey 10	
3) Fulton, Leighton 11	4) Grindle, Ava 10	
6 Sidney	A	2:18.75 1
1) Glenn, Katie 09	2) Nisley, Aubree 09	
3) Gallardo, Rose 09	4) Spurlock, Kyla 09	
7 Glenwood	A	2:20.99
1) Rivas, Maya 12	2) Kittle, Niveah 09	
3) Pracht, Angelica 09	4) Kephart, Elizabeth 10	

**Girls Distance Medley**

Team	Relay	Finals
<b>Finals</b>		
1 Stanton	A	4:40.42 10
1) McDonald, Quinn 09	2) Foster-Saye, Leilanie 09	
3) Roberts, Lauren 10	4) French, Piper 10	
2 Griswold	A	4:43.78 8
1) Dorscher, Camille 10	2) Wyman, Brystol 11	
3) Gohlinghorst, Sadie 11	4) Steinhoff, Alexa 10	

3 Heartland Christ	A	5:12.21 6
1) Behrens, Aubrey 10	2) Schneckloth, Memphis 09	
3) Schuster, Sienna 09	4) Hutchison, Hannah 09	
4 Fremont-Mills	A	5:12.65 4
1) Campbell, Greenlie 10	2) Castro, Lilly 10	
3) Barbour, Ellie 10	4) Billingsley, Adelynn 09	
5 East Mills	A	5:14.29 2
1) Stearns, Mackenzie 12	2) Blanton, Isabella 10	
3) Housh, Sophia 09	4) Morrical, Sophia 12	

**Girls 4x100 Meter Shuttle Hurdle**

Team	Relay	Finals
<b>Finals</b>		
1 Fremont-Mills	A	1:07.95 10
1) Nuckolls, Carlie 11	2) Gute, Reese 12	
3) Malcom, Abby 09	4) Alley, Lana 12	
2 Griswold	A	1:12.27 8
1) Gohlinghorst, Sadie 11	2) Wyman, Brystol 11	
3) Steinhoff, Alexa 10	4) Adams, Carsyn 11	
3 Stanton	A	1:13.10 6
1) McDonald, Quinn 09	2) Allen, Maven 09	
3) Roberts, Lauren 10	4) French, Piper 10	
4 Glenwood	A	1:21.48 4
1) Hilsabeck, Kasey 10	2) Nelsen, Andri 09	
3) Johansen, Emma 11	4) Sullivan, Lillian 12	

**Girls High Jump**

Name	Yr	School	Finals
<b>Finals</b>			
1 Foster-Saye, Leilanie	09	Stanton	J5-00.00 10
2 Roberts, Lauren	10	Stanton	J4-08.00 7
2 Weldon, Brooklyn	09	Fremont-Mill	J4-08.00 7
4 Billingsley, Brookelynn	11	Fremont-Mill	J4-06.00 4
5 Tackett, Jocelyn	11	Sidney	J4-06.00 2
6 Hutchison, Hannah	09	Heartland Ch	J4-02.00 1
--- Clemmons, Natalie	09	East Mills	NH
--- Cox, Jentri	11	Diagonal	NH

**Girls Long Jump**

Name	Yr	School	Finals
<b>Finals</b>			
1 Malcom, Abby	09	Fremont-Mill	15-01.25 10
2 Ramos, Abigail	10	Fremont-Mill	14-07.00 8
3 Grandfield, Hailey	09	Diagonal	14-04.00 6
4 Keuck, Jordyn	09	Heartland Ch	14-02.50 4
5 Legband, Ayrianna	10	Glenwood	14-01.50 2
6 Schuster, Sienna	09	Heartland Ch	12-03.75 1
7 Kisichy, Rifenta	12	Ia School De	12-01.50
8 Krueger, Naomi	09	Heartland Ch	9-06.50

**Girls Shot Put**

Name	Yr	School	Finals
<b>Finals</b>			
1 Mattox, Hayleigh	12	Fremont-Mill	35-10.00 10
2 Gade, Ella	10	Griswold	31-11.25 8
3 Stiverson, Shaylee	11	East Mills	31-09.00 6

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Finals ... (Girls Shot Put)

Name	Yr	School	Finals
4 Howe, Katherine	10	Fremont-Mill	31-06.75 4
5 King, Charli	10	Sidney	30-10.00 2
6 Anderson, Corinne	10	Heartland Ch	30-08.50 1
7 White, Halle	12	Diagonal	29-06.50
8 Hilton, Claire	11	Fremont-Mill	28-02.00
9 Stephens, Willa	09	Sidney	27-01.75
10 Hanson, Kaylen	10	Heartland Ch	25-10.00
11 Amos, Zoey	11	Griswold	24-09.00
12 Swain, Maddison	09	Griswold	24-08.75
13 Morgan, Czandrya	10	Sidney	23-10.00
13 Morrical, Ava	09	East Mills	23-10.00
15 Stephens, Cooper	09	Stanton	23-03.00
16 Garcia, Lexani	11	Heartland Ch	22-06.50
17 Stites, Kennedy	10	Stanton	22-01.00
18 Rosauer, Ella	10	Glenwood	21-10.75
19 Simmons, Bella	11	Essex	21-07.00
20 Lopez, Josslen	11	Heartland Ch	21-05.00
21 Goy, Alexa	10	Glenwood	20-07.75
22 Stockstell, Khloe	09	Sidney	19-09.00
23 Kinsler, Aurora	09	East Mills	19-08.00
24 Rivas, Maya	12	Glenwood	19-00.75

Girls Discus Throw

Name	Yr	School	Finals
1 Mattox, Hayleigh	12	Fremont-Mill	106-03 10
2 Hilton, Claire	11	Fremont-Mill	100-08 8
3 Gade, Ella	10	Griswold	91-10 6
4 Nelsen, Andri	09	Glenwood	90-03 4
5 King, Charli	10	Sidney	83-07 2
6 Stiverson, Shaylee	11	East Mills	82-09 1
7 Rosauer, Ella	10	Glenwood	79-00
8 Amos, Zoey	11	Griswold	78-08
9 Anderson, Corinne	10	Heartland Ch	76-08
10 White, Halle	12	Diagonal	74-01
11 Goy, Alexa	10	Glenwood	70-05
12 Morgan, Czandrya	10	Sidney	68-05
13 Hanson, Kaylen	10	Heartland Ch	68-01
14 Simmons, Bella	11	Essex	66-01
15 Gill, Lillian	10	Fremont-Mill	63-06
16 Stephens, Willa	09	Sidney	63-00
17 Stites, Kennedy	10	Stanton	62-05
18 Morrical, Ava	09	East Mills	58-04
19 Grebin, Gabi	10	Stanton	56-04
20 Anderson, Adia	09	Heartland Ch	54-00
21 Garcia, Lexani	11	Heartland Ch	50-05
22 Kinsler, Aurora	09	East Mills	47-09
23 Lincoln, Abigail	10	Glenwood	47-07
24 Lockwood, Lexi	10	Griswold	47-06
25 Stockstell, Khloe	09	Sidney	45-04
--- Howe, Katherine	10	Fremont-Mill	X86-09

Boys 100 Meter Dash

Name	Yr	School	Finals
1 Brodigan, Jiri	12	East Mills	11.70 10
2 Campbell, Paxton	10	Fremont-Mill	11.96 8
3 Sheffield, Kaxston	10	Ahstw	11.97 6
4 Forney, Sawyer	12	Fremont-Mill	12.20 4
5 Ewing, Justin	11	Glenwood	12.37 2
6 Cook, Nolan	09	Glenwood	12.48 1
7 Holmes, Christopher	12	Ahstw	12.63
8 Morales, Will	09	Glenwood	12.89
9 Oliver, Deagan	10	Glenwood	12.93
10 Hart, Brett	10	Stanton	13.05
11 Zimmerman, Broden	10	Fremont-Mill	13.08
12 Marsh, Owen	10	Stanton	13.34
13 Malone, Fred	09	Diagonal	13.44
14 Lewis, Greg	11	East Mills	13.47
15 Snow, Jayden	10	Stanton	13.59
16 Sholes, Isaiah	12	Essex	13.60
17 Allen, Aiden	10	Heartland Ch	13.61
18 Gubbels, Hayden	10	Ahstw	13.93
19 Mills, Isaac	12	East Mills	14.10
20 Hyde, Daniel	11	Sidney	14.14
21 Propp, Zaine	10	Sidney	14.20
22 Arterburn, Joe	10	Heartland Ch	14.74
23 Tovar-Crispin, Juan	10	Sidney	14.87
24 Scott, John	09	Ahstw	14.93
25 Beker, Bn	12	Ia School De	14.94
26 Wilson, Michael	12	East Mills	15.39
27 Diehl, Clayton	09	Essex	15.48
28 Koch, John	09	Heartland Ch	15.56
29 Petersen, Joel	09	Ia School De	15.62
30 Utz, Jacob	09	Heartland Ch	16.85
--- Grasso, Bentley	09	Fremont-Mill	X12.49

Boys 200 Meter Dash

Name	Yr	School	Finals
1 Wheatley, Chase	12	Ahstw	23.72 10
2 Brodigan, Jiri	12	East Mills	23.75 8
3 Campbell, Paxton	10	Fremont-Mill	23.87 6
4 Cook, Nolan	09	Glenwood	24.25 4
5 Forney, Sawyer	12	Fremont-Mill	24.62 2
6 Kline, Ashon	12	Essex	25.14 1
7 Morales, Will	09	Glenwood	25.54
8 Harder, Evan	10	Ahstw	25.66
9 Sandbothe, Kayden	10	Ahstw	25.73
10 Oliver, Deagan	10	Glenwood	26.25
11 Reed, Jhalil	10	East Mills	26.28
12 Hart, Brett	10	Stanton	26.36
13 Krohn, Parker	10	Ahstw	26.64
14 Hobbie, Will	11	Sidney	27.02
15 Lang, Max	10	Sidney	27.14
16 Lewis, Greg	11	East Mills	28.05
17 Allen, Aiden	10	Heartland Ch	28.40

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Finals ... (Boys 200 Meter Dash)

Name	Yr	School	Finals
18 Lang, Austin	12	Sidney	28.50
19 Ripperger, Brock	10	East Mills	29.31
20 Borchert, Wyatt	11	Glenwood	30.84
21 Leavitt, Jonathan	09	Heartland Ch	30.93
22 Nichols, Micah	10	Heartland Ch	33.43

Boys 400 Meter Dash

Name	Yr	School	Finals
<b>Finals</b>			
1 Harder, Evan	10	Ahstw	56.16 10
2 Johnson, Calvin	11	Sidney	56.38 8
3 Lemonds, Rhett	11	Fremont-Mill	57.14 6
4 Fetter, Hezekiah	09	Heartland Ch	58.45 4
5 Wigginton, Tyler	09	Glenwood	59.07 2
6 Reed, Jhalil	10	East Mills	1:00.19 1
7 Gray, Malachi	11	Heartland Ch	1:00.54
8 Lewellen, Wade	10	Glenwood	1:03.06
9 Cantwell, James	10	East Mills	1:08.11
10 Diehl, Clayton	09	Essex	1:14.48

Boys 800 Meter Run

Name	Yr	School	Finals
<b>Finals</b>			
1 Harder, Collin	12	Ahstw	2:00.11 10
2 Carter, Anderson	12	Fremont-Mill	2:14.32 8
3 Capron, Gavin	11	Heartland Ch	2:33.11 6
4 Blanton, Gabe	10	East Mills	2:34.62 4
5 Lopez Rodriguez, Cristian	12	Ia School De	2:36.68 2
6 Jensen, Nile	09	Glenwood	2:38.18 1
7 Arterburn, Joe	10	Heartland Ch	2:51.75
8 Wade, John	10	East Mills	2:59.54

Boys 1600 Meter Run

Name	Yr	School	Finals
<b>Finals</b>			
1 Malone, Fred	09	Diagonal	5:21.70 10
2 Carter, Anderson	12	Fremont-Mill	5:28.23 8
3 Lemonds, Wyatt	11	Fremont-Mill	5:44.66 6
4 Horton, Makhial	11	Heartland Ch	5:57.60 4
5 Golden, Korey	09	East Mills	6:48.28 2
6 Nichols, Micah	10	Heartland Ch	6:56.57 1
--- Morse, Colin	10	Fremont-Mill	X5:53.88

Boys 3200 Meter Run

Name	Yr	School	Finals
<b>Finals</b>			
1 Carter, Anderson	12	Fremont-Mill	11:40.87 10
2 Malone, Fred	09	Diagonal	11:41.07 8
3 Lemonds, Wyatt	11	Fremont-Mill	12:00.67 6
4 Collins, Jake	09	Ahstw	12:08.17 4
5 Lopez Rodriguez, Cristian	12	Ia School De	12:28.21 2
6 Horton, Makhial	11	Heartland Ch	12:30.63 1
7 Nichols, Micah	10	Heartland Ch	14:44.07

Boys 110 Meter Hurdles

Name	Yr	School	Finals
<b>Finals</b>			
1 Linkenhoker, JW	12	Fremont-Mill	15.01 10
2 Grebin, Rylan	12	Stanton	16.86 8
3 Sandbothe, Kayden	10	Ahstw	18.69 6
4 Williams, Riley	09	Glenwood	19.09 4
5 Baker, Ireland	10	Glenwood	19.80 2
6 Spooner, Bryce	10	Heartland Ch	22.59 1

Boys 400 Meter Hurdles

Name	Yr	School	Finals
<b>Finals</b>			
1 Poorker, Khayden	09	East Mills	1:01.92 10
2 Baker, Ireland	10	Glenwood	1:02.02 8
3 Lemonds, Rhett	11	Fremont-Mill	1:03.79 6
4 Ward, Konnor	09	Sidney	1:03.94 4
5 Nelson, Ty	12	Ahstw	1:04.77 2
6 Williams, Riley	09	Glenwood	1:04.96 1
7 Snow, Jayden	10	Stanton	1:05.38
8 Bell, Flynt	12	Sidney	1:05.99
9 Roberts, Chase	09	Heartland Ch	1:12.71
10 Allen, Terrell	10	East Mills	1:13.60
11 Koch, John	09	Heartland Ch	1:27.15
--- Heller, Jackson	11	Sidney	X1:13.66

Boys 4x100 Meter Relay

Team	Relay	Finals
<b>Finals</b>		
1 Fremont-Mills	A	46.22 10
1) Campbell, Paxton 10	2) Morse, Landon 11	
3) Forney, Sawyer 12	4) Linkenhoker, JW 12	
2 Sidney	A	47.48 8
1) Lutz, Joseph 11	2) Boyd, Zach 10	
3) Mount, Tate 12	4) Stenzel, Aiden 12	
3 Glenwood	A	47.52 6
1) Cook, Nolan 09	2) Ewing, Justin 11	
3) Wilcox, Brayden 10	4) Grile, Bennett 09	
4 Ahstw	A	48.56 4
1) Sandbothe, Kayden 10	2) Krohn, Parker 10	
3) Jensen, Jackson 11	4) Behrens, Donnovin 10	
5 Stanton	A	49.23 2
1) Marsh, Owen 10	2) Hart, Brett 10	
3) Dreyer, Cooper 10	4) Grebin, Rylan 12	
6 Heartland Christ	A	52.90 1
1) Allen, Aiden 10	2) Fetter, Hezekiah 09	
3) Leavitt, Jonathan 09	4) Roberts, Chase 09	
7 East Mills	A	55.14
1) Ripperger, Brock 10	2) Moyers, Gavin 09	
3) Mills, Isaac 12	4) Allen, Terrell 10	
--- Fremont-Mills	B	X49.09
1) Roberts, Aidan 11	2) Crom, Gavin 10	
3) Laumann, Evan 09	4) Grasso, Bentley 09	

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Finals ... (Boys 4x100 Meter Relay)

Team	Relay	Finals
--- Ahstw	B	X53.95
1) Shutter, Jackson 12	2) Blotzer, Sage 11	
3) Gubbels, Hayden 10	4) Scheffler, Roman 11	
--- Glenwood	B	X55.25
1) Oliver, Griffin 09	2) Mayer, Codie 11	
3) Kendrick, Mason 09	4) Haag, Neil 10	
--- Sidney	B	X58.08
1) Androy, Tristan 10	2) Tovar-Crispin, Juan 10	
3) Heller, Richard 10	4) Heller, Jackson 11	
--- East Mills	B	X58.83
1) Wilson, Michael 12	2) Wade, John 10	
3) Petereit, Zander 11	4) Viner, Tyson 11	

Boys 4x200 Meter Relay

Team	Relay	Finals
<b>Finals</b>		
1 Glenwood	A	1:38.16 10
1) Cook, Hudson 09	2) Grile, Bennett 09	
3) Wilcox, Brayden 10	4) Williams, James 09	
2 Ahstw	A	1:38.18 8
1) Holmes, Christopher 12	2) Jensen, Jackson 11	
3) Wheatley, Chase 12	4) Sheffield, Kaxston 10	
3 East Mills	A	1:40.31 6
1) Burdic, Beau 09	2) Gibbs, Landon 11	
3) Jackson, Curtis 10	4) Hagen, Cooper 12	
4 Sidney	A	1:41.51 4
1) Ward, Konnor 09	2) Boyd, Zach 10	
3) Mount, Tate 12	4) Stenzel, Aiden 12	
5 Fremont-Mills	A	1:47.44 2
1) Madison, Wyatt 10	2) Roach, Ethan 11	
3) Countryman, Ethan 09	4) Zimmerman, Broden 10	
6 Essex	A	1:49.95 1
1) Sholes, Isaiah 12	2) Cabeen, Mark 10	
3) Johnson- Wityk, Jesse 10	4) Kline, Ashon 12	
7 Glenwood	B	1:54.80
1) Newman, Malachi 10	2) Mayer, Codie 11	
3) Kendrick, Mason 09	4) Schmitt, Tyler 12	
8 Ahstw	B	1:55.12
1) Coon, Trevor 09	2) Scott, John 09	
3) Hansen, Ethan 09	4) Gubbels, Hayden 10	
9 Ia School Deaf	A	2:09.67
1) Beker, Bn 12	2) Stuckey, Hunter 10	
3) Petersen, Joel 09	4) Lopez Rodriguez, Cristian 12	
10 Heartland Christ	A	2:10.18
1) Koch, John 09	2) Arterburn, Joe 10	
3) Utz, Jacob 09	4) Briggs, Mason 09	
--- Fremont-Mills	B	X1:46.93
1) Laumann, Evan 09	2) Hanna, Tate 10	
3) Korver, Ryan 10	4) Grasso, Bentley 09	
--- Sidney	B	X1:50.46
1) Propp, Zaine 10	2) Lang, Max 10	
3) Hobbie, Will 11	4) Lang, Austin 12	

Boys 4x400 Meter Relay

Team	Relay	Finals
<b>Finals</b>		
1 Glenwood	A	3:47.76 10
1) Cook, Hudson 09	2) Koehler, Max 09	
3) Wigginton, Tyler 09	4) Wirth, Braylon 09	
2 East Mills	A	3:53.48 8
1) Jackson, Curtis 10	2) Burdic, Beau 09	
3) Gibbs, Landon 11	4) Hagen, Cooper 12	
3 Sidney	A	4:03.66 6
1) Johnson, Calvin 11	2) Lang, Max 10	
3) Bell, Flynt 12	4) Boyd, Zach 10	
4 Fremont-Mills	A	4:08.39 4
1) Morse, Landon 11	2) Ware, Bentlee 10	
3) Lopez, Geovanni 09	4) Lemonds, Rhett 11	
5 Heartland Christ	A	4:10.10 2
1) Gray, Malachi 11	2) Holtmyer, Michael 12	
3) Spooner, Bryce 10	4) Fetter, Hezekiah 09	
6 Ahstw	A	4:16.99 1
1) Kaiser, Cash 10	2) Behrens, Donnovin 10	
3) Gubbels, Hayden 10	4) Scheffler, Roman 11	

Boys 4x800 Meter Relay

Team	Relay	Finals
<b>Finals</b>		
1 Ahstw	A	10:22.59 10
1) Benavent, Arturo 09	2) Blotzer, Sage 11	
3) Kaiser, Cash 10	4) Collins, Jake 09	
2 Heartland Christ	A	10:33.60 8
1) Holtmyer, Michael 12	2) Capron, Gavin 11	
3) Roberts, Chase 09	4) Horton, Makhial 11	
3 Fremont-Mills	A	11:25.48 6
1) Hanna, Tate 10	2) Wederquist, Raif 09	
3) Wederquist, Otto 09	4) Korver, Ryan 10	

Boys 800 Sprint Medley

Team	Relay	Finals
<b>Finals</b>		
1 Ahstw	A	1:38.40 10
1) Holmes, Christopher 12	2) Wheatley, Chase 12	
3) Sheffield, Kaxston 10	4) Harder, Collin 12	
2 Glenwood	A	1:46.29 8
1) Cook, Hudson 09	2) Koehler, Max 09	
3) Wilcox, Brayden 10	4) Williams, James 09	
3 Sidney	A	1:46.67 6
1) Lutz, Joseph 11	2) Mount, Tate 12	
3) Johnson, Calvin 11	4) Bell, Flynt 12	
4 Fremont-Mills	A	1:49.16 4
1) Countryman, Ethan 09	2) Madison, Wyatt 10	
3) Morse, Landon 11	4) Ware, Bentlee 10	
5 East Mills	A	1:58.67 2
1) Ripperger, Brock 10	2) Burdic, Beau 09	
3) Cantwell, James 10	4) Ellis, Tyson 09	

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**Finals ... (Boys 800 Sprint Medley)**

Team	Relay	Finals
6 Essex	A	2:01.58 1
1) Aradanas, Damien 12	2) King, Ben 10	
3) Cabeen, Mark 10	4) Johnson- Wityk, Jesse 10	
7 Heartland Christ	A	2:15.49
1) Briggs, Mason 09	2) Utz, Jacob 09	
3) Koch, John 09	4) Leavitt, Jonathan 09	

**Boys Distance Medley**

Team	Relay	Finals
<b>Finals</b>		
1 Fremont-Mills	A	4:19.15 10
1) Morse, Landon 11	2) Roach, Ethan 11	
3) Ware, Bentlee 10	4) Morse, Colin 10	
2 Ahstw	A	4:23.10 8
1) Behrens, Donnovin 10	2) Nelson, Ty 12	
3) Krohn, Parker 10	4) Benavent, Arturo 09	
3 East Mills	A	4:26.63 6
1) Moyers, Gavin 09	2) Blanton, Gabe 10	
3) Poorker, Khayden 09	4) Ellis, Tyson 09	
4 Glenwood	A	4:27.21 4
1) Oliver, Griffin 09	2) Wirth, Braylon 09	
3) Turner, Tristan 11	4) Jensen, Nile 09	
5 Heartland Christ	A	4:43.95 2
1) Leavitt, Jonathan 09	2) Horton, Makhial 11	
3) Holtmyer, Michael 12	4) Capron, Gavin 11	
6 Essex	A	4:55.31 1
1) Cabeen, Mark 10	2) Aradanas, Damien 12	
3) Diehl, Clayton 09	4) Johnson- Wityk, Jesse 10	

**Boys 4x110 Meter Shuttle Hurdle**

Team	Relay	Finals
<b>Finals</b>		
1 Fremont-Mills	A	1:06.71 10
1) Madison, Wyatt 10	2) Forney, Sawyer 12	
3) Lemonds, Rhett 11	4) Linkenhoker, JW 12	
2 Stanton	A	1:11.04 8
1) Dreyer, Cooper 10	2) Snow, Jayden 10	
3) Marsh, Owen 10	4) Grebin, Rylan 12	
3 Glenwood	A	1:18.15 6
1) Williams, Riley 09	2) Lewellen, Wade 10	
3) Smith, Leilynd 09	4) Baker, Ireland 10	
4 Heartland Christ	A	1:23.21 4
1) Spooner, Bryce 10	2) Allen, Aiden 10	
3) Fetter, Hezekiah 09	4) Gray, Malachi 11	

**Boys High Jump**

Name	Yr	School	Finals
<b>Finals</b>			
1 Sholes, Isaiah	12	Essex	J5-08.00 10
2 Poorker, Khayden	09	East Mills	J5-06.00 8
3 Stenzel, Aiden	12	Sidney	J5-06.00 6
4 Lopez, Geovanni	09	Fremont-Mill	J5-06.00 4
5 Dreyer, Cooper	10	Stanton	5-04.00 2
6 Jensen, Jackson	11	Ahstw	J5-02.00 0.5

6	Ward, Konnor	09	Sidney	J5-02.00	0.5
7	Williams, Riley	09	Glenwood	J5-02.00	
---	Scott, John	09	Ahstw	NH	
---	LeMaster, Ayden	09	Sidney	NH	
---	Blanton, Gabe	10	East Mills	NH	
---	Wirth, Braylon	09	Glenwood	NH	

**Boys Long Jump**

Name	Yr	School	Finals
<b>Finals</b>			
1 Campbell, Paxton	10	Fremont-Mill	20-04.50 10
2 Kline, Ashon	12	Essex	18-00.00 8
3 Cook, Hudson	09	Glenwood	17-10.50 6
4 Grebin, Rylan	12	Stanton	17-05.75 4
5 Hart, Brett	10	Stanton	17-00.75 2
6 Smith, Leilynd	09	Glenwood	16-08.50 1
7 Golden, Korey	09	East Mills	16-07.75
8 Sandbothe, Kayden	10	Ahstw	16-05.50
8 Wigginton, Tyler	09	Glenwood	16-05.50
10 Reed, Jhalil	10	East Mills	16-02.00
11 Gray, Malachi	11	Heartland Ch	16-01.75
12 Moyers, Gavin	09	East Mills	15-05.50
13 Beker, Bn	12	Ia School De	13-11.00
14 Shutters, Jackson	12	Ahstw	13-07.75
15 Spooner, Bryce	10	Heartland Ch	13-01.00

**Boys Shot Put**

Name	Yr	School	Finals	
<b>Finals</b>				
1 Scheffler, Roman	11	Ahstw	43-06.75 10	
2 Crom, Gavin	10	Fremont-Mill	43-04.00 8	
3 Taylor, Josh	11	Glenwood	43-01.00 6	
4 Roberts, Aidan	11	Fremont-Mill	40-10.00 4	
5 Cherry, Jordan	11	Glenwood	39-11.50 2	
6 Viner, Tyson	11	East Mills	39-04.00 1	
7 Kingsolver, Ben	12	Sidney	39-02.00	
8 Hagen, Cooper	12	East Mills	37-00.00	
9 Schoening, Dean	09	Fremont-Mill	36-04.25	
10 Shutters, Jackson	12	Ahstw	34-09.50	
11 Chambers, Rhys	10	Essex	33-08.00	
12 Hobbie, Will	11	Sidney	32-11.25	
13 Marsh, Owen	10	Stanton	31-06.75	
14 Holtmyer, Michael	12	Heartland Ch	31-05.00	
15 Winters, Bryce	09	Sidney	31-04.00	
16 Aradanas, Damien	12	Essex	30-03.00	
17 Jackson, Isaac	10	Glenwood	29-09.00	
18 Stuckey, Hunter	10	Ia School De	29-08.50	
19 Behrens, Donnovin	10	Ahstw	29-03.25	
20 Petereit, Zander	11	East Mills	28-05.00	
21 Thompson, Garret	09	Sidney	27-10.75	
22 Lubben, Crystian	12	Ia School De	27-00.00	
23 Briggs, Mason	09	Heartland Ch	24-06.50	
24 Utz, Jacob	09	Heartland Ch	22-05.25	
25 Nichols, Micah	10	Heartland Ch	21-11.50	
---	Taylor, Jordan	11	Glenwood	ND

## FM HS Coed 2026 - 4/28/2026

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## Boys Discus Throw

	Name	Yr	School	Finals
<b>Finals</b>				
1	Zimmerman, Broden	10	Fremont-Mill	125-02 10
2	Schmitt, Oliver	10	Glenwood	113-04 8
3	Scheffler, Roman	11	Ahstw	100-02 6
4	Petereit, Zander	11	East Mills	98-09 4
5	Kingsolver, Ben	12	Sidney	98-00 2
6	Roberts, Chase	09	Heartland Ch	88-05 1
7	Stuckey, Hunter	10	Ia School De	83-09
8	Schmitt, Tyler	12	Glenwood	83-06
9	Wilson, Michael	12	East Mills	81-02
10	Finical V, John	09	Fremont-Mill	80-08
11	Winters, Bryce	09	Sidney	80-05
12	Behrens, Donnovin	10	Ahstw	78-07
13	Mills, Isaac	12	East Mills	75-02
14	Capron, Gavin	11	Heartland Ch	74-02
15	Johnson- Wityk, Jesse	10	Essex	72-08
16	Reyes, Gabriel	09	Glenwood	71-11
17	Lubben, Crystian	12	Ia School De	71-01
18	Heller, Richard	10	Sidney	70-04
19	Arterburn, Joe	10	Heartland Ch	65-11
20	Briggs, Mason	09	Heartland Ch	62-07
21	Glenn, Aiden	10	Sidney	61-05
22	Fink, Layne	09	Glenwood	56-10

## Women - Team Rankings - 19 Events Scored

1)	Fremont-Mills	203
2)	Griswold	94
3)	Heartland Christ	61
4)	Stanton	54
5)	Glenwood	49
6)	East Mills	48
7)	Essex	47
8)	Diagonal	11
9)	Sidney	9
10)	Ia School Deaf	5

## Men - Team Rankings - 19 Events Scored

1)	Fremont-Mills	162
2)	AHSTW	105.5
3)	Glenwood	92
4)	East Mills	70
5)	Sidney	44.5
6)	Heartland Christ	35
7)	Stanton	26
8)	Essex	22
9)	Diagonal	18
10)	Ia School Deaf	4