

Iowa Girls & Boys 1A Qualifying Track Meet Fremont-Mills - 5/14/2026

5/14/2026

Results - 1A District Events

Girls 100 Meter Dash 1A

Name	Yr	School	Finals
Finals			
1 Menefee, McKinzie	10	Lenox	12.72 10
2 Singleton, Arabella	10	Riverside, O	12.85 8
3 Hagen, Ellie	10	East Mills	13.02 6
4 Gute, Reese	12	Fremont-Mill	13.03 5
5 Keuck, Jordyn	09	Heartland Ch	13.24 4
6 Blackburn, Kinley	12	Fremont-Mill	13.26 3
7 Maher, Piper	09	Essex	13.31 2
8 Martens, Adaline	12	Riverside, O	13.46 1
9 Newton, Paige	10	Woodbine	13.81 NWI
10 Banks, Kinley	10	St. Albert,	14.06 NWI
11 Schafer, Caydi	11	Woodbine	14.27 NWI
12 Blanton, Isabella	10	East Mills	14.30 NWI
13 Schneckloth, Memphis	09	Heartland Ch	14.31 NWI
14 Stokes, Natalee	10	AHSTW	14.43 NWI
15 Dawson, Madelyn	09	St. Albert,	14.53 NWI
16 Matheson, Emmy	10	Hamburg	14.60 NWI
17 Valdez, Kylie	12	Essex	14.60 NWI
18 Morris, Jocelyn	10	AHSTW	14.91 NWI
19 Mullen, Deklyn	11	Southwest Va	14.92 NWI
20 Gallardo, Raeleaann	09	Sidney	14.99 NWI
21 Grebin, Gabi	10	Stanton	15.61 NWI
22 Clark, Chloe	10	Sidney	16.03 NWI
23 Petersen, Brynna	12	Lenox	16.37 NWI
24 Lee, Ava	09	Griswold	16.63 NWI
25 Lockwood, Lexi	10	Griswold	17.39 NWI
--- Johnston, Erica	09	Southwest Va	DQ NWI

Girls 200 Meter Dash 1A

Name	Yr	School	Finals
Finals			
1 Alley, Lana	12	Fremont-Mill	25.64 10
2 Menefee, McKinzie	10	Lenox	26.82 8
3 Lund, Olivia	12	Riverside, O	26.92 6
4 Blum, Vanessa	09	Woodbine	27.10 5
5 French, Piper	10	Stanton	27.19 4
6 Behrens, McKenzie	09	AHSTW	27.51 3
7 Maher, Piper	09	Essex	27.64 2
8 Newton, Paige	10	Woodbine	29.13 1
9 Kohlhaas, Lyla	09	St. Albert,	29.45 NWI
10 Castro, Lilly	10	Fremont-Mill	29.66 NWI
11 Blanton, Isabella	10	East Mills	30.08 NWI
12 Valdez, Kylie	12	Essex	30.62 NWI
13 Larson, Kayleigh	09	Southwest Va	30.77 NWI
14 Hansen, Kendra	11	AHSTW	31.26 NWI
15 Cross, Khloe	09	Southwest Va	32.40 NWI
16 Cranmer, Felicia	09	Sidney	32.87 NWI
17 Anderson, Adia	09	Heartland Ch	33.22 NWI
18 Hanson, Kaylen	10	Heartland Ch	33.29 NWI
19 O'Barsky, Jayla	10	Hamburg	34.73 NWI
20 Lee, Ava	09	Griswold	36.12 NWI
21 Shirley, Sophie	09	Sidney	36.64 NWI
22 Stein, Layla	09	Lenox	38.40 NWI

23 Lockwood, Lexi 10 Griswold 40.33 NWI

Girls 400 Meter Dash 1A

Name	Yr	School	Finals
Finals			
1 Simms, Stella	09	St. Albert,	1:00.32 10
2 Maher, Piper	09	Essex	1:02.70 8
3 Clark, Azlyn	11	Riverside, O	1:06.29 6
4 Kohlhaas, Lyla	09	St. Albert,	1:06.55 5
5 Ramos, Abigail	10	Fremont-Mill	1:06.81 4
6 Keuck, Jordyn	09	Heartland Ch	1:07.69 3
7 Less, Amaiya	12	Riverside, O	1:08.41 2
8 Placek, Charlotte	11	Woodbine	1:09.00 1
9 Carter, Gracie	10	Fremont-Mill	1:11.06
10 Harris, Addyson	10	Woodbine	1:11.90
11 Douglas, Kenzie	12	Lenox	1:12.06
12 Pattee, Charlotte	09	AHSTW	1:12.48
13 Rold, Maeleigh	11	AHSTW	1:12.66
14 Stargell, Taylor	11	Southwest Va	1:13.21
15 Stearns, Mackenzie	12	East Mills	1:15.21
16 Amdor, Ellie	09	Southwest Va	1:16.29
17 Hernandez, Natalie	09	Lenox	1:16.72

Girls 800 Meter Run 1A

Name	Yr	School	Finals
Finals			
1 Denton, Lili	12	St. Albert,	2:19.65 10
2 Junker, Addison	09	Lenox	2:29.77 8
3 Jones, Saige	09	Southwest Va	2:34.22 6
4 Clark, Azlyn	11	Riverside, O	2:39.92 5
5 Placek, Charlotte	11	Woodbine	2:40.83 4
6 Less, Amaiya	12	Riverside, O	2:42.03 3
7 Hutchison, Hannah	09	Heartland Ch	2:49.92 2
8 Billingsley, Brookelynn	11	Fremont-Mill	2:55.13 1
9 Chambers, Embree	10	Griswold	2:55.68
10 Juarez, Taylor	11	Essex	2:57.03
11 Carter, Gracie	10	Fremont-Mill	3:01.21
12 Schuster, Sienna	09	Heartland Ch	3:03.60
13 Hernandez, Natalie	09	Lenox	3:15.73
14 Beyer, Hannah	10	Hamburg	3:33.72

Girls 1500 Meter Run 1A

Name	Yr	School	Finals
Finals			
1 Denton, Lili	12	St. Albert,	4:44.47 10
2 Cogdill, Reagan	12	Woodbine	5:17.77 8
3 Richardson, Bailey	12	Riverside, O	5:26.75 6
4 Sandahl, Ella	11	Essex	5:27.55 5
5 Steinmetz, Ava	10	Heartland Ch	5:27.72 4
6 Diehm, Keira	11	St. Albert,	5:30.59 3
7 Schaaf, Madelynn	09	Fremont-Mill	5:40.44 2
8 Housh, Sophia	09	East Mills	5:53.02 1
9 Hutchison, Hannah	09	Heartland Ch	6:02.16
10 Harris, Addyson	10	Woodbine	6:05.32

Iowa Girls & Boys 1A Qualifying Track Meet Fremont-Mills - 5/14/2026

5/14/2026

Results - 1A District Events

Girls 3000 Meter Run 1A

Name	Yr	School	Finals
Finals			
1 Denton, Lili	12	St. Albert,	10:29.12 10
2 Sandahl, Ella	11	Essex	11:58.17 8
3 Richardson, Bailey	12	Riverside, O	12:19.19 6
4 Schaaf, Madelynn	09	Fremont-Mill	12:21.37 5
5 Steinmetz, Ava	10	Heartland Ch	12:27.36 4
6 Diehm, Keira	11	St. Albert,	12:41.88 3
7 Lawler, Tayli	11	AHSTW	13:33.44 2
8 Hutchison, Hannah	09	Heartland Ch	13:52.04 1
9 Feigenbutz, Danika	12	Riverside, O	14:22.83

Girls 100 Meter Hurdles 1A

Name	Yr	School	Finals
Finals			
1 Alley, Lana	12	Fremont-Mill	14.69 10
2 Adams, Carsyn	11	Griswold	15.22 8
3 Weldon, Brooklyn	09	Fremont-Mill	16.23 6
4 Wyman, Bristol	11	Griswold	16.63 5
5 Templeton, Mailee	11	Southwest Va	16.75 4
6 Leaders, Reese	12	Woodbine	17.10 3
7 McIntosh, Adaline	11	AHSTW	17.67 2
8 Wilson, Ana	12	Riverside, O	18.05 1
9 Reeves, Jaylyn	10	East Mills	18.07 NWI
10 Banks, Kinley	10	St. Albert,	18.31 NWI
11 Allen, Maven	09	Stanton	18.49 NWI
12 Pearson, Alyssa	12	Southwest Va	18.84 NWI
13 Schmidt, Joseybeth	10	Woodbine	19.43 NWI
14 Robinson, Danielle	12	Lenox	19.53 NWI
15 Funk, Delaney	12	Lenox	19.91 NWI
16 Clemmons, Natalie	09	East Mills	20.13 NWI
17 Wilke, Amira	11	Riverside, O	20.65 NWI
18 Behrens, Aubrey	10	Heartland Ch	20.84 NWI
19 Marsh, Vivian	10	St. Albert,	21.07 NWI
20 Boustani, Lisa	12	Essex	21.47 NWI

Girls 400 Meter Hurdles 1A

Name	Yr	School	Finals
Finals			
1 Lamp, Bella	11	AHSTW	1:06.49 10
2 Nuckolls, Carlie	11	Fremont-Mill	1:07.31 8
3 Adams, Carsyn	11	Griswold	1:07.99 6
4 Weldon, Brooklyn	09	Fremont-Mill	1:10.52 5
5 Paulsen, Makenna	12	AHSTW	1:11.26 4
6 Pearson, Alyssa	12	Southwest Va	1:15.13 3
7 Larson, Carley	12	Lenox	1:18.03 2
8 McDonald, Quinn	09	Stanton	1:21.21 1
9 Schmidt, Joseybeth	10	Woodbine	1:23.56
10 Neligh, Cassidy	10	Woodbine	1:24.33
11 Clemmons, Natalie	09	East Mills	1:27.99
12 Boustani, Lisa	12	Essex	1:29.12
13 Kadel, Addison	09	Riverside, O	1:34.86

Girls 4x100 Meter Relay 1A

Team	Relay	Finals
Finals		
1 Fremont-Mills	1	50.30 10
1) Gute, Reese 12	2) Blackburn, Kinley 12	
3) Nuckolls, Carlie 11	4) Alley, Lana 12	
2 AHSTW	1	51.47 8
1) Lee, Brooke 11	2) Wyman, Kennedy 10	
3) Brockhoff, Emery 10	4) Behrens, McKenzie 09	
3 Stanton	1	52.02 6
1) McDonald, Quinn 09	2) Foster-Saye, Leilanie 09	
3) Roberts, Lauren 10	4) French, Piper 10	
4 Riverside, Oak	1	52.75 5
1) Reed, Ella 11	2) Lopez, Aubrey 12	
3) Martens, Adaline 12	4) Singleton, Arabella 10	
5 Woodbine	1	53.74 4
1) Barry, Kate 11	2) Pryor, Katy 12	
3) Leaders, Reese 12	4) Hoefler, Taylor 12	
6 Southwest Valley	1	55.32 3
1) Randall, Hailey 12	2) Benge, Josslynn 09	
3) Templeton, Mailee 11	4) Poston, Anistyn 11	
7 Sidney	1	57.09 2
1) Hayes, Ashlyn 11	2) Haggerty, Keyana 10	
3) Spurlock, Kyla 09	4) Tackett, Jocelyn 11	
8 Essex	1	58.18 1
1) Valdez, Kylie 12	2) Valdez, Aila 11	
3) Sandahl, Ella 11	4) Maher, Piper 09	
9 East Mills	1	58.51
1) Pontow, Teagan 10	2) Palmer, Loycee 12	
3) Vandenberg, Jacey 10	4) Hagen, Ellie 10	
10 Griswold	1	59.97
1) Swain, Addison 09	2) Millikan, Josie 12	
3) Harrison, Ryanna 10	4) Chambers, Embree 10	
11 St. Albert, CB	1	59.98
1) Banks, Kinley 10	2) Dawson, Madelyn 09	
3) Kohlhaas, Lyla 09	4) Marsh, Vivian 10	
12 Hamburg		1:01.31
1) Avalos, Alexa 10	2) Barrett, Emilea 10	
3) Beyer, Hannah 10	4) Kimpston, Kyra 10	
13 Lenox	1	1:01.58
1) Funk, Delaney 12	2) Petersen, Brynna 12	
3) England, LaraLynn 11	4) Brokaw, Gracie 09	
14 Heartland Christ	1	1:04.74
1) Garcia, Lexani 11	2) Hanson, Kaylen 10	
3) Anderson, Adia 09	4) Lopez, Josslen 11	

Girls 4x200 Meter Relay 1A

Team	Relay	Finals
Finals		
1 St. Albert, CB	1	1:49.15 10
1) Denton, Sophia 11	2) Larmie, Ellie 09	
3) Livingston, Greta 11	4) Simms, Stella 09	
2 AHSTW	1	1:49.46 8
1) Behrens, McKenzie 09	2) Brockhoff, Emery 10	
3) Goshorn, Macey 11	4) Wyman, Kennedy 10	

Iowa Girls & Boys 1A Qualifying Track Meet Fremont-Mills - 5/14/2026
5/14/2026

Results - 1A District Events

Finals ... (Girls 4x200 Meter Relay 1A)

Team	Relay	Finals	
3 Woodbine	1	1:51.34	6
1) Pryor, Katy 12	2) Seda, Izabelle 11		
3) Blum, Vanessa 09	4) Coenen, Avery 09		
4 Riverside, Oak	1	1:52.53	5
1) Schnack, Kayden 11	2) Martens, Adaline 12		
3) Singleton, Arabella 10	4) Lund, Olivia 12		
5 East Mills	1	1:55.20	4
1) Vandenberg, Jacey 10	2) Pontow, Teagan 10		
3) Palmer, Loycee 12	4) Hagen, Ellie 10		
6 Fremont-Mills	1	1:58.61	3
1) Campbell, Greenlie 10	2) Barbour, Ellie 10		
3) Malcom, Abby 09	4) Ramos, Abigail 10		
7 Lenox	1	2:01.12	2
1) Reed, Reese 10	2) Stoaks, Laney 10		
3) Zech, Rubey 09	4) England, LaraLynn 11		
8 Sidney	1	2:01.33	1
1) Hayes, Ashlyn 11	2) Haggerty, Keyana 10		
3) Spurlock, Kyla 09	4) Tackett, Jocelyn 11		
9 Southwest Valley	1	2:08.52	
1) Larson, Kayleigh 09	2) Mendenhall, Heather 11		
3) Cross, Khloe 09	4) Benge, Josslynn 09		
10 Griswold	1	2:12.06	
1) Swain, Maddison 09	2) Millikan, Josie 12		
3) Harrison, Ryanna 10	4) Swain, Addison 09		
11 Heartland Christ	1	2:18.60	
1) Garcia, Lexani 11	2) Schuster, Sienna 09		
3) Anderson, Adia 09	4) Lopez, Josslen 11		

Girls 4x400 Meter Relay 1A

Team	Relay	Finals	
1 St. Albert, CB	1	4:05.69	10
1) Denton, Sophia 11	2) Larmie, Ellie 09		
3) Livingston, Greta 11	4) Simms, Stella 09		
2 AHSTW	1	4:06.43	8
1) Goshorn, Macey 11	2) Paulsen, Ava 12		
3) Wyman, Kennedy 10	4) Lamp, Bella 11		
3 Riverside, Oak	1	4:12.12	6
1) Schnack, Kayden 11	2) Dalby, Meadow 09		
3) Rone, Bentley 12	4) Lund, Olivia 12		
4 Woodbine	1	4:12.25	5
1) Pryor, Katy 12	2) Owens, Keaton 09		
3) Coenen, Avery 09	4) Blum, Vanessa 09		
5 Griswold	1	4:17.94	4
1) Gohlinghorst, Sadie 11	2) Steinhoff, Alexa 10		
3) Dorscher, Camille 10	4) Adams, Carsyn 11		
6 Heartland Christ	1	4:42.37	3
1) Keuck, Jordyn 09	2) Schneckloth, Memphis 09		
3) Behrens, Aubrey 10	4) Steinmetz, Ava 10		
7 Fremont-Mills	1	4:44.05	2
1) Carter, Gracie 10	2) Barbour, Ellie 10		
3) Inman, Kaylee 09	4) Ramos, Abigail 10		

8 Lenox	1	4:50.74	1
1) Douglas, Kenzie 12	2) Zech, Rubey 09		
3) Larson, Carley 12	4) England, LaraLynn 11		
9 East Mills	1	5:05.37	
1) Grindle, Ava 10	2) Stearns, Mackenzie 12		
3) Fulton, Leighton 11	4) Morrival, Sophia 12		
10 Southwest Valley	1	5:20.06	
1) Stargell, Taylor 11	2) Hogan, Elin 09		
3) Mendenhall, Erica 09	4) Mendenhall, Heather 11		

Girls 4x800 Meter Relay 1A

Team	Relay	Finals	
1 AHSTW	1	9:57.80	10
1) Paulsen, Ava 12	2) Goshorn, Macey 11		
3) Paulsen, Makenna 12	4) Lamp, Bella 11		
2 Riverside, Oak	1	10:01.15	8
1) Dalby, Meadow 09	2) Schnack, Kayden 11		
3) Clark, Azlyn 11	4) Rone, Bentley 12		
3 Woodbine	1	10:37.48	6
1) Placek, Charlotte 11	2) Owens, Keaton 09		
3) Seda, Izabelle 11	4) Cogdill, Reagan 12		
4 Fremont-Mills	1	12:07.07	5
1) Billingsley, Brookelynn 11	2) Billingsley, Adelynn 09		
3) Forney, Ava 11	4) Carter, Gracie 10		
5 Southwest Valley	1	12:31.66	4
1) Stargell, Taylor 11	2) Mendenhall, Erica 09		
3) Hogan, Elin 09	4) Amdor, Ellie 09		
6 East Mills	1	12:43.47	3
1) Morrival, Sophia 12	2) Grindle, Ava 10		
3) Stearns, Mackenzie 12	4) Housh, Sophia 09		

Girls 800 Sprint Medley 1A

Team	Relay	Finals	
1 Fremont-Mills	1	1:54.66	10
1) Malcom, Abby 09	2) Blackburn, Kinley 12		
3) Gute, Reese 12	4) Nuckolls, Carlie 11		
2 AHSTW	1	1:55.53	8
1) Lee, Brooke 11	2) Brockhoff, Emery 10		
3) Behrens, McKenzie 09	4) Wyman, Kennedy 10		
3 Riverside, Oak	1	1:55.76	6
1) Reed, Ella 11	2) Martens, Adaline 12		
3) Singleton, Arabella 10	4) Lund, Olivia 12		
4 St. Albert, CB	1	1:57.34	5
1) Denton, Sophia 11	2) Larmie, Ellie 09		
3) Livingston, Greta 11	4) Simms, Stella 09		
5 Woodbine	1	1:57.68	4
1) Hoefler, Taylor 12	2) Coenen, Avery 09		
3) Seda, Izabelle 11	4) Pryor, Katy 12		
6 Lenox	1	1:58.06	3
1) Stoaks, Laney 10	2) Reed, Reese 10		
3) Junker, Addison 09	4) Menefee, McKinzie 10		
7 Southwest Valley	1	2:02.06	2
1) Randall, Hailey 12	2) Templeton, Mailee 11		
3) Helvie, Ray 11	4) Poston, Anistyn 11		

Iowa Girls & Boys 1A Qualifying Track Meet Fremont-Mills - 5/14/2026

5/14/2026

Results - 1A District Events

Finals ... (Girls 800 Sprint Medley 1A)

Team	Relay	Finals
8 East Mills	1	2:08.95 1
1) Pontow, Teagan 10	2) Palmer, Loycee 12	
3) Vandenberg, Jacey 10	4) Grindle, Ava 10	
9 Heartland Christ	1	2:14.10
1) Schneckloth, Memphis 09	2) Hanson, Kaylen 10	
3) Behrens, Aubrey 10	4) Schuster, Sienna 09	
10 Griswold	1	2:16.41
1) Swain, Maddison 09	2) Amos, Zoey 11	
3) Millikan, Josie 12	4) Chambers, Embree 10	
11 Sidney	1	2:16.61
1) Iglesias-Lopez, Antia 10	2) Nisley, Aubree 09	
3) Glenn, Katie 09	4) Spurlock, Kyla 09	
12 Hamburg		2:21.85
1) Avalos, Alexa 10	2) Barrett, Emilea 10	
3) Beyer, Hannah 10	4) Kimpston, Kyra 10	

Girls Distance Medley 1A

Team	Relay	Finals
Finals		
1 St. Albert, CB	1	4:11.15 10
1) Denton, Sophia 11	2) Larmie, Ellie 09	
3) Livingston, Greta 11	4) Denton, Lili 12	
2 AHSTW	1	4:24.66 8
1) Lee, Brooke 11	2) Lander, Yana 11	
3) Lamp, Bella 11	4) Paulsen, Ava 12	
3 Griswold	1	4:27.05 6
1) Dorscher, Camille 10	2) Wyman, Bristol 11	
3) Gohlinghorst, Sadie 11	4) Steinhoff, Alexa 10	
4 Stanton	1	4:30.66 5
1) McDonald, Quinn 09	2) Foster-Saye, Leilanie 09	
3) Roberts, Lauren 10	4) French, Piper 10	
5 Riverside, Oak	1	4:32.77 4
1) Reed, Ella 11	2) Lopez, Aubrey 12	
3) Rone, Bentley 12	4) Dalby, Meadow 09	
6 Woodbine	1	4:36.57 3
1) Hoefler, Taylor 12	2) Barry, Kate 11	
3) Owens, Keaton 09	4) Cogdill, Reagan 12	
7 Lenox	1	4:41.01 2
1) Reed, Reese 10	2) Stoaks, Laney 10	
3) Menefee, McKinzie 10	4) Junker, Addison 09	
8 Southwest Valley	1	4:43.38 1
1) Randall, Hailey 12	2) Helvie, Ray 11	
3) Poston, Anistyn 11	4) Jones, Saige 09	
9 East Mills	1	5:02.52
1) Fulton, Leighton 11	2) Reeves, Jaylyn 10	
3) Morrical, Sophia 12	4) Housh, Sophia 09	
10 Fremont-Mills	1	5:09.93
1) Campbell, Greenlie 10	2) Castro, Lilly 10	
3) Inman, Kaylee 09	4) Billingsley, Adelynn 09	

Girls 4x100 Meter Shuttle Hurdle 1A

Team	Relay	Finals
Finals		
1 Fremont-Mills	1	1:06.46 10
1) Nuckolls, Carlie 11	2) Gute, Reese 12	
3) Malcom, Abby 09	4) Alley, Lana 12	
2 Griswold	1	1:09.13 8
1) Gohlinghorst, Sadie 11	2) Wyman, Bristol 11	
3) Steinhoff, Alexa 10	4) Adams, Carsyn 11	
3 Stanton	1	1:10.06 6
1) McDonald, Quinn 09	2) Foster-Saye, Leilanie 09	
3) Roberts, Lauren 10	4) French, Piper 10	
4 Southwest Valley	1	1:14.58 5
1) Templeton, Mailee 11	2) Randall, Hailey 12	
3) Jones, Saige 09	4) Pearson, Alyssa 12	
5 Woodbine	1	1:15.37 4
1) Leaders, Reese 12	2) Schafer, Caydi 11	
3) Neligh, Kassidy 10	4) Schmidt, Joseybeth 10	
6 Riverside, Oak	1	1:19.58 3
1) Wilson, Ana 12	2) Comstock, Violet 09	
3) Wilke, Amira 11	4) Kadel, Addison 09	
7 Lenox	1	1:21.43 2
1) Funk, Delaney 12	2) Robinson, Danielle 12	
3) Hernandez, Natalie 09	4) Larson, Carley 12	

Girls High Jump 1A

Name	Yr	School	Finals
Finals			
1 Blum, Vanessa	09	Woodbine	5-01.00 10
2 Roberts, Lauren	10	Stanton	5-00.00 8
3 Foster-Saye, Leilanie	09	Stanton	4-10.00 6
4 Tackett, Jocelyn	11	Sidney	4-10.00 5
5 Weldon, Brooklyn	09	Fremont-Mill	4-10.00 4
6 Billingsley, Brookelynn	11	Fremont-Mill	4-06.00 3
7 Hutchison, Hannah	09	Heartland Ch	4-06.00 2
8 Helvie, Ray	11	Southwest Va	4-04.00 0.5
8 Neligh, Cassidy	10	Woodbine	4-04.00 0.5
10 Clemmons, Natalie	09	East Mills	4-04.00
--- Comstock, Violet	09	Riverside, O	NH

Girls Long Jump 1A

Name	Yr	School	Finals
Finals			
1 Keuck, Jordyn	09	Heartland Ch	15-11.25 10
2 Malcom, Abby	09	Fremont-Mill	15-09.00 8
3 Hoefler, Taylor	12	Woodbine	15-04.50 6
4 Barry, Kate	11	Woodbine	14-10.25 5
5 Ramos, Abigail	10	Fremont-Mill	14-07.50 4
6 Junker, Addison	09	Lenox	14-05.25 3
7 Haggerty, Keyana	10	Sidney	14-01.75 2
8 Pattee, Charlotte	09	AHSTW	13-10.25 1
9 Allen, Maven	09	Stanton	13-09.75 NWI
10 Schneckloth, Memphis	09	Heartland Ch	13-06.75 NWI
11 Dawson, Madelyn	09	St. Albert,	13-03.25 NWI
12 Wilson, Ana	12	Riverside, O	13-03.00 NWI

Iowa Girls & Boys 1A Qualifying Track Meet Fremont-Mills - 5/14/2026

5/14/2026

Results - 1A District Events

Finals ... (Girls Long Jump 1A)

Name	Yr	School	Finals
13 Benge, Josslynn	09	Southwest Va	13-01.25 NWI
14 Rold, Maeleigh	11	AHSTW	12-08.25 NWI
15 Wilke, Amira	11	Riverside, O	11-10.00 NWI

Girls Shot Put 1A

Name	Yr	School	Finals
Finals			
1 Fenner, Sophia	11	Riverside, O	41-06.75 10
2 Mattox, Hayleigh	12	Fremont-Mill	38-01.00 8
3 Kelley, Madison	12	Riverside, O	34-08.25 6
4 Howe, Katherine	10	Fremont-Mill	34-01.00 5
5 Scheffler, Katie	09	AHSTW	33-10.50 4
6 Stiverson, Shaylee	11	East Mills	31-04.25 3
7 Brokaw, Gracie	09	Lenox	31-04.00 2
8 Kelley, Bridgette	12	Woodbine	31-02.00 1
9 Freihaage, Paige	10	Woodbine	29-05.00
10 King, Charli	10	Sidney	28-04.00
11 Zech, Rubey	09	Lenox	27-09.75
12 Anderson, Corinne	10	Heartland Ch	27-08.50
13 Garcia, Lexani	11	Heartland Ch	26-01.50
14 Swain, Maddison	09	Griswold	25-09.00
15 Matheson, Keagan	10	Hamburg	25-08.75
16 Amos, Zoey	11	Griswold	24-08.50
17 Mullen, Deklyn	11	Southwest Va	24-06.00
18 Stephens, Willa	09	Sidney	24-03.25
19 Stites, Kennedy	10	Stanton	23-05.75
19 Simmons, Bella	11	Essex	23-05.75
21 Morrical, Ava	09	East Mills	21-06.00

Girls Discus Throw 1A

Name	Yr	School	Finals
Finals			
1 Carroll, Addison	11	AHSTW	110-06 10
2 Gade, Ella	10	Griswold	110-02 8
3 Fenner, Sophia	11	Riverside, O	109-01 6
4 Mattox, Hayleigh	12	Fremont-Mill	103-05 5
5 Kelley, Madison	12	Riverside, O	100-08 4
6 Hilton, Claire	11	Fremont-Mill	98-06 3
7 Stiverson, Shaylee	11	East Mills	92-08 2
8 King, Charli	10	Sidney	90-05 1
9 Salvo, Katie	11	St. Albert,	88-00
10 Anderson, Corinne	10	Heartland Ch	84-01
11 Brokaw, Gracie	09	Lenox	82-11
12 Hanson, Kaylen	10	Heartland Ch	82-10
13 Amos, Zoey	11	Griswold	81-01
14 Scheffler, Katie	09	AHSTW	79-00
15 Crook, Emma	11	Woodbine	78-04
16 O'Day, Abby	12	Woodbine	76-01
17 Simmons, Bella	11	Essex	68-08
18 Stites, Kennedy	10	Stanton	68-06
19 Zech, Rubey	09	Lenox	62-07
20 Morgan, Czandrya	10	Sidney	60-02
21 Grebin, Gabi	10	Stanton	57-10
22 Kinser, Aurora	09	East Mills	42-07

Boys 100 Meter Dash 1A

Name	Yr	School	Finals
Finals			
1 Jeppesen, Cole	11	Riverside, O	10.99 10
2 Crozier, Brody	11	Southwest Va	11.05 8
3 Brodigan, Jiri	12	East Mills	11.15 6
4 Jessen, Adrian	11	St. Albert,	11.28 5
5 Ekpai, Jonathan	12	Fremont-Mill	11.65 4
6 Grasso, Bentley	09	Fremont-Mill	11.66 3
7 Johnson, Owen	11	Griswold	11.81 2
8 Frieze, Colton	10	Griswold	12.24 1
9 Reed, Jack	10	Lenox	12.25 NWI
10 Marsh, Alexander	12	St. Albert,	12.26 NWI
11 Sholes, Isaiah	12	Essex	12.55 NWI
12 Schechinger, Dalton	12	Riverside, O	12.73 NWI
13 Marsh, Owen	10	Stanton	12.79 NWI
14 Gubbels, Hayden	10	AHSTW	12.81 NWI
15 Snow, Jayden	10	Stanton	12.92 NWI
16 Moores, Keaton	11	Woodbine	13.03 NWI
17 Roberts, Chase	09	Heartland Ch	13.10 NWI
18 Propp, Zaine	10	Sidney	13.25 NWI
19 Sheley, Corbyn	11	Lenox	13.25 NWI
20 Allen, Aiden	10	Heartland Ch	13.25 NWI
21 Crook, Brock	09	Woodbine	13.47 NWI
22 Hansen, Ethan	09	AHSTW	13.51 NWI
23 Mills, Isaac	12	East Mills	13.61 NWI
24 Diehl, Clayton	09	Essex	14.27 NWI

Boys 200 Meter Dash 1A

Name	Yr	School	Finals
Finals			
1 Pryor, Brodyn	12	Woodbine	22.49 10
2 Crozier, Brody	11	Southwest Va	22.92 8
3 Jessen, Adrian	11	St. Albert,	23.22 6
4 Brodigan, Jiri	12	East Mills	23.23 5
5 Robinson, Kolben	12	Lenox	23.52 4
6 Kline, Ashon	12	Essex	24.24 3
7 Grasso, Bentley	09	Fremont-Mill	24.25 2
8 Zimmerman, Broden	10	Fremont-Mill	25.03 1
9 Hamann, Emil	11	Woodbine	25.24 NWI
10 Reed, Jack	10	Lenox	25.28 NWI
11 Shady, Hunter	11	Riverside, O	25.50 NWI
12 Turner, Cavyn	11	Griswold	25.67 NWI
13 Martens, Dane	12	Riverside, O	26.05 NWI
14 Hart, Brett	10	Stanton	26.09 NWI
15 Cabeen, Mark	10	Essex	26.23 NWI
16 Gubbels, Hayden	10	AHSTW	26.37 NWI
17 Frieze, Caden	09	Griswold	26.39 NWI
18 Ward, Kullen	09	Sidney	26.93 NWI
19 Hall, Javen	11	Southwest Va	27.03 NWI
20 Smith, AJ	09	St. Albert,	27.45 NWI
21 Ripperger, Brock	10	East Mills	27.45 NWI
22 Allen, Aiden	10	Heartland Ch	27.54 NWI
23 Hansen, Ethan	09	AHSTW	28.24 NWI
24 Staley, Gabe	11	Hamburg	29.63 NWI

Iowa Girls & Boys 1A Qualifying Track Meet Fremont-Mills - 5/14/2026

5/14/2026

Results - 1A District Events

Finals ... (Boys 200 Meter Dash 1A)

Name	Yr	School	Finals
25 Briggs, Mason	09	Heartland Ch	30.41 NWI

Boys 400 Meter Dash 1A

Name	Yr	School	Finals
Finals			
1 Harder, Collin	12	AHSTW	50.47 10
2 Kaufman, Caden	11	Lenox	51.20 8
3 Wheatley, Chase	12	AHSTW	52.88 6
4 Jaquez, Cruz	11	Riverside, O	53.22 5
5 Lopez, Geovanni	09	Fremont-Mill	55.39 4
6 Bell, Flynt	12	Sidney	56.32 3
7 Westerhausen, Uriah	10	Southwest Va	56.36 2
8 Dawson, Alex	12	St. Albert,	56.58 1
9 Hamann, Emil	11	Woodbine	57.99
10 Fetter, Hezekiah	09	Heartland Ch	58.90
11 Hering, Colton	10	Riverside, O	59.32
12 Brake, Landon	09	Sidney	1:00.88
13 Munk, Spencer	11	Woodbine	1:01.24
14 Holtmyer, Michael	12	Heartland Ch	1:03.67
15 Johnson- Wityk, Jesse	10	Essex	1:05.35
16 Cantwell, James	10	East Mills	1:06.17
17 Wade, John	10	East Mills	1:08.69
18 Jensen, Jaden	11	Griswold	1:10.42
19 Diehl, Clayton	09	Essex	1:10.52
20 Staley, Gabe	11	Hamburg	1:15.19

Boys 800 Meter Run 1A

Name	Yr	School	Finals
Finals			
1 Harder, Collin	12	AHSTW	1:59.89 10
2 Henderson, Dawson	12	Riverside, O	2:00.80 8
3 Hudnall, Eli	10	Riverside, O	2:02.30 6
4 Carter, Anderson	12	Fremont-Mill	2:14.72 5
5 Poulos-Schweer, Konstantine	11	St. Albert,	2:16.70 4
6 Meisinger, Vincent	11	Woodbine	2:18.95 3
7 Demartino, Luke	09	Hamburg	2:24.74 2
8 Mendenhall, Hoyt	09	Southwest Va	2:28.41 1
9 Johnson- Wityk, Jesse	10	Essex	2:34.07
10 Ellis, Tyson	09	East Mills	2:35.25
11 Capron, Gavin	11	Heartland Ch	2:36.22
12 Morse, Colin	10	Fremont-Mill	2:37.24
13 Bruce, Brayton	10	Southwest Va	2:38.68
14 Allen, Terrell	10	East Mills	2:50.15
15 Gard, Eli	10	Lenox	2:53.95
16 Utz, Jacob	09	Heartland Ch	3:08.12

Boys 1600 Meter Run 1A

Name	Yr	School	Finals
Finals			
1 Henderson, Brody	12	Riverside, O	4:34.35 10
2 Fenner, Owen	11	Riverside, O	4:36.41 8
3 Gaul, Aiden	10	St. Albert,	4:49.40 6
4 Cogdill, Brody	10	Woodbine	4:57.80 5
5 Nelson, Ty	12	AHSTW	5:09.17 4

6 Smith, Brady	12	St. Albert,	5:11.70 3
7 Summerfield, Aiden	10	Woodbine	5:13.28 2
8 Demartino, Luke	09	Hamburg	5:15.94 1
9 Hogan, Sean	09	Lenox	5:24.77
10 Ruchti-Wilson, Quentyn	11	Griswold	5:25.19
11 Blanton, Gabe	10	East Mills	5:33.18
12 Lemonds, Wyatt	11	Fremont-Mill	5:37.87
13 Holtmyer, Michael	12	Heartland Ch	5:39.01
14 Horton, Makhial	11	Heartland Ch	5:54.92
15 Korver, Ryan	10	Fremont-Mill	6:06.31
16 James, Lucas	12	Southwest Va	6:23.66
17 Blotzer, Sage	11	AHSTW	6:30.13
18 Bruce, Brayton	10	Southwest Va	6:33.28
19 Staley, Gabe	11	Hamburg	6:46.96

Boys 3200 Meter Run 1A

Name	Yr	School	Finals
Finals			
1 Henderson, Dawson	12	Riverside, O	10:12.07 10
2 Fenner, Owen	11	Riverside, O	10:12.64 8
3 Smith, Brady	12	St. Albert,	11:19.63 6
4 Ruchti-Wilson, Quentyn	11	Griswold	11:59.38 5
5 Blanton, Gabe	10	East Mills	12:04.99 4
6 Collins, Jake	09	AHSTW	12:15.57 3
7 Hogan, Sean	09	Lenox	12:34.50 2
8 Horton, Makhial	11	Heartland Ch	13:17.13 1
9 Nichols, Micah	10	Heartland Ch	14:44.99
10 James, Lucas	12	Southwest Va	15:16.92
--- Cogdill, Brody	10	Woodbine	DQ
--- Summerfield, Aiden	10	Woodbine	DQ

Boys 110 Meter Hurdles 1A

Name	Yr	School	Finals
Finals			
1 Linkenhoker, JW	12	Fremont-Mill	14.21 10
2 Gordon, Jaxon	12	Riverside, O	14.35 8
3 Evans, Dawson	12	Lenox	14.99 6
4 Mendenhall, Wyatt	12	Southwest Va	15.24 5
5 Silk, Wyatt	12	Griswold	15.36 4
6 Smith, Aaron	12	Riverside, O	16.13 3
7 Coenen, Ayden	10	Woodbine	16.27 2
8 Laverty, Dain	10	Griswold	16.73 1
9 Dennis, Jayden	09	Southwest Va	17.99 NWI
10 Grebin, Rylan	12	Stanton	18.07 NWI
11 Moores, Keaton	11	Woodbine	19.84 NWI
12 Spooner, Bryce	10	Heartland Ch	21.33 NWI
13 Scott, John	09	AHSTW	22.08 NWI
14 Fetter, Hezekiah	09	Heartland Ch	22.11 NWI

Boys 400 Meter Hurdles 1A

Name	Yr	School	Finals
Finals			
1 Kaufman, Caden	11	Lenox	56.08 10
2 Walter, Jackson	11	St. Albert,	56.52 8
3 Mendenhall, Wyatt	12	Southwest Va	56.61 6
4 Keiser, Callen	11	Griswold	1:00.94 5

Iowa Girls & Boys 1A Qualifying Track Meet Fremont-Mills - 5/14/2026

5/14/2026

Results - 1A District Events

Finals ... (Boys 400 Meter Hurdles 1A)

Name	Yr	School	Finals
5 Buyske, Leo	10	St. Albert,	1:01.06 4
6 Poorker, Khayden	09	East Mills	1:01.33 3
7 Lemonds, Rhett	11	Fremont-Mill	1:01.85 2
8 Dickinson, Derek	09	Woodbine	1:02.92 1
9 Snow, Jayden	10	Stanton	1:03.25
10 Drahotka, Trig	09	Riverside, O	1:04.65
11 Laverty, Dain	10	Griswold	1:07.19
12 Dennis, Jayden	09	Southwest Va	1:09.43
13 Capron, Gavin	11	Heartland Ch	1:10.98
14 Heller, Jackson	11	Sidney	1:12.89
15 Koch, John	09	Heartland Ch	1:22.82

Boys 4x100 Meter Relay 1A

Team	Relay	Finals
Finals		
1 Woodbine	1	43.74 10
1) Leaders, Blaine 10	2) Moores, Micah 11	
3) Reed, Dillon 12	4) Blum, Landon 11	
2 Riverside, Oak	1	44.25 8
1) Schechinger, Paden 11	2) Smith, Aaron 12	
3) Smith, Keegan 12	4) Gordon, Jaxon 12	
3 Fremont-Mills	1	44.67 6
1) Campbell, Paxton 10	2) Ekpai, Jonathan 12	
3) Forney, Sawyer 12	4) Linkenhoker, JW 12	
4 Southwest Valley	1	46.96 5
1) Shires, Wyatt 10	2) Bissell, Walker 11	
3) Fisher, Jackson 09	4) Wetzell, Gavin 12	
5 St. Albert, CB	1	47.21 4
1) Marsh, Alexander 12	2) Jessen, Adrian 11	
3) Hutchison, Micah 10	4) Vogel, Brent 11	
6 AHSTW	1	47.27 3
1) Jensen, Jackson 11	2) Sandbothe, Kayden 10	
3) Behrens, Donnovin 10	4) Holmes, Christopher 12	
7 Sidney	1	47.93 2
1) Lutz, Joseph 11	2) Boyd, Zach 10	
3) Mount, Tate 12	4) Stenzel, Aiden 12	
8 Essex	1	48.09 1
1) Kline, Ashon 12	2) Sholes, Isaiah 12	
3) Cabeen, Mark 10	4) Kirk, Dominic 11	
9 Griswold	1	48.32
1) Frieze, Colton 10	2) Keiser, Callen 11	
3) Laverty, Dain 10	4) Johnson, Owen 11	
10 Lenox	1	49.33
1) Ramirez, Brandon 09	2) Brokaw, Wylie 10	
3) Reed, Jack 10	4) Leonard, Ashton 10	
11 Stanton	1	49.41
1) Marsh, Owen 10	2) Hart, Brett 10	
3) Dreyer, Cooper 10	4) Grebin, Rylan 12	
12 Heartland Christ	1	1:00.90
1) Leavitt, Jonathan 09	2) Arterburn, Joe 10	
3) Koch, John 09	4) Briggs, Mason 09	
--- East Mills	1	DQ
1) Burdic, Beau 09	2) Gibbs, Landon 11	
3) Jackson, Curtis 10	4) Brodigan, Jiri 12	

Boys 4x200 Meter Relay 1A

Team	Relay	Finals
Finals		
1 Woodbine	1	1:31.24 10
1) Pryor, Brodyn 12	2) Leaders, Blaine 10	
3) Reed, Dillon 12	4) Blum, Landon 11	
2 Lenox	1	1:33.68 8
1) Robinson, Kolben 12	2) Reed, Jack 10	
3) Stoaks, Laramie 12	4) Evans, Dawson 12	
3 Riverside, Oak	1	1:34.20 6
1) Schechinger, Paden 11	2) Smith, Keegan 12	
3) Rieken, Kort 10	4) Henderson, Brody 12	
4 Fremont-Mills	1	1:34.26 5
1) Campbell, Paxton 10	2) Ekpai, Jonathan 12	
3) Forney, Sawyer 12	4) Grasso, Bentley 09	
5 East Mills	1	1:36.97 4
1) Poorker, Khayden 09	2) Gibbs, Landon 11	
3) Jackson, Curtis 10	4) Brodigan, Jiri 12	
6 AHSTW	1	1:40.06 3
1) Holmes, Christopher 12	2) Sandbothe, Kayden 10	
3) Sturm, Sam 11	4) Jensen, Jackson 11	
7 Sidney	1	1:40.75 2
1) Ward, Konnor 09	2) Boyd, Zach 10	
3) Mount, Tate 12	4) Stenzel, Aiden 12	
8 Essex	1	1:41.79 1
1) Kline, Ashon 12	2) Sholes, Isaiah 12	
3) Cabeen, Mark 10	4) Kirk, Dominic 11	
9 St. Albert, CB	1	1:43.76
1) Marsh, Alexander 12	2) Hutchison, Micah 10	
3) Vogel, Brent 11	4) Davis, Sean 09	
10 Southwest Valley	1	1:49.54
1) Bissell, Hudson 09	2) Hall, Javen 11	
3) Lenz, Gunnar 09	4) Akhdar, Anis 12	
11 Heartland Christ	1	2:00.94
1) Leavitt, Jonathan 09	2) Arterburn, Joe 10	
3) Allen, Aiden 10	4) Briggs, Mason 09	

Boys 4x400 Meter Relay 1A

Team	Relay	Finals
Finals		
1 Riverside, Oak	1	3:25.62 10
1) Jeppesen, Cole 11	2) Hudnall, Eli 10	
3) Fenner, Owen 11	4) Gordon, Jaxon 12	
2 AHSTW	1	3:29.97 8
1) Sheffield, Kaxston 10	2) Wheatley, Chase 12	
3) Harder, Evan 10	4) Harder, Collin 12	
3 Woodbine	1	3:32.65 6
1) Pryor, Brodyn 12	2) Wagner, Corey 10	
3) Reed, Dillon 12	4) Blum, Landon 11	
4 St. Albert, CB	1	3:46.25 5
1) Thompson, Ben 09	2) Walter, Jackson 11	
3) Dawson, Alex 12	4) Buyske, Leo 10	
5 Sidney	1	3:47.31 4
1) Johnson, Calvin 11	2) Lang, Max 10	
3) Ward, Konnor 09	4) Bell, Flynt 12	

Iowa Girls & Boys 1A Qualifying Track Meet Fremont-Mills - 5/14/2026

5/14/2026

Results - 1A District Events

Finals ... (Boys 4x400 Meter Relay 1A)

Team	Relay	Finals
6 Lenox	1	3:50.92 3
1) Stoaks, Laramie 12	2) Cordell, Cade 12	
3) Haidsiak, Colton 10	4) Brokaw, Wylie 10	
7 Southwest Valley	1	3:52.91 2
1) Westerhausen, Uriah 10	2) Waddell, Ben 10	
3) Bissell, Hudson 09	4) Fisher, Jackson 09	
8 East Mills	1	3:57.06 1
1) Reed, Jhalil 10	2) Ellis, Tyson 09	
3) Hagen, Cooper 12	4) Gibbs, Landon 11	
9 Heartland Christ	1	3:57.95
1) Gray, Malachi 11	2) Roberts, Chase 09	
3) Spooner, Bryce 10	4) Fetter, Hezekiah 09	

Boys 4x800 Meter Relay 1A

Team	Relay	Finals
1 Riverside, Oak	1	8:18.24 10
1) Carrigan, Kingston 11	2) Hudnall, Eli 10	
3) Jaquez, Cruz 11	4) Henderson, Brody 12	
2 AHSTW	1	8:28.66 8
1) Wheatley, Chase 12	2) Nelson, Ty 12	
3) Harder, Evan 10	4) Harder, Collin 12	
3 St. Albert, CB	1	8:39.90 6
1) Walter, Jackson 11	2) Gaul, Aiden 10	
3) Thompson, Ben 09	4) Poulos-Schweer, Konstantine 11	
4 Lenox	1	8:46.31 5
1) Stoaks, Laramie 12	2) Petersen, Brogan 10	
3) Cordell, Cade 12	4) Brokaw, Wylie 10	
5 Fremont-Mills	1	9:13.18 4
1) Carter, Anderson 12	2) Lemonds, Rhett 11	
3) Lemonds, Wyatt 11	4) Lopez, Geovanni 09	
6 Southwest Valley	1	9:53.73 3
1) Lenz, Gunnar 09	2) Waddell, Ben 10	
3) Akhdar, Anis 12	4) Mendenhall, Hoyt 09	
7 Heartland Christ	1	10:06.12 2
1) Gray, Malachi 11	2) Holtmyer, Michael 12	
3) Roberts, Chase 09	4) Capron, Gavin 11	
8 Woodbine	1	10:45.15 1
1) Wagner, Corey 10	2) Moores, Keaton 11	
3) Munk, Spencer 11	4) Cogdill, Brody 10	

Boys 800 Sprint Medley 1A

Team	Relay	Finals
1 Lenox	1	1:35.31 10
1) Stoaks, Laramie 12	2) Evans, Dawson 12	
3) Robinson, Kolben 12	4) Kaufman, Caden 11	
2 Woodbine	1	1:36.09 8
1) Reed, Dillon 12	2) Leaders, Blaine 10	
3) Moores, Micah 11	4) Pryor, Brodyn 12	
3 Southwest Valley	1	1:37.44 6
1) Shires, Wyatt 10	2) Wetzel, Gavin 12	
3) Crozier, Brody 11	4) Mendenhall, Wyatt 12	

4 Riverside, Oak	1	1:44.89 5
1) Schechinger, Paden 11	2) Branan, Jack 12	
3) Amdor, Peyton 11	4) Schoenrock, Landyn 12	
5 Sidney	1	1:45.67 4
1) Lutz, Joseph 11	2) Mount, Tate 12	
3) Ward, Konnor 09	4) Johnson, Calvin 11	
6 St. Albert, CB	1	1:47.48 3
1) Marsh, Alexander 12	2) Vogel, Brent 11	
3) Buyske, Leo 10	4) Dawson, Alex 12	
7 Fremont-Mills	1	1:49.01 2
1) Laumann, Evan 09	2) Morse, Landon 11	
3) Roach, Ethan 11	4) Ware, Bentlee 10	
8 East Mills	1	1:51.45 1
1) Ripperger, Brock 10	2) Jackson, Curtis 10	
3) Burdic, Beau 09	4) Gibbs, Landon 11	
9 AHSTW	1	1:52.72
1) Jensen, Jackson 11	2) Krohn, Parker 10	
3) Sturm, Sam 11	4) Kaiser, Cash 10	
10 Essex	1	2:07.85
1) King, Ben 10	2) Aradanas, Damien 12	
3) Cabeen, Mark 10	4) Johnson- Wityk, Jesse 10	
11 Heartland Christ	1	2:27.00
1) Koch, John 09	2) Utz, Jacob 09	
3) Briggs, Mason 09	4) Arterburn, Joe 10	

Boys Distance Medley 1A

Team	Relay	Finals
1 Riverside, Oak	1	3:38.52 10
1) Jeppesen, Cole 11	2) Schechinger, Paden 11	
3) Fenner, Owen 11	4) Henderson, Dawson 12	
2 Woodbine	1	3:56.87 8
1) Meisinger, Vincent 11	2) Dickinson, Derek 09	
3) Wagner, Corey 10	4) Summerfield, Aiden 10	
3 Lenox	1	4:07.15 6
1) Ramirez, Brandon 09	2) Petersen, Brogan 10	
3) Leonard, Ashton 10	4) Haidsiak, Colton 10	
4 Stanton	1	4:09.58 5
1) Grebin, Rylan 12	2) Hart, Brett 10	
3) Dreyer, Cooper 10	4) Snow, Jayden 10	
5 Southwest Valley	1	4:15.22 4
1) Fisher, Jackson 09	2) Bissell, Hudson 09	
3) Waddell, Ben 10	4) Akhdar, Anis 12	
6 Fremont-Mills	1	4:16.60 3
1) Roach, Ethan 11	2) Madison, Wyatt 10	
3) Ware, Bentlee 10	4) Morse, Colin 10	
7 AHSTW	1	4:17.53 2
1) Behrens, Donnovin 10	2) Krohn, Parker 10	
3) Kaiser, Cash 10	4) Benavent, Arturo 09	
8 East Mills	1	4:36.61 1
1) Moyers, Gavin 09	2) Blanton, Gabe 10	
3) Burdic, Beau 09	4) Ellis, Tyson 09	
9 Heartland Christ	1	5:10.93
1) Leavitt, Jonathan 09	2) Nichols, Micah 10	
3) Arterburn, Joe 10	4) Horton, Makhial 11	

Iowa Girls & Boys 1A Qualifying Track Meet Fremont-Mills - 5/14/2026

5/14/2026

Results - 1A District Events

Boys 4x110 Meter Shuttle Hurdle 1A

Team	Relay	Finals
Finals		
1 Riverside, Oak	1	1:01.03 10
1) Amdor, Peyton 11	2) Smith, Aaron 12	
3) Smith, Keegan 12	4) Gordon, Jaxon 12	
2 Lenox	1	1:01.76 8
1) Robinson, Kolben 12	2) Brokaw, Wylie 10	
3) Kaufman, Caden 11	4) Evans, Dawson 12	
3 Southwest Valley	1	1:03.16 6
1) Wetzel, Gavin 12	2) Bissell, Walker 11	
3) Shires, Wyatt 10	4) Mendenhall, Wyatt 12	
4 Griswold	1	1:03.61 5
1) Silk, Wyatt 12	2) Johnson, Owen 11	
3) Keiser, Callen 11	4) Laverty, Dain 10	
5 Woodbine	1	1:03.85 4
1) Coenen, Ayden 10	2) Hamann, Emil 11	
3) Leaders, Blaine 10	4) Dickinson, Derek 09	
6 Fremont-Mills	1	1:04.35 3
1) Lemonds, Rhett 11	2) Forney, Sawyer 12	
3) Madison, Wyatt 10	4) Linkenhoker, JW 12	
7 Heartland Christ	1	1:19.82 2
1) Spooner, Bryce 10	2) Allen, Aiden 10	
3) Gray, Malachi 11	4) Fetter, Hezekiah 09	
--- Stanton	1	DQ
1) Dreyer, Cooper 10	2) Snow, Jayden 10	
3) Marsh, Owen 10	4) Grebin, Rylan 12	

Boys High Jump 1A

Name	Yr	School	Finals
Finals			
1 Blum, Landon	11	Woodbine	6-03.00 10
2 Sholes, Isaiah	12	Essex	6-02.00 8
3 Bissell, Walker	11	Southwest Va	6-01.00 6
4 Wetzel, Gavin	12	Southwest Va	6-01.00 5
5 Stenzel, Aiden	12	Sidney	6-00.00 4
6 Dreyer, Cooper	10	Stanton	5-10.00 3
7 Poorker, Khayden	09	East Mills	5-06.00 2
--- Drahotka, Trig	09	Riverside, O	NH

Boys Long Jump 1A

Name	Yr	School	Finals
Finals			
1 Jeppesen, Cole	11	Riverside, O	21-09.25 10
2 Jessen, Adrian	11	St. Albert,	20-06.00 8
3 Crozier, Brody	11	Southwest Va	20-05.25 6
4 Kline, Ashon	12	Essex	19-04.25 5
5 Hamann, Emil	11	Woodbine	19-00.25 4
6 Campbell, Paxton	10	Fremont-Mill	18-10.25 3
7 Rieken, Kort	10	Riverside, O	18-01.00 2
8 Gray, Malachi	11	Heartland Ch	17-04.00 1
9 Reed, Jhalil	10	East Mills	17-01.25 NWI
10 Hart, Brett	10	Stanton	15-11.50 NWI
11 Spooner, Bryce	10	Heartland Ch	14-03.75 NWI
12 Scott, John	09	AHSTW	13-08.75 NWI

Boys Shot Put 1A

Name	Yr	School	Finals
Finals			
1 Pryor, Jax	12	Woodbine	52-00.75 10
2 Bell, Wyatt	12	Riverside, O	50-03.50 8
3 Owen, Caleb	09	Southwest Va	49-03.25 6
4 Crom, Gavin	10	Fremont-Mill	46-03.25 5
5 Castor, Jordan	10	Lenox	45-00.75 4
6 Roberts, Aidan	11	Fremont-Mill	44-01.75 3
7 Scheffler, Roman	11	AHSTW	44-00.00 2
8 Viner, Tyson	11	East Mills	43-03.00 1
9 Dishong, RJ	12	Griswold	42-06.75
10 Padilla, Isaiah	11	Lenox	40-00.25
11 Staley, Gabe	11	Hamburg	39-08.75
12 Kingsolver, Ben	12	Sidney	38-09.50
13 Smith, Launie	11	Griswold	38-05.25
14 Hagen, Cooper	12	East Mills	37-10.00
15 Wetzel, Griffin	09	Southwest Va	36-06.50
16 Beckman, Andrew	10	St. Albert,	35-11.50
17 Shutters, Jackson	12	AHSTW	35-00.50
18 Marsh, Owen	10	Stanton	34-09.25
19 Chambers, Rhys	10	Essex	34-05.50
20 Winters, Bryce	09	Sidney	33-10.25
21 Holtmyer, Michael	12	Heartland Ch	33-09.00
22 Tamayo, Andrew	11	St. Albert,	33-04.75
23 Allen, Jackson	12	Riverside, O	30-04.50
24 Aradanas, Damien	12	Essex	28-10.00
25 Nichols, Micah	10	Heartland Ch	23-07.25

Boys Discus Throw 1A

Name	Yr	School	Finals
Finals			
1 Cogdill, Jacob	10	Woodbine	151-03 10
2 Pryor, Jax	12	Woodbine	141-08 8
3 Sowers, Brodee	12	Stanton	139-09 6
4 Dishong, RJ	12	Griswold	139-06 5
5 Spiering, Trent	12	Riverside, O	134-11 4
6 Castor, Jordan	10	Lenox	129-01 3
7 Zimmerman, Broden	10	Fremont-Mill	116-08 2
8 Owen, Caleb	09	Southwest Va	116-05 1
9 Perez, Brandon	10	Riverside, O	114-03
10 Scheffler, Roman	11	AHSTW	109-03
11 Johnson- Wityk, Jesse	10	Essex	108-10
12 Hutchison, Micah	10	St. Albert,	108-03
13 Behrens, Donnovin	10	AHSTW	106-11
14 Brown, Jamarcus	12	Lenox	105-01
15 Kingsolver, Ben	12	Sidney	104-04
16 Wetzel, Griffin	09	Southwest Va	92-02
17 Roberts, Chase	09	Heartland Ch	90-04
18 Petereit, Zander	11	East Mills	89-01
19 Schoening, Dean	09	Fremont-Mill	88-11
20 Wilson, Michael	12	East Mills	86-01
21 Beckman, Andrew	10	St. Albert,	78-11
22 Winters, Bryce	09	Sidney	77-02
23 Capron, Gavin	11	Heartland Ch	74-04

Iowa Girls & Boys 1A Qualifying Track Meet Fremont-Mills - 5/14/2026

5/14/2026

Results - 1A District Events

Women - 1A - Team Rankings - 19 Events Scored

1) Fremont-Mills	139
2) Riverside, Oak	107
3) St. Albert, CB	86
3) AHSTW	86
5) Woodbine	76.5
6) Griswold	45
7) Lenox	43
8) Stanton	36
9) Heartland Christ	33
10) Southwest Valley	28.5
11) Essex	26
12) East Mills	20
13) Sidney	11

Men - 1A - Team Rankings - 19 Events Scored

1) Riverside, Oak	159
2) Woodbine	112
3) Southwest Valley	80
4) Lenox	77
5) St. Albert, CB	69
6) Fremont-Mills	67
7) AHSTW	59
8) East Mills	28
8) Griswold	28
10) Sidney	19
11) Essex	18
12) Stanton	14
13) Heartland Christ	6
14) Hamburg	3