

2025 Hawk Relays - 4/29/2025

Woodward  
Results

Girls 100 Meter Dash

Name	Yr	School	Finals
<b>Finals</b>			
1 Thomas, Hayden	10	Woodward-Gra	12.94 10
2 Flinn, Addison	11	North Polk	12.95 8
3 Uhl, Jaiden	10	North Polk	13.01 6
4 Backous, Mia	12	Grand View C	13.10 4
5 Mart, Addison	11	North Polk	x13.65 NWI
6 Westra, Peyton	11	North Polk	x13.82 NWI
6 Wenck, Cassidy	11	Glidden-Rals	13.82 2
8 Putney, Scarlett	09	W Central Va	13.87 1
9 Jones, Lily	09	Grand View C	14.11 NWI
10 Lauer, Natalie	10	Winterset	14.37 NWI
11 Lowden, Nora	09	Winterset	14.52 NWI
12 Fuller, Malia	12	W Central Va	14.58 NWI
13 Andrew, Braelyn	11	Winterset	x14.74 NWI
14 Sommerfeld, Ally	09	Glidden-Rals	14.75 NWI
15 Sharr, Grace	11	Woodward-Gra	14.83 NWI
16 Snow, Krissy	10	Colfax-Mingo	14.99 NWI
17 Freerksen, Brianna	11	Colfax-Mingo	15.19 NWI
18 Nydam, Zoey	12	DSM Christia	15.32 NWI
19 Oberembt, Avarie	10	DSM Christia	15.61 NWI
20 Leonard, Addisyn	09	W Central Va	x15.79 NWI
21 Mars, Macy	12	DSM Christia	x16.02 NWI
22 Randall, Ellie	10	Grand View C	x16.38 NWI
23 Messer, Adya	09	Glidden-Rals	x16.69 NWI
24 Van Maaren, Ava	12	Colfax-Mingo	x17.25 NWI
25 Metz, Selma	11	Colfax-Mingo	x17.58 NWI
26 Phelps, Montana	09	Winterset	x17.68 NWI

Girls 200 Meter Dash

Name	Yr	School	Finals
<b>Finals</b>			
1 Manock, Jocelyn	11	North Polk	27.16 10
2 Backous, Mia	12	Grand View C	27.31 8
3 Simoens, Madilyn	12	North Polk	27.36 6
4 Ray, Willow	10	W Central Va	28.09 4
5 Nardini, Andrea	11	Woodward-Gra	28.37 2
6 Fenceroy, Calianna	09	Woodward-Gra	29.09 1
7 Wenck, Cassidy	11	Glidden-Rals	29.31 NWI
8 Snyder, Karmylia	12	Colfax-Mingo	30.17 NWI
9 Schaller, Reese	09	Winterset	30.87 NWI
10 Ritchie, Regina	10	Winterset	30.93 NWI
11 Hunsberger, Claire	10	Colfax-Mingo	32.68 NWI
12 Jingst, Molly	11	DSM Christia	33.72 NWI
13 Martor, Theodosia	10	DSM Christia	36.46 NWI
14 Beeck, Hope	09	Glidden-Rals	36.51 NWI

Girls 400 Meter Dash

Name	Yr	School	Finals
<b>Finals</b>			
1 Doonan, Mia	12	North Polk	1:00.92 9
1 Williams, Tia	12	W Central Va	1:00.92 9
3 Huether, Frankie	10	North Polk	1:03.08 6
4 Ray, Willow	10	W Central Va	1:04.24 4

5 McCaulley, Riley	11	Woodward-Gra	1:05.00 2
6 Parlee, Lydia	11	Grand View C	1:06.76 1
7 Mullins, Shelby	10	Woodward-Gra	1:10.59
8 Hornback, Lauryn	09	Winterset	1:11.11
9 Ritchie, Regina	10	Winterset	1:12.15
10 Snyder, Karoixa	09	Colfax-Mingo	1:15.30
11 Snyder, Allison	10	Glidden-Rals	1:17.40
12 Utz, Isabelle	09	Colfax-Mingo	1:24.23

Girls 800 Meter Run

Name	Yr	School	Finals
<b>Finals</b>			
1 Back, Mallory	09	Winterset	2:38.32 10
2 Lucas, Audrey	10	North Polk	2:41.58 8
3 Osmundson, Zoey	11	Woodward-Gra	2:43.95 6
4 Campbell, Sophia	12	North Polk	2:45.05 4
5 Craven, Mackenzie	11	Winterset	2:46.14 2
6 Hol, Ruby	11	Grand View C	2:50.17 1
7 Armbrecht, Emma	12	Grand View C	2:51.12
8 Snyder, Allison	10	Glidden-Rals	2:59.21
9 Kwaskiewicz, Laila	11	Colfax-Mingo	3:00.23
10 Gibson, Jessica	09	Colfax-Mingo	3:01.53
11 Churchill, Lilyen	09	Woodward-Gra	3:04.40

Girls 1500 Meter Run

Name	Yr	School	Finals
<b>Finals</b>			
1 Hergenreter, Alexis	10	North Polk	4:57.74 10
2 Back, Morgan	11	Winterset	4:58.88 8
3 Smith, Maven	10	Winterset	5:00.15 6
4 Parlee, Lydia	11	Grand View C	5:17.76 4
5 Hope, Ava	09	Winterset	x5:19.11
6 Ives, Lydia	11	Grand View C	5:24.77 2
7 Bunnell, Ellie	09	North Polk	5:25.73 1
8 Seidler, Klaire	10	Winterset	x5:25.86
9 Hosbond, Ashlynn	09	Colfax-Mingo	5:26.26
10 Lewis, Cambrie	10	North Polk	x5:58.39
11 Hartwigsen, BreAnn	11	Glidden-Rals	5:59.31
12 Morgan, Dallas	10	W Central Va	6:10.10
13 Haaland, Hayley	09	North Polk	x6:11.07
14 Brough, Caroline	10	Grand View C	x6:11.39
15 Churchill, Lilyen	09	Woodward-Gra	6:12.77
16 Kwaskiewicz, Laila	11	Colfax-Mingo	6:26.60
17 Snyder, Karoixa	09	Colfax-Mingo	x6:42.77

Girls 3000 Meter Run

Name	Yr	School	Finals
<b>Finals</b>			
1 Hosbond, Ashlynn	09	Colfax-Mingo	11:25.61 10
2 Parlee, Lydia	11	Grand View C	11:31.98 8
3 Ives, Lydia	11	Grand View C	11:33.94 6
4 Bond, Mya	11	North Polk	12:32.09 4
5 Morgan, Dallas	10	W Central Va	12:55.96 2
6 Meiners, Morgan	12	North Polk	13:28.47 1
7 Hawthorne, Ayala	10	Winterset	14:43.39

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Results

Girls 100 Meter Hurdles

Name	Yr	School	Finals
<b>Finals</b>			
1 Achenbach, Jaidyn	11	Woodward-Gra	16.08 10
2 Hanselman, Gigi	12	Winterset	16.42 8
3 Weiser, Ali	10	North Polk	16.61 6
4 Dirks, Peyton	09	North Polk	17.49 4
5 Pearson, Ashlan	12	Grand View C	17.54 2
6 Rauterkus, Mady	10	Woodward-Gra	19.48 1
7 Sommerfeld, Ally	09	Glidden-Rals	19.61 NWI
8 Anderson, Lily	09	Colfax-Mingo	19.66 NWI
9 Anderson, Grace	11	Winterset	20.18 NWI
10 Anderson, Evalyn	11	Colfax-Mingo	20.45 NWI
11 Jicinsky, Noelle	10	DSM Christia	20.47 NWI
12 Chaney, Charleigh	09	Glidden-Rals	21.53 NWI

Girls 400 Meter Hurdles

Name	Yr	School	Finals
<b>Finals</b>			
1 Arp, Layla	12	North Polk	1:07.31 10
2 Dirks, Peyton	09	North Polk	1:13.66 8
3 Smith, Trinity	12	Colfax-Mingo	1:16.66 6
4 Klocke, Charissa	11	Woodward-Gra	1:18.55 4
5 Sommerfeld, Ally	09	Glidden-Rals	1:25.09 2
--- Shanahan, Jerzi	10	Grand View C	DNF

Girls 4x100 Meter Relay

Team	Relay	Finals
<b>Finals</b>		
1 North Polk		51.00 10
1) Simoens, Madilyn 12	2) Manock, Jocelyn 11	
3) Flinn, Addison 11	4) Uhl, Jaiden 10	
2 Woodward-Grangr		51.84 8
1) Achenbach, Jaidyn 11	2) Crouse, Kristyn 09	
3) Nardini, Andrea 11	4) Thomas, Hayden 10	
3 North Polk	B	x52.37
1) Westra, Peyton 11	2) Wagner, Reese 10	
3) Weiser, Ali 10	4) Krantz, Jenna 11	
4 Winterset		52.43 6
1) Applegate, Neela 12	2) Nordstrom, Madelyn 10	
3) O'Neal, Quinlan 09	4) Devine, Ashlynn 12	
5 Grand View Christ		53.82 4
1) VanDerSluis, Livy 11	2) Pearson, Ashlan 12	
3) Knight, Kennedy 12	4) Pearson, Lydia 10	
6 DSM Christian		55.69 2
1) Simpson, Olivia 09	2) Gray, Bethany 09	
3) Miesen, Maddie 12	4) Gaiser, Hailey 09	
7 Winterset	B	x55.79
1) Andrew, Braelyn 11	2) Lauer, Natalie 10	
3) Baldwin, Bailey 10	4) Gross, Addison 10	
8 W Central Valley		55.89 1
1) Williams, Tia 12	2) Leonard, Addisyn 09	
3) Putney, Scarlett 09	4) Ray, Willow 10	

9 Colfax-Mingo		57.25
1) Purdie, Jessa 09	2) Steenhoek, Katelyn 10	
3) Anderson, Lily 09	4) Snyder, Karmylia 12	
10 DSM Christian	B	x1:01.14
1) Mars, Macy 12	2) Jicinsky, Noelle 10	
3) Oberembt, Avarie 10	4) Jingst, Molly 11	
11 Colfax-Mingo	B	x1:08.18
1) Freerksen, Brianna 11	2) Miller, Brenna 09	
3) Metz, Selma 11	4) Van Maaren, Ava 12	
--- Woodward-Grangr	B	DQ
1) Rauterkus, Mady 10	2) Sharr, Grace 11	
3) Hanson, Arabelle 11	4) Smeltzer, Francis 10	

Girls 4x200 Meter Relay

Team	Relay	Finals
<b>Finals</b>		
1 North Polk		1:51.76 10
1) Mart, Addison 11	2) Krantz, Jenna 11	
3) Rasmussen, Carrigan 09	4) Flinn, Addison 11	
2 Grand View Christ		1:51.92 8
1) VanDerSluis, Livy 11	2) Pearson, Ashlan 12	
3) Jones, Lily 09	4) Backous, Mia 12	
3 Woodward-Grangr		1:53.12 6
1) Thomas, Hayden 10	2) Crouse, Kristyn 09	
3) Nardini, Andrea 11	4) Fenceroy, Calianna 09	
4 Winterset		1:57.02 4
1) Gross, Addison 10	2) Breeding, Zoey 12	
3) Baldwin, Bailey 10	4) O'Neal, Quinlan 09	
5 Colfax-Mingo		2:00.59 2
1) Purdie, Jessa 09	2) VanderSchoor, Aubrey 09	
3) Snyder, Karmylia 12	4) Smith, Trinity 12	
6 DSM Christian		2:05.34 1
1) Gaiser, Hailey 09	2) Robertson, Abigaelle 11	
3) Barrett, Kayla 11	4) Nydam, Zoey 12	

Girls 4x400 Meter Relay

Team	Relay	Finals
<b>Finals</b>		
1 North Polk		4:11.23 10
1) Huether, Frankie 10	2) Doonan, Mia 12	
3) Fiore, Addison 10	4) Daggett, Emma 12	
2 Winterset		4:45.97 8
1) Smith, Maven 10	2) Seidler, Klaire 10	
3) Back, Morgan 11	4) Back, Mallory 09	
3 Woodward-Grangr		4:48.13 6
1) McCaulley, Riley 11	2) Mullins, Shelby 10	
3) Hollingsworth, Haley 11	4) Petersen, Zoe 10	
4 Colfax-Mingo		5:12.05 4
1) Gibson, Jessica 09	2) VanderSchoor, Aubrey 09	
3) Sipma, Mallory 11	4) Anderson, Evalyn 11	

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Girls 4x800 Meter Relay

Team	Relay	Finals
<b>Finals</b>		
1 North Polk		10:00.59 10
1) Hergenreter, Alexis 10	2) Fiore, Addison 10	
3) Lucas, Audrey 10	4) Haaland, Hannah 11	
2 Woodward-Grangr		11:12.27 8
1) Behrens, Macy 10	2) Osmundson, Zoey 11	
3) Fenceroy, Calianna 09	4) Churchill, Lilyen 09	
3 Grand View Christ		11:40.75 6
1) Hol, Ruby 11	2) Armbrecht, Emma 12	
3) Brough, Caroline 10	4) Ives, Lydia 11	
4 Glidden-Ralston		11:56.06 4
1) Wenck, Kassidy 11	2) Hartwigsen, BreAnn 11	
3) Beeck, Hope 09	4) Snyder, Allison 10	
5 Colfax-Mingo		11:57.26 2
1) Sipma, Mallory 11	2) Gibson, Jessica 09	
3) Snyder, Karoixa 09	4) Kwaskiewicz, Laila 11	

Girls 800 Sprint Medley

Team	Relay	Finals
<b>Finals</b>		
1 North Polk		1:55.66 10
1) Simoens, Madilyn 12	2) Doonan, Mia 12	
3) Uhl, Jaiden 10	4) Daggett, Emma 12	
2 Winterset		1:58.32 8
1) Applegate, Neela 12	2) Devine, Ashlynn 12	
3) Baer, Ella 09	4) Breeding, Zoey 12	
3 Woodward-Grangr		1:58.57 6
1) Crouse, Kristyn 09	2) Nardini, Andrea 11	
3) Thomas, Hayden 10	4) McCaulley, Riley 11	
4 W Central Valley		2:09.84 4
1) Fuller, Malia 12	2) Leonard, Addisyn 09	
3) Morse, Zalina 12	4) Putney, Scarlett 09	
5 DSM Christian		2:10.17 2
1) Mars, Macy 12	2) Nydam, Zoey 12	
3) Robertson, Abigaelle 11	4) Bruxvoort, Adrianna 10	
6 Woodward-Grangr	B	x2:13.37
1) Rauterkus, Mady 10	2) Sharr, Grace 11	
3) Tague, Ella 09	4) Demmerly, Keara 11	
7 Grand View Christ		2:15.93 1
1) Brough, Caroline 10	2) Armbrecht, Emma 12	
3) Pearson, Lydia 10	4) Hol, Ruby 11	
8 Colfax-Mingo		2:16.91
1) Anderson, Lily 09	2) VanderSchoor, Aubrey 09	
3) Snyder, Karmylia 12	4) Hunsberger, Claire 10	
9 Glidden-Ralston		2:30.08
1) Messer, Adya 09	2) Beeck, Hope 09	
3) Chaney, Charleigh 09	4) Hartwigsen, BreAnn 11	

Girls Distance Medley

Team	Relay	Finals
<b>Finals</b>		
1 Winterset		4:23.81 10
1) Applegate, Neela 12	2) Devine, Ashlynn 12	
3) Davis, Luci 12	4) Back, Mallory 09	
2 North Polk		4:33.14 8
1) Arp, Layla 12	2) Manock, Jocelyn 11	
3) Cupp, Carly 09	4) Bunnell, Ellie 09	
3 DSM Christian		4:49.11 6
1) Simpson, Olivia 09	2) Gray, Bethany 09	
3) Miesen, Maddie 12	4) Bruxvoort, Adrianna 10	
4 Woodward-Grangr		5:06.00 4
1) Crouse, Kristyn 09	2) Hollingsworth, Haley 11	
3) Petersen, Zoe 10	4) Behrens, Macy 10	
5 Grand View Christ		5:08.08 2
1) VanDerSluis, Livy 11	2) Pearson, Lydia 10	
3) Armbrecht, Emma 12	4) Hol, Ruby 11	
6 Woodward-Grangr	B	x5:22.44
1) Rauterkus, Mady 10	2) Smeltzer, Francis 10	
3) Hanson, Arabelle 11	4) Churchill, Adysen 11	
7 Colfax-Mingo		5:22.74 1
1) Steenhoek, Katelyn 10	2) Miller, Brenna 09	
3) Hunsberger, Claire 10	4) Sipma, Mallory 11	

Girls 4x100 Meter Shuttle Hurdle

Team	Relay	Finals
<b>Finals</b>		
1 North Polk		1:07.75 10
1) Arp, Layla 12	2) Weiser, Ali 10	
3) Wagner, Reese 10	4) Huether, Frankie 10	
2 Winterset		1:14.98 8
1) Hanselman, Gigi 12	2) Davis, Luci 12	
3) Nordstrom, Madelyn 10	4) Baldwin, Bailey 10	
3 Colfax-Mingo		1:17.87 6
1) Smith, Trinity 12	2) Purdie, Jessa 09	
3) Anderson, Lily 09	4) Anderson, Evalyn 11	
4 Grand View Christ		1:27.06 4
1) Pearson, Lydia 10	2) VanDerSluis, Livy 11	
3) Warren, Kaitlyn 09	4) Brough, Caroline 10	

Girls High Jump

Name	Yr	School	Finals
<b>Finals</b>			
1 Wagner, Reese	10	North Polk	5-04.00 10
2 Ray, Willow	10	W Central Va	5-02.00 8
3 Rasmussen, Jaslyn	09	North Polk	5-00.00 6
4 Hunsberger, Claire	10	Colfax-Mingo	4-10.00 4
5 Henrichs, Madison	12	North Polk	x4-08.00
5 Steenhoek, Katelyn	10	Colfax-Mingo	4-08.00 1.5
5 Baer, Ella	09	Winterset	4-08.00 1.5
8 Hanselman, Geona	12	Winterset	x4-06.00
8 Schaller, Reese	09	Winterset	4-06.00
10 Witt, RyAnn	11	Winterset	x4-04.00
10 Tague, Ella	09	Woodward-Gra	4-04.00

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Finals ... (Girls High Jump)

Name	Yr	School	Finals
--- Utz, Isabelle	09	Colfax-Mingo	NH

Girls Long Jump

Name	Yr	School	Finals
<b>Finals</b>			
1 Pearson, Ashlan	12	Grand View C	15-11.00 10
2 Cupp, Carly	09	North Polk	14-10.00 8
3 O'Neal, Quinlan	09	Winterset	14-09.00 6
4 Backous, Mia	12	Grand View C	14-09.00 4
5 Jicinsky, Noelle	10	DSM Christia	14-09.00 2
6 Wahl, Harper	10	Woodward-Gra	14-03.00 1
7 Mart, Addison	11	North Polk	14-03.00 NWI
8 Smith, Trinity	12	Colfax-Mingo	14-02.00 NWI
9 Gaiser, Hailey	09	DSM Christia	13-09.50 NWI
10 Achenbach, Jaidyn	11	Woodward-Gra	13-08.00 NWI
11 Wenck, Kassidy	11	Glidden-Rals	13-05.50 NWI
12 Steenhoek, Katelyn	10	Colfax-Mingo	13-03.50 NWI
13 Snow, Krissy	10	Colfax-Mingo	x12-06.00 NWI
13 Gray, Bethany	09	DSM Christia	x12-06.00 NWI
15 Sommerfeld, Ally	09	Glidden-Rals	12-05.00 NWI

Girls Shot Put

Name	Yr	School	Finals
<b>Finals</b>			
1 Gregory, Keilayla	12	Woodward-Gra	35-08.00 10
2 Vaughn, Morgan	11	Winterset	32-11.50 8
3 Bird, Makenna	10	North Polk	32-04.00 6
4 Brown, Gracelynn	12	Winterset	32-01.50 4
5 Cook, Emma	12	Colfax-Mingo	30-04.00 2
6 Aller, Lexie	10	Colfax-Mingo	30-01.50 1
7 Nerem, Qwynn	12	North Polk	29-10.00
8 Faux, Jaelynn	12	Winterset	x28-02.50
9 Hollingsworth, Haley	11	Woodward-Gra	28-01.50
10 Hardney, Genesis	09	Colfax-Mingo	x27-06.00
11 Strawn, Kaiya	11	North Polk	x26-09.50
12 Van Wyk, Anya	09	DSM Christia	26-00.50
13 Meza, Sonia	12	North Polk	x25-09.00
14 Aldan, Susana	12	Colfax-Mingo	x25-01.00
15 Moats, Kelsey	10	Woodward-Gra	x24-10.50
16 Hudson, Sophia	11	DSM Christia	24-01.00
17 Snyder, Allison	10	Glidden-Rals	23-04.00
18 Bickel, Alyssa	11	DSM Christia	x22-08.00
19 Claussen, Jessa	09	Woodward-Gra	x20-06.00
20 Eller, Bailey	10	Winterset	x20-03.00
21 Olson, Elyzah	09	W Central Va	18-04.00
22 Bender, Dana	10	DSM Christia	x14-08.00
23 Messer, Adya	09	Glidden-Rals	13-05.00

Girls Discus Throw

Name	Yr	School	Finals
<b>Finals</b>			
1 Bird, Makenna	10	North Polk	111-04 10
2 Taylor, Izabella	12	Winterset	108-00 8
3 Barrett, Kayla	11	DSM Christia	92-10 6

4 Gregory, Keilayla	12	Woodward-Gra	91-11 4
5 Lowden, Nora	09	Winterset	87-09 2
6 Hartman, Ava	11	Winterset	x84-10
7 Nerem, Qwynn	12	North Polk	80-01 1
8 Meza, Sonia	12	North Polk	x79-11
9 Cook, Emma	12	Colfax-Mingo	78-05
10 Arndt, Lily	12	Colfax-Mingo	78-01
11 Aller, Lexie	10	Colfax-Mingo	x77-03
12 Hoefing, Abby	11	Winterset	x75-00
13 Strawn, Kaiya	11	North Polk	x71-03
14 Van Wyk, Anya	09	DSM Christia	70-07
15 Aldan, Susana	12	Colfax-Mingo	x66-08
16 Hudson, Sophia	11	DSM Christia	x65-09
17 Olson, Elyzah	09	W Central Va	64-01
18 Bickel, Alyssa	11	DSM Christia	x59-09
19 Moats, Kelsey	10	Woodward-Gra	57-06
20 Smith, Mackenzie	11	Woodward-Gra	x54-09
21 Claussen, Jessa	09	Woodward-Gra	x53-11

Boys 100 Meter Dash

Name	Yr	School	Finals
<b>Finals</b>			
1 Hawthorne, Will	12	Gilbert	10.86 10
2 Marpe, Paul	11	Gilbert	11.02 8
3 Howard, Brayden	12	Gilbert	x11.15 NWI
4 Fierce, Gabe	11	Gilbert	x11.19 NWI
5 Tokheim, Davis	10	DSM Christia	11.46 6
6 Albright, Jake	11	Grand View C	11.61 4
7 Rohrbeck, Colton	09	Glidden-Rals	11.69 2
8 Olsen, Tate	10	DSM Christia	11.83 1
9 Keller, Logan	10	Grand View C	12.00 NWI
10 Beck, Talan	10	Ankeny Chris	12.20 NWI
11 Gaub, Andrew	09	Woodward-Gra	12.24 NWI
12 Bailey, Caleb	11	DSM Christia	x12.26 NWI
13 Dunlavy, Ethan	11	Woodward-Gra	12.28 NWI
14 Von Fumetti, Tyler	11	DSM Christia	x12.39 NWI
15 Wolfe, Brogan	12	W Central Va	12.46 NWI
16 Beck, Aidan	12	Ankeny Chris	12.50 NWI
17 Clater, Gavin	10	Woodward-Gra	x12.60 NWI
18 Sibenaller, Colby	09	Glidden-Rals	12.93 NWI
19 Andreano, Lucas	09	W Central Va	13.48 NWI
20 Belt, Carter	09	Woodward-Gra	x14.01 NWI
21 Davis, London	10	Grand View C	x14.02 NWI
22 Strong, Jonathan	09	W Central Va	x14.50 NWI
23 Thompson, Ethen	10	Grand View C	x14.61 NWI

Boys 200 Meter Dash

Name	Yr	School	Finals
<b>Finals</b>			
1 Howard, Brayden	12	Gilbert	22.82 10
2 Zehr, Nolan	12	Gilbert	23.23 8
3 Olsen, Tate	10	DSM Christia	23.97 6
4 Grice, Oliver	09	DSM Christia	24.20 4
5 Jordan, Austin	12	Grand View C	24.29 2
6 Danielsen, Ryan	10	Grand View C	24.60 1
7 Clater, Gavin	10	Woodward-Gra	25.12 NWI

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**Finals ... (Boys 200 Meter Dash)**

Name	Yr	School	Finals
8 Rohrbeck, Landon	11	Glidden-Rals	25.14 NWI
9 Rohrbeck, Colton	09	Glidden-Rals	25.33 NWI
10 Rood, Jed	10	Ankeny Chris	25.53 NWI
11 Beck, Aidan	12	Ankeny Chris	25.58 NWI
12 Clater, Gage	09	Woodward-Gra	26.51 NWI
13 Peugh, Tyler	09	W Central Va	27.86 NWI
14 Andreano, Lucas	09	W Central Va	28.97 NWI

**Boys 400 Meter Dash**

Name	Yr	School	Finals
1 Barber, Emmett	12	Gilbert	52.62 10
2 Beck, Talan	10	Ankeny Chris	55.45 8
3 Derkenne, Alexander	09	DSM Christia	57.40 6
4 Knight, Gage	10	Grand View C	57.44 4
5 Soupir, Andrew	12	Gilbert	58.67 2
6 Bowsby, Jackson	09	Woodward-Gra	58.95 1
7 Marsh, Jaxon	09	DSM Christia	1:00.10
8 Fry, Cayden	11	Ankeny Chris	1:00.12
9 Keller, Lincoln	10	Grand View C	1:00.29

**Boys 800 Meter Run**

Name	Yr	School	Finals
1 Bleich, Logan	10	Gilbert	1:58.56 10
2 Squiers, Carson	11	Gilbert	1:59.35 8
3 Hagenberg, Luke	12	DSM Christia	2:00.43 6
4 McLaughlin, Charlie	10	Ankeny Chris	2:12.76 4
5 Brough, Ethen	12	Grand View C	2:14.20 2
6 Kratochvil, Ethan	12	DSM Christia	2:14.68 1
7 Johnson, Gabe	10	Grand View C	2:17.76
8 Finestead, Cooper	09	Woodward-Gra	2:18.29
9 Heisterkamp, Matthew	09	Ankeny Chris	2:25.14

**Boys 1600 Meter Run**

Name	Yr	School	Finals
1 Sisler, Jaden	12	DSM Christia	4:42.78 10
2 Davis, Alex	11	Ankeny Chris	4:45.19 8
3 Ryan, Emrick	11	Gilbert	4:48.45 6
4 Fopma, Evan	12	DSM Christia	4:49.91 4
5 Artz, John	12	Gilbert	4:51.56 2
6 Trampel, Liam	10	Gilbert	x4:51.59
7 Dorenkamp, Dillon	10	DSM Christia	x4:58.00
8 Gardner, Zachary	10	Ankeny Chris	5:03.05 1
9 Reitsma, Luke	11	Ankeny Chris	x5:08.89
10 Wallace, Adrian	10	Gilbert	x5:17.53
11 Carroll, Jacob	09	Woodward-Gra	5:19.02
12 Bowsby, Jackson	09	Woodward-Gra	5:22.15
13 Steffen, Tyler	10	Grand View C	5:24.39
14 Thielen, Joseph	11	Glidden-Rals	5:28.93
15 Casey, Sam	09	Woodward-Gra	x5:29.23
16 Brough, Ethen	12	Grand View C	5:33.00
17 Seyler, William	10	Grand View C	x5:34.43

18 Nyborg, Vance	09	Woodward-Gra	x5:39.99
19 Bolton, Josiah	10	Grand View C	x5:42.55
20 Rodriguez, Cody	09	W Central Va	5:44.63

**Boys 3200 Meter Run**

Name	Yr	School	Finals
1 Nyberg, Benjamin	12	DSM Christia	10:02.73 10
2 Sisler, Josiah	10	DSM Christia	10:04.57 8
3 Davis, Alex	11	Ankeny Chris	10:08.03 6
4 Brough, Ethen	12	Grand View C	10:35.76 4
5 Gardner, Zachary	10	Ankeny Chris	10:36.69 2
6 Lucht, Landon	11	Gilbert	10:40.45 1
7 Hight, Eli	09	Grand View C	12:00.14
8 Casey, Sam	09	Woodward-Gra	12:05.22
9 Nyborg, Vance	09	Woodward-Gra	12:13.59
10 Thielen, Joseph	11	Glidden-Rals	12:17.98
11 Steinkamp, Owen	10	W Central Va	13:23.29

**Boys 110 Meter Hurdles**

Name	Yr	School	Finals
1 Rash, Aidan	11	Gilbert	15.68 10
2 Hurn, Brady	12	Gilbert	15.70 8
3 Bergmeier, Jonathan	12	Glidden-Rals	15.97 6
4 McCloud, Daniel	11	Grand View C	17.07 4
5 Tuel, Cody	10	Woodward-Gra	19.11 2
6 Timmons, Carter	12	DSM Christia	20.72 1
7 Gutu, David	10	Grand View C	21.67 NWI

**Boys 400 Meter Hurdles**

Name	Yr	School	Finals
1 Drake, Chandler	12	Woodward-Gra	59.80 10
2 Bergmeier, Jonathan	12	Glidden-Rals	1:00.17 8
3 Martinek, Jordan	10	Gilbert	1:02.42 6
4 Lindsay, Colton	10	W Central Va	1:03.01 4
5 Chittenden, Reggie	09	Gilbert	1:04.17 2
6 Timmons, Carter	12	DSM Christia	1:05.87 1
7 Foote, Owen	10	Woodward-Gra	1:06.04
8 McCloud, Daniel	11	Grand View C	1:07.43
9 Kammerer, Ben	11	Grand View C	1:07.44
10 Peterson, Simon	09	Ankeny Chris	1:15.68

**Boys 4x100 Meter Relay**

Team	Relay	Finals
1 Gilbert		43.33 10
2 Gilbert	B	x45.92
3 Grand View Christ		47.49 8
1) Howard, Brayden 12	2) Marpe, Paul 11	
3) Fierce, Gabe 11	4) Hawthorne, Will 12	
1) O'Brien, Cael 11	2) Leyva, Micah 10	
3) Kruse, Bowen 12	4) Wilcox, Ethan 12	
1) Keller, Lincoln 10	2) Albright, Jake 11	
3) Keller, Logan 10	4) Danielsen, Ryan 10	

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Results

Finals ... (Boys 4x100 Meter Relay)

Team	Relay	Finals
4 W Central Valley		48.57 6
1) Lindsay, Colton 10	2) Fortney, Mason 09	
3) Wolfe, Brogan 12	4) Fuller, Mason 10	
5 Glidden-Ralston		48.83 4
1) Sibenaller, Colby 09	2) Olderog, Ryan 11	
3) Rohrbeck, Landon 11	4) Rohrbeck, Colton 09	
6 Woodward-Grangr	B	x48.99
1) Clater, Gavin 10	2) Clater, Gage 09	
3) Foote, Owen 10	4) Gaub, Andrew 09	
7 DSM Christian	B	x51.20
1) Brewer, Trenton 09	2) Pieper, Isaac 10	
3) Horstman, Caden 09	4) Gowdy, Noah 10	
8 Woodward-Grangr		53.95 2
1) Fuson, Talan 11	2) Dunlavey, Owen 11	
3) Tuel, Cody 10	4) Dunlavey, Ethan 11	
9 W Central Valley	B	x54.90
1) Strong, Jonathan 09	2) Andreano, Lucas 09	
3) Koele, Conner 09	4) Peugh, Tyler 09	
--- DSM Christian		DNF
1) Newton, Jaka 09	2) Bakke, Ajay 09	
3) Williams, Gavin 09	4) Grice, Oliver 09	

Boys 4x200 Meter Relay

Team	Relay	Finals
1 Gilbert		1:34.68 10
1) Kruse, Bowen 12	2) Zehr, Nolan 12	
3) Leyva, Micah 10	4) Wilcox, Ethan 12	
2 Grand View Christ		1:38.51 8
1) Danielsen, Ryan 10	2) Albright, Jake 11	
3) Keller, Logan 10	4) Jordan, Austin 12	
3 W Central Valley		1:40.81 6
1) Lindsay, Colton 10	2) Fortney, Mason 09	
3) Balsmeier, Ethan 09	4) Fuller, Mason 10	
4 Woodward-Grangr		1:43.01 4
1) Fuson, Talan 11	2) Clater, Gage 09	
3) Dunlavey, Owen 11	4) Dunlavey, Ethan 11	
5 Ankeny Christ		1:44.75 2
1) Beck, Aidan 12	2) Rood, Jed 10	
3) Quick, Zach 09	4) Bell, Eddie 11	
6 DSM Christian		1:45.67 1
1) Brewer, Trenton 09	2) Pieper, Isaac 10	
3) Horstman, Caden 09	4) Gowdy, Noah 10	

Boys 4x400 Meter Relay

Team	Relay	Finals
1 DSM Christian		3:30.77 10
1) Mann, Carter 12	2) Town, Max 11	
3) Fadden, Jace 12	4) Osborne, Malachi 10	
2 Gilbert		3:31.54 8
1) Rash, Ethan 11	2) Rash, Aidan 11	
3) Squiers, Carson 11	4) Barber, Emmett 12	

3 Woodward-Grangr		3:37.49 6
1) Drake, Chandler 12	2) Sebastian, Vinny 11	
3) Younts, Alex 11	4) Leighton, Cael 11	
4 Ankeny Christ		3:50.94 4
1) Fry, Cayden 11	2) Davis, Alex 11	
3) McLaughlin, Charlie 10	4) Beck, Talan 10	
5 Grand View Christ		3:59.40 2
1) Knight, Gage 10	2) Johnson, Gabe 10	
3) Eness, Sam 09	4) Burkhart, Milton 12	
6 W Central Valley		4:01.67 1
1) Nims, Grayson 09	2) Fortney, Mason 09	
3) Balsmeier, Ethan 09	4) Sawyers, Kael 09	

Boys 4x800 Meter Relay

Team	Relay	Finals
1 Woodward-Grangr		8:39.14 10
1) Drake, Chandler 12	2) Sebastian, Vinny 11	
3) Leighton, Cael 11	4) Younts, Alex 11	
2 Gilbert		8:39.20 8
1) Artz, John 12	2) Trampel, Liam 10	
3) Wallace, Adrian 10	4) Ryan, Emrick 11	
3 Ankeny Christ		9:11.44 6
1) Gardner, Zachary 10	2) Reitsma, Luke 11	
3) McLaughlin, Charlie 10	4) Heisterkamp, Matthew 09	
4 Gilbert	B	x10:03.25
1) Soupier, William 11	2) Savage, Clark 09	
3) Wadsley, Charles 09	4) Congdon, Emerson 11	
5 Grand View Christ		10:25.77 4
1) Hight, Eli 09	2) Eness, Sam 09	
3) Seyler, William 10	4) Bolton, Josiah 10	

Boys 800 Sprint Medley

Team	Relay	Finals
1 Gilbert		1:34.47 10
1) Fierce, Gabe 11	2) Hawthorne, Will 12	
3) Marpe, Paul 11	4) Barber, Emmett 12	
2 DSM Christian		1:36.23 8
1) Williams, Braden 11	2) Kistenmacher, Jacob 12	
3) Fadden, Jace 12	4) Osborne, Malachi 10	
3 Grand View Christ		1:42.19 6
1) Danielsen, Ryan 10	2) Albright, Jake 11	
3) Jordan, Austin 12	4) Burkhart, Milton 12	
4 Woodward-Grangr		1:43.29 4
1) Fuson, Talan 11	2) Dunlavey, Ethan 11	
3) Dunlavey, Owen 11	4) Finestead, Cooper 09	
5 Glidden-Ralston		1:45.34 2
1) Sibenaller, Colby 09	2) Rohrbeck, Colton 09	
3) Bergmeier, Jonathan 12	4) Rohrbeck, Landon 11	
6 W Central Valley		1:46.08 1
1) Wolfe, Brogan 12	2) Balsmeier, Ethan 09	
3) Fuller, Mason 10	4) Sawyers, Kael 09	
7 Ankeny Christ		1:47.32
1) Beck, Talan 10	2) Beck, Aidan 12	
3) Rood, Jed 10	4) Weber, Kyle 11	

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**Boys Distance Medley**

Team	Relay	Finals
<b>Finals</b>		
1 Woodward-Grangr		3:45.02 10
1) Fuson, Talan 11	2) Dunlavey, Owen 11	
3) Sebastian, Vinny 11	4) Drake, Chandler 12	
2 DSM Christian		3:46.61 8
1) Bailey, Caleb 11	2) Von Fumetti, Tyler 11	
3) Koehler, James 11	4) Mann, Carter 12	
3 Gilbert		4:02.67 6
1) Chittenden, Reggie 09	2) Fink, Joshua 09	
3) Martinek, Jordan 10	4) Lucht, Landon 11	
4 Grand View Christ		4:04.40 4
1) Knight, Gage 10	2) Keller, Lincoln 10	
3) Johnson, Gabe 10	4) Steffen, Tyler 10	
5 Ankeny Christ		4:17.36 2
1) Quick, Zach 09	2) Bell, Eddie 11	
3) Weber, Kyle 11	4) Heisterkamp, Matthew 09	
6 W Central Valley		4:29.37 1
1) Peugh, Tyler 09	2) Nims, Grayson 09	
3) Sawyers, Kael 09	4) Rodriguez, Cody 09	

**Boys 4x110 Meter Shuttle Hurdle**

Team	Relay	Finals
<b>Finals</b>		
1 Gilbert		1:01.63 10
1) Rash, Aidan 11	2) O'Brien, Cael 11	
3) Rash, Ethan 11	4) Hurn, Brady 12	
2 DSM Christian		1:04.23 8
1) Tokheim, Davis 10	2) Williams, Braden 11	
3) Town, Max 11	4) Kistenmacher, Jacob 12	
3 Grand View Christ		1:14.41 6
1) McCloud, Daniel 11	2) Gutu, David 10	
3) Kammerer, Ben 11	4) Keasey, Isaiah 09	
4 Woodward-Grangr		1:14.83 4
1) Clater, Gage 09	2) Smith, Kaleb 11	
3) Foote, Owen 10	4) Tuel, Cody 10	

**Boys High Jump**

Name	Yr	School	Finals
<b>Finals</b>			
1 Bakke, Ajay	09	DSM Christia	5-08.00 10
2 Deterding, Jaece	09	DSM Christia	5-08.00 8
3 Soma, Brody	09	Gilbert	5-04.00 5
3 Sawyers, Kael	09	W Central Va	5-04.00 5
5 Bowsby, Jackson	09	Woodward-Gra	5-04.00 2
6 Anderson, Lucas	10	Gilbert	5-02.00 1
7 Fortney, Mason	09	W Central Va	4-10.00
7 Casey, Sam	09	Woodward-Gra	4-10.00
--- Nims, Grayson	09	W Central Va	NH
--- Carroll, Jacob	09	Woodward-Gra	NH

**Boys Long Jump**

Name	Yr	School	Finals
<b>Finals</b>			
1 Leighton, Cael	11	Woodward-Gra	20-09.00 10
2 Tokheim, Davis	10	DSM Christia	19-08.50 8
3 Jordan, Austin	12	Grand View C	19-07.00 6
4 Keasey, Isaiah	09	Grand View C	18-07.00 4
5 Bergmeier, Jonathan	12	Glidden-Rals	18-04.50 2
6 Williams, Gavin	09	DSM Christia	17-05.50 1
7 Newton, Jaka	09	DSM Christia	x17-02.00 NWI
8 Lindsay, Colton	10	W Central Va	17-00.50 NWI
9 Chittenden, Reggie	09	Gilbert	16-11.50 NWI
10 Soma, Brody	09	Gilbert	16-09.50 NWI
11 Fink, Joshua	09	Gilbert	x16-08.50 NWI

**Boys Shot Put**

Name	Yr	School	Finals
<b>Finals</b>			
1 Faber, Nathan	12	DSM Christia	48-05.00 10
2 Mahler-Moreno, Kane	11	Woodward-Gra	44-11.50 8
3 Buss, Danny	12	Gilbert	41-07.00 6
4 Noe, Zach	12	Gilbert	40-01.00 4
5 Quick, Zach	09	Ankeny Chris	39-09.00 2
6 Teague, Zach	12	W Central Va	39-05.00 1
7 Ross, Thomas	12	DSM Christia	38-00.00
8 Baldwin, Nathan	12	Gilbert	x37-08.50
9 Bell, Eddie	11	Ankeny Chris	37-02.00
10 Handsaker, Cooper	10	DSM Christia	x36-03.00
11 Folkerts, Ayden	11	Gilbert	x35-09.00
12 Hodges, Ashton	09	Woodward-Gra	33-07.50
13 Fry, Cayden	11	Ankeny Chris	x33-03.00
13 Bailey, Caleb	11	DSM Christia	x33-03.00
15 Olderog, Ryan	11	Glidden-Rals	32-07.50
16 Jurgens, Jack	12	Grand View C	31-10.50
17 Hockenson, Dylan	11	Woodward-Gra	x31-09.00
18 Noah, Clay	09	Woodward-Gra	x31-01.00
19 Beane, Connor	11	W Central Va	30-01.50
20 Guisinger, Kyle	09	W Central Va	x30-01.00
21 McCloud, Joey	11	Grand View C	29-11.50
22 Pearson, Sam	10	Grand View C	x25-03.50

**Boys Discus Throw**

Name	Yr	School	Finals
<b>Finals</b>			
1 Faber, Nathan	12	DSM Christia	149-02 10
2 Mahler-Moreno, Kane	11	Woodward-Gra	147-03 8
3 Bell, Eddie	11	Ankeny Chris	128-02 6
4 Kruse, Bowen	12	Gilbert	123-06 4
5 Noe, Zach	12	Gilbert	121-01 2
6 Baldwin, Nathan	12	Gilbert	x119-03
7 Geiger, Zachary	12	DSM Christia	113-00 1
8 Quick, Zach	09	Ankeny Chris	107-08
9 Folkerts, Ayden	11	Gilbert	x102-06
10 Evans, Ethan	12	DSM Christia	x97-10
11 Noah, Clay	09	Woodward-Gra	97-03

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## Finals ... (Boys Discus Throw)

	Name	Yr	School	Finals
12	Fry, Cayden	11	Ankeny Chris	x95-08
13	Beane, Connor	11	W Central Va	93-04
14	Peters, Justin	11	Woodward-Gra	x90-11
15	Van Wyk, Wade	12	DSM Christia	x88-03
16	Hockenson, Dylan	11	Woodward-Gra	x87-08
17	Olderog, Ryan	11	Glidden-Rals	84-04
18	McCloud, Joey	11	Grand View C	83-09
19	Strong, Jonathan	09	W Central Va	78-00
20	Koele, Conner	09	W Central Va	x70-02

## Women - Team Rankings - 19 Events Scored

1)	North Polk	210
2)	Winterset	107.5
3)	Woodward-Grangr	89
4)	Grand View Christ	75
5)	Colfax-Mingo	39.5
6)	W Central Valley	33
7)	DSM Christian	19
8)	Glidden-Ralston	8

## Men - Team Rankings - 19 Events Scored

1)	Gilbert	185
2)	DSM Christian	147
3)	Woodward-Grangr	81
4)	Grand View Christ	69
5)	Ankeny Christ	51
6)	W Central Valley	25
7)	Glidden-Ralston	24