

Chelsey Henkenius Early Bird - 3/31/2025

SCC High School

Results

Girls 100 Meter Dash

	Name	Yr	School	Seed	Finals	H#	Points
Finals							
1	Ayers, Hadley	12	Sioux Ctrl, SR	12.90	13.06	3	10
2	Fehr, Maddie	11	Wb-Mallard	12.50	13.27	3	8
3	Ridgely, Mya	11	South Cent Cal	13.12	13.35	3	6
4	Lane, Camryn	11	Southeast Valley	13.80	13.71	3	4
5	Wenck, Cassidy	11	Glidden-Ralston		13.88	1	2
6	Graeve, Jayci	12	South Cent Cal	13.45	14.09	3	1
7	Hough, Caitlyn	09	Graet-T/Ruth-Ayr	13.59	14.18	3	
8	Meister, Laila	09	East Sac County	13.90	14.25	2	
9	Waldstein, Peyton	09	Sioux Ctrl, SR	13.90	14.35	2	
10	Hanson, Avrie	10	Southeast Valley	14.30	14.42	2	
11	Harris, Isabelle	11	Graet-T/Ruth-Ayr	14.18	14.95	2	
12	Cook, Colleen	11	Graet-T/Ruth-Ayr	14.89	x16.15	2	
13	Mushika, Abbie	09	South Cent Cal	16.00	x16.20	1	
14	Martin, Brooklyn	10	East Sac County	15.50	16.71	1	
15	Sewick, Lillian	11	South Cent Cal	17.50	x16.83	1	
16	Messer, Adya	09	Glidden-Ralston		16.99	1	
17	Lowe, Mia	11	Wb-Mallard	15.00	17.47	2	
18	Olpet, Sanagayle	10	St. Mary's, SL		18.63	1	

Girls 200 Meter Dash

	Name	Yr	School	Seed	Finals	H#	Points
Finals							
1	Ayers, Hadley	12	Sioux Ctrl, SR	27.20	27.26	4	10
2	Fehr, Maddie	11	Wb-Mallard	27.83	27.46	4	8
3	Lane, Camryn	11	Southeast Valley	29.76	28.88	4	6
4	Meister, Laila	09	East Sac County	29.92	29.65	3	4
5	Naig, Jadin	09	Graet-T/Ruth-Ayr	29.56	29.70	4	2
6	Waldstein, Peyton	09	Sioux Ctrl, SR	29.60	29.81	4	1
7	Wenck, Cassidy	11	Glidden-Ralston		29.93	1	
8	Akridge, Payton	09	Wb-Mallard	31.58	30.35	3	
9	Anderson, Olivia	11	Graet-T/Ruth-Ayr	32.70	31.42	2	
10	Larson, Kielee	09	St. Mary's, SL	31.62	31.70	3	
11	Cook, Colleen	11	Graet-T/Ruth-Ayr	31.90	x32.56	3	
12	Harty, Ruby	09	East Sac County	34.00	32.85	2	
13	Burley, Katie	11	South Cent Cal	31.00	32.95	3	
14	Mushika, Abbie	09	South Cent Cal	35.10	36.24	2	
15	Messer, Adya	09	Glidden-Ralston		36.46	1	
16	Olpet, Sanagayle	10	St. Mary's, SL	41.26	42.45	2	
17	Hiler, Sydney	09	South Cent Cal	43.57	x43.38	1	

Girls 400 Meter Dash

	Name	Yr	School	Seed	Finals	H#	Points
Finals							
1	Weber, Sage	09	Sioux Ctrl, SR	1:07.00	1:04.57	3	10
2	Lane, Camryn	11	Southeast Valley	1:05.85	1:04.84	3	8
3	Wise, Myah	09	Graet-T/Ruth-Ayr	1:14.30	1:08.23	2	6
4	Brauhn, Nevaeh	11	Sioux Ctrl, SR	1:10.00	1:10.55	3	4
5	Hauptert, Jossa	10	South Cent Cal	1:11.76	1:12.00	3	2

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Finals ... (Girls 400 Meter Dash)

Name	Yr	School	Seed	Finals	H#	Points
6 Anderson, Isabella	11	Graet-T/Ruth-Ayr	1:17.33	1:12.67	2	1
7 Fehr, Makenzie	09	Wb-Mallard	1:12.00	1:13.58	3	
8 Burley, Katie	11	South Cent Cal	1:15.09	1:14.18	2	
9 Pickar, Elizabeth	09	Graet-T/Ruth-Ayr	1:21.19	x1:16.99	2	
10 Young, Dani	10	St. Mary's, SL	1:07.00	1:17.42	3	
11 Snyder, Allison	10	Glidden-Ralston		1:17.55	1	
12 Cook, Colleen	11	Graet-T/Ruth-Ayr	1:20.80	x1:17.89	2	
13 Fetrow, Jessa	10	St. Mary's, SL	1:24.39	1:21.01	1	
14 Beeck, Hope	09	Glidden-Ralston		1:26.39	1	

Girls 800 Meter Run

Name	Yr	School	Seed	Finals	Points
Finals					
1 Bloom, Karina	10	Sioux Ctrl, SR	2:44.00	2:34.09	10
2 Fehr, Allie	11	Wb-Mallard	2:36.00	2:35.16	8
3 Hough, Kamryn	09	Graet-T/Ruth-Ayr	2:45.70	2:36.02	6
4 Christian, Nora	11	Sioux Ctrl, SR	2:36.00	2:40.16	4
5 Landgraf, Isabelle	11	St. Mary's, SL	3:04.14	2:51.39	2
6 Snyder, Allison	10	Glidden-Ralston		2:55.92	1
7 Fehr, Makenzie	09	Wb-Mallard	2:57.04	2:57.07	
8 Limones, Karla	12	St. Mary's, SL	2:59.11	3:10.09	
9 Wilson, Devyn	11	Southeast Valley	3:19.74	3:17.27	
10 Beeck, Hope	09	Glidden-Ralston		3:18.28	
11 Pickar, Elizabeth	09	Graet-T/Ruth-Ayr	3:23.61	3:22.11	
--- Burley, Michelle	10	South Cent Cal	3:22.72	DNF	

Girls 1500 Meter Run

Name	Yr	School	Seed	Finals	Points
Finals					
1 Weber, Sage	09	Sioux Ctrl, SR	5:29.00	5:32.54	10
2 Brauhn, Nevaeh	11	Sioux Ctrl, SR	6:15.00	5:54.51	8
3 Hartwigsen, BreAnn	11	Glidden-Ralston		5:56.56	6
4 Stimpson, Ruby	10	Southeast Valley	6:11.50	6:07.68	4
5 Field, Katie	11	Southeast Valley	6:27.23	6:42.13	2
6 Phelps, Peyton	09	St. Mary's, SL	6:35.00	6:45.12	1
7 Fetrow, Jessa	10	St. Mary's, SL	6:55.00	6:49.95	
8 Spencer, Lillie	10	South Cent Cal	7:30.54	6:58.38	
9 Pickar, Elizabeth	09	Graet-T/Ruth-Ayr	7:20.50	7:07.29	

Girls 3000 Meter Run

Name	Yr	School	Seed	Finals	Points
Finals					
1 Schupbach, Tyra	11	Wb-Mallard	11:02.90	10:58.61	10
2 Melody, Iris	11	South Cent Cal	11:45.62	11:54.69	8
3 Bloom, Karina	10	Sioux Ctrl, SR		12:39.13	6
4 Limones, Karla	12	St. Mary's, SL	12:21.02	12:53.87	4
5 Stimpson, Ruby	10	Southeast Valley	12:30.00	13:26.62	2
6 Field, Katie	11	Southeast Valley	13:30.00	14:01.00	1
7 Phillips, Sarah	10	Sioux Ctrl, SR		15:38.41	

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Results

Girls 100 Meter Hurdles

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 Waldstein, Ryleigh	12	Sioux Ctrl, SR	16.30	16.93	2	10
2 Veit, Wendie	09	East Sac County	17.90	18.15	2	8
3 Searcy, Mae	10	Southeast Valley	19.17	18.23	2	6
4 Wunschel, Abby	10	St. Mary's, SL	20.32	18.27	1	4
5 Hansen, Addison	10	Graet-T/Ruth-Ayr	18.20	18.77	2	2
6 Meister, Madison	11	East Sac County	18.10	18.80	2	1
7 Laursen, Kailee	10	Sioux Ctrl, SR	17.90	19.94	2	
8 Sommerfeld, Ally	09	Glidden-Ralston		21.09	1	
9 Pearson, Reagan	09	Southeast Valley	20.00	21.51	1	
10 McChesney, Morgan	11	South Cent Cal	19.50	21.59	1	
11 Chaney, Charleigh	09	Glidden-Ralston		22.16	1	
12 Meyer, Nicole	12	South Cent Cal	20.00	22.27	1	

Girls 400 Meter Hurdles

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 Bloom, Linnea	12	Sioux Ctrl, SR	1:08.00	1:15.11	2	10
2 Wise, Myah	09	Graet-T/Ruth-Ayr	1:17.50	1:15.51	1	8
3 Veit, Libbie	10	East Sac County	1:13.00	1:19.13	2	6
4 Lane, Sage	09	Southeast Valley	1:20.00	1:19.38	1	4
5 Geisinger, Evelyn	12	Sioux Ctrl, SR	1:12.00	1:25.41	2	2
6 Wise, Shaylee	12	Graet-T/Ruth-Ayr	1:12.95	1:31.53	2	1

Girls 4x100 Meter Relay

Team	Relay	Seed	Finals	H#	Points
Finals					
1 Southeast Valley	A	53.92	54.54	2	10
1) Hanson, Avrie 10	2) Searcy, Mae 10	3) Farley, Madelyn 11	4) Lane, Camryn 11		
2 Sioux Ctrl, SR	A	55.00	55.00	2	8
1) Ayers, Hadley 12	2) Cavanaugh, Taylor 10	3) Waldstein, Peyton 09	4) Johnson, Lillian 09		
3 South Cent Cal	A	54.00	56.59	2	6
1) Graeve, Jayci 12	2) Riedesel, Norah 12	3) Hauptert, Onna 12	4) Ridgely, Mya 11		
4 Graet-T/Ruth-Ayr	A	59.60	57.47	2	4
1) Hough, Caitlyn 09	2) Anderson, Isabella 11	3) Hansen, Addison 10	4) Harris, Isabelle 11		
5 St. Mary's, SL	A		59.45	1	2
1) Wunschel, Abby 10	2) Larson, Kielee 09	3) Phelps, Ruby 10	4) Young, Dani 10		
6 Glidden-Ralston	A		1:01.16	1	1
1) Sommerfeld, Ally 09	2) Wenck, Cassidy 11	3) Chaney, Charleigh 09	4) Snyder, Allison 10		
7 East Sac County	A	59.00	1:06.80	2	
1) McCrea, Paris 10	2) Harman, Kennedy 09	3) Renze, Shelby 10	4) Martin, Brooklyn 10		

Girls 4x200 Meter Relay

Team	Relay	Seed	Finals	Points
Finals				
1 Graet-T/Ruth-Ayr	A	2:01.25	2:01.77	10
1) Hough, Caitlyn 09	2) Anderson, Olivia 11	3) Wise, Shaylee 12	4) Naig, Jadin 09	
2 East Sac County	A	2:05.75	2:05.56	8
1) Rodman, Lilly 09	2) Hauser, Tori 10	3) Schmitt, Katelyn 11	4) King, Haley Jo 11	
3 Southeast Valley	A	2:02.61	2:06.85	6
1) Lane, Sage 09	2) Wilson, Emily 09	3) Mills, Leah 09	4) Lundquist, Addison 09	

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Finals ... (Girls 4x200 Meter Relay)

Team	Relay	Seed	Finals	Points
4 Sioux Ctrl, SR 1) Johnson, Lillian 09	A 2) Phillips, Sarah 10	2:10.00 3) Wilkinson, Quinn 11	2:14.53 4) Thomas, Kathryn 10	4
5 South Cent Cal 1) Mushika, Abbie 09	B 2) Sewick, Lillian 11	2:30.00 3) Ullrick, Emersyn 10	2:30.64 4) Hiler, Sydney 09	2

Girls 4x400 Meter Relay

Team	Relay	Seed	Finals	Points
Finals				
1 Sioux Ctrl, SR 1) Madsen, Marley 11	A 2) Christian, Nora 11	4:19.00 3) Bloom, Karina 10	4:22.04 4) Bloom, Linnea 12	10
2 Wb-Mallard 1) Montag, Addie 11	A 2) Fehr, Allie 11	4:39.03 3) Akridge, Payton 09	4:35.09 4) Fehr, Maddie 11	8
3 South Cent Cal 1) Hauptert, Jossa 10	A 2) Riedesel, Norah 12	4:47.57 3) Graeve, Jayci 12	4:59.85 4) Ridgely, Mya 11	6
4 South Cent Cal 1) Hauptert, Onna 12	B 2) Sjostedt, Elin 12	4:59.00 3) Burley, Katie 11	5:23.43 4) McChesney, Morgan 11	4
--- Graet-T/Ruth-Ayr 1) Naig, Jadin 09	A 2) Wise, Myah 09	4:40.20 3) Anderson, Olivia 11	DNF 4) Anderson, Isabella 11	

Girls 4x800 Meter Relay

Team	Relay	Seed	Finals	Points
Finals				
1 Sioux Ctrl, SR 1) Madsen, Marley 11	A 2) Christian, Nora 11	10:20.00 3) Weber, Sage 09	10:25.05 4) Bloom, Linnea 12	10
2 South Cent Cal 1) Burley, Katie 11	A 2) Sjostedt, Elin 12	12:00.00 3) Burley, Michelle 10	12:36.19 4) Spencer, Lillie 10	8

Girls 800 Sprint Medley

Team	Relay	Seed	Finals	H#	Points
Finals					
1 Sioux Ctrl, SR 1) Ayers, Hadley 12	A 2) Cavanaugh, Taylor 10	2:00.00 3) Geisinger, Evelyn 12	1:57.90 4) Madsen, Marley 11	2	10
2 Graet-T/Ruth-Ayr 1) Anderson, Isabella 11	A 2) Anderson, Olivia 11	2:12.43 3) Harris, Isabelle 11	2:04.79 4) Naig, Jadin 09	1	8
3 East Sac County 1) Rodman, Lilly 09	A 2) Meister, Madison 11	1:59.80 3) Meister, Laila 09	2:06.56 4) Veit, Libbie 10	2	6
4 South Cent Cal 1) Graeve, Jayci 12	A 2) Riedesel, Norah 12	2:05.00 3) Hauptert, Onna 12	2:07.77 4) Hauptert, Jossa 10	2	4
5 Glidden-Ralston 1) Sommerfeld, Ally 09	A 2) Chaney, Charleigh 09		2:13.10 4) Snyder, Allison 10	1	2
6 St. Mary's, SL 1) Wunschel, Abby 10	A 2) Larson, Kielee 09	2:10.00 3) Young, Dani 10	2:17.62 4) Phelps, Peyton 09	1	1
7 Southeast Valley 1) Showers, Breanne 09	A 2) Pearson, Reagan 09	2:04.39 3) Wilson, Emily 09	2:19.14 4) Lundquist, Addison 09	2	

Girls Distance Medley

Team	Relay	Seed	Finals	Points
Finals				
1 Sioux Ctrl, SR 1) Johnson, Lillian 09	A 2) Geisinger, Evelyn 12	4:35.00 3) Madsen, Marley 11	4:40.04 4) Bloom, Linnea 12	10
2 Graet-T/Ruth-Ayr 1) Hough, Caitlyn 09	A 2) Harris, Isabelle 11	4:55.31 3) Wise, Shaylee 12	4:48.17 4) Hough, Kamryn 09	8

Chelsey Henkenius Early Bird - 3/31/2025**SCC High School****Results****Finals ... (Girls Distance Medley)**

Team	Relay	Seed	Finals	Points
3 Wb-Mallard 1) Fehr, Allie 11	A 2) Akridge, Payton 09	4:42.91	4:51.92 4) Schupbach, Tyra 11	6
4 South Cent Cal 1) McChesney, Morgan 11	A 2) Meyer, Nicole 12	5:10.00	5:16.12 4) Melody, Iris 11	4
5 Southeast Valley 1) Showers, Breanne 09	A 2) Wilson, Emily 09	5:14.70	5:36.90 4) Wilson, Devyn 11	2

Girls 4x100 Meter Shuttle Hurdle

Team	Relay	Seed	Finals	H#	Points
Finals					
1 East Sac County 1) Meister, Madison 11	A 2) Hauser, Tori 10	1:17.00	1:16.62 4) Veit, Wendie 09	2	10
2 Graet-T/Ruth-Ayr 1) Wise, Myah 09	A 2) Wise, Shaylee 12	1:14.20	1:17.82 4) Hansen, Addison 10	2	8
3 Southeast Valley 1) Searcy, Mae 10	A 2) Pearson, Reagan 09	1:12.50	1:20.60 4) Farley, Madelyn 11	2	6
4 Sioux Ctrl, SR 1) Waldstein, Ryleigh 12	A 2) Geisinger, Evelyn 12		1:22.52 4) Laursen, Kailee 10	1	4
5 St. Mary's, SL 1) Elsden, Carissa 11	A 2) Wunschel, Abby 10		1:39.95 4) Landgraf, Isabelle 11	1	2

Girls High Jump

Name	Yr	School	Finals	Points
Finals				
1 Fehr, Allie	11	Wb-Mallard	J4-10.00 1.47m	10
2 Hansen, Addison	10	Graet-T/Ruth-Ayr	J4-08.00 1.42m	8
3 Hough, Kamryn	09	Graet-T/Ruth-Ayr	J4-08.00 1.42m	6
4 Elsden, Carissa	11	St. Mary's, SL	J4-04.00 1.32m	4
--- Burley, Michelle	10	South Cent Cal	DQ	

Girls Long Jump

Name	Yr	School	Finals	Points
Finals				
1 Veit, Wendie	09	East Sac County	15-05.00 4.69m	10
2 Fehr, Maddie	11	Wb-Mallard	14-04.00 4.36m	8
3 Waldstein, Peyton	09	Sioux Ctrl, SR	13-10.00 4.21m	6
4 Hanson, Avrie	10	Southeast Valley	13-09.00 4.19m	4
5 Akridge, Payton	09	Wb-Mallard	12-09.00 3.88m	2
6 Sommerfeld, Ally	09	Glidden-Ralston	12-06.00 3.81m	1
7 Young, Dani	10	St. Mary's, SL	12-01.00 3.68m	
8 Chaney, Charleigh	09	Glidden-Ralston	12-00.00 3.65m	
9 Elsden, Carissa	11	St. Mary's, SL	11-08.50 3.56m	
10 Johnson, Lillian	09	Sioux Ctrl, SR	11-02.00 3.40m	

Girls Shot Put

Name	Yr	School	Finals	Points
Finals				
1 Gorden, Tristin	10	South Cent Cal	37-03.00 11.35m	10
2 Gerdes, Miranda	09	East Sac County	31-00.50 9.46m	8
3 Larson, Kielee	09	St. Mary's, SL	29-07.50 9.02m	6
4 Melody, Shannon	11	South Cent Cal	28-10.00 8.78m	4
5 Phelps, Ruby	10	St. Mary's, SL	28-05.50 8.67m	1.50

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Finals ... (Girls Shot Put)

Name	Yr	School	Finals	Points	
5 Montag, Addie	11	Wb-Mallard	28-05.50	8.67m	1.50
7 Schmitt, Katelyn	11	East Sac County	27-09.00	8.45m	
8 Mills, Leah	09	Southeast Valley	26-03.00	8.00m	
9 Laursen, Kailee	10	Sioux Ctrl, SR	26-00.00	7.92m	
10 Laursen, Natalie	12	Sioux Ctrl, SR	25-02.00	7.67m	
11 Sackfield, Isabella	11	South Cent Cal	x23-04.00	7.11m	
12 Solko, Bailey	09	South Cent Cal	x22-09.50	6.94m	
13 Lowe, Mia	11	Wb-Mallard	20-04.00	6.19m	
14 Messer, Adya	09	Glidden-Ralston	11-10.00	3.60m	

Girls Discus Throw

Name	Yr	School	Finals	Points	
Finals					
1 Gorden, Tristin	10	South Cent Cal	J103-04.50	31.50m	10
2 Gerdes, Miranda	09	East Sac County	J87-03	26.59m	8
3 Laursen, Natalie	12	Sioux Ctrl, SR	J82-11	25.27m	6
4 Montag, Addie	11	Wb-Mallard	J79-02	24.13m	4
5 Mills, Leah	09	Southeast Valley	J77-04.50	23.58m	2
6 Melody, Shannon	11	South Cent Cal	J77-04.50	23.58m	1
7 Manzer, Alyshia	10	East Sac County	J75-11	23.13m	
8 Laursen, Kailee	10	Sioux Ctrl, SR	J75-05	22.98m	
9 Phelps, Ruby	10	St. Mary's, SL	J74-06	22.70m	
10 Smith, Avery	12	St. Mary's, SL	J74-03	22.63m	
11 Sackfield, Isabella	11	South Cent Cal	xJ65-06	19.96m	
12 Lowe, Mia	11	Wb-Mallard	J56-06.50	17.23m	
13 Solko, Bailey	09	South Cent Cal	xJ53-04	16.25m	

Boys 100 Meter Dash

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 Schnell, Jaxson	11	Graet-T/Ruth-Ayr	11.52	11.68	3	10
2 Jackson, Tyson	11	East Sac County	13.00	11.70	2	8
3 Ness, Kenneth	11	Graet-T/Ruth-Ayr	12.27	12.05	3	6
4 Rohrbeck, Colton	09	Glidden-Ralston		12.08	1	4
5 Gullett, Jack	12	East Sac County	12.00	12.20	3	2
6 Albright, Aidan	09	South Cent Cal	12.50	12.60	3	1
7 Heuton, Chase	10	Sioux Ctrl, SR	12.70	12.62	3	
8 Sibenaller, Colby	09	Glidden-Ralston		12.94	1	
9 Price, Alex	12	Sioux Ctrl, SR	12.60	13.11	3	
10 Mernka, Wyatt	11	South Cent Cal	13.00	13.18	2	
11 Bundt, Marshall	10	South Cent Cal	13.50	x13.21	2	
12 Christensen, Lex	10	Wb-Mallard	13.50	13.48	2	
13 Hanson, Wyatt	09	Wb-Mallard	14.00	13.68	2	
14 Movall, Aaden	09	St. Mary's, SL		13.86	1	
15 Pedersen, Jace	11	South Cent Cal	14.50	x14.30	2	
16 Del Villar, Ivan	11	St. Mary's, SL		14.99	1	

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Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 Swedin, Caleb	11	Graet-T/Ruth-Ayr	25.50	24.15	3	10
2 Price, Landon	12	Graet-T/Ruth-Ayr	25.00	24.49	3	8
3 Gullett, Jack	12	East Sac County	25.09	25.06	3	6
4 Rohrbeck, Landon	11	Glidden-Ralston		25.46	1	4
5 Rohrbeck, Colton	09	Glidden-Ralston		25.54	1	2
6 Wittmaack, Max	10	Sioux Ctrl, SR	26.00	25.74	2	1
7 Werneburg, Brayden	10	South Cent Cal	26.00	26.12	3	
8 Roller, Quinn	11	South Cent Cal	27.00	26.17	2	
9 Buettner, Michael	11	Sioux Ctrl, SR	27.00	26.54	2	
10 Albright, Aidan	09	South Cent Cal	25.00	x26.96	3	
11 Sibenaller, Colby	09	Glidden-Ralston		x26.98	1	
12 Flynn, Kacen	09	Wb-Mallard	26.00	27.33	3	
13 Hanson, Wyatt	09	Wb-Mallard	28.45	28.22	2	
14 Gomez, McWindel	12	St. Mary's, SL	30.20	28.55	2	
15 Wiley, Gabe	09	South Cent Cal	40.00	x30.88	1	
--- Movall, Aaden	09	St. Mary's, SL	27.84	DQ	2	

Boys 400 Meter Dash

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 Sippel, Leighton	12	Sioux Ctrl, SR	57.70	58.00	2	10
2 Bullock, Curtis	09	South Cent Cal	1:04.50	58.76	2	8
3 Driver, Landon	10	Sioux Ctrl, SR	58.20	59.12	2	6
4 Rohrbeck, Landon	11	Glidden-Ralston		59.49	1	4
5 Hammen, Kayden	12	South Cent Cal	58.50	59.73	2	2
6 Sorensen, Zac	09	Graet-T/Ruth-Ayr		1:01.77	1	1
7 Manwarren, Hunter	10	Graet-T/Ruth-Ayr	1:04.98	1:06.64	2	
8 Kampen, Bryson	09	Wb-Mallard	1:10.00	1:15.32	1	

Boys 800 Meter Run

Name	Yr	School	Seed	Finals	Points
Finals					
1 Christian, Jack	11	Sioux Ctrl, SR	2:08.00	2:09.08	10
2 Petersen, Brett	12	St. Mary's, SL	2:12.96	2:12.34	8
3 Judisch, Cole	09	South Cent Cal	2:12.00	2:19.74	6
4 Engel, Owen	11	East Sac County	2:16.00	2:21.43	4
5 Wilson, Cayden	10	Graet-T/Ruth-Ayr	2:15.00	2:22.62	2
6 Bindel, Silas	12	Wb-Mallard	2:25.00	2:29.20	1
7 Hoffman, Josh	12	Sioux Ctrl, SR	2:30.00	2:32.53	
8 Brockman, Evan	09	East Sac County	2:40.00	2:57.73	
9 Kampen, Bryson	09	Wb-Mallard	3:00.00	2:59.63	
10 Treiber, Jeremy	10	South Cent Cal	2:50.00	3:22.46	

Boys 1600 Meter Run

Name	Yr	School	Seed	Finals	Points
Finals					
1 Wernimont, Lucos	10	Sioux Ctrl, SR	5:00.00	4:50.64	10
2 Sporrer, Landon	11	East Sac County	5:06.83	5:08.62	8
3 Petersen, Brett	12	St. Mary's, SL	5:10.00	5:20.92	6

Chelsey Henkenius Early Bird - 3/31/2025

SCC High School

Results

Finals ... (Boys 1600 Meter Run)

Name	Yr	School	Seed	Finals	Points
4 Christians, Colin	10	Sioux Ctrl, SR	5:40.00	5:29.22	4
5 Thielen, Joseph	11	Glidden-Ralston		5:44.88	2
6 Greene, Derek	11	South Cent Cal	5:50.22	5:49.92	1
7 Lopez, Pedro	12	St. Mary's, SL		5:54.44	
8 Pickar, Anthony	11	Graet-T/Ruth-Ayr	6:16.63	5:57.76	
9 Olderog, Ryan	11	Glidden-Ralston		6:12.36	

Boys 3200 Meter Run

Name	Yr	School	Seed	Finals	Points
Finals					
1 Wernimont, Lucos	10	Sioux Ctrl, SR	10:38.00	10:25.66	10
2 Sporrer, Landon	11	East Sac County	10:58.00	10:54.42	8
3 Engel, Owen	11	East Sac County	10:59.00	11:17.37	6
4 Wilson, Cayden	10	Graet-T/Ruth-Ayr	11:26.00	12:02.45	4
5 Greene, Derek	11	South Cent Cal	12:30.00	12:10.28	2
6 Thielen, Joseph	11	Glidden-Ralston		12:32.59	1
7 Hoffman, Josh	12	Sioux Ctrl, SR	11:54.00	12:48.15	
8 Lopez, Pedro	12	St. Mary's, SL		12:50.37	

Boys 110 Meter Hurdles

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 Bergmeier, Jonathan	12	Glidden-Ralston		16.16	1	10
2 Swedin, Caleb	11	Graet-T/Ruth-Ayr	16.95	16.53	2	8
3 Anderson, Andrew	12	South Cent Cal	15.85	16.97	2	6
4 Eigsti, Darius	09	South Cent Cal	16.75	17.27	2	4
5 Hemer, Xander	11	East Sac County	18.00	17.76	1	2
6 Fahrenkrog, Kinnick	12	Sioux Ctrl, SR	16.30	18.08	2	1
7 Thompson, Kylar	10	South Cent Cal	20.00	x20.92	1	
--- Mills, Owen	11	Sioux Ctrl, SR	16.20	DQ	2	

Boys 400 Meter Hurdles

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 Hemer, Xander	11	East Sac County	1:01.00	1:03.12	2	10
2 Grimm, Leydan	11	Wb-Mallard	1:02.00	1:04.24	2	8
3 Bergmeier, Jonathan	12	Glidden-Ralston		1:05.74	1	6
4 Stickrod, Hayden	10	South Cent Cal	1:06.00	1:06.17	2	4
5 Thompson, Kylar	10	South Cent Cal	1:10.00	1:08.03	1	2
6 Wilson, Joseph	09	Sioux Ctrl, SR	1:08.00	1:08.29	1	1
7 Zaugg, Abner	10	Wb-Mallard	1:05.00	1:10.19	2	

Boys 4x100 Meter Relay

Team	Relay	Seed	Finals	H#	Points
Finals					
1 Graet-T/Ruth-Ayr	A	48.10	46.37	2	10
1) Schnell, Jaxson 11	2) Ness, Kenny 11		4) Price, Landon 12		
2 Sioux Ctrl, SR	A	48.00	48.65	2	8
1) Fahrenkrog, Kinnick 12	2) Wittmaack, Max 10		3) McGregor, Remington 10		
3 Glidden-Ralston	A		49.65	1	6
1) Sibenaller, Colby 09	2) Bergmeier, Jonathan 12		3) Rohrbeck, Landon 11		
			4) Rohrbeck, Colton 09		

Chelsey Henkenius Early Bird - 3/31/2025**SCC High School****Results****Finals ... (Boys 4x100 Meter Relay)**

Team	Relay	Seed	Finals	H#	Points
4 St. Mary's, SL 1) Calvo, Nicolas 11	A 2) Petersen, Brendon 11	48.00	50.30 4) Phelps, Cael 09	2	4
5 South Cent Cal 1) Albright, Aidan 09	A 2) Roller, Quinn 11	49.50	50.86 4) Patterson, Luke 10	2	2
6 East Sac County 1) Grindle, Landon 12	A 2) Wallerstedt, Cale 09	50.00	51.05 4) Donelson, Seth 11	2	1
7 Wb-Mallard 1) Christensen, Lex 10	A 2) Falcon, Cesar 10	50.83	53.17 4) Grimm, Leydan 11	1	
8 South Cent Cal 1) Stickrod, Payton 09	B 2) Hardy, Max 09	1:20.00	57.04 4) Wiley, Gabe 09	1	

Boys 4x200 Meter Relay

Team	Relay	Seed	Finals	Points
Finals				
1 Sioux Ctrl, SR 1) McGregor, Remington 10	A 2) Price, Alex 12	1:43.00	1:43.13 4) Heuton, Chase 10	10
2 South Cent Cal 1) Albright, Aidan 09	A 2) Werneburg, Brayden 10	1:44.00	1:44.55 4) Bundt, Marshall 10	8
3 Wb-Mallard 1) Christensen, Lex 10	A 2) Bindel, Silas 12	1:49.66	1:47.69 4) Hanson, Wyatt 09	6
4 Graet-T/Ruth-Ayr 1) Vanderhoff, Riley 11	A 2) Iwen, Wyatt 11	1:38.43	1:48.30 4) Charles-Nicolas, Adrien 12	4
5 East Sac County 1) Jackson, Christian 09	A 2) Donelson, Seth 11	1:54.65	1:56.40 4) Brockman, Evan 09	2
6 South Cent Cal 1) Stickrod, Payton 09	B 2) Hardy, Max 09	2:20.00	1:59.44 4) Wiley, Gabe 09	1

Boys 4x400 Meter Relay

Team	Relay	Seed	Finals	Points
Finals				
1 Sioux Ctrl, SR 1) Christian, Jack 11	A 2) Heuton, Chase 10	3:55.00	3:48.15 4) Sippel, Leighton 12	10
2 Wb-Mallard 1) Goddard, Grady 10	A 2) Flynn, Kacen 09	4:03.80	4:01.75 4) Zaugg, Abner 10	8
3 East Sac County 1) Hemer, Xander 11	A 2) Gullett, Jack 12	3:42.00	4:02.04 4) Sporrer, Landon 11	6
4 South Cent Cal 1) Judisch, Cole 09	A 2) Eigsti, Darius 09	3:45.00	4:13.17 4) Hammen, Kayden 12	4
5 Graet-T/Ruth-Ayr 1) Iwen, Wyatt 11	A 2) Sorenson, Zac 09	4:00.00	4:15.69 4) Manwarren, Hunter 10	2
6 South Cent Cal 1) Hiler, Elias 09	B 2) Knapp, Josh 11	4:20.00	4:17.22 4) Dean, Nathan 11	1

Boys 4x800 Meter Relay

Team	Relay	Seed	Finals	Points
Finals				
1 Sioux Ctrl, SR 1) Sippel, Leighton 12	A 2) Christians, Colin 10	10:13.56	9:27.55 4) Driver, Landon 10	10
2 Graet-T/Ruth-Ayr 1) Darr, Will 11	A 2) Manwarren, Caleb 09	10:33.67	10:17.03 4) Pickar, Anthony 11	8

Chelsey Henkenius Early Bird - 3/31/2025**SCC High School****Results****Boys 800 Sprint Medley**

	Team	Relay	Seed	Finals	H#	Points
Finals						
1	Graet-T/Ruth-Ayr 1) Swedin, Caleb 11	A 2) Ness, Kenneth 11	1:45.00	1:40.00 4) Price, Landon 12	2	10
2	Sioux Ctrl, SR 1) Fahrenkrog, Kinnick 12	A 2) Wittmaack, Max 10	1:43.00	1:41.66 4) Christian, Jack 11	2	8
3	South Cent Cal 1) Anderson, Andrew 12	A 2) Stickrod, Hayden 10	1:43.00	1:41.90 4) Judisch, Cole 09	2	6
4	St. Mary's, SL 1) Calvo, Nicolas 11	A 2) Phelps, Cael 09	1:45.00	1:48.10 4) Petersen, Brendon 11	2	4
5	Glidden-Ralston 1) Sibenaller, Colby 09	A 2) Olderog, Ryan 11		1:51.69 4) Rohrbeck, Landon 11	1	2
6	East Sac County 1) Grindle, Landon 12	A 2) Hemer, Xander 11	1:49.00	1:51.92 4) Wallerstedt, Cale 09	2	1
7	South Cent Cal 1) Dean, Nathan 11	B 2) Bullock, Curtis 09	2:05.00	1:54.71 4) Knapp, Josh 11	1	
---	Wb-Mallard 1) Falcon, Cesar 10	A 2) Flynn, Kacen 09	1:53.00	DQ 4) Zaugg, Abner 10	1	

Boys Distance Medley

	Team	Relay	Seed	Finals	Points
Finals					
1	Graet-T/Ruth-Ayr 1) Vanderhoff, Riley 11	A 2) Iwen, Wyatt 11	4:05.58	4:08.91 4) Manwarren, Caleb 09	10
2	Wb-Mallard 1) Falcon, Cesar 10	A 2) Goddard, Grady 10	4:10.90	4:11.15 4) Grimm, Leydan 11	8
3	Sioux Ctrl, SR 1) Sorenson, Aiden 11	A 2) Glover, Kase 09	4:30.00	4:27.37 4) Ordonez, Jhony 09	6
4	South Cent Cal 1) Werneburg, Brayden 10	A 2) Patterson, Luke 10	4:20.00	4:30.51 4) Knapp, Josh 11	4
5	East Sac County 1) Grindle, Landon 12	A 2) Hugeback, Bentley 09	4:30.00	4:45.79 4) Wallerstedt, Cale 09	2
6	South Cent Cal 1) Dean, Nathan 11	B 2) Stickrod, Payton 09	5:00.00	5:17.57 4) Treiber, Jeremy 10	1

Boys 4x110 Meter Shuttle Hurdle

	Team	Relay	Seed	Finals	Points
Finals					
1	Sioux Ctrl, SR 1) Fahrenkrog, Kinnick 12	A 2) Wittmaack, Max 10	1:11.00	1:09.49 4) Mills, Owen 11	10
2	South Cent Cal 1) Anderson, Andrew 12	A 2) Stickrod, Hayden 10	1:08.50	1:09.81 4) Patterson, Luke 10	8
3	St. Mary's, SL 1) Gomez, McWindel 12	A 2) Calvo, Nicolas 11		1:25.88 4) Phelps, Cael 09	6

Boys High Jump

	Name	Yr School	Finals	Points	
Finals					
1	Anderson, Andrew	12 South Cent Cal	5-10.00	1.77m	10
2	Hammen, Kayden	12 South Cent Cal	5-04.00	1.62m	8
---	Thompson, Kylar	10 South Cent Cal	DQ		

Chelsey Henkenius Early Bird - 3/31/2025**SCC High School****Results****Boys Long Jump**

	Name	Yr	School	Finals		Points
Finals						
1	Bergmeier, Jonathan	12	Glidden-Ralston	J18-11.00	5.76m	10
2	Patterson, Luke	10	South Cent Cal	J16-07.00	5.05m	8
3	McGregor, Remington	10	Sioux Ctrl, SR	J16-05.00	5.00m	6
4	Phelps, Cael	09	St. Mary's, SL	J16-02.00	4.92m	4
5	Heuton, Chase	10	Sioux Ctrl, SR	J15-05.00	4.69m	2
6	Falcon, Cesar	10	Wb-Mallard	J15-05.00	4.69m	1
7	Gomez, McWindel	12	St. Mary's, SL	J14-07.00	4.44m	

Boys Shot Put

	Name	Yr	School	Finals		Points
Finals						
1	Bundt, Marshall	10	South Cent Cal	41-03.00	12.57m	10
2	Mohr, Logan	12	East Sac County	40-02.00	12.24m	8
3	Pedersen, Jace	11	South Cent Cal	37-09.00	11.50m	6
4	Glover, Kase	09	Sioux Ctrl, SR	35-09.00	10.89m	4
5	Donelson, Seth	11	East Sac County	35-03.00	10.74m	2
6	Dietrich, Landen	10	Graet-T/Ruth-Ayr	35-02.00	10.71m	1
7	Hardy, Max	09	South Cent Cal	x33-06.00	10.21m	
8	Daniel, Trendon	09	South Cent Cal	x32-00.00	9.75m	
9	Olderog, Ryan	11	Glidden-Ralston	31-01.00	9.47m	
10	Lucht, Angel	09	St. Mary's, SL	29-06.00	8.99m	
10	Price, Alex	12	Sioux Ctrl, SR	29-06.00	8.99m	
12	Malm, Luke	11	Graet-T/Ruth-Ayr	28-08.00	8.73m	

Boys Discus Throw

	Name	Yr	School	Finals		Points
Finals						
1	Pedersen, Jace	11	South Cent Cal	136-07	41.63m	10
2	Mernka, Wyatt	11	South Cent Cal	134-01	40.86m	8
3	Buettner, Michael	11	Sioux Ctrl, SR	132-02.50	40.29m	6
4	Bundt, Marshall	10	South Cent Cal	x129-03.50	39.40m	
5	Dietrich, Landen	10	Graet-T/Ruth-Ayr	112-07.50	34.32m	4
6	Lockwood, Ian	11	Sioux Ctrl, SR	111-09	34.06m	2
7	Mohr, Logan	12	East Sac County	110-02.50	33.59m	1
8	Donelson, Seth	11	East Sac County	103-05.50	31.53m	
9	Goddard, Grady	10	Wb-Mallard	100-10	30.73m	
10	Movall, Aaden	09	St. Mary's, SL	95-09	29.18m	
11	Daniel, Trendon	09	South Cent Cal	x95-06	29.10m	
12	Malm, Luke	11	Graet-T/Ruth-Ayr	90-05.50	27.57m	
13	Olderog, Ryan	11	Glidden-Ralston	90-03	27.50m	
14	Del Villar, Ivan	11	St. Mary's, SL	85-06	26.06m	