

SCC Chelsey Henkenius Early Bird 2026 - 3/30/2026

SCC High School

Results

Girls 100 Meter Dash

Name	Yr	School	Finals	H#
Finals				
1 Fehr, Maddie	12	Wb-Mallard	13.03	4
2 Wenck, Kassidy	12	Glidden-Ralston	13.51	4
3 Ridgely, Mya	12	South Cent Cal	13.61	4
4 Hanson, Avrie	11	Southeast Valley	13.62	4
5 Subbert, Jenna	09	Glidden-Ralston	13.87	4
6 Vie, Ava	12	Newell-Fonda	13.95	3
7 Baker, Ellason	09	South Cent Cal	14.06	4
8 Cavanaugh, Taylor	11	Sioux Ctrl, SR	14.24	3
9 Wilson, Emily	10	Southeast Valley	14.32	3
10 Meister, Laila	10	East Sac County	14.39	3
11 Joenks, Bella	11	Sioux Ctrl, SR	14.52	3
12 Westfall, Mackenzie	09	Graet-T/Ruth-Ayr	14.61	2
13 Hansen, Addison	11	Graet-T/Ruth-Ayr	14.87	2
14 Hough, Lauryn	09	Graet-T/Ruth-Ayr	x14.97	1
15 Murray, Stephanie	12	St. Mary's, SL	15.02	1
16 Cook, Colleen	12	Graet-T/Ruth-Ayr	x15.29	2
17 Peters, Lexi	09	Newell-Fonda	15.47	2
18 Mushika, Abbie	10	South Cent Cal	x15.56	1
19 Miller, Madelynn	09	Southeast Valley	x15.64	2
20 Crum, Aubrey	12	St. Mary's, SL	15.85	1
21 Crawmer, McKenna	10	Wb-Mallard	16.08	3
22 Ullrick, Emersyn	11	South Cent Cal	x17.07	1
23 Schade, Aubrey	10	East Sac County	17.31	2

Girls 200 Meter Dash

Name	Yr	School	Finals	H#
Finals				
1 Ridgely, Mya	12	South Cent Cal	28.20	4
2 Wenck, Kassidy	12	Glidden-Ralston	28.39	4
3 Renze, Bryn	09	Glidden-Ralston	29.03	4
4 Hamilton, Elliot	09	Newell-Fonda	29.35	4
5 Meister, Laila	10	East Sac County	29.70	4
6 Wilson, Devyn	12	Southeast Valley	29.81	3
7 Anderson, Isabella	12	Graet-T/Ruth-Ayr	30.25	3
8 Westfall, Mackenzie	09	Graet-T/Ruth-Ayr	30.55	3
9 Schumacher, Grace	09	South Cent Cal	30.59	3
10 Hanson, Avrie	11	Southeast Valley	30.82	3
11 Miller, Madelynn	09	Southeast Valley	x31.56	2
12 Johnson, Elcie	09	Southeast Valley	x31.80	1
13 Murray, Stephanie	12	St. Mary's, SL	32.01	1
14 Fassler, McKenna	10	Sioux Ctrl, SR	32.09	2
15 Thomas, Kathryn	11	Sioux Ctrl, SR	33.12	2
16 Weekley, Cecilia	09	Newell-Fonda	33.34	3
17 Mushika, Abbie	10	South Cent Cal	x33.84	1
18 Martin, Brooklyn	11	East Sac County	35.43	2
19 Ullrick, Emersyn	11	South Cent Cal	x36.42	1

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Girls 400 Meter Dash

Name	Yr	School	Finals	H#
Finals				
1 Veit, Wendie	10	East Sac County	1:00.90	3
2 Fehr, Allie	12	Wb-Mallard	1:05.78	3
3 Anderson, Isabella	12	Graet-T/Ruth-Ayr	1:09.68	3
4 Chambers, Allie	10	Sioux Ctrl, SR	1:13.49	2
5 Snyder, Allison	11	Glidden-Ralston	1:13.78	3
6 Hough, Lauryn	09	Graet-T/Ruth-Ayr	1:14.88	2
7 Renze, Bryn	09	Glidden-Ralston	1:14.94	3
8 Smith, Kaylie	09	Sioux Ctrl, SR	1:17.16	2
9 Peters, Lexi	09	Newell-Fonda	1:19.82	2
10 Mandernach, Bailey	10	Newell-Fonda	1:20.28	2
11 Williams, Piper	09	South Cent Cal	1:21.36	1
12 McCusker, Caitlyn	11	South Cent Cal	1:27.01	1
13 Ullrick, Emersyn	11	South Cent Cal	x1:28.29	1

Girls 800 Meter Run

Name	Yr	School	Finals
Finals			
1 Bloom, Karina	11	Sioux Ctrl, SR	2:26.53
2 Christian, Nora	12	Sioux Ctrl, SR	2:41.30
3 Meyer, Danika	10	Newell-Fonda	2:44.50
4 Wilson, Emily	10	Southeast Valley	2:54.56
5 Kastendieck, Tenley	09	Southeast Valley	2:54.67
6 Landgraf, Isabelle	12	St. Mary's, SL	2:54.93
7 Snyder, Allison	11	Glidden-Ralston	2:57.27
8 Hough, Lauryn	09	Graet-T/Ruth-Ayr	2:58.07
9 Phelps, Peyton	10	St. Mary's, SL	3:01.99
10 Batz, Ryann	11	South Cent Cal	3:05.83
11 Stimpson, Ruby	11	Southeast Valley	x3:06.84
12 Weller, Dez	12	South Cent Cal	3:11.69

Girls 1500 Meter Run

Name	Yr	School	Finals
Finals			
1 Weber, Sage	10	Sioux Ctrl, SR	5:24.85
2 Davis, Goldie	09	Southeast Valley	5:38.64
3 Melody, Iris	12	South Cent Cal	5:39.77
4 Sievers, Quinn	09	Newell-Fonda	5:41.69
5 Girres, Addaley	09	Graet-T/Ruth-Ayr	5:51.01
6 Hartwigsen, BreAnn	12	Glidden-Ralston	6:06.43
7 Kistenmacher, Abby	09	South Cent Cal	6:17.84
8 Dorsey, Charlie	09	Southeast Valley	6:35.55
9 Stimpson, Ruby	11	Southeast Valley	x6:39.05
10 Bohlmann, Adrian	09	Newell-Fonda	6:44.49
11 Field, Katie	12	Southeast Valley	x6:48.13
12 Chambers, Allie	10	Sioux Ctrl, SR	6:49.17
13 Phelps, Peyton	10	St. Mary's, SL	6:58.41

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Girls 3000 Meter Run

Name	Yr	School	Finals
Finals			
1 Brabec, Mareni	12	Newell-Fonda	12:10.78
2 Melody, Iris	12	South Cent Cal	12:26.13
3 Girres, Addaley	09	Graet-T/Ruth-Ayr	12:44.25
4 Hartwigsen, BreAnn	12	Glidden-Ralston	13:28.99
5 Dorsey, Charlie	09	Southeast Valley	14:52.54
6 Field, Katie	12	Southeast Valley	15:07.90
7 Fetrow, Jessa	11	St. Mary's, SL	17:25.02

Girls 100 Meter Hurdles

Name	Yr	School	Finals	H#
Finals				
1 Searcy, Mae	11	Southeast Valley	16.97	3
2 Hansen, Addison	11	Graet-T/Ruth-Ayr	18.09	3
3 Weier, Hanna	09	Sioux Ctrl, SR	18.14	3
4 Meister, Madison	12	East Sac County	18.18	2
5 Anderson, Olivia	12	Graet-T/Ruth-Ayr	18.38	3
6 Vie, Ava	12	Newell-Fonda	18.40	3
7 Laursen, Kailee	11	Sioux Ctrl, SR	18.71	2
8 Schumacher, Ellie	09	South Cent Cal	20.01	2
9 Miller, Madelynn	09	Southeast Valley	20.03	2
10 Sommerfeld, Ally	10	Glidden-Ralston	20.22	2
11 Farley, Madelyn	12	Southeast Valley	x20.40	3
12 Martin, Brooklyn	11	East Sac County	20.66	1
13 Blair, Charlotte	09	Southeast Valley	x21.31	2
14 McChesney, Morgan	12	South Cent Cal	21.72	1
15 Riat, Emma	11	South Cent Cal	x22.25	1
16 Stuart, Sydney	11	South Cent Cal	x22.99	1

Girls 400 Meter Hurdles

Name	Yr	School	Finals	H#
Finals				
1 Veit, Wendie	10	East Sac County	1:08.60	2
2 Madsen, Marley	12	Sioux Ctrl, SR	1:14.41	1
3 Hough, Kamryn	10	Graet-T/Ruth-Ayr	1:16.22	2
4 Lane, Sage	10	Southeast Valley	1:19.02	2
5 Blair, Charlotte	09	Southeast Valley	1:24.93	1
6 Schumacher, Ellie	09	South Cent Cal	1:59.31	1

Girls 4x100 Meter Relay

Team	Relay	Finals	H#
Finals			
1 Southeast Valley	A	52.83	2
1) Hanson, Avrie 11	2) Searcy, Mae 11	3) Farley, Madelyn 12	4) Lane, Sage 10
2 Sioux Ctrl, SR	A	53.58	2
1) Waldstein, Peyton 10	2) Cavanaugh, Taylor 11	3) Wittmaack, Madison 09	4) Johnson, Lillian 10
3 Wb-Mallard	A	54.09	2
1) Akridge, Payton 10	2) Lowe, Mia 12	3) Fehr, Allie 12	4) Fehr, Maddie 12
4 South Cent Cal	A	55.36	2
1) Baker, Ellason 09	2) Ridgely, Mya 12	3) Riat, Emma 11	4) Schumacher, Grace 09

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Finals ... (Girls 4x100 Meter Relay)

Team	Relay			Finals	H#
5 Glidden-Ralston	A			55.71	2
1) Sommerfeld, Ally 10	2) Subbert, Jenna 09	3) Renze, Bryn 09	4) Wenck, Cassidy 12		
6 East Sac County	A			56.83	1
1) Carroll, Jordin 12	2) Schmitt, Katelyn 12	3) Pasqualin, Lara 12	4) Kischer, Emma 11		
7 Newell-Fonda	A			58.00	2
1) Mandernach, Bailey 10	2) Hamilton, Elliot 09	3) White, McKinley 09	4) Copp, Kyia 09		
8 Graet-T/Ruth-Ayr	A			58.12	1
1) Anderson, Isabella 12	2) Anderson, Olivia 12	3) Hough, Lauryn 09	4) Westfall, Mackenzie 09		
9 South Cent Cal	B			1:06.60	1
1) Mushika, Abbie 10	2) Ullrick, Emersyn 11	3) Williams, Piper 09	4) Solko, Avery 09		
--- Glidden-Ralston	B			X1:04.21	1

Girls 4x200 Meter Relay

Team	Relay			Finals	H#
Finals					
1 Southeast Valley	A			1:57.88	2
1) Hanson, Avrie 11	2) Wilson, Emily 10	3) Wilson, Devyn 12	4) Lundquist, Addison 10		
2 Sioux Ctrl, SR	A			1:58.60	1
1) Johnson, Lillian 10	2) Joenks, Bella 11	3) Wittmaack, Madison 09	4) Ayers, Reata 12		
3 Newell-Fonda	A			1:58.67	2
1) Hogrefe, Rylee 11	2) Hamilton, Elliot 09	3) White, McKinley 09	4) Sievers, Ellie 10		
4 Graet-T/Ruth-Ayr	A			2:00.24	2
1) Anderson, Olivia 12	2) Wise, Myah 10	3) Westfall, Mackenzie 09	4) Naig, Jadin 10		
5 Wb-Mallard	A			2:01.60	2
1) Akridge, Payton 10	2) Crawmer, McKenna 10	3) Frerk, Paige 11	4) Fehr, Maddie 12		
6 East Sac County	A			2:04.44	1
1) Meister, Laila 10	2) Pasqualin, Lara 12	3) Burns, Brooke 11	4) King, Haley Jo 12		
7 South Cent Cal	A			2:09.87	2
1) Baker, Ellason 09	2) Collison, Emily 12	3) Solko, Avery 09	4) Hiler, Gwen 09		
8 Glidden-Ralston	A			2:22.51	1
1) Wenck, Karigan 09	2) Frohlich, Ella 09	3) Soyer, Haylie 09	4) Beeck, Hope 10		

Girls 4x400 Meter Relay

Team	Relay			Finals
Finals				
1 Newell-Fonda	A			4:28.45
1) Sievers, Ellie 10	2) Vie, Ava 12	3) Hogrefe, Rylee 11	4) Brabec, Mareni 12	
2 Sioux Ctrl, SR	A			4:29.25
1) Bloom, Karina 11	2) Weier, Hanna 09	3) Christian, Nora 12	4) Wilson, Avery 12	
3 Graet-T/Ruth-Ayr	A			4:39.40
1) Naig, Jadin 10	2) Hough, Caitlyn 10	3) Wise, Myah 10	4) Hough, Kamryn 10	
4 East Sac County	A			4:53.48
1) Carroll, Jordin 12	2) Kies, Miranda 09	3) Harty, Ruby 10	4) Kischer, Emma 11	
5 Southeast Valley	A			4:58.67
1) Kastendieck, Tenley 09	2) Lundquist, Addison 10	3) Wilson, Emily 10	4) Blair, Charlotte 09	
6 South Cent Cal	A			5:39.03
1) Batz, Ryann 11	2) Stuart, Sydney 11	3) Weller, Dez 12	4) McCusker, Caitlyn 11	

Girls 4x800 Meter Relay

Team	Relay			Finals
Finals				
1 Newell-Fonda	A			10:47.02
1) Meyer, Danika 10	2) Hogrefe, Rylee 11	3) Hamilton, Elliot 09	4) Sievers, Quinn 09	

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Finals ... (Girls 4x800 Meter Relay)

Team	Relay	Finals
2 Sioux Ctrl, SR 1) Weber, Sage 10	A 2) Smith, Kaylie 09	10:52.95 4) Bloom, Karina 11
3 Southeast Valley 1) Blair, Charlotte 09	A 2) Kastendieck, Tenley 09	11:31.55 4) Davis, Goldie 09
4 South Cent Cal 1) Kistenmacher, Abby 09	A 2) Batz, Ryann 11	12:47.77 4) McCusker, Caitlyn 11

Girls 800 Sprint Medley

Team	Relay	Finals	H#
Finals			
1 Sioux Ctrl, SR 1) Waldstein, Peyton 10	A 2) Johnson, Lillian 10	2:00.29 4) Wilson, Avery 12	2
2 Graet-T/Ruth-Ayr 1) Hough, Caitlyn 10	A 2) Anderson, Isabella 12	2:02.77 4) Wise, Myah 10	2
3 Newell-Fonda 1) Weekley, Cecilia 09	A 2) White, McKinley 09	2:04.72 4) Vie, Ava 12	2
4 East Sac County 1) Carroll, Jordin 12	A 2) Kischer, Emma 11	2:07.40 4) Kies, Miranda 09	1
5 South Cent Cal 1) Baker, Ellason 09	A 2) Schumacher, Grace 09	2:09.66 4) Hiler, Gwen 09	2
6 Glidden-Ralston 1) Sommerfeld, Ally 10	A 2) Wenck, Cassidy 12	2:12.71 4) Snyder, Allison 11	1
7 St. Mary's, SL 1) Murray, Stephanie 12	A 2) Crum, Aubrey 12	2:17.93 4) Landgraf, Isabelle 12	1
8 Wb-Mallard 1) Lowe, Mia 12	A 2) Frerk, Paige 11	2:19.01 4) Crawmer, McKenna 10	2
9 South Cent Cal 1) Mushika, Abbie 10	B 2) Collison, Emily 12	2:31.16 4) Williams, Piper 09	1
--- Southeast Valley 1) Hanson, Avrie 11	A 2) Searcy, Mae 11	DQ 4) Lane, Sage 10	2

Girls Distance Medley

Team	Relay	Finals	H#
Finals			
1 Sioux Ctrl, SR 1) Waldstein, Peyton 10	A 2) Ayers, Reata 12	4:37.92 4) Weber, Sage 10	2
2 Graet-T/Ruth-Ayr 1) Hough, Caitlyn 10	A 2) Naig, Jadin 10	4:52.06 4) Hough, Kamryn 10	2
3 South Cent Cal 1) McChesney, Morgan 12	A 2) Collison, Emily 12	5:15.54 4) Kistenmacher, Abby 09	2
4 East Sac County 1) Burns, Brooke 11	A 2) Hauser, Tori 11	5:16.29 4) Kies, Miranda 09	1
5 Newell-Fonda 1) Weekley, Cecilia 09	A 2) Johnson, Diem 09	5:22.80 4) Bohlmann, Adrian 09	2
6 Glidden-Ralston 1) Frohlich, Ella 09	A 2) Soyer, Haylie 09	5:30.14 4) Hartwigsen, BreAnn 12	1
7 St. Mary's, SL 1) Murray, Stephanie 12	A 2) Crum, Aubrey 12	5:41.22 4) Landgraf, Isabelle 12	1

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Girls 4x100 Meter Shuttle Hurdle

Team	Relay	Finals	H#
Finals			
1 East Sac County 1) King, Haley Jo 12	A 2) Hauser, Tori 11	1:12.74 3) Meister, Madison 12	2 4) Veit, Wendie 10
2 Graet-T/Ruth-Ayr 1) Hough, Caitlyn 10	A 2) Anderson, Olivia 12	1:13.28 3) Hough, Kamryn 10	2 4) Hansen, Addison 11
3 Sioux Ctrl, SR 1) Waldstein, Peyton 10	A 2) Wittmaack, Madison 09	1:16.86 3) Weier, Hanna 09	2 4) Laursen, Kailee 11
4 Southeast Valley 1) Searcy, Mae 11	A 2) Miller, Madelynn 09	1:17.56 3) Lane, Sage 10	1 4) Farley, Madelyn 12
5 South Cent Cal 1) Schumacher, Ellie 09	A 2) McChesney, Morgan 12	1:27.12 3) Riat, Emma 11	1 4) Stuart, Sydney 11

Girls High Jump

Name	Yr	School	Finals
Finals			
1 Fehr, Allie	12	Wb-Mallard	5-00.00 1.52m
2 Hansen, Addison	11	Graet-T/Ruth-Ayr	4-10.00 1.47m
3 Weier, Hanna	09	Sioux Ctrl, SR	4-06.00 1.37m
4 Schumacher, Ellie	09	South Cent Cal	4-04.00 1.32m

Girls Long Jump

Name	Yr	School	Finals
Finals			
1 Veit, Wendie	10	East Sac County	16-04.00 4.97m
2 Sievers, Ellie	10	Newell-Fonda	16-02.00 4.92m
3 Fehr, Maddie	12	Wb-Mallard	15-02.00 4.62m
4 Miller, Madelynn	09	Southeast Valley	14-07.00 4.44m
5 Sievers, Quinn	09	Newell-Fonda	14-05.00 4.39m
6 Sommerfeld, Ally	10	Glidden-Ralston	14-03.00 4.34m
7 Akridge, Payton	10	Wb-Mallard	14-02.50 4.33m
8 Johnson, Lillian	10	Sioux Ctrl, SR	13-10.00 4.21m
9 Crum, Aubrey	12	St. Mary's, SL	13-04.50 4.07m
10 Subbert, Jenna	09	Glidden-Ralston	13-02.00 4.01m
11 Spooner, Keely	09	Sioux Ctrl, SR	12-08.00 3.86m
12 Riat, Emma	11	South Cent Cal	12-07.00 3.83m

Girls Shot Put

Name	Yr	School	Finals
Finals			
1 Gerdes, Miranda	10	East Sac County	32-09.50 9.99m
2 Gorden, Tristin	11	South Cent Cal	31-03.00 9.52m
3 Mundt, Macy	09	Southeast Valley	30-02.00 9.19m
4 Wittmaack, Madison	09	Sioux Ctrl, SR	30-01.50 9.18m
5 Phelps, Ruby	11	St. Mary's, SL	30-00.00 9.14m
6 Melody, Shannon	12	South Cent Cal	29-11.00 9.11m
7 Larson, Kielee	10	St. Mary's, SL	29-10.00 9.09m
8 Schmitt, Katelyn	12	East Sac County	29-07.00 9.01m
9 Laursen, Kailee	11	Sioux Ctrl, SR	28-07.50 8.72m
10 Wenck, Karigan	09	Glidden-Ralston	28-02.50 8.59m
11 Hanson, McKayla	10	Newell-Fonda	28-01.50 8.57m

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Finals ... (Girls Shot Put)

Name	Yr	School	Finals	
12 Renze, Bryn	09	Glidden-Ralston	27-06.00	8.38m
13 Wicklein, Hanna	09	Southeast Valley	25-08.00	7.82m
14 Mandernach, Bailey	10	Newell-Fonda	25-02.00	7.67m
15 Sackfield, Isabella	12	South Cent Cal	x24-09.50	7.55m
16 Solko, Bailey	10	South Cent Cal	x23-08.50	7.22m
17 Solko, Avery	09	South Cent Cal	x23-08.00	7.21m
18 Lowe, Mia	12	Wb-Mallard	23-07.00	7.18m
19 Cook, Colleen	12	Graet-T/Ruth-Ayr	21-11.00	6.68m
--- Schade, Aubrey	10	East Sac County	X22-04.00	6.80m

Girls Discus Throw

Name	Yr	School	Finals	
Finals				
1 Gorden, Tristin	11	South Cent Cal	133-04	40.64m
2 Gerdes, Miranda	10	East Sac County	105-08	32.20m
3 Laursen, Kailee	11	Sioux Ctrl, SR	88-09	27.05m
4 Melody, Shannon	12	South Cent Cal	86-04	26.31m
5 Hanson, McKayla	10	Newell-Fonda	81-07	24.86m
6 Wenck, Karigan	09	Glidden-Ralston	79-00	24.07m
7 Phelps, Ruby	11	St. Mary's, SL	76-00	23.16m
8 Schmitt, Katelyn	12	East Sac County	75-00	22.86m
9 Gibbins, Chelsey	10	St. Mary's, SL	74-08	22.75m
10 Solko, Avery	09	South Cent Cal	x73-04	22.35m
11 Wicklein, Hanna	09	Southeast Valley	71-07	21.81m
12 Sackfield, Isabella	12	South Cent Cal	x71-00	21.64m
13 Mundt, Macy	09	Southeast Valley	67-05	20.54m
14 Lowe, Mia	12	Wb-Mallard	62-02	18.94m
15 Solko, Bailey	10	South Cent Cal	x60-11	18.56m
16 Johnson, Diem	09	Newell-Fonda	53-08	16.35m
17 Beeck, Hope	10	Glidden-Ralston	44-11	13.69m
--- Schade, Aubrey	10	East Sac County	X59-03	18.05m
--- Frohlich, Ella	09	Glidden-Ralston	X42-11	13.08m

Boys 100 Meter Dash

Name	Yr	School	Finals	H#
Finals				
1 Swedin, Caleb	12	Graet-T/Ruth-Ayr	11.41	4
2 Hudson, Brayden	11	Pocahon Area	11.78	3
3 Rohrbeck, Landon	12	Glidden-Ralston	11.80	4
4 Schnell, Jaxson	12	Graet-T/Ruth-Ayr	11.81	4
5 Calvo, Nicolas	12	St. Mary's, SL	11.87	4
6 Rohrbeck, Colton	10	Glidden-Ralston	11.90	4
7 Phelps, Cael	10	St. Mary's, SL	12.12	4
8 Buse, Luke	11	South Cent Cal	12.13	3
9 Albright, Aidan	10	South Cent Cal	12.14	3
10 Roller, Quinn	12	South Cent Cal	x12.53	2
11 Stalzer, Carter	09	Wb-Mallard	12.78	3
12 Dean, Nathan	12	South Cent Cal	x12.85	1
13 McGregor, Remington	11	Sioux Ctrl, SR	12.93	3
14 Rodriguez, Jesus	11	St. Mary's, SL	x13.19	1

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Finals ... (Boys 100 Meter Dash)

Name	Yr	School	Finals	H#
15 Stemke, Aiden	10	Sioux Ctrl, SR	13.33	2
16 Murray, Matthew	09	St. Mary's, SL	x13.51	1
17 Hunziker, Kolbe	09	East Sac County	13.87	2
18 Puhmann, Sawyer	09	Newell-Fonda	14.37	2
19 Del Villar, Ivan	12	St. Mary's, SL	x14.71	1
20 Salazar Jr, Jose	09	Wb-Mallard	14.81	2
21 Brown, Carver	09	Newell-Fonda	14.97	2

Boys 200 Meter Dash

Name	Yr	School	Finals	H#
Finals				
1 Rohrbeck, Landon	12	Glidden-Ralston	24.15	4
2 Albright, Aidan	10	South Cent Cal	24.82	3
3 Buse, Luke	11	South Cent Cal	24.83	4
4 Heuton, Chase	11	Sioux Ctrl, SR	24.87	3
5 Darr, Will	12	Graet-T/Ruth-Ayr	24.99	3
6 Calvo, Nicolas	12	St. Mary's, SL	25.31	4
7 Rohrbeck, Colton	10	Glidden-Ralston	25.47	4
8 Julin, Weston	10	East Sac County	25.60	3
9 Roller, Quinn	12	South Cent Cal	x25.60	3
10 Phelps, Cael	10	St. Mary's, SL	25.65	4
11 Dean, Nathan	12	South Cent Cal	x26.41	2
12 Davis, Noah	09	Glidden-Ralston	x26.43	1
13 Christensen, Lex	11	Wb-Mallard	26.57	2
14 Nunes Souza, Eduardo	11	Wb-Mallard	26.82	2
15 Murray, Matthew	09	St. Mary's, SL	x28.46	1
16 Reis, Brody	10	Pocahon Area	28.47	2
17 Mills, Dominac	12	St. Mary's, SL	x28.73	1
18 Witham, William	09	Newell-Fonda	28.91	2
19 Dirks, Jayden	09	Sioux Ctrl, SR	29.01	1
20 Hunziker, Kolbe	09	East Sac County	29.44	2
21 Brown, Carver	09	Newell-Fonda	31.86	1

Boys 400 Meter Dash

Name	Yr	School	Finals	H#
Finals				
1 Darr, Will	12	Graet-T/Ruth-Ayr	54.85	3
2 Garcia, Noah	12	Sioux Ctrl, SR	56.84	3
3 King, Gabe	11	East Sac County	59.55	3
4 Wirtz, Aden	11	Pocahon Area	1:00.50	3
5 King, Trayton	09	Wb-Mallard	1:01.88	2
6 Cobb, Levi	09	South Cent Cal	1:02.37	2
7 Samson, Dru	09	Sioux Ctrl, SR	1:07.16	2
8 McFarland, Hayden	09	South Cent Cal	1:07.41	1
9 Landgraf, Will	09	St. Mary's, SL	1:07.84	1
10 Hucka, Michael	11	Glidden-Ralston	1:07.97	3
11 Small, Kevin	09	South Cent Cal	x1:08.46	1
12 Witham, William	09	Newell-Fonda	1:10.84	3
13 Rhiner, Easton	10	Newell-Fonda	1:11.79	2
14 Kampen, Bryson	10	Wb-Mallard	1:13.52	2

SCC Chelsey Henkenius Early Bird 2026 - 3/30/2026

SCC High School

Results

Finals ... (Boys 400 Meter Dash)

Name	Yr	School	Finals	H#
--- Dean, Nathan	12	South Cent Cal	DQ	2

Boys 800 Meter Run

Name	Yr	School	Finals
Finals			
1 Christian, Jack	12	Sioux Ctrl, SR	2:04.24
2 Aragon, Riley	12	East Sac County	2:06.93
3 Manwarren, Caleb	10	Graet-T/Ruth-Ayr	2:14.13
4 Sorenson, Zac	10	Graet-T/Ruth-Ayr	2:17.75
5 Sporrer, Landon	12	East Sac County	2:19.26
6 Ordonez, Jhony	10	Pocahon Area	2:24.39
7 Mills, Dominac	12	St. Mary's, SL	2:25.98
8 Bullock, Curtis	10	South Cent Cal	2:26.80
9 White, Brock	10	Newell-Fonda	2:27.94
10 Rose, Carter	09	Sioux Ctrl, SR	2:28.84
11 Gutierrez, Angel	10	Pocahon Area	2:32.29
12 Potts, Reuben	09	South Cent Cal	2:35.43
13 Johnson, Chance	10	Newell-Fonda	2:36.35
14 Lester, Hunter	09	Wb-Mallard	2:43.44
15 Douglas, Jayden	09	Glidden-Ralston	2:55.20
16 Foell, Paul	09	St. Mary's, SL	2:56.86
17 Kampen, Bryson	10	Wb-Mallard	2:58.28
18 Wiley, Gabe	10	South Cent Cal	x3:00.00
19 Treiber, Jeremy	11	South Cent Cal	x3:12.50

Boys 1600 Meter Run

Name	Yr	School	Finals
Finals			
1 Wernimont, Lucos	11	Sioux Ctrl, SR	4:55.05
2 Engel, Owen	12	East Sac County	5:10.44
3 Olsen, Jack	10	Newell-Fonda	5:12.68
4 Christians, Colin	11	Sioux Ctrl, SR	5:14.91
5 Spencer, Declan	09	South Cent Cal	5:17.03
6 Ordonez, Jhony	10	Pocahon Area	5:41.93
7 Greene, Derek	12	South Cent Cal	5:42.96
8 Dusenberry, Deagan	09	South Cent Cal	x5:47.85
9 Barber, Austin	10	Newell-Fonda	5:51.18
10 Foell, Paul	09	St. Mary's, SL	5:57.25
11 Thielen, Joseph	12	Glidden-Ralston	6:11.45
12 Wallace, Brody	11	Pocahon Area	6:37.98
13 Treiber, Jeremy	11	South Cent Cal	x7:52.51

Boys 3200 Meter Run

Name	Yr	School	Finals
Finals			
1 Wernimont, Lucos	11	Sioux Ctrl, SR	10:40.96
2 Sporrer, Landon	12	East Sac County	11:14.50
3 Spencer, Declan	09	South Cent Cal	11:36.49
4 Smith, Weston	09	Sioux Ctrl, SR	11:58.47
5 Greene, Derek	12	South Cent Cal	12:27.34

SCC Chelsey Henkenius Early Bird 2026 - 3/30/2026

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Results

Finals ... (Boys 3200 Meter Run)

Name	Yr	School	Finals
6 Barber, Austin	10	Newell-Fonda	12:29.00
7 Thielen, Brent	09	Glidden-Ralston	12:38.90
8 Thielen, Joseph	12	Glidden-Ralston	13:01.75
9 Foell, Paul	09	St. Mary's, SL	13:09.82

Boys 110 Meter Hurdles

Name	Yr	School	Finals	H#
Finals				
1 Swedin, Caleb	12	Graet-T/Ruth-Ayr	15.36	2
2 Mills, Owen	12	Sioux Ctrl, SR	16.17	2
3 Stickrod, Hayden	11	South Cent Cal	17.91	2
4 Spooner, Perry	12	Sioux Ctrl, SR	18.09	2
5 Hemer, Xander	12	East Sac County	18.18	2
6 Patterson, Luke	11	South Cent Cal	19.04	1
7 Dillavou, Jodin	09	South Cent Cal	x23.12	1

Boys 400 Meter Hurdles

Name	Yr	School	Finals	H#
Finals				
1 Swedin, Caleb	12	Graet-T/Ruth-Ayr	56.69	2
2 Mills, Owen	12	Sioux Ctrl, SR	59.98	2
3 Hemer, Xander	12	East Sac County	1:02.09	2
4 Rubendall, Logan	09	South Cent Cal	1:10.32	2
5 Patterson, Luke	11	South Cent Cal	1:14.29	1
6 Landgraf, Will	09	St. Mary's, SL	1:16.80	1
7 Salazar Jr, Jose	09	Wb-Mallard	1:17.76	2
--- Garcia, Noah	12	Sioux Ctrl, SR	DNF	2

Boys 4x100 Meter Relay

Team	Relay	Finals	H#
Finals			
1 Pocahon Area	A	46.58	2
1) Hudson, Brayden 11	2) Wirtz, Aden 11	3) Marsh, Adam 10	4) Welander, Karson 10
2 South Cent Cal	A	46.68	2
1) Albright, Aidan 10	2) Buse, Luke 11	3) Stickrod, Hayden 11	4) Krause, Garrett 11
3 Newell-Fonda	A	47.48	2
1) Tauber, Trevor 12	2) Hogrefe, Jacksyn 12	3) Bellcock, Jackson 11	4) Greenfield, Andrew 09
4 Glidden-Ralston	A	47.93	2
1) Sibenaller, Colby 10	2) Rohrbeck, Landon 12	3) Hucka, Michael 11	4) Rohrbeck, Colton 10
5 Sioux Ctrl, SR	A	48.34	1
1) McGregor, Remington 11	2) Stemke, Aiden 10	3) Heuton, Chase 11	4) Glover, Kase 10
6 South Cent Cal	B	49.66	1
1) Dean, Nathan 12	2) Roller, Quinn 12	3) Simone, Daven 10	4) Patterson, Avery 09
7 Wb-Mallard	A	49.72	1
1) Hanson, Wyatt 10	2) Nunes Souza, Eduardo 11	3) Christensen, Lex 11	4) Stalzer, Carter 09
8 St. Mary's, SL	A	50.02	2
1) Calvo, Nicolas 12	2) Mills, Dominac 12	3) Rodriguez, Jesus 11	4) Phelps, Cael 10
9 East Sac County	A	51.55	1
1) Lahr, Emmett 09	2) Freese, Tucker 12	3) Kluver, Beckem 09	4) Hayes, Joseph 09
--- Graet-T/Ruth-Ayr	B	X54.48	1

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Results

Boys 4x200 Meter Relay

Team	Relay		Finals	H#
Finals				
1 Pocahon Area	A		1:39.93	2
1) Hudson, Brayden 11	2) Small, Xander 10	3) Marsh, Adam 10	4) Halligan, Gabe 10	
2 South Cent Cal	A		1:45.33	2
1) Roller, Quinn 12	2) Krause, Garrett 11	3) Knapp, Josh 12	4) Pedersen, Jace 12	
3 Newell-Fonda	A		1:46.14	2
1) Lindgren, Levi 09	2) Harrer, Ian 10	3) Melohn, Avery 09	4) Lockrem, Gus 10	
4 Sioux Ctrl, SR	A		1:46.69	1
1) McGregor, Remington 11	2) Stemke, Aiden 10	3) Hogrefe, Keaton 09	4) Zeledon, Brandon 09	
5 Wb-Mallard	A		1:49.90	2
1) Christensen, Lex 11	2) Falcon, Cesar 11	3) Salazar Jr, Jose 09	4) Hoch, Clayton 11	
6 East Sac County	A		1:50.25	1
1) Lahr, Emmett 09	2) Hayes, Joseph 09	3) Freese, Tucker 12	4) Donelson, Seth 12	
7 Graet-T/Ruth-Ayr	A		1:52.65	2
1) Iwen, Wyatt 12	2) Mickelson, Caden 09	3) Malm, Jonah 09	4) Naeve, Pierce 09	
8 South Cent Cal	B		1:53.36	1
1) Simone, Daven 10	2) Daniel, Trendon 10	3) Witte, Layth 11	4) Best, Brandan 10	

Boys 4x400 Meter Relay

Team	Relay		Finals	H#
Finals				
1 Pocahon Area	A		3:50.70	2
1) Halligan, Gabe 10	2) Wirtz, Aden 11	3) Small, Xander 10	4) Welander, Karson 10	
2 East Sac County	A		3:53.75	2
1) Aragon, Riley 12	2) Julin, Weston 10	3) Hemer, Xander 12	4) Sporrer, Landon 12	
3 Graet-T/Ruth-Ayr	A		4:03.18	2
1) Wilson, Cayden 11	2) Manwarren, Hunter 11	3) Naeve, Pierce 09	4) Sorenson, Zac 10	
4 Newell-Fonda	A		4:07.08	2
1) Wolf, Cody 09	2) Harrer, Ian 10	3) Melohn, Avery 09	4) Lindgren, Levi 09	
5 Sioux Ctrl, SR	A		4:12.42	1
1) Hogrefe, Keaton 09	2) Smith, Weston 09	3) Zeledon, Brandon 09	4) Garcia, Noah 12	
6 South Cent Cal	A		4:15.75	2
1) Bullock, Curtis 10	2) Knapp, Josh 12	3) Cobb, Levi 09	4) Simone, Daven 10	
7 Wb-Mallard	A		4:17.05	1
1) Falcon, Cesar 11	2) Lester, Hunter 09	3) Hoch, Clayton 11	4) King, Trayton 09	
8 Glidden-Ralston	A		4:25.67	2
1) Davis, Noah 09	2) Douglas, Jayden 09	3) Batten, Isaiah 09	4) Thielen, Brent 09	
9 South Cent Cal	B		4:55.70	1
1) Small, Kevin 09	2) Witte, Layth 11	3) Wiley, Gabe 10	4) Best, Brandan 10	

Boys 4x800 Meter Relay

Team	Relay		Finals
Finals			
1 Graet-T/Ruth-Ayr	A		9:08.02
1) Manwarren, Caleb 10	2) Sorenson, Zac 10	3) Mickelson, Caden 09	4) Wilson, Cayden 11
2 Newell-Fonda	A		9:55.45
1) White, Brock 10	2) Lockrem, Gus 10	3) Johnson, Chance 10	4) Olsen, Jack 10
3 Pocahon Area	A		10:28.23
1) Ordonez, Jhony 10	2) Gutierrez, Angel 10	3) Reis, Brody 10	4) Wallace, Brody 11
4 Sioux Ctrl, SR	A		10:29.03
1) Christians, Colin 11	2) Rose, Carter 09	3) Zweibohmer, Zeke 09	4) Samson, Dru 09

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Results

Finals ... (Boys 4x800 Meter Relay)

Team	Relay	Finals
5 South Cent Cal 1) Rubendall, Logan 09	A 2) Dusenberry, Deagan 09	11:06.53 3) Potts, Reuben 09 4) Wiley, Gabe 10

Boys 800 Sprint Medley

Team	Relay	Finals	H#
Finals			
1 Sioux Ctrl, SR 1) Spooner, Perry 12	A 2) Heuton, Chase 11	1:40.85 3) Mills, Owen 12	2 4) Christian, Jack 12
2 Graet-T/Ruth-Ayr 1) Ness, Kenny 12	A 2) Harris, Brady 11	1:43.14 3) Schnell, Jaxson 12	2 4) Darr, Will 12
3 South Cent Cal 1) Albright, Aidan 10	A 2) Buse, Luke 11	1:45.38 3) Krause, Garrett 11	2 4) Bullock, Curtis 10
4 Newell-Fonda 1) Tauber, Trevor 12	A 2) Hogrefe, Jacksyn 12	1:46.17 3) Greenfield, Andrew 09	2 4) Bellcock, Jackson 11
5 St. Mary's, SL 1) Murray, Matthew 09	A 2) Rodriguez, Jesus 11	1:48.52 3) Calvo, Nicolas 12	1 4) Petersen, Brendon 12
6 Glidden-Ralston 1) Sibenaller, Colby 10	A 2) Rohrbeck, Colton 10	1:50.26 3) Hucka, Michael 11	2 4) Rohrbeck, Landon 12
7 Glidden-Ralston	B	1:53.71	1
8 Wb-Mallard 1) Morey, Trent 11	A 2) Hanson, Wyatt 10	1:53.87 3) Stalzer, Carter 09	2 4) King, Trayton 09
9 East Sac County 1) Lahr, Emmett 09	A 2) Kluver, Beckem 09	1:55.95 3) Freese, Tucker 12	1 4) Snyder, Mason 09
10 South Cent Cal 1) Small, Kevin 09	B 2) McFarland, Hayden 09	2:06.27 3) Cobb, Levi 09	1 4) Witte, Layth 11

Boys Distance Medley

Team	Relay	Finals	H#
Finals			
1 Graet-T/Ruth-Ayr 1) Harris, Brady 11	A 2) Manwarren, Hunter 11	3:59.15 3) Ness, Kenny 12	2 4) Manwarren, Caleb 10
2 Sioux Ctrl, SR 1) Glover, Kase 10	A 2) Spooner, Perry 12	3:59.76 3) Smith, Weston 09	2 4) Wernimont, Lucos 11
3 Newell-Fonda 1) Hogrefe, Jacksyn 12	A 2) Tauber, Trevor 12	4:02.52 3) Greenfield, Andrew 09	2 4) Wolf, Cody 09
4 East Sac County 1) Kluver, Beckem 09	A 2) Aragon, Riley 12	4:04.58 3) Julin, Weston 10	2 4) Engel, Owen 12
5 South Cent Cal 1) Knapp, Josh 12	A 2) Bullock, Curtis 10	4:14.82 3) Patterson, Avery 09	2 4) Spencer, Declan 09
6 Glidden-Ralston 1) Sibenaller, Colby 10	A 2) Douglas, Jayden 09	4:24.07 3) Davis, Noah 09	2 4) Thielen, Brent 09
7 Wb-Mallard 1) Morey, Trent 11	A 2) Hanson, Wyatt 10	4:24.47 3) Nunes Souza, Eduardo 11	1 4) Lester, Hunter 09
8 St. Mary's, SL 1) Murray, Matthew 09	A 2) Rodriguez, Jesus 11	4:34.43 3) Mills, Dominac 12	1 4) Petersen, Brendon 12
9 South Cent Cal 1) Simone, Daven 10	B 2) Witte, Layth 11	4:53.80 3) Dillavou, Jodin 09	1 4) Dusenberry, Deagan 09

Boys 4x110 Meter Shuttle Hurdle

Team	Relay	Finals
Finals		
1 East Sac County 1) Hemer, Xander 12	A 2) Kluver, Beckem 09	1:12.71 3) King, Gabe 11 4) Snyder, Mason 09

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Results

Finals ... (Boys 4x110 Meter Shuttle Hurdle)

Team	Relay			Finals
2 South Cent Cal	A			1:14.53
1) Stickrod, Hayden 11	2) Patterson, Luke 11	3) Krause, Garrett 11	4) Dillavou, Jodin 09	
--- Sioux Ctrl, SR	A			DQ
1) Spooner, Perry 12	2) Hogrefe, Keaton 09	3) Zeledon, Brandon 09	4) Garcia, Noah 12	

Boys High Jump

Name	Yr	School	Finals	
Finals				
1 Christians, Colin	11	Sioux Ctrl, SR	J5-10.00	1.77m
2 Hoch, Clayton	11	Wb-Mallard	J5-04.00	1.62m
3 Stickrod, Hayden	11	South Cent Cal	J5-04.00	1.62m

Boys Long Jump

Name	Yr	School	Finals	
Finals				
1 Welander, Karson	10	Pocahon Area	21-02.00	6.45m
2 Schnell, Jaxson	12	Graet-T/Ruth-Ayr	19-11.00	6.07m
3 Mills, Owen	12	Sioux Ctrl, SR	18-09.50	5.72m
4 Halligan, Gabe	10	Pocahon Area	18-08.00	5.68m
5 Ness, Kenny	12	Graet-T/Ruth-Ayr	18-06.50	5.65m
6 Greenfield, Andrew	09	Newell-Fonda	18-04.00	5.58m
7 Knapp, Josh	12	South Cent Cal	17-06.00	5.33m
8 Heuton, Chase	11	Sioux Ctrl, SR	17-04.50	5.29m
9 Hanson, Wyatt	10	Wb-Mallard	17-04.00	5.28m
10 Hucka, Michael	11	Glidden-Ralston	16-09.00	5.10m
11 Sibenaller, Colby	10	Glidden-Ralston	16-07.50	5.06m
12 Stalzer, Carter	09	Wb-Mallard	16-06.00	5.02m
13 Patterson, Luke	11	South Cent Cal	16-02.00	4.92m
14 Phelps, Cael	10	St. Mary's, SL	15-03.50	4.66m
--- Falcon, Cesar	11	Wb-Mallard	X15-08.00	4.77m

Boys Shot Put

Name	Yr	School	Finals	
Finals				
1 Pedersen, Jace	12	South Cent Cal	44-01.00	13.43m
2 Marsh, Adam	10	Pocahon Area	43-11.00	13.38m
3 Glover, Kase	10	Sioux Ctrl, SR	41-02.00	12.54m
4 Johnson, Brayden	11	Newell-Fonda	39-00.00	11.88m
5 Hardy, Max	10	South Cent Cal	37-04.00	11.37m
6 Donelson, Seth	12	East Sac County	37-00.00	11.27m
7 Perry, Hunter	10	Sioux Ctrl, SR	36-03.00	11.04m
7 Daniel, Trendon	10	South Cent Cal	x36-03.00	11.04m
9 Gauley, Lincoln	11	Newell-Fonda	34-04.00	10.46m
10 Anderson, Lane	09	South Cent Cal	x33-02.00	10.10m
11 Patterson, Avery	09	South Cent Cal	x33-01.00	10.08m
12 Del Villar, Ivan	12	St. Mary's, SL	32-03.00	9.82m
13 McFarland, Hayden	09	South Cent Cal	x31-10.00	9.70m
14 Gauley, Liam	11	Newell-Fonda	x31-00.00	9.44m
15 Hayes, Joseph	09	East Sac County	28-10.00	8.78m
15 Voyles, Will	10	Newell-Fonda	x28-10.00	8.78m
17 Gardner, Zane	09	South Cent Cal	x27-11.00	8.50m

SCC Chelsey Henkenius Early Bird 2026 - 3/30/2026

SCC High School

Results

Finals ... (Boys Shot Put)

	Name	Yr	School	Finals	
18	Koenck, Braeden	10	Graet-T/Ruth-Ayr	27-04.00	8.33m
19	Morey, Trent	11	Wb-Mallard	26-00.00	7.92m
20	Best, Brandan	10	South Cent Cal	x25-09.00	7.84m
21	Bahler, Daniel	09	Wb-Mallard	24-11.00	7.59m
22	Halder, Lucas	12	Pocahon Area	20-09.00	6.32m
23	Phakohekham, ethan	09	St. Mary's, SL	19-07.00	5.96m

Boys Discus Throw

	Name	Yr	School	Finals	
Finals					
1	Pedersen, Jace	12	South Cent Cal	145-10	44.45m
2	Marsh, Adam	10	Pocahon Area	137-06	41.91m
3	Mernka, Wyatt	12	South Cent Cal	129-00	39.31m
4	Donelson, Seth	12	East Sac County	128-03	39.09m
5	Gauley, Lincoln	11	Newell-Fonda	106-04	32.41m
6	Glover, Kase	10	Sioux Ctrl, SR	104-11	31.97m
7	Del Villar, Ivan	12	St. Mary's, SL	104-03	31.77m
8	Lockwood, Ian	12	Sioux Ctrl, SR	103-03	31.47m
9	Patterson, Avery	09	South Cent Cal	x99-09	30.40m
10	Daniel, Trendon	10	South Cent Cal	x92-09	28.27m
11	Gauley, Liam	11	Newell-Fonda	84-06	25.75m
12	Anderson, Lane	09	South Cent Cal	x81-00	24.68m
13	Hardy, Max	10	South Cent Cal	x76-07	23.34m
14	McFarland, Hayden	09	South Cent Cal	x76-02	23.21m
15	Voyles, Will	10	Newell-Fonda	x75-06	23.01m
16	Hayes, Joseph	09	East Sac County	71-10	21.89m
17	Best, Brandan	10	South Cent Cal	x71-06	21.79m
18	Trunte, Colin	11	St. Mary's, SL	71-03	21.71m
19	Phakohekham, ethan	09	St. Mary's, SL	x66-11	20.39m
20	Olsen, Titus	09	Newell-Fonda	x57-10	17.62m
21	Gardner, Zane	09	South Cent Cal	x55-02	16.81m