

2023 Ridge View Relays - 4/4/2023**Ridge View High School
Results - Ridge View Relays****Event 1 Girls High Jump**

| Name | Year | School | Finals | Points |
|---------------------|------|----------------|----------|--------|
| Finals | | | | |
| 1 Ohlmeier, Trista | 10 | Mvaocou | 5-02.00 | 10 |
| 2 Kozora, Anna | 09 | River Valley | 5-00.00 | 7 |
| 2 Smith, Addison | 10 | Lawton-Bronson | 5-00.00 | 7 |
| 4 Watts, Allison | 11 | Alta/Aurelia | J4-10.00 | 5 |
| 5 Peterson, Nora | 10 | Alta/Aurelia | J4-10.00 | 4 |
| 6 Orenday, Vivi | 10 | Sioux Ctrl, SR | J4-10.00 | 3 |
| 7 Stowater, Madison | 11 | Ridge View | J4-08.00 | 2 |
| 8 Wildeman, Caitlin | 09 | Sioux Ctrl, SR | J4-08.00 | 1 |
| 9 Blackmore, Sydney | 10 | Ridge View | J4-08.00 | |
| 10 Cowgill, Renae | 11 | W Monona | 4-06.00 | |
| 10 Crawford, Anna | 09 | W Monona | 4-06.00 | |
| 12 Newton, Kaylynne | 09 | Lawton-Bronson | 4-04.00 | |
| 13 Hare, Nora | 09 | Cherokee, Wash | J4-04.00 | |
| -- Conley, Tatiana | 12 | South O'Brien | NH | |

Event 2 Boys High Jump

| Name | Year | School | Finals | Points |
|------------------------|------|-----------------|----------|--------|
| 1 Komarek, Brayden | 10 | W Monona | 6-00.00 | 10 |
| 2 Muenchrath, Brody | 10 | Westwood, Sloan | 5-08.00 | 8 |
| 3 Clausen, Connor | 09 | Lawton-Bronson | J5-06.00 | 5.50 |
| 3 Jenness, Jon | 11 | Cherokee, Wash | J5-06.00 | 5.50 |
| 5 Lam, Issac | 09 | Cherokee, Wash | J5-06.00 | 4 |
| 6 Halverson, Ben | 09 | W Monona | 5-04.00 | 3 |
| 7 Jensen, Kinnick | 09 | Ridge View JV | J5-02.00 | 1.50 |
| 7 Hinrickson, Jordyn | 10 | Ridge View | J5-02.00 | 1.50 |
| 9 Todd, Dylan | 12 | Westwood, Sloan | J5-02.00 | |
| 10 Todd, Carter | 09 | Ridge View | J5-00.00 | |
| 11 McCormick, Keaton | 10 | Mvaocou | J5-00.00 | |
| -- Stansberry, Jackson | 09 | Siouxland Chr | NH | |

Event 3 Girls Long Jump

| Name | Year | School | Finals | Points |
|----------------------------------|------|----------------|----------|--------|
| 1 Dutler, Shae | 11 | Ridge View | 15-06.25 | 10 |
| x 15-04 15-06.25 | | | | |
| 2 Mason, Gabi | 10 | Ridge View | 15-04.75 | 8 |
| 15-04.75 15-03.50 | | | | |
| 3 Gunkelman, Clare | 09 | Alta/Aurelia | 14-03.25 | 6 |
| 12-09.25 14-03.25 13-08 | | | | |
| 4 Schlenger, Natalie | 09 | River Valley | 14-01.75 | 5 |
| 14-01.75 13-05.50 14-01.75 13-03 | | | | |
| 5 Warnke, Karlee | 12 | South O'Brien | 13-10.00 | 4 |
| 13-07.75 13-10 11-03 | | | | |
| 6 Beck, Devyn | 11 | W Monona | 13-08.50 | 3 |
| 13-08.50 12-01 12-06.25 | | | | |
| 7 Ohlmeier, Trista | 10 | Mvaocou | 13-07.50 | 2 |
| 13-07.50 10-09 13-00.50 13-01 | | | | |
| 8 Rubendall, Addison | 09 | Lawton-Bronson | 13-02.50 | 1 |
| 13-01.50 13-02.50 x | | | | |

2023 Ridge View Relays - 4/4/2023**Ridge View High School
Results - Ridge View Relays****....Event 3 Girls Long Jump**

| | | | |
|----|-------------------------------------|--------------------|----------|
| 9 | Hyndman, Kalexis | 09 Cherokee, Wash | 13-02.00 |
| | 13-00.50 12-09 13-02 12-01.75 | | |
| 10 | DeGroot, Jaci | 11 Alta/Aurelia | 13-01.75 |
| | 11-10.25 12-04.75 13-01.75 12-00 | | |
| 11 | Pittet, Ashlee | 09 W Monona | 12-11.50 |
| | 11-06.50 10-11.50 12-11.50 11-08.75 | | |
| 12 | Smith, Mariela | 10 Cherokee, Wash | 12-08.00 |
| | 11-11 12-08 | | |
| 13 | Goettsch, Alaina | 10 River Valley | 12-07.25 |
| | 12-06.25 12-06 12-03 12-07.25 | | |
| 14 | Porter, Autumn | 10 Siouxland Chr | 12-02.75 |
| | 11-09.25 12-02.75 12-01 | | |
| 15 | McFarland, Jocelyn | 10 Westwood, Sloan | 12-01.50 |
| | 12-01.50 11-02.50 11-04 | | |
| 16 | Jessen, Cayla | 10 Lawton-Bronson | 11-11.50 |
| | 11-11.50 11-10.25 | | |
| 17 | McKenna, Krista | 12 Westwood, Sloan | 10-08.75 |
| | 10-08.75 | | |

Event 4 Boys Long Jump

| Name | Year School | Finals | Points |
|--------------------|-------------------------------------|-----------|--------|
| 1 Morris, Joe | 10 Westwood, Sloan | 20-01.50 | 10 |
| | 19-09.75 19-04.50 20-01.50 19-07.25 | | |
| 2 Dixon, Tanner | 09 Mvaocou | 19-00.25 | 8 |
| | 16-11 19-00.25 18-01.25 17-08.75 | | |
| 3 Sorensen, Micah | 12 W Monona | 18-09.75 | 6 |
| | 18-07 18-09.75 18-05.25 | | |
| 4 Garnand, Caler | 10 Lawton-Bronson | 17-11.75 | 5 |
| | 17-11.75 17-11.50 | | |
| 5 Kolpin, Zach | 09 Ridge View | 17-09.75 | 4 |
| | 17-06 17-09.75 16-01 17-01 | | |
| 6 Wunschel, Kyler | 12 Ridge View | J17-06.25 | 3 |
| | 17-06.25 17-03.75 | | |
| 7 Gress, Peyton | 10 Mvaocou | J17-06.25 | 2 |
| | 16-10.75 17-06.25 | | |
| 8 Smith, Ivan | 11 Lawton-Bronson | 17-05.00 | 1 |
| | 17-05 17-03 | | |
| 9 Schueder, McKale | 12 Cherokee, Wash | 17-01.00 | |
| | 16-09.25 17-01 16-09.75 17-00.25 | | |
| 10 Johnson, Wyatt | 10 Cherokee, Wash | 17-00.25 | |
| | 17-00.25 | | |
| 11 Thomas, Cole | 11 River Valley | 16-11.75 | |
| | 15-02 15-09.25 15-09.25 16-11.75 | | |
| 12 Latimer, Hunter | 12 Siouxland Chr | 16-07.25 | |
| | 16-07.25 16-04 15-05.75 | | |
| 13 Gengler, Joseph | 11 Westwood, Sloan | 16-05.25 | |
| | 16-05.25 | | |
| 14 Shepherd, Noah | 11 Ridge View JV | 15-06.00 | |
| | 14-07.25 14-04.50 13-02.75 15-06 | | |
| 15 Gunn, Peyton | 09 Cherokee JV | 15-01.50 | |
| | 14-10.50 13-08 15-01.50 14-06 | | |
| 16 Pearson, Hunter | 09 Siouxland Chr | 14-11.50 | |
| | 11-01 14-04.25 14-11.50 12-03.50 | | |

2023 Ridge View Relays - 4/4/2023
Ridge View High School
Results - Ridge View Relays

...Event 4 Boys Long Jump

| | | |
|-------------------|----------------|----------|
| 17 Bethune, Cole | 10 Whiting | 14-10.50 |
| 14-05.50 | 14-10.50 | 11-11.50 |
| 18 Timmerman, Tru | 10 Cherokee JV | 13-02.75 |
| 12-10.75 | 13-02.75 | 11-07.25 |

Event 5 Girls Discus Throw

| Name | Year School | Finals | H# | Points |
|-------------------------|--------------------|--------|----|--------|
| 1 Blackmore, Sydney | 10 Ridge View | 95-04 | 2 | 10 |
| 79-01 95-04 | | | | |
| 2 Schimmer, Liz | 10 Ridge View | 93-00 | 2 | 8 |
| 90-05 93-00 91-10 | | | | |
| 3 Deubner, Edith | 10 Cherokee, Wash | 87-03 | 2 | 6 |
| 80-00 87-03 76-00 81-05 | | | | |
| 4 Krueger, Hannah | 09 Westwood, Sloan | 86-10 | 2 | 5 |
| 86-10 77-00 | | | | |
| 5 Illg Keith, Hannah | 12 Sioux Ctrl, SR | 84-04 | 1 | 4 |
| 80-00 84-04 80-02 84-04 | | | | |
| 6 Johnson, Maddie | 12 South O'Brien | 79-11 | 1 | 3 |
| 75-06 79-11 68-08 76-05 | | | | |
| 7 Larsen, Clara | 12 South O'Brien | 78-01 | 1 | 2 |
| 71-00 78-01 77-08 | | | | |
| 8 Mier, Jadrien | 09 Alta/Aurelia | 78-00 | 2 | 1 |
| 69-05 78-00 | | | | |
| 9 Verzani, Ashley | 10 Lawton-Bronson | 77-07 | 1 | |
| 77-07 73-04 | | | | |
| 10 Knecht, Rachel | 12 Lawton-Bronson | 77-00 | 1 | |
| 77-00 73-08 66-02 69-03 | | | | |
| 11 Hill, Brihanna | 09 W Monona | 75-04 | 2 | |
| 60-02 75-04 70-01 | | | | |
| 12 Dietschy, Blair | 10 Westwood, Sloan | 74-08 | 2 | |
| 74-08 63-09 71-07 68-01 | | | | |
| 13 Wilkie, Ashlyn | 12 Cherokee, Wash | 74-04 | 2 | |
| 74-04 63-11 | | | | |
| 14 Yanke, Aubrey | 10 W Monona | J69-07 | 2 | |
| 68-04 69-07 68-09 | | | | |
| 15 McCarty, Ava | 09 Sioux Ctrl, SR | J69-07 | 1 | |
| 69-07 | | | | |
| 16 Biar, Vicky | 12 Siouxland Chr | 67-07 | 1 | |
| 62-09 67-07 | | | | |
| 17 Klenk, Laci | 09 Mvaocou | 63-00 | 1 | |
| 63-00 53-00 54-04 | | | | |
| 18 Beeson, Olivia | 10 Mvaocou | 62-00 | 2 | |
| 60-03 59-11 61-03 62-00 | | | | |
| 19 Werner, Daynia | 11 Ridge View JV | 61-01 | 1 | |
| 57-11 47-06 61-01 | | | | |
| 20 Allen, Hannah | 10 Whiting | 58-03 | 1 | |
| 56-02 57-11 50-01 58-03 | | | | |
| 21 Huang, Emily | 12 Whiting | 51-03 | 1 | |
| 51-03 | | | | |

2023 Ridge View Relays - 4/4/2023**Ridge View High School****Results - Ridge View Relays****Event 6 Boys Discus Throw**

| Name | Year | School | Finals | H# | Points |
|----------------------|--------|------------------|--------|----|--------|
| 1 Luscombe, Kolton | 12 | Ridge View | 143-08 | 2 | 10 |
| 143-08 | 134-08 | | | | |
| 2 Thorson, Logan | 11 | Cherokee, Wash | 117-09 | 2 | 8 |
| 106-10 | 117-09 | 117-05 | 114-10 | | |
| 3 Henderson, Jace | 10 | Mvaocou | 116-09 | 2 | 6 |
| 107-03 | 113-07 | 116-09 | | | |
| 4 Happe, Colton | 10 | Cherokee, Wash | 108-08 | 2 | 5 |
| 108-08 | | | | | |
| 5 Edmonds, Jack | 11 | W Monona | 106-07 | 2 | 4 |
| 105-04 | 103-09 | 106-07 | | | |
| 6 Ball, Ethan | 12 | Siouxland Chr | 105-01 | 1 | 3 |
| 105-01 | 101-00 | 101-00 | | | |
| 7 Sulsberger, Tyler | 10 | Westwood, Sloan | 105-00 | 2 | 2 |
| 94-03 | 105-00 | | | | |
| 8 McCray, Cornell | 11 | Ridge View JV | 102-09 | 1 | 1 |
| 95-00 | 95-00 | 100-02 | 102-09 | | |
| 9 Johnson, Landon | 12 | River Valley | 102-08 | 2 | |
| 93-07 | 100-06 | 99-00 | 102-08 | | |
| 10 Clausen, Cayden | 11 | Ridge View | 100-06 | 2 | |
| 94-06 | 98-05 | 100-06 | 93-00 | | |
| 11 Rowe, Dalton | 10 | Lawton-Bronson | 99-05 | 2 | |
| 94-07 | 95-01 | 99-05 | | | |
| 12 Wagner, Cole | 09 | Lawton-Bronson | 99-00 | 2 | |
| 99-00 | | | | | |
| 13 Putensen, Jon | 10 | River Valley | 98-10 | 2 | |
| 93-02 | 98-10 | | | | |
| 14 Kruse, Carter | 11 | Cherokee JV | 97-09 | 1 | |
| 97-09 | | | | | |
| 15 Nixon, Cooper | 09 | Cherokee JV | 96-10 | 1 | |
| 88-00 | 95-06 | 96-10 | 84-08 | | |
| 16 Lourens, Chris | 10 | LawtonBronson JV | 90-07 | 1 | |
| 80-05 | 90-07 | 82-07 | | | |
| 17 Galvin, Braxton | 10 | Ridge View JV | 88-09 | 2 | |
| 88-09 | 85-08 | | | | |
| 18 Jordan, Sean | 12 | W Monona | 81-06 | 1 | |
| 81-06 | 80-00 | | | | |
| 19 Bethune, Cole | 10 | Whiting | 79-00 | 1 | |
| 71-08 | 79-00 | 69-06 | | | |
| 19 Merrill, Joey | 10 | Westwood, Sloan | 79-00 | 1 | |
| 63-07 | 75-11 | 79-00 | | | |
| 21 Biar, Biar | 10 | Siouxland Chr | 74-11 | 1 | |
| 69-08 | 74-11 | 70-08 | | | |
| 22 Goosman, Kamden | 10 | LawtonBronson JV | 73-08 | 1 | |
| 73-08 | 67-00 | 62-05 | | | |
| 23 Rivas, Julian | 10 | Whiting | 66-02 | 1 | |
| 52-06 | 66-02 | | | | |
| 24 Dean-Byas, Jerell | 09 | Mvaocou | 61-01 | 1 | |
| 54-05 | 60-06 | 61-01 | 59-03 | | |

2023 Ridge View Relays - 4/4/2023**Ridge View High School****Results - Ridge View Relays****Event 7 Girls Shot Put**

| Name | Year | School | Finals | H# | Points |
|----------------------------------|------|-----------------|----------|----|--------|
| 1 Johnson, Maddie | 12 | South O'Brien | 35-10.00 | 2 | 10 |
| 35-05.50 35-03.50 35-00.50 35-10 | | | | | |
| 2 Gustavson, Maci | 12 | East Sac County | 32-05.00 | 2 | 8 |
| 32-02.50 32-05 31-06.50 | | | | | |
| 3 Illg Keith, Hannah | 12 | Sioux Ctrl, SR | 31-07.50 | 2 | 6 |
| 29-05 31-07.50 30-03 | | | | | |
| 4 Larsen, Clara | 12 | South O'Brien | 31-05.00 | 2 | 5 |
| 27-11.50 29-07 30-04.50 31-05 | | | | | |
| 5 Thomas, Maddie | 12 | River Valley | 31-01.75 | 2 | 4 |
| 30-10 31-00.50 30-05.50 31-01.75 | | | | | |
| 6 Schimmer, Liz | 10 | Ridge View | 31-01.00 | 2 | 3 |
| 31-01 29-07.50 27-07 | | | | | |
| 7 Blackmore, Sydney | 10 | Ridge View | 30-01.00 | 1 | 2 |
| 30-01 27-06 27-05.50 29-01.50 | | | | | |
| 8 Verzani, Ashley | 10 | Lawton-Bronson | 29-09.50 | 2 | 1 |
| 28-04.75 28-09.50 29-09.50 | | | | | |
| 9 Leeds, Kassie | 10 | Cherokee, Wash | 29-00.50 | 2 | |
| 27-09.75 29-00.50 27-01 27-03 | | | | | |
| 10 Roan, Quin | 12 | Lawton-Bronson | 29-00.00 | 2 | |
| 29-00 26-09 x | | | | | |
| 11 Kovarna, Emily | 12 | Mvaocou | 28-03.50 | 2 | |
| 28-03.50 25-02 27-08 26-09 | | | | | |
| 12 Hill, Brihanna | 09 | W Monona | 28-00.75 | 2 | |
| 27-01.50 28-00.75 | | | | | |
| 13 Nordstrom, Meddie | 10 | Siouxland Chr | 27-11.00 | 1 | |
| 27-11 25-08.25 26-06 | | | | | |
| 14 Strahmann, Dylan | 12 | Cherokee, Wash | 27-10.50 | 2 | |
| 27-05.50 26-11 26-10.50 27-10.50 | | | | | |
| 15 McCarty, Ava | 09 | Sioux Ctrl, SR | 27-02.00 | 2 | |
| 27-02 23-00.50 26-01 25-00 | | | | | |
| 16 Petersen, Madelyn | 09 | Mvaocou | 25-10.75 | 1 | |
| 25-10.25 25-10.75 25-01 24-11 | | | | | |
| 17 Schild, Kristina | 12 | W Monona | 25-07.75 | 1 | |
| 25-07.75 25-06 23-05.50 | | | | | |
| 18 Krueger, Hannah | 09 | Westwood, Sloan | 25-03.00 | 1 | |
| 25-03 23-09 23-07.50 22-04 | | | | | |
| 19 Mier, Jadrien | 09 | Alta/Aurelia | 24-10.00 | 1 | |
| 24-09.25 24-10 24-09.50 23-04.50 | | | | | |
| 20 Biar, Vicky | 12 | Siouxland Chr | 24-02.25 | 1 | |
| 24-02.25 22-09 23-10 | | | | | |
| 21 Ryherd, Aydison | 10 | Alta/Aurelia | 24-01.00 | 1 | |
| 22-04 21-11 24-01 23-06 | | | | | |
| 22 Angulo, Yadira | 11 | Westwood, Sloan | 22-08.50 | 1 | |
| 20-10 22-08.50 21-05 | | | | | |
| 23 Werner, Daynia | 11 | Ridge View JV | 22-08.00 | 1 | |
| 21-00 22-08 20-02 | | | | | |
| 24 Huang, Emily | 12 | Whiting | 21-08.00 | 1 | |
| 21-00 21-00 19-10.50 21-08 | | | | | |

2023 Ridge View Relays - 4/4/2023**Ridge View High School****Results - Ridge View Relays****Event 8 Boys Shot Put**

| Name | Year | School | Finals | H# | Points |
|----------------------------------|------|------------------|-----------|----|--------|
| 1 Luscombe, Kolton | 12 | Ridge View | 44-08.00 | 2 | 10 |
| 44-08 42-03 | | | | | |
| 2 Clausen, Cayden | 11 | Ridge View | 43-11.00 | 2 | 8 |
| 39-06.50 43-07.50 43-11 42-04.50 | | | | | |
| 3 Lovell, Blake | 09 | Cherokee, Wash | 43-08.00 | 2 | 6 |
| 42-11 43-08 43-01.50 43-05 | | | | | |
| 4 Blatchford, Landon | 12 | W Monona | 39-09.50 | 2 | 5 |
| 38-10 38-11.50 38-08 39-09.50 | | | | | |
| 5 Anderson, Jayse | 11 | Lawton-Bronson | 39-05.50 | 2 | 4 |
| 37-10 39-05.50 37-06 | | | | | |
| 6 Kruse, Carter | 11 | Cherokee, Wash | 39-03.00 | 2 | 3 |
| 39-03 37-04.50 37-08 | | | | | |
| 7 Kamm, Kyle | 10 | Lawton-Bronson | 38-04.00 | 2 | 2 |
| 37-06.50 37-08.50 38-04 | | | | | |
| 8 Henderson, Jace | 10 | Mvaocou | 37-11.50 | 2 | 1 |
| 37-11.50 33-10 | | | | | |
| 9 Heilman, Lucas | 09 | Ridge View JV | 37-03.00 | 2 | |
| 37-03 34-07.50 35-05.50 | | | | | |
| 10 Happe, Colton | 10 | Cherokee JV | 36-02.00 | 1 | |
| 36-02 34-07 34-07 32-07 | | | | | |
| 11 Putensen, Jon | 10 | River Valley | 35-11.50 | 2 | |
| 33-06.50 34-04 34-04 35-11.50 | | | | | |
| 12 Thorson, Logan | 11 | Cherokee JV | 35-08.00 | 1 | |
| 35-08 34-06 | | | | | |
| 13 Sulsberger, Tyler | 10 | Westwood, Sloan | 34-11.00 | 2 | |
| 34-07.50 33-00.50 33-05 34-11 | | | | | |
| 14 Silva, Marcus | 10 | LawtonBronson JV | 34-05.00 | 1 | |
| 32-06 34-05 33-04.50 | | | | | |
| 15 Edmonds, Jack | 11 | W Monona | 34-03.50 | 2 | |
| 34-03.50 x x | | | | | |
| 16 Johnson, Landon | 12 | River Valley | 33-05.00 | 2 | |
| 32-00.50 33-05 | | | | | |
| 17 Merrill, Joey | 10 | Westwood, Sloan | 32-10.00 | 1 | |
| 32-07 29-07 32-10 | | | | | |
| 18 Galvin, Braxton | 10 | Ridge View JV | 32-01.50 | 1 | |
| 31-01 32-01.50 31-11 31-03 | | | | | |
| 19 Biar, Biar | 10 | Siouxland Chr | 30-11.00 | 1 | |
| 30-11 30-09.50 29-10 29-03 | | | | | |
| 20 Rivas, Julian | 10 | Whiting | 29-07.00 | 1 | |
| 26-06.50 29-07 27-01.50 | | | | | |
| 21 Goosman, Kamden | 10 | LawtonBronson JV | 28-05.00 | 1 | |
| 27-03.50 28-05 26-10.50 28-04 | | | | | |
| 22 Friedman, Jacob | 09 | Ridge View JV | x28-04.00 | 1 | |
| 26-00 26-02.50 28-04 26-06.50 | | | | | |
| 23 Glynn, Caleb | 09 | Whiting | 26-09.00 | 1 | |
| 25-11.50 25-05.50 26-05.50 26-09 | | | | | |
| 24 Dean-Byas, Jerell | 09 | Mvaocou | 26-03.00 | 1 | |
| 24-04.50 26-03 25-05 23-11.50 | | | | | |

2023 Ridge View Relays - 4/4/2023**Ridge View High School
Results - Ridge View Relays****Event 9 Girls 800 Sprint Medley**

| School | Finals | H# | Points |
|---------------------------|-----------------------------|----|--------|
| 1 Lawton-Bronson 'A' | 1:58.20 | 2 | 10 |
| 1) Williams, Khiya 10 | 2) Brouwer, Sydney 11 | | |
| 3) Mahoney, Alice 11 | 4) Mesz, Jolee 12 | | |
| 2 Sioux Ctrl, SR 'A' | 1:58.80 | 2 | 8 |
| 1) Ayers, Hadley 10 | 2) Johannsen, Berkley 12 | | |
| 3) Webber, Brynn 12 | 4) Wilson, Avery 09 | | |
| 3 W Monona 'A' | 1:58.84 | 2 | 6 |
| 1) Woodward, Sophia 10 | 2) Struble, Jalyn 11 | | |
| 3) Miller, Carly 12 | 4) Miller, Kacy 11 | | |
| 4 Alta/Aurelia 'A' | 2:00.62 | 2 | 5 |
| 1) Gunkelman, Clare 09 | 2) Langschwager, Kadence 09 | | |
| 3) DeGroot, Jaci 11 | 4) Berkland, Hayden 09 | | |
| 5 South O'Brien 'A' | 2:03.04 | 2 | 4 |
| 1) Friedrichsen, Maddy 10 | 2) Warnke, Kelsee 09 | | |
| 3) Warnke, Karlee 12 | 4) Conley, Taja 12 | | |
| 6 Ridge View 'A' | 2:03.06 | 2 | 3 |
| 1) Phillips, Taya 11 | 2) Freese, Faith 11 | | |
| 3) Jensen, Rowan 11 | 4) Shepherd, Tatum 11 | | |
| 7 Cherokee, Wash 'A' | 2:04.03 | 1 | 2 |
| 1) Harman, Natalie 12 | 2) Christensen, Lola 09 | | |
| 3) Timmerman, Jada 11 | 4) Hyndman, Kalexis 09 | | |
| 8 Westwood, Sloan 'A' | 2:05.10 | 2 | 1 |
| 1) McFarland, Jocelyn 10 | 2) Heck, Tamara 12 | | |
| 3) Hanner, Ella 11 | 4) Haveman, Lela 10 | | |
| 9 River Valley 'A' | 2:08.73 | 1 | |
| 1) Dixon, Olivia 10 | 2) Dvorak, Mylee 09 | | |
| 3) Goettsch, Alaina 10 | 4) Jacobson, Jacy 10 | | |
| 10 Ridge View JV 'A' | 2:09.36 | 1 | |
| 1) Endrulat, Jayley 11 | 2) Tiefenthaler, Jolynn 11 | | |
| 3) Crum, Naunika 09 | 4) Hawthorne, Reese 09 | | |
| 11 East Sac County 'A' | 2:09.97 | 2 | |
| 1) King, Haley Jo 09 | 2) Aschinger, Jen 11 | | |
| 3) Carroll, Jordin 09 | 4) Mack, Olivya 09 | | |
| 12 Siouxland Chr 'A' | 2:10.24 | 1 | |
| 1) Kolker, Sasha 11 | 2) Latimer, Payton 09 | | |
| 3) Nordstrom, Meddie 10 | 4) Eisenga, Taya 09 | | |
| -- Mvaocou 'A' | DQ | 1 | |
| 1) Weber, Braleigh 10 | 2) Hanke, Grayce 10 | | |
| 3) Factor, Joselyn 09 | 4) Polly, Ronda 09 | | |

Event 10 Boys 800 Sprint Medley

| School | Finals | H# | Points |
|------------------------|----------------------|----|--------|
| 1 Lawton-Bronson 'A' | 1:34.44 | 2 | 10 |
| 1) Moseman, Mark 11 | 2) Teager, Evan 10 | | |
| 3) Olesen, Leighton 12 | 4) Moseman, Theo 12 | | |
| 2 Ridge View 'A' | 1:41.66 | 2 | 8 |
| 1) Wright, Kade 11 | 2) Movall, Grant 12 | | |
| 3) Goettsch, Isaac 11 | 4) Jensen, Kellen 10 | | |
| 3 W Monona 'A' | 1:42.86 | 2 | 6 |
| 1) Sorensen, Jeriah 11 | 2) Lyons, Gunther 11 | | |
| 3) Farrrens, Micah 12 | 4) Russell, Grant 12 | | |

2023 Ridge View Relays - 4/4/2023**Ridge View High School
Results - Ridge View Relays****....Event 10 Boys 800 Sprint Medley**

| | | | | |
|----|------------------------|---------|-------------------------|---|
| 4 | Siouxland Chr 'A' | 1:49.36 | 1 | 5 |
| | 1) Wing, Ben 12 | | 2) Pearson, Hunter 09 | |
| | 3) Latimer, Hunter 12 | | 4) Ball, Ethan 12 | |
| 5 | Westwood, Sloan 'A' | 1:51.05 | 2 | 4 |
| | 1) Cooper, Tatum 10 | | 2) Clayton, Jack 10 | |
| | 3) Dewald, Joe 10 | | 4) Lewis, Frank 11 | |
| 6 | Cherokee JV 'A' | 1:53.96 | 1 | 3 |
| | 1) Olguin, Gabe 12 | | 2) Timmerman, Tru 10 | |
| | 3) Lugar, Henry 10 | | 4) Miller, Kael 11 | |
| 7 | LawtonBronson JV 'A' | 1:54.31 | 2 | 2 |
| | 1) Condon, Karsin 10 | | 2) Copple, Kaleb 09 | |
| | 3) Grell, Landon 09 | | 4) Venegas, Javi 09 | |
| 8 | Mvaocou 'A' | 2:02.03 | 1 | 1 |
| | 1) Babl, Andrew 12 | | 2) McCormick, Keaton 10 | |
| | 3) Factor, Brandon 09 | | 4) Hansen, Taylor 12 | |
| -- | Ridge View JV 'A' | DQ | | 2 |
| | 1) McCray, Dramelle 10 | | 2) Beide, Caden 12 | |
| | 3) Jacobson, Kody 11 | | 4) Harriman, Carson 10 | |
| -- | Cherokee, Wash 'A' | DQ | | 2 |
| | 1) Mahnke, Connor 11 | | 2) Schossow, Alec 11 | |
| | 3) Jenness, Jon 11 | | 4) Paulsrud, Jaxon 09 | |

Event 11 Girls 3000 Meter Run

| Name | Year School | Finals | Points |
|---------------------|-------------------|----------|--------|
| 1 Peterson, Nora | 10 Alta/Aurelia | 10:53.79 | 10 |
| 2 Vohs, Jaycie | 11 Ridge View | 11:45.44 | 8 |
| 3 Courtright, Megan | 11 Cherokee, Wash | 12:15.11 | 6 |
| 4 Broer, Chloe | 09 W Monona | 12:18.89 | 5 |
| 5 Ameen, Cheyenne | 10 Lawton-Bronson | 12:38.21 | 4 |
| 6 Christian, Nora | 09 Sioux Ctrl, SR | 12:59.16 | 3 |
| 7 Simonsen, Ella | 09 Cherokee, Wash | 13:11.26 | 2 |
| 8 Stout, Riven | 09 Mvaocou | 13:21.57 | 1 |
| 9 Moffitt, Ellie | 12 Lawton-Bronson | 13:29.48 | |
| 10 Ehlers, Allison | 11 Sioux Ctrl, SR | 13:37.27 | |

Event 12 Boys 3200 Meter Run

| Name | Year School | Finals | Points |
|----------------------------|--------------------|----------|--------|
| 1 McKinley, Eein | 12 W Monona | 10:52.22 | 10 |
| 2 Hanson, Odin | 09 Ridge View | 11:46.35 | 8 |
| 3 McKinley, Gabe | 11 W Monona | 12:12.17 | 6 |
| 4 Dorale, Justin | 11 Mvaocou | 12:15.04 | 5 |
| 5 Bisenius, Brody | 10 Ridge View | 12:32.46 | 4 |
| 6 Mizner-Fundermann, Grady | 09 Cherokee, Wash | 13:06.82 | 3 |
| 7 Everett-Joule, Devlin | 10 Westwood, Sloan | 13:55.03 | 2 |
| 8 Zahnley, Drew | 11 Mvaocou | 14:08.21 | 1 |
| 9 Christoffersen, Korben | 09 Westwood, Sloan | 15:21.55 | |

2023 Ridge View Relays - 4/4/2023**Ridge View High School
Results - Ridge View Relays****Event 13 Girls 4x800 Meter Relay**

| School | Finals | Points |
|--------------------------|---------------------------|--------|
| 1 Sioux Ctrl, SR 'A' | 10:52.03 | 10 |
| 1) Madsen, Marley 09 | 2) Brauhn, Nevaeh 09 | |
| 3) Geisinger, Evelyn 10 | 4) Bloom, Linnea 10 | |
| 2 Alta/Aurelia 'A' | 10:58.81 | 8 |
| 1) Anderson, Breyer 10 | 2) Robertson, Taylor 11 | |
| 3) Kies, Peyton 09 | 4) Engelmann, Brielle 12 | |
| 3 Cherokee, Wash 'A' | 11:02.79 | 6 |
| 1) Gravenish, Macy 09 | 2) Woodall, Grace 09 | |
| 3) Wolfswinkel, Laney 10 | 4) Mongan, Abryl 09 | |
| 4 Mvaocou 'A' | 11:39.68 | 5 |
| 1) Schaffer, Jasmine 11 | 2) Beeson, Olivia 10 | |
| 3) Schumaker, Sophia 11 | 4) McMillen, Lauren 12 | |
| 5 Ridge View 'A' | 11:54.77 | 4 |
| 1) Tesch, Addison 09 | 2) Biede, Alyssa 09 | |
| 3) Avina, Leslie 09 | 4) Henningson, Mya 10 | |
| 6 South O'Brien 'A' | 12:08.06 | 3 |
| 1) Conley, Takara 12 | 2) Conley, Tatiana 12 | |
| 3) Wulf, Taylor 09 | 4) Halverson, Avery 09 | |
| 7 Westwood, Sloan 'A' | 12:16.34 | 2 |
| 1) Drees, Cate 09 | 2) Marnell, Alexandria 10 | |
| 3) Johnston, Jersey 09 | 4) Lewis, Grace 09 | |

Event 14 Boys 4x800 Meter Relay

| School | Finals | Points |
|--------------------------------|-------------------------|--------|
| 1 Ridge View 'A' | 8:48.07 | 10 |
| 1) Wunschel, Tyler 12 | 2) Price, Tracin 12 | |
| 3) Breyfogle, Jake 12 | 4) Todd, Jack 10 | |
| 2 W Monona 'A' | 8:53.87 | 8 |
| 1) Fester, Johnny 12 | 2) Boynton, Jesse 12 | |
| 3) Lynn, Jayce 12 | 4) Bellis, Laken 11 | |
| 3 Cherokee, Wash 'A' | 8:54.62 | 6 |
| 1) Stowater, Logan 10 | 2) Stowater, Landon 09 | |
| 3) Kohn, Alex 11 | 4) Samsel, Colton 12 | |
| 4 Mvaocou 'A' | 9:25.50 | 5 |
| 1) Hamann, Kael 10 | 2) Forbes, Charlie 10 | |
| 3) Jayden, Meyer 11 | 4) Koithan, Joey 09 | |
| 5 Westwood, Sloan 'A' | 9:56.94 | 4 |
| 1) Gengler, Joseph 11 | 2) Clayton, Jack 10 | |
| 3) Topf, Carson 11 | 4) Versch, Hayden 09 | |
| 6 Lawton-Bronson 'A' | 10:15.20 | 3 |
| 1) Thoreson, Kinnick 11 | 2) Doenhoefer, Robby 10 | |
| 3) Molzen, Willie 09 | 4) Konye, Ethan 10 | |
| 7 Ridge View JV 'A' | 10:30.77 | 2 |
| 1) Jochims, Cole 09 | 2) Johnson, Branden 12 | |
| 3) Wunschel, Cody 09 | 4) Cougill, Jacob 09 | |
| 8 Cherokee JV 'A' | 10:46.19 | 1 |
| 1) Mizner-Fundermann, Cully 09 | 2) Kohn, Cameron 09 | |
| 3) Reatiga, Oscar 11 | 4) Nelson, Kaleb 10 | |

2023 Ridge View Relays - 4/4/2023**Ridge View High School
Results - Ridge View Relays****Event 15 Girls 4x100 Meter Shuttle Hurdle**

| School | Finals | H# | Points |
|---------------------------|-------------------------|----|--------|
| 1 Sioux Ctrl, SR 'A' | 1:07.91 | 3 | 10 |
| 1) Waldstein, Ryleigh 10 | 2) Webber, Brynn 12 | | |
| 3) Johannsen, Berkley 12 | 4) Peterson, Preslie 11 | | |
| 2 Ridge View 'A' | 1:09.12 | 3 | 8 |
| 1) Shepherd, Tatum 11 | 2) Mason, Gabi 10 | | |
| 3) Freese, Faith 11 | 4) Jensen, Rowan 11 | | |
| 3 Alta/Aurelia 'A' | 1:17.97 | 3 | 6 |
| 1) Peterson, Shea 12 | 2) Colerick, Hannah 11 | | |
| 3) Mattson, Caitlyn 10 | 4) Watts, Allison 11 | | |
| 4 W Monona 'A' | 1:18.95 | 2 | 5 |
| 1) Coleman, Ava 11 | 2) Farrens, Montana 09 | | |
| 3) Lucas, Savannah 10 | 4) Beck, Devyn 11 | | |
| 5 River Valley 'A' | 1:19.43 | 2 | 4 |
| 1) Thomas, Maddie 12 | 2) Todd, Sunny 10 | | |
| 3) Jacobson, Jacy 10 | 4) Anderson, Riley 09 | | |
| 6 Mvaocou 'A' | 1:21.93 | 2 | 3 |
| 1) Oberruter, Renee 10 | 2) Scott, Marley 09 | | |
| 3) Weber, Braleigh 10 | 4) Feddersen, Paige 11 | | |
| 7 Cherokee, Wash 'A' | 1:22.27 | 3 | 2 |
| 1) Christensen, Taylor 12 | 2) Harman, Natalie 12 | | |
| 3) Puffer, Mallorie 12 | 4) Booth, Alli 10 | | |
| 8 South O'Brien 'A' | 1:22.44 | 1 | 1 |
| 1) Ebel, Marissa 11 | 2) Nelson, Abigail 10 | | |
| 3) Wulf, Tawni 09 | 4) Hedberg, Addison 09 | | |
| 9 Siouxland Chr 'A' | 1:22.80 | 1 | |
| 1) Kolker, Sasha 11 | 2) Latimer, Payton 09 | | |
| 3) Rubida, MacKenzie 09 | 4) Eisenga, Taya 09 | | |
| 10 Lawton-Bronson 'A' | 1:25.22 | 1 | |
| 1) Jessen, Cayla 10 | 2) Newton, Kaylynne 09 | | |
| 3) Cross, Leah 09 | 4) Konye, Chloe 09 | | |
| -- East Sac County 'A' | DQ | 2 | |
| 1) Carroll, Kierstin 12 | 2) King, Haley Jo 09 | | |
| 3) Mack, Olivya 09 | 4) Meister, Madison 09 | | |

Event 16 Boys 4x110 Meter Shuttle Hurdle

| School | Finals | H# | Points |
|-------------------------|--------------------------|----|--------|
| 1 Lawton-Bronson 'A' | 1:06.83 | 2 | 10 |
| 1) Olesen, Leighton 12 | 2) Garnand, Caler 10 | | |
| 3) Jaminet, Cowan 10 | 4) Palsma, Kurtus 12 | | |
| 2 W Monona 'A' | 1:07.78 | 2 | 8 |
| 1) Sorensen, Jeriah 11 | 2) Sorensen, Micah 12 | | |
| 3) Farrens, Micah 12 | 4) Holverson, Aiden 11 | | |
| 3 Westwood, Sloan 'A' | 1:09.88 | 2 | 6 |
| 1) Muenchrath, Brody 10 | 2) Dewald, Joe 10 | | |
| 3) Todd, Dylan 12 | 4) McFarland, Josiah 10 | | |
| 4 Cherokee, Wash 'A' | 1:10.45 | 2 | 5 |
| 1) Mahnke, Connor 11 | 2) Schossow, Alec 11 | | |
| 3) Ruschmann, Connor 11 | 4) Pingel, Lance 11 | | |
| 5 Ridge View 'A' | 1:14.62 | 1 | 4 |
| 1) Jacobson, Clayton 10 | 2) Hinrickson, Jordyn 10 | | |
| 3) Shepherd, Noah 11 | 4) Winkel, Dayne 12 | | |

2023 Ridge View Relays - 4/4/2023**Ridge View High School****Results - Ridge View Relays****....Event 16 Boys 4x110 Meter Shuttle Hurdle**

| | | | | | |
|---|-------------------------|-----------------------|---------|---|---|
| 6 | Siouxland Chr 'A' | | 1:19.86 | 1 | 3 |
| | 1) Duncan, Keaton 11 | 2) Claeys, Elijah 12 | | | |
| | 3) Ball, Ethan 12 | 4) Wells, Patrick 09 | | | |
| 7 | Mvaocou 'A' | | 1:27.80 | 1 | 2 |
| | 1) Bailey, Erik 10 | 2) Wesselmen, Tim 10 | | | |
| | 3) McCormick, Keaton 10 | 4) Factor, Brandon 09 | | | |

Event 17 Girls 100 Meter Dash

| Name | Year | School | Finals | H# | Points |
|------|--------------------|--------------------|--------|----|--------|
| 1 | Ayers, Hadley | 10 Sioux Ctrl, SR | 13.23 | 4 | 10 |
| 2 | Miller, Kacy | 11 W Monona | 13.39 | 4 | 8 |
| 3 | Dutler, Shae | 11 Ridge View | 13.45 | 4 | 6 |
| 4 | Nordstrom, Meddie | 10 Siouxland Chr | 13.46 | 1 | 5 |
| 5 | Miller, Carly | 12 W Monona | 13.65 | 4 | 4 |
| 6 | Shull, Jordan | 11 Westwood, Sloan | 13.66 | 3 | 3 |
| 7 | Schlenger, Natalie | 09 River Valley | 13.77 | 4 | 2 |
| 8 | Phillips, Taya | 11 Ridge View | 14.02 | 4 | 1 |
| 9 | Warnke, Kelsee | 09 South O'Brien | 14.29 | 4 | |
| 10 | Garcia, Pamela | 12 Cherokee, Wash | 14.59 | 3 | |
| 11 | Leeds, Kassie | 10 Cherokee, Wash | 14.64 | 3 | |
| 12 | Fredricksen, Aliah | 09 Whiting | 15.07 | 3 | |
| 13 | Lode, Lilly | 09 East Sac County | 15.20 | 2 | |
| 13 | Amick, Karlee | 12 Lawton-Bronson | 15.20 | 3 | |
| 15 | Domino, Marissa | 09 Ridge View JV | 15.21 | 3 | |
| 16 | Lee, Addison | 10 Westwood, Sloan | 15.48 | 3 | |
| 16 | Ebel, Marissa | 11 South O'Brien | 15.48 | 2 | |
| 18 | Rutter, Ava | 09 Sioux Ctrl, SR | 15.78 | 4 | |
| 19 | Johnson, Lea | 10 Ridge View JV | 16.01 | 2 | |
| 20 | Allen, Hannah | 10 Whiting | 16.09 | 2 | |
| 21 | Arbegast, Ashlyn | 11 East Sac County | 16.30 | 2 | |
| 22 | Dillard, Lyric | 10 Lawton-Bronson | 16.35 | 3 | |
| 23 | Hamann, Gabby | 09 Siouxland Chr | 16.61 | 1 | |
| 24 | Shever, Karlee | 09 River Valley | 16.67 | 2 | |
| 25 | Hanke, Grayce | 10 Mvaocou | 17.00 | 1 | |
| 26 | Mason, Tyrany | 10 Alta/Aurelia | 17.51 | 2 | |
| 27 | Galvin, Jenna | 09 Alta/Aurelia | 19.93 | 2 | |

Event 18 Boys 100 Meter Dash

| Name | Year | School | Finals | H# | Points |
|------|------------------------|--------------------|--------|----|--------|
| 1 | Goettsch, Isaac | 11 Ridge View | 11.66 | 3 | 10 |
| 2 | Garnand, Caleb | 11 Lawton-Bronson | 11.74 | 3 | 8 |
| 3 | Morris, Joe | 10 Westwood, Sloan | 11.80 | 3 | 6 |
| 4 | Smith, Domenik | 10 Lawton-Bronson | 11.94 | 3 | 5 |
| 5 | Lewis, Frank | 11 Westwood, Sloan | 12.02 | 3 | 4 |
| 6 | Lovell, Blake | 09 Cherokee, Wash | 12.11 | 3 | 3 |
| 7 | Claeys, Elijah | 12 Siouxland Chr | 12.26 | 1 | 2 |
| 8 | Heilman, Lucas | 09 Ridge View JV | 12.39 | 2 | 1 |
| 9 | Kolpin, Zach | 09 Ridge View | 12.49 | 2 | |
| 10 | Orr, Damian | 12 W Monona | 12.60 | 3 | |
| 11 | VanderBroek, Christian | 09 Cherokee, Wash | 12.69 | 2 | |
| 12 | Thorson, Logan | 11 Cherokee JV | 12.87 | 1 | |

2023 Ridge View Relays - 4/4/2023**Ridge View High School
Results - Ridge View Relays****....Event 18 Boys 100 Meter Dash**

| | | | |
|---------------------|---------------------|-------|---|
| 13 Silva, Marcus | 10 LawtonBronson JV | 13.10 | 2 |
| 14 Bethune, Cole | 10 Whiting | 13.36 | 2 |
| 15 Gunn, Peyton | 09 Cherokee JV | 13.56 | 1 |
| 16 Cowgill, Evan | 09 Mvaocou | 13.57 | 2 |
| 17 Lyons, Gunther | 11 W Monona | 13.70 | 3 |
| 18 Hamman, Laiken | 12 Mvaocou | 14.49 | 1 |
| 19 McCray, Dramelle | 10 Ridge View JV | 14.78 | 1 |
| 20 Biar, Biar | 10 Siouxland Chr | 16.34 | 1 |
| 21 Rich, Isaac | 09 Whiting | 18.47 | 2 |

Event 19 Girls Distance Medley

| School | Finals | H# | Points |
|-----------------------------|---------|----|--------|
| 1 Lawton-Bronson 'A' | 4:42.44 | 2 | 10 |
| 1) Williams, Khiya 10 | | | |
| 3) Brouwer, Sydney 11 | | | |
| 2 Cherokee, Wash 'A' | 4:47.09 | 2 | 8 |
| 1) Christensen, Taylor 12 | | | |
| 3) Hyndman, Kalexis 09 | | | |
| 3 Alta/Aurelia 'A' | 4:48.39 | 2 | 6 |
| 1) Colerick, Hannah 11 | | | |
| 3) Langschwager, Kadence 09 | | | |
| 4 W Monona 'A' | 4:52.23 | 2 | 5 |
| 1) Cowgill, Renae 11 | | | |
| 3) Pittet, Ashlee 09 | | | |
| 5 South O'Brien 'A' | 5:01.09 | 2 | 4 |
| 1) Friedrichsen, Maddy 10 | | | |
| 3) Halverson, Avery 09 | | | |
| 6 Westwood, Sloan 'A' | 5:11.53 | 1 | 3 |
| 1) McFarland, Jocelyn 10 | | | |
| 3) Madueno, Raquel 12 | | | |
| 7 Mvaocou 'A' | 5:13.37 | 2 | 2 |
| 1) Weber, Braleigh 10 | | | |
| 3) Schumaker, Sophia 11 | | | |
| 8 Ridge View 'A' | 5:16.87 | 2 | 1 |
| 1) Tiefenthaler, Jolynn 11 | | | |
| 3) Avina, Leslie 09 | | | |
| 9 Sioux Ctrl, SR 'A' | 5:22.59 | 1 | |
| 1) Anderson, Kylie 10 | | | |
| 3) Wilkinson, Quinn 09 | | | |
| 10 Siouxland Chr 'A' | 5:33.13 | 1 | |
| 1) Hamann, Gabby 09 | | | |
| 3) Rubida, MacKenzie 09 | | | |
| -- River Valley 'A' | DQ | 2 | |
| 1) Dixon, Olivia 10 | | | |
| 3) Jacobson, Jacy 10 | | | |

Event 20 Boys Distance Medley

| School | Finals | H# | Points |
|-----------------------|---------|----|--------|
| 1 Lawton-Bronson 'A' | 3:53.44 | 2 | 10 |
| 1) Garnand, Caleb 11 | | | |
| 3) Jaminet, Cowan 10 | | | |
| 2) Semple, Gage 10 | | | |
| 4) Clausen, Connor 09 | | | |

2023 Ridge View Relays - 4/4/2023**Ridge View High School
Results - Ridge View Relays****....Event 20 Boys Distance Medley**

| | | | |
|--------------------------|--------------------------|---|---|
| 2 W Monona 'A' | 3:57.03 | 2 | 8 |
| 1) Sorensen, Jeriah 11 | 2) Zima, Parker 11 | | |
| 3) Sorensen, Micah 12 | 4) McKinley, Eein 12 | | |
| 3 Mvaocou 'A' | 4:01.04 | 2 | 6 |
| 1) Gress, Peyton 10 | 2) Cameron, Luther 10 | | |
| 3) Forbes, Charlie 10 | 4) Hamann, Kael 10 | | |
| 4 Cherokee, Wash 'A' | 4:04.03 | 2 | 5 |
| 1) Jenness, Jon 11 | 2) Hurd, Jacob 10 | | |
| 3) Kohn, Alex 11 | 4) Stowater, Landon 09 | | |
| 5 Westwood, Sloan 'A' | 4:11.53 | 2 | 4 |
| 1) Cooper, Tatum 10 | 2) Silbernagel, Aiden 09 | | |
| 3) Clayton, Jack 10 | 4) Muenchrath, Brody 10 | | |
| 6 Cherokee JV 'A' | 4:16.45 | 1 | 3 |
| 1) Olguin, Gabe 12 | 2) Timmerman, Tru 10 | | |
| 3) Kohn, Cameron 09 | 4) Happe, Colton 10 | | |
| 7 Siouxland Chr 'A' | 4:18.43 | 2 | 2 |
| 1) Latimer, Hunter 12 | 2) Pearson, Hunter 09 | | |
| 3) Hsu, Christian 10 | 4) Deurloo, Sam 11 | | |
| 8 River Valley 'A' | 4:19.02 | 1 | 1 |
| 1) Putensen, Jon 10 | 2) Gotto, Nathan 11 | | |
| 3) Thomas, Cole 11 | 4) Van Houten, Collin 09 | | |
| 9 Ridge View 'A' | 4:24.14 | 2 | |
| 1) Pyle, Austin 12 | 2) Biede, Caden 12 | | |
| 3) Endrulat, Asher 11 | 4) Hanson, Odin 09 | | |
| 10 Ridge View JV 'A' | 4:41.23 | 1 | |
| 1) Harriman, Carson 10 | 2) Jensen, Kinnick 09 | | |
| 3) Todd, Carter 09 | 4) Werner, Tristan 09 | | |
| 11 LawtonBronson JV 'A' | 4:48.31 | 2 | |
| 1) Condon, Karsin 10 | 2) Copple, Kaleb 09 | | |
| 3) Palomino, Giovanni 09 | 4) Venegas, Javi 09 | | |

Event 21 Girls 400 Meter Dash

| Name | Year School | Finals | H# | Points |
|------------------------|--------------------|---------|----|--------|
| 1 Stowater, Madison | 11 Ridge View | 1:06.64 | 3 | 10 |
| 2 Struble, Jalyn | 11 W Monona | 1:06.92 | 3 | 8 |
| 3 Ayers, Reata | 09 Sioux Ctrl, SR | 1:07.06 | 3 | 6 |
| 4 Bontrager, Mary | 12 East Sac County | 1:07.35 | 3 | 5 |
| 5 Woodall, Grace | 09 Cherokee, Wash | 1:07.38 | 3 | 4 |
| 6 Gravenish, Macy | 09 Cherokee, Wash | 1:07.55 | 2 | 3 |
| 7 Anderson, Breyer | 10 Alta/Aurelia | 1:08.74 | 3 | 2 |
| 8 Smith, Gwen | 12 Lawton-Bronson | 1:08.79 | 2 | 1 |
| 9 Latimer, Payton | 09 Siouxland Chr | 1:11.54 | 2 | |
| 10 Tesch, Addison | 09 Ridge View | 1:11.57 | 3 | |
| 11 Clausen, Kaylee | 12 Lawton-Bronson | 1:12.16 | 2 | |
| 12 Conley, Tatiana | 12 South O'Brien | 1:14.27 | 2 | |
| 13 Tillman, Haylea | 10 Sioux Ctrl, SR | 1:15.00 | 2 | |
| 14 Pomeroy, Brooke | 09 Alta/Aurelia | 1:15.76 | 2 | |
| 15 Crawford, Anna | 09 W Monona | 1:19.23 | 1 | |
| 16 Porter, Autumn | 10 Siouxland Chr | 1:19.99 | 2 | |
| 17 Nelson, Abigail | 10 South O'Brien | 1:21.02 | 1 | |
| 18 Cidoncha, Claudia | 10 East Sac County | 1:21.77 | 1 | |
| 19 Marnell, Alexandria | 10 Westwood, Sloan | 1:24.23 | 1 | |
| 20 Thompson, Bree | 12 Westwood, Sloan | 1:28.31 | 1 | |

2023 Ridge View Relays - 4/4/2023**Ridge View High School
Results - Ridge View Relays****Event 22 Boys 400 Meter Dash**

| Name | Year | School | Finals | H# | Points |
|----------------------|------|-----------------|---------|----|--------|
| 1 Morris, Joe | 10 | Westwood, Sloan | 52.96 | 3 | 10 |
| 2 Paulsrud, Jaxon | 09 | Cherokee, Wash | 54.26 | 3 | 8 |
| 3 Jensen, Kellen | 10 | Ridge View | 54.38 | 3 | 6 |
| 4 Boynton, Jesse | 12 | W Monona | 55.73 | 3 | 5 |
| 5 Smith, Ivan | 11 | Lawton-Bronson | 57.53 | 3 | 4 |
| 6 Gengler, Joseph | 11 | Westwood, Sloan | 59.28 | 3 | 3 |
| 7 Wagner, Cole | 09 | Lawton-Bronson | 1:00.18 | 2 | 2 |
| 8 Miller, Kael | 11 | Cherokee, Wash | 1:00.97 | 2 | 1 |
| 9 Sorensen, Elias | 09 | W Monona | 1:01.67 | 3 | |
| 10 Duncan, Keaton | 11 | Siouxland Chr | 1:03.37 | 1 | |
| 11 Mesillas, Eduardo | 10 | Mvaocou | 1:07.98 | 2 | |
| 12 Miller, Kael | 11 | Cherokee JV | 1:11.86 | 1 | |
| 13 Reatiga, Oscar | 11 | Cherokee JV | 1:14.28 | 1 | |
| 14 Rich, Isaac | 09 | Whiting | 1:39.31 | 2 | |

Event 23 Girls 4x200 Meter Relay

| School | Finals | H# | Points |
|---------------------------|---------|----|--------|
| 1 Westwood, Sloan 'A' | 1:56.49 | 2 | 10 |
| 1) Heck, Tamara 12 | | | |
| 3) Haveman, Lela 10 | | | |
| 2 Cherokee, Wash 'A' | 1:58.15 | 2 | 8 |
| 1) Garcia, Pamela 12 | | | |
| 3) Hare, Nora 09 | | | |
| 3 W Monona 'A' | 2:00.08 | 2 | 6 |
| 1) Cowgill, Renae 11 | | | |
| 3) Hill, Brihanna 09 | | | |
| 4 Mvaocou 'A' | 2:01.66 | 2 | 5 |
| 1) Kovarna, Emily 12 | | | |
| 3) Ohlmeier, Trista 10 | | | |
| 5 South O'Brien 'A' | 2:01.98 | 2 | 4 |
| 1) Friedrichsen, Maddy 10 | | | |
| 3) Hedberg, Addison 09 | | | |
| 6 East Sac County 'A' | 2:02.82 | 2 | 3 |
| 1) Carroll, Jordin 09 | | | |
| 3) Aschinger, Jen 11 | | | |
| 7 Lawton-Bronson 'A' | 2:06.08 | 1 | 2 |
| 1) Anderson, Jayhsey 12 | | | |
| 3) Peterson, Ella 12 | | | |
| 8 Ridge View JV 'A' | 2:08.90 | 1 | 1 |
| 1) Johnson, Lea 10 | | | |
| 3) Domino, Marissa 09 | | | |
| 9 Alta/Aurelia 'A' | 2:09.48 | 1 | |
| 1) Mattson, Caitlyn 10 | | | |
| 3) Arnts, Emily 12 | | | |
| 10 Sioux Ctrl, SR 'A' | 2:09.54 | 2 | |
| 1) Rutter, Ava 09 | | | |
| 3) Landauer, Adysen 09 | | | |
| -- Ridge View 'A' | DQ | 2 | |
| 1) Phillips, Taya 11 | | | |
| 3) Dutler, Shae 11 | | | |

2023 Ridge View Relays - 4/4/2023**Ridge View High School
Results - Ridge View Relays****Event 24 Boys 4x200 Meter Relay**

| School | Finals | H# | Points |
|-------------------------------|------------------------|----|--------|
| 1 Lawton-Bronson 'A' | 1:32.64 | 2 | 10 |
| 1) Olesen, Leighton 12 | 2) Moseman, Theo 12 | | |
| 3) Smith, Domenik 10 | 4) Teager, Evan 10 | | |
| 2 W Monona 'A' | 1:40.46 | 2 | 8 |
| 1) Sorensen, Jeriah 11 | 2) Farrens, Micah 12 | | |
| 3) Russell, Grant 12 | 4) Orr, Damian 12 | | |
| 3 Cherokee, Wash 'A' | 1:41.02 | 2 | 6 |
| 1) Jenness, Jon 11 | 2) Schueder, McKale 12 | | |
| 3) Hurd, Jacob 10 | 4) Johnson, Wyatt 10 | | |
| 4 Ridge View 'A' | 1:41.74 | 2 | 5 |
| 1) Goettsch, Isaac 11 | 2) Wright, Kade 11 | | |
| 3) Kolpin, Zach 09 | 4) Breyfogle, Jake 12 | | |
| 5 LawtonBronson JV 'A' | 1:43.31 | 1 | 4 |
| 1) Stadsvold, Eli 10 | 2) Silva, Marcus 10 | | |
| 3) Bartolo, Carter 10 | 4) Grell, Landon 09 | | |
| 6 Siouxland Chr 'A' | 1:43.35 | 1 | 3 |
| 1) Wing, Ben 12 | 2) Claeys, Elijah 12 | | |
| 3) Stansberry, Jackson 09 | 4) Wells, Patrick 09 | | |
| 7 Westwood, Sloan 'A' | 1:43.83 | 2 | 2 |
| 1) Topf, Carson 11 | 2) Dewald, Joe 10 | | |
| 3) Silbernagel, Aiden 09 | 4) Landon, Garrett 09 | | |
| 8 Mvaocou 'A' | 1:45.17 | 2 | 1 |
| 1) Vann, Jeremiah 10 | 2) Morley, Titus 10 | | |
| 3) Spicer, Harry 10 | 4) Dixon, Tanner 09 | | |
| 9 Ridge View JV 'A' | 1:46.33 | 2 | |
| 1) Hinrickson, Jordyn 10 | 2) Shepherd, Noah 11 | | |
| 3) McCray, Cornell 11 | 4) Jacobson, Kody 11 | | |
| -- Cherokee JV 'A' | DQ | 1 | |
| 1) Lovell, Blake 09 | 2) Thorson, Logan 11 | | |
| 3) Vander Broek, Christian 09 | 4) Samsel, Colton 12 | | |

Event 25 Girls 100 Meter Hurdles

| Name | Year School | Finals | H# | Points |
|----------------------|-------------------|--------|----|--------|
| 1 Jensen, Rowan | 11 Ridge View | 16.45 | 3 | 10 |
| 2 Watts, Allison | 11 Alta/Aurelia | 16.46 | 3 | 8 |
| 3 Shepherd, Tatum | 11 Ridge View | 16.47 | 3 | 6 |
| 4 Peterson, Preslie | 11 Sioux Ctrl, SR | 16.63 | 3 | 5 |
| 5 Johannsen, Berkley | 12 Sioux Ctrl, SR | 17.35 | 3 | 4 |
| 6 Rubendall, Addison | 09 Lawton-Bronson | 18.17 | 3 | 3 |
| 7 Anderson, Riley | 09 River Valley | 18.31 | 2 | 2 |
| 8 Harman, Natalie | 12 Cherokee, Wash | 18.54 | 2 | 1 |
| 9 Farrens, Montana | 09 W Monona | 18.80 | 2 | |
| 10 Beck, Devyn | 11 W Monona | 19.04 | 3 | |
| 11 Peterson, Shea | 12 Alta/Aurelia | 19.16 | 3 | |
| 12 Rubida, MacKenzie | 09 Siouxland Chr | 19.20 | 1 | |
| 13 Todd, Sunny | 10 River Valley | 19.74 | 2 | |
| 14 Ebel, Marissa | 11 South O'Brien | 19.92 | 2 | |
| 15 Oberruter, Renee | 10 Mvaocou | 20.25 | 2 | |
| 16 Cross, Leah | 09 Lawton-Bronson | 20.48 | 2 | |
| 17 Weber, Braleigh | 10 Mvaocou | 20.88 | 1 | |
| 18 Nelson, Abigail | 10 South O'Brien | 21.56 | 1 | |

2023 Ridge View Relays - 4/4/2023**Ridge View High School****Results - Ridge View Relays****...Event 25 Girls 100 Meter Hurdles**

| | | | | | |
|----|-------------------|----|-----------------|-------|---|
| 19 | Jorgensen, Lauryn | 09 | Westwood, Sloan | 22.00 | 1 |
| 20 | Dietschy, Blair | 10 | Westwood, Sloan | 22.22 | 1 |
| 21 | Hutchinson, Tori | 11 | East Sac County | 22.55 | 1 |
| 22 | Booth, Alli | 10 | Cherokee, Wash | 23.13 | 1 |

Event 26 Boys 110 Meter Hurdles

| Name | Year | School | Finals | H# | Points |
|------|-------------------|--------|-----------------|-------|--------|
| 1 | Mahnke, Connor | 11 | Cherokee, Wash | 16.42 | 2 10 |
| 2 | Palsma, Kurtus | 12 | Lawton-Bronson | 16.46 | 2 8 |
| 3 | Pingel, Lance | 11 | Cherokee, Wash | 17.32 | 2 6 |
| 4 | McFarland, Josiah | 10 | Westwood, Sloan | 18.40 | 2 5 |
| 5 | Holverson, Aiden | 11 | W Monona | 18.66 | 2 4 |
| 6 | Duncan, Keaton | 11 | Siouxland Chr | 19.30 | 1 3 |
| 7 | Halverson, Ben | 09 | W Monona | 19.65 | 2 2 |
| 8 | Winkel, Dayne | 12 | Ridge View | 20.18 | 2 1 |
| 9 | Wells, Patrick | 09 | Siouxland Chr | 21.70 | 1 |
| 10 | Ruschmann, Connor | 11 | Cherokee JV | 21.78 | 1 |
| 11 | Todd, Dylan | 12 | Westwood, Sloan | 22.83 | 2 |

Event 27 Girls 800 Meter Run

| Name | Year | School | Finals | Points |
|------|---------------------|--------|-----------------|------------|
| 1 | Peterson, Nora | 10 | Alta/Aurelia | 2:22.39 10 |
| 2 | Mesz, Jolee | 12 | Lawton-Bronson | 2:24.09 8 |
| 3 | Conley, Takara | 12 | South O'Brien | 2:41.14 6 |
| 4 | Kozora, Anna | 09 | River Valley | 2:45.74 5 |
| 5 | Christian, Nora | 09 | Sioux Ctrl, SR | 2:46.34 4 |
| 6 | Pittet, Ashlee | 09 | W Monona | 2:47.44 3 |
| 7 | Stowater, Madison | 11 | Ridge View | 2:47.71 2 |
| 8 | Christensen, Taylor | 12 | Cherokee, Wash | 2:47.82 1 |
| 9 | Benson, McKenna | 10 | Cherokee, Wash | 2:49.50 |
| 10 | Ehlers, Allison | 11 | Sioux Ctrl, SR | 2:52.50 |
| 11 | Tesch, Addison | 09 | Ridge View | 2:52.97 |
| 12 | Johnston, Jersey | 09 | Westwood, Sloan | 2:53.12 |
| 13 | Lewis, Grace | 09 | Westwood, Sloan | 2:54.64 |
| 14 | Moffitt, Ellie | 12 | Lawton-Bronson | 2:57.96 |
| 15 | Pedersen, Kerrigan | 10 | Alta/Aurelia | 3:03.33 |
| 16 | Wulf, Taylor | 09 | South O'Brien | 3:05.27 |
| 17 | Beeson, Olivia | 10 | Mvaocou | 3:06.44 |
| 18 | Stanley, Ellie | 11 | Siouxland Chr | 3:12.35 |
| 19 | McMillen, Lauren | 12 | Mvaocou | 3:15.33 |
| 20 | Coleman, Ava | 11 | W Monona | 3:21.53 |
| 21 | Gustavson, Jade | 11 | East Sac County | 3:21.73 |

Event 28 Boys 800 Meter Run

| Name | Year | School | Finals | Points |
|------|---------------|--------|-----------------|------------|
| 1 | Bellis, Laken | 11 | W Monona | 2:10.37 10 |
| 2 | Lewis, Frank | 11 | Westwood, Sloan | 2:10.87 8 |
| 3 | Price, Tracin | 12 | Ridge View | 2:13.49 6 |
| 4 | Todd, Jack | 10 | Ridge View | 2:14.53 5 |

2023 Ridge View Relays - 4/4/2023**Ridge View High School****Results - Ridge View Relays****...Event 28 Boys 800 Meter Run**

| | | | |
|-----------------------------|---------------------|---------|---|
| 5 Fester, Johnny | 12 W Monona | 2:16.21 | 4 |
| 6 Kohn, Alex | 11 Cherokee, Wash | 2:17.72 | 3 |
| 7 Forbes, Charlie | 10 Mvaocou | 2:20.07 | 2 |
| 8 Deurloo, Sam | 11 Siouxland Chr | 2:25.72 | 1 |
| 9 Versch, Hayden | 09 Westwood, Sloan | 2:30.09 | |
| 10 Doenhoefer, Robby | 10 Lawton-Bronson | 2:32.05 | |
| 11 Miller, Kael | 11 Cherokee, Wash | 2:33.24 | |
| 12 Hsu, Christian | 10 Siouxland Chr | 2:35.58 | |
| 13 Wunschel, Cody | 09 Ridge View JV | 2:36.39 | |
| 14 Dorale, Justin | 11 Mvaocou | 2:39.85 | |
| 15 Mizner-Fundermann, Grady | 09 Cherokee JV | 2:39.96 | |
| 16 Palomino, Giovanni | 09 LawtonBronson JV | 2:48.77 | |
| 17 Adams, Josh | 09 LawtonBronson JV | 2:53.27 | |

Event 29 Girls 200 Meter Dash

| Name | Year School | Finals | H# | Points |
|-----------------------|--------------------|--------|----|--------|
| 1 Shull, Jordan | 11 Westwood, Sloan | 28.14 | 4 | 10 |
| 2 Miller, Kacy | 11 W Monona | 28.19 | 4 | 8 |
| 3 Miller, Carly | 12 W Monona | 28.45 | 4 | 6 |
| 4 Schlenger, Natalie | 09 River Valley | 28.62 | 4 | 5 |
| 5 Warnke, Karlee | 12 South O'Brien | 28.89 | 3 | 4 |
| 6 Mason, Gabi | 10 Ridge View | 28.98 | 4 | 3 |
| 7 Smith, Addison | 10 Lawton-Bronson | 29.29 | 3 | 2 |
| 8 Waldstein, Ryleigh | 10 Sioux Ctrl, SR | 29.68 | 3 | 1 |
| 9 Strubbe, Camryn | 09 South O'Brien | 29.75 | 2 | |
| 10 Gunkelman, Clare | 09 Alta/Aurelia | 29.92 | 4 | |
| 11 Hawthorne, Reese | 09 Ridge View | 30.00 | 4 | |
| 12 Kovarna, Emily | 12 Mvaocou | 30.15 | 4 | |
| 13 Dixon, Olivia | 10 River Valley | 30.20 | 3 | |
| 14 Newton, Kaylynne | 09 Lawton-Bronson | 30.81 | 3 | |
| 15 Thompson, Payton | 10 Westwood, Sloan | 31.33 | 3 | |
| 16 Carroll, Kierstin | 12 East Sac County | 31.43 | 2 | |
| 17 Adams, Sigrid | 09 Sioux Ctrl, SR | 31.83 | 3 | |
| 18 Smith, Mariela | 10 Cherokee, Wash | 32.22 | 2 | |
| 19 Fredricksen, Aliah | 09 Whiting | 32.45 | 2 | |
| 20 Christensen, Kylie | 11 Cherokee, Wash | 32.93 | 2 | |
| 21 Yahola, Aneissa | 09 Alta/Aurelia | 33.80 | 2 | |
| 22 Arbegast, Ashlyn | 11 East Sac County | 34.21 | 1 | |
| 23 Allen, Hannah | 10 Whiting | 34.83 | 1 | |
| 24 Biar, Vicky | 12 Siouxland Chr | 35.85 | 2 | |
| 25 Hamann, Gabby | 09 Siouxland Chr | 37.54 | 1 | |
| 26 Polly, Ronda | 09 Mvaocou | 37.55 | 1 | |

Event 30 Boys 200 Meter Dash

| Name | Year School | Finals | H# | Points |
|-------------------|--------------------|--------|----|--------|
| 1 Morris, Joe | 10 Westwood, Sloan | 24.00 | 4 | 10 |
| 2 Garnand, Caler | 10 Lawton-Bronson | 24.45 | 4 | 8 |
| 3 Wunschel, Kyler | 12 Ridge View | 24.69 | 4 | 6 |
| 4 Semple, Gage | 10 Lawton-Bronson | 24.99 | 4 | 5 |
| 5 Topf, Carson | 11 Westwood, Sloan | 25.15 | 4 | 4 |
| 6 Movall, Grant | 12 Ridge View | 25.83 | 4 | 3 |

2023 Ridge View Relays - 4/4/2023**Ridge View High School****Results - Ridge View Relays****....Event 30 Boys 200 Meter Dash**

| | | | | | | |
|----|---------------------|----|------------------|--------|---|---|
| 7 | Cameron, Luther | 10 | Mvaocou | 25.85 | 4 | 2 |
| 8 | Endrulat, Asher | 11 | Ridge View JV | 25.87 | 4 | 1 |
| 9 | Johnson, Wyatt | 10 | Cherokee JV | 26.26 | 2 | |
| 10 | Lugar, Henry | 10 | Cherokee, Wash | 26.37 | 3 | |
| 11 | Grell, Landon | 09 | LawtonBronson JV | 26.71 | 3 | |
| 12 | Putensen, Jon | 10 | River Valley | 26.79 | 3 | |
| 13 | Lam, Issac | 09 | Cherokee, Wash | 26.86 | 3 | |
| 14 | Meadows, Evan | 12 | W Monona | 27.27 | 3 | |
| 15 | Pearson, Hunter | 09 | Siouxland Chr | 27.67 | 1 | |
| 16 | McCray, Cornell | 11 | Ridge View JV | 27.75 | 2 | |
| 17 | Stansberry, Jackson | 09 | Siouxland Chr | 28.01 | 1 | |
| 18 | Ross, Joey | 12 | W Monona | 28.02 | 3 | |
| 19 | Gotto, Nathan | 11 | River Valley | 28.05 | 3 | |
| 20 | Gunn, Peyton | 09 | Cherokee JV | 28.68 | 1 | |
| 21 | Bethune, Cole | 10 | Whiting | 28.75 | 3 | |
| 22 | Cowgill, Evan | 09 | Mvaocou | 30.35 | 2 | |
| 23 | Blum, Brayden | 09 | Ridge View JV | x30.94 | 2 | |
| 24 | Rich, Isaac | 09 | Whiting | 41.30 | 2 | |

Event 31 Girls 400 Meter Hurdles

| Name | Year | School | Finals | H# | Points | |
|------|-------------------|--------|-----------------|---------|--------|----|
| 1 | Peterson, Preslie | 11 | Sioux Ctrl, SR | 1:12.77 | 2 | 10 |
| 2 | Jensen, Rowan | 11 | Ridge View | 1:14.68 | 2 | 8 |
| 3 | Freese, Faith | 11 | Ridge View | 1:18.08 | 2 | 6 |
| 4 | Conley, Taja | 12 | South O'Brien | 1:19.31 | 1 | 5 |
| 5 | Eisenga, Taya | 09 | Siouxland Chr | 1:19.96 | 1 | 4 |
| 6 | Peterson, Shea | 12 | Alta/Aurelia | 1:20.27 | 2 | 3 |
| 7 | Mack, Olivya | 09 | East Sac County | 1:21.38 | 1 | 2 |
| 8 | Wildeman, Caitlin | 09 | Sioux Ctrl, SR | 1:22.92 | 2 | 1 |
| 9 | Thomas, Maddie | 12 | River Valley | 1:24.07 | 2 | |
| 10 | Conley, Tatiana | 12 | South O'Brien | 1:24.86 | 1 | |
| 11 | Rubida, MacKenzie | 09 | Siouxland Chr | 1:29.55 | 1 | |
| 12 | Crawford, Anna | 09 | W Monona | 1:31.52 | 1 | |

Event 32 Boys 400 Meter Hurdles

| Name | Year | School | Finals | H# | Points | |
|------|-------------------|--------|------------------|---------|--------|----|
| 1 | Farrens, Micah | 12 | W Monona | 59.20 | 2 | 10 |
| 2 | Dewald, Joe | 10 | Westwood, Sloan | 1:02.32 | 2 | 8 |
| 3 | Pingel, Lance | 11 | Cherokee, Wash | 1:02.98 | 2 | 6 |
| 4 | Palsma, Kurtus | 12 | Lawton-Bronson | 1:03.53 | 2 | 5 |
| 5 | Breyfogle, Jake | 12 | Ridge View | 1:03.68 | 2 | 4 |
| 6 | Muenchrath, Brody | 10 | Westwood, Sloan | 1:05.81 | 2 | 3 |
| 7 | Wing, Ben | 12 | Siouxland Chr | 1:06.06 | 1 | 2 |
| 8 | Holverson, Aiden | 11 | W Monona | 1:06.08 | 1 | 1 |
| 9 | Bartolo, Carter | 10 | LawtonBronson JV | 1:08.43 | 1 | |
| 10 | Shepherd, Noah | 11 | Ridge View | 1:08.88 | 1 | |
| 11 | Smith, Ivan | 11 | Lawton-Bronson | 1:09.52 | 2 | |
| 12 | Mahnke, Connor | 11 | Cherokee, Wash | 1:09.98 | 2 | |
| 13 | Duncan, Keaton | 11 | Siouxland Chr | 1:14.90 | 1 | |
| 14 | Wesselmen, Tim | 10 | Mvaocou | 1:32.14 | 1 | |

2023 Ridge View Relays - 4/4/2023**Ridge View High School****Results - Ridge View Relays****Event 33 Girls 1500 Meter Run**

| Name | Year | School | Finals | Points |
|----------------------|------|----------------|---------|--------|
| 1 Bloom, Linnea | 10 | Sioux Ctrl, SR | 5:21.45 | 10 |
| 2 Vohs, Jaycie | 11 | Ridge View | 5:34.72 | 8 |
| 3 Robertson, Taylor | 11 | Alta/Aurelia | 5:53.96 | 6 |
| 4 Conley, Takara | 12 | South O'Brien | 5:54.55 | 5 |
| 5 Gravenish, Macy | 09 | Cherokee, Wash | 5:57.47 | 4 |
| 6 Ameen, Cheyenne | 10 | Lawton-Bronson | 5:58.43 | 3 |
| 7 Anderson, Jayleigh | 12 | W Monona | 6:13.91 | 2 |
| 8 Stout, Riven | 09 | Mvaocou | 6:19.16 | 1 |
| 9 Mongan, Abryl | 09 | Cherokee, Wash | 6:21.43 | |
| 10 Tillman, Haylea | 10 | Sioux Ctrl, SR | 7:03.66 | |
| 11 Ashley, Ava | 10 | Lawton-Bronson | 7:09.83 | |
| 12 Graham, Ava | 12 | Alta/Aurelia | 7:17.98 | |
| 13 Lage, Maggie | 11 | W Monona | 7:22.17 | |
| 14 Deeds, Monica | 10 | River Valley | 7:48.71 | |

Event 34 Boys 1600 Meter Run

| Name | Year | School | Finals | Points |
|----------------------------|------|-----------------|---------|--------|
| 1 McKinley, Eein | 12 | W Monona | 5:01.42 | 10 |
| 2 Stowater, Logan | 10 | Cherokee, Wash | 5:06.84 | 8 |
| 3 Lynn, Jayce | 12 | W Monona | 5:12.45 | 6 |
| 4 Deurloo, Sam | 11 | Siouxland Chr | 5:23.20 | 5 |
| 5 Koithan, Joey | 09 | Mvaocou | 5:23.67 | 4 |
| 6 Hanson, Odin | 09 | Ridge View | 5:27.99 | 3 |
| 7 Mizner-Fundermann, Cully | 09 | Cherokee, Wash | 5:40.86 | 2 |
| 8 Bisenius, Brody | 10 | Ridge View | 5:47.21 | 1 |
| 9 Hsu, Christian | 10 | Siouxland Chr | 5:55.78 | |
| 10 Kohn, Cameron | 09 | Cherokee JV | 5:56.03 | |
| 11 Van Houten, Collin | 09 | River Valley | 5:56.23 | |
| 12 Werner, Tristan | 09 | Ridge View JV | 6:10.26 | |
| 13 Konye, Ethan | 10 | Lawton-Bronson | 6:13.62 | |
| 14 Molzen, Willie | 09 | Lawton-Bronson | 6:16.66 | |
| 15 Zahnley, Drew | 11 | Mvaocou | 6:24.07 | |
| 16 Everett-Joule, Devlin | 10 | Westwood, Sloan | 6:30.52 | |
| 17 Cockburn, Brady | 09 | River Valley | 6:35.60 | |
| 18 Nelson, Kaleb | 10 | Cherokee JV | 6:39.34 | |
| 19 Christoffersen, Korben | 09 | Westwood, Sloan | 6:59.47 | |

Event 35 Girls 4x100 Meter Relay

| School | Finals | H# | Points |
|--------------------------|--------|----|--------|
| 1 Lawton-Bronson 'A' | 53.66 | 2 | 10 |
| 1) Rubendall, Addison 09 | | | |
| 2) Williams, Khiya 10 | | | |
| 3) Brouwer, Sydney 11 | | | |
| 4) Mahoney, Alice 11 | | | |
| 2 Sioux Ctrl, SR 'A' | 54.00 | 2 | 8 |
| 1) Ayers, Hadley 10 | | | |
| 2) Webber, Brynn 12 | | | |
| 3) Ayers, Reata 09 | | | |
| 4) Wilson, Avery 09 | | | |
| 3 W Monona 'A' | 54.73 | 2 | 6 |
| 1) Miller, Carly 12 | | | |
| 2) Miller, Kacy 11 | | | |
| 3) Cowgill, Renae 11 | | | |
| 4) Struble, Jalyyn 11 | | | |
| 4 Alta/Aurelia 'A' | 55.11 | 2 | 5 |

2023 Ridge View Relays - 4/4/2023**Ridge View High School
Results - Ridge View Relays****....Event 35 Girls 4x100 Meter Relay**

| | | | |
|-----------------------------|----------------------------|---------|-----|
| 1) Langschwager, Kadence 09 | 2) Watts, Allison 11 | | |
| 3) DeGroot, Jaci 11 | 4) Gunkelman, Clare 09 | | |
| 5 Cherokee, Wash 'A' | | 55.91 | 2 4 |
| 1) Wolfswinkel, Laney 10 | 2) Timmerman, Jada 11 | | |
| 3) Hare, Nora 09 | 4) Leeds, Kassie 10 | | |
| 6 South O'Brien 'A' | | 56.67 | 2 3 |
| 1) Warnke, Kelsee 09 | 2) Strubbe, Camryn 09 | | |
| 3) Hedberg, Addison 09 | 4) Warnke, Karlee 12 | | |
| 7 Ridge View 'A' | | 58.06 | 2 2 |
| 1) Endrulat, Jayley 11 | 2) Tiefenthaler, Jolynn 11 | | |
| 3) Hawthorne, Reese 09 | 4) Phillips, Taya 11 | | |
| 8 River Valley 'A' | | 58.34 | 1 1 |
| 1) Dixon, Olivia 10 | 2) Dvorak, Mylee 09 | | |
| 3) Todd, Sunny 10 | 4) Anderson, Riley 09 | | |
| 9 Westwood, Sloan 'A' | | 58.44 | 2 |
| 1) Heck, Tamara 12 | 2) Hanner, Ella 11 | | |
| 3) Thompson, Peyton 10 | 4) Shull, Jordan 11 | | |
| 10 Mvaocou 'A' | | 58.73 | 1 |
| 1) Kovarna, Emily 12 | 2) Oberruter, Renee 10 | | |
| 3) Mammen, Brenna 09 | 4) Ohlmeier, Trista 10 | | |
| 11 Siouxland Chr 'A' | | 59.10 | 1 |
| 1) Kolker, Sasha 11 | 2) Latimer, Payton 09 | | |
| 3) Hamann, Gabby 09 | 4) Nordstrom, Meddie 10 | | |
| 12 Ridge View JV 'A' | | 1:01.25 | 1 |
| 1) Biede, Alyssa 09 | 2) Crum, Naunika 09 | | |
| 3) Avina, Leslie 09 | 4) Johnson, Lea 10 | | |
| 13 East Sac County 'A' | | 1:03.89 | 1 |
| 1) Lode, Lilly 09 | 2) Meredith, Emma 11 | | |
| 3) Cidoncha, Claudia 10 | 4) Hutchinson, Tori 11 | | |

Event 36 Boys 4x100 Meter Relay

| School | Finals | H# | Points |
|-------------------------|------------------------------|----|--------|
| 1 Lawton-Bronson 'A' | 44.46 | 2 | 10 |
| 1) Olesen, Leighton 12 | 2) Moseman, Theo 12 | | |
| 3) Smith, Domenik 10 | 4) Garnand, Caleb 11 | | |
| 2 Ridge View 'A' | 47.24 | 2 | 8 |
| 1) Goettsch, Isaac 11 | 2) Wright, Kade 11 | | |
| 3) Pyle, Austin 12 | 4) Kolpin, Zach 09 | | |
| 3 Cherokee, Wash 'A' | 49.08 | 2 | 6 |
| 1) Kohn, Alex 11 | 2) VanderBroek, Christian 09 | | |
| 3) Johnson, Wyatt 10 | 4) Paulsrud, Jaxon 09 | | |
| 4 Westwood, Sloan 'A' | 49.41 | 2 | 5 |
| 1) McFarland, Josiah 10 | 2) Clayton, Jack 10 | | |
| 3) Cooper, Tatum 10 | 4) Silbernagel, Aiden 09 | | |
| 5 Mvaocou 'A' | 49.44 | 2 | 4 |
| 1) Gress, Peyton 10 | 2) Cameron, Luther 10 | | |
| 3) Dixon, Tanner 09 | 4) Vann, Jeremiah 10 | | |
| 6 W Monona 'A' | 49.47 | 2 | 3 |
| 1) Lyons, Gunther 11 | 2) Komarek, Brayden 10 | | |
| 3) Zima, Parker 11 | 4) Orr, Damian 12 | | |
| 7 Cherokee JV 'A' | 51.08 | 1 | 2 |
| 1) Schueder, McKale 12 | 2) Mahnke, Connor 11 | | |
| 3) Gunn, Peyton 09 | 4) Ruschmann, Connor 11 | | |

2023 Ridge View Relays - 4/4/2023**Ridge View High School****Results - Ridge View Relays****....Event 36 Boys 4x100 Meter Relay**

| | | | |
|---------------------------|----------------------|---|---|
| 8 LawtonBronson JV 'A' | 51.71 | 2 | 1 |
| 1) Bartolo, Carter 10 | 2) Silva, Marcus 10 | | |
| 3) Grell, Landon 09 | 4) Stadsvold, Eli 10 | | |
| 9 Ridge View JV 'A' | 51.78 | 1 | |
| 1) McCray, Dramelle 10 | 2) Beide, Caden 12 | | |
| 3) Harriman, Carson 10 | 4) Jensen, Kellen 10 | | |
| 10 Siouxland Chr 'A' | 53.08 | 1 | |
| 1) Latimer, Hunter 12 | 2) Ball, Ethan 12 | | |
| 3) Stansberry, Jackson 09 | 4) Wing, Ben 12 | | |

Event 37 Girls 4x400 Meter Relay

| School | Finals | H# | Points |
|-------------------------|--------------------------|----|--------|
| 1 Alta/Aurelia 'A' | 4:27.66 | 2 | 10 |
| 1) Anderson, Breyer 10 | 2) Engelmann, Brielle 12 | | |
| 3) Berkland, Hayden 09 | 4) Peterson, Nora 10 | | |
| 2 Sioux Ctrl, SR 'A' | 4:38.90 | 2 | 8 |
| 1) Madsen, Marley 09 | 2) Orenday, Vivi 10 | | |
| 3) Wilkinson, Quinn 09 | 4) Geisinger, Evelyn 10 | | |
| 3 Ridge View 'A' | 4:40.32 | 2 | 6 |
| 1) Shepherd, Tatum 11 | 2) Dutler, Shae 11 | | |
| 3) Tesch, Addison 09 | 4) Stowater, Madison 11 | | |
| 4 Cherokee, Wash 'A' | 4:41.01 | 2 | 5 |
| 1) Hyndman, Kalexis 09 | 2) Benson, McKenna 10 | | |
| 3) Woodall, Grace 09 | 4) Courtright, Megan 11 | | |
| 5 W Monona 'A' | 4:44.39 | 2 | 4 |
| 1) Pittet, Ashlee 09 | 2) Lucas, Savannah 10 | | |
| 3) Beck, Devyn 11 | 4) Struble, Jalyyn 11 | | |
| 6 River Valley 'A' | 4:48.27 | 2 | 3 |
| 1) Jacobson, Jacy 10 | 2) Goettsch, Alaina 10 | | |
| 3) Thomas, Maddie 12 | 4) Schlenger, Natalie 09 | | |
| 7 South O'Brien 'A' | 4:50.83 | 1 | 2 |
| 1) Conley, Taja 12 | 2) Conley, Takara 12 | | |
| 3) Halverson, Avery 09 | 4) Strubbe, Camryn 09 | | |
| 8 East Sac County 'A' | 4:51.99 | 2 | 1 |
| 1) Carroll, Jordin 09 | 2) Meister, Madison 09 | | |
| 3) Aschinger, Jen 11 | 4) Bontrager, Mary 12 | | |
| 9 Lawton-Bronson 'A' | 4:54.43 | 2 | |
| 1) Smith, Gwen 12 | 2) Newton, Kaylynne 09 | | |
| 3) Clausen, Kaylee 12 | 4) Olmstead, Kennidy 12 | | |
| 10 Westwood, Sloan 'A' | 4:56.29 | 1 | |
| 1) Drees, Cate 09 | 2) Johnston, Jersey 09 | | |
| 3) Lewis, Grace 09 | 4) Haveman, Lela 10 | | |
| 11 Mvaocou 'A' | 5:09.86 | 1 | |
| 1) Schaffer, Jasmine 11 | 2) Schumaker, Sophia 11 | | |
| 3) Beeson, Olivia 10 | 4) Stout, Riven 09 | | |

Event 38 Boys 4x400 Meter Relay

| School | Finals | H# | Points |
|----------------------|-----------------------|----|--------|
| 1 Lawton-Bronson 'A' | 3:37.05 | 2 | 10 |
| 1) Teager, Evan 10 | 2) Clausen, Connor 09 | | |
| 3) Smith, Domenik 10 | 4) Moseman, Theo 12 | | |

2023 Ridge View Relays - 4/4/2023**Ridge View High School****Results - Ridge View Relays****....Event 38 Boys 4x400 Meter Relay**

| | | | |
|--------------------------------|---------|-------------------------|---|
| 2 Ridge View 'A' | 3:46.93 | 2 | 8 |
| 1) Wunschel, Kyler 12 | | 2) Price, Tracin 12 | |
| 3) Todd, Jack 10 | | 4) Jacobson, Clayton 10 | |
| 3 W Monona 'A' | 3:51.76 | 2 | 6 |
| 1) Sorensen, Micah 12 | | 2) Boynton, Jesse 12 | |
| 3) Russell, Grant 12 | | 4) Bellis, Laken 11 | |
| 4 Westwood, Sloan 'A' | 3:53.40 | 2 | 5 |
| 1) Topf, Carson 11 | | 2) McFarland, Josiah 10 | |
| 3) Gengler, Joseph 11 | | 4) Lewis, Frank 11 | |
| 5 Cherokee, Wash 'A' | 3:59.28 | 2 | 4 |
| 1) Hurd, Jacob 10 | | 2) Samsel, Colton 12 | |
| 3) Stowater, Logan 10 | | 4) Stowater, Landon 09 | |
| 6 Cherokee JV 'A' | 4:19.60 | 1 | 3 |
| 1) Lugar, Henry 10 | | 2) Lam, Issac 09 | |
| 3) Mizner-Fundermann, Cully 09 | | 4) Olguin, Gabe 12 | |
| 7 Siouxland Chr 'A' | 4:24.91 | 1 | 2 |
| 1) Claeys, Elijah 12 | | 2) Hsu, Christian 10 | |
| 3) Malcomson, Daniel 10 | | 4) Deurloo, Sam 11 | |
| 8 Ridge View JV 'A' | 4:31.57 | 2 | 1 |
| 1) Jacobson, Clayton 10 | | 2) Todd, Carter 09 | |
| 3) Jochims, Cole 09 | | 4) Cougill, Jacob 09 | |
| 9 Mvaocou 'A' | 4:42.20 | 1 | |
| 1) Factor, Brandon 09 | | 2) McCormick, Keaton 10 | |
| 3) Mesillas, Eduardo 10 | | 4) Hansen, Taylor 12 | |
| 10 LawtonBronson JV 'A' | 5:12.23 | 2 | |
| 1) Palomino, Giovanni 09 | | 2) Venegas, Javi 09 | |
| 3) Adams, Josh 09 | | 4) | |

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Women - Team Rankings - 19 Events Scored

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|---------------------|-----|-------------------|-----|
| 1) Ridge View | 135 | 2) Sioux Ctrl, SR | 112 |
| 3) Alta/Aurelia | 95 | 4) W Monona | 79 |
| 5) South O'Brien | 65 | 6) Cherokee, Wash | 62 |
| 6) Lawton-Bronson | 62 | 8) River Valley | 38 |
| 9) Westwood, Sloan | 34 | 10) MVAOCO | 29 |
| 11) East Sac County | 19 | 12) Siouxland Chr | 9 |
| 13) Ridge View JV | 1 | | |

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Men - Team Rankings - 19 Events Scored

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| | | | |
|--------------------|--------|----------------------|--------|
| 1) W Monona | 143 | 2) Ridge View | 136.50 |
| 3) Lawton-Bronson | 125.50 | 4) Cherokee, Wash | 113.50 |
| 5) Westwood, Sloan | 113 | 6) MVAOCO | 50 |
| 7) Siouxland Chr | 31 | 8) Cherokee JV | 12 |
| 9) Ridge View JV | 7.50 | 10) LawtonBronson JV | 7 |
| 11) River Valley | 1 | | |