

2023 Sheryl Maahs Relays - 4/18/2023**Spirit Lake, Iowa****Maahs Field****Results****Event 1 Boys High Jump**

| Name | Year | School | Finals | Points |
|--------------------|------|----------------|----------|--------|
| Finals | | | | |
| 1 Stecker, Dylan | 10 | Spirit Lake | 6-02.00 | 10 |
| 2 Maina, Byron | 10 | Emmetsburg | J6-02.00 | 8 |
| 3 Turner, Trevor | 12 | Storm Lake | J5-10.00 | 6 |
| 4 Omdahl, Caleb | 12 | Algona | J5-10.00 | 4 |
| 5 Graves, Elijah | 09 | Okoboji | J5-10.00 | 2 |
| 6 Timmer, Dylan | 09 | Spencer | 5-08.00 | 1 |
| 7 Manske, Alex | 10 | Algona | J5-08.00 | |
| 8 Lundt, Caden | 10 | Spirit Lake JV | 5-06.00 | |
| 9 McCaffery, Merek | 10 | Spirit Lake | 5-02.00 | |

Event 2 Girls High Jump

| Name | Year | School | Finals | Points |
|--------------------------|------|------------------|----------|--------|
| 1 Chanthapangna, Melanie | 09 | Storm Lake | 5-01.00 | 10 |
| 2 Ehrig, Madison | 11 | Algona | 5-00.00 | 8 |
| 3 Anderson, Hailey | 11 | Storm Lake | 4-10.00 | 6 |
| 4 Heller, Jocelyn | 10 | Okoboji | 4-08.00 | 4 |
| 5 Riparetti, Drea | 12 | Graet-T/Ruth-Ayr | J4-08.00 | 2 |
| 6 Stuckey, Addison | 09 | Spencer | 4-06.00 | 1 |
| 7 Keenan, Reese | 10 | Spirit Lake | 4-04.00 | |

Event 3 Boys Discus Throw

| Name | Year | School | Finals | H# | Points |
|-------------------------|------|----------------|--------|----|--------|
| 1 Cline, Kaleb | 12 | Spencer | 139-04 | 2 | 10 |
| 2 Duvall, Logan | 12 | Okoboji | 130-07 | 2 | 8 |
| 3 Nevitt, Max | 09 | Algona | 125-07 | 2 | 6 |
| 4 Patel, Shriji | 11 | Algona | 120-08 | 2 | 4 |
| 5 Ostovic, Isaac | 10 | Spirit Lake | 115-00 | 1 | 2 |
| 6 Peters, Calan | 09 | Okoboji | 113-08 | 1 | 1 |
| 7 Brown, Liam | 10 | Estherville-LC | 110-00 | 2 | |
| 8 Hellickson, Jacob | 09 | Spirit Lake | 102-11 | 1 | |
| 9 Christensen, Jess | 12 | Estherville-LC | 102-07 | 2 | |
| 10 Clinkenbeard, Kaine | 10 | Spirit Lake JV | 101-04 | 1 | |
| 11 Reinholdt, Tanner | 10 | Emmetsburg | 100-00 | 1 | |
| 12 Cantrall, Cole | 10 | Spencer | 97-09 | 2 | |
| 13 Hawkins, Sam | 10 | Spirit Lake JV | 90-11 | 1 | |
| 14 Law, Sean | 12 | Emmetsburg | 89-03 | 1 | |
| 15 Lichtenberg, Marques | 11 | Storm Lake | 82-11 | 1 | |

Event 4 Girls Discus Throw

| Name | Year | School | Finals | H# | Points |
|----------------------|------|----------------|--------|----|--------|
| 1 Travis, Fran | 11 | Spirit Lake | 120-03 | 2 | 10 |
| 2 Heisinger, Elliana | 12 | Spencer | 110-10 | 2 | 8 |
| 3 Ruschy, Hillary | 10 | Estherville-LC | 99-05 | 2 | 6 |
| 4 Rosacker, Kaylee | 11 | Spencer | 98-06 | 2 | 4 |
| 5 Buscher, Kayla | 10 | Algona | 94-09 | 1 | 2 |

2023 Sheryl Maahs Relays - 4/18/2023**Spirit Lake, Iowa****Maahs Field****Results****....Event 4 Girls Discus Throw**

| | | | | |
|--------------------|-------------------|-------|---|---|
| 6 Cantu, Ashley | 11 Algona | 91-05 | 1 | 1 |
| 7 Schmitz, Peyton | 10 Okoboji | 79-02 | 1 | |
| 8 Bodholdt, Abby | 09 Storm Lake | 77-03 | 2 | |
| 9 Hogrefe, Madelyn | 10 Storm Lake | 73-05 | 1 | |
| 10 Travis, Lauren | 09 Spirit Lake | 68-10 | 2 | |
| 11 Tuttle, Olivia | 12 Okoboji | 68-05 | 1 | |
| 12 Watts, Emma | 10 Spirit Lake JV | 62-07 | 1 | |

Event 5 Girls Long Jump

| Name | Year School | Finals | Points |
|-----------------------|----------------|----------|--------|
| 1 Harder, Mackenzie | 10 Storm Lake | 16-05.25 | 10 |
| 2 Henrickson, Emma | 12 Spirit Lake | 15-11.00 | 8 |
| 3 Sutherland, Shaylee | 10 Spencer | 14-09.75 | 6 |
| 4 Hamilton, Ivy | 12 Spencer | 14-05.00 | 4 |
| 5 Hagedorn, Grace | 10 Okoboji | 12-10.50 | 2 |
| 6 Graves, Emma | 11 Okoboji | 12-07.00 | 1 |
| 7 Casey, Sydney | 12 Algona | 12-05.50 | |
| 8 Fillingim, Hannah | 09 Algona | 12-04.50 | |

Event 6 Boys Long Jump

| Name | Year School | Finals | H# | Points |
|------------------------|-------------------|----------|----|--------|
| 1 Sandman, Logan | 11 Spirit Lake | 20-02.75 | 2 | 10 |
| 2 Schlachter, Ethan | 12 Okoboji | 20-00.00 | 2 | 8 |
| 3 Gomez-Banchs, Carlos | 12 Algona | 19-11.75 | 2 | 6 |
| 4 Zweibahmer, Kaden | 12 Okoboji | 19-08.25 | 2 | 4 |
| 5 Berends, Jack | 10 Spencer | 19-06.00 | 2 | 2 |
| 6 Swanson, Aiden | 11 Estherville-LC | 18-08.00 | 2 | 1 |
| 7 Andres, Joey | 10 Spirit Lake JV | 18-06.75 | 1 | |
| 8 Weichert, William | 09 Algona | 18-00.00 | 2 | |
| 9 Graves, Will | 11 Spirit Lake JV | 17-06.75 | 1 | |
| 10 Orpen, Tate | 10 Spirit Lake | 16-09.00 | 1 | |
| 11 Duitsman, Bennett | 09 Estherville-LC | 16-07.25 | 1 | |
| 12 Dietrich, Bronson | 10 Emmetsburg | 16-03.25 | 1 | |
| 13 Tapia, Cesar | 09 Storm Lake | 13-10.00 | 1 | |

Event 7 Girls Shot Put

| Name | Year School | Finals | H# | Points |
|----------------------|-------------------|----------|----|--------|
| 1 Travis, Lauren | 09 Spirit Lake | 39-04.00 | 2 | 10 |
| 2 Ruschy, Hillary | 10 Estherville-LC | 37-02.50 | 2 | 8 |
| 3 Heisinger, Elliana | 12 Spencer | 36-02.50 | 2 | 6 |
| 4 Rosacker, Kaylee | 11 Spencer | 35-10.00 | 2 | 4 |
| 5 Travis, Fran | 11 Spirit Lake | 34-03.00 | 2 | 2 |
| 6 Cantu, Ashley | 11 Algona | 32-00.00 | 1 | 1 |
| 7 Buscher, Kayla | 10 Algona | 30-05.00 | 2 | |
| 8 Schmitz, Peyton | 10 Okoboji | 29-05.50 | 1 | |
| 9 Hogrefe, Madelyn | 10 Storm Lake | 28-03.00 | 1 | |
| 10 Bodholdt, Abby | 09 Storm Lake | 26-03.50 | 1 | |
| 11 Watts, Emma | 10 Spirit Lake JV | 25-07.00 | 1 | |

2023 Sheryl Maahs Relays - 4/18/2023**Spirit Lake, Iowa****Maahs Field****Results****....Event 7 Girls Shot Put**

| | | | |
|-------------------|------------|----------|---|
| 12 Tuttle, Olivia | 12 Okoboji | 23-05.50 | 1 |
|-------------------|------------|----------|---|

Event 8 Boys Shot Put

| Name | Year School | Finals | H# | Points |
|------------------------|-------------------|----------|----|--------|
| 1 Cline, Kaleb | 12 Spencer | 46-02.50 | 2 | 10 |
| 2 Nevitt, Max | 09 Algona | 45-07.00 | 2 | 8 |
| 3 Limbaugh, Jack | 10 Algona | 45-03.50 | 2 | 6 |
| 4 Pond, Alan | 12 Storm Lake | 43-01.50 | 2 | 4 |
| 5 Theesfeld, Nolan | 09 Spirit Lake | 40-10.50 | 2 | 2 |
| 6 Cantrall, Cole | 10 Spencer | 38-07.50 | 2 | 1 |
| 7 Duvall, Logan | 12 Okoboji | 37-11.50 | 1 | |
| 8 Carlson, Ethan | 10 Spirit Lake | 37-11.00 | 2 | |
| 9 Brown, Liam | 10 Estherville-LC | 37-09.00 | 2 | |
| -- Ostovic, Isaac | 10 Spirit Lake JV | ND | 1 | |
| -- Clinkenbeard, Kaine | 10 Spirit Lake JV | ND | 1 | |
| -- Reinholdt, Tanner | 10 Emmetsburg | ND | 1 | |
| -- Hamerlink, Keegan | 10 Emmetsburg | ND | 1 | |
| -- Christensen, Jess | 12 Estherville-LC | ND | 1 | |
| -- Bodholdt, Ty | 11 Storm Lake | ND | 1 | |
| -- Peters, Calan | 09 Okoboji | ND | 1 | |

Event 9 Girls 3000 Meter Run

| Name | Year School | Finals | Points |
|--------------------|----------------|----------|--------|
| 1 Knapp, Moriah | 12 Algona | 10:53.74 | 10 |
| 2 Krieger, Katelyn | 12 Spirit Lake | 11:10.21 | 8 |
| 3 Morey, Peyton | 10 Spencer | 11:33.70 | 6 |
| 4 Wyman, Addison | 10 Spencer | 13:24.21 | 4 |
| 5 Gravert, Hailey | 09 Okoboji | 13:55.90 | 2 |
| 6 Frerichs, Adison | 11 Okoboji | 14:06.42 | 1 |

Event 10 Boys 4x200 Meter Relay

| School | Finals | Points |
|--|---------|--------|
| 1 Spencer 'A' 1) Tigges, Reid 12 3) Carrillo, Adrian 11 | 1:33.79 | 10 |
| 2 Spirit Lake 'A' 1) Sandman, Logan 11 3) Winkel, Cooper 10 | 1:35.01 | 8 |
| 3 Algona 'A' 1) Erpelding, Jayden 11 3) Ulfers, Lamorn 12 | 1:35.49 | 6 |
| 4 Okoboji 'A' 1) Jutting, Domenic 10 3) Schlachter, Ethan 12 | 1:36.48 | 4 |
| 5 Estherville-LC 'A' 1) Leonard, Ryan 11 3) Shatto, Kale 10 | 1:39.24 | 2 |
| 6 Emmetsburg 'A' 2) Erdman, Blaine 09 4) Berends, Jack 10 | 1:40.83 | 1 |
| 2) Wajda, Jack 12 4) Orpen, Tate 10 | | |
| 2) Weichert, William 09 4) Larsen, Devin 10 | | |
| 2) Salmon, Joe 11 4) Wright, Tallin 10 | | |
| 2) Cohrs, Collin 12 4) Swanson, Aiden 11 | | |

2023 Sheryl Maahs Relays - 4/18/2023**Spirit Lake, Iowa****Maahs Field****Results****....Event 10 Boys 4x200 Meter Relay**

| | |
|-------------------------|-------------------------|
| 1) Fiene, JJ 10 | 2) Dietrich, Bronson 10 |
| 3) Maina, Byron 10 | 4) Ort, Quentin 12 |
| 7 Storm Lake 'A' | 1:42.81 |
| 1) Azurdia, Brandyn 09 | 2) Guynn, Justin 11 |
| 3) Chaiyawong, Sitah 09 | 4) Dykes, Dwaune 11 |
| 8 Spirit Lake JV 'A' | 1:45.65 |
| 1) Sexton, Terry 10 | 2) Henrickson, Sam 10 |
| 3) Barthman, Max 09 | 4) Hagedorn, Kyler 09 |

Event 11 Girls 4x200 Meter Relay

| School | Finals | Points |
|------------------------|------------------------|--------|
| 1 Spencer 'A' | 1:47.73 | 10 |
| 1) Merchant, Jerra 12 | 2) Vail, Tyriana 11 | |
| 3) Piercy, Jada 12 | 4) Amendt, Erika 12 | |
| 2 Okoboji 'A' | 1:50.21 | 8 |
| 1) Jorgensen, Ellsa 12 | 2) Allen, Krishauna 10 | |
| 3) Wells, Miley 09 | 4) Holmes, Zoey 11 | |
| 3 Algona 'A' | 1:53.39 | 6 |
| 1) Henry, Ava 12 | 2) Lawson, Ella 12 | |
| 3) Burns, Kaitlyn 10 | 4) Johnson, Natalie 09 | |
| 4 Spirit Lake 'A' | 1:54.14 | 4 |
| 1) Duvall, Gelena 09 | 2) Henrickson, Emma 12 | |
| 3) DeWild, Faith 10 | 4) Keenan, Reese 10 | |
| 5 Graet-T/Ruth-Ayr 'A' | 1:59.92 | 2 |
| 1) Guinn, Trista 09 | 2) Hanson, Ally 12 | |
| 3) Thompson, Lilly 11 | 4) Murphy, Myla 12 | |
| 6 Estherville-LC 'A' | 2:03.07 | 1 |
| 1) Acosta, Darieliz 12 | 2) Astello, Aracely 10 | |
| 3) Smith, Julissa 10 | 4) Peaches, Keyana 12 | |
| 7 Storm Lake 'A' | 2:09.33 | |
| 1) Soe, Ehhsermular 11 | 2) Lopez, Alexa 09 | |
| 3) Phiakhamta, Rose 12 | 4) Solem, Natasha 11 | |

Event 12 Boys 3200 Meter Run

| Name | Year School | Finals | Points |
|-----------------------|-------------------|----------|--------|
| 1 Hughes, Brandon | 10 Spirit Lake | 10:26.09 | 10 |
| 2 VandenBerg, Damon | 12 Spirit Lake | 10:30.49 | 8 |
| 3 Ramirez-Parra, Joel | 09 Storm Lake | 10:41.56 | 6 |
| 4 Stundahl, Ryan | 12 Algona | 10:41.59 | 4 |
| 5 Duitsman, Parker | 11 Estherville-LC | 10:56.30 | 2 |
| 6 Larson, Lane | 10 Okoboji | 11:02.52 | 1 |
| 7 Goeken, Noah | 12 Spencer | 11:46.97 | |
| 8 Lucas, Brenden | 11 Algona | 11:49.40 | |
| 9 Fisher, Luke | 11 Spencer | 11:51.98 | |

Event 13 Boys 4x110 Meter Shuttle Hurdle

| School | Finals | H# | Points |
|-------------------|---------|----|--------|
| 1 Spirit Lake 'A' | 1:02.21 | 3 | 10 |

2023 Sheryl Maahs Relays - 4/18/2023**Spirit Lake, Iowa****Maahs Field****Results****....Event 13 Boys 4x110 Meter Shuttle Hurdle**

| | | | |
|-------------------------|-------------------------------|----------|-----|
| 1) Alger, Drew 12 | 2) Stecker, Ethan 10 | | |
| 3) Winkel, Cooper 10 | 4) Cornwall, Jake 12 | | |
| 2 Emmetsburg 'A' | | 1:04.36 | 3 8 |
| 1) Madden, Cameron 10 | 2) Brennan, Ryan 12 | | |
| 3) Householder, Owen 09 | 4) Shirk, Cade 12 | | |
| 3 Spencer 'A' | | 1:05.11 | 3 6 |
| 1) Johnson, Weston 11 | 2) Pitts, Preston 10 | | |
| 3) Hinkeldey, Sam 10 | 4) Timmer, Dylan 09 | | |
| 4 Estherville-LC 'A' | | 1:09.77 | 3 4 |
| 1) Swanson, Aiden 11 | 2) Hoyer, Tate 11 | | |
| 3) Duitsman, Bennett 09 | 4) Camberos Barajas, Yahir 11 | | |
| 5 Okobojo 'A' | | 1:10.57 | 2 2 |
| 1) Graves, Elijah 09 | 2) Simington, Avery 09 | | |
| 3) Duvall, Landon 10 | 4) Simington, Caleb 10 | | |
| 6 Algona 'A' | | 1:21.79 | 2 1 |
| 1) Bradford, Ethan 10 | 2) Roberts, Colin 09 | | |
| 3) Riggert, Rylee 10 | 4) Wolf, Rylee 10 | | |
| -- Spirit Lake JV 'A' | | X1:10.40 | 2 |
| 1) Leinbaugh, Simon 11 | 2) Lundt, Caden 10 | | |
| 3) Barthman, Max 09 | 4) Profit, Tommy 12 | | |
| -- Spencer 'B' | | X1:13.14 | 1 |
| -- Spirit Lake JV 'B' | | X1:19.70 | 1 |
| -- Okobojo 'B' | | X1:21.26 | 1 |
| -- Algona 'B' | | X1:22.16 | 1 |

Event 14 Girls 4x100 Meter Shuttle Hurdle

| School | Finals | H# | Points |
|----------------------------|---------------------------|----|--------|
| 1 Spencer 'A' | 1:08.62 | 2 | 10 |
| 1) Stave, Corinne 12 | 2) Hopkins, Sydnee 09 | | |
| 3) Hamilton, Ivy 12 | 4) Merchant, Jerra 12 | | |
| 2 Algona 'A' | 1:14.38 | 2 | 8 |
| 1) Burns, Jillian 09 | 2) Casey, Allison 12 | | |
| 3) Miller, Alyssa 09 | 4) Waldera, Ashlyn 11 | | |
| 3 Okobojo 'A' | 1:15.23 | 2 | 6 |
| 1) Helmers, Makenna 12 | 2) Gerdes, Haley 09 | | |
| 3) Rabel, Harper 10 | 4) Bunde, Lydia 11 | | |
| 4 Spirit Lake 'A' | 1:20.28 | 1 | 4 |
| 1) Pritchard, Charlotte 11 | 2) Duvall, Gelena 09 | | |
| 3) Bolluyt, Ellie 09 | 4) Lundt, Reese 09 | | |
| 5 Storm Lake 'A' | 1:24.75 | 1 | 2 |
| 1) Dahlhauser, Lillian 11 | 2) Snyder, Eva 09 | | |
| 3) Tut, Nyamal 09 | 4) Gutierrez, Jennifer 10 | | |
| -- Okobojo 'B' | XDQ | 1 | |

Event 15 Girls 100 Meter Dash

| Name | Year School | Finals | H# | Points |
|-------------------------|---------------------|--------|----|--------|
| 1 Kauffman, Mackenzie | 12 Spirit Lake | 13.04 | 2 | 10 |
| 2 Jorgensen, Ellsa | 12 Okobojo | 13.24 | 2 | 8 |
| 3 Murphy, Myla | 12 Graet-T/Ruth-Ayr | 13.35 | 2 | 6 |
| 4 Christoffer, Abreiana | 12 Estherville-LC | 13.48 | 2 | 4 |

2023 Sheryl Maahs Relays - 4/18/2023**Spirit Lake, Iowa****Maahs Field****Results****....Event 15 Girls 100 Meter Dash**

| | | | | | | |
|----|-------------------|----|------------------|-------|---|---|
| 5 | Dunlavy, Tatum | 11 | Estherville-LC | 13.51 | 2 | 2 |
| 6 | Koenig, Khia | 10 | Spencer | 13.71 | 2 | 1 |
| 7 | Hopkins, Sydnee | 09 | Spencer | 13.74 | 2 | |
| 8 | Johnson, Natalie | 09 | Algona | 14.02 | 1 | |
| 9 | Bruinsma, Maggie | 09 | Spirit Lake | 14.17 | 1 | |
| 10 | DeHaan, Avery | 09 | Storm Lake | 14.42 | 2 | |
| 11 | McCoy, Zoe | 09 | Storm Lake | 14.55 | 1 | |
| 12 | Menken, Makenzie | 11 | Okoboji | 14.60 | 1 | |
| 13 | Guinn, Trista | 09 | Graet-T/Ruth-Ayr | 14.63 | 1 | |
| 14 | VanGorkom, Danica | 11 | Algona | 15.57 | 1 | |

Event 16 Boys 100 Meter Dash

| Name | Year | School | Finals | H# | Points | |
|------|----------------------|--------|------------------|-------|--------|----|
| 1 | Toews, Carter | 12 | Spirit Lake | 11.16 | 3 | 10 |
| 2 | Shirk, Cade | 12 | Emmetsburg | 11.71 | 3 | 8 |
| 3 | Salmon, Joe | 11 | Okoboji | 11.74 | 3 | 6 |
| 4 | Sandman, Logan | 11 | Spirit Lake | 11.85 | 3 | 4 |
| 5 | Carrillo, Adrian | 11 | Spencer | 11.99 | 3 | 2 |
| 6 | Brennan, Ryan | 12 | Emmetsburg | 12.02 | 3 | 1 |
| 7 | Ulfers, Lamorn | 12 | Algona | 12.11 | 3 | |
| 8 | Gomez-Banchs, Carlos | 12 | Algona | 12.24 | 3 | |
| 9 | Hough, Max | 12 | Graet-T/Ruth-Ayr | 12.54 | 2 | |
| 10 | Guynn, Justin | 11 | Storm Lake | 12.55 | 2 | |
| 11 | Zweibahmer, Kaden | 12 | Okoboji | 12.59 | 2 | |
| 12 | Azurdia, Brandyn | 09 | Storm Lake | 12.97 | 2 | |
| 13 | Peta, Dylan | 10 | Estherville-LC | 13.07 | 1 | |
| 14 | Johnson, Braxton | 09 | Estherville-LC | 13.18 | 1 | |
| 15 | Barthman, Max | 09 | Spirit Lake JV | 13.29 | 2 | |
| 16 | Hagedorn, Kyler | 09 | Spirit Lake JV | 13.41 | 2 | |
| 17 | Kluver, Colton | 12 | Graet-T/Ruth-Ayr | 13.68 | 1 | |

Event 17 Girls Distance Medley

| School | Finals | Points |
|--------|----------------------------|------------|
| 1 | Algona 'A' | 4:38.72 10 |
| | 1) Henry, Ava 12 | |
| | 2) Lawson, Ella 12 | |
| | 3) Casey, Allison 12 | |
| | 4) Knapp, Macy 09 | |
| 2 | Spirit Lake 'A' | 4:48.75 8 |
| | 1) Avery, Addison 11 | |
| | 2) Bolluyt, Ellie 09 | |
| | 3) DeWild, Faith 10 | |
| | 4) Pritchard, Charlotte 11 | |
| 3 | Spencer 'A' | 4:52.24 6 |
| | 1) Sutherland, Shaylee 10 | |
| | 2) Koenig, Khia 10 | |
| | 3) Christensen, Jasmyn 09 | |
| | 4) Schoelerman, Adalyn 11 | |
| 4 | Storm Lake 'A' | 4:54.88 4 |
| | 1) Anderson, Hailey 11 | |
| | 2) Bodholdt, Abby 09 | |
| | 3) Kenkel, Grace 09 | |
| | 4) Dahlhauser, Lillian 11 | |
| 5 | Graet-T/Ruth-Ayr 'A' | 5:22.93 2 |
| | 1) Anderson, Isabella 09 | |
| | 2) Cook, Colleen 09 | |
| | 3) Anderson, Olivia 09 | |
| | 4) Fay, Madisen 11 | |
| 6 | Okoboji 'A' | 5:25.78 1 |
| | 1) DeRuyter, Ella 09 | |
| | 2) Graves, Emma 11 | |

2023 Sheryl Maahs Relays - 4/18/2023**Spirit Lake, Iowa****Maahs Field****Results****....Event 17 Girls Distance Medley**

3) Johnson, Addison 10

4) Danbom, Nora 09

Event 18 Girls 400 Meter Dash

| Name | Year | School | Finals | H# | Points |
|--------------------|------|----------------|---------|----|--------|
| 1 Yak, Nyalang | 11 | Storm Lake | 1:04.20 | 2 | 10 |
| 2 Clabaugh, Morgan | 09 | Estherville-LC | 1:08.93 | 2 | 8 |
| 3 Jansen, Jordan | 09 | Algona | 1:09.21 | 1 | 6 |
| 4 Olaiz, Anahi | 09 | Storm Lake | 1:09.33 | 1 | 4 |
| 5 Haldin, Braylee | 10 | Spencer | 1:09.75 | 2 | 2 |
| 6 Morey, Peyton | 10 | Spencer | 1:09.93 | 2 | 1 |
| 7 Beal, Nevaeh | 11 | Okobojo | 1:10.10 | 2 | |
| 8 Jablonski, Ayden | 09 | Okobojo | 1:10.40 | 2 | |
| 9 Helmich, Ava | 10 | Estherville-LC | 1:11.60 | 1 | |

Event 19 Boys 400 Meter Dash

| Name | Year | School | Finals | H# | Points |
|----------------------|------|------------------|----------|----|--------|
| 1 Timmer, Gavin | 12 | Spencer | 51.24 | 2 | 10 |
| 2 Moreno, Ashton | 10 | Algona | 53.20 | 2 | 8 |
| 3 Hesse, Christian | 12 | Okobojo | 53.31 | 2 | 6 |
| 4 White, Tate | 10 | Estherville-LC | 53.55 | 2 | 4 |
| 5 Walz, Wesley | 09 | Spirit Lake | 55.21 | 2 | 2 |
| 6 Hamm, Justyn | 12 | Spirit Lake | 56.31 | 2 | 1 |
| 7 Martin, Will | 12 | Estherville-LC | 57.83 | 2 | |
| 8 Soukkee, Nathan | 12 | Storm Lake | 58.28 | 1 | |
| 9 Ricklefs, Joesph | 11 | Algona | 58.60 | 2 | |
| 10 Miller, August | 10 | Okobojo | 1:00.21 | 1 | |
| 11 Tapia, Cesar | 09 | Storm Lake | 1:03.45 | 1 | |
| 12 Dahna, Scott | 11 | Graet-T/Ruth-Ayr | 1:04.12 | 1 | |
| 13 Frederick, Robert | 10 | Emmetsburg | 1:15.35 | 1 | |
| 14 Elbert, Riley | 09 | Emmetsburg | 1:19.26 | 1 | |
| -- Fechter, Eric | 11 | Spirit Lake JV | X1:01.40 | 1 | |

Event 20 Girls 4x200 Meter Relay Junior Varsi

| School | Finals |
|----------------------|---------|
| 1 Okobojo 'A' | 2:04.40 |
| 2 Algona 'A' | 2:07.35 |
| 3 Spencer 'A' | 2:08.46 |
| 4 Estherville-LC 'A' | 2:09.90 |

Event 21 Boys 4x200 Meter Relay Junior Varsi

| School | Finals |
|----------------------|---------|
| 1 Algona 'A' | 1:41.50 |
| 2 Spencer 'A' | 1:41.89 |
| 3 Emmetsburg 'A' | 1:42.51 |
| 4 Okobojo 'A' | 1:44.31 |
| 5 Estherville-LC 'A' | 1:46.29 |

2023 Sheryl Maahs Relays - 4/18/2023**Spirit Lake, Iowa****Maahs Field****Results****....Event 21 Boys 4x200 Meter Relay Junior Varsi**

| | |
|------------------------|---------|
| 6 Spirit Lake JV 'A' | 1:47.85 |
| 7 Storm Lake 'A' | 1:52.78 |
| 8 Graet-T/Ruth-Ayr 'A' | 1:53.56 |

Event 22 Girls 100 Meter Hurdles

| Name | Year | School | Finals | H# | Points |
|-------------------------|------|----------------|--------|----|--------|
| 1 Christoffer, Abreiana | 12 | Estherville-LC | 16.41 | 2 | 10 |
| 2 Helmers, Makenna | 12 | Okoboji | 17.11 | 2 | 8 |
| 3 Schiltz, Cara | 10 | Estherville-LC | 17.78 | 2 | 6 |
| 4 Stave, Corinne | 12 | Spencer | 17.92 | 2 | 4 |
| 5 Keenan, Reese | 10 | Spirit Lake | 17.95 | 2 | 2 |
| 6 Waldera, Ashlyn | 11 | Algona | 18.09 | 2 | 1 |
| 7 Hopkins, Sydnee | 09 | Spencer | 18.53 | 2 | |
| 8 Burns, Jillian | 09 | Algona | 18.89 | 2 | |
| 9 Gutierrez, Jennifer | 10 | Storm Lake | 19.26 | 1 | |
| 10 Lundt, Reese | 09 | Spirit Lake | 20.22 | 1 | |
| 11 Rabel, Harper | 10 | Okoboji | 20.84 | 1 | |
| 12 Tut, Nyamal | 09 | Storm Lake | 22.15 | 1 | |

Event 23 Boys 110 Meter Hurdles

| Name | Year | School | Finals | H# | Points |
|---------------------|------|----------------|--------|----|--------|
| 1 Toews, Carter | 12 | Spirit Lake | 15.17 | 2 | 10 |
| 2 Stecker, Ethan | 10 | Spirit Lake | 15.71 | 2 | 8 |
| 3 Johnson, Weston | 11 | Spencer | 16.02 | 2 | 6 |
| 4 Shirk, Cade | 12 | Emmetsburg | 16.17 | 2 | 4 |
| 5 Hinkeldey, Sam | 10 | Spencer | 16.32 | 2 | 2 |
| 6 Madden, Cameron | 10 | Emmetsburg | 16.41 | 2 | 1 |
| 7 Graves, Elijah | 09 | Okoboji | 17.31 | 2 | |
| 8 Leinbaugh, Simon | 11 | Spirit Lake JV | 18.04 | 1 | |
| 9 Lundt, Caden | 10 | Spirit Lake JV | 18.57 | 1 | |
| 10 Simington, Avery | 09 | Okoboji | 18.85 | 1 | |

Event 24 Boys 1600 Meter Run

| Name | Year | School | Finals | Points |
|-----------------------|------|----------------|---------|--------|
| 1 Osler, Evan | 10 | Okoboji | 4:44.53 | 10 |
| 2 Heimdahl, Trigg | 10 | Okoboji | 4:46.34 | 8 |
| 3 Duitsman, Parker | 11 | Estherville-LC | 4:54.16 | 6 |
| 4 Hughes, Brandon | 10 | Spirit Lake | 4:59.53 | 4 |
| 5 Stundahl, Ryan | 12 | Algona | 5:03.53 | 2 |
| 6 Ramirez-Parra, Joel | 09 | Storm Lake | 5:03.53 | 1 |
| 7 Fullhart, Noah | 09 | Spencer | 5:05.58 | |
| 8 Mortensen, Jace | 11 | Algona | 5:06.33 | |
| 9 Koppie, Rylei | 09 | Spencer | 5:11.61 | |
| 10 Duitsman, Warren | 09 | Estherville-LC | 5:17.53 | |
| 11 Sorenson, Riley | 11 | Spirit Lake JV | 5:20.91 | |
| 12 Frangenberg, Nick | 09 | Spirit Lake | 5:23.99 | |
| 13 Tut, Tut Top | 10 | Storm Lake | 6:14.28 | |
| 14 Frederick, Robert | 10 | Emmetsburg | 7:00.10 | |

2023 Sheryl Maahs Relays - 4/18/2023**Spirit Lake, Iowa****Maahs Field****Results****Event 25 Girls 800 Meter Run**

| Name | Year | School | Finals | Points |
|----------------------|------|------------------|---------|--------|
| 1 Knapp, Macy | 09 | Algona | 2:35.77 | 10 |
| 2 Kenkel, Grace | 09 | Storm Lake | 2:37.05 | 8 |
| 3 Yak, Nyalang | 11 | Storm Lake | 2:39.86 | 6 |
| 4 Palmer, Alexandria | 09 | Spencer | 2:40.22 | 4 |
| 5 Morey, Emma | 12 | Spencer | 2:41.27 | 2 |
| 6 McLaughlin, Lauren | 10 | Algona | 2:44.14 | 1 |
| 7 Carstens, Carly | 12 | Okoboji | 2:52.20 | |
| 8 Miller, Lily | 11 | Okoboji | 2:56.03 | |
| 9 Fay, Madisen | 11 | Graet-T/Ruth-Ayr | 2:56.42 | |
| 10 Shatto, Suri | 09 | Estherville-LC | 3:14.22 | |

Event 26 Girls 200 Meter Dash

| Name | Year | School | Finals | H# | Points |
|-----------------------|------|------------------|--------|----|--------|
| 1 Harder, Mackenzie | 10 | Storm Lake | 26.52 | 2 | 10 |
| 2 Amendt, Erika | 12 | Spencer | 26.63 | 2 | 8 |
| 3 Allen, Krishauna | 10 | Okoboji | 26.94 | 2 | 6 |
| 4 Kauffman, Mackenzie | 12 | Spirit Lake | 27.05 | 2 | 4 |
| 5 Holmes, Zoey | 11 | Okoboji | 27.79 | 2 | 2 |
| 6 Piercy, Jada | 12 | Spencer | 27.84 | 2 | 1 |
| 7 Dunlavy, Tatum | 11 | Estherville-LC | 27.93 | 2 | |
| 8 Bruinsma, Maggie | 09 | Spirit Lake | 28.96 | 2 | |
| 9 Clabaugh, Morgan | 09 | Estherville-LC | 29.55 | 1 | |
| 10 Thompson, Lilly | 11 | Graet-T/Ruth-Ayr | 29.84 | 1 | |
| 11 McCoy, Zoe | 09 | Storm Lake | 30.01 | 1 | |
| 12 Herke, Aylee | 09 | Algona | 31.07 | 1 | |
| 13 Taylor, Reese | 09 | Algona | 31.59 | 1 | |

Event 27 Boys 200 Meter Dash

| Name | Year | School | Finals | H# | Points |
|------------------------|------|------------------|--------|----|--------|
| 1 Timmer, Gavin | 12 | Spencer | 22.87 | 3 | 10 |
| 2 Sehman, Tyler | 12 | Okoboji | 23.28 | 3 | 8 |
| 3 Leonard, Ryan | 11 | Estherville-LC | 23.56 | 3 | 6 |
| 4 Cornwall, Jake | 12 | Spirit Lake | 23.56 | 3 | 4 |
| 5 Santos, Jimmy | 12 | Okoboji | 23.85 | 3 | 2 |
| 6 Lauck, Tommy | 10 | Spencer | 24.31 | 2 | 1 |
| 7 Manske, Alex | 10 | Algona | 24.34 | 2 | |
| 8 Larsen, Devin | 10 | Algona | 24.46 | 3 | |
| 9 Guynn, Justin | 11 | Storm Lake | 24.80 | 2 | |
| 10 Andres, Joey | 10 | Spirit Lake | 24.89 | 3 | |
| 11 Ort, Quentin | 12 | Emmetsburg | 25.37 | 2 | |
| 12 Martin, Wes | 10 | Estherville-LC | 25.42 | 3 | |
| 13 Clinkenbeard, Brock | 09 | Spirit Lake JV | 25.57 | 2 | |
| 14 Turner, Trevor | 12 | Storm Lake | 25.83 | 2 | |
| 15 Schnell, Jaxson | 09 | Graet-T/Ruth-Ayr | 25.98 | 2 | |
| 16 Lalumendre, Owen | 11 | Spirit Lake JV | 26.81 | 1 | |
| 17 Hanson, Teagan | 09 | Graet-T/Ruth-Ayr | 30.49 | 1 | |
| 18 Elbert, Riley | 09 | Emmetsburg | 33.43 | 1 | |

2023 Sheryl Maahs Relays - 4/18/2023**Spirit Lake, Iowa****Maahs Field****Results****Event 28 Girls 400 Meter Hurdles**

| Name | Year | School | Finals | H# | Points |
|------------------------|------|----------------|---------|----|--------|
| 1 Merchant, Jerra | 12 | Spencer | 1:06.89 | 2 | 10 |
| 2 Pritchard, Charlotte | 11 | Spirit Lake | 1:13.28 | 2 | 8 |
| 3 Casey, Allison | 12 | Algona | 1:14.86 | 2 | 6 |
| 4 Yager, Rylee | 10 | Estherville-LC | 1:17.52 | 2 | 4 |
| 5 Schiltz, Cara | 10 | Estherville-LC | 1:18.87 | 2 | 2 |
| 6 Gutierrez, Jennifer | 10 | Storm Lake | 1:19.03 | 2 | 1 |
| 7 Jensen, Andi | 10 | Algona | 1:20.80 | 2 | |
| 8 Hamilton, Ivy | 12 | Spencer | 1:21.29 | 1 | |
| 9 Heller, Jocelyn | 10 | Okoboji | 1:22.99 | 1 | |

Event 29 Boys 400 Meter Hurdles

| Name | Year | School | Finals | H# | Points |
|----------------------|------|----------------|---------|----|--------|
| 1 Profit, Tommy | 12 | Spirit Lake | 57.39 | 2 | 10 |
| 2 Pitts, Preston | 10 | Spencer | 57.60 | 2 | 8 |
| 3 Sandven, Drew | 11 | Okoboji | 57.93 | 2 | 6 |
| 4 Omdahl, Caleb | 12 | Algona | 59.33 | 2 | 4 |
| 5 Stecker, Dylan | 10 | Spirit Lake | 1:00.78 | 2 | 2 |
| 6 Johnson, Weston | 11 | Spencer | 1:01.95 | 2 | 1 |
| 7 Graves, Elijah | 09 | Okoboji | 1:04.56 | 2 | |
| 8 Dietrich, Bronson | 10 | Emmetsburg | 1:05.69 | 1 | |
| 9 Riggert, Ryley | 10 | Algona | 1:06.23 | 1 | |
| 10 Keyanye, Bachi | 11 | Storm Lake | 1:06.27 | 1 | |
| 11 Yager, Layton | 09 | Estherville-LC | 1:10.87 | 1 | |
| 12 Duitsman, Bennett | 09 | Estherville-LC | 1:11.00 | 2 | |

Event 30 Boys Distance Medley

| School | Finals | Points |
|---------------------------|----------|--------|
| 1 Spirit Lake 'A' | 3:35.94 | 10 |
| 1) Toews, Carter 12 | | |
| 2) Cornwall, Jake 12 | | |
| 3) Hussey, Qamerin 11 | | |
| 4) Sundall, Ryder 11 | | |
| 2 Algona 'A' | 3:43.03 | 8 |
| 1) Reffer, Porter 11 | | |
| 2) Larsen, Devin 10 | | |
| 3) Allie, Evan 09 | | |
| 4) Weber, Caden 12 | | |
| 3 Okoboji 'A' | 3:43.50 | 6 |
| 1) Sehman, Tyler 12 | | |
| 2) Santos, Jimmy 12 | | |
| 3) Jones, Dylan 12 | | |
| 4) Osler, Evan 10 | | |
| 4 Graet-T/Ruth-Ayr 'A' | 3:58.10 | 4 |
| 1) Hough, Max 12 | | |
| 2) Kral, Andrew 12 | | |
| 3) Schnell, Drew 12 | | |
| 4) Egertson, Aiden 12 | | |
| 5 Spencer 'A' | 3:58.80 | 2 |
| 1) Timmer, Dylan 09 | | |
| 2) Lauck, Tommy 10 | | |
| 3) Elser, Lucas 10 | | |
| 4) Krogman, Carson 10 | | |
| 6 Estherville-LC 'A' | 4:16.14 | 1 |
| 1) Harris, Boston 09 | | |
| 2) Thelen, Dustin 10 | | |
| 3) Castillo, Alexis 10 | | |
| 4) Matheson, Conner 09 | | |
| -- Spirit Lake JV 'A' | X4:34.60 | |
| 1) Clinkenbeard, Brock 09 | | |
| 2) Jones, Lerril 10 | | |
| 3) Graves, Will 11 | | |
| 4) Neis, Michael 10 | | |

2023 Sheryl Maahs Relays - 4/18/2023**Spirit Lake, Iowa****Maahs Field****Results****Event 31 Girls 800 Sprint Medley**

| School | Finals | Points |
|-----------------------------|-------------------------|--------|
| 1 Spencer 'A' | 1:52.90 | 10 |
| 1) Vail, Tyriana 11 | 2) Piercy, Jada 12 | |
| 3) Merchant, Jerra 12 | 4) Amendt, Erika 12 | |
| 2 Okoboji 'A' | 1:53.25 | 8 |
| 1) Jorgensen, Ellsa 12 | 2) Wells, Miley 09 | |
| 3) Allen, Krishauna 10 | 4) Holmes, Zoey 11 | |
| 3 Storm Lake 'A' | 1:57.81 | 6 |
| 1) McCoy, Zoe 09 | 2) DeHaan, Avery 09 | |
| 3) Yak, Nyalang 11 | 4) Harder, Mackenzie 10 | |
| 4 Spirit Lake 'A' | 1:58.89 | 4 |
| 1) Henrickson, Emma 12 | 2) Avery, Addison 11 | |
| 3) Kauffman, Mackenzie 12 | 4) Bruinsma, Maggie 09 | |
| 5 Estherville-LC 'A' | 1:59.65 | 2 |
| 1) Christoffer, Abreiana 12 | 2) Schiltz, Cara 10 | |
| 3) Yager, Rylee 10 | 4) Dunlavy, Tatum 11 | |
| 6 Algona 'A' | 2:11.71 | 1 |
| 1) Waldera, Ashlyn 11 | 2) Herke, Aylee 09 | |
| 3) VanGorkom, Danica 11 | 4) Taylor, Reese 09 | |
| 7 Graet-T/Ruth-Ayr 'A' | 2:13.20 | |
| 1) Guinn, Trista 09 | 2) Swedin, Natalie 11 | |
| 3) Thompson, Lilly 11 | 4) Fay, Madisen 11 | |
| -- Spencer 'B' | X2:13.70 | |

Event 32 Girls 1500 Meter Run

| Name | Year School | Finals | Points |
|-----------------------|-------------------|---------|--------|
| 1 Knapp, Moriah | 12 Algona | 5:02.77 | 10 |
| 2 Krieger, Katelyn | 12 Spirit Lake | 5:03.23 | 8 |
| 3 Morey, Peyton | 10 Spencer | 5:26.79 | 6 |
| 4 Davis, Malyn | 10 Algona | 5:50.32 | 4 |
| 5 Dahlhauser, Lillian | 11 Storm Lake | 5:56.37 | 2 |
| 6 Gravert, Hailey | 09 Okoboji | 6:13.19 | 1 |
| 7 Wyman, Addison | 10 Spencer | 6:15.72 | |
| 8 Kampbell, Silvia | 09 Storm Lake | 6:18.63 | |
| 9 Ross, Quimby | 12 Estherville-LC | 7:19.89 | |
| 10 Myers, Katelyn | 12 Estherville-LC | 9:01.66 | |

Event 33 Boys 800 Meter Run

| Name | Year School | Finals | Points |
|---------------------|---------------------|---------|--------|
| 1 Weber, Gavin | 09 Algona | 2:05.94 | 10 |
| 2 Jones, Dylan | 12 Okoboji | 2:08.70 | 8 |
| 3 VandenBerg, Damon | 12 Spirit Lake | 2:09.36 | 6 |
| 4 Tello, Sergio | 10 Spencer | 2:09.84 | 4 |
| 5 Dirks, Dietrich | 10 Spirit Lake | 2:10.33 | 2 |
| 6 Egertson, Aiden | 12 Graet-T/Ruth-Ayr | 2:10.59 | 1 |
| 7 Munson, Van | 11 Spencer | 2:10.70 | |
| 8 Jostand, Akron | 11 Okoboji | 2:16.76 | |
| 9 Law, Kalen | 12 Emmetsburg | 2:24.28 | |
| 10 Hoffman, Collin | 11 Graet-T/Ruth-Ayr | 2:24.30 | |

2023 Sheryl Maahs Relays - 4/18/2023**Spirit Lake, Iowa****Maahs Field****Results****....Event 33 Boys 800 Meter Run**

| | | |
|---------------------------|-------------------|---------|
| 11 Jacuinde-Mellado, Raul | 09 Storm Lake | 2:26.59 |
| 12 Matheson, Conner | 09 Estherville-LC | 2:27.23 |
| 13 Ortega, Alexander | 09 Storm Lake | 2:33.83 |
| 14 Reinke, Isaac | 12 Estherville-LC | 2:42.28 |

Event 34 Girls 4x800 Meter Relay

| School | Finals | Points |
|--------------------------|--------------------------|--------|
| 1 Okoboji 'A' | 10:41.02 | 10 |
| 1) Carstens, Carly 12 | 2) Frein, Maryn 11 | |
| 3) Pausley, Grace 11 | 4) Miller, Lily 11 | |
| 2 Algona 'A' | 10:47.01 | 8 |
| 1) Jensen, Andi 10 | 2) Burns, Kaitlyn 10 | |
| 3) Davis, Malyn 10 | 4) McLaughlin, Lauren 10 | |
| 3 Spencer 'A' | 11:25.42 | 6 |
| 1) Morey, Emma 12 | 2) Haldin, Ava 10 | |
| 3) Palmer, Alexandria 09 | 4) Hemann, Millie 10 | |
| 4 Estherville-LC 'A' | 13:13.30 | 4 |
| 1) Shatto, Suri 09 | 2) Olson, Kylie 09 | |
| 3) Flores, Yuliana 11 | 4) Ross, Quimby 12 | |

Event 35 Boys 4x800 Meter Relay

| School | Finals | Points |
|-------------------------|-----------------------|--------|
| 1 Okoboji 'A' | 8:40.60 | 10 |
| 1) Jostand, Akron 11 | 2) Sandven, Drew 11 | |
| 3) Hesse, Christian 12 | 4) Heimdal, Trigg 10 | |
| 2 Spencer 'A' | 8:49.50 | 8 |
| 1) Tello, Sergio 10 | 2) Munson, Van 11 | |
| 3) Koppie, Rylei 09 | 4) Krogman, Carson 10 | |
| 3 Algona 'A' | 8:55.55 | 6 |
| 1) Weber, Gavin 09 | 2) Wilson, Isaac 10 | |
| 3) Ricklefs, Joesph 11 | 4) Mortensen, Jace 11 | |
| 4 Spirit Lake 'A' | 8:55.90 | 4 |
| 1) Walz, Wesley 09 | 2) Dirks, Dietrich 10 | |
| 3) Frangenberg, Nick 09 | 4) Sorenson, Riley 11 | |
| -- Okoboji 'B' | XDNF | |
| -- Estherville-LC 'A' | DNF | |
| 1) Gosch, Evan 09 | 2) Pollock, Jayden 09 | |
| 3) Matheson, Conner 09 | 4) Reinke, Isaac 12 | |
| -- Spencer 'B' | X10:07.49 | |
| -- Algona 'B' | X10:13.71 | |

Event 36 Girls 4x100 Meter Relay

| School | Finals | Points |
|------------------------|------------------------|--------|
| 1 Spencer 'A' | 51.45 | 10 |
| 1) Vail, Tyriana 11 | 2) Amendt, Erika 12 | |
| 3) Hopkins, Sydnee 09 | 4) Piercy, Jada 12 | |
| 2 Okoboji 'A' | 52.05 | 8 |
| 1) Jorgensen, Ellsa 12 | 2) Allen, Krishauna 10 | |

2023 Sheryl Maahs Relays - 4/18/2023**Spirit Lake, Iowa****Maahs Field****Results****....Event 36 Girls 4x100 Meter Relay**

| | | | |
|------------------------|-----------------------------|-------|---|
| 3) Helmers, Makenna 12 | 4) Holmes, Zoey 11 | | |
| 3 Estherville-LC 'A' | | 52.79 | 6 |
| 1) Acosta, Darieliz 12 | 2) Christoffer, Abreiana 12 | | |
| 3) Yager, Rylee 10 | 4) Dunlavy, Tatum 11 | | |
| 4 Algona 'A' | | 53.04 | 4 |
| 1) Henry, Ava 12 | 2) Lawson, Ella 12 | | |
| 3) Thompson, Summer 09 | 4) Johnson, Natalie 09 | | |
| 5 Spirit Lake 'A' | | 54.74 | 2 |
| 1) Duvall, Gelena 09 | 2) Henrickson, Emma 12 | | |
| 3) Bolluyt, Ellie 09 | 4) Avery, Addison 11 | | |
| 6 Graet-T/Ruth-Ayr 'A' | | 55.13 | 1 |
| 1) Guinn, Trista 09 | 2) Riparetti, Drea 12 | | |
| 3) Hanson, Ally 12 | 4) Murphy, Myla 12 | | |
| 7 Storm Lake 'A' | | 59.85 | |
| 1) Soe, Ehhsermular 11 | 2) Liem, Nevaeh 09 | | |
| 3) Phiakhamta, Rose 12 | 4) Solem, Natasha 11 | | |

Event 37 Boys 4x100 Meter Relay

| School | | Finals | H# | Points |
|-------------------------|------------------------|--------|----|--------|
| 1 Spirit Lake 'A' | | 43.90 | 2 | 10 |
| 1) Toews, Carter 12 | 2) Orpen, Tate 10 | | | |
| 3) Alger, Drew 12 | 4) Andres, Joey 10 | | | |
| 2 Spencer 'A' | | 44.00 | 2 | 8 |
| 1) Stanzel, Keaton 11 | 2) Tigges, Reid 12 | | | |
| 3) Timmer, Gavin 12 | 4) Berends, Jack 10 | | | |
| 3 Okoboji 'A' | | 44.60 | 2 | 6 |
| 1) Sehman, Tyler 12 | 2) Salmon, Joe 11 | | | |
| 3) Schlachter, Ethan 12 | 4) Santos, Jimmy 12 | | | |
| 4 Algona 'A' | | 44.82 | 2 | 4 |
| 1) Reffer, Porter 11 | 2) Ulfers, Lamorn 12 | | | |
| 3) Erpelding, Jayden 11 | 4) Allie, Evan 09 | | | |
| 5 Emmetsburg 'A' | | 45.29 | 2 | 2 |
| 1) Shirk, Cade 12 | 2) Madden, Cameron 10 | | | |
| 3) Ort, Quentin 12 | 4) Brennan, Ryan 12 | | | |
| 6 Estherville-LC 'A' | | 46.12 | 1 | 1 |
| 1) Leonard, Ryan 11 | 2) Cohrs, Collin 12 | | | |
| 3) Hoyer, Tate 11 | 4) Swanson, Aiden 11 | | | |
| 7 Graet-T/Ruth-Ayr 'A' | | 48.64 | 1 | |
| 1) Hough, Max 12 | 2) Schnell, Jaxson 09 | | | |
| 3) Kral, Andrew 12 | 4) Schnell, Drew 12 | | | |
| 8 Spirit Lake JV 'A' | | 49.11 | 2 | |
| 1) Sexton, Terry 10 | 2) Leinbaugh, Simon 11 | | | |
| 3) Barthman, Jack 10 | 4) Lalumendre, Owen 11 | | | |
| 9 Storm Lake 'A' | | 49.56 | 1 | |
| 1) Azurdia, Brandyn 09 | 2) Guynn, Justin 11 | | | |
| 3) Chaiyawong, Sitah 09 | 4) Dykes, Dwaune 11 | | | |

Event 38 Boys 4x400 Meter Relay

| School | | Finals | Points |
|---------------|--|---------|--------|
| 1 Okoboji 'A' | | 3:31.28 | 10 |

2023 Sheryl Maahs Relays - 4/18/2023**Spirit Lake, Iowa****Maahs Field****Results****....Event 38 Boys 4x400 Meter Relay**

| | | | |
|-------------------------|-------------------------|---------|---|
| 1) Jones, Dylan 12 | 2) Sandven, Drew 11 | | |
| 3) Heimdal, Trigg 10 | 4) Osler, Evan 10 | | |
| 2 Algona 'A' | | 3:32.57 | 8 |
| 1) Moreno, Ashton 10 | 2) Weber, Caden 12 | | |
| 3) Omdahl, Caleb 12 | 4) Allie, Evan 09 | | |
| 3 Spirit Lake 'A' | | 3:46.09 | 6 |
| 1) Hussey, Qamerin 11 | 2) Wajda, Jack 12 | | |
| 3) VandenBerg, Damon 12 | 4) Sundall, Ryder 11 | | |
| 4 Emmetsburg 'A' | | 3:58.91 | 4 |
| 1) Fiene, JJ 10 | 2) Maina, Byron 10 | | |
| 3) Rutledge, Krayton 09 | 4) Dietrich, Bronson 10 | | |
| 5 Graet-T/Ruth-Ayr 'A' | | 4:01.56 | 2 |
| 1) Egertson, Aiden 12 | 2) Hough, Max 12 | | |
| 3) Kral, Andrew 12 | 4) Schnell, Drew 12 | | |
| 6 Spencer 'A' | | 4:15.09 | 1 |
| 1) Elser, Lucas 10 | 2) Munson, Van 11 | | |
| 3) Tello, Sergio 10 | 4) Erdman, Blaine 09 | | |

Event 39 Girls 4x400 Meter Relay

| School | | Finals | Points |
|---------------------------|------------------------|---------|--------|
| 1 Algona 'A' | | 4:25.31 | 10 |
| 1) Burns, Kaitlyn 10 | 2) Lawson, Ella 12 | | |
| 3) Knapp, Moriah 12 | 4) Knapp, Macy 09 | | |
| 2 Storm Lake 'A' | | 4:27.50 | 8 |
| 1) Harder, Mackenzie 10 | 2) Yak, Nyalang 11 | | |
| 3) DeHaan, Avery 09 | 4) Kenkel, Grace 09 | | |
| 3 Spirit Lake 'A' | | 4:30.63 | 6 |
| 1) Kauffman, Mackenzie 12 | 2) DeWild, Faith 10 | | |
| 3) Krieger, Katelyn 12 | 4) Bruinsma, Maggie 09 | | |
| 4 Spencer 'A' | | 4:45.72 | 4 |
| 1) Schoelerman, Adalyn 11 | 2) Haldin, Braylee 10 | | |
| 3) Stave, Corinne 12 | 4) Vail, Tyriana 11 | | |
| 5 Okoboji 'A' | | 4:49.12 | 2 |
| 1) Carstens, Carly 12 | 2) Jablonski, Ayden 09 | | |
| 3) Pausley, Grace 11 | 4) Beal, Nevaeh 11 | | |
| 6 Estherville-LC 'A' | | 5:00.18 | 1 |
| 1) Clabaugh, Morgan 09 | 2) Olson, Kylie 09 | | |
| 3) Helmich, Ava 10 | 4) Nath, Evelyn 11 | | |

Event 40 Girls 4x400 Meter Relay Junior Varsi

| School | Finals |
|------------------|---------|
| 1 Algona 'A' | 4:47.37 |
| 2 Storm Lake 'A' | 4:55.41 |
| 3 Spencer 'A' | 5:04.78 |
| 4 Okoboji 'A' | 5:27.92 |

2023 Sheryl Maahs Relays - 4/18/2023**Spirit Lake, Iowa****Maahs Field****Results****Event 41 Boys 4x400 Meter Relay Junior Varsi**

| School | Finals |
|------------------------|---------|
| 1 Okoboji 'A' | 3:58.63 |
| 2 Spencer 'A' | 4:02.65 |
| 3 Algona 'A' | 4:05.06 |
| 4 Emmetsburg 'A' | 4:15.08 |
| 5 Graet-T/Ruth-Ayr 'A' | 4:21.76 |
| 6 Estherville-LC 'A' | 4:24.05 |

Event 42 Boys 800 Sprint Medley

| School | Finals | H# | Points |
|-------------------------|----------------------------|----|--------|
| 1 Okoboji 'A' | 1:38.46 | 2 | 10 |
| 1) Jutting, Domenic 10 | 2) Schlachter, Ethan 12 | | |
| 3) Salmon, Joe 11 | 4) Osler, Evan 10 | | |
| 2 Spencer 'A' | 1:40.08 | 2 | 8 |
| 1) Stanzel, Keaton 11 | 2) Tigges, Reid 12 | | |
| 3) Berends, Jack 10 | 4) Erdman, Blaine 09 | | |
| 3 Algona 'A' | 1:41.32 | 2 | 6 |
| 1) Weichert, William 09 | 2) Gomez-Banchs, Carlos 12 | | |
| 3) Clegg, Levi 12 | 4) Moreno, Ashton 10 | | |
| 4 Estherville-LC 'A' | 1:41.63 | 1 | 4 |
| 1) Shatto, Kale 10 | 2) Cohrs, Collin 12 | | |
| 3) Leonard, Ryan 11 | 4) White, Tate 10 | | |
| 5 Spirit Lake 'A' | 1:42.05 | 2 | 2 |
| 1) Stecker, Ethan 10 | 2) Alger, Drew 12 | | |
| 3) Winkel, Cooper 10 | 4) Wajda, Jack 12 | | |
| 6 Emmetsburg 'A' | 1:42.22 | 2 | 1 |
| 1) Ort, Quentin 12 | 2) Brennan, Ryan 12 | | |
| 3) Madden, Cameron 10 | 4) Fiene, JJ 10 | | |
| 7 Spirit Lake JV 'A' | 1:45.44 | 2 | |
| 1) Henrickson, Sam 10 | 2) Neis, Michael 10 | | |
| 3) Hamm, Justyn 12 | 4) Profit, Tommy 12 | | |
| 8 Graet-T/Ruth-Ayr 'A' | 1:49.31 | 1 | |
| 1) Schnell, Drew 12 | 2) Schnell, Jaxson 09 | | |
| 3) Kral, Andrew 12 | 4) Hoffman, Collin 11 | | |
| 9 Storm Lake 'A' | 1:51.09 | 1 | |
| 1) Azurdia, Brandyn 09 | 2) Chaiyawong, Sitah 09 | | |
| 3) Dykes, Dwaune 11 | 4) Keyanye, Bachi 11 | | |

Event 43 Boys 4x100 Meter Relay Junior Varsi

| School | Finals |
|------------------------|--------|
| 1 Okoboji 'A' | 47.36 |
| 2 Algona 'A' | 48.24 |
| 3 Spencer 'A' | 49.58 |
| 4 Spirit Lake JV 'A' | 50.99 |
| 5 Estherville-LC 'A' | 51.69 |
| 6 Storm Lake 'A' | 53.20 |
| 7 Graet-T/Ruth-Ayr 'A' | 55.09 |
| -- Emmetsburg 'A' | DNF |

2023 Sheryl Maahs Relays - 4/18/2023**Spirit Lake, Iowa****Maahs Field****Results****Event 44 Girls 4x100 Meter Relay Junior Varsi**

| School | Finals |
|----------------------|---------|
| 1 Spencer 'A' | 53.89 |
| 2 Okoboji 'A' | 55.30 |
| 3 Estherville-LC 'A' | 57.45 |
| 4 Storm Lake 'A' | 1:00.80 |
| 5 Algona 'A' | 1:02.42 |

Women - Team Rankings - 19 Events Scored

| | | | |
|---------------------|-----|-------------------|-----|
| 1) Spencer | 138 | 2) Algona | 107 |
| 3) Spirit Lake | 98 | 4) Storm Lake | 87 |
| 5) Okoboji | 78 | 6) Estherville-LC | 64 |
| 7) Graet-T/Ruth-Ayr | 13 | | |

Men - Team Rankings - 19 Events Scored

| | | | |
|----------------|-----|---------------------|-----|
| 1) Spirit Lake | 155 | 2) Okoboji | 126 |
| 3) Spencer | 111 | 4) Algona | 101 |
| 5) Emmetsburg | 38 | 6) Estherville-LC | 31 |
| 7) Storm Lake | 17 | 8) Graet-T/Ruth-Ayr | 7 |