

TWIN LAKES HS COED CONFERENCE MEET - 5/2/2023

5/2/2023

Results

Girls 100 Meter Dash

Name	Yr	School	Finals
Finals			
1 Walker, Mia	12	Newell-Fonda	13.42 10
2 Ayers, Hadley	10	Sioux Ctrl,	13.55 8
3 Murphy, Myla	12	Graet-T/Ruth	13.63 6
4 Lane, Camryn	09	Southeast Va	13.87 5
5 Fehr, Maddie	09	Wb-Mallard	13.93 4
6 Wilson, Avery	09	Sioux Ctrl,	14.02 3
7 Gunkelman, Clare	09	Alta/Aurelia	14.43 2
8 Mueller, Jade	12	Emmetsburg	14.61 1
9 Pascual Alfaro, Lara	11	St. Mary's,	14.68
10 Hauswirth, Halee	09	Pocahon Area	14.91
11 Sobotka, Jacalyn	11	Pocahon Area	15.06
12 Gregory, Kylee	11	Southeast Va	15.25
13 Landgraf, Isabelle	09	St. Mary's,	15.91
14 Hinders, Mylie	09	Newell-Fonda	16.07
15 Lode, Lilly	09	East Sac Cou	16.13
16 Vanderhoff, Lillian	10	Graet-T/Ruth	16.25
17 Sargent, Taytum	12	Emmetsburg	16.27
18 Scheidigger, Lily	09	South Cent C	16.62
19 Montag, Morgan	09	Wb-Mallard	16.82
20 Arnts, Emily	12	Alta/Aurelia	16.97
21 Smith, Avery	10	St. Mary's,	x17.48
22 Hutchinson, Tori	11	East Sac Cou	18.24
23 Legore, Arlyn	11	South Cent C	18.34
24 Wadman, Justice	10	Manson NW We	18.86
25 Jensen, Layla	10	Manson NW We	18.89

Girls 200 Meter Dash

Name	Yr	School	Finals
Finals			
1 Walker, Mia	12	Newell-Fonda	26.73 10
2 Fehr, Maddie	09	Wb-Mallard	26.88 8
3 Murphy, Myla	12	Graet-T/Ruth	27.18 6
4 Davis, Amanda	10	Pocahon Area	27.59 5
5 Bartek, Isabel	11	Newell-Fonda	27.73 4
6 Watts, Allison	11	Alta/Aurelia	28.09 3
7 Ayers, Reata	09	Sioux Ctrl,	28.21 2
8 Waldstein, Ryleigh	10	Sioux Ctrl,	29.12 1
9 Mueller, Jade	12	Emmetsburg	29.35
10 Kakacek, Alayna	09	Pocahon Area	29.78
11 Thompson, Lilly	11	Graet-T/Ruth	29.79
12 DeGroot, Jaci	11	Alta/Aurelia	29.84
13 Pascual Alfaro, Lara	11	St. Mary's,	29.97
14 Messerly, Ava	09	Manson NW We	30.01
15 Johnson, Mila	10	Southeast Va	30.54
16 Crawmer, Laelah	09	Wb-Mallard	32.11
17 Kitchen, Alex	11	Southeast Va	32.43
18 Kenyon, Jordan	11	Manson NW We	32.47
19 Landgraf, Isabelle	09	St. Mary's,	32.54
20 Sargent, Taytum	12	Emmetsburg	33.28
21 Arbegast, Ashlyn	11	East Sac Cou	34.00
22 Ross, Grace	11	South Cent C	36.03
23 Legore, Arlyn	11	South Cent C	37.95

Girls 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 Murphy, Myla	12	Graet-T/Ruth	59.76 10
2 Schany, Rachel	09	Emmetsburg	1:01.03 8
3 Peterson, Nora	10	Alta/Aurelia	1:01.30 6
4 Walker, Mary	12	Newell-Fonda	1:02.34 5
5 Bloom, Linnea	10	Sioux Ctrl,	1:02.96 4
6 Judisch, Chloe	11	South Cent C	1:03.13 3
7 Vonnahme, Jenna	11	Pocahon Area	1:03.80 2
8 Peterson, Preslie	11	Sioux Ctrl,	1:03.83 1
9 Bontrager, Mary	12	East Sac Cou	1:05.70
10 Fehr, Hannah	09	Wb-Mallard	1:08.51
11 Farley, Madelyn	09	Southeast Va	1:11.75
12 Limones, Bianca	12	St. Mary's,	1:11.86
13 Kenyon, Jordan	11	Manson NW We	1:14.15
14 Geoders, Alex	09	Southeast Va	1:15.09
15 Frerk, Rylie	11	Wb-Mallard	1:15.44
16 Peters, Morgan	09	Pocahon Area	1:15.86
17 Burley, Katie	09	South Cent C	1:17.00
18 Pedersen, Kerrigan	10	Alta/Aurelia	1:20.39
19 Trembly, Hadlee	09	Emmetsburg	1:21.13
20 Aljets, Samantha	10	Manson NW We	1:24.56

Girls 800 Meter Run

Name	Yr	School	Finals
Finals			
1 Judisch, Chloe	11	South Cent C	2:29.06 10
2 Richman, Alyssa	10	Manson NW We	2:30.51 8
3 Engelmann, Brielle	12	Alta/Aurelia	2:33.15 6
4 Christian, Nora	09	Sioux Ctrl,	2:36.95 5
5 Anderson, Breyer	10	Alta/Aurelia	2:38.31 4
6 Madsen, Marley	09	Sioux Ctrl,	2:44.21 3
7 Doyle, Isabel	12	Emmetsburg	2:45.53 2
8 Montag, Addie	09	Wb-Mallard	2:48.23 1
9 Krause, Emma	10	Emmetsburg	2:49.87
10 Limones, Karla	10	St. Mary's,	2:51.55
11 Limones, Bianca	12	St. Mary's,	2:51.66
12 Stuchlik, Erin	09	Pocahon Area	2:55.40
13 Montag, Morgan	09	Wb-Mallard	2:55.48
14 Parks, Chloe	11	Southeast Va	2:58.16
15 Potts, Samantha	11	South Cent C	2:59.01
16 Fay, Madisen	11	Graet-T/Ruth	2:59.85
17 Larsen, Greta	11	Newell-Fonda	3:01.55
18 Niewoehner, Ella	10	Manson NW We	3:13.33
19 Reis, Emma	11	Pocahon Area	3:13.95
20 Meyer, April	10	Newell-Fonda	3:15.30
21 Gustavson, Jade	11	East Sac Cou	3:18.99

Girls 1500 Meter Run

Name	Yr	School	Finals
Finals			
1 Peterson, Nora	10	Alta/Aurelia	5:04.54 10
2 Richman, Alyssa	10	Manson NW We	5:14.17 8
3 Bloom, Linnea	10	Sioux Ctrl,	5:15.44 6

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Finals ... (Girls 1500 Meter Run)

Name	Yr	School	Finals	
4 Axman, Kristin	09	Pocahon Area	5:20.40	5
5 Oswald, Preslie	12	Manson NW We	5:21.26	4
6 Brabec, Mareni	09	Newell-Fonda	5:21.46	3
7 McAlister, Brenna	10	South Cent C	5:25.29	2
8 Christian, Nora	09	Sioux Ctrl,	5:38.75	1
9 Robertson, Taylor	11	Alta/Aurelia	5:50.24	
10 Melody, Iris	09	South Cent C	5:50.25	
11 Ringlaben, Danica	09	Emmetsburg	5:55.43	
12 Thompson, Allyson	11	Emmetsburg	5:55.44	
13 Limones, Karla	10	St. Mary's,	5:58.38	
14 Peterson, Brooke	09	Southeast Va	6:18.91	
15 Frerk, Rylie	11	Wb-Mallard	6:33.72	
16 Field, Katie	09	Southeast Va	6:33.77	
17 Limones, Bianca	12	St. Mary's,	6:44.43	
18 Cidoncha, Claudia	10	East Sac Cou	7:05.37	
19 Wunschel, Autumn	11	St. Mary's,	x7:31.13	

Girls 3000 Meter Run

Name	Yr	School	Finals	
Finals				
1 Peterson, Nora	10	Alta/Aurelia	10:55.06	10
2 Richman, Alyssa	10	Manson NW We	11:31.87	8
3 Oswald, Preslie	12	Manson NW We	11:37.74	6
4 Axman, Kristin	09	Pocahon Area	11:46.86	5
5 Schupbach, Tyra	09	Wb-Mallard	11:50.57	4
6 Melody, Iris	09	South Cent C	12:17.89	3
7 Limones, Karla	10	St. Mary's,	12:56.11	2
8 Ehlers, Allison	11	Sioux Ctrl,	14:08.95	1
9 Buckendahl, Lainey	09	Alta/Aurelia	14:53.53	
10 Tillman, Haylea	10	Sioux Ctrl,	15:34.56	
11 Field, Katie	09	Southeast Va	16:00.90	
12 Tucker, Abbi	10	Southeast Va	17:01.36	

Girls 100 Meter Hurdles

Name	Yr	School	Finals	
Finals				
1 Watts, Allison	11	Alta/Aurelia	16.38	10
2 Webber, Brynn	12	Sioux Ctrl,	16.81	8
3 Hindt, Addi	11	Southeast Va	17.12	6
4 Waldstein, Ryleigh	10	Sioux Ctrl,	17.44	5
5 Auten, Emma	12	Emmetsburg	17.99	4
6 Hoffman, Kylie	09	Emmetsburg	18.20	3
7 Schubert, Torian	11	Newell-Fonda	18.26	2
8 Egli, Kyra	10	Manson NW We	18.39	1
9 Hutchinson, Haylea	10	Southeast Va	18.91	
10 Riat, Claire	11	South Cent C	18.95	
11 Gaes, Melanie	09	Alta/Aurelia	19.07	
12 Pohlman, Miranda	12	Manson NW We	19.34	
13 Roberts, Lexi Kay	11	Newell-Fonda	19.69	
14 Carroll, Kierstin	12	East Sac Cou	19.70	
15 Anderson, Olivia	09	Graet-T/Ruth	21.75	
16 McChesney, Morgan	09	South Cent C	22.32	
17 Hutchinson, Tori	11	East Sac Cou	25.21	
--- Sobotka, Jacalyn	11	Pocahon Area	DQ	

Girls 400 Meter Hurdles

Name	Yr	School	Finals	
Finals				
1 Peterson, Preslie	11	Sioux Ctrl,	1:09.95	10
2 Montag, Kierstin	11	Wb-Mallard	1:10.92	8
3 Erickson, Emma	12	Newell-Fonda	1:12.36	6
4 Wilkinson, Quinn	09	Sioux Ctrl,	1:13.88	5
5 Vonnahme, Jenna	11	Pocahon Area	1:14.14	4
6 Mack, Olivya	09	East Sac Cou	1:15.77	3
7 Wise, Shaylee	10	Wb-Mallard	1:17.61	2
8 Peterson, Shea	12	Alta/Aurelia	1:18.95	1
9 Colerick, Hannah	11	Alta/Aurelia	1:19.62	
10 Brunner, Ava	11	Southeast Va	1:19.98	
11 Farley, Madelyn	09	Southeast Va	1:22.37	
12 Meyer, Nicole	10	South Cent C	1:23.28	
13 McChesney, Morgan	09	South Cent C	1:24.47	

Girls 4x100 Meter Relay

Team	Relay	Finals	
Finals			
1 Newell-Fonda	A	51.61	10
2 Sioux Ctrl, SR	A	51.76	8
3 Pocahon Area	A	54.38	6
4 Wb-Mallard	A	54.86	5
5 Alta/Aurelia	A	54.89	4
6 Graet-T/Ruth-Ayr	A	54.97	3
7 East Sac County	A	55.06	2
8 Emmetsburg	A	55.54	1
9 Southeast Valley	A	56.70	
10 South Cent Cal	A	59.01	
11 Manson NW Web	A	1:00.68	

Girls 4x200 Meter Relay

Team	Relay	Finals	
Finals			
1 Newell-Fonda	A	1:51.02	10
2 Sioux Ctrl, SR	A	1:54.42	8
3 Southeast Valley	A	1:55.26	6
4 Alta/Aurelia	A	1:59.18	5
5 East Sac County	A	1:59.97	4
6 Wb-Mallard	A	2:00.60	3
7 Pocahon Area	A	2:02.33	2
8 Emmetsburg	A	2:03.89	1
9 Manson NW Web	A	2:05.94	
10 Graet-T/Ruth-Ayr	A	2:06.60	
11 South Cent Cal	A	2:20.62	

Girls 4x400 Meter Relay

Team	Relay	Finals	
Finals			
1 Sioux Ctrl, SR	A	4:21.85	10
2 Southeast Valley	A	4:22.62	8
3 Alta/Aurelia	A	4:25.60	6
4 Wb-Mallard	A	4:32.67	5
5 Newell-Fonda	A	4:40.86	4

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Finals ... (Girls 4x400 Meter Relay)

Team	Relay	Finals
6 Pocahon Area	A	4:41.44 3
7 East Sac County	A	4:47.52 2
8 Emmetsburg	A	5:00.00 1
9 Manson NW Web	A	5:10.35

Girls 4x800 Meter Relay

Team	Relay	Finals
1 Sioux Ctrl, SR	A	10:48.42 10
2 Alta/Aurelia	A	10:55.45 8
3 Wb-Mallard	A	11:01.08 6
4 Newell-Fonda	A	12:03.74 5
5 Manson NW Web	A	12:25.28 4
6 Pocahon Area	A	12:29.13 3
7 Southeast Valley	A	12:50.77 2
8 South Cent Cal	A	12:53.06 1

Girls 800 Sprint Medley

Team	Relay	Finals
1 Sioux Ctrl, SR	A	1:56.80 10
2 Emmetsburg	A	1:57.84 8
3 Pocahon Area	A	1:58.00 6
4 Wb-Mallard	A	1:59.71 5
5 Southeast Valley	A	2:00.03 4
6 South Cent Cal	A	2:05.66 3
7 Newell-Fonda	A	2:06.16 2
8 Alta/Aurelia	A	2:07.46 1
9 East Sac County	A	2:07.50
10 Graet-T/Ruth-Ayr	A	2:11.65
11 Manson NW Web	A	2:18.29

Girls Distance Medley

Team	Relay	Finals
1 Manson NW Web	A	4:34.44 10
2 Sioux Ctrl, SR	A	4:40.09 8
3 Alta/Aurelia	A	4:44.05 6
4 Wb-Mallard	A	4:44.73 5
5 South Cent Cal	A	4:52.32 4
6 Newell-Fonda	A	5:00.72 3
7 Southeast Valley	A	5:06.03 2
8 Pocahon Area	A	5:08.36 1
9 Emmetsburg	A	5:19.13
10 East Sac County	A	5:52.49

Girls 4x100 Meter Shuttle Hurdle

Team	Relay	Finals
1 Sioux Ctrl, SR	A	1:07.15 10
2 Alta/Aurelia	A	1:15.39 8
3 East Sac County	A	1:17.09 6
4 Wb-Mallard	A	1:18.61 5
5 Manson NW Web	A	1:18.63 4

6 Emmetsburg	A	1:19.41 3
7 Newell-Fonda	A	1:23.93 2
--- Southeast Valley	A	DNF

Girls High Jump

Name	Yr	School	Finals
1 Watts, Allison	11	Alta/Aurelia	J5-03.00 10
2 Schany, Rachel	09	Emmetsburg	J5-03.00 8
3 Wolf, Lindsey	10	Newell-Fonda	5-00.00 6
4 Riparetti, Drea	12	Graet-T/Ruth	J4-10.00 5
5 Fehr, Allie	09	Wb-Mallard	J4-10.00 4
6 Wildeman, Caitlin	09	Sioux Ctrl,	J4-08.00 3
7 Mills, Breck	11	Southeast Va	J4-08.00 2
8 Montag, Kierstin	11	Wb-Mallard	J4-08.00 1
9 Elmore, Baileigh	10	Southeast Va	4-06.00
9 Orenday, Vivi	10	Sioux Ctrl,	4-06.00
9 Berkland, Hayden	09	Alta/Aurelia	4-06.00
9 Lawson, Addie	11	Pocahon Area	4-06.00
13 Kohnen, Lucy	10	Manson NW We	4-04.00
13 Prince, Brylea	10	Manson NW We	4-04.00
--- Burley, Katie	09	South Cent C	NH

Girls Long Jump

Name	Yr	School	Finals
1 Schany, Rachel	09	Emmetsburg	17-01.00 10
2 Wilson, Avery	09	Sioux Ctrl,	16-06.00 8
3 Gunkelman, Clare	09	Alta/Aurelia	J15-05.00 6
4 Walker, Mary	12	Newell-Fonda	J15-05.00 5
5 Peterson, Preslie	11	Sioux Ctrl,	15-03.25 4
6 Lawson, Addie	11	Pocahon Area	14-08.00 3
7 Fehr, Hannah	09	Wb-Mallard	14-06.50 2
8 Messerly, Ava	09	Manson NW We	14-02.00 1
9 Egly, Kyla	10	Manson NW We	13-08.00
10 King, Haley Jo	09	East Sac Cou	13-05.00
11 Crawmer, Laelah	09	Wb-Mallard	13-01.50
12 Lode, Lilly	09	East Sac Cou	12-10.25
13 Valenza, Sara	12	Newell-Fonda	12-04.00
14 Thompson, Emily	09	Emmetsburg	11-04.00

Girls Shot Put

Name	Yr	School	Finals
1 Hammen, Keira	12	South Cent C	39-00.50 10
2 Kitchen, Alex	11	Southeast Va	37-11.50 8
3 Roberts, Lexi	12	Newell-Fonda	36-09.00 6
4 Ford, Ava	10	Pocahon Area	34-09.50 5
5 Stanek, Maddy	12	Southeast Va	34-01.50 4
6 Hauswirth, Halee	09	Pocahon Area	33-07.00 3
7 Marsh, Alivia	12	Manson NW We	32-09.50 2
8 Gustavson, Maci	12	East Sac Cou	32-07.50 1
9 Illg Keith, Hannah	12	Sioux Ctrl,	31-06.00
9 Chapman, Rachel	11	Emmetsburg	31-06.00
11 Fehr, Tiffany	10	Wb-Mallard	31-00.00
12 Montag, Addie	09	Wb-Mallard	30-09.50

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Finals ... (Girls Shot Put)

Name	Yr	School	Finals
13 Anderson, Maddy	11	Emmetsburg	30-02.00
14 Brown, Kiana	11	Newell-Fonda	29-02.00
15 Schleisman, Ashley	11	South Cent C	27-08.00
16 Lawman, Rilynn	11	Manson NW We	27-07.50
17 McCarty, Ava	09	Sioux Ctrl,	26-06.00
18 Smith, Avery	10	St. Mary's,	24-06.50
19 Ryherd, Aydison	10	Alta/Aurelia	24-04.00

Girls Discus Throw

Name	Yr	School	Finals
1 Hammen, Keira	12	South Cent C	105-09 10
2 Ford, Ava	10	Pocahon Area	103-10 8
3 Roberts, Lexi	12	Newell-Fonda	97-05 6
4 Nelson, Nora	09	Emmetsburg	96-00 5
5 Marsh, Alivia	12	Manson NW We	94-08 4
6 Illg Keith, Hannah	12	Sioux Ctrl,	86-10 3
7 Schleisman, Ashley	11	South Cent C	85-09 2
8 McCarty, Ava	09	Sioux Ctrl,	85-08 1
9 Mier, Jadrien	09	Alta/Aurelia	81-01
10 Gustavson, Maci	12	East Sac Cou	80-03
11 Stanek, Maddy	12	Southeast Va	80-01
12 Lawman, Rilynn	11	Manson NW We	79-01
13 Licht, Paula	10	Emmetsburg	76-06
14 Vanderhoff, Jaicee	10	Newell-Fonda	76-03
15 Peterson, Shea	12	Alta/Aurelia	71-10

Boys 100 Meter Dash

Name	Yr	School	Finals
1 Peterson, Greg	12	Sioux Ctrl,	11.65 10
2 Nattress, Brock	11	South Cent C	12.16 8
3 DeYoung, Josiah	10	Pocahon Area	12.27 6
4 Panbecker, Ryan	11	Pocahon Area	12.29 5
5 Soard, Keegan	11	South Cent C	12.34 4
6 Ahnemann, Cade	12	Alta/Aurelia	12.35 3
7 Hough, Max	12	Graet-T/Ruth	12.40 2
8 Struss, Trenton	11	Newell-Fonda	12.57 1
9 Showers, Kayden	09	Southeast Va	12.89
10 Larson, Kaeden	10	St. Mary's,	12.90
10 Hanson, Brady	10	Southeast Va	12.90
12 Ort, Quentin	12	Emmetsburg	12.92
13 Lockwood, Skylar	12	Sioux Ctrl,	13.28
14 Fehr, Drew	11	Wb-Mallard	13.59
15 Johnson, Trevor	11	Newell-Fonda	14.10
16 Grimm, Leydan	09	Wb-Mallard	14.12
17 Reis, Kayne	09	Manson NW We	14.24
18 Kluver, Colton	12	Graet-T/Ruth	14.26
19 Manzer, Mike	09	East Sac Cou	14.51
20 Hugelback, Cauy	12	East Sac Cou	14.73
21 Mendoza, Jose	09	St. Mary's,	14.99
22 Lopez, Michael	09	St. Mary's,	x15.14
23 Del Villar, Ivan	09	St. Mary's,	x15.40
24 Soria, Santiago	10	St. Mary's,	x16.65

25 Geerdes, Logan 09 Manson NW We 19.54

Boys 200 Meter Dash

Name	Yr	School	Finals
1 Peterson, Greg	12	Sioux Ctrl,	23.24 10
2 Buckendahl, Parker	11	Alta/Aurelia	23.54 8
3 DeYoung, Josiah	10	Pocahon Area	23.78 6
4 Johnson, Eli	12	Southeast Va	24.19 5
5 Nattress, Brock	11	South Cent C	24.35 4
6 Struss, Trenton	11	Newell-Fonda	24.50 3
7 Steadman, Dreyvon	10	Southeast Va	24.90 2
8 Schmidt, Austin	10	Wb-Mallard	25.05 1
9 Jones, Klayton	11	Wb-Mallard	25.07
10 Johnson, Blayke	11	Alta/Aurelia	25.53
11 Patzner, Broc	10	Manson NW We	25.85
12 Albrant, Tyler	10	Emmetsburg	26.10
13 Larson, Kaeden	10	St. Mary's,	26.28
14 Aljets, Dominic	11	Pocahon Area	26.61
15 Schnell, Jaxson	09	Graet-T/Ruth	26.62
16 Billmeier, Joshua	11	South Cent C	27.42
17 Hugelback, Cauy	12	East Sac Cou	28.31
18 Manzer, Mike	09	East Sac Cou	28.75
19 Darr, Will	09	Graet-T/Ruth	28.92
20 Lopez, Michael	09	St. Mary's,	30.03

Boys 400 Meter Dash

Name	Yr	School	Finals
1 DeYoung, Josiah	10	Pocahon Area	51.06 10
2 Buckendahl, Parker	11	Alta/Aurelia	51.15 8
3 Boettcher, Carter	12	Sioux Ctrl,	53.46 6
4 Flaherty, Chase	09	Pocahon Area	53.66 5
5 Nattress, Brock	11	South Cent C	53.78 4
6 Adams, Max	11	Sioux Ctrl,	54.14 3
7 Fiene, JJ	10	Emmetsburg	54.29 2
8 Powers, Isaiah	12	Alta/Aurelia	54.39 1
9 Kraus, Trace	11	East Sac Cou	55.45
10 Johnson, Will	12	Newell-Fonda	58.46
11 Dorsey, Drew	09	Southeast Va	1:00.93
12 Naughton, Jayde	10	Newell-Fonda	1:01.29
13 Stevens, Mitch	11	Wb-Mallard	1:01.30
14 Thompson, Ben	11	Southeast Va	1:01.34
15 Isaacs, Grady	10	South Cent C	1:03.33
16 Swedin, Caleb	09	Graet-T/Ruth	1:04.80
17 Reis, Keegan	09	Manson NW We	1:06.11

Boys 800 Meter Run

Name	Yr	School	Finals
1 Mills, Ethan	12	Sioux Ctrl,	2:06.05 10
2 Egertson, Aiden	12	Graet-T/Ruth	2:06.91 8
3 Christian, Jack	09	Sioux Ctrl,	2:07.24 6
4 Sonksen, Braden	12	Alta/Aurelia	2:08.16 5
5 Kopriya, Lucas	11	Pocahon Area	2:08.43 4
6 Petersen, Brett	10	St. Mary's,	2:11.45 3

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Finals ... (Boys 800 Meter Run)

Name	Yr	School	Finals	
7 Patricio, Pedro	11	Newell-Fonda	2:11.83	2
8 Gerdes, Jacob	12	Pocahon Area	2:19.83	1
9 Hoffman, Collin	11	Graet-T/Ruth	2:20.17	
10 Stevens, Mitch	11	Wb-Mallard	2:21.18	
11 Grimm, Leydan	09	Wb-Mallard	2:21.76	
12 Law, Kalen	12	Emmetsburg	2:22.52	
13 Lyman, Guyson	10	Newell-Fonda	2:23.75	
14 Burley, Nathan	11	South Cent C	2:24.76	
15 Bintz, Logan	09	Southeast Va	2:26.82	
16 Hammen, Kayden	10	South Cent C	2:29.70	
17 Engel, Owen	09	East Sac Cou	2:31.80	
18 Gjerstad, Ryker	09	Manson NW We	2:33.14	
19 Akins, Lincoln	09	Southeast Va	2:37.12	
20 Proctor, Brody	10	Manson NW We	2:38.42	
21 Thompson, Austin	11	East Sac Cou	2:38.71	

Boys 1600 Meter Run

Name	Yr	School	Finals	
Finals				
1 Nuss, Cooper	12	Southeast Va	4:56.46	10
2 Engel, Parker	11	East Sac Cou	5:01.56	8
3 Hanson, Oscar	11	Southeast Va	5:01.58	6
4 Kramber, Brayden	11	Sioux Ctrl,	5:01.85	5
5 Sporrer, Landon	09	East Sac Cou	5:03.80	4
6 Sippel, Leighton	10	Sioux Ctrl,	5:11.75	3
7 Oswald, Thatcher	09	Manson NW We	5:11.85	2
8 Hoepfner, Jack	09	Manson NW We	5:12.25	1
9 Blair, Tristan	11	South Cent C	5:15.46	
10 Launderville, Jacob	09	Alta/Aurelia	5:16.55	
11 Potts, Redge	10	South Cent C	5:21.13	
12 Petersen, Brett	10	St. Mary's,	5:30.27	
13 Dahna, Scott	11	Graet-T/Ruth	5:59.84	
14 Miller, Angus	10	Alta/Aurelia	6:02.46	
15 Riley, Preston	09	Newell-Fonda	6:26.73	
16 Harvey, Tristan	11	Graet-T/Ruth	6:28.12	
17 Mowry, Dean	10	Pocahon Area	6:35.04	
18 Frederick, Robert	10	Emmetsburg	6:47.21	

Boys 3200 Meter Run

Name	Yr	School	Finals	
Finals				
1 Nuss, Cooper	12	Southeast Va	10:43.08	10
2 Sonksen, Braden	12	Alta/Aurelia	10:46.46	8
3 Hanson, Oscar	11	Southeast Va	10:46.56	6
4 Kramber, Brayden	11	Sioux Ctrl,	10:51.54	5
5 Engel, Owen	09	East Sac Cou	10:51.66	4
6 Engel, Parker	11	East Sac Cou	10:56.03	3
7 Petersen, Brett	10	St. Mary's,	11:13.42	2
8 Oswald, Thatcher	09	Manson NW We	11:17.52	1
9 Sippel, Leighton	10	Sioux Ctrl,	11:27.36	
10 Blair, Tristan	11	South Cent C	11:39.97	
11 Potts, Redge	10	South Cent C	11:51.72	
12 Colerick, Sam	12	Alta/Aurelia	14:00.37	
13 Mowry, Dean	10	Pocahon Area	14:42.50	

14 Archer, Aden 09 Newell-Fonda 15:23.72

Boys 110 Meter Hurdles

Name	Yr	School	Finals	
Finals				
1 Madden, Cameron	10	Emmetsburg	16.46	10
2 Hanson, Jace	11	Southeast Va	16.52	8
3 Condon, Matt	10	Manson NW We	17.23	6
4 Grimm, Logan	11	Wb-Mallard	17.46	5
5 Roberts, Eli	11	Newell-Fonda	17.59	4
6 Mills, Owen	09	Sioux Ctrl,	17.65	3
7 Vanden Bosch, Caden	12	Newell-Fonda	17.78	2
8 Anderson, Andrew	10	South Cent C	17.93	1
9 Jenness, Tyce	09	Emmetsburg	18.11	
10 Lee, Kenneth	12	Pocahon Area	18.38	
11 Meyer, Peyton	10	Alta/Aurelia	18.42	
12 Barnes, Mason	11	Alta/Aurelia	18.47	
13 Pettigrew, Zakiah	11	South Cent C	18.83	
14 Hemer, Alexander	09	East Sac Cou	18.87	
15 Snyder, Jacob	12	Southeast Va	19.68	
16 Samuelson, Cael	12	Pocahon Area	19.92	
17 Pohlman, Grant	10	Manson NW We	20.00	

Boys 400 Meter Hurdles

Name	Yr	School	Finals	
Finals				
1 Condon, Matt	10	Manson NW We	57.71	10
2 Peterson, Greg	12	Sioux Ctrl,	57.75	8
3 Ortner, Garret	12	East Sac Cou	58.67	6
4 Hanson, Jace	11	Southeast Va	1:00.42	5
5 Carlson, Max	10	Newell-Fonda	1:00.67	4
6 Lee, Kenneth	12	Pocahon Area	1:00.94	3
7 Sommerlot, Ryan	11	Pocahon Area	1:01.48	2
8 Fehr, Sam	12	Wb-Mallard	1:01.52	1
9 Mills, Owen	09	Sioux Ctrl,	1:01.93	
10 Powers, Isaiah	12	Alta/Aurelia	1:03.54	
11 White, Joe	11	Alta/Aurelia	1:04.32	
12 Yoch, Aidan	11	Wb-Mallard	1:05.23	
13 Johnson, Colin	09	Southeast Va	1:05.34	
14 Rubel, Clayton	11	Emmetsburg	1:07.53	
15 Hemer, Alexander	09	East Sac Cou	1:08.43	
16 Swedin, Caleb	09	Graet-T/Ruth	1:12.93	
17 Moreno, Jordan	12	South Cent C	1:15.26	
18 Folsom, Kolin	11	South Cent C	1:18.72	

Boys 4x100 Meter Relay

Team	Relay	Finals	
Finals			
1 Newell-Fonda	A	44.97	10
2 Southeast Valley	A	46.30	8
3 South Cent Cal	A	46.62	6
4 Alta/Aurelia	A	46.84	5
5 Emmetsburg	A	46.85	4
6 East Sac County	A	47.33	3
7 Sioux Ctrl, SR	A	47.55	2
8 Pocahon Area	A	47.62	1

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Results

Finals ... (Boys 4x100 Meter Relay)

Team	Relay	Finals
9 Graet-T/Ruth-Ayr	A	48.25
10 Wb-Mallard	A	51.46
11 St. Mary's, SL	A	55.19
12 Manson NW Web	A	55.21

Boys 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 Newell-Fonda	A	1:34.57 10
2 Southeast Valley	A	1:36.60 8
3 Alta/Aurelia	A	1:37.46 6
4 East Sac County	A	1:38.92 5
5 Pocahon Area	A	1:39.39 4
6 South Cent Cal	A	1:39.95 3
7 Sioux Ctrl, SR	A	1:40.00 2
8 Emmetsburg	A	1:44.18 1
9 Graet-T/Ruth-Ayr	A	1:54.90
10 Manson NW Web	A	1:55.10
--- Wb-Mallard	A	DQ

Boys 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Sioux Ctrl, SR	A	3:33.46 10
2 Pocahon Area	A	3:35.50 8
3 East Sac County	A	3:37.39 6
4 Alta/Aurelia	A	3:41.59 5
5 Southeast Valley	A	3:42.72 4
6 Graet-T/Ruth-Ayr	A	3:46.80 3
7 Wb-Mallard	A	3:49.71 2
8 South Cent Cal	A	3:54.71 1
9 Emmetsburg	A	4:05.70
10 Manson NW Web	A	4:16.76
11 Newell-Fonda	A	4:42.84

Boys 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 Sioux Ctrl, SR	A	8:51.50 10
2 Graet-T/Ruth-Ayr	A	9:04.62 8
3 Pocahon Area	A	9:07.91 6
4 Newell-Fonda	A	9:12.78 5
5 East Sac County	A	9:19.35 4
6 Alta/Aurelia	A	9:32.72 3
7 Manson NW Web	A	10:08.32 2
8 Southeast Valley	A	10:18.92 1
9 South Cent Cal	A	10:22.88

Boys 800 Sprint Medley

Team	Relay	Finals
Finals		
1 Sioux Ctrl, SR	A	1:38.20 10
2 Newell-Fonda	A	1:38.54 8
3 Alta/Aurelia	A	1:38.59 6

4 Pocahon Area	A	1:42.89 5
5 Emmetsburg	A	1:43.05 4
6 East Sac County	A	1:44.83 3
7 Wb-Mallard	A	1:47.07 2
8 South Cent Cal	A	1:47.17 1
9 Southeast Valley	A	1:49.04
10 Manson NW Web	A	1:56.29
11 Graet-T/Ruth-Ayr	A	2:04.20

Boys Distance Medley

Team	Relay	Finals
Finals		
1 Graet-T/Ruth-Ayr	A	3:49.87 10
2 Pocahon Area	A	3:51.04 8
3 Alta/Aurelia	A	3:51.64 6
4 Wb-Mallard	A	4:08.39 5
5 Sioux Ctrl, SR	A	4:09.10 4
6 Newell-Fonda	A	4:09.73 3
7 Southeast Valley	A	4:11.27 2
8 Emmetsburg	A	4:11.60 1
9 Manson NW Web	A	4:22.47
10 East Sac County	A	4:25.35
11 South Cent Cal	A	4:33.14

Boys 4x110 Meter Shuttle Hurdle

Team	Relay	Finals
Finals		
1 Newell-Fonda	A	1:07.82 10
2 Pocahon Area	A	1:08.11 8
3 Wb-Mallard	A	1:09.61 6
4 Alta/Aurelia	A	1:10.20 5
5 Sioux Ctrl, SR	A	1:11.67 4
6 Southeast Valley	A	1:16.54 3
7 Manson NW Web	A	1:21.80 2
--- South Cent Cal	A	DNF
--- Emmetsburg	A	DQ

Boys High Jump

Name	Yr	School	Finals
Finals			
1 Maina, Byron	10	Emmetsburg	6-02.00 10
2 Vanden Bosch, Caden	12	Newell-Fonda	6-00.00 8
3 Anderson, Andrew	10	South Cent C	5-10.00 6
4 Roberts, Eli	11	Newell-Fonda	J5-08.00 5
5 Lee, Kenneth	12	Pocahon Area	J5-08.00 4
6 Condon, Matt	10	Manson NW We	J5-08.00 3
7 Hargens, Jacob	12	Sioux Ctrl,	J5-06.00 2
8 Hammen, Kayden	10	South Cent C	J5-06.00 1
9 Miller, Andrew	11	Southeast Va	J5-06.00
--- Fehr, Cole	10	Wb-Mallard	NH

Boys Long Jump

Name	Yr	School	Finals
Finals			
1 Sievers, Carter	12	Newell-Fonda	21-00.00 10
2 Johnson, Eli	12	Southeast Va	19-10.50 8

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Results

Finals ... (Boys Long Jump)

Name	Yr	School	Finals	
3 Ehlers, Trevor	12	Sioux Ctrl,	19-06.50	6
4 Condon, Matt	10	Manson NW We	19-06.00	5
5 Hanson, Jace	11	Southeast Va	19-03.00	4
6 Mills, Ethan	12	Sioux Ctrl,	18-00.75	3
7 Pineda, Andrew	12	Pocahon Area	17-08.00	2
8 Schmidt, Austin	10	Wb-Mallard	17-07.50	1
9 Maina, Byron	10	Emmetsburg	17-05.25	
10 Dietrich, Bronson	10	Emmetsburg	17-01.00	
11 Swedin, Caleb	09	Graet-T/Ruth	16-05.00	
12 Isaacs, Grady	10	South Cent C	16-04.50	
13 Klaassen, Jacob	12	Pocahon Area	16-00.50	
14 Hoepfner, Jack	09	Manson NW We	15-08.50	
15 Jones, Klayton	11	Wb-Mallard	15-04.50	
16 Moreno, Jordan	12	South Cent C	15-00.50	
17 Manzer, Mike	09	East Sac Cou	14-01.00	

Boys Shot Put

Name	Yr	School	Finals	
1 Ackerson, Ethan	12	Southeast Va	49-01.50	10
2 Loseke, Justin	12	Southeast Va	49-01.00	8
3 Larson, Kaeden	10	St. Mary's,	46-08.00	6
4 Hargens, Jacob	12	Sioux Ctrl,	45-11.00	5
5 Meyer, Caden	12	Newell-Fonda	44-09.00	4
6 Sanders, Joseph	12	Pocahon Area	43-09.50	3
7 Fehr, Sam	12	Wb-Mallard	41-08.50	2
8 Pedersen, Jace	09	South Cent C	40-07.50	1
9 Wood, Kadin	11	Sioux Ctrl,	39-10.50	
10 Roberts, Jake	10	Newell-Fonda	37-08.00	
11 Mohr, Logan	10	East Sac Cou	37-01.00	
12 Stubbs, JR	12	Manson NW We	35-09.00	
13 Gerdes, Luke	11	Pocahon Area	35-04.00	
14 Hamerlink, Keegan	10	Emmetsburg	35-03.00	
15 Donelson, Seth	09	East Sac Cou	33-08.00	
16 Fehr, Clint	10	Wb-Mallard	32-05.00	
17 Reyes, Jency	09	St. Mary's,	31-04.00	
18 Lenz, Jake	10	Manson NW We	31-01.00	
19 Westphal, Breyden	10	Alta/Aurelia	30-03.00	
20 Trembly, Collyn	10	Emmetsburg	29-07.00	
21 Pagel, Parker	12	South Cent C	28-06.00	
22 Soria, Santiago	10	St. Mary's,	x27-05.50	
23 Mendoza, Jose	09	St. Mary's,	x25-09.50	

Boys Discus Throw

Name	Yr	School	Finals	
1 Loseke, Justin	12	Southeast Va	147-05	10
2 Scott, Nate	12	Southeast Va	117-06	8
3 Mernka, Wyatt	09	South Cent C	117-05	6
4 Meyer, Caden	12	Newell-Fonda	116-07	5
5 Pedersen, Jace	09	South Cent C	114-01	4
6 Anderson, Mason	09	Manson NW We	113-04	3
7 Hargens, Jacob	12	Sioux Ctrl,	111-00	2
8 Vasquez, Christian	12	Sioux Ctrl,	109-06	1

9 Stubbs, JR	12	Manson NW We	108-09
10 Donelson, Seth	09	East Sac Cou	104-11
11 Mohr, Logan	10	East Sac Cou	103-10
12 Reinholdt, Tanner	10	Emmetsburg	97-01
13 Law, Sean	12	Emmetsburg	96-11
14 Trewyn, Hunter	10	Pocahon Area	96-08
15 Roberts, Jake	10	Newell-Fonda	93-01
16 Friesner, Luke	10	Pocahon Area	92-11
17 Stevens, Mitch	11	Wb-Mallard	86-07
18 Westphal, Breyden	10	Alta/Aurelia	83-05
19 Del Villar, Ivan	09	St. Mary's,	81-09
20 Fehr, Clint	10	Wb-Mallard	80-00
21 Lopez, Michael	09	St. Mary's,	71-10

Women - Team Rankings - 19 Events Scored

1) Sioux Ctrl, SR	146
2) Alta/Aurelia	106
3) Newell-Fonda	99
4) WB-Mallard	68
5) Pocahon Area	61
6) Manson NW Web	60
7) Emmetsburg	55
8) South Cent Cal	48
9) Southeast Valley	47
10) Graet-T/Ruth-Ayr	30
11) East Sac County	18
12) St. Mary's, SL	2

Men - Team Rankings - 19 Events Scored

1) Sioux Ctrl, SR	130
2) Southeast Valley	126
3) Newell-Fonda	94
4) Pocahon Area	91
5) Alta/Aurelia	69
6) South Cent Cal	50
7) East Sac County	46
8) Manson NW Web	35
9) Emmetsburg	32
10) Graet-T/Ruth-Ayr	31
11) WB-Mallard	25
12) St. Mary's, SL	11