

**DUTCH RELAYS - 4/8/2025**  
**Northwestern College, Orange City**  
**Results**

**Girls 100 Meter Dash Varsity**

Name	School	Finals
<b>Finals</b>		
1 Tooker, Kaleigh	Moc-Fv	12.31 10
2 Harder, Mackenzie	Storm Lake	12.43 8
3 Leupold, Anthea	Spirit Lake	12.77 6
4 DeWild, Faith	Spirit Lake	12.96 4
5 Hietbrink, Stella	Sioux Center	13.08 2
6 Ebel, Keely	Hm-Sanborn	13.64 1
7 Landman, Ava	Unity Chrst,	13.71
8 Bahrke, Olyvia	Moc-Fv	13.97
9 McCoy, Zoe	Storm Lake	14.21
10 Saylor, Grace	Sibley-Ochey	14.25
11 Mutombo, Pamela	Hm-Sanborn	14.45
12 Hoffman, Brooklyn	Gehlen Cath,	14.53
13 Vis, Joslyn	Unity Chrst,	14.63
14 Kramer, Addison	Gehlen Cath,	14.83
15 VanBeek, Abigail	Sheldon	14.97
16 Van Regenmorter, Justina	Sheldon	15.08
17 Wallenburg, Mya	Western Chri	15.34
--- Wrather, Isabella	Moc-Fv	X14.21
--- Van't Hof, Alexia	Moc-Fv	X15.83

**Girls 200 Meter Dash Varsity**

Name	School	Finals
<b>Finals</b>		
1 Tooker, Kaleigh	Moc-Fv	25.88 10
2 Harder, Mackenzie	Storm Lake	25.96 8
3 Leupold, Anthea	Spirit Lake	26.06 6
4 Hietbrink, Stella	Sioux Center	27.43 4
5 Bruinsma, Maggie	Spirit Lake	28.52 2
6 Brantsen, Adison	Sioux Center	28.84 1
7 Dykstra, Avery	Western Chri	28.88
8 Hulshof, Cheyenne	Unity Chrst,	29.48
9 Groeneweg, Paisley	Western Chri	29.51
10 Childs, Riley	Sibley-Ochey	29.81
11 Van Holland, Aspen	Sheldon	30.06
12 Chanthapangna, Melanie	Storm Lake	30.10
13 Saylor, Grace	Sibley-Ochey	30.18
14 Schmidt, Emerson	Gehlen Cath,	30.19
15 Klein, Kegan	Gehlen Cath,	30.71
16 Altena, Reagan	Unity Chrst,	30.92
17 Wrather, Isabella	Moc-Fv	30.97
18 Paulsen, Claire	Sheldon	31.10
19 Diehm, Payton	Hm-Sanborn	31.28
20 Erickson, Brooklyn	Hm-Sanborn	34.74
--- Van't Hof, Alexia	Moc-Fv	X32.98

**Girls 400 Meter Dash Varsity**

Name	School	Finals
<b>Finals</b>		
1 Bitker, Avery	Sioux Center	1:00.28 10
2 Harder, Mackenzie	Storm Lake	1:02.01 8
3 Scott, Abby	Spirit Lake	1:02.64 6
4 Kooiman, Morgan	Western Chri	1:04.16 4

5 De Groot, Kyryn	Western Chri	1:05.01 2
6 Petersen, Addy	Spirit Lake	1:05.03 1
7 Kleinhesselink, Kate	Moc-Fv	1:05.19
8 Brommer, Millie	Unity Chrst,	1:10.39
9 Gacke, Hailey	Sibley-Ochey	1:10.61
10 Herda, Kendall	Moc-Fv	1:11.40
11 Visser, Marielle	Unity Chrst,	1:13.91
12 Sitzmann, Suzanna	Gehlen Cath,	1:15.31
13 Dean, Charlotta	Sioux Center	1:16.03
14 Bonderson, Kora	Gehlen Cath,	1:17.54
15 Schmillen, Lexi	Hm-Sanborn	1:18.91
16 Van Regenmorter, Justina	Sheldon	1:19.66
17 Sterler, Kendalyn	Sheldon	1:20.28
18 Henning, Presley	Sibley-Ochey	1:21.48
19 Xiong, Kaitlyn	Storm Lake	1:22.87
20 Steffen, Evelyn	Hm-Sanborn	1:28.13
--- Van Ommeren, Kandace	Moc-Fv	X1:12.28

**Girls 800 Meter Run Varsity**

Name	School	Finals
<b>Finals</b>		
1 Isakson, Molly	Sioux Center	2:24.22 10
2 Lassen, Kienna	Moc-Fv	2:24.61 8
3 Liston, Addison	Unity Chrst,	2:26.95 6
4 May, Sarah	Moc-Fv	2:28.20 4
5 Hoogland, Elizabeth	Unity Chrst,	2:29.21 2
6 Mueting, Marie	Spirit Lake	2:32.79 1
7 Beck, Ella	Spirit Lake	2:32.89
8 Kenkel, Grace	Storm Lake	2:35.45
9 Benitez, Amadelaïd	Sibley-Ochey	2:45.75
10 Schmidt, Ayla	Gehlen Cath,	2:47.66
11 Vogt, Ava	Hm-Sanborn	3:16.22
12 Vacura, Libby	Gehlen Cath,	3:22.16
13 Henning, Presley	Sibley-Ochey	3:35.65
14 Dolphin, Kynlee	Hm-Sanborn	3:45.71
--- Jones, Audrina	Sioux Center	DQ
--- Mouw, Taylin	Moc-Fv	X2:44.09
--- Fernstrum, Kennedy	Moc-Fv	X2:52.17
--- Vaas, Elizabeth	Moc-Fv	X2:59.45
--- Bilby, Jada	Moc-Fv	X3:01.84

**Girls 1500 Meter Run Varsity**

Name	School	Finals
<b>Finals</b>		
1 Liston, Addison	Unity Chrst,	5:03.16 10
2 Lassen, Kienna	Moc-Fv	5:06.11 8
3 May, Sarah	Moc-Fv	5:08.74 6
4 McCord, Corinne	Sioux Center	5:19.60 4
5 Kampbell, Silvia	Storm Lake	5:24.07 2
6 Bajema, Adriel	Sioux Center	5:45.34 1
7 Robinson, Kylie	Sheldon	6:04.70
8 VandeHoef, Cadence	Spirit Lake	6:29.60
9 TeKrony, Elena	Unity Chrst,	6:30.82
10 Pritchard, Anna	Spirit Lake	6:47.87
11 Rosenberg, Erika	Sibley-Ochey	7:00.73
--- Anderson, Natalie	Moc-Fv	X5:19.10

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**Finals ... (Girls 1500 Meter Run Varsity)**

Name	School	Finals
--- VanDerWerff, Elin	Moc-Fv	X5:32.11
--- Gutierrez, Adriana	Moc-Fv	X5:53.20

**Girls 3000 Meter Run Varsity**

Name	School	Finals
<b>Finals</b>		
1 Young, Katie	Unity Chrst,	11:37.68 10
2 Wielenga, Kylee	Sioux Center	11:48.12 8
3 Kampbell, Silvia	Storm Lake	11:59.16 6
4 VandeVegte, Rylan	Sioux Center	12:30.87 4
5 Haverdink, Rachel	Moc-Fv	12:44.22 2
6 Cleveringa, Morgan	Moc-Fv	13:07.78 1
7 De Jong, Jaidyn	Unity Chrst,	13:21.23
8 Dahlhauser, Maggie	Storm Lake	13:37.00
9 Kerns, Payton	Gehlen Cath,	13:42.06
10 VandeHoef, Cadence	Spirit Lake	14:04.26
11 Pritchard, Anna	Spirit Lake	14:40.01

**Girls 100 Meter Hurdles Varsity**

Name	School	Finals
<b>Finals</b>		
1 Dunn, Carly	Sioux Center	16.28 10
2 Hoegh, Brielle	Moc-Fv	16.65 8
3 Keenan, Reese	Spirit Lake	17.23 6
4 Verschuure, Maggie	Moc-Fv	17.45 4
5 Castle, Addi	Gehlen Cath,	18.01 2
6 Hulshof, Cheyenne	Unity Chrst,	18.63 1
7 Sayler, Grace	Sibley-Ochey	18.82
8 Paulsen, Claire	Sheldon	19.50
9 VanBeek, Abigail	Sheldon	19.66
10 Vis, Joslyn	Unity Chrst,	19.71
11 Wallenburg, Mya	Western Chri	20.69
12 Hengeveld, Jenna	Hm-Sanborn	22.04
13 Diaz, Jamie	Hm-Sanborn	22.41
14 Yang, Jamie	Storm Lake	27.06
15 Chanthavong, Ayviana	Storm Lake	27.54
--- Bolluyt, Leah	Spirit Lake	DQ
--- Johnston, Alivia	Sioux Center	DQ
--- Vander Ploeg, Karli	Moc-Fv	X20.21
--- Fleming, Jersey	Moc-Fv	X21.30

**Girls 400 Meter Hurdles Varsity**

Name	School	Finals
<b>Finals</b>		
1 Bolluyt, Leah	Spirit Lake	1:11.33 10
2 Keenan, Reese	Spirit Lake	1:11.66 8
3 Ochoa, Zaida	Sibley-Ochey	1:17.59 6
4 Schuiteman, Margo	Sioux Center	1:17.86 4
5 Gutierrez, Jennifer	Storm Lake	1:21.81 2
6 Kredit, Precious	Sioux Center	1:28.74 1
7 Tovar, Trinity	Hm-Sanborn	1:29.02
8 Nicholson, Emily	Moc-Fv	1:35.71
9 Rons, Abby	Hm-Sanborn	1:52.19

**Girls 4x100 Meter Relay Varsity**

Team	Relay	Finals
<b>Finals</b>		
1 Moc-Fv	A	51.07 10
1) McCarty, Deviryn	2) Hoegh, Brielle	
3) McEwen, Maggie	4) Tooker, Kaleigh	
2 Sioux Center	A	53.87 8
1) Schmidt, Courteney	2) VanDeBerg, Jorgia	
3) Johnston, Alivia	4) Jensen, Mia	
3 Hm-Sanborn	A	56.45 6
1) Diehm, Payton	2) Ebel, Keely	
3) Ebel, Kamryn	4) Mutombo, Pamela	
4 Storm Lake	A	57.12 4
1) Robinson, Ella	2) McCoy, Zoe	
3) Thao, Nina	4) Xiong, Kaitlyn	
5 Unity Chrst, OC	A	57.46 2
1) Baart, Eve	2) Kooima, Rilee	
3) Van Roekel, Brenna	4) Tinklenberg, Daylea	
6 Sibley-Ocheyedan	A	58.65 1
1) Rusche, Reagan	2) Crichton, Hadley	
3) Langstraat, Addy	4) Marco, Lillie	
7 Sheldon	A	58.85
1) Van Meeteren, Harper	2) Hamer, Kendra	
3) VanBeek, Abigail	4) Portz, Aleecia	
8 Spirit Lake	A	59.10
1) Wassenaar, JJ	2) Fontenot, June	
3) Bolluyt, Ellie	4) Boon, Addison	
9 Gehlen Cath, L	A	59.23
1) Kramer, Addison	2) Hoffman, Brooklyn	
3) Jochum, Brooklynn	4) Sitzmann, Suzanna	
--- Moc-Fv	B	X55.32
1) Hoekstra, Emily	2) Van Zee, Eliana	
3) Van Zee, Sarae	4) Vander Pol, Lily	
--- Moc-Fv	C	X57.11
1) Wrathier, Isabella	2) Vazquez, Sherlyn	
3) Flores-Topete, Tanya	4) Verschuure, Maggie	

**Girls 4x200 Meter Relay Varsity**

Team	Relay	Finals
<b>Finals</b>		
1 Moc-Fv	A	1:52.49 10
1) Bahrke, Olyvia	2) McEwen, Maggie	
3) Vander Pol, Lily	4) McCarty, Deviryn	
2 Unity Chrst, OC	A	1:54.53 8
1) De Groot, Morgan	2) Landman, Ava	
3) Barrow, Jaida	4) Noteboom, Emily	
3 Gehlen Cath, L	A	1:59.67 6
1) Kerns, Delainey	2) Budden, Delanie	
3) Schmidt, Emerson	4) Pohlen, Lindsey	
4 Hm-Sanborn	A	1:59.84 4
1) Ebel, Kamryn	2) Ebel, Keely	
3) Vargas, Laura	4) Mutombo, Pamela	
5 Western Christ	A	2:00.04 2
1) De Jager, Maddyn	2) Hanson, Ava	
3) Dykstra, Avery	4) Van't Hul, Addi	

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<b>Finals ... (Girls 4x200 Meter Relay Varsity)</b>			
<b>Team</b>	<b>Relay</b>	<b>Finals</b>	
6 Spirit Lake	A	2:00.30	1
1) Duvall, Gelena	2) Wassenaar, JJ		
3) Bolluyt, Ellie	4) Shako, Rebecca		
7 Storm Lake	A	2:02.71	
1) Chanthapangna, Melanie	2) McCoy, Zoe		
3) Robinson, Ella	4) Thao, Nina		
8 Sheldon	A	2:05.01	
1) Hamer, Kendra	2) Portz, Aleecia		
3) Van Meeteren, Harper	4) Van Holland, Aspen		
9 Sibley-Ocheyedan	A	2:07.50	
1) Marco, Lillie	2) Langstraat, Addy		
3) Crichton, Hadley	4) Rusche, Reagan		
--- Moc-Fv	B	X2:00.60	
1) Wrather, Isabella	2) Van Zee, Sarae		
3) Flores-Topete, Tanya	4) Hoekstra, Emily		
--- Moc-Fv	C	X2:07.41	
1) Medenwaldt, Thalia	2) De Young, Bella		
3) Vazquez, Sherlyn	4) Lassen, Kyra		

<b>Girls 4x400 Meter Relay Varsity</b>			
<b>Team</b>	<b>Relay</b>	<b>Finals</b>	
<b>Finals</b>			
1 Sioux Center	A	4:11.65	10
1) Bitker, Avery	2) Schmalbeck, Maci		
3) Van Aartsen, Macyn	4) Oldenkamp, Kolby		
2 Moc-Fv	A	4:20.52	8
1) McCarty, Deviryne	2) Immecker, Eva		
3) Kleinhesselink, Kate	4) Hulst, Makenzie		
3 Western Christ	A	4:22.42	6
1) Dykstra, Avery	2) De Groot, Kyrin		
3) De Jager, Maddyn	4) Van't Hul, Addi		
4 Spirit Lake	A	4:22.62	4
1) DeWild, Faith	2) Beck, Ella		
3) Petersen, Addy	4) Muetting, Marie		
5 Unity Chrst, OC	A	4:23.33	2
1) Hoogland, Maddie	2) De Groot, Morgan		
3) Dekkers, Kambrie	4) Noteboom, Emily		
6 Sibley-Ocheyedan	A	4:35.27	1
1) Childs, Riley	2) Gacke, Hailey		
3) Pohlen, Mya	4) Benitez, Amadelaid		
7 Gehlen Cath, L	A	4:35.74	
1) Kerns, Delainey	2) Budden, Delanie		
3) Ruhland, Ella	4) Kerns, Payton		
8 Hm-Sanborn	A	4:57.00	
1) Ebel, Keely	2) Vargas, Laura		
3) Ebel, Kamryn	4) Stammer, Eva		
9 Storm Lake	A	5:23.25	
1) Gutierrez, Jennifer	2) Kenkel, Grace		
3) Dahlhauser, Maggie	4) Pal, Nyagooa		
--- Moc-Fv	B	X4:47.47	
1) Fernstrum, Kennedy	2) Herda, Kendall		
3) Konz, Brooklyn	4) Brightwell, Camryn		

--- Moc-Fv	C	X4:58.87	
1) Van Ommeren, Kandace	2) Van Zee, Sarae		
3) Lassen, Kyra	4) Cleveringa, Morgan		

<b>Girls 4x800 Meter Relay Varsity</b>			
<b>Team</b>	<b>Relay</b>	<b>Finals</b>	
<b>Finals</b>			
1 Sioux Center	A	9:48.52	10
1) Schmalbeck, Maci	2) Jones, Audrina		
3) Isakson, Molly	4) Oldenkamp, Kolby		
2 Moc-Fv	A	10:06.67	8
1) May, Sarah	2) Van Der Werff, Elin		
3) Lassen, Kienna	4) Anderson, Natalie		
3 Western Christ	A	10:34.73	6
1) De Groot, Kyrin	2) Dykstra, Avery		
3) Kooiman, Morgan	4) Van't Hul, Addi		
--- Moc-Fv	B	X11:31.74	
1) Mouw, Taylin	2) Gutierrez, Adriana		
3) Vaas, Elizabeth	4) Bilby, Jada		

<b>Girls 800 Sprint Medley Varsity</b>			
<b>Team</b>	<b>Relay</b>	<b>Finals</b>	
<b>Finals</b>			
1 Spirit Lake	A	1:55.15	10
1) Bruinsma, Maggie	2) DeWild, Faith		
3) Bolluyt, Leah	4) Scott, Abby		
2 Sioux Center	A	1:56.81	8
1) Dunn, Carly	2) Schmidt, Courteney		
3) Hietbrink, Stella	4) Holverson, Taylor		
3 Moc-Fv	A	1:57.40	6
1) Bahrke, Olyvia	2) Hoegh, Brielle		
3) Tooker, Kaleigh	4) Immecker, Eva		
4 Unity Chrst, OC	A	2:00.11	4
1) Hoogland, Maddie	2) Landman, Ava		
3) Barrow, Jaida	4) Noteboom, Emily		
5 Western Christ	A	2:03.89	2
1) Hanson, Ava	2) Wallenburg, Mya		
3) Groeneweg, Paisley	4) De Jager, Maddyn		
6 Sibley-Ocheyedan	A	2:05.64	1
1) Saylor, Grace	2) Gacke, Hailey		
3) Childs, Riley	4) Pohlen, Mya		
7 Gehlen Cath, L	A	2:05.65	
1) Pohlen, Lindsey	2) Jochum, Brooklynn		
3) Schmidt, Emerson	4) Kerns, Delainey		
8 Storm Lake	A	2:08.76	
1) McCoy, Zoe	2) Robinson, Ella		
3) Kenkel, Grace	4) Gutierrez, Jennifer		
9 Sheldon	A	2:10.23	
1) Paulsen, Claire	2) Hamer, Kendra		
3) Van Meeteren, Harper	4) Van Holland, Aspen		
10 Hm-Sanborn	A	2:13.12	
1) Overmire, Ruby	2) Van Es, Lindsey		
3) Stammer, Eva	4) Ebel, Kamryn		
--- Moc-Fv	B	X2:05.26	
1) Flores-Topete, Tonya	2) Vazquez, Sherlyn		
3) Van Zee, Eliana	4) Fernstrum, Kennedy		

**DUTCH RELAYS - 4/8/2025**  
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**Finals ... (Girls 800 Sprint Medley Varsity)**

Team	Relay	Finals
--- Moc-Fv	C	X2:18.57
1) Medenwaldt, Thalia	2) Nicholson, Emily	
3) De Young, Bella	4) Van Zee, Sarae	

**Girls Distance Medley Varsity**

Team	Relay	Finals
<b>Finals</b>		
1 Sioux Center	A	4:35.17 10
1) Brantsen, Adison	2) Schmidt, Courteney	
3) VandeHoef, Kate	4) Van Aartsen, Macyn	
2 Unity Chrst, OC	A	4:43.73 8
1) Kroeze, Annika	2) Van Roekel, Brenna	
3) Hoogland, Elizabeth	4) Dekkers, Kambrie	
3 Moc-Fv	A	4:54.13 6
1) Vander Pol, Lily	2) Konz, Brooklyn	
3) Hulst, Makenzie	4) Immecker, Eva	
4 Western Christ	A	4:55.80 4
1) van Niejenhuis, Talja	2) Kamstra, Lilly	
3) Groeneweg, Paisley	4) De Jager, Maddyn	
5 Gehlen Cath, L	A	5:17.55 2
1) Jochum, Brooklynn	2) Hoffman, Brooklyn	
3) Klein, Kegan	4) Fender, Jaycee	
6 Storm Lake	A	5:25.71 1
1) Robinson, Ella	2) Thao, Nina	
3) Gutierrez, Jennifer	4) Dahlhauser, Maggie	
7 Sibley-Ocheyedan	A	5:28.59
1) Marco, Lillie	2) Crichton, Hadley	
3) Rusche, Reagan	4) Rosenberg, Erika	
8 Spirit Lake	A	5:34.72
1) Fontenot, June	2) Shako, Rebecca	
3) Boon, Addison	4) Bennett, Mackenzie	
9 Hm-Sanborn	A	5:52.36
1) Gellerman, Kate	2) Van Es, Lindsey	
3) Stammer, Eva	4) Hengeveld, Jenna	

**Girls 4x100 Meter Shuttle Hurdle Varsity**

Team	Relay	Finals
<b>Finals</b>		
1 Sioux Center	A	1:13.39 10
1) Dunn, Carly	2) Schuiteman, Margo	
3) Johnston, Alivia	4) Kredit, Precious	
2 Gehlen Cath, L	A	1:14.87 8
1) Castle, Addi	2) Kerns, Delainey	
3) Pohlen, Lindsey	4) Ruhland, Ella	
3 Moc-Fv	A	1:15.53 6
1) Hoekstra, Emily	2) Verschuure, Maggie	
3) Vander Ploeg, Karli	4) Hoegh, Brielle	
4 Spirit Lake	A	1:25.86 4
1) Bolluyt, Ellie	2) Duvall, Gelena	
3) Fontenot, June	4) Wassenaar, JJ	
5 Storm Lake	A	1:40.97 2
1) Khang, Dachia	2) Thao, Nina	
3) Kim, Lhing	4) Xiong, Kaitlyn	

--- Moc-Fv	B	XDQ
1) Fleming, Jersey	2) Medenwaldt, Thalia	
3) Nicholson, Emily		
--- Hm-Sanborn	A	DQ
1) Rodriguez, Thalia	2) Tovar, Trinity	
3) Diaz, Jamie	4) Hengeveld, Jenna	

**Girls High Jump Varsity**

Name	School	Finals
<b>Finals</b>		
1 Leupold, Anthea	Spirit Lake	J5-00.00 10
2 Gilmore, Zoey	Moc-Fv	J4-10.00 8
3 Chanthapangna, Melanie	Storm Lake	J4-10.00 6
4 Gulker, Mylie	Western Chri	J4-08.00 3
4 Hoogland, Maddie	Unity Chrst,	J4-08.00 3
6 Vander Pol, Lily	Moc-Fv	J4-06.00 1
7 Langstraat, Addy	Sibley-Ochey	J4-06.00
8 Hulshof, Cheyenne	Unity Chrst,	J4-06.00

**Girls Long Jump Varsity**

Name	School	Finals
<b>Finals</b>		
1 Harder, Mackenzie	Storm Lake	18-08.50 10
2 Bruinsma, Maggie	Spirit Lake	16-05.50 8
3 McCarty, Deviryng	Moc-Fv	14-11.00 6
4 Ruhland, Ella	Gehlen Cath,	14-10.75 4
5 Jensen, Mia	Sioux Center	14-08.50 2
6 Vargas, Laura	Hm-Sanborn	14-03.25 1
7 Wassenaar, JJ	Spirit Lake	14-02.75
8 Gellerman, Kate	Hm-Sanborn	13-08.50
9 Van't Hof, Alexia	Moc-Fv	12-03.50
10 van Niejenhuis, Talja	Western Chri	10-06.50
--- Kamstra, Lilly	Western Chri	DQ

**Girls Shot Put Varsity**

Name	School	Finals
<b>Finals</b>		
1 Travis, Lauren	Spirit Lake	43-07.25 10
2 Schrock, Miya	Unity Chrst,	40-05.25 8
3 Hettinga, Madison	Moc-Fv	36-01.75 6
4 VanDeBerg, Jorgia	Sioux Center	34-08.25 4
5 Vander Pol, Kyra	Western Chri	34-00.25 2
6 Bundt, Evelyn	Moc-Fv	32-08.00 1
7 Beck, Makenna	Spirit Lake	32-06.75
7 Blied, Bentley	Western Chri	32-06.75
9 Budden, Delanie	Gehlen Cath,	32-01.25
10 Bomgaars, Josie	Sioux Center	30-06.50
11 Zubrod, Samantha	Gehlen Cath,	29-10.00
12 Tessum, Hannah	Hm-Sanborn	29-00.00
13 Murphy, Olivia	Unity Chrst,	28-07.75
14 Wilson, Cammy	Hm-Sanborn	27-04.25
15 Portz, Aleecia	Sheldon	24-11.00
--- Kruger, Zeyda	Sheldon	DQ

**DUTCH RELAYS - 4/8/2025**  
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**Girls Discus Throw Varsity**

Name	School	Finals
<b>Finals</b>		
1 Hettinga, Madison	Moc-Fv	J120-11 10
2 Travis, Lauren	Spirit Lake	J113-00 8
3 Zubrod, Samantha	Gehlen Cath,	J103-11 6
4 Blik, Bentley	Western Chri	J102-10 4
5 Beck, Makenna	Spirit Lake	J96-01 2
6 Bomgaars, Josie	Sioux Center	J96-01 1
7 Vander Pol, Kyra	Western Chri	J95-06
8 Bundt, Evelyn	Moc-Fv	J93-04
9 Schrock, Miya	Unity Chrst,	88-07
10 Langstraat, Olivia	Sioux Center	81-05
11 Wilson, Cammy	Hm-Sanborn	80-00
12 Tinklenberg, Daylea	Unity Chrst,	74-10
13 Budden, Delanie	Gehlen Cath,	62-06
14 Den Beste, Lily	Hm-Sanborn	55-09
15 Jungers, Jenna	Sheldon	54-03
16 Martin, Hannah	Sheldon	53-01
--- Crichton, Hadley	Sibley-Ochey	ND
--- Rusche, Reagan	Sibley-Ochey	ND

**Girls Long Jump JV Event Junior Varsity**

Name	School	Finals
<b>Finals</b>		
1 Bolluyt, Ellie	Spirit Lake	13-01.50
2 Overmire, Ruby	Hm-Sanborn	12-05.75
--- Stammer, Eva	Hm-Sanborn	DQ

**Girls Shot Put JV Event Junior Varsity**

Name	School	Finals
<b>Finals</b>		
1 Simmelink, Hazel	Moc-Fv	29-10.50
2 Weber, Emma	Moc-Fv	29-08.00
3 Langstraat, Olivia	Sioux Center	27-04.00
4 Sandbulte, Alydia	Sioux Center	25-09.00
5 Leusink, Karlee	Sioux Center	25-08.00
6 Shriver, Ava	Hm-Sanborn	25-06.00
7 Watts, Emma	Spirit Lake	25-05.50
8 Bosma, Kaitlynn	Spirit Lake	23-10.00
9 Sitzmann, Kenadee	Gehlen Cath,	23-09.50
10 Den Beste, Lily	Hm-Sanborn	22-05.50
11 Dykstra, Kaylee	Unity Chrst,	22-04.00
12 Leupold, Addilin	Spirit Lake	21-10.75
13 Hanson, Ava	Western Chri	20-02.00
14 Kellen, Olivia	Gehlen Cath,	20-01.00
15 Esser, Amanda	Moc-Fv	14-10.00
--- Punt, Audrey	Sheldon	DQ
--- Martin, Hannah	Sheldon	DQ
--- Harders-Morfitt, Mia	Hm-Sanborn	DQ
--- Jungers, Jenna	Sheldon	DQ
--- Johnson, Madison	Sheldon	DQ

**Girls Discus Throw JV Event Junior Varsity**

Name	School	Finals
<b>Finals</b>		
1 VanDeBerg, Jorgia	Sioux Center	94-00
2 Weber, Emma	Moc-Fv	89-08
3 Tessum, Hannah	Hm-Sanborn	78-10
4 Dykstra, Kaylee	Unity Chrst,	73-02
5 Murphy, Olivia	Unity Chrst,	71-05
6 Oordt, Jenna	Unity Chrst,	70-11
7 Simmelink, Hazel	Moc-Fv	70-09
8 Sandbulte, Alydia	Sioux Center	69-06
9 Leupold, Addilin	Spirit Lake	65-04
10 Bosma, Kaitlynn	Spirit Lake	59-03
11 Kellen, Olivia	Gehlen Cath,	56-10
12 Leusink, Karlee	Sioux Center	56-08
13 Watts, Emma	Spirit Lake	54-09
14 Kavanagh, Addisyn	Sheldon	53-05
15 Punt, Audrey	Sheldon	51-02
16 Mouw, Dulcie	Sheldon	39-10

**Boys 100 Meter Dash Varsity**

Name	School	Finals
<b>Finals</b>		
1 Stecker, Dylan	Spirit Lake	11.01 10
2 Weno, Garbieno	Storm Lake	11.42 8
3 Koerselman, Dalton	Moc-Fv	11.46 6
4 Kleinhesselink, Hudson	Moc-Fv	11.49 4
5 Swager, Tate	Sioux Center	11.55 2
6 Higgins, Ty	Spirit Lake	11.56 1
7 Kruse, Wesley	Sheldon	11.61
8 Bakker, Japen	Western Chri	11.95
9 Junius, Zekeil	Unity Chrst,	11.98
10 Breen, Jacob	Unity Chrst,	12.10
11 Grotluschen, Caleb	Hm-Sanborn	12.11
12 Herrera, Arath	Sioux Center	12.23
13 Bevers, Gabe	Sibley-Ochey	12.58
14 Pedley, Jaxon	Sibley-Ochey	12.87
15 Perez, Jose	Hm-Sanborn	12.91
16 Hegenbarth, Jaxon	Sheldon	13.05
17 Wilson, Kolden	Gehlen Cath,	13.09
18 Garcia, Azael	Storm Lake	13.51
--- Fedders, Korver	Moc-Fv	X12.01
--- Feenstra, Jackson	Moc-Fv	X12.35
--- Gebhard, Aiden	Moc-Fv	X12.62

**Boys 200 Meter Dash Varsity**

Name	School	Finals
<b>Finals</b>		
1 Stecker, Dylan	Spirit Lake	22.63 10
2 Weno, Garbieno	Storm Lake	22.89 8
3 Seivers, Owen	Gehlen Cath,	23.28 6
4 Van Zee, Albear	Moc-Fv	23.59 4
5 Koerselman, Dalton	Moc-Fv	23.75 2
6 Higgins, Ty	Spirit Lake	23.77 1
7 Kruse, Wesley	Sheldon	24.00

**DUTCH RELAYS - 4/8/2025**  
**Northwestern College, Orange City**  
**Results**

**Finals ... (Boys 200 Meter Dash Varsity)**

Name	School	Finals
8 Winterfeld, Keagen	Unity Chrst,	24.28
9 Smit, Kolton	Unity Chrst,	24.62
10 VanBeek, Zachary	Sioux Center	24.73
11 Machado, Andre	Storm Lake	24.82
12 Kauffman, Hunter	Sibley-Ochey	25.03
13 Govig, Kyler	Sioux Center	25.18
14 Pedley, Jaxon	Sibley-Ochey	26.44
15 Octmann, Mattis	Hm-Sanborn	27.27
16 Perez, Jose	Hm-Sanborn	27.42
17 Boone, Hunter	Sheldon	27.53
--- Schmitz, Jackson	Moc-Fv	X26.41
--- Boone, Ryan	Moc-Fv	X26.92
--- Miller, Cargan	Moc-Fv	X28.48
--- Breaman, Jonah	Moc-Fv	X29.41

**Boys 400 Meter Dash Varsity**

Name	School	Finals
<b>Finals</b>		
1 Kreykes, Dawson	Sibley-Ochey	54.93 10
2 Kooiker, Caden	Sioux Center	55.39 8
3 Vos, Carter	Sibley-Ochey	56.14 6
4 Tapia, Cesar	Storm Lake	1:00.06 4
5 Olson, Sawyer	Sheldon	1:00.35 2
6 Wilson, Kolden	Gehlen Cath,	1:00.35 1
7 Dolphin, Carter	Hm-Sanborn	1:00.72
8 Clinkenbeard, Brock	Spirit Lake	1:00.97
9 Meyer, Grant	Spirit Lake	1:01.09
10 Van Wyk, Keegan	Moc-Fv	1:02.29
11 Scheitler, Blake	Gehlen Cath,	1:03.84
12 Placencia, Alex	Storm Lake	1:04.73
13 Ball, Braxton	Hm-Sanborn	1:07.22
14 Krosschell, Liam	Moc-Fv	1:09.14
--- Baslee, Breckin	Moc-Fv	X1:01.78

**Boys 800 Meter Run Varsity**

Name	School	Finals
<b>Finals</b>		
1 Hungerford, Jace	Spirit Lake	2:02.05 10
2 Wynia, Ethan	Unity Chrst,	2:04.64 8
3 Reiter, Cale	Sibley-Ochey	2:05.89 6
4 Poppen, David	Sibley-Ochey	2:06.61 4
5 Harpenau, Zac	Gehlen Cath,	2:07.15 2
6 Van Der Werff, Ian	Moc-Fv	2:07.17 1
7 Doughan, Thatcher	Moc-Fv	2:08.01
8 VandeVegte, Micah	Sioux Center	2:13.16
9 Frangenberg, Nick	Spirit Lake	2:14.73
10 Smit, Tegegn	Moc-Fv	2:16.84
11 Dokter, Crystian	Moc-Fv	2:20.01
12 Placencia, Alex	Storm Lake	2:28.93
13 Rodriguez, Teofilo	Storm Lake	2:34.13
14 Kirby, Evan	Sheldon	2:36.08
15 Buhrmann, Joe	Hm-Sanborn	2:38.76
16 Buhrmann, John	Hm-Sanborn	2:43.83
17 Ortner, Justin	Sioux Center	2:46.42

**Boys 1600 Meter Run Varsity**

Name	School	Finals
<b>Finals</b>		
1 Hughes, Brandon	Spirit Lake	4:34.15 10
2 Ramirez-Parra, Joel	Storm Lake	4:50.70 8
3 Hummel, Isaac	Moc-Fv	4:51.39 6
4 Vermeer, Malakai	Sheldon	4:54.08 4
5 Van Der Werff, Ian	Moc-Fv	4:56.19 2
6 Trautman, Carter	Spirit Lake	4:56.34 1
7 Work, Karson	Sioux Center	4:57.47
8 Christoffel, Chase	Gehlen Cath,	5:15.46
9 Mills, Jacob	Storm Lake	5:16.95
10 Van Beek, Caleb	Western Chri	5:19.46
11 Breems, William	Unity Chrst,	5:25.48
12 Hegenbarth, Jayden	Sheldon	5:31.03
13 Wolfswinkel, Elias	Western Chri	5:36.90
14 Teal, Easton	Hm-Sanborn	5:41.97
15 Hamerlinck, Henry	Gehlen Cath,	5:45.41
16 Vos, Triston	Sibley-Ochey	5:46.22
17 Dellavedova, Simone	Hm-Sanborn	5:48.69
--- Dokter, Crystian	Moc-Fv	X5:16.58
--- Smit, Tegegn	Moc-Fv	X5:24.64
--- Van Gelder, Carter	Moc-Fv	X5:40.36
--- Dykstra, Ben	Moc-Fv	X5:41.42

**Boys 3200 Meter Run Varsity**

Name	School	Finals
<b>Finals</b>		
1 Hungerford, Jace	Spirit Lake	10:27.78 10
2 Ramirez-Parra, Joel	Storm Lake	10:36.27 8
3 Huff, Caleb	Sheldon	10:44.31 6
4 Doughan, Thatcher	Moc-Fv	10:47.15 4
5 Ortega, Alexander	Storm Lake	10:51.03 2
6 Van Der Werff, Ian	Moc-Fv	10:53.11 1
7 Wassenaar, Michael	Sheldon	11:05.93
8 Van Beek, Caleb	Western Chri	11:19.26
9 Lehman, Brock	Sioux Center	11:24.50
10 Dirks, Aaron	Spirit Lake	12:09.70
11 Weber, Bradan	Gehlen Cath,	12:17.39
12 Teal, Easton	Hm-Sanborn	12:19.60
13 Hui, Lincoln	Gehlen Cath,	12:26.51
14 McCord, Samuel	Sioux Center	12:32.78

**Boys 110 Meter Hurdles Varsity**

Name	School	Finals
<b>Finals</b>		
1 Stecker, Ethan	Spirit Lake	14.48 10
2 Winkel, Cooper	Spirit Lake	14.56 8
3 Vander Ploeg, Conner	Moc-Fv	15.23 6
4 Maasdam, Dylan	Moc-Fv	15.53 4
5 Plasier, Max	Sioux Center	16.02 2
6 Kneip, Drake	Gehlen Cath,	16.44 1
7 Heilman, Luke	Sibley-Ochey	16.79
8 Veltkamp, Dylan	Sioux Center	17.74
9 McCarty, Cole	Gehlen Cath,	20.46

**DUTCH RELAYS - 4/8/2025**  
**Northwestern College, Orange City**  
**Results**

**Finals ... (Boys 110 Meter Hurdles Varsity)**

Name	School	Finals
10 Terpstra, Andrew	Unity Chrst,	20.67
11 Morton, Peyton	Hm-Sanborn	21.69
12 Zearing, Talan	Hm-Sanborn	22.44

**Boys 400 Meter Hurdles Varsity**

Name	School	Finals
<b>Finals</b>		
1 Marco, Tate	Sibley-Ochey	56.34 10
2 Walz, Wesley	Spirit Lake	59.00 8
3 Scholten, Lane	Unity Chrst,	1:00.20 6
4 Plasier, Max	Sioux Center	1:01.06 4
5 Kneip, Landen	Gehlen Cath,	1:01.97 2
6 Reuter, Keegan	Spirit Lake	1:02.17 1
7 Van Gelder, Braylon	Moc-Fv	1:02.61
8 Jager, Caiden	Sheldon	1:02.75
9 Doebel, Ryker	Storm Lake	1:05.87
10 Smit, Parker	Sioux Center	1:06.11
11 Finster, Blaine	Hm-Sanborn	1:08.42
12 Brennan, Cody	Moc-Fv	1:08.83
13 Tapia, Cesar	Storm Lake	1:09.30
14 Terpstra, Andrew	Unity Chrst,	1:10.38
15 Zearing, Talan	Hm-Sanborn	1:33.03

**Boys 4x100 Meter Relay Varsity**

Team	Relay	Finals
<b>Finals</b>		
1 Spirit Lake	A	44.86 10
1) Orpen, Tate	2) Higgins, Ty	
3) Hagedorn, Kyler	4) Bolluyt, Lucas	
2 Moc-Fv	A	45.28 8
1) Maasdam, Dylan	2) Koerselman, Dalton	
3) Kleinhesselink, Hudson	4) Vander Ploeg, Conner	
3 Sioux Center	A	45.35 6
1) Sandbulte, Cody	2) Swager, Tate	
3) Perez, Braedon	4) Hietbrink, Sawyer	
4 Gehlen Cath, L	A	46.37 4
1) Wendt, Cooper	2) Seivers, Owen	
3) Roberts, Jack	4) McCarty, Cole	
5 Unity Chrst, OC	A	46.82 2
1) Junius, Zekiel	2) Huisman, Kash	
3) Breen, Jacob	4) Smit, Kolton	
6 Sibley-Ocheyedan	A	47.09 1
1) Marco, Tate	2) Kauffman, Hunter	
3) Bevers, Gabe	4) Heilman, Luke	
7 Western Christ	A	47.39
1) Heynen, Jesse	2) Rozeboom, Tristan	
3) DeJager, Kaden	4) Groeneweg, Ty	
8 Hm-Sanborn	A	47.58
1) Perez, Jose	2) Lux, Graham	
3) Carlin, James	4) Grotluschen, Caleb	
9 Storm Lake	A	48.24
1) Chaiyawong, Sitah	2) Anderson, Brennen	
3) Garcia, Azael	4) Azurdia, Brandyn	

10 Sheldon	A	51.45
1) Baack, Briggs	2) Kruger, Derek	
3) Hegenbarth, Jaxon	4) Kavanagh, Aiden	
--- Moc-Fv	B	X47.89
1) Schmitz, Dominic	2) Fedders, Korver	
3) Moss, Talon	4) Feenstra, Jackson	
--- Moc-Fv	C	X48.64
1) Carmichael, Chase	2) Aalbers, Caleb	
3) Schmidt, Nolan	4) Jager, Paxton	

**Boys 4x200 Meter Relay Varsity**

Team	Relay	Finals
<b>Finals</b>		
1 Sioux Center	A	1:35.44 10
1) Perez, Braedon	2) Swager, Tate	
3) VanBeek, Zachary	4) Herrera, Arath	
2 Spirit Lake	A	1:36.39 8
1) Orpen, Tate	2) Henrickson, Sam	
3) Bolluyt, Lucas	4) Stecker, Bennett	
3 Moc-Fv	A	1:36.88 6
1) Schmitz, Dominic	2) Feenstra, Jackson	
3) Kleinhesselink, Hudson	4) Katt, Cooper	
4 Gehlen Cath, L	A	1:36.94 4
1) Wendt, Cooper	2) Konz, Wyatt	
3) Peters, Alex	4) Seivers, Owen	
5 Storm Lake	A	1:37.89 2
1) Azurdia, Brandyn	2) Garcia, Azael	
3) Machado, Andre	4) Weno, Garbieno	
6 Hm-Sanborn	A	1:40.39 1
1) Grotluschen, Caleb	2) Lux, Graham	
3) Schierholtz, Isaac	4) Carlin, James	
7 Western Christ	A	1:41.74
1) Rozeboom, Tristan	2) DeJager, Kaden	
3) Brands, Gavin	4) Bakker, Japen	
8 Unity Chrst, OC	A	1:43.15
1) Mouw, Joshua	2) Wynia, Josiah	
3) Reinke, Jordan	4) Van Den Berg, Isaac	
9 Sheldon	A	1:47.11
1) Kamstra, Parker	2) Schwartz, Caleb	
3) Baack, Briggs	4) Van Holland, Gavin	
10 Sibley-Ocheyedan	A	1:48.15
1) Sayler, Elijah	2) Wingate, Tristen	
3) Marco, Jace	4) Sayler, Levi	
--- Moc-Fv	B	X1:42.58
1) Ravenhorst, Logan	2) Moss, Talon	
3) Foreman, Maximus	4) Gebhard, Aiden	
--- Moc-Fv	C	X1:44.31
1) Carmichael, Chase	2) Aalbers, Caleb	
3) Schmidt, Nolan	4) Jager, Paxton	

**Boys 4x400 Meter Relay Varsity**

Team	Relay	Finals
<b>Finals</b>		
1 Moc-Fv	A	3:34.73 10
1) Katt, Cooper	2) Schmitz, Dominic	
3) Van Zee, Albear	4) Aalbers, Blake	

**DUTCH RELAYS - 4/8/2025**  
**Northwestern College, Orange City**  
**Results**

<b>Finals ... (Boys 4x400 Meter Relay Varsity)</b>			
<b>Team</b>	<b>Relay</b>	<b>Finals</b>	
2 Unity Chrst, OC	A	3:35.39	8
1) Wynia, Cade	2) Wynia, Ethan		
3) Foreman, Carson	4) Foreman, James		
3 Gehlen Cath, L	A	3:42.93	6
1) Peters, Alex	2) Konz, Wyatt		
3) Schaecher, Carson	4) Harpenau, Zac		
4 Sioux Center	A	3:44.79	4
1) Waddle, Lane	2) Addink, Easton		
3) Kooiker, Caden	4) VanBeek, Zachary		
5 Sheldon	A	3:48.56	2
1) Wassenaar, Michael	2) Vermeer, Malakai		
3) Scheaffer, Lewis	4) Huff, Caleb		
6 Spirit Lake	A	3:50.41	1
1) Stecker, Bennett	2) Morrison, Jackson		
3) Henrickson, Sam	4) Hodgell, Grady		
7 Sibley-Ocheyedan	A	3:52.26	
1) Kleinwolterink, Eric	2) Vos, Carter		
3) Wingate, Tristen	4) Dykstra, Cole		
8 Hm-Sanborn	A	3:54.33	
1) Lux, Graham	2) Carlin, James		
3) Dodge, Damian	4) Grotluschen, Ryan		
9 Storm Lake	A	3:57.05	
1) Weno, Garbieno	2) Machado, Andre		
3) Tapia, Cesar	4) Mills, Jacob		
--- Moc-Fv	B	X4:16.11	
1) Gebhard, Aiden	2) Foreman, Maximus		
3) Boone, Ryan	4) Aalbers, Caleb		

<b>Boys 4x800 Meter Relay Varsity</b>			
<b>Team</b>	<b>Relay</b>	<b>Finals</b>	
<b>Finals</b>			
1 Sibley-Ocheyedan	A	8:29.68	10
1) Kreykes, Dawson	2) Poppen, David		
3) Reiter, Cale	4) Byers, Ben		
2 Sioux Center	A	8:51.94	8
1) Work, Karson	2) VandeVegte, Micah		
3) Kooiker, Caden	4) Addink, Easton		
3 Spirit Lake	A	9:01.47	6
1) Frangenberg, Nick	2) Morrison, Jackson		
3) Conway, Wylee	4) Trautman, Carter		
4 Hm-Sanborn	A	9:48.06	4
1) Grotluschen, Ryan	2) Finster, Blaine		
3) Carlin, James	4) Dodge, Damian		
5 Gehlen Cath, L	A	9:49.96	2
1) Christoffel, Chase	2) Arens, Grant		
3) Sitzmann, Tristan	4) Kellen, Logan		
6 Storm Lake	A	10:03.15	1
1) Mills, Jacob	2) Placencia, Alex		
3) Schwint, John	4) Kampbell, Heath		
7 Unity Chrst, OC	A	10:17.57	
1) Statema, Josh	2) Phinney, William		
3) Pennings, Mikiaiah	4) Vos, Layne		

8 Moc-Fv	B	10:29.45	
1) Baslee, Breckin	2) Dykstra, Ben		
3) Meyer, Racer	4) Van Wyk, Keegan		
<b>Boys 800 Sprint Medley Varsity</b>			
<b>Team</b>	<b>Relay</b>	<b>Finals</b>	
<b>Finals</b>			
1 Unity Chrst, OC	A	1:35.94	10
1) Junius, Zekiel	2) Breen, Jacob		
3) Huisman, Kash	4) Foreman, James		
2 Gehlen Cath, L	A	1:36.95	8
1) McCarty, Cole	2) Peters, Alex		
3) Seivers, Owen	4) Harpenau, Zac		
3 Moc-Fv	A	1:37.32	6
1) Schmitz, Dominic	2) Kleinhesselink, Hudson		
3) Van Zee, Albear	4) Katt, Cooper		
4 Spirit Lake	A	1:38.68	4
1) Bolluyt, Lucas	2) Barthman, Max		
3) Grau, Kyle	4) Dirks, Dietrich		
5 Western Christ	A	1:41.91	2
1) Bakker, Japen	2) Groeneweg, Ty		
3) DeJager, Kaden	4) Rozeboom, Tristan		
6 Sibley-Ocheyedan	A	1:42.45	1
1) Heilman, Luke	2) Kauffman, Hunter		
3) Marco, Tate	4) Dykstra, Cole		
7 Sheldon	A	1:43.32	
1) Kamstra, Parker	2) Kruse, Wesley		
3) Brouwer, Owen	4) Meyer-Vander Sluis, Cooper		
8 Sioux Center	A	1:46.62	
1) Hietbrink, Sawyer	2) Herrera, Arath		
3) Bradshaw, Jace	4) Waddle, Lane		
9 Storm Lake	A	1:51.48	
1) Azurdia, Brandyn	2) Chaiyawong, Sitah		
3) Sanchez, Nicolas	4) Mai, Harry		
10 Hm-Sanborn	A	1:57.36	
1) Douma, Caden	2) Vogt, Jackson		
3) Schierholtz, Isaac	4) Meyers, Mykle		
--- Moc-Fv	B	X1:44.26	
1) Foreman, Maximus	2) Fedders, Korver		
3) Gebhard, Aiden	4) Van Ravenhorst, Logan		

<b>Boys Distance Medley Varsity</b>			
<b>Team</b>	<b>Relay</b>	<b>Finals</b>	
<b>Finals</b>			
1 Spirit Lake	A	3:46.41	10
1) Reuter, Keegan	2) Walz, Wesley		
3) Hagedorn, Kyler	4) Dirks, Dietrich		
2 Unity Chrst, OC	A	3:48.73	8
1) Smit, Kolton	2) Winterfeld, Keagen		
3) Wynia, Cade	4) Foreman, Carson		
3 Moc-Fv	A	3:56.38	6
1) Schmitz, Jackson	2) Van Gelder, Braylon		
3) Aalbers, Blake	4) Hummel, Isaac		
4 Sibley-Ocheyedan	A	4:00.11	4
1) Marco, Tate	2) Heilman, Luke		
3) Byers, Ben	4) Dykstra, Cole		



**DUTCH RELAYS - 4/8/2025**  
**Northwestern College, Orange City**

**Results**

<b>Finals ... (Boys Distance Medley Varsity)</b>			
<b>Team</b>	<b>Relay</b>	<b>Finals</b>	
5 Gehlen Cath, L	A	4:01.24	2
1) Wendt, Cooper	2) Roberts, Jack		
3) Kneip, Landen	4) Schaecher, Carson		
6 Sheldon	A	4:15.38	1
1) Kavanagh, Aiden	2) Kruger, Derek		
3) Kleinhesselink, Kamron	4) Scheaffer, Lewis		
7 Western Christ	A	4:23.36	
1) Heynen, Jesse	2) Brands, Gavin		
3) Hall, Tate	4) Wolfswinkel, Elias		
8 Hm-Sanborn	A	4:27.92	
1) Billings, Alex	2) Meyers, Mykle		
3) Zimmer, Karter	4) Dellavedova, Simone		
9 Sioux Center	A	4:30.53	
1) Boogerd, Blake	2) Nice, Calvin		
3) Govig, Kyler	4) Thonstad, Zaron		
10 Storm Lake	A	4:33.28	
1) Mai, Harry	2) Sanchez, Nicolas		
3) Bermudez, mauricio	4) Laguna Zavala, Eden		
--- Moc-Fv	B	X4:25.76	
1) Breaman, Jonah	2) Miller, Cargan		
3) Brennan, Cody	4) Van Gelder, Carter		

<b>Boys 4x110 Meter Shuttle Hurdle Varsity</b>			
<b>Team</b>	<b>Relay</b>	<b>Finals</b>	
<b>Finals</b>			
1 Moc-Fv	A	1:00.80	10
1) Vander Ploeg, Conner	2) Van Gelder, Braylon		
3) Aalbers, Blake	4) Maasdam, Dylan		
2 Spirit Lake	A	1:02.44	8
1) Hagedoorn, Kyler	2) Mitchell, Landen		
3) Stecker, Ethan	4) Winkel, Cooper		
3 Gehlen Cath, L	A	1:05.75	6
1) Kneip, Drake	2) Kneip, Landen		
3) Konz, Wyatt	4) Roberts, Jack		
4 Sioux Center	A	1:09.46	4
1) Plasier, Max	2) Smit, Lincoln		
3) Smit, Parker	4) Veltkamp, Dylan		
5 Sheldon	A	1:11.01	2
1) Jager, Caiden	2) Mouw, Braeden		
3) Kamstra, Parker	4) Olson, Sawyer		
--- Moc-Fv	B	X1:12.89	
1) Van Zee, Albear	2) Jager, Paxton		
3) Schmidt, Nolan	4) Brennan, Cody		

<b>Boys High Jump Varsity</b>			
<b>Name</b>	<b>School</b>	<b>Finals</b>	
<b>Finals</b>			
1 Walz, Wesley	Spirit Lake	J5-08.00	10
2 Reuter, Keegan	Spirit Lake	J5-08.00	8
3 Scheitler, Blake	Gehlen Cath,	J5-06.00	6
--- Krossschell, Liam	Moc-Fv	NH	
--- Van Gelder, Carter	Moc-Fv	NH	
--- Olson, Sawyer	Sheldon	NH	
--- Kleinwolterink, Eric	Sibley-Ochey	NH	

---	Kruger, Derek	Sheldon	NH
<b>Boys Long Jump Varsity</b>			
<b>Name</b>	<b>School</b>	<b>Finals</b>	
<b>Finals</b>			
1 McCarty, Cole	Gehlen Cath,	21-02.25	10
2 Koerselman, Dalton	Moc-Fv	21-01.75	8
3 Maasdam, Dylan	Moc-Fv	20-08.50	6
4 Azurdia, Brandyn	Storm Lake	19-04.50	4
5 Konz, Wyatt	Gehlen Cath,	19-02.00	2
6 Scholten, Lane	Unity Chrst,	19-00.50	1
7 Halbersma, Beckett	Spirit Lake	18-08.00	
8 Jager, Caiden	Sheldon	18-00.00	
9 Hodgell, Grady	Spirit Lake	17-07.50	
10 Hegenbarth, Jaxon	Sheldon	17-06.00	
11 Anderson, Brennen	Storm Lake	17-04.75	
12 Van Den Berg, Isaac	Unity Chrst,	16-10.00	
13 Bevers, Gabe	Sibley-Ochey	16-07.75	
14 Dodge, Damian	Hm-Sanborn	16-04.25	
15 vega, Ronaldo	Sioux Center	15-08.00	
16 Morton, Peyton	Hm-Sanborn	14-08.50	
---	Dalle, Zander	Sioux Center	DQ

<b>Boys Shot Put Varsity</b>			
<b>Name</b>	<b>School</b>	<b>Finals</b>	
<b>Finals</b>			
1 Knutson, Jackson	Spirit Lake	48-04.75	10
2 Mulder, Jacob	Moc-Fv	48-02.25	8
3 Foreman, Jaxson	Moc-Fv	47-03.50	6
4 Greenfield, Gage	Sibley-Ochey	47-00.00	4
5 Sandbulte, Cody	Sioux Center	43-04.25	2
6 Theesfeld, Nolan	Spirit Lake	42-07.75	1
7 Wolfswinkel, Riley	Sioux Center	41-06.50	
8 Harpenau, Matthew	Gehlen Cath,	41-05.75	
9 Small, Mason	Gehlen Cath,	41-03.50	
10 Freese, Chris	Unity Chrst,	39-00.50	
11 Roorda, Gage	Unity Chrst,	38-09.75	
12 Billings, Alex	Hm-Sanborn	38-04.25	
13 Leng, Jack	Sheldon	37-09.25	
14 Ney, Jesse	Western Chri	37-09.00	
15 Greydanus, Eli	Western Chri	37-05.75	
16 Stanton, Gavin	Sibley-Ochey	35-04.00	
17 Monroe, Kaden	Sheldon	33-00.25	

<b>Boys Discus Throw Varsity</b>			
<b>Name</b>	<b>School</b>	<b>Finals</b>	
<b>Finals</b>			
1 Mulder, Jacob	Moc-Fv	159-00	10
2 Bejamo, Jax	Spirit Lake	152-07	8
3 Sandbulte, Cody	Sioux Center	143-02	6
4 Greydanus, Eli	Western Chri	140-08	4
5 Robinson, Tyson	Spirit Lake	131-05	2
6 Small, Mason	Gehlen Cath,	129-00	1
7 Bundt, Ezra	Moc-Fv	128-11	
8 Munoz, Alexander	Gehlen Cath,	127-03	
9 Mouw, Colton	Sioux Center	114-11	

**DUTCH RELAYS - 4/8/2025**  
**Northwestern College, Orange City**

**Results**

**Finals ... (Boys Discus Throw Varsity)**

Name	School	Finals
10 Leng, Jack	Sheldon	101-03
11 Freese, Chris	Unity Chrst,	100-02
12 Roorda, Gage	Unity Chrst,	98-00
13 Meendering, Brody	Hm-Sanborn	96-06
14 Stanton, Gavin	Sibley-Ochey	92-04
15 Greenfield, Gage	Sibley-Ochey	83-11
16 Monroe, Kaden	Sheldon	81-09
--- Heynen, Jesse	Western Chri	DQ

**Boys Long Jump JV Event Junior Varsity**

Name	School	Finals
1 Henrickson, Sam	Spirit Lake	18-06.50
2 Jalas, Kyson	Spirit Lake	17-08.50
3 Schmitz, Jackson	Moc-Fv	17-08.00
4 Kruger, Derek	Sheldon	16-09.25
5 Tinklenberg, Case	Unity Chrst,	16-01.75
6 Kamstra, Parker	Sheldon	14-11.00
7 Statema, Josh	Unity Chrst,	14-10.50
8 Guadarama, Saul	Sheldon	14-03.50
9 Aye La, Sha Mae	Storm Lake	14-01.00
10 Collins, William	Sheldon	13-04.00
11 Kavanagh, Aiden	Sheldon	13-02.00
--- Zimmer, Karter	Hm-Sanborn	DQ
--- Mouw, Braeden	Sheldon	DQ

**Boys Shot Put JV Event Junior Varsity**

Name	School	Finals
1 Recker, Kaiden	Moc-Fv	40-08.00
2 Lehmann, Dane	Gehlen Cath,	37-11.00
3 Hickerson, Caden	Spirit Lake	37-07.00
4 Prins, Toby	Sibley-Ochey	37-02.25
5 Bejamo, Jax	Spirit Lake	37-02.00
6 Wissink, Trandon	Sioux Center	37-00.00
7 Poh, Eh	Storm Lake	36-06.50
8 Ostovic, Isaac	Spirit Lake	36-06.00
9 Sexton, Terry	Spirit Lake	36-05.50
10 Kellen, Zander	Sioux Center	36-00.00
11 Uhl, Burke	Moc-Fv	35-09.00
12 Munoz, Alexander	Gehlen Cath,	34-11.25
13 Ontiveros, Adrian	Spirit Lake	34-02.00
14 Marquez, Manuel	Sioux Center	33-04.00
14 Brakenhoff, Gideon	Spirit Lake	33-04.00
16 Miller, Ayden	Sheldon	32-11.00
17 Roelfs, Jacob	Hm-Sanborn	32-09.00
18 Lah, Ryme	Storm Lake	32-03.00
19 Cruz, Devon	Storm Lake	32-02.50
19 Mejia, Alan	Sibley-Ochey	32-02.50
19 Schoellerman, Brayden	Unity Chrst,	32-02.50
22 Harp, Andrew	Moc-Fv	32-01.00
23 Kooima, Kayden	Sibley-Ochey	31-05.00
24 Zapata, Anttony	Sheldon	30-07.50
25 Van Westen, Phillip	Sibley-Ochey	30-00.00

25 Fisher, Evan	Spirit Lake	30-00.00
27 Shirk, Elliott	Sheldon	29-05.50
28 Hansen, Austin	Spirit Lake	29-05.00
29 Bucher, Andyn	Sheldon	27-10.00
30 Kellen, Britton	Gehlen Cath,	26-10.50
31 Dolphin, Haydean	Hm-Sanborn	26-09.50
32 Robinson, Tyson	Spirit Lake	26-05.00
33 Taylor, David	Unity Chrst,	26-03.25
34 Schilling, Andrew	Gehlen Cath,	25-11.00
34 Siefkin, Tavien	Sheldon	25-11.00
36 Greydanus, Caleb	Western Chri	25-07.00
37 Topete, Victor	Sheldon	24-03.00
38 Brower, Jackson	Hm-Sanborn	22-08.00
39 Schaub, Zach	Spirit Lake	22-02.00
40 Mouw, Alex	Spirit Lake	21-03.50
41 Scheruer, Nathan	Hm-Sanborn	16-07.00
--- Watson, Ben	Spirit Lake	DQ

**Boys Discus Throw JV Event Junior Varsity**

Name	School	Finals
1 Ostovic, Isaac	Spirit Lake	129-00
2 Lehmann, Dane	Gehlen Cath,	116-10
3 Sexton, Terry	Spirit Lake	114-00
4 Hickerson, Caden	Spirit Lake	113-00
5 Uhl, Burke	Moc-Fv	111-07
6 Recker, Kaiden	Moc-Fv	107-04
7 Schuiteman, McArthur	Sioux Center	98-06
8 Poh, Eh	Storm Lake	97-05
9 Dekkers, Lane	Sioux Center	95-08
10 Ney, Jesse	Western Chri	93-02
11 Ontiveros, Adrian	Spirit Lake	92-03
12 Cruz, Devon	Storm Lake	90-10
13 Van Westen, Phillip	Sibley-Ochey	90-06
14 Harpenau, Matthew	Gehlen Cath,	89-03
15 Roelfs, Jacob	Hm-Sanborn	87-08
16 Taylor, David	Unity Chrst,	83-06
17 Hanson, Wylie	Spirit Lake	82-01
18 Chicione, Ben	Spirit Lake	80-04
19 Kellen, Zander	Sioux Center	80-03
20 Miller, Ayden	Sheldon	79-11
21 Kellen, Britton	Gehlen Cath,	79-09
22 Kooima, Kayden	Sibley-Ochey	79-06
23 Marquez, Manuel	Sioux Center	78-03
24 Harp, Andrew	Moc-Fv	77-06
25 Arreguin, Abel	Storm Lake	74-02
26 Mouw, Landen	Sheldon	74-00
27 Greydanus, Caleb	Western Chri	73-11
28 Prins, Toby	Sibley-Ochey	72-09
29 Siefkin, Tavien	Sheldon	69-11
30 Mejia, Alan	Sibley-Ochey	69-10
31 Shirk, Elliott	Sheldon	69-04
32 Schoellerman, Brayden	Unity Chrst,	67-11
33 Lah, Ryme	Storm Lake	65-00
34 Mack, Stephen	Sheldon	63-06
35 Wissink, Trandon	Sioux Center	63-02

**DUTCH RELAYS - 4/8/2025**  
**Northwestern College, Orange City**  
**Results**

**Finals ... (Boys Discus Throw JV Event Junior Varsity)**

	<b>Name</b>	<b>School</b>	<b>Finals</b>
36	Schilling, Andrew	Gehlen Cath,	56-11
37	Lode, Westley	Sheldon	56-03
38	Brower, Jackson	Hm-Sanborn	51-06

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Women - Varsity - Team Rankings - 19 Events Scored

1)	MOC-FV	147
2)	Sioux Center	122
3)	Spirit Lake	107
4)	Unity Chrst, OC	64
5)	Storm Lake	57
6)	Western Christ	35
7)	Gehlen Cath, L	28
8)	HM-Sanborn	12
9)	Sibley-Ocheyedan	9

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Men - Varsity - Team Rankings - 19 Events Scored

1)	Spirit Lake	166
2)	MOC-FV	124
3)	Gehlen Cath, L	63
4)	Sibley-Ocheyedan	56
4)	Sioux Center	56
6)	Storm Lake	45
7)	Unity Chrst, OC	43
8)	Sheldon	17
9)	Western Christ	6
10)	HM-Sanborn	5