

2015 Simpson High School Classic - 3/28/2015

Bill Buxton Stadium

Results

Girls 100 Meter Dash

Name	School	Finals
Finals		
1 Carter, Briyana	Roosevelt Hi	12.67 10
2 Shellmyer, Skyler	Urbandale	13.05 8
3 Milani, Sydney	SE Polk	13.33 6
4 Phipps, Jordyn	Norwalk	13.46 5
5 Szakacs, Sophia	Urbandale	13.48 4
6 Carr, Spencerline	Des Moines N	13.58 3
7 Phanfil, Nadine	Roosevelt Hi	13.74 2
8 Richards, Rylee	Carlisle	13.78 1
9 Dubois, Taylor	Carlisle	13.84
10 Lathrum, Liza	Indianola	13.85
11 Cox, McKenna	SE Polk	13.98
12 Tennih, Mary	Des Moines N	14.51
13 Burchett, Chelsea	Indianola	15.97
14 Clark, Isabel	Norwalk	16.85

Girls 200 Meter Dash

Name	School	Finals
Finals		
1 Woodard, Mackenzie	SE Polk	26.13 10
2 Shellmyer, Skyler	Urbandale	27.14 8
3 Hersom, Brianna	SE Polk	27.35 6
4 Curtis, Abby	Carlisle	29.85 5
5 Hovey, Jessie	Urbandale	29.86 4
6 LaQuatte, Torie	Norwalk	29.98 3
7 Hall, Tori	Roosevelt Hi	30.05 2
8 Jackson, Chrissy	Carlisle	31.80 1
9 Burrows, Hannah	Indianola	32.04
10 Steenhoek, Olivia	Norwalk	32.56
11 Germano, Solit	Roosevelt Hi	32.97

Girls 400 Meter Dash

Name	School	Finals
Finals		
1 Matthews, Shaniya	Roosevelt Hi	1:04.10 10
2 Viers, Kirstin	Carlisle	1:06.48 8
3 Peterson, Avery	Urbandale	1:07.39 6
4 Wells, Tyciera	Roosevelt Hi	1:08.40 5
5 Bishop, Rachel	Indianola	1:09.76 4
6 Geurts, Madison	Indianola	1:10.14 3
7 Starcevic, Hailey	SE Polk	1:10.49 2
8 DuBois, Courtney	SE Polk	1:12.78 1
9 Coons, Jordan	Norwalk	1:27.27
--- Rempe, Grace	Urbandale	DQ

Girls 800 Meter Run

Name	School	Finals
Finals		
1 Moreno, Trina	Urbandale	2:24.17 10
2 Mitchell, Sierra	SE Polk	2:28.56 8
3 Cole, Mickey	Urbandale	2:32.51 6
4 Voss, Sarah	Roosevelt Hi	2:37.72 5
5 Lawler, Mikaela	SE Polk	2:38.21 4

6 Mason, Katie	Roosevelt Hi	2:42.60 3
7 Moffitt, Kennedy	Indianola	2:44.88 2
8 Nibitanga, Delefine	Des Moines N	2:46.16 1
9 Eppink, Elizabeth	Urbandale	2:47.86
10 McGinnis, Jacqu	Indianola	2:49.17
11 Kooker, Taylor	Carlisle	2:51.85
12 Irambona, Clementine	Des Moines N	3:01.70
13 Grell, Ellie	Norwalk	3:02.65
14 Scott, Sara	Carlisle	3:03.42

Girls 1500 Meter Run

Name	School	Finals
Finals		
1 Noah, Julia	Urbandale	4:59.89 10
2 Klavins, Carly	Urbandale	5:09.07 8
3 Walker, Kaityn	SE Polk	5:19.90 6
4 Carver, Maddie	Urbandale	5:28.04 5
5 Hoekstra, Madi	Carlisle	5:31.61 4
6 Scallon, Kennedy	Norwalk	5:33.27 3
7 Gebhart, Jensen	Indianola	5:34.89 2
8 Murphy, Mae	Roosevelt Hi	5:38.63 1
9 Cary, Carson	Roosevelt Hi	5:38.83
10 Barretta, Micheala	Indianola	5:49.30
11 Savage, Kalie	SE Polk	5:56.37
12 Geurts, Madison	Indianola	5:59.44
13 Heinold, Jordan	Norwalk	6:28.57
14 Murphy, Stella	Roosevelt Hi	6:33.40
15 Li, Fiona	Carlisle	7:16.16

Girls 3000 Meter Run

Name	School	Finals
Finals		
1 Schott, Megan	Roosevelt Hi	10:33.00 10
2 Cole, Mickey	Urbandale	11:03.10 8
3 Klavins, Carly	Urbandale	11:14.80 6
4 Voss, Sarah	Roosevelt Hi	11:31.70 5
5 Middleswart, Casey	Urbandale	11:32.60 4
6 Bakros, Isabel	Roosevelt Hi	12:46.80 3
7 Nibitanga, Delefine	Des Moines N	13:30.40 2
8 Jackson, Chrissy	Carlisle	13:43.80 1
9 Irambona, Clementine	Des Moines N	13:51.10
10 Larson, Haley	Norwalk	14:01.70

Girls 100 Meter Hurdles

Name	School	Finals
Finals		
1 Lafrentz, Sydney	Urbandale	16.54 10
2 Williams, Ashley	Norwalk	18.11 8
3 Willoughby, Angela	SE Polk	18.55 6
4 LaQuatte, Torie	Norwalk	18.80 5
5 Donahoe, Alex	SE Polk	18.89 4
6 Hovey, Jessie	Urbandale	18.91 3
7 Burrows, Hannah	Indianola	19.10 2
8 Kurimski, Bailey	Carlisle	19.13 1
9 Scharlau, Madison	Indianola	24.20

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Girls 400 Meter Hurdles

Name	School	Finals
Finals		
1 Owens, Jaycie	Norwalk	1:12.13 10
2 Donahoe, Alex	SE Polk	1:15.76 8
3 Davidson, McKenna	SE Polk	1:21.15 6

Girls 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Urbandale	A	51.77 10
1) Wiest, Shauna	2) Shellmyer, Skyler	
3) Hovey, Jessie	4) Lafrentz, Sydney	
2 Roosevelt High School	A	52.67 8
1) Phanfil, Nadine	2) Williams, Kyndal	
3) Houston, Dejah	4) Carter, Briyana	
3 Des Moines North HS	A	54.46 6
1) Carr, Spencerline	2) Tennih, Mary	
3) Hill, Janelle	4) Brown, Alice	
4 Norwalk	A	54.80 5
1) Steenhoek, Olivia	2) Phipps, Jordyn	
3) Williams, Ashley	4) Campbell, Shae	
5 SE Polk	A	56.40 4
1) McGinnis, Destiny	2) Warrick, Mikayla	
3) Gillotti, Blair	4) Cox, McKenna	
6 Carlisle	A	58.50 3
1) Richards, Rylee	2) McCoy, Rylee	
3) Wright, Mckenzie	4) Jackson, Chrissy	
7 SE Polk	B	x58.87
1) Willoughby, Angela	2) Veldhuizen, Toni	
3) Kilmer, Jayd	4) Leo, Camrey	
8 Indianola	B	1:01.74 2
1) Kaldenberg, Michelle	2) Brace, Anna	
3) Bonanno, Samantha	4) Geurts, Madison	
9 Des Moines North HS	B	x1:03.56
1) Avant, Amirah	2) Nibitainga, Eveline	
3) Nahimana, Cecille	4) Richardson, Alicia	
10 Norwalk	B	x1:12.01
1) Sievers, Beth	2) Shipley, Caitlyn	
3) Mulford, Abbie	4) Whipple, Elaine	

Girls 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 SE Polk	A	1:47.99 10
1) McGinnis, Destiny	2) Milani, Sydney	
3) Hersom, Brianna	4) Woodard, Mackenzie	
2 Norwalk	A	1:55.38 8
1) Steenhoek, Olivia	2) Vanderholt, Taylor	
3) Owens, Jaycie	4) Campbell, Shae	
3 Des Moines North HS	A	1:56.51 6
1) Carr, Spencerline	2) Tennih, Mary	
3) Hill, Janelle	4) Brown, Alice	

4 Urbandale	A	2:01.17 5
1) Klein, Emma	2) Yoder, Allison	
3) Smith, Angie	4) Bakker, Julia	
5 SE Polk	B	x2:01.54
1) Brehm, Jennesa	2) Veldhuizen, Toni	
3) Leo, Camrey	4) Duren, Jordan	
6 Roosevelt High School	A	2:04.81 4
1) Williams, Kyndal	2) Osman, Fatima	
3) Houston, Dejah	4) Germano, Solit	
7 Norwalk	B	x2:07.45
1) Adams, Taylor	2) Robertson, Hannah	
3) Wetzel, Cinda	4) Clark, Eva	
8 Indianola	B	2:09.04 3
1) Lathrum, Liza	2) Talbot, Alix	
3) Loy, Taylor	4) Scharlau, Madison	
9 Des Moines North HS	B	x2:14.50
1) Nibtainga, Eveline	2) Avant, Amirah	
3) Nahimana, Cecille	4) Richardson, Alicia	

Girls 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 SE Polk	A	4:10.72 10
1) Hersom, Brianna	2) Mitchell, Sierra	
3) Milani, Sydney	4) Woodard, Mackenzie	
2 Carlisle	A	4:38.44 8
1) Reed, Marissa	2) Viers, Kirstin	
3) Curtis, Abby	4) Hoekstra, Madi	
3 Norwalk	A	4:39.59 6
1) Owens, Jaycie	2) VanVelzen, Tori	
3) Whitehead, Joplyn	4) Vanderholt, Taylor	
4 Des Moines North HS	A	4:43.04 5
1) Hill, Janelle	2) Carr, Spencerline	
3) Nibitainga, Delefine	4) Irambona, Clementine	
5 Urbandale	A	4:50.05 4
1) Wilson, Sara	2) Rempe, Grace	
3) Nelson, Jennifer	4) Peterson, Avery	
6 SE Polk	B	x4:50.21
1) Brehm, Jennesa	2) Schafer, Allison	
3) Starcevic, Hailey	4) Winecke, Alexis	
7 Indianola	B	4:53.59 3
1) Bishop, Rachel	2) Moffitt, Kennedy	
3) Obermeier, Elizabeth	4) Robinson, Morgan	

Girls 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 Urbandale	A	9:57.86 10
1) Noah, Julia	2) Carver, Maddie	
3) Peterson, Avery	4) Moreno, Trina	
2 SE Polk	A	10:11.70 8
1) Mitchell, Sierra	2) Lawler, Mikaela	
3) Mack, Riley	4) Walker, Kaityn	
3 Carlisle	A	11:18.81 6
1) Reed, Marissa	2) McVay, Abbie	
3) Curtis, Abby	4) Hoekstra, Madi	

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Finals ... (Girls 4x800 Meter Relay)

Team	Relay	Finals
4 Norwalk	A	11:19.87 5
1) Myers, Emma	2) Riordan, Jenna	
3) Grell, Ellie	4) Scallon, Kennedy	
5 Roosevelt High Schoo	A	11:27.30 4
1) Drake, Brennan	2) Buchanan, Izzy	
3) Schott, Sarah	4) Chell, Claire	
6 Urbandale	B	x11:51.20
1) Nelson, Jennifer	2) Foster, Katelyn	
3) Leonhart, Emily	4) Rempe, Grace	

Girls 800 Sprint Medley

Team	Relay	Finals
Finals		
1 Norwalk	A	2:01.56 10
1) Phipps, Jordyn	2) Williams, Ashley	
3) Campbell, Shae	4) Vanderholt, Taylor	
2 SE Polk	A	2:02.87 8
1) Cox, McKenna	2) Gillotti, Blair	
3) Warrick, Mikayla	4) Mack, Riley	
3 Roosevelt High Schoo	A	2:05.09 6
1) Osman, Fatima	2) Holman, Kori	
3) Matthews, Shaniya	4) Chell, Claire	
4 Carlisle	A	2:05.23 5
1) Dubois, Taylor	2) Viers, Kirstin	
3) Van Dyk, Lizzie	4) Johnson, Marissa	
5 Urbandale	A	2:06.94 4
1) Wiest, Shauna	2) Feldotto, Sara	
3) Gajewsky, Kelsi	4) Carver, Jessi	
6 SE Polk	B	x2:10.81
1) Leo, Camrey	2) Kilmer, Jayd	
3) Schafer, Allison	4) DuBois, Courtney	
7 Urbandale	B	x2:11.71
1) Klein, Emma	2) Yoder, Allison	
3) Smith, Angie	4) Bakker, Julia	
8 Norwalk	B	x2:12.26
1) Clark, Eva	2) Adams, Taylor	
3) Whitehead, Joplyn	4) Hughes, Miranda	
9 Indianola	B	2:15.35 3
1) Loy, Taylor	2) Bonanno, Samantha	
3) Lathrum, Liza	4) Robinson, Morgan	
10 Des Moines North HS	A	2:18.15 2
1) Tennih, Mary	2) Brown, Alice	
3) Richardson, Alicia	4) Plamer, Mercedies	
11 Des Moines North HS	B	x2:37.38
1) Avant, Amirah	2) Nahimana, Cecille	
3) Nibtainga, Eveline	4) Reyes, Angelica	

Girls Distance Medley

Team	Relay	Finals
Finals		
1 Urbandale	A	4:48.08 10
1) Feldotto, Sara	2) Gajewsky, Kelsi	
3) Carver, Jessi	4) Middleswart, Casey	

2 SE Polk	A	4:52.68 8
1) Gillotti, Blair	2) Warrick, Mikayla	
3) Winecke, Alexis	4) Savage, Kalie	
3 Indianola	A	4:54.26 6
1) Talbot, Alix	2) Loy, Taylor	
3) Gebhart, Jensen	4) Barretta, Micheala	
4 Urbandale	B	x5:02.83
1) Klein, Emma	2) Yoder, Allison	
3) Eppink, Elizabeth	4) Wilson, Sara	
5 Roosevelt High Schoo	A	5:13.34 5
1) Hall, Tori	2) Holman, Kori	
3) Post, Justice	4) Murphy, Stella	
6 Norwalk	A	5:21.05 4
1) Clark, Eva	2) Adams, Taylor	
3) Whitehead, Joplyn	4) Hughes, Miranda	
7 Norwalk	B	x5:25.86
1) Robertson, Hannah	2) Riordan, Jenna	
3) VanAmburg, Samantha	4) Heinold, Jordan	
8 Des Moines North HS	A	5:33.05 3
1) Nibitainga, Eveline	2) Nahimana, Cecille	
3) Richardson, Alicia	4) Plamer, Mercedies	

Girls 4x100 Meter Shuttle Hurdle

Team	Relay	Finals
Finals		
1 Norwalk	A	1:13.11 10
1) Steenhoek, Olivia	2) LaQuatte, Torie	
3) Vanderholt, Taylor	4) Williams, Ashley	
--- SE Polk	A	DQ
1) Willoughby, Angela	2) Doser, Tayor	
3) Veach, Sydney	4) Donahoe, Alex	
--- Norwalk	B	DQ
1) Adams, Megan	2) Hill, Anjelica	
3) VanAmburg, Samantha	4) Gremler, Maddie	

Girls High Jump

EVENT TO FOLLOW BOYS HIGH JUMP

Name	School	Finals
Finals		
1 VanVelzen, Tori	Norwalk	5-00.00 10
2 Van Dyk, Lizzie	Carlisle	J5-00.00 8
3 Doser, Tayor	SE Polk	4-10.00 6
4 Johnson, Marissa	Carlisle	J4-10.00 5
5 Pearce, Jayna	SE Polk	4-08.00 4
6 Veach, Sydney	SE Polk	4-06.00 3
7 Smith, Angie	Urbandale	4-04.00 2
--- Wiest, Shauna	Urbandale	NH
--- Hughes, Miranda	Norwalk	NH

Girls Long Jump

FOUR JUMPS

Name	School	Finals
Finals		
1 Carter, Briyana	Roosevelt Hi	17-03.00 10
2 Campbell, Shae	Norwalk	15-05.00 8
3 McGinnis, Destiny	SE Polk	15-04.00 6

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Results

Finals ... (Girls Long Jump)

Name	School	Finals	
4 Szakacs, Sophia	Urbandale	15-02.00	5
5 Feldotto, Sara	Urbandale	14-07.00	4
6 Willoughby, Angela	SE Polk	J14-07.00	3
7 Dubois, Taylor	Carlisle	14-00.00	2
8 Gajewsky, Kelsi	Urbandale	J14-00.00	1
9 Whitehead, Joplyn	Norwalk	12-09.00	
10 Richards, Rylee	Carlisle	12-07.50	
11 VanAmburg, Samantha	Norwalk	11-10.00	

Girls Shot Put

FOUR THROWS

Name	School	Finals	
1 Burton, Ashlan	Urbandale	38-03.50	10
2 Zook, Talia	Norwalk	35-03.00	8
3 Hoyman, Anna	Indianola	34-06.75	6
4 Davis, Abby	Carlisle	33-07.00	5
5 Barnhill, Eliyzha	Roosevelt Hi	32-10.00	4
6 Kruse, Brooke	Carlisle	32-04.00	3
7 McDonald, Makayla	Norwalk	31-10.75	2
8 Kuehl, Emma	Urbandale	29-03.75	1
9 Schmitz, Zoe	SE Polk	29-03.25	
10 Jensen, Ellie	Indianola	26-11.00	
11 Malloy, Caitlyn	Roosevelt Hi	25-06.00	
12 Talbert, Jasmine	Roosevelt Hi	25-05.00	
13 Taylor, Stacia	Roosevelt Hi	25-01.00	
14 Beenken, Hannah	Norwalk	25-00.50	
15 Watson, Megan	Urbandale	24-10.50	
16 Lucy, Kaitlyn	SE Polk	23-09.00	
17 Kielkopf, Joelle	Carlisle	22-10.75	
18 Dawson, Emily	SE Polk	22-08.50	

Girls Discus Throw

EVENT TO FOLLOW BOYS DISCUS

FOUR THROWS

Name	School	Finals	
1 Zook, Talia	Norwalk	114-01	10
2 Burton, Ashlan	Urbandale	109-09	8
3 Jensen, Ellie	Indianola	105-06.50	6
4 Hoyman, Anna	Indianola	93-11.50	5
5 Malloy, Caitlyn	Roosevelt Hi	89-07	4
6 Beenken, Hannah	Norwalk	81-03.50	3
7 Kruse, Brooke	Carlisle	74-08	2
8 Kuehl, Emma	Urbandale	73-10	1
9 Taylor, Stacia	Roosevelt Hi	72-03	
10 Talbot, Alix	Indianola	65-11.50	
11 Schmitz, Zoe	SE Polk	64-03.50	
12 Smith, Olivia	Carlisle	60-06	
13 Watson, Megan	Urbandale	59-04	
14 McDonald, Makayla	Norwalk	57-03	
15 Dawson, Emily	SE Polk	54-01	
16 Nesselroad, Madison	Carlisle	53-07	
17 Hilker, Charlotte	Roosevelt Hi	50-09	

18 Lucy, Kaitlyn SE Polk 48-09

Boys 100 Meter Dash

Name	School	Finals	
1 Harding, Cory	Norwalk	11.12	10
2 Deskin, Cole	Dowling C- W	11.23	8
3 Williams, Cameron	Dsm- Rooseve	11.34	6
4 Smith, Andrew	Carlisle	11.38	5
5 Kramme, Isaiah	Ankeny Cente	11.43	4
6 Kasap, Max	Dowling C- W	11.56	3
7 Tice, Grant	Carlisle	11.73	2
8 Riley, Matt	Indianola	11.75	1
9 Sadoris, Connor	Ankeny Cente	11.94	
10 Wiedemeier, Sam	Valley, Wdm	11.96	
11 Aiello, Jimmy	Indianola	12.04	
12 Rager, Tyler	SE Polk	12.05	
13 Mahoney, John	Valley, Wdm	12.07	
14 Drees, Parker	SE Polk	12.34	
15 Gudenkau, Jake	Norwalk	12.60	
16 Carr, Ezra	Dsm- Rooseve	13.28	

Boys 100 Meter Dash Wheelchair

Name	School	Finals	
--- Leazer, Sheldon	Ankeny Cente	X35.85	

Boys 200 Meter Dash

Name	School	Finals	
1 Deskin, Cole	Dowling C- W	23.51	10
2 VanBaale, Ryan	Ankeny Cente	23.52	8
3 Erb, Tyrell	Carlisle	23.64	6
4 Wilson, Jacob	Ankeny Cente	23.84	5
5 Crowley, Joe	Carlisle	24.01	4
6 Riley, Matt	Indianola	24.25	3
7 Harding, Cory	Norwalk	24.35	2
8 Aiello, Jimmy	Indianola	24.72	1
9 Schulte, Charlie	Dowling C- W	24.84	
10 Garner, Grant	Norwalk	24.87	
11 Northway, Garrett	SE Polk	25.21	
12 Pingel, Eric	SE Polk	25.51	
13 Krah, Prince	Dsm- Rooseve	26.94	

Boys 400 Meter Dash

Name	School	Finals	
1 Erb, Tyrell	Carlisle	50.82	10
2 Krah, Prince	Dsm- Rooseve	53.34	8
3 Vollstedt, Nolan	Carlisle	53.49	6
4 Clouse, Drake	SE Polk	53.70	5
5 DeSio, Joe	Dowling C- W	54.19	4
6 Storm, Jacey	Indianola	54.77	3
7 O'Brian, Eian	Dsm- Rooseve	55.06	2
8 Garner, Grant	Norwalk	55.55	1
9 Le, Justin	Valley, Wdm	56.27	

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Results

Finals ... (Boys 400 Meter Dash)

Name	School	Finals
10 Feng, Larry	Valley, Wdm	57.11
11 Willey, Cole	Dowling C- W	57.26
12 Wade, Josh	SE Polk	59.62
13 Buchholz, Jacob	Norwalk	59.83
14 Suedmeier, Cory	Ankeny Cente	1:07.56

Boys 800 Meter Run

Name	School	Finals
1 Combs, Tyler	Indianola	2:01.58 10
2 Mullins, Cole	Valley, Wdm	2:01.79 8
3 Coffey, Collin	Valley, Wdm	2:06.91 6
4 Wahig, Jack	Dsm- Roosevelt	2:14.37 5
5 Bishop, Jackson	Indianola	2:15.11 4
6 Willey, Cole	Dowling C- W	2:16.43 3
7 Baack, Nic	Carlisle	2:16.62 2
8 Secrest, Eric	SE Polk	2:17.01 1
9 Suedmeier, Cory	Ankeny Cente	2:17.80
10 Davis, Ahren	Ankeny Cente	2:20.92
11 Ramirez, Cole	Dsm- Roosevelt	2:28.74
12 McCrum, Kyle	SE Polk	2:39.37
13 Rico, Joey	Norwalk	2:58.60

Boys 1600 Meter Run

Name	School	Finals
1 Kirk, Trevor	Valley, Wdm	4:33.38 10
2 Combs, Tyler	Indianola	4:37.77 8
3 Cox, Camden	Ankeny Cente	4:42.08 6
4 Orput, JJ	Carlisle	4:46.29 5
5 Toomey, Jordan	SE Polk	4:47.22 4
6 Carter, Chad	Carlisle	4:54.56 3
7 Lehman, Dalten	SE Polk	4:57.47 2
8 Moise, Habibu	Valley, Wdm	4:58.91 1
9 Jones, Tristan	Valley, Wdm	5:00.97
10 Neils, Connor	Ankeny Cente	5:08.56
11 Wingert, Charlie	Dowling C- W	5:13.26
12 Lynch, Brandon	SE Polk	5:15.32
13 Mohan, Luke	Dowling C- W	5:16.50
14 Havens, Tyler	Ankeny Cente	5:21.81
15 Livingston, John	Norwalk	5:23.28
16 Magalhaes, Nathan	Indianola	5:26.20
17 Howard, Joe	Indianola	5:28.96
18 Primeau, John	Dsm- Roosevelt	5:29.46
19 Thompson, Ross	Dsm- Roosevelt	5:46.27
20 Stenstrom, Kevin	Dsm- Roosevelt	6:07.16

Boys 3200 Meter Run

Name	School	Finals
1 Nostrala, Seth	Indianola	10:15.72 10
2 Havens, Tyler	Ankeny Cente	10:28.80 8
3 Blythe, Brandon	Valley, Wdm	10:31.61 6
4 Lucht, Dakota	Ankeny Cente	10:34.00 5

5 Day, Collin	Valley, Wdm	10:44.13 4
6 Knudsen, Robert	Valley, Wdm	10:50.24 3
7 Mohan, Luke	Dowling C- W	11:07.56 2
8 Wingert, Charlie	Dowling C- W	11:13.30 1
9 Magalhaes, Nathan	Indianola	11:29.52
10 McCrum, Kyle	SE Polk	12:22.75
11 Secrest, Jason	SE Polk	12:22.93
12 Von der Linde, Kyle	Dsm- Roosevelt	13:04.51

Boys 110 Meter Hurdles

Name	School	Finals
1 Wilson, Jack	Valley, Wdm	15.47 10
2 Sanders, Henry	Carlisle	15.53 8
3 Williams, Cameron	Dsm- Roosevelt	15.65 6
4 Barclay, Wade	SE Polk	15.75 5
5 Weil, Taylor	Ankeny Cente	16.73 4
6 Hagedorn, Josh	Carlisle	16.93 3
7 Shonka, Bryce	Dowling C- W	17.26 2
8 Klinker, Andrew	Ankeny Cente	17.54 1
9 O'Connor, Kellen	Valley, Wdm	17.66
10 Adamson, Ross	Indianola	18.14
11 Pirkle, Devin	Norwalk	18.24
12 Tabatabai, A.J.	Norwalk	18.43
13 Willeford, Connor	SE Polk	19.42
14 Berry, Mitchell	Indianola	19.46
15 Jackson, Samual	Dsm- Roosevelt	22.91

Boys 400 Meter Hurdles

Name	School	Finals
1 Barclay, Wade	SE Polk	55.92 10
2 Doran, Alec	Ankeny Cente	57.62 8
3 Goodhue, Max	Carlisle	1:01.17 6
4 Wright, Dallas	Carlisle	1:01.61 5
5 Piper, Tyler	Indianola	1:01.61 4
6 Hamborg, Jack	Valley, Wdm	1:02.03 3
7 Adamson, Ross	Indianola	1:02.44 2
8 Tabatabai, A.J.	Norwalk	1:02.82 1
9 Cooney, Spencer	Dowling C- W	1:03.37
10 Floss, Keaton	Valley, Wdm	1:03.73
11 Mortale, Ryan	SE Polk	1:04.23
12 Shonka, Bryce	Dowling C- W	1:04.30
13 Rees, Caleb	Norwalk	1:06.37
14 Behmer, Jon	Ankeny Cente	1:06.46

Boys 4x100 Meter Relay

JV Boys (Exhibition)

Team	Relay	Finals
1 Dowling C- Wdm	A	43.88 10
1) Deskin, Cole	2) Kasap, Max	
3) Schulte, Charlie	4) Krah, Aaron	
2 Ankeny Centennial	A	44.64 8
1) VanBaale, Ryan	2) Saddoris, Connor	
3) Wilson, Jacob	4) Kramme, Isaiah	

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Results

Finals ... (Boys 4x100 Meter Relay)

Team	Relay	Finals	
3 Carlisle	A	44.75	6
1) Smith, Andrew	2) Smith, Noah		
3) Seskis, Kire	4) Tice, Grant		
4 Valley, Wdm	A	45.20	5
1) Bell, Trevor	2) Skellenger, Collin		
3) Mahoney, John	4) Daffney, Dominique		
5 SE Polk	A	45.99	4
1) Ruden, Pete	2) Rager, Tyler		
3) Pingel, Eric	4) Drees, Parker		
6 Norwalk	A	46.09	3
1) Garner, Grant	2) Fraser, Will		
3) Schamel, Tyler	4) Harding, Cory		
7 Indianola	A	46.62	2
1) Aiello, Jimmy	2) Longer, Nate		
3) Strong, Isaiah	4) Riley, Matt		
8 Carlisle	B	x46.84	
1) McCaughey, Gabe	2) McMullen, KC		
3) Shannahan, Chase	4) Utter, Brayden		
9 Valley, Wdm	B	x46.89	
1) Brown, Tariq	2) Wilson, Jack		
3) Grittmann, Jake	4) Koch, Austin		
10 Ankeny Centennial	B	x47.54	
1) Wilz, Zach	2) Babcock, Ethan		
3) Livingston, Blake	4) Behmer, Jon		
11 Dowling C- Wdm	B	x48.29	
1) Paskach, Josh	2) Cavan, Christian		
3) Zachary, Jacob	4) Fardal, Eric		
12 Indianola	B	x48.61	
1) Upchurch, Blake	2) Menke, Lucas		
3) Ewoldsen, Chris	4) VanTreeck, Joe		
13 Norwalk	B	x49.57	
1) Buchholz, Jacob	2) Palmer, Kade		
3) Brandsfield, Brady	4) Polka, Dylan		
14 Dsm- Roosevelt	A	49.60	1
15 Dsm- Roosevelt	B	x52.08	
--- SE Polk	B	DNF	
1) Hauser, Cole	2) Vasey, Braeden		
3) Altes, Michael	4) Jennings, Kalen		

Boys 4x200 Meter Relay

Team	Relay	Finals	
1 Ankeny Centennial	A	1:32.40	10
1) VanBaale, Ryan	2) Saddoris, Connor		
3) Wilson, Jacob	4) Kramme, Isaiah		
2 Valley, Wdm	A	1:33.45	8
1) Bell, Trevor	2) Skellenger, Collin		
3) Peterson, Grant	4) Daffney, Dominique		
3 Dowling C- Wdm	A	1:33.52	6
1) Gorsche, Joe	2) Hernandez, Nick		
3) Hummel, Jake	4) Schulte, Charlie		
4 SE Polk	A	1:35.46	5
1) Gjersvik, Wade	2) Rager, Tyler		
3) Ruden, Pete	4) Swearngin, Addison		

5 Ankeny Centennial	B	x1:36.46	
1) Wilz, Zach	2) Babcock, Ethan		
3) Nichols, Garret	4) Larson, Riley		
6 SE Polk	B	x1:36.68	
1) Hauser, Cole	2) Anfinson, Trevor		
3) Mortale, Ryan	4) Jennings, Kalen		
7 Carlisle	A	1:36.78	4
1) McCaughey, Gabe	2) Stephens, Peyton		
3) Smith, Noah	4) Seskis, Kire		
8 Dowling C- Wdm	B	x1:37.01	
1) Mahd, Faraz	2) Krah, Aaron		
3) Cavan, Christian	4) Zachary, Jacob		
9 Valley, Wdm	B	x1:37.40	
1) Phillips, William	2) Brown, Tariq		
3) Miller, Kyle	4) Couch, Carl		
10 Indianola	A	1:39.87	3
1) Upchurch, Blake	2) Menke, Lucas		
3) Strong, Isaiah	4) VanTreeck, Joe		
11 Norwalk	A	1:40.95	2
1) Brandsfield, Brady	2) Schamel, Tyler		
3) Gudenkauf, Jake	4) Okland-Kenney, Keegan		
12 Carlisle	B	x1:41.24	
1) Wright, Ethan	2) McMullen, KC		
3) Shannahan, Chase	4) Utter, Brayden		
13 Dsm- Roosevelt	A	1:47.95	1
14 Dsm- Roosevelt	B	x1:48.16	
15 Norwalk	B	x1:48.21	
1) Bellizzi, Anthony	2) Polka, Dylan		
3) Fick, Brandon	4) Neil, Trevor		
16 Indianola	B	x1:50.02	
1) Lange, Collin	2) Moews, Jacob		
3) Newman, Brandon	4) Scovel, Brandon		

Boys 4x400 Meter Relay

JV Boys (Exhibition)

Team	Relay	Finals	
1 Dowling C- Wdm	A	3:25.57	10
1) Kasap, Max	2) Gorsche, Joe		
3) Hummel, Jake	4) Hernandez, Nick		
2 Carlisle	A	3:28.88	8
1) Sanders, Henry	2) Crowley, Joe		
3) Vollstedt, Nolan	4) Erb, Tyrell		
3 Dsm- Roosevelt	A	3:32.03	6
4 Ankeny Centennial	A	3:36.69	5
1) Nichols, Garret	2) Cox, Camden		
3) Larson, Riley	4) Weil, Taylor		
5 Valley, Wdm	A	3:37.77	4
1) Peterson, Grant	2) Johnston, Ryan		
3) Groves, Aaron	4) Phillips, William		
6 Indianola	A	3:41.00	3
1) Linnan, Quentin	2) Combs, Tyler		
3) Storm, Jacey	4) Nochvay, Oleg		
7 Ankeny Centennial	B	x3:48.43	
1) DeAngelo, Dawson	2) Mudge, Adam		
3) Sinclair, Jacob	4) Pinegar, Jake		

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Results

Finals ... (Boys 4x400 Meter Relay)

Team	Relay	Finals	
8 Norwalk	A	3:49.93	2
1) Schamel, Tyler	2) Fraser, Will		
3) Brooner, Nick	4) Garner, Grant		
9 Valley, Wdm	B	x3:51.72	
1) Galligan, Sam	2) Luong, Brandon		
3) Miller, Zacharias	4) Cooper, Harrison		
10 SE Polk	A	3:52.81	1
1) Swearngin, Addison	2) Anfinson, Trevor		
3) Webb, Daniel	4) Altes, Michael		
11 Indianola	B	x3:54.42	
1) Bishop, Jackson	2) Elbert, Brayden		
3) Bickham, Seth	4) Smith, Cale		
12 Carlisle	B	x3:58.50	
1) Wright, Ethan	2) Palar, Cutler		
3) Carter, Chad	4) Mortimer, Nathin		
13 Dsm- Roosevelt	B	x4:03.22	
14 SE Polk	B	x4:03.76	
1) Jauron, Jacob	2) Willeford, Connor		
3) Durr, Altrell	4) Blaine, Jaired		
15 Norwalk	B	x4:05.35	
1) Harding, Cory	2) Gudenkauf, Jake		
3) Onken, Jaron	4) Houk, Sam		

Boys 4x800 Meter Relay

Team	Relay	Finals	
Finals			
1 Valley, Wdm	A	8:18.97	10
1) Coffey, Collin	2) Schmitt, Nate		
3) Kirk, Trevor	4) Rinn, Greg		
2 SE Polk	A	8:29.48	8
1) Toomey, Jordan	2) Clouse, Drake		
3) Lynch, Brandon	4) Lehman, Dalten		
3 Dsm- Roosevelt	A	8:51.09	6
4 Indianola	A	8:52.00	5
1) Linnan, Quentin	2) Bishop, Jackson		
3) Pottebaum, Gabe	4) Elbert, Brayden		
5 Carlisle	A	8:57.50	4
1) Orput, JJ	2) Wright, Dallas		
3) Baack, Nic	4) Carra, Trevor		
6 Valley, Wdm	B	x9:03.38	
1) Jones, Tristan	2) Jamieson, Chris		
3) Akech, Akec	4) Williams, Ryan		
7 Ankeny Centennial	A	9:06.83	3
1) Brown, Connor	2) Hoy, Brendan		
3) Neils, Conner	4) Davis, Ahren		
8 Indianola	B	x9:28.49	
1) Bickham, Seth	2) Naughton, Thomas		
3) Howard, Joe	4) Stich, Isaac		
9 Norwalk	A	9:30.61	2
1) Livingston, John	2) Gornick, Carter		
3) Brooner, Nick	4) Armstrong, Ben		
10 SE Polk	B	x9:36.85	
1) Secrest, Eric	2) Sunvold, Daniel		
3) Huinker, Logan	4) Parks, Cordell		

11 Dsm- Roosevelt B x9:55.02

Boys 1600 Sprint Medley

Team	Relay	Finals	
Finals			
1 Valley, Wdm	A	3:46.57	10
1) Morton, Sam	2) Porter, Blake		
3) Barr, Noah	4) Rinn, Greg		
2 Dsm- Roosevelt	A	3:52.35	8
3 Ankeny Centennial	A	3:53.87	6
1) Wilz, Zach	2) Babcock, Ethan		
3) Klinker, Andrew	4) Brown, Connor		
4 Carlisle	A	3:54.18	5
1) McCaughey, Gabe	2) Stephens, Peyton		
3) Van Gorp, Adam	4) Carra, Trevor		
5 Indianola	A	3:54.53	4
1) Longer, Nate	2) Smith, Cale		
3) Linnan, Quentin	4) Nostrala, Seth		
6 Valley, Wdm	B	x4:00.67	
1) Miller, Zacharias	2) Le, Justin		
3) Henning, Eric	4) Schmitt, Nate		
7 SE Polk	A	4:01.86	3
1) Clouse, Drake	2) Swearngin, Addison		
3) McLaughin, Thomas	4) Sunvold, Daniel		
8 SE Polk	B	x4:07.29	
1) Webb, Daniel	2) Vasey, Braeden		
3) Holton, Thomas	4) Huinker, Logan		
9 Carlisle	B	x4:08.14	
1) Thiravong, Anethon	2) Mortimer, Nathin		
3) Black, Andrew	4) Palar, Cutler		
10 Ankeny Centennial	B	x4:10.16	
1) Gates, Jensen	2) Snyder, Sam		
3) Stober, Noah	4) Hoy, Brendan		
11 Indianola	B	x4:10.39	
1) Hildreth, Riley	2) Jones, Ethan		
3) Pennington, Carter	4) Pottebaum, Gabe		
12 Dowling C- Wdm	A	4:16.45	2
1) Paskach, Josh	2) Fardal, Eric		
3) Cavan, Christian	4) Wingert, Charlie		
13 Dsm- Roosevelt	B	x4:20.21	
14 Norwalk	A	4:28.15	1
1) Pirkle, Devin	2) Okland-Kenney, Keegan		
3) Buchholz, Jacob	4) Brooner, Nick		
15 Norwalk	B	x4:44.50	
1) Bellizzi, Anthony	2) Neil, Trevor		
3) Houk, Sam	4) Fick, Brandon		

Boys 4x110 Meter Shuttle Hurdle

Team	Relay	Finals	
Finals			
1 Carlisle	A	1:00.1h	10
1) Crowley, Joe	2) Hagedorn, Josh		
3) Stephens, Peyton	4) Sanders, Henry		
2 Valley, Wdm	A	1:02.6h	8
1) Wilson, Jack	2) O'Connor, Kellen		
3) Porter, Blake	4) Groves, Aaron		

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Results

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

Team	Relay	Finals
3 Ankeny Centennial	A	1:02.7h 6
1) Doran, Alec	2) Pinegar, Jake	
3) Weil, Taylor	4) Klinker, Andrew	
4 SE Polk	A	1:04.6h 5
1) Barclay, Wade	2) Gjersvik, Wade	
3) Northway, Garrett	4) Willeford, Connor	
5 Carlisle	B	x1:06.1h
1) Wright, Dallas	2) Black, Andrew	
3) Goodhue, Max	4) Thiravong, Anethon	
6 Norwalk	A	1:06.4h 4
1) Rees, Caleb	2) Schamel, Tyler	
3) Fraser, Will	4) Tabatabai, A.J.	
7 Dowling C- Wdm	A	1:06.9h 3
1) Cooney, Spencer	2) Shonka, Bryce	
3) Christy, Collin	4) Ingham, Hunter	
7 Valley, Wdm	B	x1:06.9h
1) Hamborg, Jack	2) Grittmann, Jake	
3) Floss, Keaton	4) Luong, Brandon	
9 Ankeny Centennial	B	x1:09.7h
1) Behmer, Jon	2) Mudge, Adam	
3) Moss, Riley	4) DeAngelo, Dawson	
10 Indianola	A	1:10.8h 2
1) Adamson, Ross	2) Pennington, Carter	
3) Berry, Mitchell	4) Piper, Tyler	
11 SE Polk	B	x1:15.7h
1) Mortale, Ryan	2) Blaine, Jaired	
3) Holton, Thomas	4) Starceovich, Shane	

Boys High Jump

Name	School	Finals
Finals		
1 Hagedorn, Josh	Carlisle	6-00.00 10
2 Strong, Isaiah	Indianola	J6-00.00 8
3 O'Connor, Kellen	Valley, Wdm	5-08.00 6
4 Northway, Garrett	SE Polk	J5-08.00 5
5 Gjersvik, Wade	SE Polk	J5-08.00 4
6 Wright, Ethan	Carlisle	5-06.00 3
7 Van Gorp, Adam	Carlisle	J5-06.00 2
8 Miller, Kyle	Valley, Wdm	J5-06.00 1
9 Smith, Cale	Indianola	5-04.00
10 Pirkle, Devin	Norwalk	J5-04.00
10 Mudge, Adam	Ankeny Cente	J5-04.00
10 Britten, Tyler	Ankeny Cente	J5-04.00
13 Titus, Asher	Dsm- Rooseve	5-02.00
14 O'Brian, Eian	Dsm- Rooseve	J5-02.00
14 Durr, Aلتrell	SE Polk	J5-00.00
14 Kodok, Deng	Dowling C- W	J5-00.00
17 Vorbrich, Dane	Dsm- Rooseve	J5-00.00
--- Palmer, Kade	Norwalk	NH
--- Onken, Jaron	Norwalk	NH

Boys Long Jump

EVENT TO FOLLOW GIRLS LONG JUMP

FOUR JUMPS

Name	School	Finals
Finals		
1 Williams, Cameron	Dsm- Rooseve	21-04.00 10
2 Goodhue, Max	Carlisle	19-06.00 8
3 Groves, Aaron	Valley, Wdm	J19-06.00 6
4 Drees, Parker	SE Polk	19-05.00 5
5 Aiello, Jimmy	Indianola	19-03.00 4
6 Smith, Andrew	Carlisle	18-10.00 3
7 Wilz, Zach	Ankeny Cente	18-07.00 2
8 Pirkle, Devin	Norwalk	18-05.00 1
9 Ruden, Pete	SE Polk	18-03.00
10 Klinker, Andrew	Ankeny Cente	18-02.00
11 Wade, Josh	SE Polk	18-00.00
12 Pinegar, Jake	Ankeny Cente	17-11.00
13 Phillips, William	Valley, Wdm	17-05.00
14 Seskis, Kire	Carlisle	J17-05.00
15 English, Dmitri	Dsm- Rooseve	17-01.00
16 Piper, Tyler	Indianola	17-00.00
17 Fraser, Will	Norwalk	16-08.00
18 Okland-Kenney, Keegan	Norwalk	15-07.00

Boys Shot Put

EVENT TO FOLLOW GIRLS SHOT PUT

FOUR THROWS

Name	School	Finals
Finals		
1 Genzen, Cody	Valley, Wdm	48-05.00 10
2 Onken, Sonny	Norwalk	45-09.75 8
3 Naba, Bedale	Valley, Wdm	45-06.00 6
4 Oja, Luke	Carlisle	45-04.00 5
5 Carpenter, Ross	Dowling C- W	J45-04.00 4
6 Barger, Josh	Ankeny Cente	44-11.50 3
7 Donnelly, Luke	Dsm- Rooseve	43-08.00 2
8 Jackson, Kendall	Dsm- Rooseve	41-01.25 1
9 Kennedy, Ryan	Norwalk	40-07.00
10 Wallace, Kyle	SE Polk	40-02.00
11 Jameson, Josh	Dowling C- W	39-03.00
12 Meyer, Austin	Ankeny Cente	39-02.50
13 Rogers, Sam	Valley, Wdm	38-06.00
14 Schultz, Zach	Ankeny Cente	37-06.50
15 Seymour, Josh	Dowling C- W	37-05.25
16 Mindermann, Dan	Indianola	36-09.50
17 Pingel, Eric	SE Polk	36-08.00
18 Agan, Austin	Norwalk	35-10.00
19 Lickiss, Eagen	Indianola	35-02.00
20 Bowlin, Reece	Indianola	33-10.00
21 Minick, Sam	Dsm- Rooseve	28-00.25

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Results

Boys Discus Throw

FOUR THROWS

	Name	School	Finals
Finals			
1	Naba, Bedale	Valley, Wdm	131-04.50 10
2	Genzen, Cody	Valley, Wdm	129-04 8
3	Onken, Sonny	Norwalk	128-11.50 6
4	Lickiss, Eagen	Indianola	127-03.50 5
5	Hamilton, Zack	SE Polk	127-02 4
6	Barger, Josh	Ankeny Cente	126-11 3
7	Patton, Cole	Dowling C- W	126-10.50 2
8	Jackson, Kendall	Dsm- Rooseve	123-02 1
9	Carpenter, Ross	Dowling C- W	120-04.50
10	Mindermann, Dan	Indianola	118-05
11	Oja, Luke	Carlisle	115-01
12	Pingel, Eric	SE Polk	113-10
13	Seymour, Josh	Dowling C- W	109-09.50
14	Meyer, Austin	Ankeny Cente	106-10.50
15	Brockway, Jordan	SE Polk	106-04
16	Agan, Austin	Norwalk	104-09
17	Kennedy, Ryan	Norwalk	101-07
18	Hill, Andrew	Carlisle	99-03
19	Rogers, Sam	Valley, Wdm	95-02
20	Gavin, Spencer	Indianola	92-06.50
21	Briel, Charlie	Dsm- Rooseve	92-03
22	Jackson, Samual	Dsm- Rooseve	90-11
23	Sargent, Griffin	Ankeny Cente	76-10

Women - Team Rankings - 19 Events Scored

1)	Urbandale	175
2)	SE Polk	137
3)	Norwalk	123
4)	Roosevelt High Schoo	101
5)	Carlisle	68
6)	Indianola	47
7)	Des Moines North HS	28

Men - Team Rankings - 19 Events Scored

1)	Valley, WDM	143
2)	Carlisle	133
3)	Ankeny Centennial	95
4)	Indianola	82
5)	SE Polk	71
6)	Dowling C- WDM	70
7)	DSM- Roosevelt	63
8)	Norwalk	43