

Final 2016 Class 3A Iowa Season Bests

18 Events (Entrants)

<http://www.quikstatsiowa.com>

Data from State Meet Prelims/Finals and QuikStatsIowa. Some schools did not update Quik Stats with their State Meet stats as of 5-28-16.

100 Meters (492)				Long Jump (261)			
Last Name - Grade - School	Time	Location	Date	Last Name - Grade - School	Distance	Location	Date
1 Hughes - 10 - Williamsburg	10.83	Vinton	Apr 14	1 Van Sant - 12 - Pella	23-02.25	Bondurant	May 12
2 Hicks - 12 - Boone	10.85	Fort Dodge	Apr 11	1 Harris - 11 - Oskaloosa	23-02.25	Bondurant	May 12
12 Stephens - 12 - Carlisle	11.21	Van Meter	Apr 5	15 Goodhue - 10 - Carlisle	21-01.00	Bondurant	May 7
110 Meter Hurdles (151)				High Jump (132)			
Last Name - Grade - School	Time	Location	Date	Last Name - Grade - School	Height	Location	Date
1 Reed - 11 - Boone	14.42	State Meet	May 21	1 Cantrall - 11 - Spencer	06-07.00	State Meet	May 19
2 Frost - 11 - Center Pt-Urbana	14.43	Cedar Rapids	Apr 16	2 Rampton - 12 - North Polk	06-07.00	Baxter	Apr 11
6 Wright - 12 - Carlisle	14.96	State Meet	May 21	33 E. Wright - 10 - Carlisle	05-10.00	Carlisle	Apr 26
200 Meter Dash (638)				Shot Put (333)			
Last Name - Grade - School	Time	Location	Date	Last Name - Grade - School	Distance	Location	Date
1 Hicks - 12 - Boone	21.55	Carroll	Apr 21	1 Wirfs - 11 - Mount Vernon	60-11.50	Des Moines	Apr 29
2 Wall - 11 - Sgt Bluff-Luton	21.97	State Meet	May 19	2 Hill - 12 - Pella	54-03.50	Tama	Apr 26
44 Stephens - 12 - Carlisle	23.30	Bondurant-Far	May 7	81 Glawe - 10 - Carlisle	41-10.75	Ballard-Huxley	Apr 19
400 Meter Dash (551)				Discus (300)			
Last Name - Grade - School	Time	Location	Date	Last Name - Grade - School	Distance	Location	Date
1 Frost - 11 - Center Pt Urbana	49.02	State Meet	May 21	1 Wirfs - 11 - Mount Vernon	185-09.00	State Meet	May 19
2 Bartz - 11 - Vinton-Shellsburg	49.05	State Meet	May 21	2 Wassenaar - 11 - Pella	178-07.25	Bondurant	May 12
57 Goodhue - 10 - Carlisle	53.08	Winterset	May 12	56 Hill - 12 - Carlisle	127-08.00	Carlisle	Apr 26
400 Meter Hurdles (241)				4 x 100 Meter Relay (63)			
Last Name - Grade - School	Time	Location	Date	School	Time	Location	Date
1 Frost - 11 - Center Pt-Urbana	53.06	State Meet	May 20	1 Boone	42.67	State Meet	May 21
2 Renken - 11 - Spirit Lake	53.47	State Meet	May 20	2 Vinton-Shellsburg	42.83	State Meet	May 21
8 Wright - 11 - Carlisle	55.21	State Meet	May 20	26 Carlisle	44.85	Van Meter	Apr 5
800 Meter Run (481)				4 x 110 Meter Shuttle Hurdle Relay (58)			
Last Name - Grade - School	Time	Location	Date	Last Name - Grade - School	Time	Location	Date
1 Gatrost - 12 - Center Pt Urbana	1:55.33	Des Moines	Apr 28	1 Carlisle	57.87	State Meet	May 21
2 Emmanuel - 12 - Fairfield	1:56.31	State Meet	May 21	2 Glenwood	58.19	State Meet	May 21
81 JJ Orput - 11 - Carlisle	2:08.98	Van Meter	Apr 5	3 Mount Pleasant	58.27	State Meet	May 21
1600 Meter Run (332)				4 x 200 Meter Relay (63)			
Last Name - Grade - School	Time	Location	Date	Last Name - Grade - School	Time	Location	Date
1 Young - 11 - Mt Vernon	4:28.63	Marion	May 2	1 Sergeant Bluff-Luton	1:27.87	State Meet	May 19
2 JJ Orput - 11 - Carlisle	4:28.69	Ames	Apr 14	2 Vinton-Shellsburg	1:28.98	State Meet	May 21
3 Bach - 10 - Marion	4:29.89	State Meet	May 21	17 Carlisle	1:32.59	Bondurant	May 5
3200 Meter Run (233)				4 x 400 Meter Relay (63)			
Last Name - Grade - School	Time	Location	Date	Last Name - Grade - School	Time	Location	Date
1 Bach - 10 - Marion	9:38.36	State Meet	May 19	1 Sergeant Bluff-Luton	3:20.67	State Meet	May 19
2 Peters - 12 - Estherville-LC	9:41.07	State Meet	May 19	2 Vinton-Shellsburg	3:20.96	State Meet	May 21
6 JJ Orput - 11 - Carlisle	9:57.22	State Meet	May 19	15 Carlisle	3:29.13	State Meet	May 20
1600 Distance Medley Relay (62)				4 x 800 Meter Relay (59)			
Last Name - Grade - School	Time	Location	Date	Last Name - Grade - School	Time	Location	Date
1 Estherville-LC	3:32.71	State Meet	May 20	1 Mount Vernon	8:00.01	State Meet	May 19
2 Fairfield	3:33.38	State Meet	May 20	2 Cedar Rapids Xavier	8:03.24	State Meet	May 19
13 Carlisle	3:41.65	Ballard-Huxley	Apr 19	31 Carlisle	8:43.12	Carlisle	Apr 26