

#1 Girls' SMR 800m Varsity **Finals**

	Team	Relay	Finals
Compiled			
1	WAUKEE NORTHWEST	'A'	1:48.64
	1) <i>McCann, Sadie 9</i>	2) <i>Van Zetten, Aunya 12</i>	
	3) <i>Willits, Katie 11</i>	4) <i>Winter, Avery 12</i>	
2	INDIANOLA	'A'	1:49.02
	1) <i>Gripp, Tessa 11</i>	2) <i>Kindelspire, Kiley 12</i>	
	3) <i>Sandy, Kendal 10</i>	4) <i>White, Emma 10</i>	
3	PELLA CHRISTIAN	'A'	1:49.34
	1) <i>Terpstra, Lexi 11</i>	2) <i>Westerkamp, Claire 12</i>	
	3) <i>Agre, Amaia 11</i>	4) <i>Vos, Bailey 11</i>	
4	DOWLING CATHOLIC WES...	'A'	1:50.16
	1) <i>Mead, Ellie 10</i>	2) <i>Heitzman, Emily 12</i>	
	3) <i>Smith, Annie 12</i>	4) <i>Nagel, Maddie 11</i>	
5	PELLA	'A'	1:50.20
	1) <i>Melvin, Abigail 11</i>	2) <i>Treur, Genevieve 9</i>	
	3) <i>Schiebout, Mara 12</i>	4) <i>Neumann, Lizzie 11</i>	
6	SOUTHEAST POLK	'A'	1:50.83
	1) <i>Leo, Mylie 10</i>	2) <i>Warren, Avery 12</i>	
	3) <i>Tarplah, Teresa 9</i>	4) <i>Weiland, Berkley 9</i>	
7	AMES	'A'	1:51.04
	1) <i>Thomas, Au'Niyah 9</i>	2) <i>Horras, Saylor 12</i>	
	3) <i>Cowles, Edyn 11</i>	4) <i>Attinger, Angelica 11</i>	
8	VALLEY WEST DES MOINES	'A'	1:51.29
	1) <i>Keiser, Payton 10</i>	2) <i>Karr, Morgan 11</i>	
	3) <i>Havighurst, Emma 12</i>	4) <i>Burns, Taylor 12</i>	
9	DALLAS CENTER-GRIMES	'A'	1:51.36
	1) <i>Redenius, Mara 12</i>	2) <i>Bahnsen, Anna 12</i>	
	3) <i>Stanford, Leighton 9</i>	4) <i>Schmitz, Maddie 12</i>	
10	WAUKEE	'A'	1:51.65
	1) <i>Burke, Cooper 9</i>	2) <i>Hinke, Estelle 10</i>	
	3) <i>Bruening, Lena 10</i>	4) <i>Bennett, Lydia 10</i>	
11	GILBERT	'A'	1:51.72
	1) <i>Hanson, Keaton 11</i>	2) <i>Rash, Kayla 10</i>	
	3) <i>Mizerak, Gretchen 12</i>	4) <i>Feddersen, Sarah 12</i>	
12	NORTH POLK ALLEMAN	'A'	1:52.42
	1) <i>Simoens, Madilyn 12</i>	2) <i>Flinn, Addison 11</i>	
	3) <i>Huether, Frankie 10</i>	4) <i>Doonan, Mia 12</i>	
13	ANKENY CENTENNIAL	'A'	1:52.49
	1) <i>Sandholm, Lauren 10</i>	2) <i>Drefke, Aly 11</i>	
	3) <i>Buesch, Bella 9</i>	4) <i>Balashaitis, Aly 10</i>	
14	ANKENY	'A'	1:54.13
	1) <i>Leinen, Ava 12</i>	2) <i>Durbin-Wilson, Maya 12</i>	
	3) <i>Kayser, Riley 11</i>	4) <i>Schramm, Gillian 10</i>	
15	MASON CITY	'A'	1:54.37
	1) <i>Latham, Anna 10</i>	2) <i>Zilge, Peyton 10</i>	
	3) <i>York, Latasha 10</i>	4) <i>Davis, Savannah 12</i>	
16	JOHNSTON	'A'	1:55.27
	1) <i>Johannes, Keira 12</i>	2) <i>Holmes, Amirra 10</i>	
	3) <i>Bell, Jaida 12</i>	4) <i>Fitzgerald, Micah 11</i>	
17	DES MOINES ROOSEVELT	'A'	1:58.53
	1) <i>Knapp, Julia 11</i>	2) <i>Vukovich, Avery 12</i>	
	3) <i>Gentry, Meredith 11</i>	4) <i>Bosch, Parker 9</i>	

18	CARROLL COMMUNITY	'A'	1:59.42
	1) <i>Dirx, Maggie 10</i>	2) <i>Simmelink, Macy 9</i>	
	3) <i>Wittrock, Marasyn 12</i>	4) <i>Aden, Katelyn 12</i>	
19	WINTERSET	'A'	1:59.73
	1) <i>Applegate, Neela 12</i>	2) <i>Devine, Ashlynn 12</i>	
	3) <i>Nordstrom, Madelyn 10</i>	4) <i>Breeding, Zoey 12</i>	
20	DES MOINES HOOVER	'A'	1:59.89
	1) <i>Kashama, Aleyna 11</i>	2) <i>Kennedy, Ernestine 11</i>	
	3) <i>Kyne, Monah 11</i>	4) <i>Miller, Emma 10</i>	
21	NORWALK	'A'	2:01.42
	1) <i>Peters, Danielle 11</i>	2) <i>Hulbert, Nyah 12</i>	
	3) <i>Giesemann, Kinzie 9</i>	4) <i>Livingston, Cambry 11</i>	
22	DES MOINES ABRAHAM LI...	'A'	2:04.49
	1) <i>Martinez, Enalea 9</i>	2) <i>Earles, Delilah 9</i>	
	3) <i>Vansylalom, Trinity 12</i>	4) <i>Fong, Elizabeth 12</i>	
23	BOONE	'A'	2:06.64
	1) <i>Bingham, Hailee 9</i>	2) <i>Bailey, Halle 10</i>	
	3) <i>Wittrock, Tala 9</i>	4) <i>Davidson, Madelyn 11</i>	
24	MARSHALLTOWN	'A'	2:06.74
	1) <i>Ceren, Camille 12</i>	2) <i>Hernandez, Leia 10</i>	
	3) <i>Heredia de luna, Mayaliz 11</i>	4) <i>Ibarra Madrigal, Erandy 9</i>	
--	ADM ADEL	'A'	DNS
	1) <i>Standley, Peyton 11</i>	2) <i>Smyth, Bella 10</i>	
	3) <i>Grove, Jada 12</i>	4) <i>Book, Isabelle 10</i>	
--	BONDURANT-FARRAR	'A'	DNS
	1) <i>Tegeler, Lauren 12</i>	2) <i>Martin, Maddie 10</i>	
	3) <i>Brown, Addison 11</i>	4) <i>Waterhouse, Aubri 12</i>	
--	DES MOINES NORTH	'A'	DNS
	1) <i>Gurisho, Lemuna 12</i>	2) <i>Bukuru, Elizabeth 12</i>	
	3) <i>Mason, Katana 10</i>	4) <i>Brown, Radiance 10</i>	

Heat 1

1	MASON CITY	'A'	1:54.37
	1) <i>Latham, Anna 10</i>	2) <i>Zilge, Peyton 10</i>	
	3) <i>York, Latasha 10</i>	4) <i>Davis, Savannah 12</i>	
2	DES MOINES ABRAHAM LI...	'A'	2:04.49
	1) <i>Martinez, Enalea 9</i>	2) <i>Earles, Delilah 9</i>	
	3) <i>Vansylalom, Trinity 12</i>	4) <i>Fong, Elizabeth 12</i>	
3	MARSHALLTOWN	'A'	2:06.74
	1) <i>Ceren, Camille 12</i>	2) <i>Hernandez, Leia 10</i>	
	3) <i>Heredia de luna, Mayaliz 11</i>	4) <i>Ibarra Madrigal, Erandy 9</i>	

Heat 2

1	DES MOINES ROOSEVELT	'A'	1:58.53
	1) <i>Knapp, Julia 11</i>	2) <i>Vukovich, Avery 12</i>	
	3) <i>Gentry, Meredith 11</i>	4) <i>Bosch, Parker 9</i>	
2	CARROLL COMMUNITY	'A'	1:59.42
	1) <i>Dirkx, Maggie 10</i>	2) <i>Simmelink, Macy 9</i>	
	3) <i>Wittrock, Marasyn 12</i>	4) <i>Aden, Katelyn 12</i>	
3	WINTERSET	'A'	1:59.73
	1) <i>Applegate, Neela 12</i>	2) <i>Devine, Ashlynn 12</i>	
	3) <i>Nordstrom, Madelyn 10</i>	4) <i>Breeding, Zoey 12</i>	
4	DES MOINES HOOVER	'A'	1:59.89
	1) <i>Kashama, Aleyna 11</i>	2) <i>Kennedy, Ernestine 11</i>	
	3) <i>Kyne, Monah 11</i>	4) <i>Miller, Emma 10</i>	
5	NORWALK	'A'	2:01.42
	1) <i>Peters, Danielle 11</i>	2) <i>Hulbert, Nyah 12</i>	
	3) <i>Giesemann, Kinzie 9</i>	4) <i>Livingston, Cambry 11</i>	
6	BOONE	'A'	2:06.64
	1) <i>Bingham, Hailee 9</i>	2) <i>Bailey, Halle 10</i>	
	3) <i>Wittrock, Tala 9</i>	4) <i>Davidson, Madelyn 11</i>	
--	ADM ADEL	'A'	DNS
	1) <i>Standley, Peyton 11</i>	2) <i>Smyth, Bella 10</i>	
	3) <i>Grove, Jada 12</i>	4) <i>Book, Isabelle 10</i>	
--	DES MOINES NORTH	'A'	DNS
	1) <i>Gurisho, Lemuna 12</i>	2) <i>Bukuru, Elizabeth 12</i>	
	3) <i>Mason, Katana 10</i>	4) <i>Brown, Radiance 10</i>	

Heat 3

1	DOWLING CATHOLIC WES...	'A'	1:50.16
	1) <i>Mead, Ellie 10</i>	2) <i>Heitzman, Emily 12</i>	
	3) <i>Smith, Annie 12</i>	4) <i>Nagel, Maddie 11</i>	
2	SOUTHEAST POLK	'A'	1:50.83
	1) <i>Leo, Mylie 10</i>	2) <i>Warren, Avery 12</i>	
	3) <i>Tarplah, Teresa 9</i>	4) <i>Weiland, Berkley 9</i>	
3	AMES	'A'	1:51.04
	1) <i>Thomas, Au'Niyah 9</i>	2) <i>Horras, Saylor 12</i>	
	3) <i>Cowles, Edyn 11</i>	4) <i>Attinger, Angelica 11</i>	
4	DALLAS CENTER-GRIMES	'A'	1:51.36
	1) <i>Redenius, Mara 12</i>	2) <i>Bahnsen, Anna 12</i>	
	3) <i>Stanford, Leighton 9</i>	4) <i>Schmitz, Maddie 12</i>	
5	WAUKEE	'A'	1:51.65
	1) <i>Burke, Cooper 9</i>	2) <i>Hinke, Estelle 10</i>	
	3) <i>Bruening, Lena 10</i>	4) <i>Bennett, Lydia 10</i>	
6	NORTH POLK ALLEMAN	'A'	1:52.42
	1) <i>Simoens, Madilyn 12</i>	2) <i>Flinn, Addison 11</i>	
	3) <i>Huether, Frankie 10</i>	4) <i>Doonan, Mia 12</i>	
7	ANKENY CENTENNIAL	'A'	1:52.49
	1) <i>Sandholm, Lauren 10</i>	2) <i>Drefke, Aly 11</i>	
	3) <i>Buesch, Bella 9</i>	4) <i>Balashaitis, Aly 10</i>	
--	BONDURANT-FARRAR	'A'	DNS
	1) <i>Tegeler, Lauren 12</i>	2) <i>Martin, Maddie 10</i>	
	3) <i>Brown, Addison 11</i>	4) <i>Waterhouse, Aubri 12</i>	

Heat 4

1	WAUKEE NORTHWEST	'A'	1:48.64
	1) <i>McCann, Sadie 9</i>	2) <i>Van Zetten, Aunya 12</i>	
	3) <i>Willits, Katie 11</i>	4) <i>Winter, Avery 12</i>	
2	INDIANOLA	'A'	1:49.02
	1) <i>Gripp, Tessa 11</i>	2) <i>Kindelshire, Kiley 12</i>	
	3) <i>Sandy, Kendal 10</i>	4) <i>White, Emma 10</i>	
3	PELLA CHRISTIAN	'A'	1:49.34
	1) <i>Terpstra, Lexi 11</i>	2) <i>Westerkamp, Claire 12</i>	
	3) <i>Agre, Amaia 11</i>	4) <i>Vos, Bailey 11</i>	
4	PELLA	'A'	1:50.20
	1) <i>Melvin, Abigail 11</i>	2) <i>Treur, Genevieve 9</i>	
	3) <i>Schiebout, Mara 12</i>	4) <i>Neumann, Lizzie 11</i>	
5	VALLEY WEST DES MOINES	'A'	1:51.29
	1) <i>Keiser, Payton 10</i>	2) <i>Karr, Morgan 11</i>	
	3) <i>Havighurst, Emma 12</i>	4) <i>Burns, Taylor 12</i>	
6	GILBERT	'A'	1:51.72
	1) <i>Hanson, Keaton 11</i>	2) <i>Rash, Kayla 10</i>	
	3) <i>Mizerak, Gretchen 12</i>	4) <i>Feddersen, Sarah 12</i>	
7	ANKENY	'A'	1:54.13
	1) <i>Leinen, Ava 12</i>	2) <i>Durbin-Wilson, Maya 12</i>	
	3) <i>Kayser, Riley 11</i>	4) <i>Schramm, Gillian 10</i>	
8	JOHNSTON	'A'	1:55.27
	1) <i>Johannes, Keira 12</i>	2) <i>Holmes, Amirra 10</i>	
	3) <i>Bell, Jaida 12</i>	4) <i>Fitzgerald, Micah 11</i>	

#2 Boys' SMR 800m Varsity Finals

	Team	Relay	Finals
Compiled			
1	MASON CITY	'A'	1:35.73
	1) Lee, Javel 12	2) Fingalsen, Andrew 11	
	3) Witt, Drayden 11	4) Byre, Kasin 12	
2	DES MOINES EAST	'A'	1:36.11
	1) Clearwater, Qwaden 12	2) Warren, Tayte 12	
	3) Warren, Teaghan 12	4) Parker, Damarius 12	
3	ANKENY CENTENNIAL	'A'	1:36.63
	1) McGhee, Robert 12	2) Heither, Sam 12	
	3) Reed, Caleb 12	4) Anderson, Reed 12	
4	PELLA	'A'	1:36.98
	1) Kettler, Owen 10	2) Tallman, Harry 11	
	3) Warner, Nate 11	4) Kerndt, Colin 12	
5	BONDURANT-FARRAR	'A'	1:37.24
	1) Cook, Elijah 12	2) Ernst, Parker 12	
	3) Vanderlinden, Riley 9	4) Kurtz, Andrew 10	
6	JOHNSTON	'A'	1:37.80
	1) Tour, Steve 11	2) Barkue, D'Angelo 12	
	3) Russell, Quinn 12	4) Quam, Bryson 11	
7	VALLEY WEST DES MOINES	'A'	1:38.13
	1) Akuar, Nathiyus 9	2) Arbab, Ryan 12	
	3) Hager, Noah 11	4) Dorenkamp, Blake 10	
8	SOUTHEAST POLK	'A'	1:38.36
	1) Brandt, Brodey 12	2) Lewis, Brayden 11	
	3) Levy, Aaden 10	4) Gonzalez, Yairh 12	
9	NORTH POLK ALLEMAN	'A'	1:38.49
	1) Tate Jr., BJ 12	2) Hout, Jake 12	
	3) Spurgeon, Coen 12	4) Bormann, Dylan 10	
10	WAUKEE NORTHWEST	'A'	1:39.17
	1) Oliver, Isaiah 11	2) Sweeney, Julian 12	
	3) Thompson, Alex 12	4) Moss, Caleb 12	
11	ADM ADEL	'A'	1:39.19
	1) Giles, Paul 11	2) Rychnovsky, Owen 10	
	3) Davison, Brayden 10	4) Rynearson, Brayden 12	
12	INDIANOLA	'A'	1:39.47
	1) Heimbaugh, Daxton 10	2) Walljasper, Max 11	
	3) Gordon, Luke 10	4) Westcott, Draven 11	
13	ANKENY	'A'	1:39.62
	1) Fischer, Grant 9	2) Cooper, Mello 9	
	3) McDowell, Cooper 9	4) Somers, Quin 9	
14	NORWALK	'A'	1:39.67
	1) Brooks, Tebelle 10	2) Schmitz, Brady 12	
	3) Dehmer, Gavin 11	4) Bush, Xavier 11	
15	AMES	'A'	1:39.68
	1) Busano, Blaeton 12	2) Thomas, Will 11	
	3) Clouser, Gavin 12	4) Johnson, Peyton 9	
16	WAUKEE	'A'	1:39.70
	1) Case Haub, Ben 11	2) Richardson Williams, Jamal 11	
	3) Nebo, Therston 10	4) Boess, Tavian 12	
17	DES MOINES ROOSEVELT	'A'	1:39.90
	1) Scott, Blake 11	2) Vens, Aidan 12	
	3) Karla, Isaac 12	4) Lockett, Nicolas 9	

18	DOWLING CATHOLIC WES...	'A'	1:40.70
	1) Lewis, Demarcus 9	2) Kavlock, Samuel 12	
	3) Blankenhagen, Max 10	4) O'Brien, Ian 10	
19	BOONE	'A'	1:40.89
	1) Boucher, Lucas 12	2) Davies, Noah 11	
	3) Moore, Lucas 12	4) McIntyre, Maddox 10	
20	PELLA CHRISTIAN	'A'	1:41.05
	1) Nunnikhoven, Landon 11	2) Kacmarynski, Adam 9	
	3) Lubbers, Jude 10	4) Volk, Caleb 11	
21	DALLAS CENTER-GRIMES	'A'	1:41.98
	1) Glay, Josh 11	2) Grimm, Osborn 10	
	3) Freund, Karsten 12	4) Rouse, Oliver 11	
22	CARROLL COMMUNITY	'A'	1:42.75
	1) Mrla, Landon 11	2) Essick, Carter 12	
	3) Ziegmann, Reece 12	4) White, Maddox 12	
23	MARSHALLTOWN	'A'	1:42.85
	1) Bell, Aidan 10	2) Lavender, Jayden 10	
	3) Anderson, Evan 10	4) Sharp, Kieron 10	
24	CARLISLE	'A'	1:43.46
	1) Israel, Uriah 9	2) Lucas, Mason 12	
	3) Shepard, Trevor 10	4) Moyer, Zane 10	
25	DES MOINES HOOVER	'A'	1:45.19
	1) Polich, Gabe 12	2) Berry, Diyon 11	
	3) Harrell, Brandon 10	4) Parkey, Justice 12	

Heat 1

1	BOONE	'A'	1:40.89
	1) Boucher, Lucas 12	2) Davies, Noah 11	
	3) Moore, Lucas 12	4) McIntyre, Maddox 10	
2	CARROLL COMMUNITY	'A'	1:42.75
	1) Mrla, Landon 11	2) Essick, Carter 12	
	3) Ziegmann, Reece 12	4) White, Maddox 12	
3	CARLISLE	'A'	1:43.46
	1) Israel, Uriah 9	2) Lucas, Mason 12	
	3) Shepard, Trevor 10	4) Moyer, Zane 10	

Heat 2

1	MASON CITY	'A'	1:35.73
	1) Lee, Javel 12	2) Fingalsen, Andrew 11	
	3) Witt, Drayden 11	4) Byre, Kasin 12	
2	NORTH POLK ALLEMAN	'A'	1:38.49
	1) Tate Jr., BJ 12	2) Hout, Jake 12	
	3) Spurgeon, Coen 12	4) Bormann, Dylan 10	
3	ANKENY	'A'	1:39.62
	1) Fischer, Grant 9	2) Cooper, Mello 9	
	3) McDowell, Cooper 9	4) Somers, Quin 9	
4	PELLA CHRISTIAN	'A'	1:41.05
	1) Nunnikhoven, Landon 11	2) Kacmarynski, Adam 9	
	3) Lubbers, Jude 10	4) Volk, Caleb 11	
5	DALLAS CENTER-GRIMES	'A'	1:41.98
	1) Glay, Josh 11	2) Grimm, Osborn 10	
	3) Freund, Karsten 12	4) Rouse, Oliver 11	
6	MARSHALLTOWN	'A'	1:42.85
	1) Bell, Aidan 10	2) Lavender, Jayden 10	
	3) Anderson, Evan 10	4) Sharp, Kieron 10	

Heat 3

1	BONDURANT-FARRAR	'A'	1:37.24
	1) Cook, Elijah 12	2) Ernst, Parker 12	
	3) Vanderlinden, Riley 9	4) Kurtz, Andrew 10	
2	JOHNSTON	'A'	1:37.80
	1) Tour, Steve 11	2) Barkue, D'Angelo 12	
	3) Russell, Quinn 12	4) Quam, Bryson 11	
3	VALLEY WEST DES MOINES	'A'	1:38.13
	1) Akuar, Nathiyus 9	2) Arbab, Ryan 12	
	3) Hager, Noah 11	4) Dorenkamp, Blake 10	
4	SOUTHEAST POLK	'A'	1:38.36
	1) Brandt, Brodey 12	2) Lewis, Brayden 11	
	3) Levy, Aaden 10	4) Gonzalez, Yairh 12	
5	INDIANOLA	'A'	1:39.47
	1) Heimbaugh, Daxton 10	2) Walljasper, Max 11	
	3) Gordon, Luke 10	4) Westcott, Draven 11	
6	WAUKEE	'A'	1:39.70
	1) Case Haub, Ben 11	2) Richardson Williams, Jamal 11	
	3) Nebo, Therston 10	4) Boess, Tavian 12	
7	DES MOINES ROOSEVELT	'A'	1:39.90
	1) Scott, Blake 11	2) Vens, Aidan 12	
	3) Karla, Isaac 12	4) Lockett, Nicolas 9	
8	DOWLING CATHOLIC WES...	'A'	1:40.70
	1) Lewis, Demarcus 9	2) Kavlock, Samuel 12	
	3) Blankenhagen, Max 10	4) O'Brien, Ian 10	

Heat 4

1	DES MOINES EAST	'A'	1:36.11
	1) Clearwater, Qwaden 12	2) Warren, Tayte 12	
	3) Warren, Teaghan 12	4) Parker, Damarius 12	
2	ANKENY CENTENNIAL	'A'	1:36.63
	1) McGhee, Robert 12	2) Heither, Sam 12	
	3) Reed, Caleb 12	4) Anderson, Reed 12	
3	PELLA	'A'	1:36.98
	1) Kettler, Owen 10	2) Tallman, Harry 11	
	3) Warner, Nate 11	4) Kerndt, Colin 12	
4	WAUKEE NORTHWEST	'A'	1:39.17
	1) Oliver, Isaiah 11	2) Sweeney, Julian 12	
	3) Thompson, Alex 12	4) Moss, Caleb 12	
5	ADM ADEL	'A'	1:39.19
	1) Giles, Paul 11	2) Rychnovsky, Owen 10	
	3) Davison, Brayden 10	4) Rynearson, Brayden 12	
6	NORWALK	'A'	1:39.67
	1) Brooks, Tebelle 10	2) Schmitz, Brady 12	
	3) Dehmer, Gavin 11	4) Bush, Xavier 11	
7	AMES	'A'	1:39.68
	1) Busano, Blaeton 12	2) Thomas, Will 11	
	3) Clouser, Gavin 12	4) Johnson, Peyton 9	
8	DES MOINES HOOVER	'A'	1:45.19
	1) Polich, Gabe 12	2) Berry, Diyon 11	
	3) Harrell, Brandon 10	4) Parkey, Justice 12	

#3 Girls' 3000 Meters Varsity **Finals**

Athlete	Yr	Team	Finals
Compiled			
1	Brown, Jordyn	12 INDIANOLA	10:01.84
2	Messerly, Piper	10 DALLAS CENTE...	10:03.93
3	Ferebee, Marissa	11 PELLA	10:06.40
4	Turk, Marley	12 AMES	10:15.83
5	Stevens, Maddy	12 DALLAS CENTE...	10:19.94
6	Risdal, Lauren	12 AMES	10:24.44
7	Beason, Drew	12 ANKENY	10:25.70
8	Vogel, Kate	11 VALLEY WEST D...	10:38.35
9	Dani, Emea	10 WAUKEE NORT...	10:42.27
10	Back, Morgan	11 WINTERSET	10:42.49
11	Guerrero-Jones, Contessa	10 SOUTHEAST PO...	10:44.21
12	Dunham, Ruth	10 PELLA	10:44.43
13	Larson, Annika	12 BALLARD	10:47.55
14	Dummermuth, Audrey	11 JOHNSTON	10:54.24
15	DenHartog, Cora	12 ANKENY CENTE...	10:56.10
16	Wisham, Lexie	11 JOHNSTON	11:07.56
17	Hope, Ava	9 WINTERSET	11:13.25
18	Von Roden, Elliotte	9 ADM ADEL	11:24.87
19	Kearney, Jayde	10 VALLEY WEST D...	11:25.88
20	Sherman, Emma	11 DES MOINES R...	11:29.74
21	Hartford, Leah	11 INDIANOLA	11:37.37
22	Harter, Autumn	10 BONDURANT-F...	11:37.92
23	Jelsma, Emmeri	9 SOUTHEAST PO...	11:38.35
24	Reinders, Jamison	11 WAUKEE NORT...	11:38.81
25	Davitt, Andie	12 NORWALK	12:05.42
26	Van Beek, Mya	10 WAUKEE	12:06.78
27	Bond, Mya	11 NORTH POLK A...	12:08.91
28	McConville, Kenzie	12 NORWALK	12:17.83
29	Goodrich, Ella	12 ADM ADEL	12:18.73
30	Johnson, Kate	12 DES MOINES R...	12:29.72
31	Morrison, Anessa	11 MARSHALLTOW...	12:49.05
32	TerHark, Erin	12 MASON CITY	13:00.09
33	Hahn, Tahlia	11 CARROLL COM...	15:00.96
--	Mohrhauser, Anika	12 ANKENY CENTE...	DNS
--	McConkey, Michelle	11 WAUKEE	DNS
--	Gibbons, Samantha	9 DOWLING CAT...	DNS
--	Bergman, Greta	11 DOWLING CAT...	DNS

Heat 1

1	Larson, Annika	12 BALLARD	10:47.55
2	DenHartog, Cora	12 ANKENY CENTE...	10:56.10
3	Von Roden, Elliotte	9 ADM ADEL	11:24.87
4	Kearney, Jayde	10 VALLEY WEST D...	11:25.88
5	Hartford, Leah	11 INDIANOLA	11:37.37
6	Harter, Autumn	10 BONDURANT-F...	11:37.92
7	Jelsma, Emmeri	9 SOUTHEAST PO...	11:38.35
8	Reinders, Jamison	11 WAUKEE NORT...	11:38.81
9	Davitt, Andie	12 NORWALK	12:05.42
10	Van Beek, Mya	10 WAUKEE	12:06.78
11	Bond, Mya	11 NORTH POLK A...	12:08.91
12	McConville, Kenzie	12 NORWALK	12:17.83
13	Goodrich, Ella	12 ADM ADEL	12:18.73
14	Johnson, Kate	12 DES MOINES R...	12:29.72
15	Morrison, Anessa	11 MARSHALLTOW...	12:49.05
16	TerHark, Erin	12 MASON CITY	13:00.09
17	Hahn, Tahlia	11 CARROLL COM...	15:00.96
--	Gibbons, Samantha	9 DOWLING CAT...	DNS

Heat 2

1	Brown, Jordyn	12	INDIANOLA	10:01.84
2	Messerly, Piper	10	DALLAS CENTE...	10:03.93
3	Ferebee, Marissa	11	PELLA	10:06.40
4	Turk, Marley	12	AMES	10:15.83
5	Stevens, Maddy	12	DALLAS CENTE...	10:19.94
6	Risdal, Lauren	12	AMES	10:24.44
7	Beason, Drew	12	ANKENY	10:25.70
8	Vogel, Kate	11	VALLEY WEST D...	10:38.35
9	Dani, Emee	10	WAUKEE NORT...	10:42.27
10	Back, Morgan	11	WINTERSET	10:42.49
11	Guerrero-Jones, Contessa	10	SOUTHEAST PO...	10:44.21
12	Dunham, Ruth	10	PELLA	10:44.43
13	Dummermuth, Audrey	11	JOHNSTON	10:54.24
14	Wisham, Lexie	11	JOHNSTON	11:07.56
15	Hope, Ava	9	WINTERSET	11:13.25
16	Sherman, Emma	11	DES MOINES R...	11:29.74
--	Mohrhauser, Anika	12	ANKENY CENTE...	DNS
--	McConkey, Michelle	11	WAUKEE	DNS
--	Bergman, Greta	11	DOWLING CAT...	DNS

#4 Boys' 3200 Meters Varsity **Finals**

Athlete	Yr	Team	Finals
Compiled			
1	Moellers, John	12	MARSHALLTOW... 9:17.54
2	Johnson, Preston	10	MARSHALLTOW... 9:18.91
3	Janulewicz, Zack	12	WAUKEE NORT... 9:19.05
4	Squiers, Carson	11	GILBERT 9:26.38
5	Anania, Tony	12	NORWALK 9:29.21
6	Barnes, Kiefer	11	INDIANOLA 9:33.06
7	Bhave, Brennen	12	AMES 9:35.54
8	Thomas, Sean	12	ANKENY CENTE... 9:47.08
9	Crossland, Jack	10	JOHNSTON 9:49.15
10	Johnson, Davis	11	ANKENY CENTE... 9:49.31
11	Davidson, Max	11	BALLARD 9:55.10
12	Tuyls, Kellen	11	WAUKEE NORT... 9:57.51
13	Peterson, Ben	10	WAUKEE 9:58.16
14	Meinders, Sawyer	11	PELLA CHRISTI... 9:58.23
15	Ohr-Rottler, Tay	11	JOHNSTON 9:58.29
16	Gessmann, Harper	11	DALLAS CENTE... 10:02.99
17	Timmerman, Torin	12	ADM ADEL 10:04.40
18	Perrigo, Nelsen	9	VALLEY WEST D... 10:07.46
19	Sanger, Brady	11	BONDURANT-F... 10:09.91
20	Anderson, Andrew	11	AMES 10:11.94
21	Tryon, Jack	9	URBANDALE 10:16.44
22	Bandy, Cedar	9	DALLAS CENTE... 10:18.16
23	Schuknecht, Noah	11	PELLA 10:18.86
24	Johnson, Brock	12	SOUTHEAST PO... 10:19.39
25	Cruz Felipe, Angel	11	VALLEY WEST D... 10:21.94
26	Taylor, John	10	WINTERSET 10:28.54
27	Artz, John	12	GILBERT 10:28.65
28	Marple, Max	10	ADM ADEL 10:31.80
29	Smith, Cooper	12	URBANDALE 10:32.46
30	Moberg, Josh	11	SOUTHEAST PO... 10:32.69
31	Leman, Warner	9	DOWLING CAT... 10:32.79
32	Schiebout, Asher	11	PELLA 10:33.79
33	Beedon, Aksel	10	NORWALK 10:38.79
34	Bennett, Clark	9	BONDURANT-F... 10:44.94
35	Vanden Bosch, Will	10	PELLA CHRISTI... 10:46.59
36	Bloom, Kingston	10	INDIANOLA 10:50.19
37	Andemichael, Yonas	12	NORTH POLK A... 10:52.76
38	DeCleene, Judah	11	CARLISLE 10:57.68
39	Corwin, Logan	12	DES MOINES R... 11:06.87
40	Krutsch, Karsyn	10	CARROLL COM... 11:08.65
41	Reed, Ayden	10	NORTH POLK A... 11:10.43
42	Schroeder, Fawkes	9	BOONE 13:24.25
--	Hansen, Henry	10	MASON CITY DNS
--	Coyier, Dashiell	12	WAUKEE DNS
--	Carlson, Jack	10	DOWLING CAT... DNS
--	McClain, Mason	12	BOONE DNS

Heat 1

1	Squiers, Carson	11	GILBERT	9:26.38
2	Perrigo, Nelsen	9	VALLEY WEST D...	10:07.46
3	Bandy, Cedar	9	DALLAS CENTE...	10:18.16
4	Johnson, Brock	12	SOUTHEAST PO...	10:19.39
5	Taylor, John	10	WINTERSET	10:28.54
6	Artz, John	12	GILBERT	10:28.65
7	Marple, Max	10	ADM ADEL	10:31.80
8	Smith, Cooper	12	URBANDALE	10:32.46
9	Moberg, Josh	11	SOUTHEAST PO...	10:32.69
10	Leman, Warner	9	DOWLING CAT...	10:32.79
11	Schiebout, Asher	11	PELLA	10:33.79
12	Bennett, Clark	9	BONDURANT-F...	10:44.94
13	Vanden Bosch, Will	10	PELLA CHRISTI...	10:46.59
14	Bloom, Kingston	10	INDIANOLA	10:50.19
15	Andemichael, Yonas	12	NORTH POLK A...	10:52.76
16	DeCleene, Judah	11	CARLISLE	10:57.68
17	Corwin, Logan	12	DES MOINES R...	11:06.87
18	Wartsch, Karsyn	10	CARROLL COM...	11:08.65
19	Reed, Ayden	10	NORTH POLK A...	11:10.43
20	Schroeder, Fawkes	9	BOONE	13:24.25
--	Hansen, Henry	10	MASON CITY	DNS
--	Carlson, Jack	10	DOWLING CAT...	DNS
--	McClain, Mason	12	BOONE	DNS

Heat 2

1	Moellers, John	12	MARSHALLTOW...	9:17.54
2	Johnson, Preston	10	MARSHALLTOW...	9:18.91
3	Janulewicz, Zack	12	WAUKEE NORT...	9:19.05
4	Anania, Tony	12	NORWALK	9:29.21
5	Barnes, Kiefer	11	INDIANOLA	9:33.06
6	Bhave, Brennen	12	AMES	9:35.54
7	Thomas, Sean	12	ANKENY CENTE...	9:47.08
8	Crossland, Jack	10	JOHNSTON	9:49.15
9	Johnson, Davis	11	ANKENY CENTE...	9:49.31
10	Davidson, Max	11	BALLARD	9:55.10
11	Tuyls, Kellen	11	WAUKEE NORT...	9:57.51
12	Peterson, Ben	10	WAUKEE	9:58.16
13	Meinders, Sawyer	11	PELLA CHRISTI...	9:58.23
14	Ohr-Rottler, Tay	11	JOHNSTON	9:58.29
15	Gessmann, Harper	11	DALLAS CENTE...	10:02.99
16	Timmerman, Torin	12	ADM ADEL	10:04.40
17	Sanger, Brady	11	BONDURANT-F...	10:09.91
18	Anderson, Andrew	11	AMES	10:11.94
19	Tryon, Jack	9	URBANDALE	10:16.44
20	Schuknecht, Noah	11	PELLA	10:18.86
21	Cruz Felipe, Angel	11	VALLEY WEST D...	10:21.94
22	Beedon, Aksel	10	NORWALK	10:38.79
--	Coyier, Dashiell	12	WAUKEE	DNS

#5 Girls' 4x800 Relay Varsity Finals

	Team	Relay	Finals
Compiled			
1	JOHNSTON	'A'	9:20.68
	1) Woodley, Alyx 11	2) Lamping, Jayna 11	
	3) Pewe, Marissa 12	4) Fehn, Olivia 11	
2	GILBERT	'A'	9:33.33
	1) Dear, Kaitlyn 11	2) Bleich, Sophia 12	
	3) Andersen, Keira 11	4) Feddersen, Sarah 12	
3	VALLEY WEST DES MOINES	'A'	9:35.83
	1) Hancock, Finley 12	2) Lietz, Klaire 12	
	3) Winne, Jade 10	4) Reid, Abigail 10	
4	WAUKEE	'A'	9:47.85
	1) Wurth, Mallory 12	2) Burrier, Sydney 11	
	3) Berger, Olivia 10	4) Baugh Van Zee, Emme 10	
5	WAUKEE NORTHWEST	'A'	9:50.07
	1) Rush, Katie 12	2) Kell, Norah 10	
	3) Pearson, Hailey 9	4) Buske, Addison 10	
6	PELLA	'A'	9:51.37
	1) Snieder, Raegan 12	2) VandeVoort, Lizzy 9	
	3) Altwine, Carleigh 9	4) Punt, Chloe 12	
7	AMES	'A'	9:56.96
	1) Campbell, Katie 11	2) Frandsen, Meredith 11	
	3) Harrelson, Ophelia 9	4) Kincaid, Leah 10	
8	DOWLING CATHOLIC WES...	'A'	9:58.40
	1) Huegerich, Elise 11	2) Horras, Arianna 9	
	3) Reinhardt, Sadie 11	4) O'Halloran, Molly 12	
9	INDIANOLA	'A'	10:01.86
	1) Hoger, Paige 10	2) Mason, Ady 11	
	3) Labertew, Keira 10	4) Nelsen, Aspen 12	
10	ANKENY CENTENNIAL	'A'	10:16.04
	1) Plueger, Tallie 12	2) Klingensmith, Trinity 9	
	3) Rinehart, Kaelyn 9	4) Patterson, Kylee 11	
11	SOUTHEAST POLK	'A'	10:28.56
	1) Stubbs, Blayke 10	2) Capper, Eleanor 9	
	3) Richeal, Aubrey 9	4) Speer, Erin 10	
12	NORWALK	'A'	10:31.79
	1) DeRocher, Grace 11	2) DeRocher, Olive 9	
	3) Scandrett, Khloe 9	4) Wetzeler, Grace 9	
13	DALLAS CENTER-GRIMES	'A'	10:34.68
	1) Pudenz, Lilly 9	2) Dooley, Addison 11	
	3) Mora, Julia 10	4) Busby, Kate 12	
14	ADM ADEL	'A'	10:36.22
	1) James, Madi 12	2) Morse, Brecken 11	
	3) Bjork, Addy 10	4) Eggleston, Allie 10	
15	MASON CITY	'A'	10:44.92
	1) Evans, Brogan 11	2) Bobolz, Peyton 10	
	3) Peterson, Brynn 9	4) Fitzgerald, Callan 9	
16	ANKENY	'A'	10:52.54
	1) Wiegand, Ivy 11	2) Wise, Vanessa 10	
	3) Prendergast, Riley 9	4) Schulz, Ella 11	
17	MARSHALLTOWN	'A'	11:11.78
	1) Heitmann, Miller 11	2) Ceren, Drea 10	
	3) Meyeraan, Mallory 9	4) Wright, Mattea 10	

--	BONDURANT-FARRAR	'A'	DNS
	1) Meislahn, Claire 12	2) Harter, Autumn 10	
	3) Klinkenborg, Madelyn 10	4) Guertin, Bethany 11	
--	DES MOINES NORTH	'A'	DNS
	1) LaBresh, Joella 11	2) Brown, Radiance 10	
	3) Velazquez, Gabriela 10	4) Brown, Caroline 9	

Heat 1

1	JOHNSTON	'A'	9:20.68
	1) Woodley, Alyx 11	2) Lamping, Jayna 11	
	3) Pewe, Marissa 12	4) Fehn, Olivia 11	
2	GILBERT	'A'	9:33.33
	1) Dear, Kaitlyn 11	2) Bleich, Sophia 12	
	3) Andersen, Keira 11	4) Feddersen, Sarah 12	
3	VALLEY WEST DES MOINES	'A'	9:35.83
	1) Hancock, Finley 12	2) Lietz, Klaire 12	
	3) Winne, Jade 10	4) Reid, Abigail 10	
4	WAUKEE	'A'	9:47.85
	1) Wurth, Mallory 12	2) Burrier, Sydney 11	
	3) Berger, Olivia 10	4) Baugh Van Zee, Emme 10	
5	WAUKEE NORTHWEST	'A'	9:50.07
	1) Rush, Katie 12	2) Kell, Norah 10	
	3) Pearson, Hailey 9	4) Buske, Addison 10	
6	PELLA	'A'	9:51.37
	1) Snieder, Raegan 12	2) VandeVoort, Lizzy 9	
	3) Altwine, Carleigh 9	4) Punt, Chloe 12	
7	AMES	'A'	9:56.96
	1) Campbell, Katie 11	2) Frandsen, Meredith 11	
	3) Harrelson, Ophelia 9	4) Kincaid, Leah 10	
8	DOWLING CATHOLIC WES...	'A'	9:58.40
	1) Huegerich, Elise 11	2) Horras, Arianna 9	
	3) Reinhardt, Sadie 11	4) O'Halloran, Molly 12	
9	INDIANOLA	'A'	10:01.86
	1) Hoger, Paige 10	2) Mason, Ady 11	
	3) Labertew, Keira 10	4) Nelsen, Aspen 12	
10	ANKENY CENTENNIAL	'A'	10:16.04
	1) Plueger, Tallie 12	2) Klingensmith, Trinity 9	
	3) Rinehart, Kaelyn 9	4) Patterson, Kylee 11	
11	SOUTHEAST POLK	'A'	10:28.56
	1) Stubbs, Blayke 10	2) Capper, Eleanor 9	
	3) Richeal, Aubrey 9	4) Speer, Erin 10	
12	NORWALK	'A'	10:31.79
	1) DeRocher, Grace 11	2) DeRocher, Olive 9	
	3) Scandrett, Khloe 9	4) Wetzeler, Grace 9	
13	DALLAS CENTER-GRIMES	'A'	10:34.68
	1) Pudenz, Lilly 9	2) Dooley, Addison 11	
	3) Mora, Julia 10	4) Busby, Kate 12	
14	ADM ADEL	'A'	10:36.22
	1) James, Madi 12	2) Morse, Brecken 11	
	3) Bjork, Addy 10	4) Eggleston, Allie 10	
15	MASON CITY	'A'	10:44.92
	1) Evans, Brogan 11	2) Bobolz, Peyton 10	
	3) Peterson, Brynn 9	4) Fitzgerald, Callan 9	
16	ANKENY	'A'	10:52.54
	1) Wiegand, Ivy 11	2) Wise, Vanessa 10	
	3) Prendergast, Riley 9	4) Schulz, Ella 11	
17	MARSHALLTOWN	'A'	11:11.78
	1) Heitmann, Miller 11	2) Ceren, Drea 10	
	3) Meyeraan, Mallory 9	4) Wright, Mattea 10	
--	BONDURANT-FARRAR	'A'	DNS
	1) Meislahn, Claire 12	2) Harter, Autumn 10	
	3) Klinkenborg, Madelyn 10	4) Guertin, Bethany 11	

--	DES MOINES NORTH	'A'	DNS
	1) <i>LaBresh, Joella 11</i>		2) <i>Brown, Radiance 10</i>
	3) <i>Velazquez, Gabriela 10</i>		4) <i>Brown, Caroline 9</i>

#6 Boys' 4x800 Relay Varsity Finals

	Team	Relay	Finals
Compiled			
1	JOHNSTON	'A'	7:55.07
	1) <i>Ness, Garrett 12</i>		2) <i>Reese, Noah 12</i>
	3) <i>Schug, Holden 12</i>		4) <i>Anglo, Jashua 12</i>
2	DOWLING CATHOLIC WES...	'A'	7:57.08
	1) <i>Flori, Jack 12</i>		2) <i>Burr, Brody 12</i>
	3) <i>Paulsen, Nicholas 11</i>		4) <i>Mohan, Josh 12</i>
3	ANKENY CENTENNIAL	'A'	8:02.09
	1) <i>Vander Wilt, Brayden 12</i>		2) <i>Behrens, Jack 11</i>
	3) <i>Vander Weerd, Corbin 12</i>		4) <i>Moll, Cohen 11</i>
4	NORWALK	'A'	8:02.65
	1) <i>Mosqueda, Aj 12</i>		2) <i>Parker, Sam 11</i>
	3) <i>Buhrow, Sam 10</i>		4) <i>Wallace, Grant 12</i>
5	WINTerset	'A'	8:05.09
	1) <i>Hotopp, Cole 12</i>		2) <i>Strohbehn, Ben 12</i>
	3) <i>Kessler, Collin 12</i>		4) <i>Day, Gavin 12</i>
6	VALLEY WEST DES MOINES	'A'	8:07.77
	1) <i>Owen, Jonathan 12</i>		2) <i>Bendinger, Sean 12</i>
	3) <i>Limback, Thomas 10</i>		4) <i>Zingler, Gabriel 10</i>
7	PELLA	'A'	8:10.73
	1) <i>Browne, Kaiden 12</i>		2) <i>Ebersole, Jonah 10</i>
	3) <i>Gaulke, Mason 11</i>		4) <i>Dunham, Canaan 11</i>
8	INDIANOLA	'A'	8:13.60
	1) <i>Bloom, Paxton 11</i>		2) <i>Appel, Samuel 10</i>
	3) <i>Brown, Ryker 10</i>		4) <i>Robidoux, Jake 9</i>
9	URBANDALE	'A'	8:13.87
	1) <i>Hensley, Ashton 11</i>		2) <i>Giles, William 12</i>
	3) <i>Smith, Blake 12</i>		4) <i>Shide, Sidney 12</i>
10	DES MOINES ROOSEVELT	'A'	8:15.04
	1) <i>Marett, Owen 12</i>		2) <i>Nicolino, Julian 10</i>
	3) <i>Keller, Isaiah 11</i>		4) <i>Reagen, Cameron 12</i>
11	WAUKEE NORTHWEST	'A'	8:18.00
	1) <i>Cabanayan, Carter 12</i>		2) <i>Fleming, harrison 10</i>
	3) <i>Ruehling, Adam 11</i>		4) <i>Kothavale, Kalya 11</i>
12	WAUKEE	'A'	8:18.41
	1) <i>Hoskins, Carter 10</i>		2) <i>Lawry, Joseph 12</i>
	3) <i>Wellet, Nick 12</i>		4) <i>VanDis, Jonas 12</i>
13	BONDURANT-FARRAR	'A'	8:32.27
	1) <i>Gibson, Grady 10</i>		2) <i>Hanson, Ryler 9</i>
	3) <i>Rieck, Jack 11</i>		4) <i>Davis, Nyle 12</i>
14	AMES	'A'	8:34.90
	1) <i>Alvarez, Jax 10</i>		2) <i>Johnson, Hezekiah 10</i>
	3) <i>Dau, Lual 10</i>		4) <i>McDeid, William 10</i>
15	FORT DODGE	'A'	8:38.66
	1) <i>Point, Jayce 10</i>		2) <i>Hansen, Cael 10</i>
	3) <i>Bryhne, Avery 9</i>		4) <i>Petersen, Joseph 9</i>
16	ANKENY	'A'	8:42.93
	1) <i>Swanson, Isaiah 9</i>		2) <i>Kaiser, Jackson 11</i>
	3) <i>Riley, Zach 12</i>		4) <i>Miller, Gideon 11</i>
17	ADM ADEL	'A'	8:43.59
	1) <i>Hall, Robbie 11</i>		2) <i>Miller, Ty 10</i>
	3) <i>Leistikow, Jack 9</i>		4) <i>Landphair, Ty 11</i>

18	SOUTHEAST POLK	'A'	8:44.16
	1) Gonzalez, Yairh 12	2) Ackelson, Will 11	
	3) Wright, Noah 10	4) Johnson, Max 10	
19	GILBERT	'A'	8:47.49
	1) Barber, Emmett 12	2) Lucht, Landon 11	
	3) Trampel, Liam 10	4) Bleich, Logan 10	
20	MARSHALLTOWN	'A'	8:50.22
	1) Gooding, Parker 12	2) Nunn, Carter 11	
	3) Randall, Kade 11	4) Goldman, Myles 11	
21	PELLA CHRISTIAN	'A'	8:53.97
	1) Stoltz, Griffin 10	2) Vanden Bosch, Will 10	
	3) Cadwell, Ely 11	4) Gallaher, Logan 11	
22	NORTH POLK ALLEMAN	'A'	8:57.09
	1) Harrington, Nathan 11	2) Flemmer, Avery 10	
	3) McIlravy, Mikhail 11	4) Shipley, Peyton 10	
23	CARLISLE	'A'	8:57.56
	1) Brown, Kamden 12	2) Hermon, Gabby 9	
	3) Fritz, Korben 10	4) Russo, Luciano 9	
24	DES MOINES ABRAHAM LI...	'A'	9:00.37
	1) Todhunter, Michael 12	2) McKee, Zavier So	
	3) Mead, Warren 10	4) Wheelock, Hudson 11	
25	DALLAS CENTER-GRIMES	'A'	9:04.20
	1) Ramsey, Cael 11	2) Miller, Lukas 10	
	3) Weiler, Owen 11	4) Park, Owen 10	
26	MASON CITY	'A'	9:16.81
	1) Haakenstad, Brandt 12	2) Clausen, Gavin 10	
	3) Hanson, Dane 11	4) Flaherty, Keigan 9	
27	BOONE	'A'	9:22.99
	1) Myers, Dorian 11	2) Mueller, Chase 12	
	3) Cook, Calvin 10	4) Lampe, Pearson 10	
28	DES MOINES HOOVER	'A'	10:57.70
	1) Buckley, Nathan 11	2) Harwell, Vincent 11	
	3) Valdez-Hernandez, Giovanni 9	4) Renes, Cameron 11	

Heat 1

1	PELLA	'A'	8:10.73
	1) Browne, Kaiden 12	2) Ebersole, Jonah 10	
	3) Gaulke, Mason 11	4) Dunham, Canaan 11	
2	URBANDALE	'A'	8:13.87
	1) Hensley, Ashton 11	2) Giles, William 12	
	3) Smith, Blake 12	4) Shide, Sidney 12	
3	BONDURANT-FARRAR	'A'	8:32.27
	1) Gibson, Grady 10	2) Hanson, Ryler 9	
	3) Rieck, Jack 11	4) Davis, Nyle 12	
4	FORT DODGE	'A'	8:38.66
	1) Point, Jayce 10	2) Hansen, Cael 10	
	3) Bryhne, Avery 9	4) Petersen, Joseph 9	
5	ANKENY	'A'	8:42.93
	1) Swanson, Isaiah 9	2) Kaiser, Jackson 11	
	3) Riley, Zach 12	4) Miller, Gideon 11	
6	ADM ADEL	'A'	8:43.59
	1) Hall, Robbie 11	2) Miller, Ty 10	
	3) Leistikow, Jack 9	4) Landphair, Ty 11	
7	MARSHALLTOWN	'A'	8:50.22
	1) Gooding, Parker 12	2) Nunn, Carter 11	
	3) Randall, Kade 11	4) Goldman, Myles 11	
8	PELLA CHRISTIAN	'A'	8:53.97
	1) Stoltz, Griffin 10	2) Vanden Bosch, Will 10	
	3) Cadwell, Ely 11	4) Gallaher, Logan 11	
9	NORTH POLK ALLEMAN	'A'	8:57.09
	1) Harrington, Nathan 11	2) Flemmer, Avery 10	
	3) McIlravy, Mikhail 11	4) Shipley, Peyton 10	
10	CARLISLE	'A'	8:57.56
	1) Brown, Kamden 12	2) Hermon, Gabby 9	
	3) Fritz, Korben 10	4) Russo, Luciano 9	
11	DES MOINES ABRAHAM LI...	'A'	9:00.37
	1) Todhunter, Michael 12	2) McKee, Zavier So	
	3) Mead, Warren 10	4) Wheelock, Hudson 11	
12	MASON CITY	'A'	9:16.81
	1) Haakenstad, Brandt 12	2) Clausen, Gavin 10	
	3) Hanson, Dane 11	4) Flaherty, Keigan 9	
13	BOONE	'A'	9:22.99
	1) Myers, Dorian 11	2) Mueller, Chase 12	
	3) Cook, Calvin 10	4) Lampe, Pearson 10	
14	DES MOINES HOOVER	'A'	10:57.70
	1) Buckley, Nathan 11	2) Harwell, Vincent 11	
	3) Valdez-Hernandez, Giovanni 9	4) Renes, Cameron 11	

Heat 2

1	JOHNSTON	'A'	7:55.07
	1) Ness, Garrett 12	2) Reese, Noah 12	
	3) Schug, Holden 12	4) Anglo, Jashua 12	
2	DOWLING CATHOLIC WES...	'A'	7:57.08
	1) Flori, Jack 12	2) Burr, Brody 12	
	3) Paulsen, Nicholas 11	4) Mohan, Josh 12	
3	ANKENY CENTENNIAL	'A'	8:02.09
	1) Vander Wilt, Brayden 12	2) Behrens, Jack 11	
	3) Vander Weerd, Corbin 12	4) Moll, Cohen 11	
4	NORWALK	'A'	8:02.65
	1) Mosqueda, Aj 12	2) Parker, Sam 11	
	3) Buhrow, Sam 10	4) Wallace, Grant 12	
5	WINTERSET	'A'	8:05.09
	1) Hotopp, Cole 12	2) Strohhahn, Ben 12	
	3) Kessler, Collin 12	4) Day, Gavin 12	
6	VALLEY WEST DES MOINES	'A'	8:07.77
	1) Owen, Jonathan 12	2) Bendinger, Sean 12	
	3) Limback, Thomas 10	4) Zingler, Gabriel 10	
7	INDIANOLA	'A'	8:13.60
	1) Bloom, Paxton 11	2) Appel, Samuel 10	
	3) Brown, Ryker 10	4) Robidoux, Jake 9	
8	DES MOINES ROOSEVELT	'A'	8:15.04
	1) Marett, Owen 12	2) Nicolino, Julian 10	
	3) Keller, Isaiah 11	4) Reagen, Cameron 12	
9	WAUKEE NORTHWEST	'A'	8:18.00
	1) Cabanayan, Carter 12	2) Fleming, harrison 10	
	3) Ruehling, Adam 11	4) Kothavale, Kalya 11	
10	WAUKEE	'A'	8:18.41
	1) Hoskins, Carter 10	2) Lawry, Joseph 12	
	3) Wellet, Nick 12	4) VanDis, Jonas 12	
11	AMES	'A'	8:34.90
	1) Alvarez, Jax 10	2) Johnson, Hezekiah 10	
	3) Dau, Lual 10	4) McDeid, William 10	
12	SOUTHEAST POLK	'A'	8:44.16
	1) Gonzalez, Yairh 12	2) Ackelson, Will 11	
	3) Wright, Noah 10	4) Johnson, Max 10	
13	GILBERT	'A'	8:47.49
	1) Barber, Emmett 12	2) Lucht, Landon 11	
	3) Trampel, Liam 10	4) Bleich, Logan 10	
14	DALLAS CENTER-GRIMES	'A'	9:04.20
	1) Ramsey, Cael 11	2) Miller, Lukas 10	
	3) Weiler, Owen 11	4) Park, Owen 10	

#7 Girls' 4x100 Shuttle Hurdles Varsity Finals

	Team	Relay	Finals
Compiled			
1	VALLEY WEST DES MOINES	'A'	1:02.14
	1) Karr, Morgan 11	2) Stanbro, Anna 11	
	3) Parker, Jayla 11	4) Havighurst, Emma 12	
2	WAUKEE NORTHWEST	'A'	1:02.52
	1) Schulte, Alayna 11	2) Van Zetten, Aunya 12	
	3) Willits, Katie 11	4) Twigg, Lily 10	
3	ADM ADEL	'A'	1:02.57
	1) Nelson, Haley 11	2) Smyth, Bella 10	
	3) Coghlan, Elise 11	4) Dufoe, Josi 12	
4	DOWLING CATHOLIC WES...	'A'	1:03.43
	1) Smith, Annie 12	2) Brooks, Franny 11	
	3) Gaskell, Alex 12	4) Leman, Ruby 12	
5	INDIANOLA	'A'	1:03.47
	1) Downey, Sully 12	2) Grover, Madison 10	
	3) Hoger, Lilly 10	4) McGraw, Josie 12	
6	AMES	'A'	1:05.41
	1) Attinger, Angelica 11	2) Varghese, Elia 11	
	3) Johnson, Camryn 12	4) Hatcher, Sophia 11	
7	WAUKEE	'A'	1:05.89
	1) Sitzmann, Natalie 11	2) Bruening, Lena 10	
	3) Lundgren, Payton 11	4) Taylor, Sophia 10	
8	ANKENY CENTENNIAL	'A'	1:06.22
	1) Woods, Anna 10	2) Barten, Ava 11	
	3) Gilbreath, Taylor 9	4) Smith, Kylin 12	
9	NORTH POLK ALLEMAN	'A'	1:08.35
	1) Arp, Layla 12	2) Weiser, Ali 10	
	3) Wagner, Reese 10	4) Huether, Frankie 10	
10	SOUTHEAST POLK	'A'	1:08.71
	1) Kiester, Brilynn 10	2) Thovson, Rylee 10	
	3) Gustafson, Abby 12	4) Severs, Gabriella 11	
11	NORWALK	'A'	1:09.45
	1) Johnson, Ella 12	2) Stoullil, Kaia 11	
	3) Crick, Leah 10	4) Hammond, Jillian 11	
12	PELLA	'A'	1:13.10
	1) Parks, Avery 10	2) Brand, Abbie 11	
	3) Parks, Riley 10	4) Riddick, Emmilyn 10	
13	BONDURANT-FARRAR	'A'	1:13.20
	1) Cameron, Kaiya 12	2) Vroegh, Jovi 9	
	3) Langel, Trinity 9	4) Pasker, Addy 11	
14	CARROLL COMMUNITY	'A'	1:14.05
	1) Dirx, Maggie 10	2) Rowedder, Olivia 12	
	3) Schaefer, Macy 9	4) Aden, Katelyn 12	
15	PELLA CHRISTIAN	'A'	1:15.40
	1) Bell, Ani 10	2) Vos, Chloe 9	
	3) Runner, Brynn 10	4) De Bruin, Heidi 9	
16	DES MOINES ROOSEVELT	'A'	1:20.50
	1) Thomas, Na'Jaya 9	2) Timm, Sophia 9	
	3) Mohamed, Eman 12	4) Cerne, Ava 10	
17	DES MOINES ABRAHAM LI...	'A'	1:24.41
	1) Fong, Elizabeth 12	2) De Meyer, Madelline 10	
	3) Vansylalom, Trinity 12	4) Echeverria, Raquel 11	

18 BOONE 'A' 1:25.13
 1) Wheeler, Alexis 12 2) Hayes, Avah 11
 3) Griffiths, Maylin 9 4) Howie, Avery 10

-- JOHNSTON 'A' DQ
 1) Clifton, Maris 10 2) Halverson, Tegan 9
 3) Ahrens, Paityn 11 4) Siemons, Ava 9

Heat 1

1 CARROLL COMMUNITY 'A' 1:14.05
 1) Dirxx, Maggie 10 2) Rowedder, Olivia 12
 3) Schaefer, Macy 9 4) Aden, Katelyn 12

2 DES MOINES ROOSEVELT 'A' 1:20.50
 1) Thomas, Na'Jaya 9 2) Timm, Sophia 9
 3) Mohamed, Eman 12 4) Cerne, Ava 10

3 DES MOINES ABRAHAM LI... 'A' 1:24.41
 1) Fong, Elizabeth 12 2) De Meyer, Madelline 10
 3) Vansylalom, Trinity 12 4) Echeverria, Raquel 11

Heat 2

1 PELLA 'A' 1:13.10
 1) Parks, Avery 10 2) Brand, Abbie 11
 3) Parks, Riley 10 4) Riddick, Emmilyn 10

2 PELLA CHRISTIAN 'A' 1:15.40
 1) Bell, Ani 10 2) Vos, Chloe 9
 3) Runner, Brynn 10 4) De Bruin, Heidi 9

3 BOONE 'A' 1:25.13
 1) Wheeler, Alexis 12 2) Hayes, Avah 11
 3) Griffiths, Maylin 9 4) Howie, Avery 10

-- JOHNSTON 'A' DQ
 1) Clifton, Maris 10 2) Halverson, Tegan 9
 3) Ahrens, Paityn 11 4) Siemons, Ava 9

Heat 3

1 AMES 'A' 1:05.41
 1) Attinger, Angelica 11 2) Varghese, Elia 11
 3) Johnson, Camryn 12 4) Hatcher, Sophia 11

2 NORTH POLK ALLEMAN 'A' 1:08.35
 1) Arp, Layla 12 2) Weiser, Ali 10
 3) Wagner, Reese 10 4) Huether, Frankie 10

3 NORWALK 'A' 1:09.45
 1) Johnson, Ella 12 2) Stoullil, Kaia 11
 3) Crick, Leah 10 4) Hammond, Jillian 11

4 BONDURANT-FARRAR 'A' 1:13.20
 1) Cameron, Kaiya 12 2) Vroegh, Jovi 9
 3) Langel, Trinity 9 4) Pasker, Addy 11

Heat 4

1 INDIANOLA 'A' 1:03.47
 1) Downey, Sully 12 2) Grover, Madison 10
 3) Hoger, Lilly 10 4) McGraw, Josie 12

2 WAUKEE 'A' 1:05.89
 1) Sitzmann, Natalie 11 2) Bruening, Lena 10
 3) Lundgren, Payton 11 4) Taylor, Sophia 10

3 ANKENY CENTENNIAL 'A' 1:06.22
 1) Woods, Anna 10 2) Barten, Ava 11
 3) Gilbreath, Taylor 9 4) Smith, Kylin 12

4 SOUTHEAST POLK 'A' 1:08.71
 1) Kiester, Brilynn 10 2) Thovson, Rylee 10
 3) Gustafson, Abby 12 4) Severs, Gabriella 11

Heat 5

1 VALLEY WEST DES MOINES 'A' 1:02.14
 1) Karr, Morgan 11 2) Stanbro, Anna 11
 3) Parker, Jayla 11 4) Havighurst, Emma 12

2 WAUKEE NORTHWEST 'A' 1:02.52
 1) Schulte, Alayna 11 2) Van Zetten, Aunya 12
 3) Willits, Katie 11 4) Twig, Lily 10

3 ADM ADEL 'A' 1:02.57
 1) Nelson, Haley 11 2) Smyth, Bella 10
 3) Coghlan, Elise 11 4) Dufoe, Josi 12

4 DOWLING CATHOLIC WES... 'A' 1:03.43
 1) Smith, Annie 12 2) Brooks, Franny 11
 3) Gaskell, Alex 12 4) Leman, Ruby 12

#8 Boys' 4x110 Shuttle Hurdles Varsity Finals

Team	Relay	Finals
Compiled		
1 WAUKEE NORTHWEST	'A'	57.62
1) Muhktar, Kalarga 12	2) Eastman, Andrew 12	
3) Ludwig, Blake 11	4) Ludwig, Griffin 10	
2 VALLEY WEST DES MOINES	'A'	59.25
1) LeLaCheur, Miciah 11	2) Brown, Jayden 11	
3) Harne, Conley 10	4) Alexander, Joseph 10	
3 DALLAS CENTER-GRIMES	'A'	59.41
1) Heitland, Chase 10	2) Carpenter, Kolby 12	
3) Kalk, Jordan 12	4) Walker, Darien 11	
4 DOWLING CATHOLIC WES...	'A'	59.56
1) Baccile, Christian 12	2) Stone, London 12	
3) Coppola, Maddox 11	4) Nevitt, Luke 12	
5 PELLA	'A'	1:01.25
1) Shetterly, Levi 12	2) VanDenBroek, Logan 10	
3) O'Halloran, Benjamin 10	4) Johnson, Caiden 11	
6 ANKENY CENTENNIAL	'A'	1:01.86
1) Matheny, Gavin 11	2) George, Owen 10	
3) Boyle, Devin 11	4) Ryan, Nic 10	
7 ADM ADEL	'A'	1:02.88 (1:02.880)
1) Kitzinger, Joseph 12	2) Reed, Corbin 12	
3) Schrock, Isaac 9	4) Kluesner, Reid 10	
7 NORTH POLK ALLEMAN	'A'	1:02.88 (1:02.880)
1) Pitlock, Nathan 12	2) Ackerman, Mason 10	
3) Cathcart, Brady 10	4) Twedt, Dylan 11	
9 SOUTHEAST POLK	'A'	1:04.18
1) Brennick, Bentley 11	2) Van Der Brink, Alex 11	
3) Levy, Aaden 10	4) Shields, Jack 9	
10 JOHNSTON	'A'	1:04.61
1) Sheer, Will 11	2) Meester, Caden 10	
3) Hoppenworth, Gage 10	4) Reinders, Kannan 10	
11 CARROLL COMMUNITY	'A'	1:05.91
1) Tedrow, Carson 11	2) Klocke, Owen 12	
3) Rowedder, Michael 11	4) Tharjiath, Lual 11	
12 AMES	'A'	1:07.41
1) Okerlund, Alex 9	2) Cai, Allen 10	
3) Johnson, Peyton 9	4) Dau, Garang 12	
13 INDIANOLA	'A'	1:08.81
1) Anderson, Vincent 12	2) DeWall, Andrew 12	
3) Storm, Kaisen 12	4) Gorder, Hank 9	
14 MASON CITY	'A'	1:09.48
1) Blanchard, William 10	2) Falls, Jameer 10	
3) Waters, Braeden 9	4) Joyner, Jayden 12	
15 NORWALK	'A'	1:12.83
1) Roche, Daniel 12	2) Thomas, Cameron 12	
3) Alexander, Derek 10	4) Fitzpatrick, Liam 9	
16 MARSHALLTOWN	'A'	1:12.92
1) Plancher, Johnny 11	2) Gorsuch, Ethan 12	
3) Garcia, Fernando 11	4) Daters, Carson 9	
17 BOONE	'A'	1:13.15
1) Malin, Noel 10	2) Hedrick, Brenden 11	
3) Brogden, Bodie 11	4) McCloud, Jordan 12	

18 DES MOINES ABRAHAM LI...	'A'	1:13.40
1) Saw, Kay 11	2) COX, Mason 10	
3) Todhunter, Michael 12	4) Longden, Denver 12	
19 DES MOINES ROOSEVELT	'A'	1:15.21
1) Lee IV, Frank 9	2) Settle, Karmarion 9	
3) Scott, Boston 9	4) Montgomery, Noah 11	
-- WAUKEE	'A'	DQ
1) Hinrichs, Noah 11	2) Peterson, Lucas 11	
3) Meisner, Cal 9	4) Jeter, Jayden 11	
-- BALLARD	'A'	DNS
1) Wilson, Aidan 10	2) Ihle, Chase 11	
3) Hinzman, Curtis 10	4) Wol, Kiir 12	
-- ANKENY	'A'	DQ
1) Pote, Landon 12	2) Madsen, Sam 11	
3) Carlson, Hayden 11	4) Wise, Gavin 12	
-- BONDURANT-FARRAR	'A'	DNS
1) Cory, Landon 12	2) Rial, Jordan 12	
3) Cook, Elijah 12	4) Farver, Drew 11	

Heat 1

1 MARSHALLTOWN	'A'	1:12.92
1) Plancher, Johnny 11	2) Gorsuch, Ethan 12	
3) Garcia, Fernando 11	4) Daters, Carson 9	
2 DES MOINES ABRAHAM LI...	'A'	1:13.40
1) Saw, Kay 11	2) COX, Mason 10	
3) Todhunter, Michael 12	4) Longden, Denver 12	
3 DES MOINES ROOSEVELT	'A'	1:15.21
1) Lee IV, Frank 9	2) Settle, Karmarion 9	
3) Scott, Boston 9	4) Montgomery, Noah 11	

Heat 2

1 JOHNSTON	'A'	1:04.61
1) Sheer, Will 11	2) Meester, Caden 10	
3) Hoppenworth, Gage 10	4) Reinders, Kannan 10	
2 CARROLL COMMUNITY	'A'	1:05.91
1) Tedrow, Carson 11	2) Klocke, Owen 12	
3) Rowedder, Michael 11	4) Tharjiath, Lual 11	
3 NORWALK	'A'	1:12.83
1) Roche, Daniel 12	2) Thomas, Cameron 12	
3) Alexander, Derek 10	4) Fitzpatrick, Liam 9	
4 BOONE	'A'	1:13.15
1) Malin, Noel 10	2) Hedrick, Brenden 11	
3) Brogden, Bodie 11	4) McCloud, Jordan 12	

Heat 3

1 ANKENY CENTENNIAL	'A'	1:01.86
1) Matheny, Gavin 11	2) George, Owen 10	
3) Boyle, Devin 11	4) Ryan, Nic 10	
2 AMES	'A'	1:07.41
1) Okerlund, Alex 9	2) Cai, Allen 10	
3) Johnson, Peyton 9	4) Dau, Garang 12	
3 MASON CITY	'A'	1:09.48
1) Blanchard, William 10	2) Falls, Jameer 10	
3) Waters, Braeden 9	4) Joyner, Jayden 12	
-- WAUKEE	'A'	DQ
1) Hinrichs, Noah 11	2) Peterson, Lucas 11	
3) Meisner, Cal 9	4) Jeter, Jayden 11	

Heat 4

1	NORTH POLK ALLEMAN	'A'	1:02.88	(1:02.880)
	1) Pitlock, Nathan 12		2) Ackerman, Mason 10	
	3) Cathcart, Brady 10		4) Twedt, Dylan 11	
2	INDIANOLA	'A'	1:08.81	
	1) Anderson, Vincent 12		2) DeWall, Andrew 12	
	3) Storm, Kaisen 12		4) Gorder, Hank 9	
--	BALLARD	'A'	DNS	
	1) Wilson, Aidan 10		2) Ihle, Chase 11	
	3) Hinzman, Curtis 10		4) Wol, Kiir 12	
--	BONDURANT-FARRAR	'A'	DNS	
	1) Cory, Landon 12		2) Rial, Jordan 12	
	3) Cook, Elijah 12		4) Farver, Drew 11	

Heat 5

1	DALLAS CENTER-GRIMES	'A'	59.41	
	1) Heitland, Chase 10		2) Carpenter, Kolby 12	
	3) Kalk, Jordan 12		4) Walker, Darien 11	
2	PELLA	'A'	1:01.25	
	1) Shetterly, Levi 12		2) VanDenBroek, Logan 10	
	3) O'Halloran, Benjamin 10		4) Johnson, Caiden 11	
3	ADM ADEL	'A'	1:02.88	(1:02.880)
	1) Kitzinger, Joseph 12		2) Reed, Corbin 12	
	3) Schrock, Isaac 9		4) Kluesner, Reid 10	
4	SOUTHEAST POLK	'A'	1:04.18	
	1) Brennick, Bentley 11		2) Van Der Brink, Alex 11	
	3) Levy, Aaden 10		4) Shields, Jack 9	

Heat 6

1	WAUKEE NORTHWEST	'A'	57.62	
	1) Muhktar, Kalarga 12		2) Eastman, Andrew 12	
	3) Ludwig, Blake 11		4) Ludwig, Griffin 10	
2	VALLEY WEST DES MOINES	'A'	59.25	
	1) LeLaCheur, Miciah 11		2) Brown, Jayden 11	
	3) Harne, Conley 10		4) Alexander, Joseph 10	
3	DOWLING CATHOLIC WES...	'A'	59.56	
	1) Baccile, Christian 12		2) Stone, London 12	
	3) Coppola, Maddox 11		4) Nevitt, Luke 12	
--	ANKENY	'A'	DQ	
	1) Pote, Landon 12		2) Madsen, Sam 11	
	3) Carlson, Hayden 11		4) Wise, Gavin 12	

#9 Girls' 100 Meters Varsity Finals

Athlete	Yr	Team	Finals
Compiled			
1	Goldsberry, Alayna	10 SOUTHEAST PO...	12.42
2	Kacmarynski, Rachel	10 PELLA CHRISTI...	12.59
3	Busch, Carly	12 BOONE	12.65
4	Hatcher, Sophia	11 AMES	12.67
5	Van Wyk, Meredith	11 PELLA CHRISTI...	12.69
6	Trine, Kamry	10 PELLA	12.85
7	Seehase, Calli	12 ADM ADEL	13.16
8	Hinke, Estelle	10 WAUKEE	13.18
9	Knapp, Julia	11 DES MOINES R...	13.19
10	Mead, Ellie	10 DOWLING CAT...	13.22
11	Hulbert, Nyah	12 NORWALK	13.26
12	Mizerak, Gretchen	12 GILBERT	13.27
13	Potter, Kenzie	11 DES MOINES E...	13.28
14	Small, Sydney	11 VALLEY WEST D...	13.29
15	Keiser, Payton	10 VALLEY WEST D...	13.31
16	Tarplah, Teresa	9 SOUTHEAST PO...	13.35
17	Gripp, Tessa	11 INDIANOLA	13.36
18	Olson, Kacy	12 ANKENY CENTE...	13.37
19	Buckley, Lillian	10 ANKENY	13.38
20	Christensen, Grace	9 MARSHALLTOW...	13.39
21	Thomas, Au'Niyah	9 AMES	13.40
22	Davies, Hope	12 DES MOINES E...	13.44
23	Vansylalom, Trinity	12 DES MOINES A...	13.50 (13.497)
23	Heitzman, Emily	12 DOWLING CAT...	13.50 (13.497)
25	Burke, Cooper	9 WAUKEE	13.57
26	Rasmussen, Carrigan	9 NORTH POLK A...	13.66
27	Rankin, Aurora	9 PELLA	13.72
28	Petek, Brylynn	9 JOHNSTON	13.74
29	Lott, Niah	10 MARSHALLTOW...	13.77
30	Cornwell, Cooper	9 JOHNSTON	13.79
31	VanLoo, Emefa	9 BALLARD	13.83
32	Graeve, Mia	12 BOONE	13.86
33	Sarcono-Mata, Mia	10 DES MOINES N...	13.91
34	Hatlevig, Elle	9 NORWALK	13.99
35	Erwin, Morgan	11 ANKENY CENTE...	14.06
36	Cupp, Carly	9 NORTH POLK A...	14.16
37	Bell, Grace	11 DES MOINES R...	14.20
38	Riordan, Isabella	9 MASON CITY	14.22
39	Soe, Kwamete	10 DALLAS CENTE...	14.42
40	Ackerman, Rayna	10 BONDURANT-F...	14.47
41	Earles, Delilah	9 DES MOINES A...	14.58
42	Caldwell, Armani	10 MASON CITY	14.97
--	Grove, Jada	12 ADM ADEL	DNS
--	Seeman, Madden	9 DALLAS CENTE...	DNS
--	Alley, Paris	11 DES MOINES H...	DNS
--	Fisher, Morgan	9 ANKENY	DNS
--	Kennedy, Ernestine	11 DES MOINES H...	DNS

Heat 1

1	Vansylalom, Trinity	12 DES MOINES A...	13.50 (13.497)
2	Sarcono-Mata, Mia	10 DES MOINES N...	13.91
3	Bell, Grace	11 DES MOINES R...	14.20
4	Riordan, Isabella	9 MASON CITY	14.22
5	Earles, Delilah	9 DES MOINES A...	14.58
6	Caldwell, Armani	10 MASON CITY	14.97
--	Alley, Paris	11 DES MOINES H...	DNS
--	Kennedy, Ernestine	11 DES MOINES H...	DNS

#10 Boys' 100 Meters Varsity **Finals**

Heat 2

1	Potter, Kenzie	11	DES MOINES E...	13.28
2	Thomas, Au'Niyah	9	AMES	13.40
3	Lott, Niah	10	MARSHALLTOW...	13.77
4	Cornwell, Cooper	9	JOHNSTON	13.79
5	Cupp, Carly	9	NORTH POLK A...	14.16
6	Soe, Kwamettee	10	DALLAS CENTE...	14.42
7	Ackerman, Rayna	10	BONDURANT-F...	14.47
--	Seeman, Madden	9	DALLAS CENTE...	DNS

Heat 3

1	Buckley, Lillian	10	ANKENY	13.38
2	Davies, Hope	12	DES MOINES E...	13.44
3	Rasmussen, Carrigan	9	NORTH POLK A...	13.66
4	Rankin, Aurora	9	PELLA	13.72
5	VanLoo, Emefa	9	BALLARD	13.83
6	Graeve, Mia	12	BOONE	13.86
7	Hatlevig, Elle	9	NORWALK	13.99
8	Erwin, Morgan	11	ANKENY CENTE...	14.06

Heat 4

1	Hatcher, Sophia	11	AMES	12.67
2	Knapp, Julia	11	DES MOINES R...	13.19
3	Hulbert, Nyah	12	NORWALK	13.26
4	Small, Sydney	11	VALLEY WEST D...	13.29
5	Gripp, Tessa	11	INDIANOLA	13.36
6	Olson, Kacy	12	ANKENY CENTE...	13.37
7	Christensen, Grace	9	MARSHALLTOW...	13.39
8	Petek, Brylynn	9	JOHNSTON	13.74

Heat 5

1	Mead, Ellie	10	DOWLING CAT...	13.22
2	Mizerak, Gretchen	12	GILBERT	13.27
3	Keiser, Payton	10	VALLEY WEST D...	13.31
4	Tarplah, Teresa	9	SOUTHEAST PO...	13.35
5	Heitzman, Emily	12	DOWLING CAT...	13.50 (13.497)
6	Burke, Cooper	9	WAUKEE	13.57
--	Grove, Jada	12	ADM ADEL	DNS

Heat 6

1	Goldsberry, Alayna	10	SOUTHEAST PO...	12.42
2	Kacmarynski, Rachel	10	PELLA CHRISTI...	12.59
3	Busch, Carly	12	BOONE	12.65
4	Van Wyk, Meredith	11	PELLA CHRISTI...	12.69
5	Trine, Kamry	10	PELLA	12.85
6	Seehase, Calli	12	ADM ADEL	13.16
7	Hinke, Estelle	10	WAUKEE	13.18
--	Fisher, Morgan	9	ANKENY	DNS

Athlete Yr Team Finals

Compiled

1	Kunze, Kaiden	11	NORWALK	11.21
2	Jackson, Braeden	12	ANKENY CENTE...	11.27
3	Daniel, Noah	11	FORT DODGE	11.34
4	Ross, Noah	11	ANKENY CENTE...	11.35
5	Gaye, Emmanuel	12	SOUTHEAST PO...	11.36
6	Berry, Diyon	11	DES MOINES H...	11.50
7	Tarasid-Tarawally, Fredrick	10	SOUTHEAST PO...	11.55
8	Frost, Mason	12	BONDURANT-F...	11.58
9	Kacmarynski, Adam	9	PELLA CHRISTI...	11.60
10	Tallman, Harry	11	PELLA	11.67
11	Larson, Sawyer	11	AMES	11.72
12	Bernstine, Xavier	12	WAUKEE NORT...	11.73
13	Brueck, Asher	11	INDIANOLA	11.81
14	Nunnikhoven, Landon	11	PELLA CHRISTI...	11.83
15	Robbins, Eli	11	NORWALK	11.85 (11.849)
15	Hollins, Josh	10	DES MOINES H...	11.85 (11.849)
17	Vanderlinden, Riley	9	BONDURANT-F...	11.88
18	McClure, Finn	11	ANKENY	11.93
19	Morrison, Bodie	11	WAUKEE NORT...	11.99
20	Boucher, Lucas	12	BOONE	12.02
21	Teply, Quinlan	10	NORTH POLK A...	12.05 (12.044)
22	Kettler, Owen	10	PELLA	12.05 (12.050)
23	Walljasper, Max	11	INDIANOLA	12.06
24	Spurgeon, Coen	12	NORTH POLK A...	12.07
25	Dinh, Kolby	11	JOHNSTON	12.09
26	Akuar, Nathiyus	9	VALLEY WEST D...	12.14
27	Allen, Harrison	11	WAUKEE	12.16
28	Clearwater, Qwaden	12	DES MOINES E...	12.18 (12.173)
29	Childress, Treyvin	10	CARROLL COM...	12.18 (12.177)
30	Willoughby-Wright, Kayd...	10	AMES	12.19
31	Giles, Paul	11	ADM ADEL	12.24
32	Israel, Uriah	9	CARLISLE	12.27
33	Davison, Brayden	10	ADM ADEL	12.28
34	Ingram, Joshua	12	BOONE	12.32
35	Williams, Jayden	11	MASON CITY	12.37
36	Case Haub, Ben	11	WAUKEE	12.41
37	Phanthoudeth, Alex	12	DES MOINES R...	12.43
38	Lavender, Jayden	10	MARSHALLTOW...	12.48
39	Essick, Carter	12	CARROLL COM...	12.52
40	Halsted, Talon	11	MARSHALLTOW...	12.53
41	Martin, Orion	12	MASON CITY	12.69
--	Karla, Isaac	12	DES MOINES R...	DNS
--	Reed, Clarence	12	DES MOINES A...	DNS
--	Miller, Jackson	11	DOWLING CAT...	DNS
--	Cavan, Orion	9	CARLISLE	DNS
--	Adaway, Jayden	10	VALLEY WEST D...	DNS
--	Wilson, Trey	12	DOWLING CAT...	DNS
--	Peterson, Vincent	12	JOHNSTON	DNS

Heat 1

1	Daniel, Noah	11	FORT DODGE	11.34
2	Boucher, Lucas	12	BOONE	12.02
3	Allen, Harrison	11	WAUKEE	12.16
4	Childress, Treyvin	10	CARROLL COM...	12.18 (12.177)
5	Israel, Uriah	9	CARLISLE	12.27
6	Lavender, Jayden	10	MARSHALLTOW...	12.48
7	Essick, Carter	12	CARROLL COM...	12.52
--	Peterson, Vincent	12	JOHNSTON	DNS

Heat 2

1	Tallman, Harry	11	PELLA	11.67
2	Larson, Sawyer	11	AMES	11.72
3	Dinh, Kolby	11	JOHNSTON	12.09
4	Ingram, Joshua	12	BOONE	12.32
5	Phanthoudeth, Alex	12	DES MOINES R...	12.43
6	Halsted, Talon	11	MARSHALLTOW...	12.53
7	Martin, Orion	12	MASON CITY	12.69
--	Cavan, Orion	9	CARLISLE	DNS

Heat 3

1	Brueck, Asher	11	INDIANOLA	11.81
2	Nunnikhoven, Landon	11	PELLA CHRISTI...	11.83
3	Hollins, Josh	10	DES MOINES H...	11.85 (11.849)
4	Morrison, Bodie	11	WAUKEE NORT...	11.99
5	Teply, Quinlan	10	NORTH POLK A...	12.05 (12.044)
6	Walljasper, Max	11	INDIANOLA	12.06
7	Spurgeon, Coen	12	NORTH POLK A...	12.07
8	Williams, Jayden	11	MASON CITY	12.37

Heat 4

1	Robbins, Eli	11	NORWALK	11.85 (11.849)
2	Clearwater, Qwaden	12	DES MOINES E...	12.18 (12.173)
3	Willoughby-Wright, Kayd...	10	AMES	12.19
4	Giles, Paul	11	ADM ADEL	12.24
5	Davison, Brayden	10	ADM ADEL	12.28
6	Case Haub, Ben	11	WAUKEE	12.41
--	Adaway, Jayden	10	VALLEY WEST D...	DNS
--	Wilson, Trey	12	DOWLING CAT...	DNS

Heat 5

1	Berry, Diyon	11	DES MOINES H...	11.50
2	Kacmarynski, Adam	9	PELLA CHRISTI...	11.60
3	Bernstine, Xavier	12	WAUKEE NORT...	11.73
4	Vanderlinden, Riley	9	BONDURANT-F...	11.88
5	Kettler, Owen	10	PELLA	12.05 (12.050)
6	Akuar, Nathiyus	9	VALLEY WEST D...	12.14
--	Karla, Isaac	12	DES MOINES R...	DNS
--	Reed, Clarence	12	DES MOINES A...	DNS

Heat 6

1	Kunze, Kaiden	11	NORWALK	11.21
2	Jackson, Braeden	12	ANKENY CENTE...	11.27
3	Ross, Noah	11	ANKENY CENTE...	11.35
4	Gaye, Emmanuel	12	SOUTHEAST PO...	11.36
5	Tarasid-Tarawally, Fredrick	10	SOUTHEAST PO...	11.55
6	Frost, Mason	12	BONDURANT-F...	11.58
7	McClure, Finn	11	ANKENY	11.93
--	Miller, Jackson	11	DOWLING CAT...	DNS

#11 Girls' SMR 1600m Varsity Finals

	Team	Relay	Finals
Compiled			
1	WAUKEE NORTHWEST	'A'	4:14.24
	1) Eddy, Maslyn 11	2) Kress, Lilah 12	
	3) Jorgensen, Quinn 10	4) Sheriff, Anna 12	
2	SOUTHEAST POLK	'A'	4:15.76
	1) Leo, Mylie 10	2) Myers, Brooke 11	
	3) Smith, Josephine 9	4) Bartlett, Alyssa 12	
3	MASON CITY	'A'	4:19.97
	1) Zilge, Peyton 10	2) York, Latasha 10	
	3) Davis, Savannah 12	4) Hansen, Janae 12	
4	PELLA	'A'	4:25.67
	1) DeVries, Haylie 9	2) Gibbs, Phenix 9	
	3) Vos, Erica 9	4) Paulsen, Bryn 9	
5	AMES	'A'	4:26.26
	1) Britten, Jada 12	2) Cowles, Edyn 11	
	3) Horras, Saylor 12	4) Campbell, Katie 11	
6	INDIANOLA	'A'	4:26.44
	1) Kindelspire, Kiley 12	2) Hoger, Lilly 10	
	3) Erickson, Hadley 10	4) Hoger, Paige 10	
7	WAUKEE	'A'	4:30.09
	1) Rees, Jayden 11	2) Chance, Emerson 11	
	3) Port, Aleah 11	4) Beyer, Hayden 11	
8	VALLEY WEST DES MOINES	'A'	4:30.30
	1) Garrison, Maggie 10	2) Asplund, Evalyn 9	
	3) Lee, Zoey 9	4) Lessman, Charlotte 9	
9	ANKENY CENTENNIAL	'A'	4:31.20
	1) Sandholm, Lauren 10	2) Sandholm, Audrey 10	
	3) Griggs, Cassidy 12	4) Mohrhauser, Anika 12	
10	WINTERSET	'A'	4:35.32
	1) Gross, Addison 10	2) Lauer, Natalie 10	
	3) Seidler, Klaira 10	4) Back, Mallory 9	
11	ADM ADEL	'A'	4:37.72
	1) Book, Isabelle 10	2) Smyth, Bella 10	
	3) Bjork, Addy 10	4) Subbert, Ella 9	
12	JOHNSTON	'A'	4:38.59
	1) Gray, Emma 11	2) Molden, Tabitha 9	
	3) Sullivan, Morgan 12	4) Souhrada, Harper 11	
13	BONDURANT-FARRAR	'A'	4:39.94
	1) Langel, Trinity 9	2) Hudnall, Brenna 10	
	3) Klinkenborg, Madelyn 10	4) Meislahn, Claire 12	
14	NORTH POLK ALLEMAN	'A'	4:40.13
	1) Mart, Addison 11	2) Krantz, Jenna 11	
	3) Daggett, Emma 12	4) Lucas, Audrey 10	
15	DES MOINES ROOSEVELT	'A'	4:41.41
	1) Walker-Ritchie, Sandra 9	2) Thedford, DiAuria 9	
	3) Johnson, Ella 9	4) Sherman, Emma 11	
16	BOONE	'A'	4:42.59
	1) Wittrock, Tala 9	2) Vodenik, Gracie 10	
	3) Klein, Piper 10	4) Morgan, Bryana 10	
17	PELLA CHRISTIAN	'A'	4:43.53
	1) De Vries, Jessa 10	2) Anderson, Jessa 9	
	3) Ver Meer, Ashlyn 10	4) Vos, Greta 10	

18	NORWALK	'A'	4:49.54
	1) <i>Peters, Danielle 11</i>	2) <i>Kingsley, Lily 12</i>	
	3) <i>Giesemann, Kinzie 9</i>	4) <i>Welch, Emelyn 9</i>	
19	DES MOINES HOOVER	'A'	5:02.80
	1) <i>Villa, Emily 10</i>	2) <i>Adoobe, Nakara 12</i>	
	3) <i>Schmit, Zoey 11</i>	4) <i>Perez-Lorenzo, Evhelyn 11</i>	
20	MARSHALLTOWN	'A'	5:03.44
	1) <i>Heredia de luna, Mayaliz 11</i>	2) <i>Price, Kamryn 9</i>	
	3) <i>Heitmann, Miller 11</i>	4) <i>Ceren, Elyza 11</i>	
21	DES MOINES NORTH	'A'	5:19.03
	1) <i>Gurisho, Lemuna 12</i>	2) <i>Bukuru, Elizabeth 12</i>	
	3) <i>Velazquez, Gabriela 10</i>	4) <i>Brown, Caroline 9</i>	
--	GILBERT	'A'	DNS
	1) <i>Grandgenett, Allie 11</i>	2) <i>Short, Avery 9</i>	
	3) <i>Smith, Gemma 9</i>	4) <i>Doolittle, Ali 9</i>	
--	DOWLING CATHOLIC WES...	'A'	DQ
	1) <i>Conradt, Lydia 9</i>	2) <i>Ayoung, Ayoung 9</i>	
	3) <i>Jones, Adalyn 10</i>	4) <i>Cowherd, Madeleine 9</i>	

Heat 1

1	NORTH POLK ALLEMAN	'A'	4:40.13
	1) <i>Mart, Addison 11</i>	2) <i>Krantz, Jenna 11</i>	
	3) <i>Daggett, Emma 12</i>	4) <i>Lucas, Audrey 10</i>	
2	DES MOINES ROOSEVELT	'A'	4:41.41
	1) <i>Walker-Ritchie, Sandra 9</i>	2) <i>Thedford, DiAuria 9</i>	
	3) <i>Johnson, Ella 9</i>	4) <i>Sherman, Emma 11</i>	
3	BOONE	'A'	4:42.59
	1) <i>Wittrock, Tala 9</i>	2) <i>Vodenik, Gracie 10</i>	
	3) <i>Klein, Piper 10</i>	4) <i>Morgan, Bryana 10</i>	
4	PELLA CHRISTIAN	'A'	4:43.53
	1) <i>De Vries, Jessa 10</i>	2) <i>Anderson, Jessa 9</i>	
	3) <i>Ver Meer, Ashlyn 10</i>	4) <i>Vos, Greta 10</i>	
5	DES MOINES HOOVER	'A'	5:02.80
	1) <i>Villa, Emily 10</i>	2) <i>Adoobe, Nakara 12</i>	
	3) <i>Schmit, Zoey 11</i>	4) <i>Perez-Lorenzo, Evhelyn 11</i>	
6	MARSHALLTOWN	'A'	5:03.44
	1) <i>Heredia de luna, Mayaliz 11</i>	2) <i>Price, Kamryn 9</i>	
	3) <i>Heitmann, Miller 11</i>	4) <i>Ceren, Elyza 11</i>	
7	DES MOINES NORTH	'A'	5:19.03
	1) <i>Gurisho, Lemuna 12</i>	2) <i>Bukuru, Elizabeth 12</i>	
	3) <i>Velazquez, Gabriela 10</i>	4) <i>Brown, Caroline 9</i>	

Heat 2

1	MASON CITY	'A'	4:19.97
	1) <i>Zilge, Peyton 10</i>	2) <i>York, Latasha 10</i>	
	3) <i>Davis, Savannah 12</i>	4) <i>Hansen, Janae 12</i>	
2	AMES	'A'	4:26.26
	1) <i>Britten, Jada 12</i>	2) <i>Cowles, Edyn 11</i>	
	3) <i>Horras, Saylor 12</i>	4) <i>Campbell, Katie 11</i>	
3	VALLEY WEST DES MOINES	'A'	4:30.30
	1) <i>Garrison, Maggie 10</i>	2) <i>Asplund, Evalyn 9</i>	
	3) <i>Lee, Zoey 9</i>	4) <i>Lessman, Charlotte 9</i>	
4	WINTERSET	'A'	4:35.32
	1) <i>Gross, Addison 10</i>	2) <i>Lauer, Natalie 10</i>	
	3) <i>Seidler, Klaire 10</i>	4) <i>Back, Mallory 9</i>	
5	ADM ADEL	'A'	4:37.72
	1) <i>Book, Isabelle 10</i>	2) <i>Smyth, Bella 10</i>	
	3) <i>Bjork, Addy 10</i>	4) <i>Subbert, Ella 9</i>	
6	BONDURANT-FARRAR	'A'	4:39.94
	1) <i>Langel, Trinity 9</i>	2) <i>Hudnall, Brenna 10</i>	
	3) <i>Klinkenborg, Madelyn 10</i>	4) <i>Meislahn, Claire 12</i>	
7	NORWALK	'A'	4:49.54
	1) <i>Peters, Danielle 11</i>	2) <i>Kingsley, Lily 12</i>	
	3) <i>Giesemann, Kinzie 9</i>	4) <i>Welch, Emelyn 9</i>	
--	DOWLING CATHOLIC WES...	'A'	DQ
	1) <i>Conradt, Lydia 9</i>	2) <i>Ayoung, Ayoung 9</i>	
	3) <i>Jones, Adalyn 10</i>	4) <i>Cowherd, Madeleine 9</i>	

Heat 3

1	WAUKEE NORTHWEST	'A'	4:14.24
	1) <i>Eddy, Maslyn 11</i>	2) <i>Kress, Lilah 12</i>	
	3) <i>Jorgensen, Quinn 10</i>	4) <i>Sheriff, Anna 12</i>	
2	SOUTHEAST POLK	'A'	4:15.76
	1) <i>Leo, Mylie 10</i>	2) <i>Myers, Brooke 11</i>	
	3) <i>Smith, Josephine 9</i>	4) <i>Bartlett, Alyssa 12</i>	
3	PELLA	'A'	4:25.67
	1) <i>DeVries, Haylie 9</i>	2) <i>Gibbs, Phenix 9</i>	
	3) <i>Vos, Erica 9</i>	4) <i>Paulsen, Bryn 9</i>	
4	INDIANOLA	'A'	4:26.44
	1) <i>Kindelspire, Kiley 12</i>	2) <i>Hoger, Lilly 10</i>	
	3) <i>Erickson, Hadley 10</i>	4) <i>Hoger, Paige 10</i>	
5	WAUKEE	'A'	4:30.09
	1) <i>Rees, Jayden 11</i>	2) <i>Chance, Emerson 11</i>	
	3) <i>Port, Aleah 11</i>	4) <i>Beyer, Hayden 11</i>	
6	ANKENY CENTENNIAL	'A'	4:31.20
	1) <i>Sandholm, Lauren 10</i>	2) <i>Sandholm, Audrey 10</i>	
	3) <i>Griggs, Cassidy 12</i>	4) <i>Mohrhauser, Anika 12</i>	
7	JOHNSTON	'A'	4:38.59
	1) <i>Gray, Emma 11</i>	2) <i>Molden, Tabitha 9</i>	
	3) <i>Sullivan, Morgan 12</i>	4) <i>Souhrada, Harper 11</i>	
--	GILBERT	'A'	DNS
	1) <i>Grandgenett, Allie 11</i>	2) <i>Short, Avery 9</i>	
	3) <i>Smith, Gemma 9</i>	4) <i>Doolittle, Ali 9</i>	

#12 Boys' SMR 1600m Varsity **Finals**

Team	Relay	Finals
Compiled		
1 DOWLING CATHOLIC WES... 'A'		3:26.85
1) Drexler, Sam 11	2) Strang, Nolan 11	
3) Lembechwa, Travis 12	4) Wolfe, Owen 12	
2 PELLA 'A'		3:30.37
1) Shetterly, Bailey 12	2) Kerndt, Colin 12	
3) Mullens, Harry 11	4) Dunham, Canaan 11	
3 AMES 'A'		3:34.57
1) Willoughby-Wright, Kayden 10	2) Roberts, Jeffrey 11	
3) Vander Wilt, Drew 11	4) Knight, Isaiah 12	
4 INDIANOLA 'A'		3:35.50
1) Bradley, Nick 11	2) Hilton, Rylan 10	
3) Johnson, Isaac 10	4) Robbins, Reed 11	
5 SOUTHEAST POLK 'A'		3:36.88
1) Tarasid-Tarawally, Fredrick 10	2) Thompson, Drew 11	
3) Gaye, Emmanuel 12	4) Bartlett, Luke 12	
6 JOHNSTON 'A'		3:40.90
1) Barkue, D'Angelo 12	2) Russell, Quinn 12	
3) Urness, Matthew 11	4) Ness, Garrett 12	
7 ANKENY 'A'		3:41.03
1) Sandvig, Samuel 12	2) Madsen, Sam 11	
3) Brownsberger, Tate 12	4) Rathje, Justice 12	
8 WAUKEE NORTHWEST 'A'		3:42.90
1) Sweeney, Julian 12	2) Fitz, Brady 11	
3) Thompson, Alex 12	4) Verastiegui, Roy 11	
9 NORWALK 'A'		3:45.55
1) Giesemann, Jamison 11	2) Gear, Jacob 11	
3) Frank, Kayden 11	4) Mosqueda, Aj 12	
10 DES MOINES HOOVER 'A'		3:45.73
1) Berry, Diyon 11	2) Hollins, Josh 10	
3) Harrell, Brandon 10	4) Gordon, Chase 11	
11 NORTH POLK ALLEMAN 'A'		3:46.73
1) Rademacher, Aidan 11	2) Blake, Connor 10	
3) Morrison, Logan 10	4) Kelsick, Evan 12	
12 ANKENY CENTENNIAL 'A'		3:46.81
1) Neith, Joel 12	2) Young, Treyce 11	
3) Jones, Kyler 11	4) Thomas, Sean 12	
13 BONDURANT-FARRAR 'A'		3:49.72
1) Fine, Vincent 12	2) Ernst, Parker 12	
3) Muller, Austin 10	4) Davis, Nyle 12	
14 WAUKEE 'A'		3:50.88
1) Maplay, Pete 11	2) Allen, Harrison 11	
3) Boess, Tavian 12	4) Wellet, Nick 12	
15 DALLAS CENTER-GRIMES 'A'		3:51.95
1) Carlton, Caleb 9	2) Rouse, Oliver 11	
3) Bohnenkamp, Charlie 11	4) Oberreuter, Eli 9	
16 CARROLL COMMUNITY 'A'		3:53.78
1) Schagt, Logian 11	2) Rowedder, Michael 11	
3) Lueders, Cayden 10	4) Molinsky, Blake 12	
17 VALLEY WEST DES MOINES 'A'		3:56.24
1) McKenzie, AJ 11	2) Arbab, Ryan 12	
3) Jackson, Jaylen 12	4) Bhargava, Ronak 11	

18 DES MOINES ABRAHAM LI... 'A'		3:58.21
1) Reed, Clarence 12	2) Aloung, Abel 11	
3) Wheelock, Hudson 11	4) Mead, Warren 10	
19 DES MOINES ROOSEVELT 'A'		3:58.24
1) Scott, Blake 11	2) Vens, Aidan 12	
3) Thompson, Taylor 10	4) Briggs, Cooper 9	
20 ADM ADEL 'A'		3:58.56
1) Rychnovsky, Owen 10	2) Paul, Christian 10	
3) Chapman, Isaac 12	4) Holdmeyer, Dain 9	
21 MARSHALLTOWN 'A'		4:03.54
1) Bell, Carter 12	2) Holmes, Camron 10	
3) Cenicerros, Isacc 11	4) Randall, Kade 11	
22 BOONE 'A'		4:04.42
1) Frese, Justus 12	2) McLaughlin, Maxwell 10	
3) McClain, Caler 10	4) Myers, Dorian 11	
23 CARLISLE 'A'		4:05.22
1) Ruiz, Kristian 10	2) Lucas, Mason 12	
3) Walstrom, Torren 11	4) Lancaster, Ben 10	
24 PELLA CHRISTIAN 'A'		4:05.98
1) Morgan, Cael 9	2) Ritzert, Hudson 9	
3) Meixner, Hudson 10	4) De Ronde, Dean 9	

Heat 1

1 SOUTHEAST POLK 'A'		3:36.88
1) Tarasid-Tarawally, Fredrick 10	2) Thompson, Drew 11	
3) Gaye, Emmanuel 12	4) Bartlett, Luke 12	
2 CARROLL COMMUNITY 'A'		3:53.78
1) Schagt, Logian 11	2) Rowedder, Michael 11	
3) Lueders, Cayden 10	4) Molinsky, Blake 12	
3 VALLEY WEST DES MOINES 'A'		3:56.24
1) McKenzie, AJ 11	2) Arbab, Ryan 12	
3) Jackson, Jaylen 12	4) Bhargava, Ronak 11	
4 DES MOINES ABRAHAM LI... 'A'		3:58.21
1) Reed, Clarence 12	2) Aloung, Abel 11	
3) Wheelock, Hudson 11	4) Mead, Warren 10	
5 ADM ADEL 'A'		3:58.56
1) Rychnovsky, Owen 10	2) Paul, Christian 10	
3) Chapman, Isaac 12	4) Holdmeyer, Dain 9	
6 BOONE 'A'		4:04.42
1) Frese, Justus 12	2) McLaughlin, Maxwell 10	
3) McClain, Caler 10	4) Myers, Dorian 11	
7 CARLISLE 'A'		4:05.22
1) Ruiz, Kristian 10	2) Lucas, Mason 12	
3) Walstrom, Torren 11	4) Lancaster, Ben 10	
8 PELLA CHRISTIAN 'A'		4:05.98
1) Morgan, Cael 9	2) Ritzert, Hudson 9	
3) Meixner, Hudson 10	4) De Ronde, Dean 9	

Heat 2

1	DOWLING CATHOLIC WES... 'A'	3:26.85
	1) Drexler, Sam 11	2) Strang, Nolan 11
	3) Lembechwa, Travis 12	4) Wolfe, Owen 12
2	PELLA 'A'	3:30.37
	1) Shetterly, Bailey 12	2) Kerndt, Colin 12
	3) Mullens, Harry 11	4) Dunham, Canaan 11
3	AMES 'A'	3:34.57
	1) Willoughby-Wright, Kayden 10	2) Roberts, Jeffrey 11
	3) Vander Wilt, Drew 11	4) Knight, Isaiah 12
4	JOHNSTON 'A'	3:40.90
	1) Barkue, D'Angelo 12	2) Russell, Quinn 12
	3) Urness, Matthew 11	4) Ness, Garrett 12
5	DES MOINES HOOVER 'A'	3:45.73
	1) Berry, Diyon 11	2) Hollins, Josh 10
	3) Harrell, Brandon 10	4) Gordon, Chase 11
6	NORTH POLK ALLEMAN 'A'	3:46.73
	1) Rademacher, Aidan 11	2) Blake, Connor 10
	3) Morrison, Logan 10	4) Kelsick, Evan 12
7	BONDURANT-FARRAR 'A'	3:49.72
	1) Fine, Vincent 12	2) Ernst, Parker 12
	3) Muller, Austin 10	4) Davis, Nyle 12
8	MARSHALLTOWN 'A'	4:03.54
	1) Bell, Carter 12	2) Holmes, Camron 10
	3) Cenicerros, Isacc 11	4) Randall, Kade 11

Heat 3

1	INDIANOLA 'A'	3:35.50
	1) Bradley, Nick 11	2) Hilton, Rylan 10
	3) Johnson, Isaac 10	4) Robbins, Reed 11
2	ANKENY 'A'	3:41.03
	1) Sandvig, Samuel 12	2) Madsen, Sam 11
	3) Brownsberger, Tate 12	4) Rathje, Justice 12
3	WAUKEE NORTHWEST 'A'	3:42.90
	1) Sweeney, Julian 12	2) Fitz, Brady 11
	3) Thompson, Alex 12	4) Verastiegui, Roy 11
4	NORWALK 'A'	3:45.55
	1) Giesemann, Jamison 11	2) Gear, Jacob 11
	3) Frank, Kayden 11	4) Mosqueda, Aj 12
5	ANKENY CENTENNIAL 'A'	3:46.81
	1) Neith, Joel 12	2) Young, Treyce 11
	3) Jones, Kyler 11	4) Thomas, Sean 12
6	WAUKEE 'A'	3:50.88
	1) Maplay, Pete 11	2) Allen, Harrison 11
	3) Boess, Tavian 12	4) Wellet, Nick 12
7	DALLAS CENTER-GRIMES 'A'	3:51.95
	1) Carlton, Caleb 9	2) Rouse, Oliver 11
	3) Bohnenkamp, Charlie 11	4) Oberreuter, Eli 9
8	DES MOINES ROOSEVELT 'A'	3:58.24
	1) Scott, Blake 11	2) Vens, Aidan 12
	3) Thompson, Taylor 10	4) Briggs, Cooper 9

#13 Girls' 400 Meters Varsity **Finals**

Athlete	Yr	Team	Finals
Compiled			
1	Vos, Bailey	11 PELLA CHRISTI...	57.03
2	White, Emma	10 INDIANOLA	57.53
3	Fisher, Morgan	9 ANKENY	58.09
4	Neumann, Lizzie	11 PELLA	58.84
5	Sandy, Kendal	10 INDIANOLA	58.85
6	Jackson, Teagan	10 ANKENY CENTE...	1:00.13
7	Bennett, Lydia	10 WAUKEE	1:00.50
8	Deardorff, Natalya	11 AMES	1:00.92
9	Morse, Brecken	11 ADM ADEL	1:00.98
10	Burns, Taylor	12 VALLEY WEST D...	1:01.52
11	Small, Sydney	11 VALLEY WEST D...	1:01.53
12	Ruddy, Brooklynn	9 SOUTHEAST PO...	1:01.56
13	Smith, Josephine	9 SOUTHEAST PO...	1:01.96
14	Barnes, Kyla	10 PELLA	1:02.03
15	Fitzgerald, Micah	11 JOHNSTON	1:02.21
16	Martins, Claire	10 WAUKEE NORT...	1:02.63
17	Parks, Emilie	12 WAUKEE NORT...	1:02.84
18	Carlson, Ava	11 NORWALK	1:03.88
19	Pollock, Ellie	10 ANKENY CENTE...	1:04.61
20	Darnell, Frankie	10 DOWLING CAT...	1:04.65
21	Klinkenborg, Madelyn	10 BONDURANT-F...	1:04.83
22	Waterbeck, Kailey	12 JOHNSTON	1:05.28
23	McCarl, Hailee	10 DES MOINES N...	1:05.79
24	Miller, Emma	10 DES MOINES H...	1:06.41
25	Reinhardt, Sadie	11 DOWLING CAT...	1:06.50
26	Port, Aleah	11 WAUKEE	1:07.10
27	Ver Meer, Ashlyn	10 PELLA CHRISTI...	1:07.43
28	Hornback, Lauryn	9 WINTERSET	1:07.97
29	Sarceno-Mata, Mia	10 DES MOINES N...	1:08.68
30	Meislahn, Claire	12 BONDURANT-F...	1:08.86
31	Westra, Peyton	11 NORTH POLK A...	1:08.88
32	Akol, Ayak	11 AMES	1:09.32
33	Thea, Elisabeth	11 DES MOINES A...	1:09.91
34	Ho, Sarah	10 DES MOINES H...	1:10.73
35	Pottebaum, Amie	9 CARROLL COM...	1:15.16
36	Turner, Alix	9 DES MOINES A...	1:16.46
--	Subbert, Ella	9 ADM ADEL	DNS
--	Peterson, Brynn	9 MASON CITY	DNS
--	Schmitz, Madalyn	12 DALLAS CENTE...	DNS
--	Linares, Priscila	10 CARROLL COM...	DQ

Heat 1

1	Waterbeck, Kailey	12 JOHNSTON	1:05.28
2	McCarl, Hailee	10 DES MOINES N...	1:05.79
3	Hornback, Lauryn	9 WINTERSET	1:07.97
4	Westra, Peyton	11 NORTH POLK A...	1:08.88
5	Thea, Elisabeth	11 DES MOINES A...	1:09.91
6	Ho, Sarah	10 DES MOINES H...	1:10.73
7	Pottebaum, Amie	9 CARROLL COM...	1:15.16
8	Turner, Alix	9 DES MOINES A...	1:16.46

Heat 2

1	Miller, Emma	10 DES MOINES H...	1:06.41
2	Reinhardt, Sadie	11 DOWLING CAT...	1:06.50
3	Ver Meer, Ashlyn	10 PELLA CHRISTI...	1:07.43
4	Sarceno-Mata, Mia	10 DES MOINES N...	1:08.68
5	Meislahn, Claire	12 BONDURANT-F...	1:08.86
6	Akol, Ayak	11 AMES	1:09.32
--	Peterson, Brynn	9 MASON CITY	DNS
--	Linares, Priscila	10 CARROLL COM...	DQ

Heat 3

1	Ruddy, Brooklynn	9	SOUTHEAST PO...	1:01.56
2	Fitzgerald, Micah	11	JOHNSTON	1:02.21
3	Carlson, Ava	11	NORWALK	1:03.88
4	Pollock, Ellie	10	ANKENY CENTE...	1:04.61
5	Darnell, Frankie	10	DOWLING CAT...	1:04.65
6	Klinkenborg, Madelyn	10	BONDURANT-F...	1:04.83
7	Port, Aleah	11	WAUKEE	1:07.10
--	Subbert, Ella	9	ADM ADEL	DNS

Heat 4

1	Jackson, Teagan	10	ANKENY CENTE...	1:00.13
2	Deardorff, Natalya	11	AMES	1:00.92
3	Burns, Taylor	12	VALLEY WEST D...	1:01.52
4	Small, Sydney	11	VALLEY WEST D...	1:01.53
5	Smith, Josephine	9	SOUTHEAST PO...	1:01.96
6	Barnes, Kyla	10	PELLA	1:02.03
7	Martins, Claire	10	WAUKEE NORT...	1:02.63
8	Parks, Emilie	12	WAUKEE NORT...	1:02.84

Heat 5

1	Vos, Bailey	11	PELLA CHRISTI...	57.03
2	White, Emma	10	INDIANOLA	57.53
3	Fisher, Morgan	9	ANKENY	58.09
4	Neumann, Lizzie	11	PELLA	58.84
5	Sandy, Kendal	10	INDIANOLA	58.85
6	Bennett, Lydia	10	WAUKEE	1:00.50
7	Morse, Brecken	11	ADM ADEL	1:00.98
--	Schmitz, Madalyn	12	DALLAS CENTE...	DNS

#14 Boys' 400 Meters Varsity Finals

Athlete	Yr	Team	Finals
Compiled			
1	Anglo, Jashua	12	JOHNSTON 48.02
2	Roche, Daniel	12	NORWALK 49.17
3	DeYoung, Josiah	12	WAUKEE NORT... 49.27
4	Reed, Jackson	12	ANKENY CENTE... 49.83
5	Parkey, Justice	12	DES MOINES H... 49.86
6	Grandon, Darren	10	JOHNSTON 50.06
7	Warren, Teaghan	12	DES MOINES E... 50.46
8	Barber, Emmett	12	GILBERT 51.65
9	Bormann, Carter	10	NORTH POLK A... 51.67
10	Frost, Mason	12	BONDURANT-F... 51.89
11	Warren, Tayte	12	DES MOINES E... 52.03
12	Bush, Xavier	11	NORWALK 52.13
13	Ortner, Jace	10	BALLARD 52.38
14	Ligman, Nathaniel	11	PELLA 52.39
15	Klemesrud, Drew	12	WAUKEE 52.42
16	Hout, Jake	12	NORTH POLK A... 52.44
17	Reed, Gavin	12	INDIANOLA 52.49
18	Aloung, Abel	11	DES MOINES A... 52.69
19	Anderson, Reed	12	ANKENY CENTE... 52.87
20	Davison, Brayden	10	ADM ADEL 52.94
21	Rynearson, Brayden	12	ADM ADEL 53.20
22	Zingler, Gabriel	10	VALLEY WEST D... 53.25
23	Walker, Drake	12	WAUKEE NORT... 53.45
24	Nicolino, Julian	10	DES MOINES R... 53.57
25	Rude, Hudson	9	DALLAS CENTE... 53.66
26	Dau, Lual	10	AMES 53.81
27	Van Hauen, Cruz	10	PELLA 54.31 (54.304)
28	Peterson, Logan	10	ANKENY 54.31 (54.305)
29	Butler, Davin	11	BONDURANT-F... 54.49
30	Lambertsen, Gavin	12	WAUKEE 54.68
31	Jacobs, Deacon	10	INDIANOLA 54.81
32	Deutsch, Jackson	9	SOUTHEAST PO... 54.96
33	Vance, Owen	11	AMES 54.99
34	Lewis, Brayden	11	SOUTHEAST PO... 55.27
35	Wright, Carson	11	MARSHALLTOW... 56.09
36	Mead, Warren	10	DES MOINES A... 56.48
37	Greene, Declan	11	MARSHALLTOW... 56.95
38	Davis, David	10	DES MOINES H... 57.96
39	Martinek, Jordan	10	GILBERT 58.54
40	Wiese, Taylen	9	CARROLL COM... 59.56
41	Stitz, Mason	11	CARROLL COM... 1:00.39
42	McLaughlin, Maxwell	10	BOONE 1:02.02
--	Beltrand, Oscar	12	VALLEY WEST D... DNS
--	Frese, Justus	12	BOONE DNS
--	Brownsberger, Tate	12	ANKENY DNS

Heat 1

1	Martinek, Jordan	10	GILBERT 58.54
2	Wiese, Taylen	9	CARROLL COM... 59.56
3	Stitz, Mason	11	CARROLL COM... 1:00.39
4	McLaughlin, Maxwell	10	BOONE 1:02.02
--	Frese, Justus	12	BOONE DNS

Heat 2

1	Van Hauen, Cruz	10	PELLA	54.31	(54.304)
2	Butler, Davin	11	BONDURANT-F...	54.49	
3	Vance, Owen	11	AMES	54.99	
4	Lewis, Brayden	11	SOUTHEAST PO...	55.27	
5	Wright, Carson	11	MARSHALLTOW...	56.09	
6	Mead, Warren	10	DES MOINES A...	56.48	
7	Greene, Declan	11	MARSHALLTOW...	56.95	
8	Davis, David	10	DES MOINES H...	57.96	

Heat 3

1	Barber, Emmett	12	GILBERT	51.65
2	Bormann, Carter	10	NORTH POLK A...	51.67
3	Bush, Xavier	11	NORWALK	52.13
4	Klemesrud, Drew	12	WAUKEE	52.42
5	Davison, Brayden	10	ADM ADEL	52.94
6	Rynearson, Brayden	12	ADM ADEL	53.20
7	Dau, Lual	10	AMES	53.81
8	Lambertsen, Gavin	12	WAUKEE	54.68

Heat 4

1	Reed, Gavin	12	INDIANOLA	52.49	
2	Anderson, Reed	12	ANKENY CENTE...	52.87	
3	Zingler, Gabriel	10	VALLEY WEST D...	53.25	
4	Walker, Drake	12	WAUKEE NORT...	53.45	
5	Nicolino, Julian	10	DES MOINES R...	53.57	
6	Peterson, Logan	10	ANKENY	54.31	(54.305)
7	Deutsch, Jackson	9	SOUTHEAST PO...	54.96	
--	Beltrand, Oscar	12	VALLEY WEST D...	DNS	

Heat 5

1	Frost, Mason	12	BONDURANT-F...	51.89
2	Warren, Tayte	12	DES MOINES E...	52.03
3	Ortner, Jace	10	BALLARD	52.38
4	Hout, Jake	12	NORTH POLK A...	52.44
5	Aloung, Abel	11	DES MOINES A...	52.69
6	Rude, Hudson	9	DALLAS CENTE...	53.66
7	Jacobs, Deacon	10	INDIANOLA	54.81
--	Brownsberger, Tate	12	ANKENY	DNS

Heat 6

1	Anglo, Jashua	12	JOHNSTON	48.02
2	Roche, Daniel	12	NORWALK	49.17
3	DeYoung, Josiah	12	WAUKEE NORT...	49.27
4	Reed, Jackson	12	ANKENY CENTE...	49.83
5	Parkey, Justice	12	DES MOINES H...	49.86
6	Grandon, Darren	10	JOHNSTON	50.06
7	Warren, Teaghan	12	DES MOINES E...	50.46
8	Ligman, Nathaniel	11	PELLA	52.39

#15 Girls' 4x200 Relay Varsity Finals

	Team	Relay	Finals
Compiled			
1	SOUTHEAST POLK	'A'	1:43.56
	1) Warren, Avery 12	2) Tarplah, Teresa 9	
	3) Weiland, Berkley 9	4) Goldsberry, Alayna 10	
2	PELLA CHRISTIAN	'A'	1:44.71
	1) Kacmarynski, Rachel 10	2) Terpstra, Lexi 11	
	3) Agre, Amaia 11	4) Van Wyk, Meredith 11	
3	PELLA	'A'	1:46.75
	1) Melvin, Abigail 11	2) DeVries, Haylie 9	
	3) Treur, Genevieve 9	4) Schiebout, Mara 12	
4	WAUKEE	'A'	1:47.12
	1) Rees, Jayden 11	2) Hinke, Estelle 10	
	3) Burke, Cooper 9	4) Chance, Emerson 11	
5	NORTH POLK ALLEMAN	'A'	1:47.15
	1) Simoens, Madilyn 12	2) Doonan, Mia 12	
	3) Manock, Jocelyn 11	4) Arp, Layla 12	
6	BONDURANT-FARRAR	'A'	1:47.54
	1) Tegeler, Lauren 12	2) Brown, Addison 11	
	3) Martin, Maddie 10	4) Waterhouse, Aubri 12	
7	DOWLING CATHOLIC WES...	'A'	1:47.65
	1) Nelson, Kate 12	2) Mead, Ellie 10	
	3) Heitzman, Emily 12	4) Nagel, Maddie 11	
8	ADM ADEL	'A'	1:49.47
	1) Tollari, Aniston 12	2) Dufoe, Josi 12	
	3) Seehase, Calli 12	4) Grove, Jada 12	
9	ANKENY CENTENNIAL	'A'	1:49.53
	1) Olson, Kacy 12	2) Snyder, Bailey 10	
	3) Sandholm, Audrey 10	4) Buesch, Bella 9	
10	INDIANOLA	'A'	1:50.22
	1) Vetter, Hadley 11	2) Hoger, Lilly 10	
	3) Akin, Gabby 12	4) Erickson, Hadley 10	
11	ANKENY	'A'	1:50.35
	1) Oleson, Alice 12	2) Bach, Brylee 9	
	3) Kayser, Riley 11	4) Conklin, Morgan 12	
12	VALLEY WEST DES MOINES	'A'	1:50.87
	1) Garrison, Maggie 10	2) Asplund, Evalyn 9	
	3) Poole, Victoria 9	4) Ballou, Maya 9	
13	DES MOINES EAST	'A'	1:51.40
	1) Davies, Hope 12	2) Rankins, Ma'lyah 9	
	3) Bolander, Daffney 11	4) Potter, Kenzie 11	
14	BOONE	'A'	1:51.98
	1) Arringdale, Taylor 11	2) Vodenik, Gracie 10	
	3) Howie, Avery 10	4) Busch, Carly 12	
15	AMES	'A'	1:52.13
	1) Van Cleave, Brenna 11	2) Horras, Saylor 12	
	3) Varghese, Elia 11	4) Britten, Jada 12	
16	JOHNSTON	'A'	1:52.80
	1) Johannes, Keira 12	2) Holmes, Amirra 10	
	3) Nicol, Sadie 9	4) Kirwan, Emily 9	
17	DALLAS CENTER-GRIMES	'A'	1:53.57
	1) Soe, Kwamete 10	2) Redenius, Mara 12	
	3) Boens, Aniyah 10	4) Bahnsen, Anna 12	

18 CARROLL COMMUNITY 'A' 1:54.69
 1) *Dirkx, Maggie 10* 2) *Simmelink, Macy 9*
 3) *Schmitt-Hubbard, Aubrie 11* 4) *Mrla, Brylee 10*

19 MASON CITY 'A' 1:56.55
 1) *Caldwell, Armani 10* 2) *Riordan, Isabella 9*
 3) *Trask, Machaela 12* 4) *Falls, Zaria 12*

20 MARSHALLTOWN 'A' 1:56.65
 1) *Lott, Niah 10* 2) *Ibarra Madrigal, Erandy 9*
 3) *Price, Kamryn 9* 4) *Christensen, Grace 9*

21 WINTERSET 'A' 1:59.69
 1) *O'Neal, Quinlan 9* 2) *Baldwin, Bailey 10*
 3) *Lowden, Nora 9* 4) *Lauer, Natalie 10*

22 DES MOINES HOOVER 'A' 2:03.83
 1) *Villa, Emily 10* 2) *Adoobe, Nakara 12*
 3) *Perez-Lorenzo, Evhelyn 11* 4) *Alley, Paris 11*

23 DES MOINES NORTH 'A' 2:05.23
 1) *Bukuru, Elizabeth 12* 2) *Negron Maldonado, Kriztynah 9*
 3) *Sunuwar, Prashina 9* 4) *Naomie Ngoyi, Naomie 10*

24 DES MOINES ABRAHAM LI... 'A' 2:06.33
 1) *Martinez, Enalea 9* 2) *Earles, Delilah 9*
 3) *Daye, Amaria 12* 4) *Turner, Alix 9*

-- NORWALK 'A' DQ
 1) *Norem, Ava 11* 2) *Routh, Piper 10*
 3) *Catic, Milena 9* 4) *Livingston, Cambry 11*

Heat 1

1 MARSHALLTOWN 'A' 1:56.65
 1) *Lott, Niah 10* 2) *Ibarra Madrigal, Erandy 9*
 3) *Price, Kamryn 9* 4) *Christensen, Grace 9*

2 DES MOINES NORTH 'A' 2:05.23
 1) *Bukuru, Elizabeth 12* 2) *Negron Maldonado, Kriztynah 9*
 3) *Sunuwar, Prashina 9* 4) *Naomie Ngoyi, Naomie 10*

3 DES MOINES ABRAHAM LI... 'A' 2:06.33
 1) *Martinez, Enalea 9* 2) *Earles, Delilah 9*
 3) *Daye, Amaria 12* 4) *Turner, Alix 9*

Heat 2

1 DALLAS CENTER-GRIMES 'A' 1:53.57
 1) *Soe, Kwameteete 10* 2) *Redenius, Mara 12*
 3) *Boens, Aniyah 10* 4) *Bahnsen, Anna 12*

2 CARROLL COMMUNITY 'A' 1:54.69
 1) *Dirkx, Maggie 10* 2) *Simmelink, Macy 9*
 3) *Schmitt-Hubbard, Aubrie 11* 4) *Mrla, Brylee 10*

3 MASON CITY 'A' 1:56.55
 1) *Caldwell, Armani 10* 2) *Riordan, Isabella 9*
 3) *Trask, Machaela 12* 4) *Falls, Zaria 12*

4 WINTERSET 'A' 1:59.69
 1) *O'Neal, Quinlan 9* 2) *Baldwin, Bailey 10*
 3) *Lowden, Nora 9* 4) *Lauer, Natalie 10*

5 DES MOINES HOOVER 'A' 2:03.83
 1) *Villa, Emily 10* 2) *Adoobe, Nakara 12*
 3) *Perez-Lorenzo, Evhelyn 11* 4) *Alley, Paris 11*

-- NORWALK 'A' DQ
 1) *Norem, Ava 11* 2) *Routh, Piper 10*
 3) *Catic, Milena 9* 4) *Livingston, Cambry 11*

Heat 3

1 PELLA CHRISTIAN 'A' 1:44.71
 1) *Kacmarynski, Rachel 10* 2) *Terpstra, Lexi 11*
 3) *Agre, Amaia 11* 4) *Van Wyk, Meredith 11*

2 PELLA 'A' 1:46.75
 1) *Melvin, Abigail 11* 2) *DeVries, Haylie 9*
 3) *Treur, Genevieve 9* 4) *Schiebout, Mara 12*

3 WAUKEE 'A' 1:47.12
 1) *Rees, Jayden 11* 2) *Hinke, Estelle 10*
 3) *Burke, Cooper 9* 4) *Chance, Emerson 11*

4 NORTH POLK ALLEMAN 'A' 1:47.15
 1) *Simoens, Madilyn 12* 2) *Doonan, Mia 12*
 3) *Manock, Jocelyn 11* 4) *Arp, Layla 12*

5 BONDURANT-FARRAR 'A' 1:47.54
 1) *Tegeler, Lauren 12* 2) *Brown, Addison 11*
 3) *Martin, Maddie 10* 4) *Waterhouse, Aubri 12*

6 ANKENY 'A' 1:50.35
 1) *Oleson, Alice 12* 2) *Bach, Brylee 9*
 3) *Kayser, Riley 11* 4) *Conklin, Morgan 12*

7 DES MOINES EAST 'A' 1:51.40
 1) *Davies, Hope 12* 2) *Rankins, Ma'lyah 9*
 3) *Bolander, Daffney 11* 4) *Potter, Kenzie 11*

8 BOONE 'A' 1:51.98
 1) *Arringdale, Taylor 11* 2) *Vodenik, Gracie 10*
 3) *Howie, Avery 10* 4) *Busch, Carly 12*

Heat 4

1 SOUTHEAST POLK 'A' 1:43.56
 1) *Warren, Avery 12* 2) *Tarplah, Teresa 9*
 3) *Weiland, Berkley 9* 4) *Goldsberry, Alayna 10*

2 DOWLING CATHOLIC WES... 'A' 1:47.65
 1) *Nelson, Kate 12* 2) *Mead, Ellie 10*
 3) *Heitzman, Emily 12* 4) *Nagel, Maddie 11*

3 ADM ADEL 'A' 1:49.47
 1) *Tollari, Aniston 12* 2) *Dufoe, Josi 12*
 3) *Seehase, Calli 12* 4) *Grove, Jada 12*

4 ANKENY CENTENNIAL 'A' 1:49.53
 1) *Olson, Kacy 12* 2) *Snyder, Bailey 10*
 3) *Sandholm, Audrey 10* 4) *Buesch, Bella 9*

5 INDIANOLA 'A' 1:50.22
 1) *Vetter, Hadley 11* 2) *Hoger, Lilly 10*
 3) *Akin, Gabby 12* 4) *Erickson, Hadley 10*

6 VALLEY WEST DES MOINES 'A' 1:50.87
 1) *Garrison, Maggie 10* 2) *Asplund, Evalyn 9*
 3) *Poole, Victoria 9* 4) *Ballou, Maya 9*

7 AMES 'A' 1:52.13
 1) *Van Cleave, Brenna 11* 2) *Horras, Saylor 12*
 3) *Varghese, Elia 11* 4) *Britten, Jada 12*

8 JOHNSTON 'A' 1:52.80
 1) *Johannes, Keira 12* 2) *Holmes, Amirra 10*
 3) *Nicol, Sadie 9* 4) *Kirwan, Emily 9*

#16 Boys' 4x200 Relay Varsity Finals

Team	Relay	Finals
Compiled		
1	DOWLING CATHOLIC WES...	'A' 1:28.62
	1) Lembechwa, Travis 12	2) Miller, Jackson 11
	3) Drexler, Sam 11	4) Strang, Nolan 11
2	SOUTHEAST POLK	'A' 1:29.12
	1) Chambers, Lucas 12	2) Gaye, Emmanuel 12
	3) Tarasid-Tarawally, Fredrick 10	4) Thompson, Drew 11
3	ADM ADEL	'A' 1:29.81
	1) Johnson, Zane 9	2) Gerleman, Leyton 11
	3) Hatchitt, Jonathon 12	4) Engleman, Grant 12
4	JOHNSTON	'A' 1:30.10
	1) Peterson, Vincent 12	2) Beachem, Bryce 10
	3) Nguyen, Johnny 12	4) King, Nathan 12
5	INDIANOLA	'A' 1:30.49
	1) Amos, Parker 10	2) Anderson, Vincent 12
	3) Hilton, Rylan 10	4) Bradley, Nick 11
6	DES MOINES ROOSEVELT	'A' 1:30.56
	1) Malloy, Rylan 12	2) Fulton, Eddie 12
	3) Wold, Evan 10	4) Tillman, Khamari 9
7	AMES	'A' 1:30.99
	1) Douglas, TJ 11	2) Willoughby-Wright, Kayden 10
	3) Simmons, Luke 10	4) Roberts, Jeffrey 11
8	MASON CITY	'A' 1:31.06
	1) Byre, Kasin 12	2) Lee, Javel 12
	3) Witt, Drayden 11	4) Fingalsen, Andrew 11
9	URBANDALE	'A' 1:31.46 (1:31.454)
	1) Cabildo, Dominic 10	2) Jenkins, Cameron 11
	3) Ajiri, Elijah 12	4) De Boer, Larson 12
10	NORWALK	'A' 1:31.46 (1:31.458)
	1) Borcharding-Johnson, Kadan 12	2) Dehmer, Gavin 11
	3) Robbins, Eli 11	4) Kunze, Kaiden 11
11	ANKENY	'A' 1:31.80
	1) Sandvig, Samuel 12	2) McDowell, Cooper 9
	3) Carlson, Hayden 11	4) Zuber, Alexander 10
12	DALLAS CENTER-GRIMES	'A' 1:31.86
	1) Opoku-Sekyere, Christopher 9	2) Wright, Gabriel 9
	3) Carlson, Ethan 10	4) Heitland, Chase 10
13	DES MOINES EAST	'A' 1:32.14
	1) Johnson, Braiden 11	2) Williams, Isaiah 12
	3) Farley, Craig 12	4) Clearwater, Qwaden 12
14	PELLA	'A' 1:32.22
	1) Pleima, Landen 11	2) Warner, Nate 11
	3) Shetterly, Bailey 12	4) Rhamy, Rex 11
15	DES MOINES HOOVER	'A' 1:33.22
	1) Berry, Diyon 11	2) Hollins, Josh 10
	3) Harwell, Vincent 11	4) Parkey, Justice 12
16	WAUKEE	'A' 1:33.57
	1) Richardson Williams, Jamual 11	2) Jeter, Jayden 11
	3) Grier, Alvin 11	4) Braun, Nolan 10
17	BONDURANT-FARRAR	'A' 1:33.81
	1) Cook, Elijah 12	2) Vanderlinden, Riley 9
	3) Rial, Jordan 12	4) Kurtz, Andrew 10

18	WAUKEE NORTHWEST	'A' 1:33.91
	1) Dennis, Hans 10	2) Costigan, Colin 10
	3) Green, Jordon 10	4) Carder, George 10
19	FORT DODGE	'A' 1:34.45
	1) Kingrey, Rylan 12	2) Moser, Sam 10
	3) Mosley, Tytrell 11	4) Daniel, Noah 11
20	CARROLL COMMUNITY	'A' 1:34.63
	1) Childress, Treyvin 10	2) Essick, Carter 12
	3) White, Maddox 12	4) Ziegmann, Reece 12
21	MARSHALLTOWN	'A' 1:34.94
	1) Smitherman, Aiden 11	2) Anderson, Evan 10
	3) Bell, Carter 12	4) Halsted, Talon 11
22	NORTH POLK ALLEMAN	'A' 1:35.05
	1) Sands, Micah 11	2) Tepy, Quinlan 10
	3) Visalden, Gabe 12	4) Spurgeon, Coen 12
23	BOONE	'A' 1:35.52
	1) Boucher, Lucas 12	2) McIntyre, Maddox 10
	3) Brogden, Bodie 11	4) Ingram, Joshua 12
24	PELLA CHRISTIAN	'A' 1:37.25
	1) Nunnikhoven, Landon 11	2) Lubbers, Jude 10
	3) Volk, Caleb 11	4) Kacmarynski, Adam 9
25	VALLEY WEST DES MOINES	'A' 1:38.41
	1) Alexander, Joseph 10	2) Brown, Jayden 11
	3) Levine, Roman 12	4) Adaway, Jayden 10
26	CARLISLE	'A' 1:39.51
	1) Israel, Uriah 9	2) Lucas, Mason 12
	3) Ruiz, Kristian 10	4) Moyer, Zane 10
--	DES MOINES ABRAHAM LI...	'A' DNS
	1) Senecaut, Jackson 12	2) Aloung, Abel 11
	3) Reed, Clarence 12	4) Brown keheeye, Clinton 11
--	ANKENY CENTENNIAL	'A' DNF
	1) McGhee, Robert 12	2) Heither, Sam 12
	3) Reed, Caleb 12	4) Jackson, Braeden 12

Heat 1

1	URBANDALE	'A' 1:31.46 (1:31.454)
	1) Cabildo, Dominic 10	2) Jenkins, Cameron 11
	3) Ajiri, Elijah 12	4) De Boer, Larson 12
2	CARROLL COMMUNITY	'A' 1:34.63
	1) Childress, Treyvin 10	2) Essick, Carter 12
	3) White, Maddox 12	4) Ziegmann, Reece 12
3	MARSHALLTOWN	'A' 1:34.94
	1) Smitherman, Aiden 11	2) Anderson, Evan 10
	3) Bell, Carter 12	4) Halsted, Talon 11
--	DES MOINES ABRAHAM LI...	'A' DNS
	1) Senecaut, Jackson 12	2) Aloung, Abel 11
	3) Reed, Clarence 12	4) Brown keheeye, Clinton 11

Heat 2

1	DES MOINES ROOSEVELT	'A'	1:30.56	
	1) <i>Malloy, Rylan</i> 12		2) <i>Fulton, Eddie</i> 12	
	3) <i>Wold, Evan</i> 10		4) <i>Tillman, Khamari</i> 9	
2	NORWALK	'A'	1:31.46	(1:31.458)
	1) <i>Borcherding-Johnson, Kadan</i> 12		2) <i>Dehmer, Gavin</i> 11	
	3) <i>Robbins, Eli</i> 11		4) <i>Kunze, Kaiden</i> 11	
3	DALLAS CENTER-GRIMES	'A'	1:31.86	
	1) <i>Opoku-Sekyere, Christopher</i> 9		2) <i>Wright, Gabriel</i> 9	
	3) <i>Carlson, Ethan</i> 10		4) <i>Heitland, Chase</i> 10	
4	WAUKEE	'A'	1:33.57	
	1) <i>Richardson Williams, Jamual</i> 11		2) <i>Jeter, Jayden</i> 11	
	3) <i>Grier, Alvin</i> 11		4) <i>Braun, Nolan</i> 10	
5	FORT DODGE	'A'	1:34.45	
	1) <i>Kingrey, Rylan</i> 12		2) <i>Moser, Sam</i> 10	
	3) <i>Mosley, Tytrell</i> 11		4) <i>Daniel, Noah</i> 11	
6	NORTH POLK ALLEMAN	'A'	1:35.05	
	1) <i>Sands, Micah</i> 11		2) <i>Teply, Quinlan</i> 10	
	3) <i>Visalden, Gabe</i> 12		4) <i>Spurgeon, Coen</i> 12	
7	BOONE	'A'	1:35.52	
	1) <i>Boucher, Lucas</i> 12		2) <i>McIntyre, Maddox</i> 10	
	3) <i>Brogden, Bodie</i> 11		4) <i>Ingram, Joshua</i> 12	
8	CARLISLE	'A'	1:39.51	
	1) <i>Israel, Uriah</i> 9		2) <i>Lucas, Mason</i> 12	
	3) <i>Ruiz, Kristian</i> 10		4) <i>Moyer, Zane</i> 10	

Heat 3

1	INDIANOLA	'A'	1:30.49	
	1) <i>Amos, Parker</i> 10		2) <i>Anderson, Vincent</i> 12	
	3) <i>Hilton, Rylan</i> 10		4) <i>Bradley, Nick</i> 11	
2	MASON CITY	'A'	1:31.06	
	1) <i>Byre, Kasin</i> 12		2) <i>Lee, Javel</i> 12	
	3) <i>Witt, Drayden</i> 11		4) <i>Fingalsen, Andrew</i> 11	
3	ANKENY	'A'	1:31.80	
	1) <i>Sandvig, Samuel</i> 12		2) <i>McDowell, Cooper</i> 9	
	3) <i>Carlson, Hayden</i> 11		4) <i>Zuber, Alexander</i> 10	
4	DES MOINES EAST	'A'	1:32.14	
	1) <i>Johnson, Braiden</i> 11		2) <i>Williams, Isaiah</i> 12	
	3) <i>Farley, Craig</i> 12		4) <i>Clearwater, Qwaden</i> 12	
5	PELLA	'A'	1:32.22	
	1) <i>Pleima, Landen</i> 11		2) <i>Warner, Nate</i> 11	
	3) <i>Shetterly, Bailey</i> 12		4) <i>Rhamy, Rex</i> 11	
6	DES MOINES HOOVER	'A'	1:33.22	
	1) <i>Berry, Diyon</i> 11		2) <i>Hollins, Josh</i> 10	
	3) <i>Harwell, Vincent</i> 11		4) <i>Parkey, Justice</i> 12	
7	BONDURANT-FARRAR	'A'	1:33.81	
	1) <i>Cook, Elijah</i> 12		2) <i>Vanderlinden, Riley</i> 9	
	3) <i>Rial, Jordan</i> 12		4) <i>Kurtz, Andrew</i> 10	
8	PELLA CHRISTIAN	'A'	1:37.25	
	1) <i>Nunnikhoven, Landon</i> 11		2) <i>Lubbers, Jude</i> 10	
	3) <i>Volk, Caleb</i> 11		4) <i>Kacmarynski, Adam</i> 9	

Heat 4

1	DOWLING CATHOLIC WES...	'A'	1:28.62	
	1) <i>Lembeckwa, Travis</i> 12		2) <i>Miller, Jackson</i> 11	
	3) <i>Drexler, Sam</i> 11		4) <i>Strang, Nolan</i> 11	
2	SOUTHEAST POLK	'A'	1:29.12	
	1) <i>Chambers, Lucas</i> 12		2) <i>Gaye, Emmanuel</i> 12	
	3) <i>Tarasid-Tarawally, Fredrick</i> 10		4) <i>Thompson, Drew</i> 11	
3	ADM ADEL	'A'	1:29.81	
	1) <i>Johnson, Zane</i> 9		2) <i>Gerleman, Leyton</i> 11	
	3) <i>Hatchitt, Jonathon</i> 12		4) <i>Engleman, Grant</i> 12	
4	JOHNSTON	'A'	1:30.10	
	1) <i>Peterson, Vincent</i> 12		2) <i>Beachem, Bryce</i> 10	
	3) <i>Nguyen, Johnny</i> 12		4) <i>King, Nathan</i> 12	
5	AMES	'A'	1:30.99	
	1) <i>Douglas, TJ</i> 11		2) <i>Willoughby-Wright, Kayden</i> 10	
	3) <i>Simmons, Luke</i> 10		4) <i>Roberts, Jeffrey</i> 11	
6	WAUKEE NORTHWEST	'A'	1:33.91	
	1) <i>Dennis, Hans</i> 10		2) <i>Costigan, Colin</i> 10	
	3) <i>Green, Jordon</i> 10		4) <i>Carder, George</i> 10	
7	VALLEY WEST DES MOINES	'A'	1:38.41	
	1) <i>Alexander, Joseph</i> 10		2) <i>Brown, Jayden</i> 11	
	3) <i>Levine, Roman</i> 12		4) <i>Adaway, Jayden</i> 10	
--	ANKENY CENTENNIAL	'A'	DNF	
	1) <i>McGhee, Robert</i> 12		2) <i>Heither, Sam</i> 12	
	3) <i>Reed, Caleb</i> 12		4) <i>Jackson, Braeden</i> 12	

#17 Girls' 100m Hurdles Varsity **Finals**

Athlete	Yr	Team	Finals
Compiled			
1	Havighurst, Emma	12 VALLEY WEST D...	14.21
2	Karr, Morgan	11 VALLEY WEST D...	15.03
3	McGraw, Josie	12 INDIANOLA	15.15
4	Smith, Annie	12 DOWLING CAT...	15.22
5	Brooks, Franny	11 DOWLING CAT...	15.37
6	Woods, Anna	10 ANKENY CENTE...	15.97
7	Dufoe, Josi	12 ADM ADEL	16.05
8	Twigg, Lily	10 WAUKEE NORT...	16.10
9	Coghlan, Elise	11 ADM ADEL	16.25
10	Downey, Sully	12 INDIANOLA	16.28
11	Taylor, Sophia	10 WAUKEE	16.57
12	Wagner, Reese	10 NORTH POLK A...	16.70
13	Kiester, Brilynn	10 SOUTHEAST PO...	16.75
14	Johnson, Ella	12 NORWALK	16.76
15	Sitzmann, Natalie	11 WAUKEE	17.17
16	Severs, Gabriella	11 SOUTHEAST PO...	17.20
17	Weiser, Ali	10 NORTH POLK A...	17.55
18	Varghese, Elia	11 AMES	17.65
19	Vroegh, Jovi	9 BONDURANT-F...	17.71
20	Riddick, Emmilyn	10 PELLA	17.74
21	Roush, Quinn	10 ANKENY	17.89
22	Jorgensen, Anya	12 BALLARD	17.97
23	Siemons, Ava	9 JOHNSTON	18.09
24	Pasker, Addy	11 BONDURANT-F...	18.15
25	McCarl, Hailee	10 DES MOINES N...	18.18
26	Thomas, Na'Jaya	9 DES MOINES R...	18.35
27	De Bruin, Heidi	9 PELLA CHRISTI...	18.47
28	Clifton, Maris	10 JOHNSTON	18.65
29	Nordstrom, Madelyn	10 WINTERSET	18.82
30	Wheeler, Alexis	12 BOONE	18.85
31	Hurst, Salome	11 DES MOINES H...	19.07 (19.068)
32	Spitzli, Geneva	9 MARSHALLTOW...	19.07 (19.069)
33	Rohrbeck, Macey	10 DALLAS CENTE...	19.17
34	Bell, Ani	10 PELLA CHRISTI...	19.30
35	Mass, Abrianna	9 PELLA	19.37
36	Gilbreath, Taylor	9 ANKENY CENTE...	19.51
37	Cerne, Ava	10 DES MOINES R...	20.23
38	Hoogensen, Chloe	9 MARSHALLTOW...	20.28
39	Echeverria, Raquel	11 DES MOINES A...	25.36
40	De Meyer, Madelline	10 DES MOINES A...	25.78
--	Culbertson, Makiya	9 BALLARD	DNS
--	Miller, Kaylyn	12 ANKENY	DNS
--	Fandeh, Ruth	12 DES MOINES H...	DNS
--	Johnson, Camryn	12 AMES	DQ
--	Hammond, Jillian	11 NORWALK	DNS
--	Rowedder, Olivia	12 CARROLL COM...	DNS

Heat 1

1	Wagner, Reese	10 NORTH POLK A...	16.70
2	Hurst, Salome	11 DES MOINES H...	19.07 (19.068)
3	Cerne, Ava	10 DES MOINES R...	20.23
4	Echeverria, Raquel	11 DES MOINES A...	25.36
5	De Meyer, Madelline	10 DES MOINES A...	25.78
--	Fandeh, Ruth	12 DES MOINES H...	DNS

Heat 2

1	Thomas, Na'Jaya	9 DES MOINES R...	18.35
2	Clifton, Maris	10 JOHNSTON	18.65
3	Rohrbeck, Macey	10 DALLAS CENTE...	19.17
4	Bell, Ani	10 PELLA CHRISTI...	19.30
5	Mass, Abrianna	9 PELLA	19.37
6	Hoogensen, Chloe	9 MARSHALLTOW...	20.28
--	Miller, Kaylyn	12 ANKENY	DNS
--	Rowedder, Olivia	12 CARROLL COM...	DNS

Heat 3

1	Weiser, Ali	10 NORTH POLK A...	17.55
2	Vroegh, Jovi	9 BONDURANT-F...	17.71
3	McCarl, Hailee	10 DES MOINES N...	18.18
4	De Bruin, Heidi	9 PELLA CHRISTI...	18.47
5	Nordstrom, Madelyn	10 WINTERSET	18.82
6	Wheeler, Alexis	12 BOONE	18.85
7	Spitzli, Geneva	9 MARSHALLTOW...	19.07 (19.069)
--	Culbertson, Makiya	9 BALLARD	DNS

Heat 4

1	Severs, Gabriella	11 SOUTHEAST PO...	17.20
2	Riddick, Emmilyn	10 PELLA	17.74
3	Roush, Quinn	10 ANKENY	17.89
4	Jorgensen, Anya	12 BALLARD	17.97
5	Siemons, Ava	9 JOHNSTON	18.09
6	Pasker, Addy	11 BONDURANT-F...	18.15
7	Gilbreath, Taylor	9 ANKENY CENTE...	19.51
--	Johnson, Camryn	12 AMES	DQ

Heat 5

1	Smith, Annie	12 DOWLING CAT...	15.22
2	Twigg, Lily	10 WAUKEE NORT...	16.10
3	Downey, Sully	12 INDIANOLA	16.28
4	Kiester, Brilynn	10 SOUTHEAST PO...	16.75
5	Johnson, Ella	12 NORWALK	16.76
6	Sitzmann, Natalie	11 WAUKEE	17.17
7	Varghese, Elia	11 AMES	17.65
--	Hammond, Jillian	11 NORWALK	DNS

Heat 6

1	Havighurst, Emma	12 VALLEY WEST D...	14.21
2	Karr, Morgan	11 VALLEY WEST D...	15.03
3	McGraw, Josie	12 INDIANOLA	15.15
4	Brooks, Franny	11 DOWLING CAT...	15.37
5	Woods, Anna	10 ANKENY CENTE...	15.97
6	Dufoe, Josi	12 ADM ADEL	16.05
7	Coghlan, Elise	11 ADM ADEL	16.25
8	Taylor, Sophia	10 WAUKEE	16.57

#18 Boys' 110m Hurdles Varsity Finals

Athlete	Yr	Team	Finals
Compiled			
1	Walker, Darien	11 DALLAS CENTE...	15.18
2	Pote, Landon	12 ANKENY	15.36
3	Reed, Corbin	12 ADM ADEL	15.37
4	Woods, Cael	12 ANKENY CENTE...	15.44
5	Ludwig, Blake	11 WAUKEE NORT...	15.53
6	Douglas, TJ	11 AMES	15.54
7	Johnson, Caiden	11 PELLA	15.67
8	LeLaCheur, Miciah	11 VALLEY WEST D...	15.69
9	Eastman, Andrew	12 WAUKEE NORT...	15.88 (15.871)
9	Wise, Gavin	12 ANKENY	15.88 (15.871)
11	VanDenBroek, Logan	10 PELLA	15.94
12	Ackerman, Mason	10 NORTH POLK A...	16.02
13	Farver, Drew	11 BONDURANT-F...	16.25
14	Klocke, Owen	12 CARROLL COM...	16.50
15	Tharjiath, Lual	11 CARROLL COM...	16.63
16	Peterson, Lucas	11 WAUKEE	16.68
17	Hinrichs, Noah	11 WAUKEE	16.71
18	Brennick, Bentley	11 SOUTHEAST PO...	16.73
19	Van Der Brink, Alex	11 SOUTHEAST PO...	16.82
20	Carpenter, Kolby	12 DALLAS CENTE...	16.93
21	Coppola, Maddox	11 DOWLING CAT...	16.95
22	Matheny, Gavin	11 ANKENY CENTE...	17.00
23	DeWall, Andrew	12 INDIANOLA	17.12
24	Kluesner, Reid	10 ADM ADEL	17.14
25	Thomas, Cameron	12 NORWALK	17.37
26	Pitlock, Nathan	12 NORTH POLK A...	17.78
27	Meester, Caden	10 JOHNSTON	17.82
28	Reinders, Kannan	10 JOHNSTON	17.99
29	Harne, Conley	10 VALLEY WEST D...	18.09
30	Dau, Garang	12 AMES	18.19
31	Halfhill, Jackson	10 BONDURANT-F...	18.38
32	Waters, Braeden	9 MASON CITY	18.70
33	Storm, Kaisen	12 INDIANOLA	18.73
34	Hedrick, Brenden	11 BOONE	18.91
35	Longden, Denver	12 DES MOINES A...	19.09
36	Saw, Kay	11 DES MOINES A...	19.39
37	Malin, Noel	10 BOONE	19.67
38	Morgan, Cael	9 PELLA CHRISTI...	19.91
39	Alexander, Derek	10 NORWALK	20.86
--	Ihle, Chase	11 BALLARD	DNS
--	Stone, London	12 DOWLING CAT...	DNS
--	Gorsuch, Ethan	12 MARSHALLTOW...	DNS

Heat 1

1	Waters, Braeden	9 MASON CITY	18.70
2	Morgan, Cael	9 PELLA CHRISTI...	19.91
3	Alexander, Derek	10 NORWALK	20.86

Heat 2

1	Thomas, Cameron	12 NORWALK	17.37
2	Reinders, Kannan	10 JOHNSTON	17.99
3	Storm, Kaisen	12 INDIANOLA	18.73
4	Hedrick, Brenden	11 BOONE	18.91
5	Saw, Kay	11 DES MOINES A...	19.39
6	Malin, Noel	10 BOONE	19.67
--	Gorsuch, Ethan	12 MARSHALLTOW...	DNS

Heat 3

1	Klocke, Owen	12 CARROLL COM...	16.50
2	Tharjiath, Lual	11 CARROLL COM...	16.63
3	Carpenter, Kolby	12 DALLAS CENTE...	16.93
4	DeWall, Andrew	12 INDIANOLA	17.12
5	Kluesner, Reid	10 ADM ADEL	17.14
6	Pitlock, Nathan	12 NORTH POLK A...	17.78
7	Meester, Caden	10 JOHNSTON	17.82
8	Halfhill, Jackson	10 BONDURANT-F...	18.38

Heat 4

1	Johnson, Caiden	11 PELLA	15.67
2	Peterson, Lucas	11 WAUKEE	16.68
3	Hinrichs, Noah	11 WAUKEE	16.71
4	Matheny, Gavin	11 ANKENY CENTE...	17.00
5	Harne, Conley	10 VALLEY WEST D...	18.09
6	Dau, Garang	12 AMES	18.19
7	Longden, Denver	12 DES MOINES A...	19.09
--	Ihle, Chase	11 BALLARD	DNS

Heat 5

1	Reed, Corbin	12 ADM ADEL	15.37
2	Wise, Gavin	12 ANKENY	15.88 (15.871)
3	VanDenBroek, Logan	10 PELLA	15.94
4	Ackerman, Mason	10 NORTH POLK A...	16.02
5	Brennick, Bentley	11 SOUTHEAST PO...	16.73
6	Van Der Brink, Alex	11 SOUTHEAST PO...	16.82
7	Coppola, Maddox	11 DOWLING CAT...	16.95
--	Stone, London	12 DOWLING CAT...	DNS

Heat 6

1	Walker, Darien	11 DALLAS CENTE...	15.18
2	Pote, Landon	12 ANKENY	15.36
3	Woods, Cael	12 ANKENY CENTE...	15.44
4	Ludwig, Blake	11 WAUKEE NORT...	15.53
5	Douglas, TJ	11 AMES	15.54
6	LeLaCheur, Miciah	11 VALLEY WEST D...	15.69
7	Eastman, Andrew	12 WAUKEE NORT...	15.88 (15.871)
8	Farver, Drew	11 BONDURANT-F...	16.25

#19 Girls' 800 Meters Varsity Finals

Athlete	Yr	Team	Finals
Compiled			
1	Moffitt, Addy	11 WAUKEE NORT...	2:18.60
2	Gentry, Meredith	11 DES MOINES R...	2:18.79
3	Madetzke, Makenna	11 ANKENY	2:18.85
4	Bosch, Parker	9 DES MOINES R...	2:19.72
5	Strickland, Brinkley	10 BONDURANT-F...	2:19.75
6	Prendergast, Reagan	11 ANKENY	2:22.77
7	Lietz, Klaire	12 VALLEY WEST D...	2:23.80
8	Altwine, Carleigh	9 PELLA	2:24.95
9	Snieder, Raegan	12 PELLA	2:25.07
10	Baugh Van Zee, Emme	10 WAUKEE	2:26.50
11	Hancock, Finley	12 VALLEY WEST D...	2:26.63
12	Dooley, Addison	11 DALLAS CENTE...	2:27.12
13	Huegerich, Elise	11 DOWLING CAT...	2:27.47
14	Haaland, Hannah	11 NORTH POLK A...	2:27.97
15	Dani, Eme	10 WAUKEE NORT...	2:28.93
16	Tousey, Aubrielle	11 JOHNSTON	2:31.28
17	Wilson, Brynn	12 BALLARD	2:32.71
18	Tiffany, Elizabeth	9 DOWLING CAT...	2:32.79
19	Miller, Raya	10 BALLARD	2:33.96
20	Fiore, Addison	10 NORTH POLK A...	2:34.05
21	DeRocher, Grace	11 NORWALK	2:34.19
22	Kincaid, Leah	10 AMES	2:34.37
23	Plueger, Tallie	12 ANKENY CENTE...	2:34.80
24	Pudenz, Lilly	9 DALLAS CENTE...	2:36.36
25	Stubbs, Blayke	10 SOUTHEAST PO...	2:36.39
26	Seidler, Klaire	10 WINTERSET	2:37.61
27	Souhrada, Harper	11 JOHNSTON	2:37.62
28	Johnson, Anne	10 WAUKEE	2:38.03
29	Zinn, Kyra	12 ANKENY CENTE...	2:38.81
30	Labertew, Keira	10 INDIANOLA	2:39.33
31	Capper, Eleanor	9 SOUTHEAST PO...	2:41.52
32	Harter, Autumn	10 BONDURANT-F...	2:42.62
33	Fitzgerald, Callan	9 MASON CITY	2:44.15
34	Wright, Mattea	10 MARSHALLTOW...	2:47.54
35	Stevenson, Claire	9 NORWALK	2:49.01
36	Hughes, Sophia	10 DES MOINES H...	2:49.20
37	Thea, Elisabeth	11 DES MOINES A...	2:49.59
38	TerHark, Erin	12 MASON CITY	2:55.78
39	LaBresh, Joella	11 DES MOINES N...	3:01.30
40	Brown, Caroline	9 DES MOINES N...	3:12.84
--	Von Roden, Elliotte	9 ADM ADEL	DNS
--	Heitmann, Miller	11 MARSHALLTOW...	DNS
--	Eggleston, Allie	10 ADM ADEL	DNS
--	Hoger, Paige	10 INDIANOLA	DNS

Heat 1

1	Tousey, Aubrielle	11 JOHNSTON	2:31.28
2	Wilson, Brynn	12 BALLARD	2:32.71
3	Miller, Raya	10 BALLARD	2:33.96
4	DeRocher, Grace	11 NORWALK	2:34.19
5	Fitzgerald, Callan	9 MASON CITY	2:44.15
6	Wright, Mattea	10 MARSHALLTOW...	2:47.54
7	Stevenson, Claire	9 NORWALK	2:49.01
8	Hughes, Sophia	10 DES MOINES H...	2:49.20
9	Thea, Elisabeth	11 DES MOINES A...	2:49.59
10	TerHark, Erin	12 MASON CITY	2:55.78
11	LaBresh, Joella	11 DES MOINES N...	3:01.30
12	Brown, Caroline	9 DES MOINES N...	3:12.84
--	Von Roden, Elliotte	9 ADM ADEL	DNS
--	Heitmann, Miller	11 MARSHALLTOW...	DNS

Heat 2

1	Dooley, Addison	11 DALLAS CENTE...	2:27.12
2	Haaland, Hannah	11 NORTH POLK A...	2:27.97
3	Tiffany, Elizabeth	9 DOWLING CAT...	2:32.79
4	Fiore, Addison	10 NORTH POLK A...	2:34.05
5	Kincaid, Leah	10 AMES	2:34.37
6	Plueger, Tallie	12 ANKENY CENTE...	2:34.80
7	Pudenz, Lilly	9 DALLAS CENTE...	2:36.36
8	Seidler, Klaire	10 WINTERSET	2:37.61
9	Souhrada, Harper	11 JOHNSTON	2:37.62
10	Johnson, Anne	10 WAUKEE	2:38.03
11	Zinn, Kyra	12 ANKENY CENTE...	2:38.81
12	Labertew, Keira	10 INDIANOLA	2:39.33
13	Capper, Eleanor	9 SOUTHEAST PO...	2:41.52
14	Harter, Autumn	10 BONDURANT-F...	2:42.62
--	Eggleston, Allie	10 ADM ADEL	DNS

Heat 3

1	Moffitt, Addy	11 WAUKEE NORT...	2:18.60
2	Gentry, Meredith	11 DES MOINES R...	2:18.79
3	Madetzke, Makenna	11 ANKENY	2:18.85
4	Bosch, Parker	9 DES MOINES R...	2:19.72
5	Strickland, Brinkley	10 BONDURANT-F...	2:19.75
6	Prendergast, Reagan	11 ANKENY	2:22.77
7	Lietz, Klaire	12 VALLEY WEST D...	2:23.80
8	Altwine, Carleigh	9 PELLA	2:24.95
9	Snieder, Raegan	12 PELLA	2:25.07
10	Baugh Van Zee, Emme	10 WAUKEE	2:26.50
11	Hancock, Finley	12 VALLEY WEST D...	2:26.63
12	Huegerich, Elise	11 DOWLING CAT...	2:27.47
13	Dani, Eme	10 WAUKEE NORT...	2:28.93
14	Stubbs, Blayke	10 SOUTHEAST PO...	2:36.39
--	Hoger, Paige	10 INDIANOLA	DNS

#20 Boys' 800 Meters Varsity **Finals**

Athlete	Yr	Team	Finals				
Compiled							
1	Wolfe, Owen	12	DOWLING CAT...	1:53.37			
2	Robie, Nicholas	12	ANKENY	1:55.19			
3	VanDis, Jonas	12	WAUKEE	1:55.68			
4	Reagen, Cameron	12	DES MOINES R...	1:55.94			
5	Meggison, Jack	10	DALLAS CENTE...	1:56.33			
6	Gabrielson, Ayden	11	WAUKEE NORT...	1:57.38			
7	Anania, Tony	12	NORWALK	1:57.95			
8	Robbins, Reed	11	INDIANOLA	1:58.08			
9	Flori, Jack	12	DOWLING CAT...	1:58.18			
10	Shlomi, Zak	11	WAUKEE NORT...	1:58.55			
11	Hensley, Ashton	11	URBANDALE	2:01.42	(2:01.415)		
12	Gaulke, Mason	11	PELLA	2:01.42	(2:01.420)		
13	Coyier, Dashiell	12	WAUKEE	2:01.60			
14	Schug, Holden	12	JOHNSTON	2:01.93			
15	Miller, Cayden	10	URBANDALE	2:02.31			
16	Appel, Samuel	10	INDIANOLA	2:03.83			
17	Vander Wilt, Brayden	12	ANKENY CENTE...	2:05.93	(2:05.925)		
18	Hermann, Graden	10	BALLARD	2:05.93	(2:05.926)		
19	Ohr-Rottler, Tay	11	JOHNSTON	2:05.95			
20	Gordon, Chase	11	DES MOINES H...	2:06.22			
21	Bormann, Dylan	10	NORTH POLK A...	2:06.38			
22	Ebersole, Jonah	10	PELLA	2:06.48			
23	Nunn, Carter	11	MARSHALLTOW...	2:06.49			
24	Oberreuter, Eli	9	DALLAS CENTE...	2:06.82			
25	Point, Jayce	10	FORT DODGE	2:06.89			
26	Leasure, Jace	10	WINTERSET	2:07.28			
27	Wheelock, Hudson	11	DES MOINES A...	2:08.20			
28	Gooding, Parker	12	MARSHALLTOW...	2:08.43			
29	Johnson, Hezekiah	10	AMES	2:08.71			
30	Gonzalez, Yairh	12	SOUTHEAST PO...	2:08.88			
31	Kelsick, Evan	12	NORTH POLK A...	2:09.10			
32	Whiting, Carson	10	VALLEY WEST D...	2:09.92			
33	Rieck, Jack	11	BONDURANT-F...	2:09.93			
34	Wallace, Grant	12	NORWALK	2:10.04			
35	Bartlett, Luke	12	SOUTHEAST PO...	2:10.21			
36	Hall, Robbie	11	ADM ADEL	2:10.65			
37	Landphair, Ty	11	ADM ADEL	2:11.30			
38	Gibson, Grady	10	BONDURANT-F...	2:11.49			
39	Fritz, Korben	10	CARLISLE	2:11.58			
40	Dau, Lual	10	AMES	2:11.69			
41	Bendinger, Sean	12	VALLEY WEST D...	2:11.78			
42	Schaefer, Evan	12	CARROLL COM...	2:12.77			
43	Brown, Kamden	12	CARLISLE	2:13.64			
44	Gallagher, Logan	11	PELLA CHRISTI...	2:14.35			
45	McKee, Zavier	SO	DES MOINES A...	2:15.33			
--	Myers, Dorian	11	BOONE	DNS			
--	Behrens, Jack	11	ANKENY CENTE...	DNS			
Heat 1							
1	Ebersole, Jonah	10	PELLA	2:06.48			
2	Nunn, Carter	11	MARSHALLTOW...	2:06.49			
3	Point, Jayce	10	FORT DODGE	2:06.89			
4	Wheelock, Hudson	11	DES MOINES A...	2:08.20			
5	Whiting, Carson	10	VALLEY WEST D...	2:09.92			
6	Rieck, Jack	11	BONDURANT-F...	2:09.93			
7	Hall, Robbie	11	ADM ADEL	2:10.65			
8	Landphair, Ty	11	ADM ADEL	2:11.30			
9	Gibson, Grady	10	BONDURANT-F...	2:11.49			
10	Fritz, Korben	10	CARLISLE	2:11.58			
11	Dau, Lual	10	AMES	2:11.69			
12	Schaefer, Evan	12	CARROLL COM...	2:12.77			
13	Gallagher, Logan	11	PELLA CHRISTI...	2:14.35			
14	McKee, Zavier	SO	DES MOINES A...	2:15.33			
--	Myers, Dorian	11	BOONE	DNS			
--	Behrens, Jack	11	ANKENY CENTE...	DNS			
Heat 2							
1	Coyier, Dashiell	12	WAUKEE	2:01.60			
2	Miller, Cayden	10	URBANDALE	2:02.31			
3	Hermann, Graden	10	BALLARD	2:05.93	(2:05.926)		
4	Ohr-Rottler, Tay	11	JOHNSTON	2:05.95			
5	Gordon, Chase	11	DES MOINES H...	2:06.22			
6	Bormann, Dylan	10	NORTH POLK A...	2:06.38			
7	Oberreuter, Eli	9	DALLAS CENTE...	2:06.82			
8	Leasure, Jace	10	WINTERSET	2:07.28			
9	Gooding, Parker	12	MARSHALLTOW...	2:08.43			
10	Johnson, Hezekiah	10	AMES	2:08.71			
11	Gonzalez, Yairh	12	SOUTHEAST PO...	2:08.88			
12	Kelsick, Evan	12	NORTH POLK A...	2:09.10			
13	Bartlett, Luke	12	SOUTHEAST PO...	2:10.21			
14	Bendinger, Sean	12	VALLEY WEST D...	2:11.78			
15	Brown, Kamden	12	CARLISLE	2:13.64			
Heat 3							
1	Wolfe, Owen	12	DOWLING CAT...	1:53.37			
2	Robie, Nicholas	12	ANKENY	1:55.19			
3	VanDis, Jonas	12	WAUKEE	1:55.68			
4	Reagen, Cameron	12	DES MOINES R...	1:55.94			
5	Meggison, Jack	10	DALLAS CENTE...	1:56.33			
6	Gabrielson, Ayden	11	WAUKEE NORT...	1:57.38			
7	Anania, Tony	12	NORWALK	1:57.95			
8	Robbins, Reed	11	INDIANOLA	1:58.08			
9	Flori, Jack	12	DOWLING CAT...	1:58.18			
10	Shlomi, Zak	11	WAUKEE NORT...	1:58.55			
11	Hensley, Ashton	11	URBANDALE	2:01.42	(2:01.415)		
12	Gaulke, Mason	11	PELLA	2:01.42	(2:01.420)		
13	Schug, Holden	12	JOHNSTON	2:01.93			
14	Appel, Samuel	10	INDIANOLA	2:03.83			
15	Vander Wilt, Brayden	12	ANKENY CENTE...	2:05.93	(2:05.925)		
16	Wallace, Grant	12	NORWALK	2:10.04			

#21 Girls' 200 Meters Varsity **Finals**

Athlete	Yr	Team	Finals
Compiled			
1	Van Wyk, Meredith	11 PELLA CHRISTI...	25.51
2	Kacmarynski, Rachel	10 PELLA CHRISTI...	25.52
3	Busch, Carly	12 BOONE	25.87
4	Smith, Annie	12 DOWLING CAT...	25.96
5	Havighurst, Emma	12 VALLEY WEST D...	26.00
6	Schiebout, Mara	12 PELLA	26.05
7	Fisher, Morgan	9 ANKENY	26.08
8	Knapp, Julia	11 DES MOINES R...	26.32
9	Cibula, Charlee	11 ANKENY	26.83
10	Waterhouse, Aubri	12 BONDURANT-F...	26.91
11	Treur, Genevieve	9 PELLA	27.24
12	Rees, Jayden	11 WAUKEE	27.38
13	Distefano, Bella	10 WAUKEE NORT...	27.39
14	Weaver, Lilly	10 WAUKEE NORT...	27.59
15	Potter, Kenzie	11 DES MOINES E...	27.64
16	Davies, Hope	12 DES MOINES E...	27.67
17	Ballou, Maya	9 VALLEY WEST D...	27.82
18	Vetter, Hadley	11 INDIANOLA	27.94
19	Jones, Adalyn	10 DOWLING CAT...	27.98
20	Myers, Brooke	11 SOUTHEAST PO...	28.07
21	Chance, Emerson	11 WAUKEE	28.12
22	Nyala, Totoya	10 SOUTHEAST PO...	28.21
23	McCarl, Hailee	10 DES MOINES N...	28.30
24	Fitzgerald, Micah	11 JOHNSTON	28.36
25	Christensen, Grace	9 MARSHALLTOW...	28.50
26	Hansen, Janae	12 MASON CITY	28.51
27	Wormley, Abby	10 AMES	28.76
28	Vansylalom, Trinity	12 DES MOINES A...	28.78
29	Sarceno-Mata, Mia	10 DES MOINES N...	28.82
30	Cupp, Carly	9 NORTH POLK A...	29.05
31	Johnson, Amairra	10 MARSHALLTOW...	29.11
32	Norem, Ava	11 NORWALK	29.12
33	Kelderman, Avery	9 NORWALK	29.14
34	Waterbeck, Kailey	12 JOHNSTON	29.15
35	Wollner, Cassidy	9 AMES	29.46
36	Peterson, Brynn	9 MASON CITY	29.56
37	Baldwin, Bailey	10 WINTERSET	30.04
38	Earles, Delilah	9 DES MOINES A...	30.45
39	Andersen, Hannah	12 CARROLL COM...	30.73
--	Schoenberg, Krista	10 NORTH POLK A...	DNS
--	Dufoe, Josi	12 ADM ADEL	DNS
--	Tollari, Aniston	12 ADM ADEL	DNS
--	Drefke, Aly	11 ANKENY CENTE...	DNS
--	Kruse, Elliott	10 BONDURANT-F...	DNS
--	Balashaitis, Aly	10 ANKENY CENTE...	DNS

Heat 1

1	Hansen, Janae	12 MASON CITY	28.51
2	Cupp, Carly	9 NORTH POLK A...	29.05
3	Baldwin, Bailey	10 WINTERSET	30.04
4	Earles, Delilah	9 DES MOINES A...	30.45
5	Andersen, Hannah	12 CARROLL COM...	30.73

Heat 2

1	McCarl, Hailee	10 DES MOINES N...	28.30
2	Vansylalom, Trinity	12 DES MOINES A...	28.78
3	Sarceno-Mata, Mia	10 DES MOINES N...	28.82
4	Johnson, Amairra	10 MARSHALLTOW...	29.11
5	Norem, Ava	11 NORWALK	29.12
6	Waterbeck, Kailey	12 JOHNSTON	29.15
7	Wollner, Cassidy	9 AMES	29.46
8	Peterson, Brynn	9 MASON CITY	29.56

Heat 3

1	Treur, Genevieve	9 PELLA	27.24
2	Davies, Hope	12 DES MOINES E...	27.67
3	Nyala, Totoya	10 SOUTHEAST PO...	28.21
4	Fitzgerald, Micah	11 JOHNSTON	28.36
5	Christensen, Grace	9 MARSHALLTOW...	28.50
6	Wormley, Abby	10 AMES	28.76
7	Kelderman, Avery	9 NORWALK	29.14
--	Schoenberg, Krista	10 NORTH POLK A...	DNS

Heat 4

1	Knapp, Julia	11 DES MOINES R...	26.32
2	Cibula, Charlee	11 ANKENY	26.83
3	Rees, Jayden	11 WAUKEE	27.38
4	Ballou, Maya	9 VALLEY WEST D...	27.82
5	Vetter, Hadley	11 INDIANOLA	27.94
6	Myers, Brooke	11 SOUTHEAST PO...	28.07
--	Tollari, Aniston	12 ADM ADEL	DNS
--	Kruse, Elliott	10 BONDURANT-F...	DNS

Heat 5

1	Waterhouse, Aubri	12 BONDURANT-F...	26.91
2	Distefano, Bella	10 WAUKEE NORT...	27.39
3	Weaver, Lilly	10 WAUKEE NORT...	27.59
4	Potter, Kenzie	11 DES MOINES E...	27.64
5	Jones, Adalyn	10 DOWLING CAT...	27.98
6	Chance, Emerson	11 WAUKEE	28.12
--	Dufoe, Josi	12 ADM ADEL	DNS
--	Drefke, Aly	11 ANKENY CENTE...	DNS

Heat 6

1	Van Wyk, Meredith	11 PELLA CHRISTI...	25.51
2	Kacmarynski, Rachel	10 PELLA CHRISTI...	25.52
3	Busch, Carly	12 BOONE	25.87
4	Smith, Annie	12 DOWLING CAT...	25.96
5	Havighurst, Emma	12 VALLEY WEST D...	26.00
6	Schiebout, Mara	12 PELLA	26.05
7	Fisher, Morgan	9 ANKENY	26.08
--	Balashaitis, Aly	10 ANKENY CENTE...	DNS

#22 Boys' 200 Meters Varsity **Finals**

Athlete	Yr	Team	Finals	
Compiled				
1	Mullens, Harry	11 PELLA	22.53	
2	Ross, Noah	11 ANKENY CENTE...	22.67	(22.666)
3	Nevitt, Luke	12 DOWLING CAT...	22.67	(22.668)
4	Parkey, Justice	12 DES MOINES H...	23.00	
5	Hook, Parker	10 ADM ADEL	23.21	
6	Jacobs, Deacon	10 INDIANOLA	23.26	
7	Amos, Parker	10 INDIANOLA	23.28	
8	Warner, Nate	11 PELLA	23.37	
9	Ludwig, Griffin	10 WAUKEE NORT...	23.43	(23.430)
9	Chambers, Lucas	12 SOUTHEAST PO...	23.43	(23.430)
11	Alexander, Joseph	10 VALLEY WEST D...	23.58	
12	Jones, Kyler	11 ANKENY CENTE...	23.77	
13	Smid, Henry	9 DOWLING CAT...	23.89	
14	Aloung, Abel	11 DES MOINES A...	23.93	
15	McIntyre, Maddox	10 BOONE	24.05	
16	Giesemann, Jamison	11 NORWALK	24.20	
17	Winslow, Ethan	10 NORWALK	24.26	
18	Gondek, Nate	10 WINTERSET	24.32	
19	McKenzie, AJ	11 VALLEY WEST D...	24.36	
20	Rademacher, Aidan	11 NORTH POLK A...	24.47	
21	Grier, Alvin	11 WAUKEE	24.58	
22	Muller, Austin	10 BONDURANT-F...	24.62	
23	Rude, Hudson	9 DALLAS CENTE...	24.73	
24	Blake, Connor	10 NORTH POLK A...	24.83	
25	McNaughton, Jacob	12 URBANDALE	24.84	
26	Carr, Brady	9 WAUKEE	24.98	
27	Adair, Leontae	12 DES MOINES R...	25.26	(25.252)
28	Schagt, Logian	11 CARROLL COM...	25.26	(25.258)
29	Jabathy, D'Andre	9 AMES	25.33	
30	Stitz, Mason	11 CARROLL COM...	25.44	
31	Bell, Aidan	10 MARSHALLTOW...	25.69	
32	Phanthoudeth, Alex	12 DES MOINES R...	25.74	
33	Thompson, Cameron	10 AMES	25.93	
34	Greene, Declan	11 MARSHALLTOW...	26.12	
35	McLaughlin, Maxwell	10 BOONE	26.45	
36	Waters, Braeden	9 MASON CITY	28.00	
--	Russell, Quinn	12 JOHNSTON	DNS	
--	Reed, Clarence	12 DES MOINES A...	DNS	
--	Nguyen, Johnny	12 JOHNSTON	DQ	
--	Fuller, Kaden	12 URBANDALE	DNS	
--	Bernstine, Xavier	12 WAUKEE NORT...	DNS	
--	Kier, Keaton	12 ADM ADEL	DNS	
--	Falls, Jameer	10 MASON CITY	DNS	
--	Cavan, Orion	9 CARLISLE	DNS	
--	Thompson, Drew	11 SOUTHEAST PO...	DNS	
--	Warren, Teaghan	12 DES MOINES E...	DNS	
--	Fine, Vincent	12 BONDURANT-F...	DQ	
--	Berry, Diyon	11 DES MOINES H...	DNS	

Heat 1

1	Adair, Leontae	12 DES MOINES R...	25.26	(25.252)
2	Stitz, Mason	11 CARROLL COM...	25.44	
3	Bell, Aidan	10 MARSHALLTOW...	25.69	
4	Phanthoudeth, Alex	12 DES MOINES R...	25.74	
5	Greene, Declan	11 MARSHALLTOW...	26.12	
6	McLaughlin, Maxwell	10 BOONE	26.45	
7	Waters, Braeden	9 MASON CITY	28.00	
--	Falls, Jameer	10 MASON CITY	DNS	

Heat 2

1	Winslow, Ethan	10 NORWALK	24.26	
2	Muller, Austin	10 BONDURANT-F...	24.62	
3	Rude, Hudson	9 DALLAS CENTE...	24.73	
4	Carr, Brady	9 WAUKEE	24.98	
5	Schagt, Logian	11 CARROLL COM...	25.26	(25.258)
6	Jabathy, D'Andre	9 AMES	25.33	
7	Thompson, Cameron	10 AMES	25.93	
--	Fine, Vincent	12 BONDURANT-F...	DQ	

Heat 3

1	Aloung, Abel	11 DES MOINES A...	23.93	
2	McKenzie, AJ	11 VALLEY WEST D...	24.36	
3	Rademacher, Aidan	11 NORTH POLK A...	24.47	
4	Grier, Alvin	11 WAUKEE	24.58	
5	Blake, Connor	10 NORTH POLK A...	24.83	
6	McNaughton, Jacob	12 URBANDALE	24.84	
--	Russell, Quinn	12 JOHNSTON	DNS	
--	Cavan, Orion	9 CARLISLE	DNS	

Heat 4

1	Hook, Parker	10 ADM ADEL	23.21	
2	Amos, Parker	10 INDIANOLA	23.28	
3	Smid, Henry	9 DOWLING CAT...	23.89	
4	McIntyre, Maddox	10 BOONE	24.05	
5	Giesemann, Jamison	11 NORWALK	24.20	
--	Reed, Clarence	12 DES MOINES A...	DNS	
--	Fuller, Kaden	12 URBANDALE	DNS	
--	Berry, Diyon	11 DES MOINES H...	DNS	

Heat 5

1	Ross, Noah	11 ANKENY CENTE...	22.67	(22.666)
2	Jacobs, Deacon	10 INDIANOLA	23.26	
3	Warner, Nate	11 PELLA	23.37	
4	Chambers, Lucas	12 SOUTHEAST PO...	23.43	(23.430)
--	Nguyen, Johnny	12 JOHNSTON	DQ	
--	Bernstine, Xavier	12 WAUKEE NORT...	DNS	
--	Kier, Keaton	12 ADM ADEL	DNS	
--	Thompson, Drew	11 SOUTHEAST PO...	DNS	

Heat 6

1	Mullens, Harry	11 PELLA	22.53	
2	Nevitt, Luke	12 DOWLING CAT...	22.67	(22.666)
3	Parkey, Justice	12 DES MOINES H...	23.00	
4	Ludwig, Griffin	10 WAUKEE NORT...	23.43	(23.430)
5	Alexander, Joseph	10 VALLEY WEST D...	23.58	
6	Jones, Kyler	11 ANKENY CENTE...	23.77	
7	Gondek, Nate	10 WINTERSET	24.32	
--	Warren, Teaghan	12 DES MOINES E...	DNS	

#23 Girls' 400m Hurdles Varsity**Finals**

Athlete	Yr	Team	Finals
Compiled			
1	McGraw, Josie	12 INDIANOLA	1:04.19
2	Attinger, Angelica	11 AMES	1:04.62
3	Van Cleave, Brenna	11 AMES	1:06.34
4	Schulte, Alayna	11 WAUKEE NORT...	1:06.43
5	Buckley, Lillian	10 ANKENY	1:06.52
6	Grover, Madison	10 INDIANOLA	1:07.16
7	Aden, Katelyn	12 CARROLL COM...	1:07.96
8	Barten, Ava	11 ANKENY CENTE...	1:08.27
9	Stanford, Leighton	9 DALLAS CENTE...	1:08.96
10	Coghlan, Elise	11 ADM ADEL	1:09.08
11	Princehouse, Kennedy	10 WAUKEE NORT...	1:09.47
12	James, Madi	12 ADM ADEL	1:09.50
13	Bartlett, Alyssa	12 SOUTHEAST PO...	1:09.72
14	Berger, Olivia	10 WAUKEE	1:09.84
15	Dirkx, Maggie	10 CARROLL COM...	1:12.61
16	Wurth, Mallory	12 WAUKEE	1:13.05
17	Noah, Mariam	9 DES MOINES R...	1:14.10
18	Otte, Avery	9 SOUTHEAST PO...	1:14.80
19	Vizcarra, Matilda	10 DOWLING CAT...	1:14.95
20	Hayes, Avah	11 BOONE	1:15.70
21	Vos, Chloe	9 PELLA CHRISTI...	1:16.19
22	Burry, Elizabeth	11 JOHNSTON	1:16.31
23	Fong, Elizabeth	12 DES MOINES A...	1:16.61
24	Kruchten, Zoey	11 VALLEY WEST D...	1:16.93
25	Nordstrom, Madelyn	10 WINTERSET	1:17.31
26	Elg, Madison	11 DES MOINES R...	1:23.60
--	Sullivan, Morgan	12 JOHNSTON	DNS
--	Smith, Kylin	12 ANKENY CENTE...	DNS
--	McCarl, Hailee	10 DES MOINES N...	DNS
--	Rogers, Anakarina	11 VALLEY WEST D...	DNS
--	Trine, Kamry	10 PELLA	DNS
--	Eure, Veronica	10 DOWLING CAT...	DNS
--	Anderson, Gracie	10 BONDURANT-F...	DNS

Heat 1

1	Noah, Mariam	9 DES MOINES R...	1:14.10
2	Vizcarra, Matilda	10 DOWLING CAT...	1:14.95
--	Rogers, Anakarina	11 VALLEY WEST D...	DNS

Heat 2

1	Vos, Chloe	9 PELLA CHRISTI...	1:16.19
2	Fong, Elizabeth	12 DES MOINES A...	1:16.61
3	Kruchten, Zoey	11 VALLEY WEST D...	1:16.93
4	Elg, Madison	11 DES MOINES R...	1:23.60
--	McCarl, Hailee	10 DES MOINES N...	DNS
--	Eure, Veronica	10 DOWLING CAT...	DNS

Heat 3

1	Dirkx, Maggie	10 CARROLL COM...	1:12.61
2	Wurth, Mallory	12 WAUKEE	1:13.05
3	Otte, Avery	9 SOUTHEAST PO...	1:14.80
4	Hayes, Avah	11 BOONE	1:15.70
5	Burry, Elizabeth	11 JOHNSTON	1:16.31
6	Nordstrom, Madelyn	10 WINTERSET	1:17.31
--	Sullivan, Morgan	12 JOHNSTON	DNS
--	Trine, Kamry	10 PELLA	DNS

Heat 4

1	Van Cleave, Brenna	11 AMES	1:06.34
2	Aden, Katelyn	12 CARROLL COM...	1:07.96
3	Stanford, Leighton	9 DALLAS CENTE...	1:08.96
4	Princehouse, Kennedy	10 WAUKEE NORT...	1:09.47
5	James, Madi	12 ADM ADEL	1:09.50
6	Bartlett, Alyssa	12 SOUTHEAST PO...	1:09.72
7	Berger, Olivia	10 WAUKEE	1:09.84
--	Anderson, Gracie	10 BONDURANT-F...	DNS

Heat 5

1	McGraw, Josie	12 INDIANOLA	1:04.19
2	Attinger, Angelica	11 AMES	1:04.62
3	Schulte, Alayna	11 WAUKEE NORT...	1:06.43
4	Buckley, Lillian	10 ANKENY	1:06.52
5	Grover, Madison	10 INDIANOLA	1:07.16
6	Barten, Ava	11 ANKENY CENTE...	1:08.27
7	Coghlan, Elise	11 ADM ADEL	1:09.08
--	Smith, Kylin	12 ANKENY CENTE...	DNS

#24 Boys' 400m Hurdles Varsity **Finals**

Athlete	Yr	Team	Finals	
Compiled				
1	Woods, Cael	12 ANKENY CENTE...	53.44	
2	Jeter, Jayden	11 WAUKEE	55.04	
3	Van Horn, Austin	11 WAUKEE NORT...	55.64	
4	Roche, Daniel	12 NORWALK	56.25	
5	McGraw, Easton	10 INDIANOLA	57.11	
6	Baccile, Christian	12 DOWLING CAT...	57.28	
7	Thomas, Cameron	12 NORWALK	57.44	
8	Thompson, Benjamin	12 PELLA	57.60	
9	Jackson, Jaylen	12 VALLEY WEST D...	57.67	
10	Muhktar, Kalarga	12 WAUKEE NORT...	58.00	
11	Senne, Andrew	12 DALLAS CENTE...	58.12	
12	Sheer, Will	11 JOHNSTON	58.16	
13	Rhamy, Rex	11 PELLA	58.39	
14	Tedrow, Carson	11 CARROLL COM...	58.44	(58.437)
15	Kluesner, Reid	10 ADM ADEL	58.44	(58.433)
16	Brennick, Bentley	11 SOUTHEAST PO...	58.77	
17	Smitherman, Aiden	11 MARSHALLTOW...	59.32	
18	Truman, Harrison	10 ANKENY	59.42	
19	King, Nathan	12 JOHNSTON	59.55	
20	Todhunter, Michael	12 DES MOINES A...	59.68	
21	Meisner, Cal	9 WAUKEE	1:00.40	
22	Halfhill, Jackson	10 BONDURANT-F...	1:00.45	
23	Matheny, Gavin	11 ANKENY CENTE...	1:00.83	
24	Cadwell, Ely	11 PELLA CHRISTI...	1:01.08	
25	Storm, Kaisen	12 INDIANOLA	1:01.14	
26	Bartlett, Luke	12 SOUTHEAST PO...	1:01.20	
27	Lee IV, Frank	9 DES MOINES R...	1:01.50	
28	Hartley, JD	9 URBANDALE	1:01.98	
29	Petersma, Atticus	9 VALLEY WEST D...	1:02.08	
30	McCloud, Jordan	12 BOONE	1:02.26	
31	Bohnenkamp, Charlie	11 DALLAS CENTE...	1:02.45	
32	Rolling, Bennett	9 NORTH POLK A...	1:02.54	
33	Kitzinger, Joseph	12 ADM ADEL	1:02.82	
34	Trabue, Ben	10 AMES	1:03.42	
35	Cai, Allen	10 AMES	1:03.62	
36	Brogden, Bodie	11 BOONE	1:03.66	
37	Reszel, Corbin	10 URBANDALE	1:03.67	
38	Martinek, Jordan	10 GILBERT	1:04.82	
39	Burke, Lincoln	10 CARROLL COM...	1:04.84	
40	Hout, Eddie	9 NORTH POLK A...	1:05.06	
41	Saw, Kay	11 DES MOINES A...	1:05.14	
42	Ritzert, Hudson	9 PELLA CHRISTI...	1:05.27	
43	Joyner, Jayden	12 MASON CITY	1:05.76	
44	Skinner, Traden	11 DES MOINES H...	1:06.32	
45	Bircher, Miles	9 DES MOINES H...	1:07.99	
--	Falls, Jameer	10 MASON CITY	DNS	
--	Montgomery, Noah	11 DES MOINES R...	DQ	
--	Cook, Elijah	12 BONDURANT-F...	DNS	

Heat 1

1	Matheny, Gavin	11 ANKENY CENTE...	1:00.83
2	Cai, Allen	10 AMES	1:03.62
3	Burke, Lincoln	10 CARROLL COM...	1:04.84
4	Joyner, Jayden	12 MASON CITY	1:05.76
5	Skinner, Traden	11 DES MOINES H...	1:06.32
6	Bircher, Miles	9 DES MOINES H...	1:07.99
--	Falls, Jameer	10 MASON CITY	DNS
--	Montgomery, Noah	11 DES MOINES R...	DQ

Heat 2

1	Petersma, Atticus	9 VALLEY WEST D...	1:02.08
2	Trabue, Ben	10 AMES	1:03.42
3	Brogden, Bodie	11 BOONE	1:03.66
4	Reszel, Corbin	10 URBANDALE	1:03.67
5	Martinek, Jordan	10 GILBERT	1:04.82
6	Hout, Eddie	9 NORTH POLK A...	1:05.06
7	Saw, Kay	11 DES MOINES A...	1:05.14
8	Ritzert, Hudson	9 PELLA CHRISTI...	1:05.27

Heat 3

1	Tedrow, Carson	11 CARROLL COM...	58.44	(58.437)
2	Smitherman, Aiden	11 MARSHALLTOW...	59.32	
3	Todhunter, Michael	12 DES MOINES A...	59.68	
4	Halfhill, Jackson	10 BONDURANT-F...	1:00.45	
5	Cadwell, Ely	11 PELLA CHRISTI...	1:01.08	
6	Lee IV, Frank	9 DES MOINES R...	1:01.50	
7	Hartley, JD	9 URBANDALE	1:01.98	
8	Rolling, Bennett	9 NORTH POLK A...	1:02.54	

Heat 4

1	Thompson, Benjamin	12 PELLA	57.60	
2	Jackson, Jaylen	12 VALLEY WEST D...	57.67	
3	Sheer, Will	11 JOHNSTON	58.16	
4	Kluesner, Reid	10 ADM ADEL	58.44	(58.433)
5	Meisner, Cal	9 WAUKEE	1:00.40	
6	Storm, Kaisen	12 INDIANOLA	1:01.14	
7	McCloud, Jordan	12 BOONE	1:02.26	
8	Kitzinger, Joseph	12 ADM ADEL	1:02.82	

Heat 5

1	Thomas, Cameron	12 NORWALK	57.44
2	Senne, Andrew	12 DALLAS CENTE...	58.12
3	Rhamy, Rex	11 PELLA	58.39
4	Brennick, Bentley	11 SOUTHEAST PO...	58.77
5	Truman, Harrison	10 ANKENY	59.42
6	King, Nathan	12 JOHNSTON	59.55
7	Bartlett, Luke	12 SOUTHEAST PO...	1:01.20
8	Bohnenkamp, Charlie	11 DALLAS CENTE...	1:02.45

Heat 6

1	Woods, Cael	12 ANKENY CENTE...	53.44
2	Jeter, Jayden	11 WAUKEE	55.04
3	Van Horn, Austin	11 WAUKEE NORT...	55.64
4	Roche, Daniel	12 NORWALK	56.25
5	McGraw, Easton	10 INDIANOLA	57.11
6	Baccile, Christian	12 DOWLING CAT...	57.28
7	Muhktar, Kalarga	12 WAUKEE NORT...	58.00
--	Cook, Elijah	12 BONDURANT-F...	DNS

#25 Girls' 1500 Meters Varsity **Finals**

Athlete	Yr	Team	Finals
Completed			
1	Brown, Jordyn	12 INDIANOLA	4:42.42
2	Ferebee, Marissa	11 PELLA	4:42.86
3	Messerly, Piper	10 DALLAS CENTE...	4:43.13
4	Turk, Marley	12 AMES	4:43.96
5	Hodges, Bella	12 ANKENY CENTE...	4:44.34
6	Stevens, Maddy	12 DALLAS CENTE...	4:46.79
7	Graber, Sophia	12 ANKENY	4:47.94
8	Stanley, Emma	10 AMES	4:48.37
9	Wharton, Ele	11 JOHNSTON	4:48.99
10	Jones, Ella	10 WAUKEE NORT...	4:51.59
11	Crabb, Payton	11 JOHNSTON	4:51.62
12	Spradling, Isabel	9 DES MOINES R...	4:56.09
13	Evans, Brogan	11 MASON CITY	4:57.00
14	McCoy, Charlotte	11 DES MOINES R...	4:59.30
15	Vander Ley, Piper	9 WAUKEE NORT...	5:00.93
16	Vogel, Kate	11 VALLEY WEST D...	5:03.02
17	Blevins, Ellie	10 ANKENY CENTE...	5:05.43
18	Guerrero-Jones, Contessa	10 SOUTHEAST PO...	5:09.20
19	Dunham, Ruth	10 PELLA	5:09.93
20	Gifford, Braelyn	12 DOWLING CAT...	5:11.75
21	Burrier, Sydney	11 WAUKEE	5:13.71
22	Reid, Abigail	10 VALLEY WEST D...	5:13.74
23	DeRocher, Olive	9 NORWALK	5:17.41
24	Eggleston, Allie	10 ADM ADEL	5:18.44
25	Back, Mallory	9 WINTERSET	5:18.73
26	Hope, Ava	9 WINTERSET	5:20.21
27	Von Roden, Elliotte	9 ADM ADEL	5:21.29
28	Hartford, Leah	11 INDIANOLA	5:22.49
29	Beyer, Hayden	11 WAUKEE	5:23.30
30	Bunnell, Ellie	9 NORTH POLK A...	5:34.44
31	Jelsma, Emmeri	9 SOUTHEAST PO...	5:35.56
32	Ceren, Drea	10 MARSHALLTOW...	5:46.87
33	Campbell, Sophia	12 NORTH POLK A...	6:01.70
34	Morrison, Anessa	11 MARSHALLTOW...	6:06.25
35	Wilhelm, Kara	9 NORWALK	6:23.96
36	LaBresh, Joella	11 DES MOINES N...	6:27.56
37	Brown, Caroline	9 DES MOINES N...	6:48.74
38	Hahn, Tahlia	11 CARROLL COM...	6:56.13
--	Harter, Autumn	10 BONDURANT-F...	DNS
--	Wiegand, Ivy	11 ANKENY	DNS
--	TerHark, Erin	12 MASON CITY	DNS
--	Bergman, Greta	11 DOWLING CAT...	DNS

Heat 1

1	Dunham, Ruth	10 PELLA	5:09.93
2	Burrier, Sydney	11 WAUKEE	5:13.71
3	Reid, Abigail	10 VALLEY WEST D...	5:13.74
4	DeRocher, Olive	9 NORWALK	5:17.41
5	Eggleston, Allie	10 ADM ADEL	5:18.44
6	Back, Mallory	9 WINTERSET	5:18.73
7	Hope, Ava	9 WINTERSET	5:20.21
8	Hartford, Leah	11 INDIANOLA	5:22.49
9	Beyer, Hayden	11 WAUKEE	5:23.30
10	Bunnell, Ellie	9 NORTH POLK A...	5:34.44
11	Jelsma, Emmeri	9 SOUTHEAST PO...	5:35.56
12	Ceren, Drea	10 MARSHALLTOW...	5:46.87
13	Campbell, Sophia	12 NORTH POLK A...	6:01.70
14	Morrison, Anessa	11 MARSHALLTOW...	6:06.25
15	Wilhelm, Kara	9 NORWALK	6:23.96
16	LaBresh, Joella	11 DES MOINES N...	6:27.56
17	Brown, Caroline	9 DES MOINES N...	6:48.74
18	Hahn, Tahlia	11 CARROLL COM...	6:56.13
--	Harter, Autumn	10 BONDURANT-F...	DNS
--	Wiegand, Ivy	11 ANKENY	DNS
--	TerHark, Erin	12 MASON CITY	DNS

Heat 2

1	Brown, Jordyn	12 INDIANOLA	4:42.42
2	Ferebee, Marissa	11 PELLA	4:42.86
3	Messerly, Piper	10 DALLAS CENTE...	4:43.13
4	Turk, Marley	12 AMES	4:43.96
5	Hodges, Bella	12 ANKENY CENTE...	4:44.34
6	Stevens, Maddy	12 DALLAS CENTE...	4:46.79
7	Graber, Sophia	12 ANKENY	4:47.94
8	Stanley, Emma	10 AMES	4:48.37
9	Wharton, Ele	11 JOHNSTON	4:48.99
10	Jones, Ella	10 WAUKEE NORT...	4:51.59
11	Crabb, Payton	11 JOHNSTON	4:51.62
12	Spradling, Isabel	9 DES MOINES R...	4:56.09
13	Evans, Brogan	11 MASON CITY	4:57.00
14	McCoy, Charlotte	11 DES MOINES R...	4:59.30
15	Vander Ley, Piper	9 WAUKEE NORT...	5:00.93
16	Vogel, Kate	11 VALLEY WEST D...	5:03.02
17	Blevins, Ellie	10 ANKENY CENTE...	5:05.43
18	Guerrero-Jones, Contessa	10 SOUTHEAST PO...	5:09.20
19	Gifford, Braelyn	12 DOWLING CAT...	5:11.75
20	Von Roden, Elliotte	9 ADM ADEL	5:21.29
--	Bergman, Greta	11 DOWLING CAT...	DNS

#26 Boys' 1600 Meters Varsity **Finals**

Athlete	Yr	Team	Finals
Completed			
1	Zuber, Ethan	12 ANKENY	4:15.74
2	Dunham, Canaan	11 PELLA	4:15.76
3	Bleich, Logan	10 GILBERT	4:18.96
4	Smith, Ike	11 ANKENY	4:22.70
5	Marett, Owen	12 DES MOINES R...	4:22.77
6	Owen, Jonathan	12 VALLEY WEST D...	4:24.35
7	Barnes, Kiefer	11 INDIANOLA	4:24.89
8	Burr, Brody	12 DOWLING CAT...	4:27.50
9	Mora, Sam	12 DALLAS CENTE...	4:29.97
10	Moll, Cohen	11 ANKENY CENTE...	4:30.17
11	Vander Wilt, Brayden	12 ANKENY CENTE...	4:31.73
12	Smith, Blake	12 URBANDALE	4:32.25
13	Ibeling, Graham	10 DALLAS CENTE...	4:32.42
14	Johnson, Preston	10 MARSHALLTOW...	4:32.88
15	Bhave, Brennen	12 AMES	4:32.98
16	Robidoux, Jake	9 INDIANOLA	4:34.01
17	Moellers, John	12 MARSHALLTOW...	4:34.75
18	Castillo-Mora, Jan Luka	12 DOWLING CAT...	4:35.70
19	Kessler, Collin	12 WINTERSET	4:35.79
20	Crossland, Jack	10 JOHNSTON	4:37.35
21	Limback, Thomas	10 VALLEY WEST D...	4:38.67
22	Parker, Sam	11 NORWALK	4:40.13
23	Peterson, Ben	10 WAUKEE	4:42.01
24	Alvarez, Jaxton	10 AMES	4:42.16
25	Van Bruggen, Nolan	10 WAUKEE NORT...	4:42.73
26	Gearhart, Carter	12 JOHNSTON	4:42.90
27	Osterloh, Lane	11 NORWALK	4:43.37
28	Timmerman, Torin	12 ADM ADEL	4:44.83
29	Browne, Devon	12 PELLA	4:44.88
30	Miller, Ty	10 ADM ADEL	4:48.66
31	Giles, William	12 URBANDALE	4:49.15
32	Davis, Nyle	12 BONDURANT-F...	4:50.07
33	Trampel, Liam	10 GILBERT	4:50.72
34	Hansen, Cael	10 FORT DODGE	4:51.52
35	Fugleberg, Max	10 WAUKEE NORT...	4:53.55
36	Hermann, Silvio	11 DES MOINES R...	4:54.45
37	Molinsky, Blake	12 CARROLL COM...	4:55.29
38	Sanger, Brady	11 BONDURANT-F...	4:55.78
39	Vance, Austin	9 BALLARD	4:56.58
40	Meinders, Sawyer	11 PELLA CHRISTI...	4:57.28
41	Wheelock, Hudson	11 DES MOINES A...	4:59.13
42	Taylor, John	10 WINTERSET	5:00.59
43	Vanden Bosch, Will	10 PELLA CHRISTI...	5:01.07
44	Hermon, Gabby	9 CARLISLE	5:01.59
45	Reed, Ayden	10 NORTH POLK A...	5:06.44
--	Gordon, Chase	11 DES MOINES H...	DNS
--	Brown, Kamden	12 CARLISLE	DNS
--	Hansen, Henry	10 MASON CITY	DNS
--	Lawry, Joseph	12 WAUKEE	DNS

Heat 1

1	Peterson, Ben	10 WAUKEE	4:42.01
2	Alvarez, Jaxton	10 AMES	4:42.16
3	Van Bruggen, Nolan	10 WAUKEE NORT...	4:42.73
4	Gearhart, Carter	12 JOHNSTON	4:42.90
5	Browne, Devon	12 PELLA	4:44.88
6	Miller, Ty	10 ADM ADEL	4:48.66
7	Giles, William	12 URBANDALE	4:49.15
8	Davis, Nyle	12 BONDURANT-F...	4:50.07
9	Trampel, Liam	10 GILBERT	4:50.72
10	Hansen, Cael	10 FORT DODGE	4:51.52
11	Fugleberg, Max	10 WAUKEE NORT...	4:53.55
12	Hermann, Silvio	11 DES MOINES R...	4:54.45
13	Molinsky, Blake	12 CARROLL COM...	4:55.29
14	Sanger, Brady	11 BONDURANT-F...	4:55.78
15	Vance, Austin	9 BALLARD	4:56.58
16	Meinders, Sawyer	11 PELLA CHRISTI...	4:57.28
17	Wheelock, Hudson	11 DES MOINES A...	4:59.13
18	Taylor, John	10 WINTERSET	5:00.59
19	Vanden Bosch, Will	10 PELLA CHRISTI...	5:01.07
20	Hermon, Gabby	9 CARLISLE	5:01.59
21	Reed, Ayden	10 NORTH POLK A...	5:06.44
--	Gordon, Chase	11 DES MOINES H...	DNS
--	Brown, Kamden	12 CARLISLE	DNS
--	Hansen, Henry	10 MASON CITY	DNS

Heat 2

1	Zuber, Ethan	12 ANKENY	4:15.74
2	Dunham, Canaan	11 PELLA	4:15.76
3	Bleich, Logan	10 GILBERT	4:18.96
4	Smith, Ike	11 ANKENY	4:22.70
5	Marett, Owen	12 DES MOINES R...	4:22.77
6	Owen, Jonathan	12 VALLEY WEST D...	4:24.35
7	Barnes, Kiefer	11 INDIANOLA	4:24.89
8	Burr, Brody	12 DOWLING CAT...	4:27.50
9	Mora, Sam	12 DALLAS CENTE...	4:29.97
10	Moll, Cohen	11 ANKENY CENTE...	4:30.17
11	Vander Wilt, Brayden	12 ANKENY CENTE...	4:31.73
12	Smith, Blake	12 URBANDALE	4:32.25
13	Ibeling, Graham	10 DALLAS CENTE...	4:32.42
14	Johnson, Preston	10 MARSHALLTOW...	4:32.88
15	Bhave, Brennen	12 AMES	4:32.98
16	Robidoux, Jake	9 INDIANOLA	4:34.01
17	Moellers, John	12 MARSHALLTOW...	4:34.75
18	Castillo-Mora, Jan Luka	12 DOWLING CAT...	4:35.70
19	Kessler, Collin	12 WINTERSET	4:35.79
20	Crossland, Jack	10 JOHNSTON	4:37.35
21	Limback, Thomas	10 VALLEY WEST D...	4:38.67
22	Parker, Sam	11 NORWALK	4:40.13
23	Osterloh, Lane	11 NORWALK	4:43.37
24	Timmerman, Torin	12 ADM ADEL	4:44.83
--	Lawry, Joseph	12 WAUKEE	DNS

#27 Girls' 4x100 Relay Varsity **Finals**

Team	Relay	Finals
Compiled		
1 WAUKEE	'A'	49.43
1) Sitzmann, Natalie 11	2) Hinke, Estelle 10	
3) Burke, Cooper 9	4) Bruening, Lena 10	
2 SOUTHEAST POLK	'A'	49.64
1) Leo, Mylie 10	2) Tarplah, Teresa 9	
3) Warren, Avery 12	4) Powell, Ellie 11	
3 NORTH POLK ALLEMAN	'A'	49.98
1) Simoens, Madilyn 12	2) Manock, Jocelyn 11	
3) Flinn, Addison 11	4) Uhl, Jaiden 10	
4 WAUKEE NORTHWEST	'A'	49.99
1) Weaver, Lilly 10	2) Eddy, Maslyn 11	
3) Distefano, Bella 10	4) Twigg, Lily 10	
5 DOWLING CATHOLIC WES...	'A'	50.31 (50.304)
1) Mead, Ellie 10	2) Nagel, Maddie 11	
3) Gaskell, Alex 12	4) Heitzman, Emily 12	
6 PELLA	'A'	50.31 (50.307)
1) Melvin, Abigail 11	2) DeVries, Haylie 9	
3) Rankin, Aurora 9	4) Treur, Genevieve 9	
7 INDIANOLA	'A'	50.44
1) Gripp, Tessa 11	2) Kindelspire, Kiley 12	
3) Vetter, Hadley 11	4) Downey, Sully 12	
8 ADM ADEL	'A'	50.95
1) Standley, Peyton 11	2) Nelson, Haley 11	
3) Smyth, Bella 10	4) Seehase, Calli 12	
9 BONDURANT-FARRAR	'A'	51.38
1) Tegeler, Lauren 12	2) Brown, Addison 11	
3) Vroegh, Jovi 9	4) Martin, Maddie 10	
10 JOHNSTON	'A'	51.69
1) Kirwan, Emily 9	2) Cornwell, Cooper 9	
3) Petek, Brylynn 9	4) Nicol, Sadie 9	
11 BOONE	'A'	51.85
1) Graeve, Mia 12	2) Howie, Avery 10	
3) Arringdale, Taylor 11	4) Busch, Carly 12	
12 DES MOINES EAST	'A'	51.90
1) Denner, Sadie 12	2) Potter, Kenzie 11	
3) Bolander, Daffney 11	4) Davies, Hope 12	
13 ANKENY CENTENNIAL	'A'	51.97
1) Olson, Kacy 12	2) Beach, Keely 10	
3) Drefke, Aly 11	4) Gilbreath, Taylor 9	
14 MASON CITY	'A'	52.24
1) Trask, Machaela 12	2) Latham, Anna 10	
3) Zilge, Peyton 10	4) York, Latasha 10	
15 DALLAS CENTER-GRIMES	'A'	52.69
1) Soe, Kwamettee 10	2) Seeman, Madden 9	
3) Redenius, Mara 12	4) Bahnsen, Anna 12	
16 ANKENY	'A'	52.71
1) Roush, Quinn 10	2) Mitchell, MyKaila 10	
3) Kayser, Riley 11	4) Conklin, Morgan 12	
17 DES MOINES ROOSEVELT	'A'	52.95
1) Walker-Ritchie, Sandra 9	2) Thedford, DiAuria 9	
3) Bell, Grace 11	4) Trausch, Olive 10	

18 NORWALK	'A'	53.40
1) Johnson, Ella 12	2) Giesemann, Kinzie 9	
3) Catic, Milena 9	4) Kingsley, Lily 12	
19 AMES	'A'	53.77
1) Owens, Deonna 12	2) Ryan, Alli 12	
3) Sallis, Kari 9	4) Wormley, Abby 10	
20 CARROLL COMMUNITY	'A'	54.04
1) Wittrock, Marasyn 12	2) Drake, Aubrie 11	
3) Simmelink, Macy 9	4) Schmitt-Hubbard, Aubrie 11	
21 MARSHALLTOWN	'A'	54.74
1) Lott, Niah 10	2) Ceren, Camille 12	
3) Spitzli, Geneva 9	4) Christensen, Grace 9	
22 WINTERSSET	'A'	54.80
1) Gross, Addison 10	2) Lowden, Nora 9	
3) Baer, Ella 9	4) O'Neal, Quintan 9	
23 PELLA CHRISTIAN	'A'	54.98
1) Bell, Ani 10	2) Runner, Brynn 10	
3) De Vries, Abby 10	4) De Vries, Jessa 10	
24 VALLEY WEST DES MOINES	'A'	58.80
1) Ballou, Maya 9	2) Poole, Victoria 9	
3) Schultz, Avery 10	4) Asplund, Evalyn 9	
25 DES MOINES ABRAHAM LI...	'A'	1:00.46
1) Martinez, Enalea 9	2) Daye, Amaria 12	
3) Walls, Brilynn 11	4) Turner, Alix 9	
-- DES MOINES NORTH	'A'	DNS
1) Mason, Katana 10	2) Negron Maldonado, Kriztynah 9	
3) Gurisho, Lemuna 12	4) Sarceno-Mata, Mia 10	

Heat 1

1 MARSHALLTOWN	'A'	54.74
1) Lott, Niah 10	2) Ceren, Camille 12	
3) Spitzli, Geneva 9	4) Christensen, Grace 9	
2 DES MOINES ABRAHAM LI...	'A'	1:00.46
1) Martinez, Enalea 9	2) Daye, Amaria 12	
3) Walls, Brilynn 11	4) Turner, Alix 9	
-- DES MOINES NORTH	'A'	DNS
1) Mason, Katana 10	2) Negron Maldonado, Kriztynah 9	
3) Gurisho, Lemuna 12	4) Sarceno-Mata, Mia 10	

Heat 2

1	DES MOINES EAST	'A'	51.90
	1) <i>Denner, Sadie 12</i>	2) <i>Potter, Kenzie 11</i>	
	3) <i>Bolander, Daffney 11</i>	4) <i>Davies, Hope 12</i>	
2	MASON CITY	'A'	52.24
	1) <i>Trask, Machaela 12</i>	2) <i>Latham, Anna 10</i>	
	3) <i>Zilge, Peyton 10</i>	4) <i>York, Latasha 10</i>	
3	DALLAS CENTER-GRIMES	'A'	52.69
	1) <i>Soe, Kwamettee 10</i>	2) <i>Seeman, Madden 9</i>	
	3) <i>Redenius, Mara 12</i>	4) <i>Bahnsen, Anna 12</i>	
4	ANKENY	'A'	52.71
	1) <i>Roush, Quinn 10</i>	2) <i>Mitchell, MyKaila 10</i>	
	3) <i>Kayser, Riley 11</i>	4) <i>Conklin, Morgan 12</i>	
5	NORWALK	'A'	53.40
	1) <i>Johnson, Ella 12</i>	2) <i>Giesemann, Kinzie 9</i>	
	3) <i>Catic, Milena 9</i>	4) <i>Kingsley, Lily 12</i>	
6	CARROLL COMMUNITY	'A'	54.04
	1) <i>Wittrock, Marasyn 12</i>	2) <i>Drake, Aubrie 11</i>	
	3) <i>Simmelink, Macy 9</i>	4) <i>Schmitt-Hubbard, Aubrie 11</i>	
7	WINTERSET	'A'	54.80
	1) <i>Gross, Addison 10</i>	2) <i>Lowden, Nora 9</i>	
	3) <i>Baer, Ella 9</i>	4) <i>O'Neal, Quinlan 9</i>	

Heat 3

1	NORTH POLK ALLEMAN	'A'	49.98
	1) <i>Simoens, Madilyn 12</i>	2) <i>Manock, Jocelyn 11</i>	
	3) <i>Flinn, Addison 11</i>	4) <i>Uhl, Jaiden 10</i>	
2	PELLA	'A'	50.31 (50.307)
	1) <i>Melvin, Abigail 11</i>	2) <i>DeVries, Haylie 9</i>	
	3) <i>Rankin, Aurora 9</i>	4) <i>Treur, Genevieve 9</i>	
3	INDIANOLA	'A'	50.44
	1) <i>Gripp, Tessa 11</i>	2) <i>Kindelspire, Kiley 12</i>	
	3) <i>Vetter, Hadley 11</i>	4) <i>Downey, Sully 12</i>	
4	BONDURANT-FARRAR	'A'	51.38
	1) <i>Tegeler, Lauren 12</i>	2) <i>Brown, Addison 11</i>	
	3) <i>Vroegh, Jovi 9</i>	4) <i>Martin, Maddie 10</i>	
5	JOHNSTON	'A'	51.69
	1) <i>Kirwan, Emily 9</i>	2) <i>Cornwell, Cooper 9</i>	
	3) <i>Petek, Brylynn 9</i>	4) <i>Nicol, Sadie 9</i>	
6	BOONE	'A'	51.85
	1) <i>Graeve, Mia 12</i>	2) <i>Howie, Avery 10</i>	
	3) <i>Arringdale, Taylor 11</i>	4) <i>Busch, Carly 12</i>	
7	ANKENY CENTENNIAL	'A'	51.97
	1) <i>Olson, Kacy 12</i>	2) <i>Beach, Keely 10</i>	
	3) <i>Drefke, Aly 11</i>	4) <i>Gilbreath, Taylor 9</i>	
8	DES MOINES ROOSEVELT	'A'	52.95
	1) <i>Walker-Ritchie, Sandra 9</i>	2) <i>Theford, DiAuria 9</i>	
	3) <i>Bell, Grace 11</i>	4) <i>Trausch, Olive 10</i>	

Heat 4

1	WAUKEE	'A'	49.43
	1) <i>Sitzmann, Natalie 11</i>	2) <i>Hinke, Estelle 10</i>	
	3) <i>Burke, Cooper 9</i>	4) <i>Bruening, Lena 10</i>	
2	SOUTHEAST POLK	'A'	49.64
	1) <i>Leo, Mylie 10</i>	2) <i>Tarplah, Teresa 9</i>	
	3) <i>Warren, Avery 12</i>	4) <i>Powell, Ellie 11</i>	
3	WAUKEE NORTHWEST	'A'	49.99
	1) <i>Weaver, Lilly 10</i>	2) <i>Eddy, Maslyn 11</i>	
	3) <i>Distefano, Bella 10</i>	4) <i>Twigg, Lily 10</i>	
4	DOWLING CATHOLIC WES...	'A'	50.31 (50.304)
	1) <i>Mead, Ellie 10</i>	2) <i>Nagel, Maddie 11</i>	
	3) <i>Gaskell, Alex 12</i>	4) <i>Heitzman, Emily 12</i>	
5	ADM ADEL	'A'	50.95
	1) <i>Standley, Peyton 11</i>	2) <i>Nelson, Haley 11</i>	
	3) <i>Smyth, Bella 10</i>	4) <i>Seehase, Calli 12</i>	
6	AMES	'A'	53.77
	1) <i>Owens, Deonna 12</i>	2) <i>Ryan, Alli 12</i>	
	3) <i>Sallis, Kari 9</i>	4) <i>Wormley, Abby 10</i>	
7	PELLA CHRISTIAN	'A'	54.98
	1) <i>Bell, Ani 10</i>	2) <i>Runner, Brynn 10</i>	
	3) <i>De Vries, Abby 10</i>	4) <i>De Vries, Jessa 10</i>	
8	VALLEY WEST DES MOINES	'A'	58.80
	1) <i>Ballou, Maya 9</i>	2) <i>Poole, Victoria 9</i>	
	3) <i>Schultz, Avery 10</i>	4) <i>Asplund, Evalyn 9</i>	

#28 Boys' 4x100 Relay Varsity **Finals**

Team	Relay	Finals
Compiled		
1 JOHNSTON	'A'	42.18
1) Tour, Steve 11	2) Barkue, D'Angelo 12	
3) Beachem, Bryce 10	4) Peterson, Vincent 12	
2 ANKENY CENTENNIAL	'A'	42.21
1) Ross, Noah 11	2) McGhee, Robert 12	
3) Neith, Joel 12	4) Jackson, Braeden 12	
3 VALLEY WEST DES MOINES	'A'	43.05
1) LeLaCheur, Miciah 11	2) Brown, Jayden 11	
3) Levine, Roman 12	4) Adaway, Jayden 10	
4 NORWALK	'A'	43.20
1) Roche, Daniel 12	2) Borcherding-Johnson, Kadan 12	
3) Robbins, Eli 11	4) Kunze, Kaiden 11	
5 URBANDALE	'A'	43.28
1) Cabildo, Dominic 10	2) Jenkins, Cameron 11	
3) Fuller, Kaden 12	4) Sciorrotta, Gino 9	
6 INDIANOLA	'A'	43.40
1) Bradley, Nick 11	2) Anderson, Vincent 12	
3) Brueck, Asher 11	4) Hilton, Rylan 10	
7 DALLAS CENTER-GRIMES	'A'	43.68
1) Opoku-Sekyere, Christopher 9	2) Wright, Gabriel 9	
3) Carlson, Ethan 10	4) Heitland, Chase 10	
8 DES MOINES HOOVER	'A'	43.80
1) Berry, Diyon 11	2) Polich, Gabe 12	
3) Harrell, Brandon 10	4) Parkey, Justice 12	
9 ANKENY	'A'	43.83
1) McClure, Finn 11	2) Zuber, Alexander 10	
3) Grossman, Treyton 11	4) Sickerson, Tyler 12	
10 WAUKEE	'A'	43.90
1) Case Haub, Ben 11	2) Richardson Williams, Jamual 11	
3) Grier, Alvin 11	4) Hinrichs, Noah 11	
11 DES MOINES ROOSEVELT	'A'	43.96
1) Tillman, Khamari 9	2) Fulton, Eddie 12	
3) Wold, Evan 10	4) Karla, Isaac 12	
12 PELLA	'A'	44.00
1) Kettler, Owen 10	2) Tallman, Harry 11	
3) Diers, Emmanuel 11	4) Pleima, Landen 11	
13 NORTH POLK ALLEMAN	'A'	44.13
1) Tate Jr., BJ 12	2) Visalden, Gabe 12	
3) Teply, Quintan 10	4) Spurgeon, Coen 12	
14 DOWLING CATHOLIC WES...	'A'	44.26
1) Gardner-Smith, Gavin 9	2) Ramaeker, Lincoln 9	
3) Bobo, Ryan 11	4) Smid, Henry 9	
15 DES MOINES EAST	'A'	44.86
1) Johnson, Braiden 11	2) Heliman, Jamel 10	
3) Farley, Craig 12	4) Clearwater, Qwaden 12	
16 FORT DODGE	'A'	45.05
1) Kingrey, Rylan 12	2) McBride, Tru 10	
3) Mosley, Tytrell 11	4) Daniel, Noah 11	
17 CARROLL COMMUNITY	'A'	45.07
1) Childress, Treyvin 10	2) White, Maddox 12	
3) Mrla, Landon 11	4) Ziegmann, Reece 12	
18 AMES	'A'	45.59
1) Johnson, Peyton 9	2) Thompson, Cameron 10	
3) Negrete, Saul 9	4) Jabathy, D'Andre 9	
19 WAUKEE NORTHWEST	'A'	45.60
1) Burns, Carson 10	2) Costigan, Colin 10	
3) Parker, Bryce 10	4) Dennis, Hans 10	
20 PELLA CHRISTIAN	'A'	45.89
1) Nunnikhoven, Landon 11	2) Lubbers, Jude 10	
3) Volk, Caleb 11	4) Kacmarynski, Adam 9	
21 MARSHALLTOWN	'A'	46.13
1) Garcia, Fernando 11	2) Halsted, Talon 11	
3) Lavender, Jayden 10	4) Anderson, Evan 10	
22 BONDURANT-FARRAR	'A'	46.27
1) Cory, Landon 12	2) Ernst, Parker 12	
3) Fine, Vincent 12	4) Muller, Austin 10	
23 MASON CITY	'A'	46.59
1) Blanchard, William 10	2) Sanchez-evans, Ty 11	
3) Williams, Jayden 11	4) Falls, Jameer 10	
24 BOONE	'A'	47.01
1) Boucher, Lucas 12	2) Ingram, Joshua 12	
3) Hedrick, Brenden 11	4) McCloud, Jordan 12	
-- DES MOINES ABRAHAM LI...	'A'	DNS
1) Senecaut, Jackson 12	2) Aloung, Abel 11	
3) Reed, Clarence 12	4) Brown keheyee, Clinton 11	
-- ADM ADEL	'A'	DNS
1) Engleman, Grant 12	2) Gerleman, Leyton 11	
3) Hatchitt, Jonathon 12	4) Johnson, Zane 9	
-- SOUTHEAST POLK	'A'	DNS
1) Chambers, Lucas 12	2) Gaye, Emmanuel 12	
3) Tarasid-Tarawally, Fredrick 10	4) Thompson, Drew 11	
Heat 1		
1 FORT DODGE	'A'	45.05
1) Kingrey, Rylan 12	2) McBride, Tru 10	
3) Mosley, Tytrell 11	4) Daniel, Noah 11	
2 MARSHALLTOWN	'A'	46.13
1) Garcia, Fernando 11	2) Halsted, Talon 11	
3) Lavender, Jayden 10	4) Anderson, Evan 10	
-- DES MOINES ABRAHAM LI...	'A'	DNS
1) Senecaut, Jackson 12	2) Aloung, Abel 11	
3) Reed, Clarence 12	4) Brown keheyee, Clinton 11	

Heat 2

1	URBANDALE	'A'	43.28
	1) <i>Cabildo, Dominic 10</i>	2) <i>Jenkins, Cameron 11</i>	
	3) <i>Fuller, Kaden 12</i>	4) <i>Sciorrotta, Gino 9</i>	
2	WAUKEE	'A'	43.90
	1) <i>Case Haub, Ben 11</i>	2) <i>Richardson Williams, Jamual 11</i>	
	3) <i>Grier, Alvin 11</i>	4) <i>Hinrichs, Noah 11</i>	
3	PELLA	'A'	44.00
	1) <i>Kettler, Owen 10</i>	2) <i>Tallman, Harry 11</i>	
	3) <i>Diers, Emmanuel 11</i>	4) <i>Pleima, Landen 11</i>	
4	DOWLING CATHOLIC WES...	'A'	44.26
	1) <i>Gardner-Smith, Gavin 9</i>	2) <i>Ramaeker, Lincoln 9</i>	
	3) <i>Bobo, Ryan 11</i>	4) <i>Smid, Henry 9</i>	
5	CARROLL COMMUNITY	'A'	45.07
	1) <i>Childress, Treyvin 10</i>	2) <i>White, Maddox 12</i>	
	3) <i>Mrla, Landon 11</i>	4) <i>Ziegmann, Reece 12</i>	
6	PELLA CHRISTIAN	'A'	45.89
	1) <i>Nunnikhoven, Landon 11</i>	2) <i>Lubbers, Jude 10</i>	
	3) <i>Volk, Caleb 11</i>	4) <i>Kacmarynski, Adam 9</i>	
7	BONDURANT-FARRAR	'A'	46.27
	1) <i>Cory, Landon 12</i>	2) <i>Ernst, Parker 12</i>	
	3) <i>Fine, Vincent 12</i>	4) <i>Muller, Austin 10</i>	
8	BOONE	'A'	47.01
	1) <i>Boucher, Lucas 12</i>	2) <i>Ingram, Joshua 12</i>	
	3) <i>Hedrick, Brenden 11</i>	4) <i>McCloud, Jordan 12</i>	

Heat 3

1	NORWALK	'A'	43.20
	1) <i>Roche, Daniel 12</i>	2) <i>Borcharding-Johnson, Kadan 12</i>	
	3) <i>Robbins, Eli 11</i>	4) <i>Kunze, Kaiden 11</i>	
2	INDIANOLA	'A'	43.40
	1) <i>Bradley, Nick 11</i>	2) <i>Anderson, Vincent 12</i>	
	3) <i>Brueck, Asher 11</i>	4) <i>Hilton, Rylan 10</i>	
3	DALLAS CENTER-GRIMES	'A'	43.68
	1) <i>Opoku-Sekyere, Christopher 9</i>	2) <i>Wright, Gabriel 9</i>	
	3) <i>Carlson, Ethan 10</i>	4) <i>Heitland, Chase 10</i>	
4	DES MOINES HOOVER	'A'	43.80
	1) <i>Berry, Diyon 11</i>	2) <i>Polich, Gabe 12</i>	
	3) <i>Harrell, Brandon 10</i>	4) <i>Parkey, Justice 12</i>	
5	NORTH POLK ALLEMAN	'A'	44.13
	1) <i>Tate Jr., BJ 12</i>	2) <i>Visalden, Gabe 12</i>	
	3) <i>Teply, Quinlan 10</i>	4) <i>Spurgeon, Coen 12</i>	
6	DES MOINES EAST	'A'	44.86
	1) <i>Johnson, Braiden 11</i>	2) <i>Heliman, Jamel 10</i>	
	3) <i>Farley, Craig 12</i>	4) <i>Clearwater, Qwaden 12</i>	
7	AMES	'A'	45.59
	1) <i>Johnson, Peyton 9</i>	2) <i>Thompson, Cameron 10</i>	
	3) <i>Negrete, Saul 9</i>	4) <i>Jabathy, D'Andre 9</i>	
8	MASON CITY	'A'	46.59
	1) <i>Blanchard, William 10</i>	2) <i>Sanchez-evans, Ty 11</i>	
	3) <i>Williams, Jayden 11</i>	4) <i>Falls, Jameer 10</i>	

Heat 4

1	JOHNSTON	'A'	42.18
	1) <i>Tour, Steve 11</i>	2) <i>Barkue, D'Angelo 12</i>	
	3) <i>Beachem, Bryce 10</i>	4) <i>Peterson, Vincent 12</i>	
2	ANKENY CENTENNIAL	'A'	42.21
	1) <i>Ross, Noah 11</i>	2) <i>McGhee, Robert 12</i>	
	3) <i>Neith, Joel 12</i>	4) <i>Jackson, Braeden 12</i>	
3	VALLEY WEST DES MOINES	'A'	43.05
	1) <i>LeLaCheur, Miciah 11</i>	2) <i>Brown, Jayden 11</i>	
	3) <i>Levine, Roman 12</i>	4) <i>Adaway, Jayden 10</i>	
4	ANKENY	'A'	43.83
	1) <i>McClure, Finn 11</i>	2) <i>Zuber, Alexander 10</i>	
	3) <i>Grossman, Treyton 11</i>	4) <i>Sickerson, Tyler 12</i>	
5	DES MOINES ROOSEVELT	'A'	43.96
	1) <i>Tillman, Khamari 9</i>	2) <i>Fulton, Eddie 12</i>	
	3) <i>Wold, Evan 10</i>	4) <i>Karla, Isaac 12</i>	
6	WAUKEE NORTHWEST	'A'	45.60
	1) <i>Burns, Carson 10</i>	2) <i>Costigan, Colin 10</i>	
	3) <i>Parker, Bryce 10</i>	4) <i>Dennis, Hans 10</i>	
--	ADM ADEL	'A'	DNS
	1) <i>Engleman, Grant 12</i>	2) <i>Gerleman, Leyton 11</i>	
	3) <i>Hatchitt, Jonathon 12</i>	4) <i>Johnson, Zane 9</i>	
--	SOUTHEAST POLK	'A'	DNS
	1) <i>Chambers, Lucas 12</i>	2) <i>Gaye, Emmanuel 12</i>	
	3) <i>Tarasid-Tarawally, Fredrick 10</i>	4) <i>Thompson, Drew 11</i>	

#29 Girls' 4x400 Relay Varsity Finals

Team	Relay	Finals
Compiled		
1 PELLA CHRISTIAN	'A'	4:00.59
1) Kacmarynski, Rachel 10	2) Van Wyk, Meredith 11	
3) Agre, Amaia 11	4) Vos, Bailey 11	
2 INDIANOLA	'A'	4:02.55
1) White, Emma 10	2) Sandy, Kendal 10	
3) Mason, Ady 11	4) Grover, Madison 10	
3 SOUTHEAST POLK	'A'	4:06.58
1) Smith, Josephine 9	2) Weiland, Berkley 9	
3) Myers, Brooke 11	4) Goldsberry, Alayna 10	
4 BONDURANT-FARRAR	'A'	4:06.67
1) Kruse, Elliott 10	2) Waterhouse, Aubri 12	
3) Anderson, Gracie 10	4) Strickland, Brinkley 10	
5 NORTH POLK ALLEMAN	'A'	4:09.06
1) Huether, Frankie 10	2) Doonan, Mia 12	
3) Uhl, Jaiden 10	4) Arp, Layla 12	
6 PELLA	'A'	4:09.61
1) Barnes, Kyla 10	2) VandeVoort, Lizzy 9	
3) Schiebout, Mara 12	4) Neumann, Lizzie 11	
7 DOWLING CATHOLIC WES...	'A'	4:10.57
1) Nagel, Maddie 11	2) Gaskell, Alex 12	
3) Brooks, Franny 11	4) Jones, Adalyn 10	
8 VALLEY WEST DES MOINES	'A'	4:11.15
1) Burns, Taylor 12	2) Dayton, Amyra 10	
3) Small, Sydney 11	4) Lee, Zoey 9	
9 ANKENY	'A'	4:14.66
1) Oleson, Alice 12	2) Lindaman, Gracie 12	
3) Bach, Brylee 9	4) Cibula, Elle 9	
10 WAUKEE	'A'	4:15.35
1) Bennett, Lydia 10	2) Berger, Olivia 10	
3) Rees, Jayden 11	4) Baugh Van Zee, Emme 10	
11 ANKENY CENTENNIAL	'A'	4:18.39
1) Griggs, Cassidy 12	2) Hodges, Bella 12	
3) Blevins, Ellie 10	4) Jackson, Teagan 10	
12 AMES	'A'	4:21.55
1) Westort, Natalie 9	2) Esslinger, Shelby 10	
3) Frandsen, Meredith 11	4) Harrelson, Ophelia 9	
13 BOONE	'A'	4:30.58
1) Davidson, Madelyn 11	2) Klein, Piper 10	
3) Hayes, Avah 11	4) Morgan, Bryana 10	
14 NORWALK	'A'	4:34.00
1) Kelderman, Avery 9	2) Crick, Leah 10	
3) Scandrett, Khloe 9	4) Wetzeler, Grace 9	
15 JOHNSTON	'A'	4:38.72
1) Howard, Janeanne 9	2) Nicol, Sadie 9	
3) Maas, Brecken 9	4) Cornwell, Cooper 9	
16 DES MOINES ABRAHAM LI...	'A'	4:57.87
1) Fong, Elizabeth 12	2) De Meyer, Madelline 10	
3) Walls, Brilynn 11	4) Thea, Elisabeth 11	
-- MASON CITY	'A'	DNS
1) Hansen, Janae 12	2) Zilge, Peyton 10	
3) Evans, Brogan 11	4) York, Latasha 10	

-- DES MOINES NORTH	'A'	DNS
1) Brown, Caroline 9	2) Velazquez, Gabriela 10	
3) Negron Maldonado, Kriztynah 9	4) Sunuwar, Prashina 9	

-- ADM ADEL	'A'	DNS
1) Tollari, Aniston 12	2) James, Madi 12	
3) Coghlan, Elise 11	4) Morse, Brecken 11	

Heat 1

1 BOONE	'A'	4:30.58
1) Davidson, Madelyn 11	2) Klein, Piper 10	
3) Hayes, Avah 11	4) Morgan, Bryana 10	

2 DES MOINES ABRAHAM LI...	'A'	4:57.87
1) Fong, Elizabeth 12	2) De Meyer, Madelline 10	
3) Walls, Brilynn 11	4) Thea, Elisabeth 11	

-- DES MOINES NORTH	'A'	DNS
1) Brown, Caroline 9	2) Velazquez, Gabriela 10	
3) Negron Maldonado, Kriztynah 9	4) Sunuwar, Prashina 9	

Heat 2

1 SOUTHEAST POLK	'A'	4:06.58
1) Smith, Josephine 9	2) Weiland, Berkley 9	
3) Myers, Brooke 11	4) Goldsberry, Alayna 10	

2 NORTH POLK ALLEMAN	'A'	4:09.06
1) Huether, Frankie 10	2) Doonan, Mia 12	
3) Uhl, Jaiden 10	4) Arp, Layla 12	

3 DOWLING CATHOLIC WES...	'A'	4:10.57
1) Nagel, Maddie 11	2) Gaskell, Alex 12	
3) Brooks, Franny 11	4) Jones, Adalyn 10	

4 VALLEY WEST DES MOINES	'A'	4:11.15
1) Burns, Taylor 12	2) Dayton, Amyra 10	
3) Small, Sydney 11	4) Lee, Zoey 9	

5 WAUKEE	'A'	4:15.35
1) Bennett, Lydia 10	2) Berger, Olivia 10	
3) Rees, Jayden 11	4) Baugh Van Zee, Emme 10	

6 NORWALK	'A'	4:34.00
1) Kelderman, Avery 9	2) Crick, Leah 10	
3) Scandrett, Khloe 9	4) Wetzeler, Grace 9	

-- MASON CITY	'A'	DNS
1) Hansen, Janae 12	2) Zilge, Peyton 10	
3) Evans, Brogan 11	4) York, Latasha 10	

-- ADM ADEL	'A'	DNS
1) Tollari, Aniston 12	2) James, Madi 12	
3) Coghlan, Elise 11	4) Morse, Brecken 11	

Heat 3

Heat	Team	Relay	Finals
1	PELLA CHRISTIAN	'A'	4:00.59
	1) <i>Kacmarynski, Rachel 10</i>	2) <i>Van Wyk, Meredith 11</i>	
	3) <i>Agre, Amaia 11</i>	4) <i>Vos, Bailey 11</i>	
2	INDIANOLA	'A'	4:02.55
	1) <i>White, Emma 10</i>	2) <i>Sandy, Kendal 10</i>	
	3) <i>Mason, Ady 11</i>	4) <i>Grover, Madison 10</i>	
3	BONDURANT-FARRAR	'A'	4:06.67
	1) <i>Kruse, Elliott 10</i>	2) <i>Waterhouse, Aubri 12</i>	
	3) <i>Anderson, Gracie 10</i>	4) <i>Strickland, Brinkley 10</i>	
4	PELLA	'A'	4:09.61
	1) <i>Barnes, Kyla 10</i>	2) <i>VandeVoort, Lizzy 9</i>	
	3) <i>Schiebout, Mara 12</i>	4) <i>Neumann, Lizzie 11</i>	
5	ANKENY	'A'	4:14.66
	1) <i>Oleson, Alice 12</i>	2) <i>Lindaman, Gracie 12</i>	
	3) <i>Bach, Brylee 9</i>	4) <i>Cibula, Elle 9</i>	
6	ANKENY CENTENNIAL	'A'	4:18.39
	1) <i>Griggs, Cassidy 12</i>	2) <i>Hodges, Bella 12</i>	
	3) <i>Blevins, Ellie 10</i>	4) <i>Jackson, Teagan 10</i>	
7	AMES	'A'	4:21.55
	1) <i>Westort, Natalie 9</i>	2) <i>Esslinger, Shelby 10</i>	
	3) <i>Frandsen, Meredith 11</i>	4) <i>Harrelson, Ophelia 9</i>	
8	JOHNSTON	'A'	4:38.72
	1) <i>Howard, Janeanne 9</i>	2) <i>Nicol, Sadie 9</i>	
	3) <i>Maas, Brecken 9</i>	4) <i>Cornwell, Cooper 9</i>	

#30 Boys' 4x400 Relay Varsity Finals

Heat	Team	Relay	Finals
Compiled			
1	ANKENY CENTENNIAL	'A'	3:25.89
	1) <i>Reed, Jackson 12</i>	2) <i>Reed, Caleb 12</i>	
	3) <i>Jackson, Braeden 12</i>	4) <i>Woods, Cael 12</i>	
2	ANKENY	'A'	3:27.38
	1) <i>Robie, Nicholas 12</i>	2) <i>Brownsberger, Tate 12</i>	
	3) <i>Smith, Ike 11</i>	4) <i>Zuber, Ethan 12</i>	
3	WAUKEE	'A'	3:30.06
	1) <i>Jeter, Jayden 11</i>	2) <i>VanDis, Jonas 12</i>	
	3) <i>Braun, Nolan 10</i>	4) <i>Klemesrud, Drew 12</i>	
4	AMES	'A'	3:30.16
	1) <i>Vander Wilt, Drew 11</i>	2) <i>Clouser, Gavin 12</i>	
	3) <i>Douglas, TJ 11</i>	4) <i>Knight, Isaiah 12</i>	
5	DES MOINES EAST	'A'	3:31.55
	1) <i>Williams, Malik 10</i>	2) <i>Williams, Isaiah 12</i>	
	3) <i>Parker, Damarius 12</i>	4) <i>Johnson, Kayden 10</i>	
6	DES MOINES ROOSEVELT	'A'	3:32.15
	1) <i>Malloy, Rylan 12</i>	2) <i>Nicolino, Julian 10</i>	
	3) <i>Marett, Owen 12</i>	4) <i>Reagen, Cameron 12</i>	
7	PELLA	'A'	3:33.41
	1) <i>Ligman, Nathaniel 11</i>	2) <i>Shetterly, Bailey 12</i>	
	3) <i>Kerndt, Colin 12</i>	4) <i>Mullens, Harry 11</i>	
8	NORTH POLK ALLEMAN	'A'	3:34.17
	1) <i>Hout, Jake 12</i>	2) <i>Ackerman, Mason 10</i>	
	3) <i>Bormann, Carter 10</i>	4) <i>Kelsick, Evan 12</i>	
9	VALLEY WEST DES MOINES	'A'	3:34.59
	1) <i>Zingler, Gabriel 10</i>	2) <i>Levine, Roman 12</i>	
	3) <i>Owen, Jonathan 12</i>	4) <i>Jackson, Jaylen 12</i>	
10	JOHNSTON	'A'	3:36.83
	1) <i>Schug, Holden 12</i>	2) <i>Reese, Noah 12</i>	
	3) <i>Anglo, Elijah 10</i>	4) <i>Gatton, Kaden 10</i>	
11	INDIANOLA	'A'	3:37.40
	1) <i>Johnson, Isaac 10</i>	2) <i>Amos, Parker 10</i>	
	3) <i>Reed, Gavin 12</i>	4) <i>Jacobs, Deacon 10</i>	
12	DOWLING CATHOLIC WES...	'A'	3:38.71
	1) <i>Agau, Mamer 9</i>	2) <i>Spracklin, Sam 9</i>	
	3) <i>Mohan, Josh 12</i>	4) <i>Paulsen, Nicholas 11</i>	
13	MASON CITY	'A'	3:39.16
	1) <i>Byre, Kasin 12</i>	2) <i>Lee, Javel 12</i>	
	3) <i>Haakenstad, Brandt 12</i>	4) <i>Witt, Drayden 11</i>	
14	URBANDALE	'A'	3:39.46
	1) <i>Shide, Sidney 12</i>	2) <i>Ajiri, Elijah 12</i>	
	3) <i>Giles, Joseph 9</i>	4) <i>De Boer, Larson 12</i>	
15	BOONE	'A'	3:47.65
	1) <i>McIntyre, Maddox 10</i>	2) <i>McCloud, Jordan 12</i>	
	3) <i>Brogden, Bodie 11</i>	4) <i>Malin, Noel 10</i>	
16	MARSHALLTOWN	'A'	3:47.89
	1) <i>Sharp, Kieron 10</i>	2) <i>Bell, Carter 12</i>	
	3) <i>Smitherman, Aiden 11</i>	4) <i>Wright, Carson 11</i>	
17	FORT DODGE	'A'	3:48.46
	1) <i>Richardson, Hunter 12</i>	2) <i>Moser, Sam 10</i>	
	3) <i>Feeley, Taevon 11</i>	4) <i>Beckley, Luke 9</i>	

18	DES MOINES ABRAHAM LI... 'A'	3:55.16
	1) <i>Saw, Kay 11</i>	2) <i>Mead, Warren 10</i>
	3) <i>Todhunter, Michael 12</i>	4) <i>Wheelock, Hudson 11</i>
19	CARROLL COMMUNITY 'A'	4:02.09
	1) <i>Tharjiath, Lual 11</i>	2) <i>Lueders, Cayden 10</i>
	3) <i>Stitz, Mason 11</i>	4) <i>Mrla, Landon 11</i>
--	BONDURANT-FARRAR 'A'	FS
	1) <i>Farver, Drew 11</i>	2) <i>Frost, Mason 12</i>
	3) <i>Rial, Jordan 12</i>	4) <i>Kurtz, Andrew 10</i>
--	DES MOINES HOOVER 'A'	DNS
	1) <i>Davis, David 10</i>	2) <i>Gordon, Chase 11</i>
	3) <i>Skinner, Traden 11</i>	4) <i>Parkey, Justice 12</i>
--	ADM ADEL 'A'	DNS
	1) <i>Engleman, Grant 12</i>	2) <i>Shull, Hudson 11</i>
	3) <i>Hook, Parker 10</i>	4) <i>Forgy, Cameron 12</i>

Heat 1

1	BOONE 'A'	3:47.65
	1) <i>McIntyre, Maddox 10</i>	2) <i>McCloud, Jordan 12</i>
	3) <i>Brogden, Bodie 11</i>	4) <i>Malin, Noel 10</i>
2	MARSHALLTOWN 'A'	3:47.89
	1) <i>Sharp, Kieron 10</i>	2) <i>Bell, Carter 12</i>
	3) <i>Smitherman, Aiden 11</i>	4) <i>Wright, Carson 11</i>
3	FORT DODGE 'A'	3:48.46
	1) <i>Richardson, Hunter 12</i>	2) <i>Moser, Sam 10</i>
	3) <i>Feeley, Taevon 11</i>	4) <i>Beckley, Luke 9</i>
4	DES MOINES ABRAHAM LI... 'A'	3:55.16
	1) <i>Saw, Kay 11</i>	2) <i>Mead, Warren 10</i>
	3) <i>Todhunter, Michael 12</i>	4) <i>Wheelock, Hudson 11</i>
5	CARROLL COMMUNITY 'A'	4:02.09
	1) <i>Tharjiath, Lual 11</i>	2) <i>Lueders, Cayden 10</i>
	3) <i>Stitz, Mason 11</i>	4) <i>Mrla, Landon 11</i>
--	DES MOINES HOOVER 'A'	DNS
	1) <i>Davis, David 10</i>	2) <i>Gordon, Chase 11</i>
	3) <i>Skinner, Traden 11</i>	4) <i>Parkey, Justice 12</i>

Heat 2

1	AMES 'A'	3:30.16
	1) <i>Vander Wilt, Drew 11</i>	2) <i>Clouser, Gavin 12</i>
	3) <i>Douglas, TJ 11</i>	4) <i>Knight, Isaiah 12</i>
2	PELLA 'A'	3:33.41
	1) <i>Ligman, Nathaniel 11</i>	2) <i>Shetterly, Bailey 12</i>
	3) <i>Kerndt, Colin 12</i>	4) <i>Mullens, Harry 11</i>
3	NORTH POLK ALLEMAN 'A'	3:34.17
	1) <i>Hout, Jake 12</i>	2) <i>Ackerman, Mason 10</i>
	3) <i>Bormann, Carter 10</i>	4) <i>Kelsick, Evan 12</i>
4	VALLEY WEST DES MOINES 'A'	3:34.59
	1) <i>Zingler, Gabriel 10</i>	2) <i>Levine, Roman 12</i>
	3) <i>Owen, Jonathan 12</i>	4) <i>Jackson, Jaylen 12</i>
5	DOWLING CATHOLIC WES... 'A'	3:38.71
	1) <i>Agau, Mamer 9</i>	2) <i>Spracklin, Sam 9</i>
	3) <i>Mohan, Josh 12</i>	4) <i>Paulsen, Nicholas 11</i>
6	MASON CITY 'A'	3:39.16
	1) <i>Byre, Kasin 12</i>	2) <i>Lee, Javel 12</i>
	3) <i>Haakenstad, Brandt 12</i>	4) <i>Witt, Drayden 11</i>
7	URBANDALE 'A'	3:39.46
	1) <i>Shide, Sidney 12</i>	2) <i>Ajiri, Elijah 12</i>
	3) <i>Giles, Joseph 9</i>	4) <i>De Boer, Larson 12</i>
--	BONDURANT-FARRAR 'A'	FS
	1) <i>Farver, Drew 11</i>	2) <i>Frost, Mason 12</i>
	3) <i>Rial, Jordan 12</i>	4) <i>Kurtz, Andrew 10</i>

Heat 3

1	ANKENY CENTENNIAL 'A'	3:25.89
	1) <i>Reed, Jackson 12</i>	2) <i>Reed, Caleb 12</i>
	3) <i>Jackson, Braeden 12</i>	4) <i>Woods, Cael 12</i>
2	ANKENY 'A'	3:27.38
	1) <i>Robie, Nicholas 12</i>	2) <i>Brownsberger, Tate 12</i>
	3) <i>Smith, Ike 11</i>	4) <i>Zuber, Ethan 12</i>
3	WAUKEE 'A'	3:30.06
	1) <i>Jeter, Jayden 11</i>	2) <i>VanDis, Jonas 12</i>
	3) <i>Braun, Nolan 10</i>	4) <i>Klemesrud, Drew 12</i>
4	DES MOINES EAST 'A'	3:31.55
	1) <i>Williams, Malik 10</i>	2) <i>Williams, Isaiah 12</i>
	3) <i>Parker, Damarius 12</i>	4) <i>Johnson, Kayden 10</i>
5	DES MOINES ROOSEVELT 'A'	3:32.15
	1) <i>Malloy, Rylan 12</i>	2) <i>Nicolino, Julian 10</i>
	3) <i>Marett, Owen 12</i>	4) <i>Reagen, Cameron 12</i>
6	JOHNSTON 'A'	3:36.83
	1) <i>Schug, Holden 12</i>	2) <i>Reese, Noah 12</i>
	3) <i>Anglo, Elijah 10</i>	4) <i>Gatton, Kaden 10</i>
7	INDIANOLA 'A'	3:37.40
	1) <i>Johnson, Isaac 10</i>	2) <i>Amos, Parker 10</i>
	3) <i>Reed, Gavin 12</i>	4) <i>Jacobs, Deacon 10</i>
--	ADM ADEL 'A'	DNS
	1) <i>Engleman, Grant 12</i>	2) <i>Shull, Hudson 11</i>
	3) <i>Hook, Parker 10</i>	4) <i>Forgy, Cameron 12</i>

#33 Boys' Discus Varsity **Finals**

Athlete	Yr	Team	Finals
Compiled			
1	Souvongsavath, David	12 WAUKEE	171-09.00
2	Curtis, Aiden	10 INDIANOLA	166-01.00
3	Gilmore, Kian	12 VALLEY WEST D...	162-04.00
4	Kiesau, Daxon	10 URBANDALE	156-09.00
5	Tomlinson, Ryan	12 ANKENY	151-03.00
6	Cambron, Owen	12 INDIANOLA	148-00.00
7	Whinery, Reece	11 SOUTHEAST PO...	147-10.00
8	Tripp, Harrison	12 NORWALK	145-11.00
9	Anderson, Reagan	10 PELLA	145-06.00
10	Vannausdle, Cohen	11 JOHNSTON	143-04.00
11	Larson, Caleb	11 ANKENY CENTE...	141-10.00
12	Haase, Andrew	12 ANKENY	138-10.00
13	O'Halloran, Garrett	12 PELLA	137-04.00
14	Sanchez-evans, Ty	11 MASON CITY	136-10.00
15	Cantrall, Teague	11 SOUTHEAST PO...	134-05.00
16	Baumgardner, Jude	11 BOONE	131-06.00
17	Miller, Joshua	11 DOWLING CAT...	130-02.00
18	Valenta, Wyatt	10 DALLAS CENTE...	129-02.00
19	Amerison-Smith, Jayron	12 DES MOINES R...	128-11.00
20	Williams, Wesley	12 WAUKEE	128-07.00
21	Subbert, Nick	11 ADM ADEL	128-05.00
22	Elcock, Myls	11 DOWLING CAT...	127-09.00
23	Kruse, Bowen	12 GILBERT	124-07.00
24	Winter, Gabe	10 WAUKEE NORT...	124-00.00
25	Noland, Noah	12 CARLISLE	122-04.00
26	Marshall, Nathan	11 JOHNSTON	121-09.00
27	Adame, Manuel	12 DES MOINES E...	121-01.00
28	Andersen, Will	11 WAUKEE NORT...	119-04.00
29	Roth, Gavin	10 CARLISLE	110-00.00
30	Lee, Slayde	11 BOONE	108-10.00
--	Hinkle, Jaxson	11 MARSHALLTOW...	ND
--	Davenport Jr., Darius	12 DES MOINES A...	ND

Flight 1

1	Vannausdle, Cohen	11 JOHNSTON	143-04.00
2	Haase, Andrew	12 ANKENY	138-10.00
3	O'Halloran, Garrett	12 PELLA	137-04.00
4	Baumgardner, Jude	11 BOONE	131-06.00
5	Miller, Joshua	11 DOWLING CAT...	130-02.00
6	Amerison-Smith, Jayron	12 DES MOINES R...	128-11.00
7	Williams, Wesley	12 WAUKEE	128-07.00
8	Subbert, Nick	11 ADM ADEL	128-05.00
9	Kruse, Bowen	12 GILBERT	124-07.00
10	Winter, Gabe	10 WAUKEE NORT...	124-00.00
11	Noland, Noah	12 CARLISLE	122-04.00
12	Marshall, Nathan	11 JOHNSTON	121-09.00
13	Adame, Manuel	12 DES MOINES E...	121-01.00
14	Roth, Gavin	10 CARLISLE	110-00.00
15	Lee, Slayde	11 BOONE	108-10.00
--	Hinkle, Jaxson	11 MARSHALLTOW...	ND

Flight 2

1	Souvongsavath, David	12 WAUKEE	171-09.00
2	Curtis, Aiden	10 INDIANOLA	166-01.00
3	Gilmore, Kian	12 VALLEY WEST D...	162-04.00
4	Kiesau, Daxon	10 URBANDALE	156-09.00
5	Tomlinson, Ryan	12 ANKENY	151-03.00
6	Cambron, Owen	12 INDIANOLA	148-00.00
7	Whinery, Reece	11 SOUTHEAST PO...	147-10.00
8	Tripp, Harrison	12 NORWALK	145-11.00
9	Anderson, Reagan	10 PELLA	145-06.00
10	Larson, Caleb	11 ANKENY CENTE...	141-10.00
11	Sanchez-evans, Ty	11 MASON CITY	136-10.00
12	Cantrall, Teague	11 SOUTHEAST PO...	134-05.00
13	Valenta, Wyatt	10 DALLAS CENTE...	129-02.00
14	Elcock, Myls	11 DOWLING CAT...	127-09.00
15	Andersen, Will	11 WAUKEE NORT...	119-04.00
--	Davenport Jr., Darius	12 DES MOINES A...	ND

#34 Girls' Shot Put Varsity **Finals**

Athlete	Yr	Team	Finals
Compiled			
1	Gripp, Sam	10 INDIANOLA	40-02.25
2	Stanford, Kennedy	12 ADM ADEL	37-03.00
3	Borud, Kennedy	12 SOUTHEAST PO...	36-02.50
4	Hoffman, Kelly	12 WAUKEE	35-04.75
5	Rowedder, Olivia	12 CARROLL COM...	34-04.50
6	Stobbe, Ella	11 WAUKEE	34-04.00
7	Kuhlmann, Emma	12 CARROLL COM...	34-02.00
8	Shivers, Maleah	10 BOONE	34-00.50
9	Kluver, Katie	11 INDIANOLA	33-10.50
10	Richardson, Lillie	9 DOWLING CAT...	33-09.75
11	Christensen, Gwyn	11 ANKENY	33-09.50
12	Mohler, Mackenzie	12 VALLEY WEST D...	33-05.50
13	Gray, Emma	11 JOHNSTON	33-02.00
14	Petrak, Leann	12 JOHNSTON	32-08.00
15	Bird, Makenna	10 NORTH POLK A...	32-06.75
16	Kula, Skylar	12 BONDURANT-F...	32-02.25
17	Thompson, Maggie	12 PELLA	31-11.00
18	TeGrootenhuis, Sam	9 PELLA	31-07.75
19	Wiebold, Emma	12 BOONE	31-01.75
20	Miller, Riley	11 SOUTHEAST PO...	30-08.25
21	Sheridan, Alivia	11 DES MOINES E...	30-08.25
22	Proctor, Janiah	11 AMES	30-08.00
23	Brandt, Aubrey	9 GILBERT	29-11.75
24	Falls, Zaria	12 MASON CITY	29-07.50
25	Horner, Caitilin	12 ANKENY CENTE...	29-02.25
26	Sizemore, Emma	12 NORWALK	29-01.75
27	Hanson, Kaylee	9 BONDURANT-F...	28-07.50
28	Holtorf, Tessa	11 DOWLING CAT...	28-02.50
29	Moser, Jade	12 ANKENY	26-11.50
30	Nerem, Qwynn	12 NORTH POLK A...	26-11.50
--	Burpo, Victoria	9 WAUKEE NORT...	DNS
--	Braun, Taylor	12 ADM ADEL	DNS

Flight 1

1	Stobbe, Ella	11	WAUKEE	34-04.00
2	Petrak, Leann	12	JOHNSTON	32-08.00
3	Bird, Makenna	10	NORTH POLK A...	32-06.75
4	Kula, Skylar	12	BONDURANT-F...	32-02.25
5	Thompson, Maggie	12	PELLA	31-11.00
6	Miller, Riley	11	SOUTHEAST PO...	30-08.25
7	Proctor, Janiah	11	AMES	30-08.00
8	Brandt, Aubrey	9	GILBERT	29-11.75
9	Falls, Zaria	12	MASON CITY	29-07.50
10	Horner, Caitilin	12	ANKENY CENTE...	29-02.25
11	Sizemore, Emma	12	NORWALK	29-01.75
12	Hanson, Kaylee	9	BONDURANT-F...	28-07.50
13	Holtorf, Tessa	11	DOWLING CAT...	28-02.50
14	Moser, Jade	12	ANKENY	26-11.50
15	Nerem, Qwynn	12	NORTH POLK A...	26-11.50
--	Braun, Taylor	12	ADM ADEL	DNS

Flight 2

1	Gripp, Sam	10	INDIANOLA	40-02.25
2	Stanford, Kennedy	12	ADM ADEL	37-03.00
3	Borud, Kennedy	12	SOUTHEAST PO...	36-02.50
4	Hoffman, Kelly	12	WAUKEE	35-04.75
5	Rowedder, Olivia	12	CARROLL COM...	34-04.50
6	Kuhlmann, Emma	12	CARROLL COM...	34-02.00
7	Shivers, Maleah	10	BOONE	34-00.50
8	Kluver, Katie	11	INDIANOLA	33-10.50
9	Richardson, Lillie	9	DOWLING CAT...	33-09.75
10	Christensen, Gwyn	11	ANKENY	33-09.50
11	Mohler, Mackenzie	12	VALLEY WEST D...	33-05.50
12	Gray, Emma	11	JOHNSTON	33-02.00
13	TeGrootenhuis, Sam	9	PELLA	31-07.75
14	Wiebold, Emma	12	BOONE	31-01.75
15	Sheridan, Alivia	11	DES MOINES E...	30-08.25
--	Burpo, Victoria	9	WAUKEE NORT...	DNS

#35 Boys' Long Jump Varsity Finals

Athlete	Yr	Team	Finals
Compiled			
1	LeLaCheur, Miciah	11	VALLEY WEST D... 23-00.75
2	Fulton, Eddie	12	DES MOINES R... 22-06.00
3	Gondek, Nate	10	WINTERSET 21-03.75
4	Gaie, Elijah	10	DALLAS CENTE... 20-11.25
5	Beachem, Bryce	10	JOHNSTON 20-06.25
6	Kettler, Owen	10	PELLA 20-05.75
7	Giefer, Johnathon (Jt)	11	DES MOINES E... 20-05.00
8	Schmitz, Brady	12	NORWALK 20-03.00
9	Mrla, Landon	11	CARROLL COM... 20-01.25
10	Reed, Corbin	12	ADM ADEL 19-09.75
11	Witt, Drayden	11	MASON CITY 19-09.25
12	Smitherman, Aiden	11	MARSHALLTOW... 19-06.25
13	DeWall, Andrew	12	INDIANOLA 19-05.75
14	Barr, Peyton	12	WAUKEE NORT... 19-01.25
15	Harrell, Brandon	10	DES MOINES H... 19-00.75
16	Vens, Aidan	12	DES MOINES R... 18-11.75
17	Taylor, Byron	12	INDIANOLA 18-11.00
18	Plaisance, Ben	10	ADM ADEL 18-10.75
19	Gorsuch, Ethan	12	MARSHALLTOW... 18-06.25
20	Meester, Caden	10	JOHNSTON 18-02.75
21	Winslow, Ethan	10	NORWALK 18-02.50
22	Pitlock, Nathan	12	NORTH POLK A... 18-01.00
23	Matheny, Gavin	11	ANKENY CENTE... 18-00.00
24	Nebo, Therston	10	WAUKEE 17-09.75
25	Lewis, Brayden	11	SOUTHEAST PO... 17-07.75
--	Glax, Josh	11	DALLAS CENTE... DNS
--	Ihle, Chase	11	BALLARD DNS
--	Grier, Alvin	11	WAUKEE ND
--	Brown, Jayden	11	VALLEY WEST D... DNS
--	Bassett, Jeremiah	12	ANKENY CENTE... DNS
--	Diers, Emmanuel	11	PELLA DNS
--	Johnson, A'monte	11	DES MOINES E... ND

Flight 1

1	Gondek, Nate	10	WINTERSET 21-03.75
2	Witt, Drayden	11	MASON CITY 19-09.25
3	DeWall, Andrew	12	INDIANOLA 19-05.75
4	Harrell, Brandon	10	DES MOINES H... 19-00.75
5	Vens, Aidan	12	DES MOINES R... 18-11.75
6	Taylor, Byron	12	INDIANOLA 18-11.00
7	Plaisance, Ben	10	ADM ADEL 18-10.75
8	Gorsuch, Ethan	12	MARSHALLTOW... 18-06.25
9	Winslow, Ethan	10	NORWALK 18-02.50
10	Pitlock, Nathan	12	NORTH POLK A... 18-01.00
11	Matheny, Gavin	11	ANKENY CENTE... 18-00.00
12	Nebo, Therston	10	WAUKEE 17-09.75
13	Lewis, Brayden	11	SOUTHEAST PO... 17-07.75
--	Glax, Josh	11	DALLAS CENTE... DNS
--	Bassett, Jeremiah	12	ANKENY CENTE... DNS
--	Johnson, A'monte	11	DES MOINES E... ND

Flight 2

1	LeLaCheur, Miciah	11	VALLEY WEST D...	23-00.75
2	Fulton, Eddie	12	DES MOINES R...	22-06.00
3	Gaie, Elijah	10	DALLAS CENTE...	20-11.25
4	Beachem, Bryce	10	JOHNSTON	20-06.25
5	Kettler, Owen	10	PELLA	20-05.75
6	Giefer, Johnathon (Jt)	11	DES MOINES E...	20-05.00
7	Schmitz, Brady	12	NORWALK	20-03.00
8	Mrla, Landon	11	CARROLL COM...	20-01.25
9	Reed, Corbin	12	ADM ADEL	19-09.75
10	Smitherman, Aiden	11	MARSHALLTOW...	19-06.25
11	Barr, Peyton	12	WAUKEE NORT...	19-01.25
12	Meester, Caden	10	JOHNSTON	18-02.75
--	Ihle, Chase	11	BALLARD	DNS
--	Grier, Alvin	11	WAUKEE	ND
--	Brown, Jayden	11	VALLEY WEST D...	DNS
--	Diers, Emmanuel	11	PELLA	DNS

Flight 1

1	Wagner, Reese	10	NORTH POLK A...	5-08.25
2	Warmuth, London	12	ADM ADEL	5-07.00
3	Woods, Anna	10	ANKENY CENTE...	5-05.00
3	Gaskell, Alex	12	DOWLING CAT...	5-05.00
5	Biggs, Elodie	10	AMES	5-04.00
6	Grandgenett, Allie	11	GILBERT	5-02.00
7	Collins, Edie	10	WAUKEE NORT...	5-00.00
8	Gibbs, Phenix	9	PELLA	5-00.00
8	Grover, Madison	10	INDIANOLA	5-00.00
8	Noah, Mariam	9	DES MOINES R...	5-00.00
11	Hester, Amiya	10	BONDURANT-F...	5-00.00
11	Nelson, Kate	12	DOWLING CAT...	5-00.00
11	Henrichs, Madison	12	NORTH POLK A...	5-00.00
14	Badillo, Mila	10	ANKENY	4-10.00
14	Molden, Tabitha	9	JOHNSTON	4-10.00
16	Baker, Cailey	11	INDIANOLA	4-10.00
17	Percival, Anisa	12	AMES	4-10.00
18	Hammond, Jillian	11	NORWALK	4-10.00
19	Casey, McCaelyn	9	SOUTHEAST PO...	4-10.00
20	Tauke, Kelsey	12	PELLA	4-08.00
21	Tong, Yar	9	VALLEY WEST D...	4-08.00
22	Mueller, Aubree	9	WAUKEE	4-08.00
22	Trausch, Olive	10	DES MOINES R...	4-08.00
24	Chan, Ashal	9	JOHNSTON	4-06.00
25	Johnson, Noelle	12	BOONE	4-06.00
25	Baer, Ella	9	WINTERSET	4-06.00
--	Bulambo, Angerine	10	VALLEY WEST D...	DNS
--	Moss, Zuri	10	ADM ADEL	DNS
--	Wood, Ellie	12	SOUTHEAST PO...	NH
--	Kennedy, Ernestine	11	DES MOINES H...	DNS
--	McFarland, Jacey	11	DALLAS CENTE...	DNS
--	Hanfelt, Reagan	12	ANKENY	DNS

#36 Girls' High Jump Varsity Finals

Athlete	Yr	Team	Finals
Completed			
1	Wagner, Reese	10	NORTH POLK A... 5-08.25
2	Warmuth, London	12	ADM ADEL 5-07.00
3	Woods, Anna	10	ANKENY CENTE... 5-05.00
3	Gaskell, Alex	12	DOWLING CAT... 5-05.00
5	Biggs, Elodie	10	AMES 5-04.00
6	Grandgenett, Allie	11	GILBERT 5-02.00
7	Collins, Edie	10	WAUKEE NORT... 5-00.00
8	Gibbs, Phenix	9	PELLA 5-00.00
8	Grover, Madison	10	INDIANOLA 5-00.00
8	Noah, Mariam	9	DES MOINES R... 5-00.00
11	Hester, Amiya	10	BONDURANT-F... 5-00.00
11	Nelson, Kate	12	DOWLING CAT... 5-00.00
11	Henrichs, Madison	12	NORTH POLK A... 5-00.00
14	Badillo, Mila	10	ANKENY 4-10.00
14	Molden, Tabitha	9	JOHNSTON 4-10.00
16	Baker, Cailey	11	INDIANOLA 4-10.00
17	Percival, Anisa	12	AMES 4-10.00
18	Hammond, Jillian	11	NORWALK 4-10.00
19	Casey, McCaelyn	9	SOUTHEAST PO... 4-10.00
20	Tauke, Kelsey	12	PELLA 4-08.00
21	Tong, Yar	9	VALLEY WEST D... 4-08.00
22	Mueller, Aubree	9	WAUKEE 4-08.00
22	Trausch, Olive	10	DES MOINES R... 4-08.00
24	Chan, Ashal	9	JOHNSTON 4-06.00
25	Johnson, Noelle	12	BOONE 4-06.00
25	Baer, Ella	9	WINTERSET 4-06.00
--	Bulambo, Angerine	10	VALLEY WEST D... DNS
--	Moss, Zuri	10	ADM ADEL DNS
--	Wood, Ellie	12	SOUTHEAST PO... NH
--	Kennedy, Ernestine	11	DES MOINES H... DNS
--	McFarland, Jacey	11	DALLAS CENTE... DNS
--	Hanfelt, Reagan	12	ANKENY DNS

#37 Girls' Discus Varsity **Finals**

Athlete	Yr	Team	Finals
Compiled			
1	Mohler, Mackenzie	12 VALLEY WEST D...	135-01.00
2	Bishop, Ireland	10 PELLA	126-11.00
3	Wiebold, Emma	12 BOONE	122-07.00
4	Hoffman, Kelly	12 WAUKEE	122-01.00
5	Matthews, Elayna	12 WAUKEE	121-00.00
6	Rowedder, Olivia	12 CARROLL COM...	118-02.00
7	Tichy, Ava	12 INDIANOLA	116-06.00
8	Jeptoo, Valiant	12 WAUKEE NORT...	115-06.00
9	Danburg, Cassidy	10 WAUKEE NORT...	112-11.00
10	Kluver, Abbie	11 INDIANOLA	110-10.00
11	Taylor, Izabella	12 WINTERSET	110-05.00
12	Johnson, Nellie	11 DOWLING CAT...	107-11.00
13	Niggemeyer, Annabell	9 DOWLING CAT...	106-07.00
14	Braun, Taylor	12 ADM ADEL	105-06.00
15	Bird, Makenna	10 NORTH POLK A...	104-04.00
16	Steele, Lexi	11 SOUTHEAST PO...	104-01.00
17	Poock, Sam	12 ANKENY	103-05.00
18	LaMar, Jennifer	9 BOONE	100-02.00
19	Anderson, Bella	10 ANKENY CENTE...	99-07.00
20	Hanson, Kaylee	9 BONDURANT-F...	94-07.00
21	Sizemore, Emma	12 NORWALK	92-05.00
22	Binstock, Brylee	12 ANKENY CENTE...	91-01.00
23	Clark, Allee	12 NORWALK	91-00.00
24	Faber, Hope	11 PELLA	89-00.00
25	Calhoun, Skylar	12 AMES	87-10.00
26	Lindaman, Gracie	12 ANKENY	85-04.00
27	Johnson, Haylee	9 VALLEY WEST D...	84-04.00
28	Paullin, Megan	10 JOHNSTON	82-07.00
--	Borud, Kennedy	12 SOUTHEAST PO...	ND
--	Nikkel, Mallory	11 BONDURANT-F...	DNS
--	Stanford, Kennedy	12 ADM ADEL	DNS
--	Kock, Chloe	10 CARROLL COM...	ND

Flight 1

1	Jeptoo, Valiant	12 WAUKEE NORT...	115-06.00
2	Niggemeyer, Annabell	9 DOWLING CAT...	106-07.00
3	Bird, Makenna	10 NORTH POLK A...	104-04.00
4	Steele, Lexi	11 SOUTHEAST PO...	104-01.00
5	Poock, Sam	12 ANKENY	103-05.00
6	Hanson, Kaylee	9 BONDURANT-F...	94-07.00
7	Sizemore, Emma	12 NORWALK	92-05.00
8	Binstock, Brylee	12 ANKENY CENTE...	91-01.00
9	Clark, Allee	12 NORWALK	91-00.00
10	Faber, Hope	11 PELLA	89-00.00
11	Calhoun, Skylar	12 AMES	87-10.00
12	Johnson, Haylee	9 VALLEY WEST D...	84-04.00
13	Paullin, Megan	10 JOHNSTON	82-07.00
--	Nikkel, Mallory	11 BONDURANT-F...	DNS
--	Stanford, Kennedy	12 ADM ADEL	DNS
--	Kock, Chloe	10 CARROLL COM...	ND

Flight 2

1	Mohler, Mackenzie	12 VALLEY WEST D...	135-01.00
2	Bishop, Ireland	10 PELLA	126-11.00
3	Wiebold, Emma	12 BOONE	122-07.00
4	Hoffman, Kelly	12 WAUKEE	122-01.00
5	Matthews, Elayna	12 WAUKEE	121-00.00
6	Rowedder, Olivia	12 CARROLL COM...	118-02.00
7	Tichy, Ava	12 INDIANOLA	116-06.00
8	Danburg, Cassidy	10 WAUKEE NORT...	112-11.00
9	Kluver, Abbie	11 INDIANOLA	110-10.00
10	Taylor, Izabella	12 WINTERSET	110-05.00
11	Johnson, Nellie	11 DOWLING CAT...	107-11.00
12	Braun, Taylor	12 ADM ADEL	105-06.00
13	LaMar, Jennifer	9 BOONE	100-02.00
14	Anderson, Bella	10 ANKENY CENTE...	99-07.00
15	Lindaman, Gracie	12 ANKENY	85-04.00
--	Borud, Kennedy	12 SOUTHEAST PO...	ND

#38 Boys' Shot Put Varsity **Finals**

Athlete	Yr	Team	Finals
Compiled			
1	Dickinson, Max	12 ANKENY CENTE...	53-10.25
2	McDaniel, Lathan	12 INDIANOLA	53-10.25
3	Tomlinson, Ryan	12 ANKENY	50-08.25
4	Hagan, Brady	10 DOWLING CAT...	50-06.75
5	Baumgardner, Jude	11 BOONE	49-10.50
6	Davenport Jr., Darius	12 DES MOINES A...	46-10.50
7	Meyer, Cade	12 MASON CITY	46-10.00
8	Valenta, Wyatt	10 DALLAS CENTE...	46-09.75
9	Anderson, Reagan	10 PELLA	46-08.50
10	Humphrey, Gavin	12 ANKENY CENTE...	46-04.75
11	Adame, Manuel	12 DES MOINES E...	46-00.75
12	Vasey, Deacon	12 DES MOINES R...	44-09.25
13	Oberhoffer, Caleb	12 ADM ADEL	44-08.75
14	Sanchez-evans, Ty	11 MASON CITY	44-07.75
15	Kiesau, Daxon	10 URBANDALE	44-07.00
16	Siefken, Jackson	10 ADM ADEL	44-01.00
17	Macias, Ignacio	11 MARSHALLTOW...	43-11.25
18	Amerison-Smith, Jayron	12 DES MOINES R...	43-05.75
19	Beattie, Greyson	11 WAUKEE NORT...	42-10.00
20	Holt, Gavin	11 CARROLL COM...	42-09.25
21	Harris, Lincoln	12 DALLAS CENTE...	42-07.50
22	Lee, Nathan	11 ANKENY	42-04.00
23	Carlson, Samuel	11 PELLA	39-09.50
24	Roth, Gavin	10 CARLISLE	39-05.75
25	Flewellyn, Caden	11 VALLEY WEST D...	38-10.25
26	Vannausdle, Cohen	11 JOHNSTON	38-07.75
--	Tripp, Harrison	12 NORWALK	ND
--	Cantrall, Teague	11 SOUTHEAST PO...	ND
--	Collum, James	11 BONDURANT-F...	ND
--	Roberts, Cael	11 SOUTHEAST PO...	DNS
--	Souvongsavath, David	12 WAUKEE	ND
--	LaFrenz, Riley	10 INDIANOLA	ND

Flight 1

1	Anderson, Reagan	10	PELLA	46-08.50
2	Sanchez-evans, Ty	11	MASON CITY	44-07.75
3	Kiesau, Daxon	10	URBAN DALE	44-07.00
4	Siefken, Jackson	10	ADM ADEL	44-01.00
5	Macias, Ignacio	11	MARSHALLTOW...	43-11.25
6	Amerison-Smith, Jayron	12	DES MOINES R...	43-05.75
7	Beattie, Greyson	11	WAUKEE NORT...	42-10.00
8	Holt, Gavin	11	CARROLL COM...	42-09.25
9	Harris, Lincoln	12	DALLAS CENTE...	42-07.50
10	Carlson, Samuel	11	PELLA	39-09.50
11	Roth, Gavin	10	CARLISLE	39-05.75
12	Flewellyn, Caden	11	VALLEY WEST D...	38-10.25
13	Vannausdle, Cohen	11	JOHNSTON	38-07.75
--	Collum, James	11	BONDURANT-F...	ND
--	Roberts, Cael	11	SOUTHEAST PO...	DNS
--	LaFrenz, Riley	10	INDIANOLA	ND

Flight 2

1	Dickinson, Max	12	ANKENY CENTE...	53-10.25
2	McDaniel, Lathan	12	INDIANOLA	53-10.25
3	Tomlinson, Ryan	12	ANKENY	50-08.25
4	Hagan, Brady	10	DOWLING CAT...	50-06.75
5	Baumgardner, Jude	11	BOONE	49-10.50
6	Davenport Jr., Darius	12	DES MOINES A...	46-10.50
7	Meyer, Cade	12	MASON CITY	46-10.00
8	Valenta, Wyatt	10	DALLAS CENTE...	46-09.75
9	Humphrey, Gavin	12	ANKENY CENTE...	46-04.75
10	Adame, Manuel	12	DES MOINES E...	46-00.75
11	Vasey, Deacon	12	DES MOINES R...	44-09.25
12	Oberhoffer, Caleb	12	ADM ADEL	44-08.75
13	Lee, Nathan	11	ANKENY	42-04.00
--	Tripp, Harrison	12	NORWALK	ND
--	Cantrall, Teague	11	SOUTHEAST PO...	ND
--	Souvongsavath, David	12	WAUKEE	ND

#39 Girls' Long Jump Varsity **Finals**

Athlete	Yr	Team	Finals	
Compiled				
1	Hatcher, Sophia	11	AMES	18-09.50
2	Huether, Frankie	10	NORTH POLK A...	17-11.25
3	Bruening, Lena	10	WAUKEE	17-03.75
4	Leman, Ruby	12	DOWLING CAT...	17-02.25
5	Cowles, Edyn	11	AMES	16-11.50
6	Keiser, Payton	10	VALLEY WEST D...	16-07.25
7	DeVries, Haylie	9	PELLA	16-06.25
8	Kress, Lilah	12	WAUKEE NORT...	16-05.00
9	Leinen, Ava	12	ANKENY	16-05.00
10	Tollari, Aniston	12	ADM ADEL	16-03.00
11	Seehase, Calli	12	ADM ADEL	16-00.75
12	Demey, Brinley	10	ANKENY CENTE...	16-00.50
13	Terpstra, Lexi	11	PELLA CHRISTI...	16-00.50
14	Woods, Jadyn	11	SOUTHEAST PO...	16-00.50
15	Akin, Gabby	12	INDIANOLA	16-00.00
16	Parker, Jayla	11	VALLEY WEST D...	15-11.00
17	Powell, Ellie	11	SOUTHEAST PO...	15-11.00
18	Johannes, Keira	12	JOHNSTON	15-10.75
19	Durbin-Wilson, Maya	12	ANKENY	15-09.00
20	Tauke, Kelsey	12	PELLA	15-08.25
21	Jackson, Teagan	10	ANKENY CENTE...	15-07.00
22	Stanfel, Gianna	9	DOWLING CAT...	15-06.75
23	Nicol, Sadie	9	JOHNSTON	15-04.75
24	Bauman, Sophia	12	DALLAS CENTE...	15-03.50
25	Rogers, Averie	10	INDIANOLA	15-01.25
26	Mrla, Brylee	10	CARROLL COM...	14-09.25
27	Rasmussen, Carrigan	9	NORTH POLK A...	14-07.50
28	Lott, Niah	10	MARSHALLTOW...	14-04.50
29	Graeve, Mia	12	BOONE	13-05.50
30	Johnson, Amairra	10	MARSHALLTOW...	13-00.25
--	Boens, Aniyah	10	DALLAS CENTE...	DNS
--	Martin, Maddie	10	BONDURANT-F...	DNS

Flight 1

1	DeVries, Haylie	9	PELLA	16-06.25
2	Demey, Brinley	10	ANKENY CENTE...	16-00.50
3	Woods, Jadyn	11	SOUTHEAST PO...	16-00.50
4	Powell, Ellie	11	SOUTHEAST PO...	15-11.00
5	Johannes, Keira	12	JOHNSTON	15-10.75
6	Tauke, Kelsey	12	PELLA	15-08.25
7	Jackson, Teagan	10	ANKENY CENTE...	15-07.00
8	Stanfel, Gianna	9	DOWLING CAT...	15-06.75
9	Nicol, Sadie	9	JOHNSTON	15-04.75
10	Bauman, Sophia	12	DALLAS CENTE...	15-03.50
11	Rogers, Averie	10	INDIANOLA	15-01.25
12	Mrla, Brylee	10	CARROLL COM...	14-09.25
13	Rasmussen, Carrigan	9	NORTH POLK A...	14-07.50
14	Lott, Niah	10	MARSHALLTOW...	14-04.50
15	Graeve, Mia	12	BOONE	13-05.50
16	Johnson, Amairra	10	MARSHALLTOW...	13-00.25

Flight 2

1	Hatcher, Sophia	11	AMES	18-09.50
2	Huether, Frankie	10	NORTH POLK A...	17-11.25
3	Bruening, Lena	10	WAUKEE	17-03.75
4	Leman, Ruby	12	DOWLING CAT...	17-02.25
5	Cowles, Edyn	11	AMES	16-11.50
6	Keiser, Payton	10	VALLEY WEST D...	16-07.25
7	Kress, Lilah	12	WAUKEE NORT...	16-05.00
8	Leinen, Ava	12	ANKENY	16-05.00
9	Tollari, Aniston	12	ADM ADEL	16-03.00
10	Seehase, Calli	12	ADM ADEL	16-00.75
11	Terpstra, Lexi	11	PELLA CHRISTI...	16-00.50
12	Akin, Gabby	12	INDIANOLA	16-00.00
13	Parker, Jayla	11	VALLEY WEST D...	15-11.00
14	Durbin-Wilson, Maya	12	ANKENY	15-09.00
--	Boens, Aniyah	10	DALLAS CENTE...	DNS
--	Martin, Maddie	10	BONDURANT-F...	DNS

Flight 1

1	Chapman, Kyler	12	ADM ADEL	6-02.00
2	Kunze, Kaiden	11	NORWALK	6-02.00
3	Fransman, Landon	12	PELLA CHRISTI...	6-00.00
4	Alexander, Joseph	10	VALLEY WEST D...	6-00.00
5	VanDenBroek, Logan	10	PELLA	6-00.00
6	Grasty, Will	12	ADM ADEL	6-00.00
7	Malual, Ajak	9	WAUKEE	6-00.00
8	Grandon, Darren	10	JOHNSTON	5-10.00
8	Storm, Kaisen	12	INDIANOLA	5-10.00
10	Kennedy, Eddie	10	WAUKEE NORT...	5-10.00
11	Green, Jordon	10	WAUKEE NORT...	5-10.00
11	Jackson, Jaylen	12	VALLEY WEST D...	5-10.00
13	DeYoung, Kanen	9	BALLARD	5-10.00
14	Pierce, Daryn	9	CARLISLE	5-10.00
14	Montgomery, Noah	11	DES MOINES R...	5-10.00
16	Williams, Isaiah	12	DES MOINES E...	5-08.00
17	Brown, Cael	12	JOHNSTON	5-08.00
18	Tharjiath, Lual	11	CARROLL COM...	5-08.00
19	Hanson, Jayvion	11	DES MOINES E...	5-08.00
20	Jacobs, Deacon	10	INDIANOLA	5-06.00
20	Buhr, Isaac	10	MASON CITY	5-06.00
20	Reed, Jack	10	PELLA	5-06.00
23	Thompson, Reid	9	SOUTHEAST PO...	5-06.00
--	Vonnahme, Kody	10	ANKENY CENTE...	DNS
--	Lampe, Pearson	10	BOONE	NH
--	Carder, Hudson	11	WAUKEE	NH
--	Kral, Kaden	9	CARROLL COM...	NH
--	Kasper, Jaxen	9	CARLISLE	NH
--	Molis, Preston	10	URBANDALE	NH
--	Worden, Jacob	11	SOUTHEAST PO...	NH
--	Hout, Charlie	12	NORTH POLK A...	NH
--	Volk, Jaxon	12	ANKENY CENTE...	DNS

#40 Boys' High Jump Varsity Finals

Athlete	Yr	Team	Finals
Compiled			
1	Chapman, Kyler	12 ADM ADEL	6-02.00
2	Kunze, Kaiden	11 NORWALK	6-02.00
3	Fransman, Landon	12 PELLA CHRISTI...	6-00.00
4	Alexander, Joseph	10 VALLEY WEST D...	6-00.00
5	VanDenBroek, Logan	10 PELLA	6-00.00
6	Grasty, Will	12 ADM ADEL	6-00.00
7	Malual, Ajak	9 WAUKEE	6-00.00
8	Grandon, Darren	10 JOHNSTON	5-10.00
8	Storm, Kaisen	12 INDIANOLA	5-10.00
10	Kennedy, Eddie	10 WAUKEE NORT...	5-10.00
11	Green, Jordon	10 WAUKEE NORT...	5-10.00
11	Jackson, Jaylen	12 VALLEY WEST D...	5-10.00
13	DeYoung, Kanen	9 BALLARD	5-10.00
14	Pierce, Daryn	9 CARLISLE	5-10.00
14	Montgomery, Noah	11 DES MOINES R...	5-10.00
16	Williams, Isaiah	12 DES MOINES E...	5-08.00
17	Brown, Cael	12 JOHNSTON	5-08.00
18	Tharjiath, Lual	11 CARROLL COM...	5-08.00
19	Hanson, Jayvion	11 DES MOINES E...	5-08.00
20	Jacobs, Deacon	10 INDIANOLA	5-06.00
20	Buhr, Isaac	10 MASON CITY	5-06.00
20	Reed, Jack	10 PELLA	5-06.00
23	Thompson, Reid	9 SOUTHEAST PO...	5-06.00
--	Vonnahme, Kody	10 ANKENY CENTE...	DNS
--	Lampe, Pearson	10 BOONE	NH
--	Carder, Hudson	11 WAUKEE	NH
--	Kral, Kaden	9 CARROLL COM...	NH
--	Kasper, Jaxen	9 CARLISLE	NH
--	Molis, Preston	10 URBANDALE	NH
--	Worden, Jacob	11 SOUTHEAST PO...	NH
--	Hout, Charlie	12 NORTH POLK A...	NH
--	Volk, Jaxon	12 ANKENY CENTE...	DNS