

Jim Duncan Invitational - HS

📍 Drake University 🗓 Sat, Apr 11, 2026

Results

#1 Girls' SMR 800m Varsity Finals

© Meet 1:46.68 JOHNSTON (K. Wagner, J. Bell, G. Grimes, O. Fehn) 2024

	Team	Relay	Finals	Pts
1	PELLA CHRISTIAN	'A'	1:46.95	10
2	JOHNSTON	'A'	1:48.02	8
3	WAUKEE	'A'	1:49.87	6
4	ANKENY CENTENNIAL	'A'	1:49.94	5
5	AMES	'A'	1:50.45	4
6	INDIANOLA	'A'	1:50.66	3
7	VALLEY WEST DES MOIN...	'A'	1:51.54	2
8	NEWTON	'A'	1:54.12	1
9	PELLA	'A'	1:55.84	
10	DES MOINES ROOSEVELT	'A'	1:56.03	(1:56.021)
11	BALLARD	'A'	1:56.03	(1:56.026)
12	SOUTHEAST POLK	'A'	1:58.18	
13	CARROLL COMMUNITY	'A'	1:58.64	
14	DES MOINES HOOVER	'A'	1:58.99	
15	WINTERSET	'A'	1:59.15	
16	NORTH POLK	'A'	1:59.16	
17	NORWALK	'A'	1:59.40	
18	CARLISLE	'A'	2:00.21	
19	BOONE	'A'	2:06.46	
20	DES MOINES ABRAHAM...	'A'	2:23.58	
--	DES MOINES NORTH	'A'	DNS	
--	ADM ADEL	'A'	DNS	
--	DES MOINES EAST	'A'	DNS	
--	WAUKEE NORTHWEST	'A'	DNS	
--	MARSHALLTOWN	'A'	DNS	

#2 Boys' SMR 800m Varsity Finals

© Meet 1:32.87 URBANDALE (N. Neyens, N. Neyens, W. Waylee, M. Marcotte) 2019

	Team	Relay	Finals	Pts
1	INDIANOLA	'A'	1:34.76	10
2	PELLA	'A'	1:34.79	8
3	BALLARD	'A'	1:35.48	6
4	PELLA CHRISTIAN	'A'	1:36.22	5
5	NORTH POLK	'A'	1:36.39	4
6	WAUKEE NORTHWEST	'A'	1:36.62	3
7	ANKENY CENTENNIAL	'A'	1:36.78	2
8	BONDURANT-FARRAR	'A'	1:37.44	1
9	WAUKEE	'A'	1:37.96	
10	WINTERSET	'A'	1:38.29	
11	DALLAS CENTER-GRIMES	'A'	1:39.43	
12	CARROLL COMMUNITY	'A'	1:39.67	
13	CARLISLE	'A'	1:39.77	
14	SOUTHEAST POLK	'A'	1:40.35	
15	VALLEY WEST DES MOIN...	'A'	1:40.61	
16	OTTUMWA	'A'	1:41.32	
17	BOONE	'A'	1:41.40	
18	DOWLING CATHOLIC W...	'A'	1:41.44	
19	ADM ADEL	'A'	1:41.67	
20	AMES	'A'	1:41.96	
21	NORWALK	'A'	1:41.98	
22	JOHNSTON	'A'	1:43.13	
23	MASON CITY	'A'	1:43.29	
24	MARSHALLTOWN	'A'	1:43.89	
25	NEWTON	'A'	1:46.04	
26	DES MOINES ABRAHAM...	'A'	1:46.57	
--	DES MOINES EAST	'A'	DNS	
--	DES MOINES HOOVER	'A'	DNS	

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Results

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

🕒 Meet 9:46.06 Addi Dorenkamp, WDM VALLEY 2023

	Athlete	Yr	Team	Finals	Pts
1	Stubbendeck, Emmy	10	WAUKEE NORT...	10:01.77	10
2	Ferebee, Marissa	12	PELLA	10:06.02	8
3	Wharton, Ele	12	JOHNSTON	10:09.40	6
4	Stanley, Emma	11	AMES	10:20.46	5
5	Dunham, Ruth	11	PELLA	10:22.31	4
6	Spradling, Isabel	10	DES MOINES R...	10:22.55	3
7	Driscoll, Avery	11	WAUKEE	10:36.68	2
8	Dummermuth, Audrey	12	JOHNSTON	10:41.85	1
9	Back, Morgan	12	WINTERSET	10:47.83	
10	Guerrero-Jones, Contessa	11	SOUTHEAST P...	10:50.52	
11	Klingensmith, Trinity	10	ANKENY CENT...	10:57.00	
12	Sorensen, Alexis	11	NEWTON	10:57.66	
13	Gauthier, Evelynne	12	VALLEY WEST ...	10:59.09	
14	Hope, Ava	10	WINTERSET	10:59.25	
15	Kearney, Jayde	11	VALLEY WEST ...	11:02.13	
16	Muckler, Audrey	10	NEWTON	11:03.83	
17	Kell, Norah	11	WAUKEE NORT...	11:06.42	
18	Harter, Autumn	11	BONDURANT-F...	11:31.09	
19	Prichard, Avery	11	DOWLING CAT...	11:31.71	
20	Jelsma, Emmeri	10	SOUTHEAST P...	11:35.27	
21	Wilson, Meredith	10	WAUKEE	11:43.47	
22	Appel, Michaela	12	INDIANOLA	11:47.87	
23	Schmidt, Izzy	11	AMES	11:55.88	
24	Kleckner, Emily	12	DALLAS CENTE...	12:02.88	
25	Stevenson, Claire	10	NORWALK	12:03.75	
26	Foster, McKenzie	9	NORWALK	12:12.25	
27	Pollard, Sofiya	12	DOWLING CAT...	12:17.68	
28	Volesky, Katelyn	9	NORTH POLK	12:24.19	
29	Heaberlin, Kylie	12	DALLAS CENTE...	12:24.96	
30	Bond, Mya	12	NORTH POLK	12:56.00	
31	Mattes, Karley	11	ADM ADEL	13:03.36	
32	Davis, Jordan	10	BONDURANT-F...	13:43.50	
33	Brown, Caroline	10	DES MOINES N...	15:30.99	
--	McCoy, Charlotte	12	DES MOINES R...	DNS	
--	Whitmore, Grace	9	MARSHALLTO...	DNS	
--	Benning, Cate	9	ANKENY CENT...	DNS	

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

🕒 Meet 9:05.80 Jackson Heidesch, DOWLING 2022

CATHOLIC

	Athlete	Yr	Team	Finals	Pts
1	Dunham, Canaan	12	PELLA	9:07.05	10
2	Crossland, Jack	11	JOHNSTON	9:24.11	8
3	Barnes, Kiefer	12	INDIANOLA	9:27.31	6
4	Limback, Thomas	11	VALLEY WEST ...	9:33.06	5
5	Johnson, Davis	12	ANKENY CENT...	9:37.22	4
6	Verastegui, Roy	12	WAUKEE NORT...	9:37.54	3
7	Nunn, Carter	12	MARSHALLTO...	9:37.96	2
8	Bloom, Paxton	12	INDIANOLA	9:44.12	1
9	Tryon, Jack	10	URBANDALE	9:46.97	
10	Timboe, Nate	10	DOWLING CAT...	9:47.75	
11	MejicanoBarahona, Marvin	10	DES MOINES N...	9:47.83	
12	Bolles, Caleb	10	AMES	9:49.18	
13	Peterson, Ben	11	WAUKEE	9:49.31	
14	Smith, Ian	12	ANKENY CENT...	9:50.69	
15	Kerndt, Noah	10	DALLAS CENTE...	9:51.53	
16	Patel, Rishabh	12	WAUKEE	9:52.93	
17	Stevermer, Zach	9	GILBERT	9:55.71	
18	Deick, Charlie	11	DOWLING CAT...	9:57.61	
19	Cruz Felipe, Angel	12	VALLEY WEST ...	9:58.47	
20	Dyer, Carter	12	JOHNSTON	10:04.56	
21	Beedon, Aksel	11	NORWALK	10:08.98	
22	Bandy, Cedar	10	DALLAS CENTE...	10:09.26	
23	Briggs, Cooper	10	DES MOINES R...	10:09.92	
24	Wiederien, Dayton	12	CARROLL COM...	10:12.86	
25	Zabel, Lance	12	NEWTON	10:17.13	
26	Bennett, Clark	10	BONDURANT-F...	10:18.16	
27	Taylor, John	11	WINTERSET	10:19.34	
28	Schuchart, Benton	10	ANKENY	10:22.11	
29	Schiebout, Asher	12	PELLA	10:26.18	
30	DeBoom, Benji	10	SOUTHEAST P...	10:27.42	
31	Knutson, Lucas	11	DES MOINES R...	10:31.73	
32	Schulz, Jackson	11	ANKENY	10:34.64	
33	Marple, Max	11	ADM ADEL	10:36.30	
34	Francois, Preston	11	BONDURANT-F...	10:39.78	
35	Piscatelli, Costin	9	MARSHALLTO...	10:47.22	
36	Deuw, Malek	10	SOUTHEAST P...	10:47.44	
37	De Cleene, Judah	12	CARLISLE	10:49.69	
38	Hughes, Daxton	10	NORWALK	10:50.88	
39	Bahls, Elijah	10	MASON CITY	10:52.69	
40	Vance, Austin	10	BALLARD	11:01.18	
41	Whipps, Braylon	9	ADM ADEL	11:20.56	
42	Cook, Calvin	11	BOONE	11:28.71	
43	Schmidt, Tyler	12	NORTH POLK	11:31.52	
44	Toledo-Comer, Devon	11	DES MOINES A...	11:33.97	
45	Miller, Triston	12	DES MOINES A...	11:43.21	
46	Lampe, Pearson	11	BOONE	11:53.55	
--	Tallman, Jacob	11	GILBERT	DNS	
--	Ly, Kingsley	9	DES MOINES H...	DNS	

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Results**#5 Girls' 4x800 Relay Varsity** Finals

© Meet 9:20.68 JOHNSTON (A. Woodley, J. Lamping, M. Pewe, O. Fehn) 2025

	Team	Relay	Finals	Pts
1	JOHNSTON	'A'	9:26.03	10
2	WAUKEE	'A'	9:33.99	8
3	DALLAS CENTER-GRIMES	'A'	9:42.15	6
4	AMES	'A'	9:53.82	5
5	PELLA	'A'	10:04.29	4
6	VALLEY WEST DES MOIN...	'A'	10:07.53	3
7	NORWALK	'A'	10:10.08	2
8	ADM ADEL	'A'	10:16.21	1
9	WAUKEE NORTHWEST	'A'	10:18.87	
10	NORTH POLK	'A'	10:22.57	
11	INDIANOLA	'A'	10:23.63	
12	BOONE	'A'	10:26.12	
13	SOUTHEAST POLK	'A'	10:48.18	
14	ANKENY CENTENNIAL	'A'	10:52.18	
15	DES MOINES ROOSEVELT	'A'	10:53.85	
16	NEWTON	'A'	11:11.22	
17	MARSHALLTOWN	'A'	11:13.32	
18	OTTUMWA	'A'	11:25.91	
19	BALLARD	'A'	11:31.63	
--	DOWLING CATHOLIC W...	'A'	DNS	
--	DES MOINES NORTH	'A'	DNS	

#6 Boys' 4x800 Relay Varsity Finals

© Meet 7:54.47 DOWLING CATHOLIC (D. Derocher, F. Flori, B. Bootman, H. Heidesch) 2023

	Team	Relay	Finals	Pts
1	JOHNSTON	'A'	7:58.08	10
2	NORWALK	'A'	7:59.13	8
3	DALLAS CENTER-GRIMES	'A'	8:00.55	6
4	ANKENY CENTENNIAL	'A'	8:03.93	5
5	GILBERT	'A'	8:04.32	4
6	WAUKEE NORTHWEST	'A'	8:05.95	3
7	DOWLING CATHOLIC W...	'A'	8:09.03	2
8	INDIANOLA	'A'	8:10.38	1
9	PELLA	'A'	8:20.65	
10	VALLEY WEST DES MOIN...	'A'	8:22.41	
11	ANKENY	'A'	8:22.67	
12	BONDURANT-FARRAR	'A'	8:25.95	
13	WAUKEE	'A'	8:27.08	
14	NEWTON	'A'	8:28.29	
15	FORT DODGE	'A'	8:36.04	
16	PELLA CHRISTIAN	'A'	8:36.31	
17	CARLISLE	'A'	8:38.06	
18	MARSHALLTOWN	'A'	8:42.15	
19	AMES	'A'	8:44.19	
20	ADM ADEL	'A'	8:45.65	
21	WINTERSET	'A'	8:47.18	
22	BOONE	'A'	8:47.25	
23	URBANDALE	'A'	8:53.87	
24	NORTH POLK	'A'	8:54.51	
25	SOUTHEAST POLK	'A'	9:10.20	
26	DES MOINES ABRAHAM...	'A'	9:17.62	
27	MASON CITY	'A'	9:40.10	
28	BALLARD	'A'	9:49.72	
--	DES MOINES ROOSEVELT	'A'	DNF	
--	DES MOINES HOOVER	'A'	DNS	

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📍 Drake University 🗓 Sat, Apr 11, 2026

Results**#7 Girls' 4x100 Shuttle Hurdles Varsity** Finals

🕒 Meet 1:02.14 VALLEY WEST DES MOINES (M. 2025
Karr, A. Stanbro, J. Parker, E.
Havighurst)

	Team	Relay	Finals	Pts
1	VALLEY WEST DES MOIN... 'A'		1:02.14	10
2	WAUKEE NORTHWEST 'A'		1:05.02	8
3	ADM ADEL 'A'		1:05.17	6
4	NORTH POLK 'A'		1:05.58	5
5	SOUTHEAST POLK 'A'		1:06.92	4
6	WAUKEE 'A'		1:06.93	3
7	ANKENY CENTENNIAL 'A'		1:08.43	2
8	PELLA 'A'		1:11.15	1
9	DALLAS CENTER-GRIMES 'A'		1:11.40	
10	NORWALK 'A'		1:12.32	
11	JOHNSTON 'A'		1:14.05	
12	CARROLL COMMUNITY 'A'		1:16.98	
13	AMES 'A'		1:17.00	
14	DES MOINES ROOSEVELT 'A'		1:17.22	
15	BOONE 'A'		1:17.86	
--	DES MOINES NORTH 'A'		DNS	
--	MARSHALLTOWN 'A'		DNS	
--	DES MOINES HOOVER 'A'		DQ	
--	BONDURANT-FARRAR 'A'		DQ	
--	NEWTON 'A'		DQ	
--	DOWLING CATHOLIC W... 'A'		DNS	

#8 Boys' 4x110 Shuttle Hurdles Varsity Finals

🕒 Meet 57.62 WAUKEE NORTHWEST (K. 2025
Muhktar, A. Eastman, B. Ludwig,
G. Ludwig)

	Team	Relay	Finals	Pts
1	PELLA 'A'		58.32	10
2	DALLAS CENTER-GRIMES 'A'		59.01	8
3	WAUKEE NORTHWEST 'A'		59.64	6
4	VALLEY WEST DES MOIN... 'A'		59.79	5
5	SOUTHEAST POLK 'A'		59.95	4
6	JOHNSTON 'A'		1:01.09	3
7	ADM ADEL 'A'		1:01.24	2
8	ANKENY CENTENNIAL 'A'		1:02.02	1
9	NORTH POLK 'A'		1:02.46	
10	BONDURANT-FARRAR 'A'		1:02.94	
11	AMES 'A'		1:03.37	
12	NEWTON 'A'		1:03.54	
13	CARROLL COMMUNITY 'A'		1:05.24	
14	MASON CITY 'A'		1:06.05	
15	INDIANOLA 'A'		1:06.09	
16	CARLISLE 'A'		1:06.96	
17	DOWLING CATHOLIC W... 'A'		1:09.78	
18	BOONE 'A'		1:09.95	
19	NORWALK 'A'		1:10.73	
20	DES MOINES ROOSEVELT 'A'		1:11.38	
21	DES MOINES ABRAHAM... 'A'		1:14.23	
22	MARSHALLTOWN 'A'		1:15.20	
--	ANKENY 'A'		FS	
--	URBANDALE 'A'		DQ	
--	BALLARD 'A'		DQ	
--	WAUKEE 'A'		DQ	

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📍 Drake University 🏠 Sat, Apr 11, 2026

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#9 Girls' 100 Meters Varsity **Finals**

🕒 Meet 12.27 Briyana Carter, DM ROOSEVELT 2015

	Athlete	Yr	Team	Finals	Pts
1	Kacmarynski, Rachel	11	PELLA CHRISTI...	12.56	10
2	Goldsberry, Alayna	11	SOUTHEAST P...	12.62	8
3	Petek, Brylynn	10	JOHNSTON	12.88	6
4	Christensen, Grace	10	MARSHALLTO...	12.89	5
5	Keiser, Payton	11	VALLEY WEST ...	12.91	4 (12.902)
6	Kyne, Monah	12	DES MOINES H...	12.91	3 (12.908)
7	Leo, Mylie	11	SOUTHEAST P...	12.92	2
8	Potter, Kenzie	12	DES MOINES E...	13.10	1
9	Clarke, Lauren	12	NEWTON	13.11	
10	Mead, Ellie	11	DOWLING CAT...	13.12	(13.116)
11	Trine, Kamry	11	PELLA	13.12	(13.120)
12	Weaver, Lilly	11	WAUKEE NORT...	13.17	
13	Book, Isabelle	11	ADM ADEL	13.19	
14	Terpstra, Lexi	12	PELLA CHRISTI...	13.20	
15	Hinke, Estelle	11	WAUKEE	13.26	
16	Standley, Peyton	12	ADM ADEL	13.32	
17	Nagel, Maddie	12	DOWLING CAT...	13.38	
18	Catic, Milena	10	NORWALK	13.67	
19	Keller, Sydnee	9	DALLAS CENTE...	13.71	
20	Fitzgerald, Micah	12	JOHNSTON	13.72	
21	Vetter, Carsyn	9	INDIANOLA	13.74	(13.731)
22	Kashama, Aleyna	12	DES MOINES H...	13.74	(13.733)
23	Hutzell, Maya	9	WAUKEE	13.91	
24	VanLoo, Emefa	10	BALLARD	13.95	
25	Adams, Lexi	10	ANKENY CENT...	13.98	
26	Lipke, Gianna	9	ANKENY CENT...	14.16	
27	Schwartz, Kamyryn	9	DES MOINES R...	14.19	
28	Seeman, Madden	10	DALLAS CENTE...	14.21	
29	Walker-Ritchie, Sandra	10	DES MOINES R...	14.31	
30	Rankin, Aurora	10	PELLA	14.32	
31	Augustin, Katelyn	9	AMES	14.38	
32	Sarceno-Mata, Mia	11	DES MOINES N...	14.41	(14.402)
33	Wittrock, Tala	10	BOONE	14.41	(14.407)
34	Karagaeva, Sasha	9	AMES	14.48	
35	Jones, Kamee	12	CARROLL COM...	14.79	
36	Brandt, Langstyn	9	MASON CITY	14.80	
37	Earles, Delilah	10	DES MOINES A...	14.81	
38	Sadie, Shailynn	11	MARSHALLTO...	14.90	
39	Owens, Darbiee	12	NEWTON	14.97	
--	Leu, Abigail	10	BOONE	DNS	
--	Gripp, Tessa	12	INDIANOLA	DNS	
--	Karr, Morgan	12	VALLEY WEST ...	DNS	
--	Rasmussen, Carrigan	10	NORTH POLK	DNS	
--	Willits, Katie	12	WAUKEE NORT...	DNS	
--	Stokes, Journey	9	DES MOINES N...	DNS	
--	Uhl, Jaiden	11	NORTH POLK	DNS	

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

🕒 Meet 10.78 Harrison Waylee, URBANDALE 2019

10.78 Logan Fairchild, WINTERSET 2023

	Athlete	Yr	Team	Finals	Pts
1	Daniel, Noah	12	FORT DODGE	11.14	10
2	Ross, Noah	12	ANKENY CENT...	11.15	8
3	Grevengoed, Trent	12	VALLEY WEST ...	11.20	6
4	Kacmarynski, Adam	10	PELLA CHRISTI...	11.30	5
5	Hobart, Drew	12	MASON CITY	11.38	4
6	McClure, Finn	12	ANKENY	11.41	3
7	Atherton, Logan	11	NORWALK	11.45	2
8	Williams, Beau	9	DOWLING CAT...	11.46	1 (11.453)
9	Bosworth, Logan	10	WAUKEE NORT...	11.46	(11.456)
10	Case Haub, Ben	12	WAUKEE	11.51	
11	Heitland, Chase	11	DALLAS CENTE...	11.53	
12	Dorenkamp, Blake	11	VALLEY WEST ...	11.54	
13	Rademacher, Aidan	12	NORTH POLK	11.56	
14	Manuel, Aaron	12	DES MOINES A...	11.58	
15	Smid, Henry	10	DOWLING CAT...	11.59	
16	Tallman, Harry	12	PELLA	11.60	
17	Hoversten, Jakson	11	CARLISLE	11.61	
18	Nunnikhoven, Landon	12	PELLA CHRISTI...	11.62	
19	McDowell, Cooper	10	ANKENY	11.63	
20	Naert, James	9	ANKENY CENT...	11.64	
21	Tarasid-Tarawally, Fredrick	11	SOUTHEAST P...	11.65	
22	Carlson, Ethan	11	DALLAS CENTE...	11.66	
23	Walljasper, Max	12	INDIANOLA	11.71	
24	Thompson, Drew	12	SOUTHEAST P...	11.76	(11.753)
25	Richardson Williams, Jam...	12	WAUKEE	11.76	(11.756)
26	Rychnovsky, Owen	11	ADM ADEL	11.82	
27	Anderson, Evan	11	MARSHALLTO...	11.84	
28	Schneider, Beckett	11	WAUKEE NORT...	11.90	
29	Schulte, Hayden	11	CARLISLE	11.91	
30	Childress, Treyvin	11	CARROLL COM...	11.95	
31	Heimbaugh, Daxton	11	INDIANOLA	11.97	
32	Taborga, Andre	12	ADM ADEL	11.98	
33	Landrith, Brayden	10	URBANDALE	12.01	
34	Bush, Xavier	12	NORWALK	12.04	
35	Spurgeon, Charlie	12	NORTH POLK	12.06	
36	Steverson, Kallen	10	URBANDALE	12.17	
37	Hall-berry, Pierce	10	DES MOINES R...	12.18	
38	Sunderman, Aidan	11	BONDURANT-F...	12.22	
39	Schagt, Logian	12	CARROLL COM...	12.25	
40	Torres, Isak	11	MASON CITY	12.28	
41	Villalva, Gabriel	9	BOONE	12.32	
42	Shields, Jayden	10	DES MOINES R...	12.33	
43	Jabathy, D'Andre	10	AMES	12.35	
44	Hilsabeck, Ryder	9	BOONE	12.43	
45	Hale, Kain	9	JOHNSTON	12.46	
46	Julu, Hadric	9	JOHNSTON	12.50	
--	Kettler, Owen	11	PELLA	DNS	
--	Simmons, Luke	11	AMES	DNS	

Jim Duncan Invitational - HS

📍 Drake University 🏠 Sat, Apr 11, 2026

Results**#11 Girls' SMR 1600m Varsity** Finals

🕒 Meet 4:14.24 WAUKEE NORTHWEST (M. Eddy, L. 2025
Kress, Q. Jorgensen, A. Sheriff)

	Team	Relay	Finals	Pts
1	WAUKEE NORTHWEST	'A'	4:17.64	10
2	INDIANOLA	'A'	4:20.88	8
3	MASON CITY	'A'	4:23.57	6
4	SOUTHEAST POLK	'A'	4:23.61	5
5	WINTERSET	'A'	4:25.89	4
6	AMES	'A'	4:28.73	3
7	JOHNSTON	'A'	4:29.86	2
8	WAUKEE	'A'	4:32.60	1
9	ADM ADEL	'A'	4:33.95	
10	VALLEY WEST DES MOIN...	'A'	4:35.12	
11	BALLARD	'A'	4:37.88	
12	NORWALK	'A'	4:42.19	
13	PELLA	'A'	4:46.63	
14	BOONE	'A'	4:51.77	
15	PELLA CHRISTIAN	'A'	4:58.16	
16	NEWTON	'A'	4:58.21	
17	BONDURANT-FARRAR	'A'	5:00.56	
18	OTTUMWA	'A'	5:04.61	
19	MARSHALLTOWN	'A'	5:07.59	
20	DES MOINES HOOVER	'A'	5:08.31	
21	DES MOINES NORTH	'A'	5:44.40	
22	DES MOINES ABRAHAM...	'A'	6:04.31	
--	DALLAS CENTER-GRIMES	'A'	DNS	
--	DOWLING CATHOLIC W...	'A'	DNS	
--	NORTH POLK	'A'	DNS	

#12 Boys' SMR 1600m Varsity Finals

🕒 Meet 3:26.85 DOWLING CATHOLIC WEST DES 2025
MOINES (S. Drexler, N. Strang, T.
Lembeckwa, O. Wolfe)

	Team	Relay	Finals	Pts
1	ANKENY	'A'	3:29.35	10
2	INDIANOLA	'A'	3:30.70	8
3	ADM ADEL	'A'	3:32.72	6
4	AMES	'A'	3:33.54	5
5	SOUTHEAST POLK	'A'	3:38.15	4
6	WAUKEE	'A'	3:39.11	3
7	BALLARD	'A'	3:41.88	2
8	PELLA	'A'	3:42.11	1
9	JOHNSTON	'A'	3:42.48	
10	VALLEY WEST DES MOIN...	'A'	3:43.29	
11	FORT DODGE	'A'	3:44.91	
12	DALLAS CENTER-GRIMES	'A'	3:45.37	
13	ANKENY CENTENNIAL	'A'	3:45.95	
14	DOWLING CATHOLIC W...	'A'	3:48.12	
15	DES MOINES HOOVER	'A'	3:48.63	
16	WAUKEE NORTHWEST	'A'	3:53.04	
17	NORTH POLK	'A'	3:55.08	
18	PELLA CHRISTIAN	'A'	3:55.63	
19	BONDURANT-FARRAR	'A'	3:56.77	
20	NORWALK	'A'	3:56.91	
21	CARROLL COMMUNITY	'A'	4:00.56	
22	BOONE	'A'	4:02.02	
23	DES MOINES EAST	'A'	4:03.85	
24	NEWTON	'A'	4:05.81	
25	DES MOINES ABRAHAM...	'A'	4:06.66	
26	URBANDALE	'A'	4:06.82	
27	MASON CITY	'A'	4:13.56	
--	CARLISLE	'A'	DQ	
--	MARSHALLTOWN	'A'	DNF	

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

🕒 Meet 56.71 Anjelena Carder, WAUKEE 2024

	Athlete	Yr	Team	Finals	Pts
1	Caldwell, Keziah	11	WAUKEE NORT...	57.86	10
2	Stanford, Leighton	10	DALLAS CENTE...	58.87	8
3	White, Emma	11	INDIANOLA	59.84	6
4	Neumann, Lizzie	12	PELLA	1:00.03	5
5	Bennett, Lydia	11	WAUKEE	1:00.16	4
6	Deardorff, Natalya	12	AMES	1:00.27	3
7	Dani, Reyn	9	WAUKEE NORT...	1:01.16	2
8	Smith, Josephine	10	SOUTHEAST P...	1:01.47	1
9	Miller, Emma	11	DES MOINES H...	1:01.52	
10	Pudenz, Lilly	10	DALLAS CENTE...	1:01.89	
11	Meinders, Maisy	12	PELLA CHRISTI...	1:02.92	
12	Stubbs, Blayke	11	SOUTHEAST P...	1:03.06	
13	Lee, Zoey	10	VALLEY WEST ...	1:03.31	
14	Pollock, Ellie	11	ANKENY CENT...	1:03.52	
15	Riesselman, Destiny	9	CARROLL COM...	1:03.69	
16	Settles, Josie	12	PELLA	1:04.17	
17	Erickson, Hadley	11	INDIANOLA	1:04.82	
18	Megonigle, Audrey	11	WAUKEE	1:05.50	
19	Major, Leila	12	VALLEY WEST ...	1:05.89	
20	Jefferson, Ja'Sandra	10	DES MOINES H...	1:05.96	
21	Grell, Alyssa	9	CARROLL COM...	1:06.68	
22	Malow, Sarah	11	NEWTON	1:08.42	
23	Dean, Collins	9	JOHNSTON	1:08.94	
24	Morgan, Bryana	11	BOONE	1:09.85	
25	Ritchie, Regina	11	WINTERSET	1:10.90	
26	Alonso, Josselyn	12	OTTUMWA	1:11.21	
27	Reece, Lauren	9	OTTUMWA	1:12.06	
28	Crannell, Peighton	9	ADM ADEL	1:13.98	
29	Bailiff, Gabby	9	DES MOINES A...	1:22.71	
--	McCarl, Hailee	11	DES MOINES N...	DNS	
--	Balashaitis, Aly	11	ANKENY CENT...	DNS	
--	Dunn, Kaitlyn	9	BALLARD	DNS	
--	Pulley, Jada	11	DES MOINES N...	DNS	
--	Akol, Ayak	12	AMES	DNS	
--	Schramm, Gillian	11	ANKENY	DNS	
--	Vos, Bailey	12	PELLA CHRISTI...	DNS	
--	Uthe, Clara	9	ADM ADEL	DNS	
--	Rankins, Ma'lyah	10	DES MOINES E...	DNS	
--	Manning, Elsie	12	DES MOINES A...	DNS	
--	Clarke, Lauren	12	NEWTON	DNS	
--	Kruse, Elliott	11	BONDURANT-F...	DNS	
--	Jepson, Willow	12	DOWLING CAT...	DNS	
--	Hedding, Ginny	12	DOWLING CAT...	DNS	

#14 Boys' 400 Meters Varsity **Finals**

🕒 Meet 47.75 Braedin Zondervan, CARLISLE 2024

	Athlete	Yr	Team	Finals	Pts
1	Mullens, Harrison	12	PELLA	49.20	10
1	Johnson, Isaac	11	INDIANOLA	51.28	10
2	Bormann, Carter	11	NORTH POLK	51.56	8
2	Ortner, Jace	11	BALLARD	49.61	8
3	Grandon, Darren	11	JOHNSTON	49.82	6
3	Paul, Christian	11	ADM ADEL	51.59	6
4	Allen, Brecken	11	ANKENY CENT...	50.26	5
4	Quam, Bryson	12	JOHNSTON	51.78	5
5	Bormann, Dylan	11	NORTH POLK	50.84	4
5	Vela, Dean	10	DOWLING CAT...	51.99	4
6	Ligman, Nathaniel	12	PELLA	52.18	3
7	Capobianco, Michael	11	WAUKEE NORT...	52.31	2
7	Kurtz, Andrew	11	BONDURANT-F...	51.46	2
8	Nicolino, Julian	11	DES MOINES R...	52.45	1
9	Adams, Ryne	10	ANKENY CENT...	52.53	
10	Coon, Nathan	12	WAUKEE	52.92	
10	Comito, Ty	9	CARLISLE	51.72	
11	Kelling, Braeden	11	NORWALK	53.30	
12	Brown, Ryker	11	INDIANOLA	53.34	
13	Clark, Jaydon	12	BOONE	53.38	
14	Herzog, Charles	10	VALLEY WEST ...	53.72	
15	Meisner, Cal	10	WAUKEE	53.77	
16	Caldwell, Ayrton	9	WAUKEE NORT...	53.95	
17	Hall, DJ	11	DOWLING CAT...	54.01	
18	Coughenower, Luke	10	VALLEY WEST ...	54.39	
19	Nyeswah, Jeremiah	10	BONDURANT-F...	54.54	
20	Henry, Treyce	11	CARLISLE	54.62	
21	Dau, Lual	11	AMES	54.71	
22	Coleman, Karson	9	ADM ADEL	54.85	
23	Wright, Carson	12	MARSHALLTO...	54.87	
24	Wheelock, Hudson	12	DES MOINES A...	54.92	
25	Tobey, Jack	11	NORWALK	55.04	
26	Vancleave, Elias	9	SOUTHEAST P...	55.13	
27	Schoenfelder, Larrs	9	MARSHALLTO...	55.32	
28	King, Ian	10	URBANDALE	55.36	
29	Hensley, Jud	10	WINTERSET	55.40	
30	Meixner, Hudson	11	PELLA CHRISTI...	55.54	
31	Thompson, Taylor	11	DES MOINES R...	55.58	
32	Mead, Warren	11	DES MOINES A...	55.72	
33	Vance, Owen	12	AMES	55.81	
34	Rodriguez, Marco	9	CARROLL COM...	55.91	
35	Morales, Jonathan	12	DES MOINES E...	56.15	
36	Kelly, Treyson	10	DES MOINES E...	56.19	
37	Freese, Wade	9	CARROLL COM...	57.13	
--	Hanson, Dane	12	MASON CITY	DNS	
--	Somers, Quin	10	ANKENY	DNS	
--	Osborn rowe, Lavelle	10	SOUTHEAST P...	DNS	
--	Twombly, Evan	12	URBANDALE	FS	

#44 Girls' 400 Meters Wheelchair **Finals**

	Athlete	Yr	Team	Finals	Pts
1	Paulsen, Bella	9	JOHNSTON	2:11.52	10

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#43 Boys' 400 Meters Wheelchair Finals

Athlete	Yr	Team	Finals	Pts
1 Shwery, Logan	9	ANKENY CENT...	1:28.55	10

#15 Girls' 4x200 Relay Varsity Finals

🕒 Meet 1:40.49 WAUKEE NORTHWEST (A. Winter, 2024
K. Stahl, K. Caldwell, A. Robinson)

	Team	Relay	Finals	Pts
1	SOUTHEAST POLK	'A'	1:41.31	10
2	WAUKEE NORTHWEST	'A'	1:44.60	8
3	ADM ADEL	'A'	1:46.01	6
4	JOHNSTON	'A'	1:46.77	5
5	VALLEY WEST DES MOIN...'A'		1:47.27	4
6	DOWLING CATHOLIC W...'A'		1:48.03	3
7	WAUKEE	'A'	1:49.07	2
8	PELLA	'A'	1:49.09	1
9	CARROLL COMMUNITY	'A'	1:51.86	
10	AMES	'A'	1:52.59	
11	MARSHALLTOWN	'A'	1:52.82	
12	ANKENY CENTENNIAL	'A'	1:53.08	
13	NORTH POLK	'A'	1:53.15	
14	INDIANOLA	'A'	1:53.85	
15	BOONE	'A'	1:54.07	
16	BONDURANT-FARRAR	'A'	1:54.27	
17	OTTUMWA	'A'	1:55.36	
18	CARLISLE	'A'	1:56.57	
19	MASON CITY	'A'	1:58.06	
20	NORWALK	'A'	1:58.43	
21	DES MOINES NORTH	'A'	1:58.60	
22	DES MOINES HOOVER	'A'	2:06.17	
23	DES MOINES ABRAHAM...'A'		2:11.55	
--	NEWTON	'A'	DQ	
--	PELLA CHRISTIAN	'A'	DNF	
--	BALLARD	'A'	DQ	

#16 Boys' 4x200 Relay Varsity Finals

🕒 Meet 1:26.12 ANKENY (L. Fairchild, D. Akers, J. 2024
Belding, T. Sickerson)

	Team	Relay	Finals	Pts
1	VALLEY WEST DES MOIN...'A'		1:27.21	10
2	DOWLING CATHOLIC W...'A'		1:27.39	8
3	JOHNSTON	'A'	1:28.37	6
4	NORWALK	'A'	1:28.41	5
5	ANKENY CENTENNIAL	'A'	1:29.05	4
6	INDIANOLA	'A'	1:30.01	3
7	AMES	'A'	1:30.81	2
8	WAUKEE NORTHWEST	'A'	1:30.86	1
9	SOUTHEAST POLK	'A'	1:30.91	
10	MASON CITY	'A'	1:31.21	
11	CARLISLE	'A'	1:31.38	
12	PELLA CHRISTIAN	'A'	1:31.47	
13	FORT DODGE	'A'	1:31.48	
14	NORTH POLK	'A'	1:31.85	
15	DES MOINES ROOSEVELT	'A'	1:31.89	
16	NEWTON	'A'	1:32.27	
17	URBANDALE	'A'	1:32.61	
18	PELLA	'A'	1:32.96	
19	WAUKEE	'A'	1:32.98	
20	CARROLL COMMUNITY	'A'	1:34.13	
21	MARSHALLTOWN	'A'	1:35.54	
22	OTTUMWA	'A'	1:35.73	
23	DALLAS CENTER-GRIMES	'A'	1:36.54	
24	DES MOINES ABRAHAM...'A'		1:37.03	
25	DES MOINES EAST	'A'	1:37.78	
26	BOONE	'A'	1:38.90	
--	ADM ADEL	'A'	DQ	
--	BONDURANT-FARRAR	'A'	DNF	
--	BALLARD	'A'	DQ	

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#17 Girls' 100m Hurdles Varsity **Finals**🕒 Meet 14.21 Emma Havighurst, VALLEY WEST 2025
DES MOINES

	Athlete	Yr	Team	Finals	Pts
1	Karr, Morgan	12	VALLEY WEST ...	14.23	10
2	Maharry, Jana	11	WAUKEE	14.77	8
3	Taylor, Sophia	11	WAUKEE	15.53	6
4	Brooks, Franny	12	DOWLING CAT...	15.55	5
5	Coghlan, Elise	12	ADM ADEL	15.57	4
6	Nelson, Haley	12	ADM ADEL	15.70	3
7	Hughes, Mila	9	VALLEY WEST ...	15.71	2
8	Grover, Madison	11	INDIANOLA	15.74	1
9	Twigg, Lily	11	WAUKEE NORT...	15.85	
10	Johnson, Faith	9	WAUKEE NORT...	15.91	(15.905)
11	Kiester, Brilynn	11	SOUTHEAST P...	15.91	(15.910)
12	Vroegh, Jovi	10	BONDURANT-F...	16.16	
13	Severs, Gabriella	12	SOUTHEAST P...	16.44	
14	Mayson, Jordin	10	OTTUMWA	16.56	
15	Hoger, Lilly	11	INDIANOLA	16.58	
16	White, Tori	12	NEWTON	16.65	
17	Parks, Avery	11	PELLA	16.87	
18	Fisher, Laila	12	DES MOINES E...	17.01	
19	Sims, Mack	12	NEWTON	17.18	
20	Short, Caelyn	10	DALLAS CENTE...	17.24	
21	Riddick, Emmilyn	11	PELLA	17.26	
22	Varghese, Elia	12	AMES	17.30	
23	Robinson, Emma	12	CARLISLE	17.41	
24	Schlenker, Kadin	9	DALLAS CENTE...	17.47	
25	Gilbreaith, Taylor	10	ANKENY CENT...	17.54	
26	Stumbaugh, Kinsley	11	NORWALK	17.70	
27	Culbertson, Makiya	10	BALLARD	17.97	
28	Mart, Addison	12	NORTH POLK	18.03	
29	Nordstrom, Madelyn	11	WINTERSET	18.46	(18.451)
30	Chukwumezie, Amaka	11	OTTUMWA	18.46	(18.458)
31	Chan, Ashal	10	JOHNSTON	18.61	
32	Langel, Trinity	10	BONDURANT-F...	18.66	
33	Siemons, Ava	10	JOHNSTON	18.68	
34	Eure, Veronica	11	DOWLING CAT...	18.76	
35	Catic, Milena	10	NORWALK	18.78	
36	Spitzli, Geneva	10	MARSHALLTO...	18.93	
37	Hurst, Salome	12	DES MOINES H...	19.22	
38	Hoogensen, Chloe	10	MARSHALLTO...	19.48	
39	De Bruin, Heidi	10	PELLA CHRISTI...	19.69	
40	Turner, Alix	10	DES MOINES A...	19.71	
41	Bragg, Tristyn	9	DES MOINES N...	20.25	
42	Brooks-Hayes, Jenesis	9	DES MOINES H...	21.17	
43	De Meyer, Madelline	11	DES MOINES A...	21.19	
--	Griffis, Maylin	10	BOONE	DNS	
--	Wagner, Reese	11	NORTH POLK	DNS	
--	McCarl, Hailee	11	DES MOINES N...	DNS	

#18 Boys' 110m Hurdles Varsity **Finals**

🕒 Meet 14.35 Rashod Tullis, DM ROOSEVELT 2011

	Athlete	Yr	Team	Finals	Pts
1	Carlson, Hayden	12	ANKENY	13.99	10
2	Ludwig, Blake	12	WAUKEE NORT...	14.70	8
3	VanDenBroek, Logan	11	PELLA	14.97	6
4	Sciorrotta, Gino	10	URBANDALE	15.09	5
5	Walker, Darien	12	DALLAS CENTE...	15.11	4
6	Kane, Stetson	12	BALLARD	15.26	3
7	Bellamy, Jace	12	WINTERSET	15.44	2
8	Hinzman, Curtis	11	BALLARD	15.45	1
9	Strang, Mason	10	DALLAS CENTE...	15.57	
10	Peterson, Lucas	12	WAUKEE	15.60	
11	Levy, Aaden	11	SOUTHEAST P...	15.61	
12	Ackerman, Mason	11	NORTH POLK	15.87	
13	Ryan, Nic	11	ANKENY CENT...	16.09	
14	Shields, Jack	10	SOUTHEAST P...	16.21	
15	Arauz, Austin	12	NEWTON	16.33	
16	Bakker, Beckett	12	WAUKEE	16.44	
17	Pribil, Jackson	10	INDIANOLA	16.47	
18	Cathcart, Brady	11	NORTH POLK	16.51	
19	Ha, Norman	10	ANKENY	16.55	
20	Trabue, Benjamin	11	AMES	16.61	
21	Harne, Conley	11	VALLEY WEST ...	16.63	
22	Schrock, Isaac	10	ADM ADEL	16.68	
23	Wilson, Jasper	12	BONDURANT-F...	16.71	
24	Halfhill, Jackson	11	BONDURANT-F...	16.89	
25	Hoppenworth, Gage	11	JOHNSTON	16.96	
26	Waters, Braeden	10	MASON CITY	17.04	
27	Seifert, Lucas	9	ADM ADEL	17.07	
28	Burke, Lincoln	11	CARROLL COM...	17.26	
29	Campbell, Carsten	12	CARLISLE	17.49	
30	Saw, Kay	12	DES MOINES A...	17.68	
31	Peck, Anders	10	ANKENY CENT...	17.83	
32	Rowedder, Michael	12	CARROLL COM...	17.92	
33	Roof, Reid	10	NORWALK	17.98	
34	Furnal, Anden	12	CARLISLE	18.31	
35	Fitzpatrick, Liam	10	NORWALK	18.33	
36	Daters, Carson	10	MARSHALLTO...	19.56	
37	Scott, Boston	10	DES MOINES R...	19.67	
38	Sisomphane, Colton	JR	DES MOINES A...	20.69	
39	Draper, Ethan	9	DES MOINES R...	22.53	
--	Cai, Allen	11	AMES	DNS	
--	Malin, Noel	11	BOONE	DNS	
--	Boobyer, Ethan	11	URBANDALE	DQ	
--	McGraw, Easton	11	INDIANOLA	DNS	
--	Johnson, Caiden	12	PELLA	DNS	
--	LeLaCheur, Miciah	12	VALLEY WEST ...	DNS	
--	Meester, Caden	11	JOHNSTON	DNS	
--	Hedrick, Brenden	12	BOONE	DQ	
--	Ludwig, Griffin	11	WAUKEE NORT...	DNS	

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#19 Girls' 800 Meters Varsity Finals

🕒 Meet 2:13.73 Lydia Saggau, WDM VALLEY 2012

	Athlete	Yr	Team	Finals	Pts
1	Madetzke, Makenna	12	ANKENY	2:14.25	10
2	Gentry, Meredith	12	DES MOINES R...	2:16.13	8
3	Vander Ley, Piper	10	WAUKEE NORT...	2:18.21	6
4	Strickland, Brinkley	11	BONDURANT-F...	2:20.72	5
5	VandeVoort, Lizzy	10	PELLA	2:21.92	4
6	Baugh Van Zee, Emme	11	WAUKEE	2:22.44	3
7	Reid, Abigail	11	VALLEY WEST ...	2:26.68	2
8	Paulsen, Bryn	10	PELLA	2:27.96	1
9	Murray, Brynn	9	MASON CITY	2:28.09	
10	Sherman, Emma	12	DES MOINES R...	2:28.10	
11	Kincaid, Leah	11	AMES	2:28.43	
12	Barbour, Kenley	9	SOUTHEAST P...	2:29.23	
13	Whaley, Dominique	9	AMES	2:29.98	
14	Johnson, Genevieve	9	ANKENY CENT...	2:31.27	
15	Morgan, Reagan	9	BOONE	2:31.38	
16	Klingensmith, Trinity	10	ANKENY CENT...	2:31.45	
17	Hoger, Paige	11	INDIANOLA	2:33.12	
18	Vaske, Elena	9	DOWLING CAT...	2:33.25	
19	Lamping, Cara	9	JOHNSTON	2:33.39	
20	Schulz, Ella	12	ANKENY	2:33.91	
21	Haaland, Hannah	12	NORTH POLK	2:34.30	
22	Foster, Lauren	10	SOUTHEAST P...	2:34.32	
23	Krumm, Gracie	11	WAUKEE	2:34.40	
24	Barton, Harper	12	NEWTON	2:35.22	
25	Bjork, Addy	11	ADM ADEL	2:36.12	
26	Labertew, Keira	11	INDIANOLA	2:36.43	
27	Pudenz, Lilly	10	DALLAS CENTE...	2:36.58	
28	Fox, Ryley	9	JOHNSTON	2:37.02	
29	Frost, Ella	11	DES MOINES A...	2:37.23	
30	Engbrecht, Blakelee	10	VALLEY WEST ...	2:37.50	
31	Ketelsen, Ivy	9	MASON CITY	2:37.87	
32	Welch, Emelyn	10	NORWALK	2:38.30	
33	Houser, Finley	9	BOONE	2:39.59	
34	Evans, Elizabeth	9	NORWALK	2:40.03	
35	Nubie, Malak	10	DES MOINES H...	2:40.12	
36	Hope, Ava	10	WINTERSET	2:41.92	
37	Gessmann, Hadley	10	DALLAS CENTE...	2:45.48	
38	Barton, Temple	10	NEWTON	2:47.94	
39	Morrison, Anessa	12	MARSHALLTO...	2:52.50	
40	Ceren, Drea	11	MARSHALLTO...	2:58.95	
41	LaBresh, Joella	12	DES MOINES N...	3:03.08	
42	Brown, Radiance	11	DES MOINES N...	3:08.86	
--	Dani, Emee	11	WAUKEE NORT...	DNS	
--	Reinhardt, Sadie	12	DOWLING CAT...	DNS	
--	Nelson, Alaina	12	ADM ADEL	DNS	
--	Manning, Elsie	12	DES MOINES A...	DNS	

#20 Boys' 800 Meters Varsity Finals

🕒 Meet 1:53.37 Owen Wolfe, DOWLING 2025

	Athlete	Yr	Team	Finals	Pts
1	Gabrielson, Ayden	12	WAUKEE NORT...	1:55.64	10
2	Bleich, Logan	11	GILBERT	1:56.91	8
3	Tuyls, Kellen	12	WAUKEE NORT...	1:57.11	6
4	Squiers, Carson	12	GILBERT	1:58.00	5
5	Meggison, Jack	11	DALLAS CENTE...	1:58.87	4
6	Alvarez, Jaxton (Jax)	11	ANKENY CENT...	2:00.79	3
7	Williams, Blake	10	JOHNSTON	2:00.80	2
8	Ebersole, Jonah	11	PELLA	2:01.03	1
9	Miller, Cayden	11	URBANDALE	2:01.51	
10	Oberreuter, Eli	10	DALLAS CENTE...	2:01.80	
11	Hermann, Graden	11	BALLARD	2:01.98	
12	Robidoux, Jake	10	INDIANOLA	2:02.64	
13	Osterloh, Lane	12	NORWALK	2:03.03	
14	Myers, Dorian	12	BOONE	2:03.15	
15	Buhrow, Sam	11	NORWALK	2:03.66	
16	Gordon, Chase	12	DES MOINES H...	2:03.74	
17	Paulsen, Dane	12	PELLA	2:03.88	
18	Platt, Charlie	10	AMES	2:04.07	
19	Haigh, Carter	11	DOWLING CAT...	2:04.50	
20	Morgan, Ramsey	12	JOHNSTON	2:04.54	
21	Larson, Samuel	11	INDIANOLA	2:04.61	
22	Farrell, Preston	10	WAUKEE	2:05.16	
23	Fritz, Korben	11	CARLISLE	2:05.73	
24	Mathiasen, Emmett	12	DOWLING CAT...	2:05.89	
25	Maki, Reagan	10	NEWTON	2:05.94	
26	Reynolds, Johnny	12	VALLEY WEST ...	2:07.12	
27	Rieck, Jack	12	BONDURANT-F...	2:07.53	
28	Peterson, Ben	11	WAUKEE	2:07.80	(2:07.791)
29	Hansen, Cael	11	FORT DODGE	2:07.80	(2:07.792)
30	Keller, Isaiah	12	DES MOINES R...	2:07.91	
31	Gibson, Grady	11	BONDURANT-F...	2:09.70	
32	Wheelock, Hudson	12	DES MOINES A...	2:09.77	
33	Hall, Robbie	12	ADM ADEL	2:09.90	
34	McKee, Zavier	JR	DES MOINES A...	2:10.44	
35	Goldman, Myles	12	MARSHALLTO...	2:10.76	
36	Cruz Felipe, Angel	12	VALLEY WEST ...	2:10.80	
37	Leasure, Jace	11	WINTERSET	2:11.56	
38	Johnson, Teddy	9	BOONE	2:11.79	
39	Shiple, Peyton	11	NORTH POLK	2:11.93	
40	Chisholm, Alex	9	NORTH POLK	2:11.94	
41	Krutsch, Karsyn	11	CARROLL COM...	2:14.01	
42	Downs, Michael	10	MARSHALLTO...	2:16.78	
43	Hermann, Silvio	12	DES MOINES R...	2:19.04	
--	Moberg, Josh	12	SOUTHEAST P...	DNS	
--	Hermon, Gabriel (Gabby)	10	CARLISLE	DNS	
--	Moll, Cohen	12	ANKENY CENT...	DNS	
--	Landphair, Ty	12	ADM ADEL	DNS	
--	Ackelson, Will	12	SOUTHEAST P...	DNS	

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Results

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

🕒 Meet 25.13 Sydney Milani, SE POLK 2017

	Athlete	Yr	Team	Finals	Pts
1	Tarplah, Teresa	10	SOUTHEAST P...	26.53	10
2	Sandy, Kendal	11	INDIANOLA	26.66	8
3	Buesch, Bella	10	ANKENY CENT...	26.82	6
4	Knapp, Julia	12	DES MOINES R...	27.10	5
5	Mead, Ellie	11	DOWLING CAT...	27.31	4
6	Priestley, Claire	9	ADM ADEL	27.33	3
7	Trine, Kamry	11	PELLA	27.39	2
8	Chance, Emerson	12	WAUKEE	27.50	1
9	Cornwell, Cooper	10	JOHNSTON	27.56	
10	Potter, Kenzie	12	DES MOINES E...	27.62	
11	Kopriva, Elsa	10	WAUKEE	27.66	
12	Mayfield, Nevaeh	10	DALLAS CENTE...	27.72	
13	DeVries, Haylie	10	PELLA	27.73	
14	Manock, Jocelyn	12	NORTH POLK	27.98	
15	Ackerman, Rosie	9	BONDURANT-F...	28.08	
16	Crawford, Khloe	10	DALLAS CENTE...	28.10	
17	Dooley, Samantha	9	INDIANOLA	28.19	
18	Sangel, Aubrey	10	WAUKEE NORT...	28.26	
19	Baccam, Ashlan	10	WAUKEE NORT...	28.48	
20	Conradt, Lydia	10	DOWLING CAT...	28.54	
21	Schmidt, Blythe	11	OTTUMWA	28.55	
22	Bolander, Daffney	12	DES MOINES E...	28.67	
23	Baer, Ella	10	WINTERSET	28.85	
24	Theford, DiAuria	10	DES MOINES R...	28.96	
25	Powers, Isabel	12	SOUTHEAST P...	29.03	
26	Klatt, Makenzie	9	BOONE	29.16	
27	Schultz, Leighton	9	VALLEY WEST ...	29.21	
28	De Haan, Olivia	9	PELLA CHRISTI...	29.35	
29	Conley, Alivia	11	NEWTON	29.49	
30	Bragg, Tristyn	9	DES MOINES N...	29.50	
31	Groves, Adalynn	9	NEWTON	29.56	
32	Holton, Sara	11	AMES	30.12	
33	Jones, Kamee	12	CARROLL COM...	30.56	
34	Sadie, Shailynn	11	MARSHALLTO...	30.58	
35	Gunn, Tinley	9	ANKENY CENT...	30.84	
36	Hernandez, Leia	11	MARSHALLTO...	31.08	
--	Wormley, Abby	11	AMES	DNS	
--	Kashama, Aleyna	12	DES MOINES H...	DNS	
--	Harmer, Roseline	10	VALLEY WEST ...	DNS	
--	Standley, Peyton	12	ADM ADEL	DNS	
--	Kyne, Monah	12	DES MOINES H...	DNS	
--	Van Wyk, Meredith	12	PELLA CHRISTI...	DNS	
--	Earles, Delilah	10	DES MOINES A...	DNS	
--	McCarl, Hailee	11	DES MOINES N...	DNS	

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

🕒 Meet 21.77 Mikey McClain, DOWLING 2022

	Athlete	Yr	Team	Finals	Pts
1	Mullens, Harrison	12	PELLA	22.32	10
2	Grevengoed, Trent	12	VALLEY WEST ...	22.49	8
3	Bosworth, Logan	10	WAUKEE NORT...	22.60	6
4	Miller, Jackson	12	DOWLING CAT...	22.83	5
5	Winslow, Ethan	11	NORWALK	23.03	4
6	Dickinson, Heisman	10	ANKENY CENT...	23.09	3
7	Paul, Christian	11	ADM ADEL	23.15	2
8	Grossman, Treyton	12	ANKENY	23.21	1
9	Carlson, Ethan	11	DALLAS CENTE...	23.22	
10	Rademacher, Aidan	12	NORTH POLK	23.42	
11	Burk, Isaac	11	CARLISLE	23.45	
12	Wold, Evan	11	DES MOINES R...	23.51	
13	Cole, James	9	ANKENY CENT...	23.64	(23.634)
14	Westcott, Draven	12	INDIANOLA	23.64	(23.640)
15	Bush, Xavier	12	NORWALK	23.68	
16	Deutsch, Jackson	10	SOUTHEAST P...	23.78	
17	Blake, Connor	11	NORTH POLK	23.80	
18	Leland, Tate	10	BALLARD	23.85	
19	Cavan, Orion	10	CARLISLE	23.87	
20	Allen, Harrison	12	WAUKEE	24.03	
21	Lewis, Brayden	12	SOUTHEAST P...	24.10	
22	Kelley, Ray'shawn	12	DES MOINES A...	24.17	
23	Eujenio, Abraham	12	DES MOINES E...	24.18	(24.171)
24	Schagt, Logian	12	CARROLL COM...	24.18	(24.174)
25	McIntyre, Maddox	11	BOONE	24.27	
26	Witt, Braxton	10	MASON CITY	24.29	
27	Opoku-Sekyere, Christop...	10	DALLAS CENTE...	24.36	
28	Muller, Austin	11	BONDURANT-F...	24.40	
29	Coon, Wyatt	12	WAUKEE	24.51	(24.502)
30	Ochsner, Ezra	12	PELLA CHRISTI...	24.51	(24.503)
31	Shields, Jayden	10	DES MOINES R...	24.75	
32	Manuel, Aaron	12	DES MOINES A...	24.92	
33	Witt, Drayden	12	MASON CITY	24.95	
34	Greene, Declan	12	MARSHALLTO...	25.16	
35	Schuknecht, William	10	PELLA	25.19	(25.185)
36	Stitz, Mason	12	CARROLL COM...	25.19	(25.189)
37	Butler, Davin	12	BONDURANT-F...	25.37	
38	Sharp, Kieron	11	MARSHALLTO...	28.11	
--	Fode, Godwin	11	DES MOINES H...	DNS	
--	Gaye, Darius	9	DES MOINES E...	DNS	
--	Wilson, Chase	10	JOHNSTON	DNS	
--	Ludwig, Griffin	11	WAUKEE NORT...	DNS	
--	Alexander, Joseph	11	VALLEY WEST ...	DNS	
--	Rychnovsky, Owen	11	ADM ADEL	DQ	
--	Gardner-Smith, Gavin	10	DOWLING CAT...	DNS	
--	Fulkerson, Grant	9	BALLARD	DNS	
--	Quam, Bryson	12	JOHNSTON	DNS	

#42 Girls' 200 Meters Wheelchair **Finals**

	Athlete	Yr	Team	Finals	Pts
1	Paulsen, Bella	9	JOHNSTON	1:06.14	10

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#41 Boys' 200 Meters Wheelchair **Finals**

Athlete	Yr	Team	Finals	Pts
1 Shwery, Logan	9	ANKENY CENT...	47.56	10

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

🕒 Meet 1:04.19 Josie McGraw, INDIANOLA 2025

Athlete	Yr	Team	Finals	Pts
1 Van Cleave, Brenna	12	AMES	1:04.36	10
2 Coghlan, Elise	12	ADM ADEL	1:05.69	8
3 Maharry, Jana	11	WAUKEE	1:06.11	6
4 Grover, Madison	11	INDIANOLA	1:06.48	5
5 Millang, Molly	9	VALLEY WEST ...	1:07.07	4
6 Mayson, Jordin	10	OTTUMWA	1:07.42	3
7 Hoger, Lilly	11	INDIANOLA	1:07.47	2
8 Berger, Olivia	11	WAUKEE	1:09.54	1
9 Tischler, Aubrey	9	VALLEY WEST ...	1:11.01	
10 Smith, Josephine	10	SOUTHEAST P...	1:11.37	
11 Nordstrom, Madelyn	11	WINTERSET	1:11.44	
12 Shoen, Brooklyn	9	BALLARD	1:11.62	
13 Anthony, Everlee	10	DOWLING CAT...	1:11.84	
14 Sims, Mack	12	NEWTON	1:12.19	
15 Cole, Ellsie	10	ANKENY CENT...	1:12.38	
16 Esslinger, Shelby	11	AMES	1:12.62	
17 Demuth, Elizabeth	9	PELLA	1:12.95	
18 Otte, Avery	10	SOUTHEAST P...	1:12.96	
19 Trausch, Olive	11	DES MOINES R...	1:13.82	
20 Smyth, Isabella	11	ADM ADEL	1:14.11	
21 Dirx, Maggie	11	CARROLL COM...	1:15.37	
22 Johnston, Kealey	9	DALLAS CENTE...	1:15.72	
23 Schmit, Zoey	12	DES MOINES H...	1:16.62	
24 Sage, Brinn	10	NORTH POLK	1:16.83	
25 Routh, Piper	11	NORWALK	1:17.72	
26 Gonyo, Ashley	11	DOWLING CAT...	1:18.12	
27 Roling, Chloe	10	CARLISLE	1:18.22	
28 Hayes, Avah	12	BOONE	1:18.45	
29 Davidson, Madelyn	12	BOONE	1:18.92	
30 Vos, Chloe	10	PELLA CHRISTI...	1:20.14	
31 Adams, Carsyn	9	NORWALK	1:21.25	
32 Campbell, Audrey	9	PELLA	1:21.34	
33 Echeverria, Raquel	12	DES MOINES A...	1:27.31	
-- Sitzmann, Natalie	12	WAUKEE	DNS	
-- Stanford, Leighton	10	DALLAS CENTE...	DNS	
-- Schulte, Alayna	12	WAUKEE NORT...	DNS	

#24 Boys' 400m Hurdles Varsity **Finals**🕒 Meet 53.44 Cael Woods, ANKENY 2025
CENTENNIAL

Athlete	Yr	Team	Finals	Pts
1 Van Horn, Austin	12	WAUKEE NORT...	56.08	10
2 Miller, Logan	10	WAUKEE NORT...	56.09	8
3 Bellamy, Jace	12	WINTERSET	57.74	6
4 Sheer, Will	12	JOHNSTON	57.85	5
5 Peterson, Mitch	10	JOHNSTON	58.40	4
6 Petersma, Atticus	10	VALLEY WEST ...	58.43	3
7 Brennick, Bentley	12	SOUTHEAST P...	58.52	2
8 Stelpflug, Max	11	PELLA	58.54	1
9 Hanson, Dane	12	MASON CITY	59.08	
10 Wilson, Jasper	12	BONDURANT-F...	59.09	
11 Smitherman, Aiden	12	MARSHALLTO...	59.23	
12 Henderson, Jaxon	9	CARLISLE	59.64	
13 Truman, Harrison	11	ANKENY	59.70	
14 McGraw, Easton	11	INDIANOLA	59.91	
15 Royal, Andrew	10	DOWLING CAT...	59.96	
16 Rivera, Nathan	12	WINTERSET	1:00.12	
17 Bohnenkamp, Charlie	12	DALLAS CENTE...	1:00.53	
18 Halfhill, Jackson	11	BONDURANT-F...	1:00.63	
19 Wurth, Harry	10	WAUKEE	1:00.84	
20 Hilton, Jase	10	DOWLING CAT...	1:00.86	
21 Tedrow, Carson	12	CARROLL COM...	1:00.89	
22 Miller, Tate	10	NORTH POLK	1:01.01	
23 Goble, Sawyer	10	ANKENY CENT...	1:01.48	
24 Chesire, John	11	VALLEY WEST ...	1:01.62	
25 Reed, Kipton	10	ADM ADEL	1:02.15	
26 Byers, Tanner	11	CARLISLE	1:02.20	
27 Berding, Jack	10	MASON CITY	1:02.39	
28 Miller, Lukas	11	DALLAS CENTE...	1:02.54	
29 Roof, Reid	10	NORWALK	1:02.78	
30 Foster, Dawson	9	ADM ADEL	1:02.85	
31 Ritzert, Hudson	10	PELLA CHRISTI...	1:02.94	
32 Peck, Anders	10	ANKENY CENT...	1:02.99	
33 Hout, Eddie	10	NORTH POLK	1:03.02	
34 Peitz, Brayden	11	SOUTHEAST P...	1:03.60	
35 Gorder, Hank	10	INDIANOLA	1:03.69	
36 COX, Mason	11	DES MOINES A...	1:03.90	
37 Burke, Lincoln	11	CARROLL COM...	1:04.26	
38 Kruempel, Aidan	11	PELLA	1:04.75	
39 McLaughlin, Maxwell	11	BOONE	1:05.35	
40 Montgomery, Noah	12	DES MOINES R...	1:05.72	
41 Gardoud, Beken	10	DES MOINES R...	1:06.36	
42 Mcgruder, Bentley	9	DES MOINES A...	1:07.06	
43 Daters, Carson	10	MARSHALLTO...	1:12.24	
-- White, Tavian	12	WAUKEE	DNS	
-- Brown, Jeremiah	12	NORWALK	DQ	
-- Miller, Jonathan	12	OTTUMWA	DNS	

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

🕒 Meet 4:12.65 Katie Flood, DOWLING CATHOLIC 2010

	Athlete	Yr	Team	Finals	Pts
1	Madetzke, Makenna	12	ANKENY	4:37.52	10
2	Jones, Ella	11	WAUKEE NORT...	4:39.50	8
3	Heidgerken, Tenley	9	DALLAS CENTE...	4:41.63	6
4	Gentry, Meredith	12	DES MOINES R...	4:44.61	5
5	Ferebee, Marissa	12	PELLA	4:45.65	4
6	Nakama, Naya	9	AMES	4:49.21	3
7	Spradling, Isabel	10	DES MOINES R...	4:49.28	2
8	Stanley, Emma	11	AMES	4:52.52	1
9	Dunham, Ruth	11	PELLA	4:53.26	
10	Maile, Sammi	9	ANKENY CENT...	4:53.32	
11	Schmitz, Hannah	9	NORWALK	4:54.92	
12	Burrier, Sydney	12	WAUKEE	4:55.58	
13	Evans, Brogan	12	MASON CITY	4:57.33	
14	Driscoll, Avery	11	WAUKEE	4:57.92	
15	Beasley, Grace	11	JOHNSTON	4:58.21	
16	Back, Mallory	10	WINTERSET	5:00.71	
17	Laxton, Cali	9	INDIANOLA	5:01.71	
18	Mason, Ady	12	INDIANOLA	5:08.25	
19	Guerrero-Jones, Contessa	11	SOUTHEAST P...	5:08.72	
20	Back, Morgan	12	WINTERSET	5:08.73	
21	Muckler, Audrey	10	NEWTON	5:09.78	
22	Sorensen, Alexis	11	NEWTON	5:12.11	
23	Reinhardt, Sadie	12	DOWLING CAT...	5:17.98	
24	Wise, Vanessa	11	ANKENY	5:19.37	
25	Morgan, Reagan	9	BOONE	5:20.34	
26	Kearney, Jayde	11	VALLEY WEST ...	5:21.85	
27	Eggleston, Allie	11	ADM ADEL	5:23.62	
28	Chesnut, Whitney	9	BOONE	5:26.48	
29	Bunnell, Ellie	10	NORTH POLK	5:26.71	
30	Frost, Ella	11	DES MOINES A...	5:28.73	
31	Jelsma, Emmeri	10	SOUTHEAST P...	5:28.84	
32	Schieber, Paige	9	VALLEY WEST ...	5:29.34	
33	Mora, Julia	11	DALLAS CENTE...	5:30.97	
34	Parry, Briella	9	JOHNSTON	5:31.61	
35	Morrison, Anessa	12	MARSHALLTO...	5:43.18	
36	Baxter, Bailey	12	OTTUMWA	5:43.78	
37	Ceren, Drea	11	MARSHALLTO...	5:55.08	
38	Hall, Kaylee	11	OTTUMWA	5:58.28	
39	Wilhelm, Kara	10	NORWALK	6:01.62	
40	Hahn, Tahlia	12	CARROLL COM...	6:41.50	
--	Sundet, Laney	10	WAUKEE NORT...	DNS	
--	Cogdill, Natalie	9	ANKENY CENT...	DNS	
--	Vaske, Elena	9	DOWLING CAT...	DNS	
--	Von Roden, Elliotte	10	ADM ADEL	DNS	

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

🕒 Meet 4:12.65 Ryan Schweizer, DOWLING CATHOLIC 2016

	Athlete	Yr	Team	Finals	Pts
1	Dunham, Canaan	12	PELLA	4:11.44	10
2	Robbins, Reed	12	INDIANOLA	4:17.75	8
3	Crossland, Jack	11	JOHNSTON	4:18.66	6
4	Ibeling, Graham	11	DALLAS CENTE...	4:19.54	5
5	Paulsen, Nicholas	12	DOWLING CAT...	4:19.68	4
6	Barnes, Kiefer	12	INDIANOLA	4:19.86	3
7	Hensley, Ashton	12	URBANDALE	4:21.64	2
8	Ohr-Rottler, Tay	12	JOHNSTON	4:25.66	1
9	Tice, William	11	DOWLING CAT...	4:27.53	
10	Gaulke, Mason	12	PELLA	4:29.41	
11	Sanger, Brady	12	BONDURANT-F...	4:32.07	
12	Parker, Sam	12	NORWALK	4:33.02	
13	Walderbach, Brayden	9	NORWALK	4:34.69	
14	Beyer, Wyatt	10	WAUKEE	4:35.00	
15	Gessmann, Harper	12	DALLAS CENTE...	4:35.40	
16	Smith, Ian	12	ANKENY CENT...	4:36.48	
17	Hanson, Ryler	10	BONDURANT-F...	4:37.21	
18	Moberg, Josh	12	SOUTHEAST P...	4:37.38	
19	Perrigo, Nelsen	10	VALLEY WEST ...	4:37.44	
20	Limback, Thomas	11	VALLEY WEST ...	4:37.85	
21	Anderson, Andrew	12	AMES	4:38.07	
22	Kokjohn, Colton	9	WAUKEE	4:38.19	
23	Stevermer, Zach	9	GILBERT	4:41.15	
24	Leistikow, Jack	10	ADM ADEL	4:42.98	
25	Meinders, Sawyer	12	PELLA CHRISTI...	4:43.86	
26	De Ronde, Dean	10	PELLA CHRISTI...	4:46.18	
27	Lucht, Landon	12	GILBERT	4:46.87	
28	Zabel, Lance	12	NEWTON	4:47.18	
29	Brown, Gus	9	ANKENY	4:47.62	(4:47.612)
30	Fye, Roman	9	ANKENY CENT...	4:47.62	(4:47.616)
31	Coller, Andrew	9	ADM ADEL	4:50.34	
32	Saldana, Felipe	10	CARLISLE	4:51.23	
33	Wiederien, Dayton	12	CARROLL COM...	4:52.94	
34	Sheldon, Elijah	12	AMES	4:53.81	
35	Stone, Emeric	9	SOUTHEAST P...	4:55.41	
36	Wise, Graham	11	DES MOINES R...	4:57.09	
37	McKee, Zavier	JR	DES MOINES A...	5:00.90	
38	De Cleene, Judah	12	CARLISLE	5:03.07	
39	Zambreno, Joey	12	DES MOINES R...	5:06.59	
40	Piscatelli, Costin	9	MARSHALLTO...	5:11.80	
41	Bergman, Cade	10	MASON CITY	5:12.52	
42	Toledo-Comer, Devon	11	DES MOINES A...	5:21.68	
--	Vance, Austin	10	BALLARD	DNS	
--	Smith, Ike	12	ANKENY	DNS	
--	Nunn, Carter	12	MARSHALLTO...	DNS	
--	Braddock, Ajay	12	BOONE	DNS	
--	Schmidt, Tyler	12	NORTH POLK	DNS	
--	Duregger, Alexi	9	MASON CITY	DNS	

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

🕒 Meet 47.57 DM ROOSEVELT (W. Welch, S. 2012
Sayeh, R. Roberts-Lewis, H.
Hawkins)

	Team	Relay	Finals	Pts
1	VALLEY WEST DES MOIN... 'A'		48.41	10
2	ADM ADEL 'A'		49.18	8
3	PELLA CHRISTIAN 'A'		50.23	6
4	JOHNSTON 'A'		50.64	5
5	NORTH POLK 'A'		50.98	4
6	PELLA 'A'		51.19	3
7	AMES 'A'		51.23	2
8	INDIANOLA 'A'		51.25	1
9	WAUKEE 'A'		51.41	
10	BONDURANT-FARRAR 'A'		51.44	
11	WAUKEE NORTHWEST 'A'		51.59	
12	DES MOINES ROOSEVELT 'A'		51.89	
13	ANKENY CENTENNIAL 'A'		52.17	
14	DES MOINES HOOVER 'A'		52.20	
15	MASON CITY 'A'		52.39	
16	CARROLL COMMUNITY 'A'		52.56	
17	MARSHALLTOWN 'A'		52.68	
18	DES MOINES EAST 'A'		52.75	
19	NEWTON 'A'		52.85	
20	BALLARD 'A'		52.97	
21	DALLAS CENTER-GRIMES 'A'		53.02	
22	WINTERSET 'A'		53.69	
23	DES MOINES NORTH 'A'		53.90	
24	BOONE 'A'		54.58	
25	OTTUMWA 'A'		54.79	
26	CARLISLE 'A'		54.90	
--	DOWLING CATHOLIC W... 'A'		DNS	
--	DES MOINES ABRAHAM... 'A'		DNS	

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

🕒 Meet 42.11 ADM ADEL (A. Flora, T. Gelhaar, 2024
M. Vanorny, B. Doll)

	Team	Relay	Finals	Pts
1	WINTERSET 'A'		43.42	10
1	SOUTHEAST POLK 'A'		42.82	10
2	NORWALK 'A'		42.93	8
2	DES MOINES ROOSEVELT 'A'		43.62	8
3	INDIANOLA 'A'		43.10	6
3	FORT DODGE 'A'		43.72	6
4	NEWTON 'A'		43.99	5
4	ADM ADEL 'A'		43.21	5
5	NORTH POLK 'A'		44.17	4
5	DALLAS CENTER-GRIMES 'A'		43.26	4
6	URBANDALE 'A'		43.36	3
6	BONDURANT-FARRAR 'A'		44.56	3
7	CARROLL COMMUNITY 'A'		44.60	2 (44.591)
8	BALLARD 'A'		44.60	1 (44.599)
8	PELLA CHRISTIAN 'A'		43.47	1
9	ANKENY 'A'		43.48	
9	OTTUMWA 'A'		45.03	
10	DES MOINES EAST 'A'		45.58	
10	DOWLING CATHOLIC W... 'A'		43.54	
11	DES MOINES ABRAHAM... 'A'		45.75	
12	MARSHALLTOWN 'A'		46.35	
13	BOONE 'A'		47.66	
13	MASON CITY 'A'		43.87	
15	CARLISLE 'A'		44.00	
16	WAUKEE 'A'		44.07	
17	AMES 'A'		44.10	
22	VALLEY WEST DES MOIN... 'A'		44.99	
27	PELLA 'A'		46.65	
--	DES MOINES NORTH 'A'		DNS	
--	JOHNSTON 'A'		DNS	
--	ANKENY CENTENNIAL 'A'		DNS	

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#29 Girls' 4x400 Relay Varsity Finals

🕒 Meet 4:00.59 PELLA CHRISTIAN (R. Kacmarynski, M. Wyk, A. Agre, B. Vos) 2025

	Team	Relay	Finals	Pts
1	WAUKEE NORTHWEST	'A'	4:01.65	10
2	WAUKEE	'A'	4:04.78	8
3	VALLEY WEST DES MOIN...	'A'	4:10.91	6
4	PELLA	'A'	4:12.85	5
5	INDIANOLA	'A'	4:15.63	4
6	BONDURANT-FARRAR	'A'	4:16.69	3
7	NORTH POLK	'A'	4:16.71	2
8	BALLARD	'A'	4:18.71	1
9	NEWTON	'A'	4:26.51	
10	MASON CITY	'A'	4:29.32	
11	CARROLL COMMUNITY	'A'	4:29.71	
12	BOONE	'A'	4:30.84	
13	AMES	'A'	4:31.90	
14	DES MOINES HOOVER	'A'	4:32.78	
15	JOHNSTON	'A'	4:39.92	
16	OTTUMWA	'A'	4:43.76	
17	DES MOINES ABRAHAM...	'A'	5:21.09	
--	PELLA CHRISTIAN	'A'	DNS	
--	DES MOINES NORTH	'A'	DNS	
--	DALLAS CENTER-GRIMES	'A'	DNS	
--	ANKENY CENTENNIAL	'A'	DNS	
--	ADM ADEL	'A'	DNS	

#30 Boys' 4x400 Relay Varsity Finals

🕒 Meet 3:20.84 WAUKEE (M. Modlin, J. Johnson, A. Andrews, G. Groathouse) 2017

	Team	Relay	Finals	Pts
1	ADM ADEL	'A'	3:21.89	10
2	VALLEY WEST DES MOIN...	'A'	3:23.72	8
3	AMES	'A'	3:25.78	6
4	NORTH POLK	'A'	3:27.11	5
5	DOWLING CATHOLIC W...	'A'	3:27.27	4
6	INDIANOLA	'A'	3:27.48	3
7	ANKENY	'A'	3:27.54	2
8	ANKENY CENTENNIAL	'A'	3:28.43	1
9	JOHNSTON	'A'	3:31.86	
10	PELLA	'A'	3:32.80	
11	NEWTON	'A'	3:33.51	
12	BOONE	'A'	3:33.75	
13	FORT DODGE	'A'	3:39.81	
14	MARSHALLTOWN	'A'	3:40.84	
15	DES MOINES ABRAHAM...	'A'	3:43.04	
16	DES MOINES ROOSEVELT	'A'	3:52.71	
17	BALLARD	'A'	3:52.77	
18	CARROLL COMMUNITY	'A'	3:56.26	
19	DES MOINES HOOVER	'A'	4:00.28	
--	MASON CITY	'A'	DNS	
--	PELLA CHRISTIAN	'A'	DNS	
--	SOUTHEAST POLK	'A'	DNS	
--	WAUKEE	'A'	DQ	

#33 Boys' Discus Varsity Finals

🕒 Meet 185-06.00 Hanson King, PELLA 2024

	Athlete	Yr	Team	Finals	Pts
1	Kiesau, Daxon	11	URBANDALE	183-00.00	10
2	Curtis, Aiden	11	INDIANOLA	173-09.00	8
3	Whinery, Reece	12	SOUTHEAST P...	167-02.00	6
4	Johnson, Brandon	12	AMES	161-09.00	5
5	Thomas, Max	12	DOWLING CAT...	155-11.00	4
6	Cantrall, Teague	12	SOUTHEAST P...	151-09.00	3
7	Winter, Gabe	11	WAUKEE NORT...	151-07.00	2
8	Roth, Gavin	11	CARLISLE	149-02.00	1
9	Elcock, Myls	12	DOWLING CAT...	148-01.00	
10	Anderson, Reagan	11	PELLA	140-07.00	
11	Sanchez-evans, Ty	12	MASON CITY	139-11.00	
12	Hine, Andrew	12	WAUKEE	139-08.00	
13	Valenta, Wyatt	11	DALLAS CENTE...	139-01.00	
14	Panknen, Jonathan	12	PELLA	137-03.00	
15	Vannausdle, Cohen	12	JOHNSTON	136-05.00	
16	Sprecher, Caden	11	BOONE	134-06.00	
17	Larson, Caleb	12	ANKENY CENT...	131-11.00	
18	Schwenneker, Bryce	10	ADM ADEL	130-05.00	
19	Holt, Gavin	12	CARROLL COM...	129-05.00	
20	Andersen, Will	12	WAUKEE NORT...	129-03.00	
21	Subbert, Nick	12	ADM ADEL	128-09.00	
22	Flewellyn, Caden	12	VALLEY WEST ...	125-00.00	
23	Stolpe, Connor	12	DALLAS CENTE...	124-03.00	
24	Lee, Slayde	12	BOONE	122-09.00	
25	Kohtz, Levi	11	WAUKEE	118-09.00	
26	Akers, Riley	11	WINTERSET	114-09.00	
27	Russelburg, Brandt	11	ANKENY CENT...	111-05.00	
28	Arhart, Landon	12	MASON CITY	105-01.00	
29	Morgan, Charlie	11	OTTUMWA	103-02.00	
--	Turrado, Marcus	10	OTTUMWA	ND	
--	Hinkle, Jaxson	12	MARSHALLTO...	ND	
--	Bauer, Max	11	INDIANOLA	ND	

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#34 Girls' Shot Put Varsity Finals

🕒 Meet 44-05.00 Alexa Hunt, DM ROOSEVELT 2013

	Athlete	Yr	Team	Finals	Pts
1	Subsin, Delilah	12	OTTUMWA	44-11.25	10
2	Gripp, Sam	11	INDIANOLA	42-09.75	8
3	Scheckel, Katie	12	PELLA	39-03.25	6
4	Hagedorn, Lauren	12	ADM ADEL	37-04.00	5
5	LaMar, Jennifer	10	BOONE	37-02.25	4
6	Kluver, Katie	12	INDIANOLA	35-02.50	3
7	Stobbe, Ella	12	WAUKEE	34-10.00	2
8	Gray, Emma	12	JOHNSTON	34-09.75	1
9	Schlader, Sophia	SO	WAUKEE NORT...	34-01.75	
10	Christensen, Gwyn	12	ANKENY	33-03.25	
11	Sheridan, Alivia	12	DES MOINES E...	33-00.25	
12	Smith, Cameron	11	PELLA	32-09.50	
13	Licht, Avah	12	CARLISLE	31-11.25	
14	Proctor, Janiah	12	AMES	31-01.50	
15	Bogwill, Alli	10	SOUTHEAST P...	30-07.25	
16	Johnson, Haylee	10	VALLEY WEST ...	30-05.00	
17	Anderson, Lillian	9	ANKENY CENT...	30-04.25	
18	Kongshaug, Emilia	12	JOHNSTON	29-10.00	
19	Schoenauer, Athena	10	DOWLING CAT...	29-04.00	
20	Thea, Rebecca	12	DES MOINES A...	29-03.75	
21	Drost, Briella	12	VALLEY WEST ...	29-03.50	
22	Bird, Makenna	11	NORTH POLK	28-10.25	
23	Forkah-Musoro, Nancy-G...	10	ANKENY CENT...	28-04.50	
24	Kain, Bailey	11	SOUTHEAST P...	27-10.00	
25	Menegbo, Barinegior	11	DES MOINES N...	27-08.00	
26	Vaughn, Morgan	12	WINTERSET	27-05.75	
27	Landers, Macy	9	WINTERSET	27-04.00	
28	Wise, Olivia	10	MARSHALLTO...	27-03.25	
29	Medici, Sophia	12	ANKENY	27-02.75	
30	Davis, Allana	9	MASON CITY	26-01.25	
31	Smith, Ella	12	CARLISLE	26-00.75	
32	Ballard, Riley	10	BONDURANT-F...	24-05.25	

#35 Boys' Long Jump Varsity Finals

🕒 Meet 23-00.75 Miciah LeLaCheur, VALLEY WEST 2025
DES MOINES

	Athlete	Yr	Team	Finals	Pts
1	Kunze, Kaiden	12	NORWALK	24-05.00	10
2	LeLaCheur, Miciah	12	VALLEY WEST ...	22-01.75	8
3	Gaie, Elijah	11	DALLAS CENTE...	21-02.75	6
4	Giefer, Johnathon (Jt)	12	DES MOINES E...	20-08.00	5
5	Kurtz, Andrew	11	BONDURANT-F...	20-06.00	4
6	Diers, Emmanuel	12	PELLA	20-04.50	3
7	Mrla, Landon	12	CARROLL COM...	20-03.75	2
8	Hall-berry, Pierce	10	DES MOINES R...	20-02.50	1
9	Dickinson, Heisman	10	ANKENY CENT...	20-02.00	
10	Nguyen, Duy	12	SOUTHEAST P...	19-11.00	
11	Barber, Isaiah	11	DALLAS CENTE...	19-11.00	
12	Amos, Parker	11	INDIANOLA	19-10.75	
13	Larson, Sawyer	12	AMES	19-10.00	
14	Osborn rowe, Lavelle	10	SOUTHEAST P...	19-08.75	
15	Nzimi, Dannick	10	VALLEY WEST ...	19-08.25	
16	Moyer, Zane	11	CARLISLE	19-05.25	
17	Fuller, Nolan	9	BALLARD	19-03.25	
18	Green, Jordon	11	WAUKEE NORT...	19-02.25	
19	Nebo, Therston	11	WAUKEE	19-02.25	
20	Pitzen, Jackson	12	ADM ADEL	19-01.75	
21	Welch, Breck	12	NORWALK	19-00.25	
22	Gerleman, Leyton	12	ADM ADEL	18-11.25	
23	Williams, Christopher	10	AMES	18-10.25	
24	Clark, Jaydon	12	BOONE	18-08.75	
25	Heliman, Jamel	11	DES MOINES E...	18-07.25	
26	Villalva, Gabriel	9	BOONE	18-05.75	
27	Paugh, Brooks	12	INDIANOLA	18-05.00	
28	Gutierrez, Xavyer	12	WAUKEE	18-04.00	
29	Schable, Chase	11	CARROLL COM...	18-00.75	
30	Byers, Tanner	11	CARLISLE	17-11.00	
31	Holub, Hayden	10	JOHNSTON	17-11.00	
--	Kettler, Owen	11	PELLA	DNS	

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#36 Girls' High Jump Varsity **Finals**

🕒 Meet 5-08.25 Reese Wagner, NORTH POLK 2025

	Athlete	Yr	Team	Finals	Pts
1	Robinson, Emma	12	CARLISLE	5-04.00	10
2	Akol, Ayak	12	AMES	5-02.00	7
2	Chan, Ashal	10	JOHNSTON	5-02.00	7
4	Badillo, Mila	11	ANKENY	5-02.00	5
5	Baker, Cailey	12	INDIANOLA	5-02.00	4
6	Tong, Yar	10	VALLEY WEST ...	5-02.00	3
7	Melendez Paez, Ari	9	VALLEY WEST ...	5-00.00	2
8	Casey, McCaelyn	10	SOUTHEAST P...	5-00.00	1
9	Mueller, Aubree	10	WAUKEE	4-10.00	
9	Baer, Ella	10	WINTERSET	4-10.00	
9	White, Tori	12	NEWTON	4-10.00	
9	Biggs, Elodie	11	AMES	4-10.00	
13	DeWaard, Kiera	11	WAUKEE NORT...	4-10.00	
14	Gibbs, Phenix	10	PELLA	4-10.00	
14	Sandholm, Audrey	11	ANKENY CENT...	4-10.00	
14	Stoecken, Emma	9	DALLAS CENTE...	4-10.00	
17	Benge, Emily	9	INDIANOLA	4-10.00	
17	Colyer, Heaven	11	OTTUMWA	4-10.00	
19	Pulley, Jada	11	DES MOINES N...	4-08.00	
20	Demuth, Elizabeth	9	PELLA	4-08.00	
20	Routh, Piper	11	NORWALK	4-08.00	
22	Howard, Cassidy	10	JOHNSTON	4-06.00	
22	Eure, Veronica	11	DOWLING CAT...	4-06.00	
24	DeVries, Ellie	10	NEWTON	4-06.00	
--	Hayes, Avelynn	9	ADM ADEL	DNS	
--	Murray, Brynn	9	MASON CITY	NH	
--	Clark, Leah	9	BONDURANT-F...	DNS	
--	Morton, Afton	9	BONDURANT-F...	DNS	
--	Bulambo, Angerine	11	DES MOINES N...	NH	
--	Huether, Frankie	11	NORTH POLK	DNS	
--	Collins, Edie	11	WAUKEE NORT...	DNS	
--	Wagner, Reese	11	NORTH POLK	DNS	

#37 Girls' Discus Varsity **Finals**

🕒 Meet 137-09.00 Kileigh Lachacz, DC GRIMES 2023

	Athlete	Yr	Team	Finals	Pts
1	Subsin, Delilah	12	OTTUMWA	153-08.00	10
2	Bishop, Ireland	11	PELLA	148-02.00	8
3	Schlader, Sophia	SO	WAUKEE NORT...	140-07.00	6
4	Danburg, Cassidy	11	WAUKEE NORT...	129-05.00	5
5	Cobb, Maliya	12	ANKENY	126-05.00	4
6	Hagedorn, Lauren	12	ADM ADEL	125-06.00	3
7	Whalen, Maya	10	INDIANOLA	121-01.00	2
8	Johnson, Nellie	12	DOWLING CAT...	113-07.00	1
9	LaMar, Jennifer	10	BOONE	107-08.00	
10	Stobbe, Ella	12	WAUKEE	107-04.00	
11	Kluver, Abbie	12	INDIANOLA	105-06.00	
12	Christensen, Gwyn	12	ANKENY	103-01.00	
13	Hartman, Ava	12	WINTERSET	102-11.00	
14	TeGrootenhuis, Sam	10	PELLA	102-07.00	
15	Bird, Makenna	11	NORTH POLK	102-01.00	
16	Anderson, Lillian	9	ANKENY CENT...	101-05.00	
17	Nikkel, Mallory	12	BONDURANT-F...	100-10.00	
18	Proctor, Janiah	12	AMES	92-01.00	
19	Steele, Lexi	12	SOUTHEAST P...	90-11.00	
20	Thompson, Adeline	11	OTTUMWA	90-02.00	
21	Mugisha, Irene	12	CARLISLE	89-11.00	
22	Pease, Jovie	12	VALLEY WEST ...	89-08.00	
23	Benson, Bella	12	DOWLING CAT...	89-04.00	
24	Henke, Anna	12	VALLEY WEST ...	88-10.00	
25	Cunningham, Madison	9	NEWTON	88-09.00	
26	Weldon, Piper	11	NORWALK	80-10.00	
27	Landers, Macy	9	WINTERSET	76-06.00	
28	Garvis, Brooke	11	NEWTON	71-08.00	
--	Thea, Rebecca	12	DES MOINES A...	ND	
--	Garrity, Brenna	11	ADM ADEL	DNS	
--	Collins, Tiana	11	SOUTHEAST P...	DNS	
--	Anderson, Bella	11	ANKENY CENT...	ND	

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

🕒 Meet 57-10.50 Hanson King, PELLA 2024

	Athlete	Yr	Team	Finals	Pts
1	Kiesau, Daxon	11	URBANDALE	54-02.00	10
2	Inthabounh, Athan	12	DES MOINES N...	52-04.00	8
3	Johnson, Brandon	12	AMES	51-10.50	6
4	Roth, Gavin	11	CARLISLE	51-05.00	5
5	Hine, Andrew	12	WAUKEE	51-00.00	4
6	Hagan, Brady	11	DOWLING CAT...	50-11.25	3
7	Radosevich, Charlie	12	INDIANOLA	50-01.75	2
8	Baumgardner, Jude	12	BOONE	49-11.00	1
9	Hinkle, Jaxson	12	MARSHALLO...	49-04.25	
10	Fuller, Brevyn	12	DALLAS CENTE...	48-09.75	
11	Valenta, Wyatt	11	DALLAS CENTE...	48-09.25	
12	Gilbert, Johnathan	11	ANKENY CENT...	48-07.50	
13	Flewellyn, Caden	12	VALLEY WEST ...	48-05.75	
14	Thomas, Max	12	DOWLING CAT...	48-05.25	
15	Cantrall, Teague	12	SOUTHEAST P...	47-11.00	
16	Hemming, Palmer	12	PELLA	47-03.00	
17	Sanchez-evans, Ty	12	MASON CITY	47-02.75	
18	Siefken, Jackson	11	ADM ADEL	46-11.50	
19	Curtis, Aiden	11	INDIANOLA	46-10.75	
20	Mershon, Anthony	12	VALLEY WEST ...	46-00.50	
21	Ries, Gabe	12	MASON CITY	45-10.00	
22	Morgan, Charlie	11	OTTUMWA	45-09.25	
23	Anderson, Reagan	11	PELLA	44-06.75	
24	Collum, James	12	BONDURANT-F...	43-08.50	
25	Andersen, Will	12	WAUKEE NORT...	43-07.00	
26	Giesemann, Jamison	12	NORWALK	43-06.00	
27	Yankoon, Joel	10	SOUTHEAST P...	43-04.00	
28	Follett, Henry	10	ADM ADEL	43-02.25	
29	Hemmer, Charlie	10	WAUKEE NORT...	43-01.00	
30	McClish, Colton	12	JOHNSTON	43-01.00	
31	Rice, Jackson	10	CARLISLE	42-09.00	
--	Larson, Caleb	12	ANKENY CENT...	ND	

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

🕒 Meet 18-09.50 Sophia Hatcher, AMES 2025

	Athlete	Yr	Team	Finals	Pts
1	Hatcher, Sophia	12	AMES	17-06.00	10
2	Cowles, Edyn	12	AMES	16-07.75	8
3	Grover, Madison	11	INDIANOLA	16-07.25	6
4	Parker, Jayla	12	VALLEY WEST ...	16-06.00	5
5	Woods, Jady	12	SOUTHEAST P...	16-05.00	4
6	Huether, Frankie	11	NORTH POLK	16-05.00	3
7	Anbukumar, Samanvi	9	WAUKEE	16-01.50	2
8	Paugh, Amelia	9	INDIANOLA	15-11.25	1
9	Zeon, Gelila	9	SOUTHEAST P...	15-06.75	
10	Weaver, Kaitlyn	9	PELLA	15-05.50	
11	O'Neal, Quinlan	10	WINTERSET	15-04.25	
12	Ackerman, Rosie	9	BONDURANT-F...	15-00.50	
13	De Haan, Olivia	9	PELLA CHRISTI...	14-10.50	
14	Shoen, Brooklyn	9	BALLARD	14-10.25	
15	Smyth, Isabella	11	ADM ADEL	14-06.25	
16	McKinnon, Katie	11	OTTUMWA	14-05.00	
17	Hutzell, Maya	9	WAUKEE	14-04.25	
18	Simmelink, Macy	10	CARROLL COM...	14-02.00	
19	Mrla, Brylee	11	CARROLL COM...	14-01.50	
20	Gunn, Tinley	9	ANKENY CENT...	13-10.50	
21	Graves, Leah	12	MARSHALLO...	13-09.00	
22	Mikels, Jaia	12	VALLEY WEST ...	13-01.75	
23	Roling, Chloe	10	CARLISLE	13-00.75	
24	Bailey, Halle	11	BOONE	12-04.50	
--	Karsten, Ashlyn	10	NEWTON	DNS	
--	Arringdale, Taylor	12	BOONE	DNS	
--	Birusingh, Siri	9	DOWLING CAT...	DNS	
--	Cupp, Carly	10	NORTH POLK	DNS	
--	Garner, Anaja	11	PELLA	DNS	
--	Banowitz, Camille	10	ANKENY CENT...	DNS	
--	Priestley, Claire	9	ADM ADEL	DNS	

Results

#40 Boys' High Jump Varsity Finals

© Meet 6-08.00 Tyler Donels, SE POLK 2011

	Athlete	Yr	Team	Finals	Pts
1	Malual, Ajak	10	WAUKEE	6-09.00	10
2	Atherton, Logan	11	NORWALK	6-07.00	8
3	Kluesner, Reid	11	ADM ADEL	6-04.00	6
4	Banning, Trevor	10	WINTERSET	6-00.00	5
5	Borchardt, Nate	10	MASON CITY	6-00.00	4
6	Sirdoreus, Carson	10	BONDURANT-F...	6-00.00	3
7	Hazel, Logan	11	DOWLING CAT...	6-00.00	1.5
7	Pierce, Daryn	10	CARLISLE	6-00.00	1.5
9	Wagner, Nathan	9	NORTH POLK	5-10.00	
9	Verastiegui, Alonso	12	WAUKEE NORT...	5-10.00	
9	Alexander, Joseph	11	VALLEY WEST ...	5-10.00	
12	Montgomery, Noah	12	DES MOINES R...	5-10.00	
12	Banny JR, Austin	12	VALLEY WEST ...	5-10.00	
12	Tharjiath, Lual	12	CARROLL COM...	5-10.00	
15	DeWall, Thomas	11	INDIANOLA	5-10.00	
16	Kennedy, Eddie	11	WAUKEE NORT...	5-10.00	
17	Freese, Wade	9	CARROLL COM...	5-08.00	
18	Thompson, Reid	10	SOUTHEAST P...	5-06.00	
18	Grife, Ben	10	ADM ADEL	5-06.00	
18	Bogenrief, Beck	9	DOWLING CAT...	5-06.00	
21	Boens, Zale	9	URBANDALE	5-06.00	
22	Kasper, Jaxen	10	CARLISLE	5-06.00	
--	Bivins, Isaac	12	AMES	NH	
--	Falls, Jameer	11	MASON CITY	DNS	
--	McCloud, Issac	9	BOONE	NH	
--	Bengard, Juhl	10	NORWALK	NH	
--	Toussaint, Rylan	10	ANKENY CENT...	DNS	
--	Vonnahme, Kody	11	ANKENY CENT...	NH	
--	Klayon, Augustus	11	SOUTHEAST P...	NH	
--	Miller, Jonathan	12	OTTUMWA	NH	
--	Opoku-Sekyere, Christop...	10	DALLAS CENTE...	NH	
--	McGraw, Easton	11	INDIANOLA	DNS	