

## 2021 Knoxville Panther Coed Relays - 4/15/2021

## Knoxville, IA

## Results

## Girls 100 Meter Dash Varsity

Lane Name	Yr	Team	Finals
<b>Finals</b>			
1	Gioffredi, Grace	JR INDL	12.92
2	Reynolds, Adalyn	JR MNTA	13.09
3	Hackman, Marissa	SO PELL	13.25
4	Young, Jena	SO WINT	13.42
5	Steinfeldt, Patricia	JR INDL	13.44
6	Lambert, Payten	JR MNTA	13.50
7	Renaud, Mollie	FR PELL	14.29
8	Lindsey, Ally	SO VM	14.55
9	Nichols, Kayla	FR WINT	14.66
10	Ochoa, Daisy	FR OTT	14.74
11	Thompson, Lilly	SR VM	14.92
12	Cook, Sadie	FR OTT	15.10
13	Dahm, Maria	FR PECH	15.25
14	Klaasen, Alexa	SO PECH	15.54
15	Kaster, Kirya	FR KNOX	17.10
16	Kingrey, Paige	FR KNOX	17.52

## Girls 200 Meter Dash Varsity

Lane Name	Yr	Team	Finals
<b>Finals</b>			
1	Kerndt, Calla	JR PELL	27.04
2	Reynolds, Adalyn	JR MNTA	27.08
3	Young, Jena	SO WINT	27.80
4	Sullivan, Melanie	SO KNOX	27.89
5	Newland, Lina	FR OTT	28.01
6	Ott, Breanna	FR INDL	28.11
7	Steinfeldt, Patricia	JR INDL	28.87
8	Rhodes, Shea	JR VM	29.79
9	Smolik, Shae	FR VM	29.95
9	Coram, Olivia	FR OTT	29.95
11	Buttall, Anna	FR KNOX	30.86
12	Bandstra, Ella	SO PECH	31.94
13	Klaasen, Alexa	SO PECH	33.18
14	James, Anne	SR MNTA	34.09

## Girls 400 Meter Dash Varsity

Lane Name	Yr	Team	Finals
<b>Finals</b>			
1	Wiseman, Darci	JR WINT	59.99
2	Reynolds, Adalyn	JR MNTA	1:02.33
3	Carter, Lauren	JR WINT	1:04.68
4	Lambert, Payten	JR MNTA	1:06.23
5	Natelborg, Kayla	SR PECH	1:06.35
6	Breazeale, Ella	FR KNOX	1:06.63
7	O'Neil, Katie	SO INDL	1:07.29
8	Simmons, Vanessa	FR OTT	1:08.17
9	Reimers, Ella	SO VM	1:11.06
10	Veenstra, Cara	SO PECH	1:11.57
11	Streck, Jenna	FR VM	1:12.45
12	Rasmussen, Nora	SO PELL	1:13.43
13	Wisse, Lily	JR PELL	1:15.45
14	Kester, Lily	FR OTT	1:16.58
15	Gay, Destiny	SR KNOX	1:19.19

## Girls 800 Meter Run Varsity

Name	Yr	Team	Finals
<b>Finals</b>			
1	Kelly, Clare	SO VM	2:30.05
2	Craven, Sami	FR WINT	2:36.50
3	Foster, Gracie	FR INDL	2:37.58
4	Schmitz, Maddie	SO PELL	2:37.62
5	Milligan, Sophie	SO PECH	2:39.86
6	Breazeale, Ella	FR KNOX	2:43.10
7	Teagarden, Abby	FR PELL	2:58.36
8	Newell, Claire	SO VM	3:00.46
9	VanZante, Livia	FR PELL	x3:00.78
10	Larsen, Karlie	SO MNTA	3:01.22
11	Anderson, Anna	FR KNOX	3:04.41
12	Zylstra, Lilian	PECH	3:15.17
13	Palen, Olivia	FR OTT	3:15.84
14	Shields, Madison	SO MNTA	3:20.24
15	Lord, Emily	FR OTT	3:28.23

## Girls 1500 Meter Run Varsity

Name	Yr	Team	Finals
<b>Finals</b>			
1	Naughton, Emily	SO INDL	4:58.25
2	Cutler, Abby	SR PELL	5:26.84
3	Kaufman, Karsyn	SO WINT	5:30.45
4	Mellin, Isabelle	FR OTT	5:31.85
5	Tenges, Bree	SO INDL	5:34.62
6	Collins, Natalie	FR KNOX	5:38.58
7	Fryar, Brooklyn	FR VM	5:40.88
8	Blink, Autumn	FR PELL	5:43.58
9	Boonstra, Sophia	FR PELL	x5:59.79
10	Eilers, Hannah	SR INDL	x6:05.81
11	Rebelsky, Matti	SR VM	6:09.42
12	Nelson, Jalen	SR KNOX	6:17.27
13	Schaefer, Natalie	SO MNTA	6:29.12
14	Triggs, Lauren	SO MNTA	7:04.75
15	Stock, Lila	FR OTT	7:05.44

## Girls 3000 Meter Run Varsity

Name	Yr	Team	Finals
<b>Finals</b>			
1	Cutler, Abby	SR PELL	11:34.54
2	Luedtke, Jasmine	FR OTT	12:04.64
3	Kaufman, Dyllan	SO WINT	12:13.49
4	Jones, MaKayla	SR MNTA	12:22.63
5	Fryar, Brooklyn	FR VM	12:26.37
6	Teagarden, Abby	FR PELL	12:36.68
7	Yeager, Micah	JR WINT	12:43.82
8	Kaufman, Karsyn	SO WINT	x13:00.45
9	Murphy, Sophie	SR KNOX	13:15.84
10	Larsen, Karlie	SO MNTA	14:46.86
11	Kincaid, Kenzie	JR KNOX	16:07.22

## Girls 100 Meter Hurdles Varsity

Lane Name	Yr	Team	Finals
<b>Finals</b>			
1	Soderberg, Allie	SO WINT	16.97
2	Kleemeier, Jaya	FR WINT	17.51
3	Allar, Ella	FR OTT	17.86
4	VanHeukelom, Andrea	SR PELL	18.03
5	Gordon, Tristan	FR PELL	18.47
6	Wiedman, Kennedy	FR VM	18.50
7	McCombs, Ellie	SR INDL	18.54
8	Harkins, Charli	FR VM	19.20
9	Haveman, Ryleigh	JR MNTA	19.65
10	Davis, Mya	FR OTT	20.36
11	Hamilton, Lannie	SO KNOX	21.44
12	Tiller, Bianca	FR KNOX	22.75

## Girls 400 Meter Hurdles Varsity

Lane Name	Yr	Team	Finals
<b>Finals</b>			
1	Wiseman, Darci	JR WINT	1:06.49
2	Kelly, Mary	SO VM	1:11.27
3	Coulter, Meghan	FR OTT	1:13.03
4	Wiedman, Reagan	SO VM	1:15.82
5	Werling, Joey	JR INDL	1:15.83
6	Hunger, Sarah	FR OTT	1:21.58
7	Stewart, Madalynn	JR MNTA	1:22.43
8	Spurgeon, Emmalee	FR PELL	1:22.96
9	VanVoorst, Bailey	JR PELL	1:23.59
10	Klommhaus, Kacee	SO MNTA	1:25.26

## Girls 4x100 Meter Relay Varsity

Team	Relay	Finals	
<b>Finals</b>			
1	Pella Reynolds, Delanie SO Hackman, Marissa SO	A Vanderhoff, Roselande SR Warner, Abby FR	51.40
2	Indianola Eaton, Kaydence FR Forbes, Arys SR	A Gioffredi, Grace JR Sickels, Rayna JR	53.00
3	Ottumwa Newland, Lina FR Schneckloth, Chloe FR	A Houk, Mady FR Guest, Anne FR	53.52
4	Mount Ayr Shields, Kaylie SO Lambert, Payten JR	A Reynolds, Adalyn JR Stewart, Madalynn JR	53.54
5	Winterset Kleemeier, Jaya FR Banning, Thea JR	A Kiou, Riley JR Young, Jena SO	54.45
6	Van Meter Lindsey, Ally SO Wiedman, Kennedy FR	A Thompson, Lilly SR Rhodes, Shea JR	55.11
7	Pella Christian De Boef, Anna SO Boender, Amelia FR	A Nikkel, Makayla FR Natelborg, Kayla SR	55.62

## 2021 Knoxville Panther Coed Relays - 4/15/2021

## Knoxville, IA

## Results

## Finals ... (Girls 4x100 Meter Relay Varsity)

8 Knoxville	A	1:05.57
Karr, Mackenzie FR	Kaster, Kirya FR	
Billiter, Nattilie FR	Hamilton, Lannie SO	

## Girls 4x200 Meter Relay Varsity

Team	Relay	Finals
<b>Finals</b>		
1 Pella	A	1:48.06
Reynolds, Delanie SO	Vanderhoff, Roselande SR	
Hackman, Marissa SO	Kerndt, Calla JR	
2 Indianola	A	1:49.63
Eaton, Kaydence FR	Blake, Lauren JR	
Forbes, Aryss SR	Gioffredi, Grace JR	
3 Ottumwa	A	1:54.30
Newland, Lina FR	Morgan, Mallory FR	
Coram, Olivia FR	Schneekloth, Chloe FR	
4 Van Meter	A	1:56.04
Lindsey, Ally SO	Thompson, Lilly SR	
Herman, Maya JR	Moore, Eden FR	
5 Winterset	A	1:56.09
Kious, Riley JR	Banning, Thea JR	
Boyle, Olivia FR	Benshoof, Abby SR	
6 Pella Christian	A	1:59.59
De Boef, Anna SO	Nikkel, Makayla FR	
Boender, Amelia FR	Natelborg, Kayla SR	
7 Mount Ayr	A	2:06.35
Elwood, Karly FR	Klommhaus, Kacee SO	
Jones, MaKayla SR	Newton, Anne FR	
8 Knoxville	A	2:12.80
Buttall, Anna FR	Billiter, Nattilie FR	
Karr, Mackenzie FR	Kincaid, Kenzie JR	

## Girls 4x400 Meter Relay Varsity

Team	Relay	Finals
<b>Finals</b>		
1 Van Meter	A	4:12.33
Herman, Maya JR	Moore, Eden FR	
Kelly, Clare SO	Kelly, Mary SO	
2 Pella	A	4:21.36
Trine, Jacie FR	Schmitz, Maddie SO	
Warner, Mia SO	Blommers, Ashley SR	
3 Winterset	A	4:22.09
Carter, Lauren JR	Darling, Avary SO	
Craven, Sami FR	Wiseman, Darci JR	
4 Indianola	A	4:29.75
O'Neil, Katie SO	Forbes, Aryss SR	
Werling, Joey JR	Blake, Lauren JR	
5 Mount Ayr	A	4:42.86
Newton, Anne FR	Jones, MaKenna SO	
Jones, MaKayla SR	Elwood, Karly FR	
6 Ottumwa	A	5:11.30
Kester, Lily FR	Kendrick, Raylynn FR	
Alvarenga, Nailly FR	Simmons, Vanessa FR	

7 Knoxville	A	5:15.62
Spaur, Reece FR	Buttall, Anna FR	
Kincaid, Kenzie JR	Anderson, Anna FR	

## Girls 4x800 Meter Relay Varsity

Team	Relay	Finals
<b>Finals</b>		
1 Winterset	A	10:14.84
Craven, Sami FR	Darling, Avary SO	
Sutton, Morgan FR	Carter, Lauren JR	
2 Ottumwa	A	11:11.78
Mellin, Isabelle FR	Garza, Mia FR	
Carapia, Yaleli FR	Coulter, Meghan FR	
3 Pella	A	11:11.99
Schmitz, Maddie SO	Vos, Lydia FR	
Bogaards, Abbey SO	Blommers, Ashley SR	
4 Indianola	A	13:12.03
Foster, Gracie FR	Tenges, Bree SO	
Eilers, Hannah SR	Dahl, Piper FR	
5 Knoxville	A	13:12.48
Breazeale, Ella FR	Anderson, Anna FR	
Nelson, Jalen SR	Collins, Natalie FR	
6 Van Meter	A	13:13.11
Streck, Jenna FR	Newell, Claire SO	
Shultzen, Alyssa FR	Rebelsky, Matti SR	
7 Pella	B	x13:13.31
8 Mount Ayr	A	13:53.04
Shields, Madison SO	Schaefer, Natalie SO	
Triggs, Lauren SO	Newton, Anne FR	
9 Ottumwa	B	x14:09.70
10 Knoxville	B	x14:10.47

## Girls 800 Sprint Medley Varsity

Team	Relay	Finals
<b>Finals</b>		
1 Pella	A	1:53.66
Reynolds, Delanie SO	Vanderhoff, Roselande SR	
Kerndt, Calla JR	Trine, Jacie FR	
2 Indianola	A	1:54.00
Sickels, Rayna JR	Gioffredi, Grace JR	
Forbes, Aryss SR	Naughton, Emily SO	
3 Winterset	A	1:55.00
Kleemeier, Jaya FR	Nichols, Kayla FR	
Young, Jena SO	Wiseman, Darci JR	
4 Van Meter	A	1:56.00
Thompson, Lilly SR	Wiedman, Kennedy FR	
Rhodes, Shea JR	Matt, Norah SR	
5 Knoxville	A	1:57.00
Heffron, Ciara FR	Spaur, Reece FR	
Sullivan, Melanie SO	Bacorn, Brittany FR	
6 Pella Christian	A	1:58.00
Dahm, Maria FR	Natelborg, Kayla SR	
Boender, Amelia FR	De Boef, Anna SO	
7 Mount Ayr	A	1:59.00
Shields, Kaylie SO	Stewart, Madalynn JR	
Elwood, Karly FR	Jones, MaKenna SO	

8 Ottumwa	A	2:00.00
Ochoa, Daisy FR	Houk, Mady FR	
Vanderheiden, Ashley FR	Simmons, Vanessa FR	

## Girls Distance Medley Varsity

Team	Relay	Finals
<b>Finals</b>		
1 Van Meter	A	4:29.13
Smolik, Shae FR	Rhodes, Shea JR	
Kelly, Mary SO	Kelly, Clare SO	
2 Winterset	A	4:40.89
Kious, Riley JR	Banning, Thea JR	
Darling, Avary SO	Sutton, Morgan FR	
3 Ottumwa	A	4:42.53
Allar, Ella FR	Kendrick, Raylynn FR	
Schneekloth, Chloe FR	Garza, Mia FR	
4 Indianola	A	4:43.38
Ott, Breanna FR	McCombs, Ellie SR	
Sams, Shae SO	Werling, Joey JR	
5 Pella	A	4:45.00
Warner, Abby FR	Curry, Ava FR	
Eekhoff, Giovy JR	Blink, Autumn FR	
6 Knoxville	A	4:56.16
Spaur, Reece FR	Bacorn, Brittany FR	
Sullivan, Melanie SO	Collins, Natalie FR	
7 Pella Christian	A	5:06.57
Dahm, Maria FR	Settles, Jema SO	
Bandstra, Ella SO	Milligan, Sophie SO	
8 Mount Ayr	A	5:15.21
James, Anne SR	Streit, Tegan SO	
Shields, Madison SO	Jones, MaKenna SO	

## Girls 4x100 Meter Shuttle Hurdle Varsity

Lane	Team	Relay	Finals
<b>Finals</b>			
1	Indianola	A	1:10.97
	Young, Anna JR	Howe, Avery SR	
	Matthias, Kira SR	Sickels, Rayna JR	
2	Pella	A	1:13.32
	VanHeukelom, Andrea SR	Riddick, Aaliyah FR	
	Gordon, Tristan FR	Rowe, Meridith JR	
3	Van Meter	A	1:17.94
	Harkins, Charli FR	Reimers, Ella SO	
	Wiedman, Reagan SO	Vaught, Zoie JR	
4	Ottumwa	A	1:31.25
	Davis, Mya FR	Morgan, Mallory FR	
	Monaghan, Vada FR	Hunger, Sarah FR	
---	Knoxville	A	DQ
	Hamilton, Lannie SO	Tiller, Bianca FR	
	Billiter, Nattilie FR	Jackson, Hali FR	
---	Winterset	A	DQ
	Boyle, Olivia FR	Kleemeier, Jaya FR	
	Forsyth, Haelynn FR	Soderberg, Allie SO	

## 2021 Knoxville Panther Coed Relays - 4/15/2021

## Knoxville, IA

## Results

## Girls High Jump Varsity

Name	Yr	Team	Finals
<b>Finals</b>			
1 Banning, Thea	JR	WINT	5-04.00
2 Guest, Anne	FR	OTT	5-03.00
3 Blake, Lauren	JR	INDL	5-00.00
4 Carter, Lauren	JR	WINT	4-10.00
4 Namminga, Jasmine	SO	PELL	4-10.00
6 Veenstra, Cara	SO	PECH	4-08.00
7 O'Neil, Katie	SO	INDL	4-06.00
8 Elwood, Karly	FR	MNTA	4-04.00
9 VanVoorst, Bailey	JR	PELL	4-02.00
--- Shewry, Katie	FR	OTT	NH

## Girls Long Jump Varsity

Name	Yr	Team	Finals
<b>Finals</b>			
1 Kious, Riley	JR	WINT	15-09.75
2 Newland, Lina	FR	OTT	15-09.25
3 Houk, Mady	FR	OTT	15-06.50
4 Sullivan, Melanie	SO	KNOX	14-07.50
5 Moore, Eden	FR	VM	14-07.25
6 Lambert, Payten	JR	MNTA	14-07.00
7 Ott, Breanna	FR	INDL	13-09.75
8 Shields, Kaylie	SO	MNTA	13-08.00
9 Gordon, Tristan	FR	PELL	13-03.75
10 Wisse, Thea	JR	PELL	13-02.50
11 Nikkel, Makayla	FR	PECH	12-11.75
12 Steinfeldt, Patricia	JR	INDL	12-07.00
13 Billiter, Nattilie	FR	KNOX	12-00.25
14 Nichols, Kayla	FR	WINT	11-11.25
--- Vaught, Zoie	JR	VM	ND

## Girls Shot Put Varsity

Name	Yr	Team	Finals
<b>Finals</b>			
1 Mays, Macy	SR	INDL	37-00.50
2 Van Gorp, Allison	SR	PECH	36-08.50
3 Finarty, Ashlyn	SO	KNOX	33-03.00
4 Naig, Madison	SR	PELL	32-05.50
5 McDaniel, Kendall	FR	INDL	32-01.50
6 Kelly, Malia	SO	VM	32-01.00
7 Wellings, Anna	FR	OTT	31-11.50
8 Peterson, Annika	SR	PELL	31-00.00
9 Whittington, Hope	SR	MNTA	30-05.50
10 Lemons, Josie	FR	OTT	29-01.00
11 Barnes, Halsie	JR	MNTA	27-09.00
12 Heffron, Ciara	FR	KNOX	26-10.00
13 Akers, Karlee	FR	WINT	26-02.00
14 Aasen, Elise	SO	WINT	24-01.00
15 Veenstra, Caitlin	FR	PECH	23-02.50

## Girls Discus Throw Varsity

Name	Yr	Team	Finals
<b>Finals</b>			
1 Mays, Macy	SR	INDL	115-02

2 Van Gorp, Allison	SR	PECH	112-08
3 Heffron, Ciara	FR	KNOX	109-04
4 Wellings, Anna	FR	OTT	99-06.50
5 Kluver, Emma	JR	INDL	96-07
6 Lowden, Ava	SR	WINT	93-00
7 Pauls, Jordan	FR	OTT	91-02
8 Larsen, Zoey	SO	MNTA	88-09
9 Kniep, Jill	SO	MNTA	85-10
10 Sparks, Destiny	SO	VM	85-09
11 Finarty, Ashlyn	SO	KNOX	82-02
12 Hackett, Anna	FR	PELL	81-02.50
13 Hartke, Alaina	SO	PELL	80-03
14 Kelly, Malia	SO	VM	78-03
15 Eveland, Anna	SO	PECH	77-07
16 Little, Summer	FR	WINT	74-01

## Girls 4x100 Meter Relay Junior Varsity

Team	Relay	Finals
<b>Finals</b>		
1 Pella	A	56.77
Riddick, Aaliyah FR	Renaud, Mollie FR	
Dingeman, Kaylee FR	Bryan, Lexie FR	
2 Van Meter	A	57.13
Smolik, Shae FR	Reimers, Ella SO	
Harkins, Charli FR	Wiedman, Reagan SO	
3 Indianola	A	57.32
Young, Anna JR	Matthias, Kira SR	
McCombs, Ellie SR	Howe, Avery SR	
4 Wintersset	A	1:00.11
Wickman, Paige SO	Keller, Kate FR	
Honnold, Sienna SO	Wagoner, Riona FR	
5 Ottumwa	A	1:00.74
Alvarez, Mikia FR	Alvarenga, Nailly FR	
Davis, Mya FR	Ochoa, Daisy FR	
6 Knoxville	A	1:07.03
Nelson, Jalen SR	Murphy, Sophie SR	
Gay, Destiny SR	Synytysya, Liliya SO	
7 Mount Ayr	A	1:08.69
Kniep, Jill SO	Larsen, Zoey SO	
Barnes, Halsie JR	Whittington, Hope SR	

## Girls 4x200 Meter Relay Junior Varsity

Team	Relay	Finals
<b>Finals</b>		
1 Pella	A	1:59.38
Amelse, Avey JR	Wisse, Thea JR	
Weesner, Isabelle JR	Fuller, Roselaure SR	
2 Wintersset	A	2:04.45
Keller, Kate FR	Little, Summer FR	
Wickman, Paige SO	Visser, Lilly FR	
3 Indianola	A	2:05.56
Young, Anna JR	Matthias, Kira SR	
Tenges, Bree SO	Foster, Gracie FR	
4 Ottumwa	A	2:20.62
Addis, Brynn FR	Espinoza, Natalia FR	
McEldery, Seishin FR	Harness, Payton FR	

5 Knoxville	A	2:26.86
Anthony, Emma FR	Kingrey, Paige FR	
Kaster, Kirya FR	Jackson, Hali FR	

## Boys 100 Meter Dash Varsity

Lane Name	Yr	Team	Finals
<b>Finals</b>			
1 Sander, Tate	JR	BK	11.23
2 McConnell, Cameron	SR	DMC	11.40
3 Phillips, Gavin	SO	DMC	11.41
4 DeJong, T.J.	SO	KNOX	11.72
5 Shellman, Seth	SR	MNTA	11.85
6 Van Pelt, Dalten	JR	VM	12.13
7 Sieck, Calvin	SR	VM	12.16
8 Montalvo, Gavin	SO	KNOX	12.25
9 Van Kooten, Kaden		PECH	12.39
10 Hartman, Daniel	SR	EBF	12.60
11 Pfeifer, Ashton	FR	PELL	12.64
12 Boender, Cody		PECH	12.78
13 Swank, Dawson	SR	MNTA	13.10
14 Hemm, Hunter	SR	EBF	13.73
15 Williams, Jacob	JR	BK	17.52
16 Treimer, Isaac	FR	PELL	17.96

## Boys 200 Meter Dash Varsity

Lane Name	Yr	Team	Finals
<b>Finals</b>			
1 Alexander, Thane	SR	EBF	23.99
2 Pletsch, Clayton	JR	BK	24.52
3 Fisher, Ryan	JR	VM	24.84
4 Darla, Timothy	SR	DMC	25.07
5 Miesen, Brayden	JR	DMC	25.18
6 De Haan, Micah		PECH	25.27
7 Cole, Austin	JR	MNTA	25.31
7 Cornelison, Jesse	FR	EBF	25.31
9 Cox, Keegan	SR	KNOX	25.38
10 Schulte, Cam	SO	PELL	25.60
11 Lane, Carson	SR	BK	25.95
12 Durflinger, Carter	SO	VM	26.09
13 Veenstra, Trevor		PECH	26.31
14 Maudlin, Riley	SR	MNTA	26.83
15 Misterek, Ben	FR	PELL	27.13

## Boys 400 Meter Dash Varsity

Lane Name	Yr	Team	Finals
<b>Finals</b>			
1 Nichols, Kieren	SR	KNOX	51.24
2 Reynolds, Ryce	FR	MNTA	52.79
3 Weehler, Payton	SR	MNTA	56.42
4 Jingst, Hunter	SO	DMC	58.22
5 Fadden, Owen	SO	DMC	58.88
6 O'Conner, Gavin	SO	BK	59.81
7 Wall, Chris	FR	VM	1:00.67
8 Kargol, Seth	SR	EBF	1:00.73
9 Trudo, Cael	FR	VM	1:01.59
10 Paulsen, Brody	SO	BK	1:03.32
11 Sanders, Christian	SO	PELL	1:05.78

## 2021 Knoxville Panther Coed Relays - 4/15/2021

## Knoxville, IA

## Results

## Boys 800 Meter Run Varsity

Name	Yr	Team	Finals
<b>Finals</b>			
1 McGill, Kaden	SO	KNOX	2:11.55
2 Netten, Aydn	SO	VM	2:13.54
3 Kerber, Matt	SO	VM	2:15.25
4 Gabrielson, Bradon	SO	BK	2:15.79
5 Natelborg, Ryan		PECH	2:19.12
6 Vos, Atticus	FR	PELL	2:20.34
7 VanDyke, Wyatt	FR	PELL	2:20.47
8 Newton, Will	JR	MNTA	2:26.61
9 Calhoun, Nathan	FR	EBF	2:29.07
10 Juffer, Brayton		PECH	2:34.16
11 Paulsen, Brody	SO	BK	2:41.57
12 Mann, Sawyer	FR	DMC	2:42.84
13 Prather, Jesse	SO	KNOX	2:49.63
14 Tuller, Jackson	FR	EBF	2:51.06
15 Benesh, Ashton	FR	MNTA	2:57.11
--- Droz, Konar	SO	EBF	NT
--- Houg, Carson	JR	DMC	NT

## Boys 1600 Meter Run Varsity

Name	Yr	Team	Finals
<b>Finals</b>			
1 Walraven, Seth	JR	KNOX	4:49.74
2 Barth, Dustin	JR	VM	4:52.88
3 Shaha, Bryce	SR	MNTA	5:15.43
4 Houg, Collin	FR	DMC	5:22.29
5 Vander Hart, Brant		PECH	5:26.22
6 Shaffer, Jacob	SO	PELL	5:26.86
7 Seddon, Sam	SO	EBF	5:33.71
8 Angel, Tico	SR	VM	5:35.01
9 Conrad, Jack	FR	PELL	5:44.09
10 Andrade, Jose	SO	BK	6:14.56
10 Buttell, John	JR	KNOX	6:14.56
12 Schleisman, Copper	SO	BK	6:18.14
13 Kargol, Harrison	JR	EBF	6:21.72
14 Gummert, Jack	FR	DMC	6:24.03
14 West, Josh	FR	MNTA	6:24.03
16 Droz, Konar	SO	EBF	x6:48.30

## Boys 3200 Meter Run Varsity

Name	Yr	Team	Finals
<b>Finals</b>			
1 Houg, Carson	JR	DMC	9:41.36
2 Fynaardt, Aaron	SO	DMC	9:44.27
3 VanderWaal, Nathan	FR	PELL	10:00.00
4 Natelborg, Ryan		PECH	10:01.00
5 Neumann, Zack	SO	PELL	10:02.00
6 Barney, Nolan	FR	VM	10:03.00
7 Andrade, Jose	SO	BK	10:04.00
8 Webb, Jarrett	SR	MNTA	10:05.00
9 Lenox, Cael	FR	EBF	10:06.00
--- Comito, Rory	FR	VM	NT

## Boys 110 Meter Hurdles Varsity

Lane Name	Yr	Team	Finals
<b>Finals</b>			
1 Breon, Carson		PECH	16.38
2 Fairchild, Luke	SO	PELL	16.64
3 Knapp, Briar	SR	MNTA	16.69
4 Fisher, Ryan	JR	VM	17.09
5 Alexander, Thane	SR	EBF	17.15
6 Gilliland, Ben	SO	VM	17.59
7 Gomez, Juan	SR	BK	18.21
8 McCrea, Russell	FR	EBF	18.98
9 Meyer, Jordan	SR	BK	19.40
10 Flug, Caden	SR	DMC	20.42
11 Huyser, Cor	FR	PELL	21.77
12 Stull, Peyton	SR	MNTA	22.51

## Boys 400 Meter Hurdles Varsity

Lane Name	Yr	Team	Finals
<b>Finals</b>			
1 Breon, Carson		PECH	58.35
2 Netten, Creighton	SR	VM	59.97
3 Trudo, Casey	JR	VM	1:00.17
4 Knapp, Briar	SR	MNTA	1:01.20
5 Carlson, Kaleb	SR	BK	1:04.11
6 Rowe, Braden	SR	PELL	1:04.71
7 Nunnikhoven, Noah		PECH	1:04.84
8 Carter, Cole	SO	KNOX	1:06.61
9 Sanders, Christian	SO	PELL	1:11.16

## Boys 4x100 Meter Relay Varsity

Team	Relay	Finals
<b>Finals</b>		
1 Des Moines Christian	A	45.61
Phillips, Gavin SO	Anderson, Christian SR	
Withers, Jaxon SR	McConnell, Cameron SR	
2 Van Meter	A	46.78
Pettit, Jack JR	Birks, Taylor SR	
Van Pelt, Dalten JR	Sieck, Calvin SR	
3 Ebf	A	47.30
Cornelison, Jesse FR	Hartman, Daniel SR	
Hughes, Blake SO	Alexander, Thane SR	
4 Pella Christian	A	47.46
Boender, Cody	Kacmarynski, Isaac	
Ritzert, Peyton	Schelhaas, Levi	
5 Pella	A	49.25
Pfeifer, Ashton FR	Norton, Gavin JR	
Perez, Jasper SR	Fairchild, Luke SO	
6 Mount Ayr	A	49.48
Swank, Dawson SR	Larson, Cody JR	
Cole, Austin JR	Larson, Rhett SR	
7 Belmont Klemme	A	50.65
Meyer, Jordan SR	Gabrielson, Bradon SO	
Paulsen, Brody SO	O'Conner, Gavin SO	
8 Knoxville	A	51.15
Marvelli, Drake SO	Huyck, Tyce FR	
Curry, Kaden SO	Willoughby, Hayden FR	

## Boys 4x200 Meter Relay Varsity

Team	Relay	Finals
<b>Finals</b>		
1 Van Meter	A	1:36.23
Pettit, Jack JR	Birks, Taylor SR	
Peterson, Caden JR	Archer, Ganon JR	
2 Des Moines Christian	A	1:36.26
Phillips, Gavin SO	Anderson, Christian SR	
Withers, Jaxon SR	McConnell, Cameron SR	
3 Belmont Klemme	A	1:37.27
Pletsch, Clayton JR	Lane, Carson SR	
Carlson, Kaleb SR	Sander, Tate JR	
4 Pella Christian	A	1:40.42
Nunnikhoven, Noah	Schirz, Benny	
Nikkel, Luke	Geetings, Drew	
5 Mount Ayr	A	1:40.89
Swank, Dawson SR	Shay, Adler JR	
Ehlen, Trae SR	Trujillo, Erik SR	
6 Ebf	A	1:41.39
Jager, Blake FR	Hughes, Blake SO	
Arnold, Kody SO	Webster, Vinnie SO	
7 Pella	A	1:46.04
Norton, Gavin JR	Perez, Jasper SR	
Misterek, Ben FR	DuBois, Hayden FR	
8 Knoxville	A	1:50.14
Marvelli, Drake SO	Huyck, Tyce FR	
Washington, Austin FR	Bertrand, Jack FR	

## Boys 4x400 Meter Relay Varsity

Team	Relay	Finals
<b>Finals</b>		
1 Mount Ayr	A	3:34.88
Weehler, Payton SR	Ehlen, Trae SR	
Shay, Adler JR	Reynolds, Ryce FR	
2 Van Meter	A	3:35.72
Archer, Ganon JR	Baumhover, Austin FR	
Peterson, Caden JR	Schreck, Chris JR	
3 Knoxville	A	3:35.83
DeJong, T.J. SO	Montalvo, Gavin SO	
Nichols, Kieren SR	Cox, Keegan SR	
4 Belmont Klemme	A	3:37.76
Swenson, Issac SO	Carlson, Kaleb SR	
Pletsch, Clayton JR	Sander, Tate JR	
5 Pella Christian	A	3:38.83
Breon, Carson	Schirz, Benny	
Kacmarynski, Isaac	Ritzert, Peyton	
6 Des Moines Christian	A	3:51.58
Castile, Christian SR	Fynaardt, Aaron SO	
King, Isaac SO	Stensen, Samuel JR	
7 Ebf	A	4:02.72
Jager, Blake FR	McCrea, Thomas FR	
Gilland, Andy FR	Calhoun, Nathan FR	
8 Pella	A	4:03.04
Rowe, Braden SR	Lautenbach, Cooper FR	
Stark, Evan SO	Buyert, Matthew SO	

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## Results

## Boys 4x800 Meter Relay Varsity

Team	Relay	Finals
<b>Finals</b>		
1 Mount Ayr	A	8:45.51
Shay, Adler JR	Shaha, Bryce SR	
Trujillo, Erik SR	Ehlen, Trae SR	
2 Van Meter	A	8:45.71
Netten, Creighton SR	Kerber, Matt SO	
Wiedman, Rylan SO	Barth, Dustin JR	
3 Knoxville	A	9:18.31
Walraven, Seth JR	McGill, Kaden SO	
Prather, Jesse SO	Kellar, Jay FR	
4 Des Moines Christian	A	9:20.26
Castile, Christian SR	Jingst, Hunter SO	
Steensen, Samuel JR	Fadden, Owen SO	
5 Pella	A	9:41.10
Conrad, Jack FR	Vos, Atticus FR	
Shaffer, Jacob SO	VanDyke, Dylan FR	
6 Pella Christian	A	9:52.34
Milligan, Ethan	Juffer, Brayton	
De Haan, Micah	Vander Hart, Brant	
7 Des Moines Christian	B	x10:21.23
8 Ebf	A	10:25.97
Calhoun, Nathan FR	Kargol, Harrison JR	
Kargol, Seth SR	Tuller, Jackson FR	
9 Pella	B	x10:37.09

## Boys 800 Sprint Medley Varsity

Team	Relay	Finals
<b>Finals</b>		
1 Knoxville	A	1:38.30
Montalvo, Gavin SO	Cox, Keegan SR	
Nichols, Kieren SR	DeJong, T.J. SO	
2 Mount Ayr	A	1:39.30
Swank, Dawson SR	Cole, Austin JR	
Weehler, Payton SR	Reynolds, Ryce FR	
3 Belmont Klemme	A	1:39.36
Pletsch, Clayton JR	Lane, Carson SR	
Sander, Tate JR	Swenson, Issac SO	
4 Des Moines Christian	A	1:40.87
Phillips, Gavin SO	Withers, Jaxon SR	
McConnell, Cameron SR	Anderson, Christian SR	
5 Van Meter	A	1:41.59
Van Pelt, Dalten JR	Sieck, Calvin SR	
Schreck, Chris JR	Baumhover, Austin FR	
6 Pella Christian	A	1:42.32
Nikkel, Luke	Kacmarynski, Isaac	
Schelhaas, Levi	Ritzert, Peyton	
7 Ebf	A	1:44.11
Jager, Blake FR	Hughes, Blake SO	
Webster, Vinnie SO	Alexander, Thane SR	
8 Pella	A	1:46.18
Pfeifer, Ashton FR	Norton, Gavin JR	
Leovan, Antonio SR	Schulte, Cam SO	

## Boys Distance Medley Varsity

Team	Relay	Finals
<b>Finals</b>		
1 Van Meter	A	3:55.46
Pettit, Jack JR	Archer, Ganon JR	
Trudo, Casey JR	Netten, Aydn SO	
2 Belmont Klemme	A	4:01.03
Gomez, Juan SR	Lane, Carson SR	
Gabrielson, Bradon SO	Swenson, Issac SO	
3 Des Moines Christian	A	4:10.99
Miesen, Brayden JR	Darla, Timothy SR	
Castile, Christian SR	Fynaardt, Aaron SO	
4 Knoxville	A	4:13.83
Carter, Cole SO	Washington, Austin FR	
Curry, Kaden SO	Willoughby, Hayden FR	
5 Pella Christian	A	4:15.06
Van Kooten, Kaden	Pringle, Zach	
Nunnikhoven, Noah	Milligan, Ethan	
6 Pella	A	4:15.88
Schulte, Cam SO	Leovan, Antonio SR	
Rowe, Braden SR	Anderson, Grant SO	
7 Mount Ayr	A	4:16.79
Larson, Cody JR	Barnes, Dalton FR	
Maudlin, Riley SR	Newton, Will JR	
8 Ebf	A	4:21.31
Arnold, Kody SO	McCrea, Russell FR	
Gilland, Andy FR	Seddon, Sam SO	

## Boys 4x110 Meter Shuttle Hurdle Varsity

Team	Relay	Finals
<b>Finals</b>		
1 Van Meter	A	1:08.67
Gilliland, Ben SO	Braun, John FR	
Durflinger, Carter SO	Fisher, Ryan JR	
2 Belmont Klemme	A	1:13.60
Gomez, Juan SR	Meyer, Jordan SR	
Carlson, Kaleb SR	Paulsen, Brody SO	
3 Pella	A	1:15.10
Huysen, Cor FR	Vanderhoff, Anderw FR	
Loftis, Robert SO	Fairchild, Luke SO	
4 Ebf	A	1:17.32
McCrea, Russell FR	Webster, Vinnie SO	
Arnold, Conner FR	McCrea, Thomas FR	

## Boys High Jump Varsity

Name	Yr	Team	Finals
<b>Finals</b>			
1 Archer, Ganon	JR	VM	5-10.00
2 Netten, Aydn	SO	VM	J5-10.00
3 Geetings, Drew		PECH	5-08.00
4 Larson, Cody	JR	MNTA	5-06.00
5 Schirz, Benny		PECH	5-04.00
6 Fairchild, Luke	SO	PELL	J5-04.00
6 Gabrielson, Bradon	SO	BK	J5-04.00
--- Kuhles, Conner	SR	DMC	NH
--- Knapp, Briar	SR	MNTA	NH

--- DuBois, Hayden FR PELL NH

## Boys Long Jump Varsity

Name	Yr	Team	Finals
<b>Finals</b>			
1 DeJong, T.J.	SO	KNOX	20-05.00
2 Hartman, Daniel	SR	EBF	19-11.50
3 Trujillo, Erik	SR	MNTA	18-11.25
4 Boender, Cody		PECH	18-05.00
5 Flug, Caden	SR	DMC	18-03.00
6 Durflinger, Carter	SO	VM	18-02.00
7 Nikkel, Luke		PECH	17-10.00
8 Cornelison, Jesse	FR	EBF	17-08.00
9 Washington, Austin	FR	KNOX	17-04.50
10 Meyer, Jordan	SR	BK	16-09.50
11 Cole, Austin	JR	MNTA	16-05.25
12 Misterek, Ben	FR	PELL	16-04.25
13 Perez, Jasper	SR	PELL	16-04.00
14 Sieck, Teddy	FR	VM	16-01.50
15 O'Conner, Gavin	SO	BK	15-05.00
16 Schlapkohl, Owen	FR	DMC	14-05.00

## Boys Shot Put Varsity

Name	Yr	Team	Finals
<b>Finals</b>			
1 Peterson, Tyler	SR	KNOX	41-02.00
2 Walles, Noah	JR	DMC	40-01.50
3 Loftis, Daniel	FR	PELL	40-01.00
4 Veenstra, Trevor		PECH	39-09.00
5 Brinegar, Wyatt	SR	EBF	39-07.00
6 Bartz, Alex	SR	BK	39-04.00
7 Christensen, Caydon	SR	BK	38-01.00
8 Larson, Rhett	SR	MNTA	37-09.00
9 Kuhles, Conner	SR	DMC	36-00.50
10 Helle, Donovan	FR	PELL	34-10.00
11 Gilbert, George	FR	KNOX	32-10.00
12 Hemm, Trapper	JR	EBF	32-07.00
13 Pringle, Zach		PECH	32-03.00
14 Dredge, Colton	FR	MNTA	29-08.00
--- Fisher, Ethan	SR	VM	DQ
--- Olsen, Lincoln	JR	VM	DQ

## Boys Discus Throw Varsity

Name	Yr	Team	Finals
<b>Finals</b>			
1 Bartz, Alex	SR	BK	125-07
2 Christensen, Caydon	SR	BK	123-09.50
3 Fischer, Brandon	SO	PELL	116-06
4 Stoecker, Sam	SO	DMC	112-11
5 Larson, Rhett	SR	MNTA	112-04
6 Veenstra, Trevor		PECH	111-09.50
7 Brinegar, Wyatt	SR	EBF	105-08
8 Trudo, Casey	JR	VM	101-10.50
9 Jansen, Joe	SR	PELL	100-06
10 Elam, Owen	SO	DMC	98-10.50
11 Speltz, Ike	SO	VM	95-08
12 Noble, Caleb	SR	EBF	90-05

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

13	Reidel, Kyler	SR	KNOX	87-01
14	Steen, Tobey		PECH	86-10
15	Dredge, Colton	FR	MNTA	84-09
16	Bertrand, Jack	FR	KNOX	83-07

## Boys 4x100 Meter Relay Junior Varsity

	Team	Relay	Finals
<b>Finals</b>			
1	Van Meter	A	48.80
	Durflinger, Carter	SO	Sieck, Teddy FR
	Speltz, Ike	SO	Gilliland, Ben SO
2	Pella	A	52.78
	Baker, Logan	SR	Vanderhoff, Anderw FR
	Visser, Jamison	FR	Buyert, Matthew SO
3	Des Moines Christian	A	54.65
	Carlisle, Landon	FR	Herman, Nathanael SO
	McDowell, Wesley	FR	Kirkman, Max SO
4	Ebf	A	56.02
	Noble, Caleb	SR	Hemm, Trapper JR
	Lyon, Dylan	SO	Kargol, Seth SR
5	Mount Ayr	A	58.86
	Dredge, Colton	FR	Knox, Tucker FR
	Drake, Daron	SO	Webb, Jarrett SR
6	Belmond Klemme	A	1:00.67
	Bartz, Alex	SR	Christensen, Caydon SR
	Schleisman, Michael	JR	Schleisman, Copper SO

## Boys 4x200 Meter Relay Junior Varsity

	Team	Relay	Finals
<b>Finals</b>			
1	Van Meter	A	1:44.81
	Sieck, Teddy	FR	Speltz, Ike SO
	Wiedman, Rylan	SO	Barney, Nolan FR
2	Des Moines Christian	A	1:50.43
	Schlapkohl, Owen	FR	Herman, Nathanael SO
	Carlisle, Landon	FR	Kirkman, Max SO
3	Pella	A	1:51.29
	Buyert, Matthew	SO	Visser, Jamison FR
	Stark, Evan	SO	Lautenbach, Cooper FR
4	Ebf	A	1:52.40
	Arnold, Conner	FR	Hemm, Hunter SR
	Danner, Michael	SO	Kargol, Mitchell SR