

SOUTHEAST POLK HS BOYS RM RELAYS

4/6/2023

Results

Boys 100 Meter Dash Wheelchair

Name	Yr	School	Finals
1 Unguec, Josh	11	Ankeny	30.30

Boys 100 Meter Dash Junior Varsity

Name	Yr	School	Finals
1 Dougherty, Dylan	11	Ankeny	11.40
2 Hull, Cameron	11	SE Polk	11.60
3 Chambers, Lucas	10	SE Polk	11.70
3 Patton, Jamison	12	Ankeny	11.70
5 Phillips, Carter	10	SE Polk	x11.80
5 Ulrich, Arian	10	Ankeny Cent	11.80
5 Morgan, J.J.	09	Ankeny Cent	11.80
5 Rogers, Cole	12	SE Polk	x11.80
9 Hager, Noah	09	Valley, Wdm	11.90
9 Brown, Jayden	09	Valley, Wdm	11.90
11 Lust, Trey	11	SE Polk	x12.00
11 Zelenovich, Sam	10	SE Polk	x12.00
13 Hughes, Javarius	10	Dsm, East	12.10
13 Kottlowski, Michael	09	SE Polk	x12.10
13 Levine, Roman	10	Valley, Wdm	x12.10
13 Robbins, Carson	11	SE Polk	x12.10
13 Buckingham, Blake	11	Carlisle	12.10
13 Vander Werff, Landon	10	SE Polk	x12.10
19 Adams, Kaden	10	Carlisle	12.60
19 Blaker, Carson	11	Ankeny Cent	x12.60
21 Hart, Logan	10	Carlisle	x12.80
21 Burkheimer, Nate	10	Dsm, East	12.80
23 Hilson, Deon	09	Dsm, East	x13.00
23 Tallman, Harry	09	Pella	13.00
23 Abwe, Hushindi	09	Dsm, Hoover	13.00
26 Kocour, Quintan	12	Pella	13.30
27 Davis, Carter	09	Pella	x13.40
28 Sickerson, Caleb	12	Ankeny	x13.60
29 Agee, Maji	09	Dsm, Hoover	13.90

Boys 200 Meter Dash Junior Varsity

Name	Yr	School	Finals
1 Chambers, Lucas	10	SE Polk	24.10
2 Zelenovich, Sam	10	SE Polk	24.20
3 Shetterly, Bailey	10	Pella	24.40
4 Leathers, Carson	11	Pella	24.50
4 Lust, Trey	11	SE Polk	x24.50
4 Phillips, Carter	10	SE Polk	x24.50
7 Clark, Alf	09	Dsm, East	24.70
8 Warren, Tayte	10	Dsm, East	24.80
9 Rogers, Cole	12	SE Polk	x24.90
10 Hughes, Javarius	10	Dsm, East	x25.00
10 Done, Konner	10	Ankeny Cent	25.00
12 Kottlowski, Michael	09	SE Polk	x25.10
12 Vander Werff, Landon	10	SE Polk	x25.10
14 Smith, Abe	10	Ankeny	25.20

14 Dalton, Nolan	11	Ankeny	25.20
14 Piang, Chan	10	Valley, Wdm	25.20
17 Cleghorn, Noah	10	Ankeny Cent	25.60
18 Phelps, Jack	12	Ankeny Cent	x25.70
19 Lucas, Mason	10	Carlisle	25.90
20 VanderHeiden, Brady	11	Pella	x26.10
21 Booth, Braden	10	Ankeny	x26.30
22 Daysee, Kelvin	11	Valley, Wdm	26.40
23 Adams, Kaden	10	Carlisle	26.60
24 Truitt, Evan	09	Carlisle	x27.40
25 Matlock, Maki	11	Valley, Wdm	x27.60
26 Yin, Damarion	10	Dsm, Hoover	27.70
27 Agee, Maji	09	Dsm, Hoover	29.10

Boys 400 Meter Dash Junior Varsity

Name	Yr	School	Finals
1 Dow, Quinten	11	Ankeny	54.60
2 Anderson, Reed	10	Ankeny Cent	54.80
3 McGhee, Robbie	10	Ankeny Cent	55.90
4 Bendezu, Ryan	10	Ankeny Cent	x56.30
5 Grooms, Mathue	09	SE Polk	57.60
6 Ballou, Quinton	10	Valley, Wdm	57.90
7 Clark, Trevor	10	Carlisle	58.30
8 Peterson, Charlie	11	Carlisle	58.80
9 Kading, Tate	11	SE Polk	59.00
10 Galligan, Ivan	10	Valley, Wdm	59.20
11 Schmitz, Caleb	09	SE Polk	x1:00.10
12 Adams, Kaden	10	Carlisle	x1:00.50
13 Cameron, Shaun	10	SE Polk	x1:01.50
14 Moore, Eric	09	SE Polk	x1:02.00
15 VanderHeiden, Brady	11	Pella	1:03.10
16 Lamin, Augustine	10	Valley, Wdm	x1:04.90
17 Douglass, Aaron	09	Dsm, East	1:05.30
18 Herrera-Simon, Angel	09	Dsm, East	1:10.50
19 Conner, Paul	09	Dsm, Hoover	1:15.30
20 White, Chase	09	SE Polk	x1:22.50

Boys 800 Meter Run Junior Varsity

Name	Yr	School	Finals
1 Stember, Levi	11	Ankeny	2:12.00
2 Gaulke, Mason	09	Pella	2:12.50
3 Smeins, Sam	12	Valley, Wdm	2:14.50
4 Hemphill, Dominic	11	Ankeny	2:20.20
5 Harris, Grant	12	Ankeny Cent	2:21.30
6 Miller, Caden	12	Ankeny Cent	2:22.20
7 Thompson, Luke	12	Ankeny Cent	x2:24.00
8 Liesland, Elliot	10	Valley, Wdm	2:24.60
9 Rushing, Ryan	10	Carlisle	2:26.70
10 Paulsen, Dane	09	Pella	2:26.80
11 Benton, Henry	12	Valley, Wdm	x2:28.10
12 Anderson, Asher	09	SE Polk	2:32.40
13 Ezzio, Christopher	09	Dsm, East	2:33.80
14 Walstrom, Torren	09	Carlisle	2:37.40
15 DeCleene, Judah	09	Carlisle	x2:38.80

SOUTHEAST POLK HS BOYS RM RELAYS

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Results

Finals ... (Boys 800 Meter Run Junior Varsity)

	Name	Yr	School	Finals
16	Cerda, Abel	09	SE Polk	2:42.10
17	Krob, Tariku	10	SE Polk	x2:50.10
18	Renes, Cameron	09	Dsm, Hoover	2:51.60
19	Hodges, Ben	10	Dsm, Hoover	2:58.30

Boys 1600 Meter Run Junior Varsity

	Name	Yr	School	Finals
Finals				
1	Rathje, Justice	10	Ankeny	4:54.70
2	Warren, Teagan	10	Dsm, East	4:59.40
3	Lust, Carter	11	Ankeny Cent	5:03.40
4	Bendinger, Sean	10	Valley, Wdm	5:10.50
5	Wiegand, Julius	10	Ankeny	5:10.60
6	Augustine, Brett	09	Ankeny	x5:15.60
7	Huston, Jake	11	Pella	5:17.80
8	Walstrom, Talan	10	Carlisle	5:20.40
9	Cowie, August	12	Ankeny Cent	5:21.00
10	Rozenboom, Daniel	09	Pella	5:21.20
11	Wilson, Josh	10	SE Polk	5:37.30
12	Hausman, Mason	12	SE Polk	5:37.80
13	Gordon, Chase	09	Dsm, Hoover	5:39.20
14	Croft, Andrew	12	Valley, Wdm	5:46.50
15	Van Donselaar, Aiden	12	Pella	x5:47.20
16	Potter, Apollo	09	Dsm, East	5:48.30
17	Hathaway, Tyson	11	Valley, Wdm	x5:58.60
18	Martin, Joseph	12	SE Polk	x6:00.40
19	Chirch, Ethan	11	Dsm, Hoover	6:09.30

Boys 3200 Meter Run Junior Varsity

	Name	Yr	School	Finals
Finals				
1	mcevoy, frank	11	Valley, Wdm	10:40.98
2	Gaulke, Mason	09	Pella	10:45.15
3	Stember, Levi	11	Ankeny	10:59.23
4	Stevemer, Mason	11	Valley, Wdm	11:10.80
5	Kouba, Owen	11	Valley, Wdm	x11:21.96
6	Peters, Parker	10	SE Polk	11:36.75
7	Rozenboom, Daniel	09	Pella	11:38.24
8	Ducar, Samuel	12	Ankeny	11:52.36
9	DeCleene, Judah	09	Carlisle	11:53.00
10	Fast, Owen	12	Ankeny	x11:53.52
11	Patterson, Luke	09	SE Polk	11:54.25
12	McClafflin, Buck	10	SE Polk	x12:02.44
13	Walstrom, Torren	09	Carlisle	12:23.84

Boys 110 Meter Hurdles Junior Varsity

	Name	Yr	School	Finals
Finals				
1	Pieper, Cole	11	Ankeny Cent	17.30
2	Shetterly, Levi	10	Pella	17.80
3	LeLaCheur, Miciah	09	Valley, Wdm	18.60
4	Carlson, Hayden	09	Ankeny	19.00
5	Brooks, Kane	09	Ankeny Cent	20.60

Boys 400 Meter Hurdles Junior Varsity

	Name	Yr	School	Finals
Finals				
1	Vanderhoff, Andrew	11	Pella	1:05.10
2	Buehler, Cole	10	Dsm, East	1:08.00

Boys 4x100 Meter Relay Junior Varsity

	Team	Relay	Finals
Finals			
1	Ankeny Cent	A	45.80
2	Ankeny	A	47.50
2	Valley, Wdm	A	47.50
4	Carlisle	A	47.70
5	SE Polk	A	47.90
6	Dsm, East	A	48.00
7	Ankeny Cent	B	x48.20
8	Dsm, Hoover	A	48.30
9	Ankeny	B	x48.40
10	SE Polk	B	x48.90
11	Valley, Wdm	B	x50.30
12	Pella	A	50.80
13	Pella	B	x53.30

Boys 4x200 Meter Relay Junior Varsity

	Team	Relay	Finals
Finals			
1	Ankeny Cent	A	1:36.90
2	Valley, Wdm	A	1:37.10
3	Valley, Wdm	B	x1:38.10
4	Ankeny	A	1:39.20
5	Ankeny	B	x1:39.30
6	SE Polk	B	x1:41.10
7	SE Polk	A	1:41.60
8	Dsm, East	A	1:42.00
9	Carlisle	A	1:42.60
10	Dsm, Hoover	A	1:43.80
11	Ankeny Cent	B	x1:44.40
12	Pella	A	1:51.30
13	Dsm, East	B	x1:55.80

Boys 4x400 Meter Relay Junior Varsity

	Team	Relay	Finals
Finals			
1	Ankeny	A	3:40.10
2	Dsm, East	A	3:48.20
3	Ankeny Cent	A	3:49.50
4	Valley, Wdm	A	3:50.70
5	Ankeny	B	x3:52.00
6	Ankeny Cent	B	x3:53.70
7	Pella	A	3:54.70
8	Pella	B	x4:01.10
9	Dsm, Hoover	A	4:01.80
10	SE Polk	A	4:08.60
11	Carlisle	A	4:10.70
12	Dsm, East	B	x4:23.10

SOUTHEAST POLK HS BOYS RM RELAYS

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Boys 4x800 Meter Relay Junior Varsity

Team	Relay	Finals
Finals		
1 Pella	B	x9:44.54
2 Valley, Wdm	A	9:48.24
3 Pella	A	10:11.10
4 SE Polk	A	10:50.98
5 Dsm, Hoover	A	10:51.96
--- Ankeny	A	DNF

Boys 800 Sprint Medley Junior Varsity

Team	Relay	Finals
Finals		
1 Valley, Wdm	A	1:43.40
1 Ankeny Cent	B	x1:43.40
3 Ankeny	A	1:45.10
4 Ankeny Cent	A	1:45.40
5 SE Polk	A	1:47.40
6 SE Polk	B	x1:51.50
7 Pella	A	1:53.60
8 Carlisle	A	1:54.70
9 Dsm, Hoover	A	1:56.30
10 Dsm, East	A	2:00.00

Boys Distance Medley Junior Varsity

Team	Relay	Finals
Finals		
1 Pella	A	4:07.20
2 Dsm, Hoover	A	4:14.20
3 Ankeny	A	4:15.30
4 SE Polk	B	x4:24.50
5 SE Polk	A	4:28.40
6 Ankeny	B	x4:31.10
7 Carlisle	A	4:42.30
8 Valley, Wdm	A	4:44.00

Boys 4x110 Meter Shuttle Hurdle Junior Varsity

Team	Relay	Finals
Finals		
1 Valley, Wdm	A	1:13.00
2 SE Polk	A	1:13.80
3 Carlisle	A	1:16.80
4 Dsm, Hoover	A	1:19.60

Boys High Jump Junior Varsity

Name	Yr	School	Finals
Finals			
1 Randolph, Mason	10	Ankeny	5-08.00
2 Deng, Kiki	10	Valley, Wdm	J5-08.00
3 Kouete, Delvis	11	SE Polk	5-02.00
4 Wesley, Dutee	11	Valley, Wdm	J5-02.00
--- Campbell, Carsten	09	Carlisle	NH
--- Kelly, Trevon	10	Dsm, East	NH
--- Hogan, Jacob	11	Ankeny	NH
--- Peterson, Charlie	11	Carlisle	NH

Boys Long Jump Junior Varsity

Name	Yr	School	Finals
Finals			
1 Giefer, JT	09	SE Polk	19-03.00
2 Zelenovich, Sam	10	SE Polk	18-08.75
3 Warren, Tayte	10	Dsm, East	18-05.00
4 Vander Werff, Landon	10	SE Polk	x18-03.25
5 Jackson, Braeden	10	Ankeny Cent	18-03.00
6 Hood, TJ	10	Ankeny Cent	18-01.25
7 Lucas, Mason	10	Carlisle	17-08.50
8 Hughes, Javarius	10	Dsm, East	J17-08.50
9 Dalton, Nolan	11	Ankeny	17-04.00
10 Clifton, Cordae	10	Valley, Wdm	17-03.00
11 Berry, Diyon	09	Dsm, Hoover	17-02.00
12 Piang, Chan	10	Valley, Wdm	17-01.50
12 Nguyen, Duy	09	SE Polk	x17-01.50
14 Panther, Dylan	10	Ankeny	17-00.50
15 Nordhagen, Caleb	10	Carlisle	16-08.25
16 Clark, Trevor	10	Carlisle	x16-07.00
17 Smith, Jarvis	12	Ankeny	x16-03.50
18 Smith, Abe	10	Ankeny	x16-01.00
18 Reed, Elijah	09	SE Polk	x16-01.00
20 Weirup, Gabe	10	Valley, Wdm	x15-05.50
21 Moredock, Mason	11	Carlisle	x15-01.00

Boys Shot Put Junior Varsity

Name	Yr	School	Finals
Finals			
1 Cantrall, Teague	09	SE Polk	43-10.50
2 Jenkins, Braylon	11	Valley, Wdm	43-00.00
3 Humphrey, Gavin	10	Ankeny Cent	42-03.50
4 Flewellyn, Caden	09	Valley, Wdm	41-09.50
5 Angerstein, Everett	11	Valley, Wdm	x40-09.00
6 Juravich, Lucas	10	Ankeny Cent	40-06.00
7 Dothager, Benjamin	09	Pella	40-02.00
8 Campisi, Carson	11	SE Polk	39-04.50
9 Wyckoff, Adyn	11	Carlisle	39-04.00
10 Ellens, Derek	12	Valley, Wdm	x38-09.00
11 Roberts, Cael	09	SE Polk	x38-05.00
12 Larson, Caleb	09	Ankeny Cent	x38-01.50
13 Villamagna, Vinnie	12	Ankeny	37-05.00
14 Dorfler, Jack	10	Ankeny	37-04.50
15 Spence, Evan	11	Ankeny	x37-03.00
16 Bartels, Emmett	10	SE Polk	x36-11.00
17 Carlson, Samuel	09	Pella	35-03.50
18 Schulte, Austin	09	Pella	x35-02.50
19 Williams, Tahj	10	Dsm, Hoover	35-01.00
20 Prall, Connor	12	Carlisle	34-08.00
21 Weber, Lucas	11	SE Polk	x34-01.00
22 Panknen, Jonathan	09	Pella	x33-06.50
23 Noring, JJ	10	Carlisle	x32-10.50
24 Hill, Aiden	10	Carlisle	x31-06.50
25 Rahbusch, Riley	11	Dsm, Hoover	31-05.00
26 Cruz-Rodrigues, Heron	12	Dsm, East	29-10.50
27 Young, Austin	12	SE Polk	x29-08.50

SOUTHEAST POLK HS BOYS RM RELAYS

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Finals ... (Boys Shot Put Junior Varsity)

Name	Yr	School	Finals
28 Lewis, Dante	11	Dsm, East	29-01.00
29 Blessing, Hunter	10	Ankeny	x29-00.50
30 Harrington, Sam	11	Dsm, Hoover	x28-06.00

Boys Discus Throw Junior Varsity

Name	Yr	School	Finals
Finals			
1 Blackford, Brodie	11	SE Polk	139-02
2 Larson, Caleb	09	Ankeny Cent	128-05
3 Gilmore, Kian	10	Valley, Wdm	124-10
4 Vedder, John	11	SE Polk	120-09
5 Patterson, Kael	12	Ankeny Cent	117-10
6 Hendrickson, Stone	12	SE Polk	x116-11
7 Carter, Braegyn	11	Ankeny	116-05
8 Greiner, Brandon	12	SE Polk	x115-00
9 Tomlinson, Ryan	10	Ankeny	114-02
10 Naba, Ramez	11	Valley, Wdm	113-08
11 Jenkins, Braylon	11	Valley, Wdm	x110-08
12 Pruin, Ryan	09	Ankeny	x110-00
13 Flewellyn, Caden	09	Valley, Wdm	x109-03
14 Biondi, Jackson	10	Dsm, East	107-06
15 Hartke, Grant	10	Pella	100-01
16 Bagley, Justin	12	Carlisle	100-00
17 Wyckoff, Adyn	11	Carlisle	99-11
18 Dothager, Benjamin	09	Pella	97-03
19 Schulte, Austin	09	Pella	x88-04
20 Monzon-Ramirez, Jordy	11	Dsm, Hoover	82-08
21 Kammerer, Jude	12	Dsm, Hoover	74-08
22 Rauser, Tyson	10	Ankeny	x73-07
23 Graham, Chris	11	Dsm, East	63-00
24 Noring, JJ	10	Carlisle	x59-04
25 Cline, Chase	09	Carlisle	x57-04
--- O'Halloran, Garrett	10	Pella	ND

Boys 100 Meter Dash Varsity

Name	Yr	School	Finals
Finals			
1 Shetterly, CJ	12	Pella	10.98
2 McCormick, Alec	12	Carlisle	11.35
3 Allen, Uriah	11	Valley, Wdm	11.45
4 Gruver, Quinn	12	Pella	11.46
5 Snyder, Max	11	Ankeny Cent	J11.46
6 Williams, Jazan	12	Ankeny	11.54
7 Adamson, Aidan	12	Ankeny	11.65
8 Langford, Lawson	11	Ankeny Cent	11.84
9 Gorh, Moses	12	Dsm, Hoover	11.86
9 Lewis, DJ	12	Valley, Wdm	11.86
11 Schafer, AJ	11	SE Polk	11.90
12 Thompson, Drew	09	SE Polk	11.97
13 Hilson, Demetrious	12	Dsm, East	12.54
14 Young, Christopher	11	Dsm, East	12.65
14 Lucas, Mason	10	Carlisle	12.65
16 Williams, Cameron	11	Dsm, Hoover	13.04

Boys 200 Meter Dash Varsity

Name	Yr	School	Finals
Finals			
1 Dorn, Jaleel	12	Valley, Wdm	23.04
2 Carter, Casen	10	Ankeny	23.94
3 Reed, Caleb	10	Ankeny Cent	23.95
4 Kerndt, Colin	10	Pella	24.25
5 Laughlin, Jack	12	Carlisle	24.30
6 Miller, Tyson	11	Ankeny	24.34
7 Gruver, Quinn	12	Pella	J24.34
8 Robbins, Carson	11	SE Polk	24.44
9 Bassett, Jeremiah	10	Ankeny Cent	24.45
10 Zeoh, Daniel	11	Dsm, East	24.80
11 Frey, Calvin	10	Carlisle	25.60
12 Tracey, Anthonijah	11	Dsm, Hoover	25.70
13 Williams, Cameron	11	Dsm, Hoover	27.00

Boys 400 Meter Dash Varsity

Name	Yr	School	Finals
Finals			
1 Van De Mortel, Bram	12	Ankeny	51.54
2 Cracraft, Noah	11	Valley, Wdm	52.33
3 Adams, Braden	11	Ankeny Cent	53.26
4 Blakeslee, Bennett	12	Ankeny Cent	53.34
5 Olsen, Gage	10	Valley, Wdm	53.75
6 Lautenbach, Cooper	11	Pella	54.04
7 Bradley, Chase	11	Ankeny	54.14
8 Zeoh, Daniel	11	Dsm, East	56.90
9 Campbell, Carsten	09	Carlisle	58.10
10 O'Halloran, Garrett	10	Pella	58.40
11 Mash, Zach	12	SE Polk	59.00
12 Young, Christopher	11	Dsm, East	1:01.40
13 Johnson, Jayden	10	SE Polk	1:02.40

Boys 800 Meter Run Varsity

Name	Yr	School	Finals
Finals			
1 Lauman, Chase	12	Pella	1:58.95
2 Dunham, Canaan	09	Pella	2:04.34
3 Johnson, Will	12	Valley, Wdm	2:07.23
4 Evans, Owen	11	Ankeny	2:08.55
5 Cavan, Jack	11	Valley, Wdm	2:13.36
6 Auderer, Luke	12	Ankeny Cent	2:13.94
7 DeCleene, Ezra	11	Carlisle	2:17.00
8 Ackelson, Will	09	SE Polk	2:19.65
9 Hassan, Aammin	10	Ankeny Cent	2:21.90
10 Boston, Dash	12	Dsm, East	2:39.10

Boys 1600 Meter Run Varsity

Name	Yr	School	Finals
Finals			
1 Vander Waal, Nathan	11	Pella	4:41.54
2 Owen, Jonathan	10	Valley, Wdm	4:42.44
3 Smith, Ike	09	Ankeny	4:45.94
4 Robie, Nicholas	10	Ankeny	4:55.54

SOUTHEAST POLK HS BOYS RM RELAYS

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Results

Finals ... (Boys 1600 Meter Run Varsity)

Name	Yr	School	Finals
5 Neumann, Zack	12	Pella	4:58.45
6 Hanson, Nash	09	SE Polk	5:03.52
7 Baughman, Elliot	12	Valley, Wdm	5:11.23
8 Gantalamohini, Vibu	12	Ankeny Cent	5:12.24
9 Lueder, Nick	12	Dsm, East	5:14.50
10 Mash, Luke	11	SE Polk	5:14.70
11 Benefiel, Mattix	11	Carlisle	5:20.80
12 Johnson, Abraham	11	Dsm, East	5:31.70
13 Castillo, Emmanuel	12	Dsm, Hoover	6:19.80

Boys 3200 Meter Run Varsity

Name	Yr	School	Finals
1 Forney, Jacob	11	Valley, Wdm	10:15.44
2 Schuknecht, Noah	09	Pella	10:23.14
3 Neumann, Zack	12	Pella	10:23.74
4 Limback, Aidan	12	Valley, Wdm	10:23.84
5 Farrell, Aidan	11	Ankeny	10:25.55
6 Brownsberger, Tate	10	Ankeny	10:40.12
7 Johnson, Davis	09	Ankeny Cent	10:47.73
8 Johnson, Brock	10	SE Polk	10:48.84
9 Behrens, Jack	09	Ankeny Cent	10:49.20
10 DeCleene, Ezra	11	Carlisle	10:54.10
11 Ackelson, Will	09	SE Polk	11:20.60

Boys 110 Meter Hurdles Varsity

Name	Yr	School	Finals
1 Fairchild, Luke	12	Pella	15.65
2 Sayee, Rouce	12	Valley, Wdm	15.85
3 Wise, Gavin	10	Ankeny	16.03
4 Woods, Cael	10	Ankeny Cent	16.13
5 Huyser, Cor	11	Pella	16.14
6 Follis, Austin	12	Carlisle	16.45
7 Pote, Landon	10	Ankeny	16.64
8 Brennick, Bentley	09	SE Polk	16.74
9 Goodhue, Joe	12	Carlisle	16.84
10 Nelson, Mark	10	Ankeny Cent	17.34
11 Tete, Emmanuel	09	SE Polk	17.90
12 Hilson, Demetrious	12	Dsm, East	18.40
13 King, Ian	12	Dsm, Hoover	20.30

Boys 400 Meter Hurdles Varsity

Name	Yr	School	Finals
1 Accola, Carter	12	Ankeny	59.44
2 Van Hauen, Trey	12	Pella	59.45
3 Goodhue, Joe	12	Carlisle	1:00.88
4 McAvoy, Grayson	12	Valley, Wdm	1:01.05
5 Hilson, Demetrious	12	Dsm, East	1:01.85
6 Huyser, Cor	11	Pella	1:01.94
7 Brennick, Bentley	09	SE Polk	1:02.50
8 Mast, Mark	12	Carlisle	1:03.20
9 Tete, Emmanuel	09	SE Polk	1:04.45

10 Howe, Ben	12	Ankeny Cent	1:04.94
11 Wesack, Del	10	Ankeny Cent	1:05.90

Boys 4x100 Meter Relay Varsity

Team	Relay	Finals
1 Ankeny Cent	A	43.24
2 Pella	A	43.44
3 SE Polk	A	45.12
4 Ankeny	A	46.25
5 Valley, Wdm	A	46.64
6 Dsm, Hoover	A	47.15

Boys 4x200 Meter Relay Varsity

Team	Relay	Finals
1 Ankeny	A	1:29.74
2 Valley, Wdm	A	1:30.54
3 Carlisle	A	1:32.93
4 Pella	A	1:33.12
5 Ankeny Cent	A	1:34.26
6 Dsm, Hoover	A	1:36.94
7 SE Polk	A	1:37.14

Boys 4x400 Meter Relay Varsity

Team	Relay	Finals
1 Pella	A	3:31.03
2 Ankeny Cent	A	3:37.44
3 Valley, Wdm	A	3:40.65
4 Dsm, Hoover	A	3:47.54
5 SE Polk	A	3:48.73
6 Carlisle	A	3:54.15

Boys 4x800 Meter Relay Varsity

Team	Relay	Finals
1 Pella	A	8:05.48
2 Ankeny Cent	A	9:01.34
3 SE Polk	A	9:07.63
4 Ankeny	A	9:13.45
5 Dsm, East	A	9:24.14
6 Carlisle	A	9:27.54

Boys 800 Sprint Medley Varsity

Team	Relay	Finals
1 Valley, Wdm	A	1:38.45
2 Pella	A	1:38.74
3 Ankeny	A	1:39.33
4 Dsm, Hoover	A	1:41.44
5 Ankeny Cent	A	1:42.83
6 SE Polk	A	1:45.44
7 Carlisle	A	1:47.65

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Boys Distance Medley Varsity

Team	Relay	Finals
Finals		
1 Ankeny	A	3:47.54
2 Pella	A	3:48.14
3 Dsm, Hoover	A	3:53.34
4 Carlisle	A	3:57.80
5 Ankeny Cent	A	4:00.84
6 SE Polk	A	4:01.26
7 Valley, Wdm	A	4:05.74

Boys 4x110 Meter Shuttle Hurdle Varsity

Team	Relay	Finals
Finals		
1 SE Polk	A	1:02.84
2 Carlisle	A	1:03.94
3 Ankeny	A	1:04.04
4 Pella	A	1:04.25
5 Ankeny Cent	A	1:05.35
6 Valley, Wdm	A	1:05.83
7 Dsm, Hoover	A	1:11.74

Boys High Jump Varsity

Name	Yr	School	Finals
Finals			
1 Johnson-Bassey, Malakai	12	Dsm, Hoover	6-02.00
2 Robinson, Zay	10	Valley, Wdm	6-00.00
3 Miller, Damian	11	Dsm, Hoover	5-10.00
4 Kruzich, Kaleb	11	Ankeny Cent	J5-10.00
5 Chuol, Nyier	09	Ankeny Cent	5-08.00
6 Moberly, Connor	11	SE Polk	J5-08.00
7 Mast, Mark	12	Carlisle	5-06.00
8 Jackson, Jaylen	10	Valley, Wdm	J5-06.00
9 Flores, Angel	12	Dsm, East	5-04.00
--- Vossberg, Owen	09	SE Polk	NH

Boys Long Jump Varsity

Name	Yr	School	Finals
Finals			
1 Shetterly, CJ	12	Pella	22-03.75
2 Bassett, Jeremiah	10	Ankeny Cent	20-04.25
3 Reed, Caleb	10	Ankeny Cent	20-04.00
4 Shetterly, Bailey	10	Pella	19-03.50
5 Zeoh, Daniel	11	Dsm, East	J19-03.50
6 Kain, Kaeden	11	SE Polk	19-01.50
7 Henkes, Caden	10	Ankeny	18-09.50
8 Jacks, Ryan	11	Ankeny	18-08.50
9 Phillips, Carter	10	SE Polk	18-07.00
10 Gee, D.J.	11	Valley, Wdm	18-03.50
11 Furnal, Anden	09	Carlisle	18-02.50
12 Roemmich, Manny	09	Valley, Wdm	17-07.50
13 Noring, Ace	09	Carlisle	17-03.25
--- Gorh, Moses	12	Dsm, Hoover	ND

Boys Shot Put Varsity

Name	Yr	School	Finals
Finals			
1 King, Hanson	11	Pella	55-04.50
2 Dietz, Sam	12	Ankeny Cent	55-02.50
3 Irvin, Trystin	12	Valley, Wdm	49-05.50
4 Deal, Tyler	12	Carlisle	47-02.50
5 Grider, Mitchell	10	Ankeny Cent	44-08.00
6 Douglas, Gavin	11	SE Polk	42-10.50
7 Carter, Braegyn	11	Ankeny	42-01.75
8 Harmon, Brayden	11	SE Polk	41-00.50
9 Bagley, Justin	12	Carlisle	40-09.50
10 Bueso, Tomas	12	Dsm, Hoover	39-00.00
11 Fandeh, Emmanuel	12	Dsm, Hoover	38-06.50
12 Abdulmahdi, Yousuf	12	Dsm, East	38-03.00
13 Kingston, Joseph	12	Ankeny	37-04.00
14 Graham, Chris	11	Dsm, East	33-08.50
--- Naba, Ramez	11	Valley, Wdm	ND

Boys Discus Throw Varsity

Name	Yr	School	Finals
Finals			
1 King, Hanson	11	Pella	166-03
2 Irvin, Trystin	12	Valley, Wdm	147-02
3 Niyonkuru, Obald	12	SE Polk	139-02
4 Oувerson, Gage	12	Ankeny	139-00
5 Chebuhar, Caleb	11	SE Polk	131-08
6 George, Spencer	12	Valley, Wdm	126-03
7 Binstock, Joshua	12	Ankeny Cent	124-05
8 Abdulmahdi, Yousuf	12	Dsm, East	122-06
9 Deal, Tyler	12	Carlisle	118-03
10 Fischer, Brandon	12	Pella	117-07
11 Beroth, Lukis	10	Ankeny	115-06
12 Sandquist, Blaine	11	Ankeny Cent	114-02
13 Pagel, Nolan	12	Carlisle	111-02
14 Bueso, Tomas	12	Dsm, Hoover	102-09
15 Cruz-Rodrigues, Heron	12	Dsm, East	95-07
16 Presswood, Tae'Shaun	12	Dsm, Hoover	93-02

Men - Junior Varsity - Team Rankings - 19 Events Scored

1) SE Polk	127.5
2) Valley, WDM	127.333
3) Ankeny	121.166
4) Ankeny Cent	114
5) Pella	82
6) DSM, East	47
7) Carlisle	35
8) DSM, Hoover	27

Men - Varsity - Team Rankings - 19 Events Scored

1) Pella	185
2) Valley, WDM	135
3) Ankeny	121
4) Ankeny Cent	112

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5) SE Polk	63
6) Carlisle	58
7) DSM, Hoover	40
8) DSM, East	14