Tuesday, April 18, 2023

# Boys

# Points By School

| Place | School         | Points |
|-------|----------------|--------|
| 1st   | Lamoni         | 163    |
| 2nd   | Moravia        | 118    |
| 3rd   | Seymour        | 102    |
| 4th   | Melcher-Dallas | 64     |
| 5th   | Twin Cedars    | 57     |
| 6th   | Murray         | 37     |
| 7th   | Diagonal       | 14     |
| 8th   | Mormon Trail   | 0      |

| Completed Events    |                      |                       |  |  |  |  |
|---------------------|----------------------|-----------------------|--|--|--|--|
| 100 M Dash          | 200 M Dash           | 400 M Dash            |  |  |  |  |
| 800 M Run           | 1500-1600 M Run      | 3000-3200 M Run       |  |  |  |  |
| 100-110 M Hurdles   | 400 M Hurdles        | 4x100 M Relay         |  |  |  |  |
| 4x200 M Relay       | 4x400 M Relay        | 4x800 M Relay         |  |  |  |  |
| Long Jump           | Shot Put             | Discus                |  |  |  |  |
| High Jump           | Shuttle Hurdle Relay | Distance Medley Relay |  |  |  |  |
| Sprint Medley Relay |                      |                       |  |  |  |  |

| Incomplete Events       |  |
|-------------------------|--|
| All events are complete |  |

# Tuesday, April 18, 2023

# Meet Results By Division - Long Form Boys

#### 100 M Dash Finals

| Place | Athlete            | School         | Heat/Lane | Heat Place | Time  | Points |
|-------|--------------------|----------------|-----------|------------|-------|--------|
| 1st   | Dylan Brennecke    | Seymour        | H 2/L 3   | 1          | 11.58 | 10     |
| 2nd   | Kalvin Brown       | Lamoni         | H 2/L 4   | 2          | 11.96 | 8      |
| 3rd   | Judson Beary       | Twin Cedars    | H 2/L 2   | 3          | 12.27 | 6      |
| 4th   | Brenden Connett    | Twin Cedars    | H 2/L 1   | 4          | 12.65 | 4      |
| 5th   | Dustin Hansen      | Diagonal       | H 1/L 4   | 1          | 13.85 | 2      |
| 6th   | Reece Chiabotta FR | Melcher-Dallas | H 1/L 1   | 2          | 13.98 | 1      |
| 7th   | Hunter Springer    | Lamoni         | H 1/L 5   | 3          | 14.30 |        |
| 8th   | Kendrick Mastin    | Murray         | H 2/L 6   | 5          | 14.31 |        |
| 9th   | Mathew Christine   | Seymour        | H 1/L 3   | 4          | 14.34 |        |
| 10th  | Tucker Branson FR  | Melcher-Dallas | H 2/L 5   | 6          | 14.35 |        |
| 11th  | Teagan Danley      | Murray         | H 1/L 2   | 5          | 14.67 |        |

#### 200 M Dash Finals

| Place | Athlete           | School         | Heat/Lane | Heat Place | Time  | Points |
|-------|-------------------|----------------|-----------|------------|-------|--------|
| 1st   | Dylan Brennecke   | Seymour        | H 2/L 3   | 1          | 24.14 | 10     |
| 2nd   | Jackson McDanel   | Moravia        | H 2/L 4   | 2          | 24.58 | 8      |
| 3rd   | Kalvin Brown      | Lamoni         | H 2/L 2   | 3          | 24.98 | 6      |
| 4th   | Noah Fee          | Twin Cedars    | H 1/L 2   | 1          | 26.30 | 4      |
| 5th   | Ambrose Savage    | Lamoni         | H 2/L 5   | 4          | 26.46 | 2      |
| 6th   | CJ Smith FR       | Melcher-Dallas | H 2/L 6   | 5          | 26.58 | 1      |
| 7th   | Aldo Esteban-Cabr | Murray         | H 1/L 3   | 2          | 27.01 |        |
| 8th   | Matthew McDanel   | Moravia        | H 2/L 1   | 6          | 27.44 |        |
| 9th   | Kace Patton       | Murray         | H 1/L 4   | 3          | 27.75 |        |
| 10th  | Omar Pineda-Silie | Seymour        | H 1/L 5   | 4          | 29.43 |        |
| 11th  | Dustin Hansen     | Diagonal       | H 1/L 1   | 5          | 30.27 |        |

#### 400 M Dash Finals

| Place | Athlete           | School      | Heat/Lane | Heat Place | Time    | Points |
|-------|-------------------|-------------|-----------|------------|---------|--------|
| 1st   | Ambrose Savage    | Lamoni      | H 2/L 3   | 1          | 57.49   | 10     |
| 2nd   | Cal Martin        | Lamoni      | H 2/L 2   | 2          | 59.79   | 8      |
| 3rd   | Gauge Mongar      | Murray      | H 2/L 4   | 3          | 1:03.29 | 6      |
| 4th   | Omar Pineda-Silie | Seymour     | H 1/L 3   | 1          | 1:05.68 | 4      |
| 5th   | Adam Dueker       | Moravia     | H 1/L 5   | 2          | 1:06.73 | 2      |
| 6th   | Joangel Ibarra    | Twin Cedars | H 1/L 2   | 3          | 1:11.41 | 1      |
| 7th   | Micah Ott         | Twin Cedars | H 2/L 5   | 4          | 1:12.29 |        |
| 8th   | Dustin Hansen     | Diagonal    | H 1/L 4   | 4          | 1:12.48 |        |

#### 800 M Run Finals

| Place | Athlete         | School      | Heat/Lane | Heat Place | Time    | Points |
|-------|-----------------|-------------|-----------|------------|---------|--------|
| 1st   | Tyson McDole    | Lamoni      | H 1/L 3   | 1          | 2:18.07 | 10     |
| 2nd   | Cal Martin      | Lamoni      | H 1/L 3   | 2          | 2:30.29 | 8      |
| 3rd   | Mason Lund      | Seymour     | H 1/L 4   | 3          | 2:31.31 | 6      |
| 4th   | Xander Ryan     | Twin Cedars | H 1/L 1   | 4          | 2:36.43 | 4      |
| 5th   | Jacob Keller    | Murray      | H 1/L 5   | 5          | 2:39.80 | 2      |
| 6th   | Carter Lumbard  | Diagonal    | H 1/L 2   | 6          | 2:41.18 | 1      |
| 7th   | Austin Peterson | Murray      | H 1/L 4   | 7          | 2:42.06 |        |
| 8th   | Tripp VanZante  | Moravia     | H 1/L 2   | 8          | 2:45.58 |        |

### Tuesday, April 18, 2023

### Meet Results By Division - Long Form Boys (Continued...)

|       |                   |                | •         | ,          |         |        |
|-------|-------------------|----------------|-----------|------------|---------|--------|
| Place | Athlete           | School         | Heat/Lane | Heat Place | Time    | Points |
| 9th   | Robert Goemaat    | Twin Cedars    | H 1/L 6   | 9          | 2:50.61 |        |
| 10th  | Scotty Bohn       | Diagonal       | H 1/L 5   | 10         | 2:52.44 |        |
| 11th  | Tucker Branson FR | Melcher-Dallas | H 1/L 6   | 11         | 2:58.71 |        |
| 12th  | Mathew Christine  | Seymour        | H 1/L 1   | 12         | 3:07.58 |        |

### 1500-1600 M Run Finals

| Place | Athlete           | School         | Heat/Lane | Heat Place | Time    | Points |
|-------|-------------------|----------------|-----------|------------|---------|--------|
| 1st   | Tyson McDole      | Lamoni         | H 1/L 3   | 1          | 5:21.63 | 10     |
| 2nd   | Gage Hanes        | Moravia        | H 1/L 4   | 2          | 5:32.00 | 8      |
| 3rd   | Tate McDole       | Lamoni         | H 1/L 3   | 3          | 5:34.42 | 6      |
| 4th   | Carter Lumbard    | Diagonal       | H 1/L 4   | 4          | 5:45.62 | 4      |
| 5th   | Mason Lund        | Seymour        | H 1/L 2   | 5          | 5:48.78 | 2      |
| 6th   | Scotty Bohn       | Diagonal       | H 1/L 2   | 6          | 5:53.43 | 1      |
| 7th   | Xander Ryan       | Twin Cedars    | H 1/L 1   | 7          | 6:41.13 |        |
| 8th   | Tucker Branson FR | Melcher-Dallas | H 1/L 6   | 8          | 6:44.28 |        |
| 9th   | Kaydon Leadon     | Moravia        | H 1/L 5   | 9          | 7:01.34 |        |

#### 3000-3200 M Run Finals

| Place | Athlete        | School      | Heat/Lane | Heat Place | Time     | Points |
|-------|----------------|-------------|-----------|------------|----------|--------|
| 1st   | Tyson McDole   | Lamoni      | H 1/L 3   | 1          | 11:45.21 | 10     |
| 2nd   | Tate McDole    | Lamoni      | H 1/L 4   | 2          | 11:49.54 | 8      |
| 3rd   | Joangel Ibarra | Twin Cedars | H 1/L 1   | 3          | 11:58.32 | 6      |
| 4th   | Carter Lumbard | Diagonal    | H 1/L 2   | 4          | 12:02.13 | 4      |
| 5th   | Scotty Bohn    | Diagonal    | H 1/L 5   | 5          | 12:21.78 | 2      |

100-110 M Hurdles Finals

| Place | Athlete            | School         | Heat/Lane | Heat Place | Time  | Points |
|-------|--------------------|----------------|-----------|------------|-------|--------|
| 1st   | Owen Suntken SR    | Melcher-Dallas | H 1/L 3   | 1          | 16.71 | 10     |
| 2nd   | Landon Lindgren    | Lamoni         | H 1/L 4   | 2          | 18.07 | 8      |
| 3rd   | Trevor McDole      | Lamoni         | H 1/L 2   | 3          | 19.57 | 6      |
| 4th   | Reece Chiabotta FR | Melcher-Dallas | H 1/L 5   | 4          | 21.43 | 4      |

| Place | Athlete             | School         | Heat/Lane | Heat Place | Time    | Points |
|-------|---------------------|----------------|-----------|------------|---------|--------|
| 1st   | Kennan Hinners      | Seymour        | H 2/L 3   | 1          | 1:03.58 | 10     |
| 2nd   | Lincoln Albertson   | Moravia        | H 2/L 4   | 2          | 1:04.04 | 8      |
| 3rd   | Kael Caikowski JR   | Melcher-Dallas | H 2/L 5   | 3          | 1:08.40 | 6      |
| 4th   | Lucas Harrington SR | Melcher-Dallas | H 2/L 2   | 4          | 1:09.80 | 4      |
| 5th   | Daniel Long         | Lamoni         | H 1/L 4   | 1          | 1:15.19 | 2      |
| 6th   | Cannon Rivera       | Lamoni         | H 1/L 3   | 2          | 1:20.19 | 1      |
| 7th   | Robert Goemaat      | Twin Cedars    | H 1/L 2   | 3          | 1:25.53 |        |

#### 400 M Hurdles Finals

### Tuesday, April 18, 2023

# Meet Results By Division - Long Form Boys (Continued...)

### 4x100 M Relay Finals

| Place | Athletes   | School          | Heat/Lane | Heat Place | Time  | Points |
|-------|--|-----------------|-----------|------------|-------|--------|
| 1st   | Colton Black<br>Galen Knott<br>Kennan Hinners<br>Dylan Brennecke       | Seymour [A]     | H 1/L 3   | 1          | 50.17 | 10     |
| 2nd   | Landon Lindgren<br>Kelan Stevenson<br>Trevor McDole<br>Kalvin Brown    | Lamoni [A]      | H 1/L 4   | 2          | 50.67 | 8      |
| 3rd   | Noah Fee<br>Judson Beary<br>Brenden Connett<br>Blake Micetich          | Twin Cedars [A] | H 1/L 5   | 3          | 52.95 | 6      |
| 4th   | Clayton Williams<br>Carson Seals<br>Adam Dueker<br>Matthew McDanel     | Moravia [A]     | H 1/L 2   | 4          | 53.36 | 4      |
| 5th   | CJ Smith FR<br>Kael Caikowski JR<br>Brady Babcock SR<br>Max Enfield SR | Melcher-Dalla   | H 1/L 1   | 5          | 54.30 | 2      |

### 4x200 M Relay Finals

| Place | Athletes   | School        | Heat/Lane | Heat Place | Time    | Points |
|-------|--|---------------|-----------|------------|---------|--------|
| 1st   | Jackson McDanel<br>Lincoln Albertson<br>Riley Hawksins<br>Wyatt Throckmorton | Moravia [A]   | H 1/L 3   | 1          | 1:38.33 | 10     |
| 2nd   | Galen Knott<br>Colton Black<br>Dakota Exline<br>Kennan Hinners               | Seymour [A]   | H 1/L 4   | 2          | 1:48.45 | 8      |
| 3rd   | Kace Patton<br>Kendrick Mastin<br>Aldo Esteban-Cabr<br>Jacob Keller          | Murray [A]    | H 1/L 1   | 3          | 1:52.33 | 6      |
| 4th   | CJ Smith FR<br>Kael Caikowski JR<br>Brady Babcock SR<br>Max Enfield SR       | Melcher-Dalla | H 1/L 2   | 4          | 1:53.68 | 4      |
| 5th   | Kelan Stevenson<br>Riley Davis<br>Carter Waetzig<br>Justin Mendenhall        | Lamoni [A]    | H 1/L 5   | 5          | 2:02.46 | 2      |

### Tuesday, April 18, 2023

# Meet Results By Division - Long Form Boys (Continued...)

### 4x400 M Relay Finals

| Place | Athletes   | School      | Heat/Lane | Heat Place | Time    | Points |
|-------|--|-------------|-----------|------------|---------|--------|
| 1st   | Jackson McDanel<br>Shane Helmick<br>Wyatt Throckmorton<br>Riley Hawksins   | Moravia [A] | H 1/L 3   | 1          | 4:00.86 | 10     |
| 2nd   | Tyson McDole<br>Landon Lindgren<br>Cal Martin<br>Tate McDole               | Lamoni [A]  | H 1/L 4   | 2          | 4:07.04 | 8      |
| 3rd   | Mathew Christine<br>Peyton Christine<br>Dakota Exline<br>Omar Pineda-Silie | Seymour [A] | H 1/L 2   | 3          | 5:07.62 | 6      |

### 4x800 M Relay Finals

| Place | Athletes   | School          | Heat/Lane | Heat Place | Time     | Points |
|-------|--|-----------------|-----------|------------|----------|--------|
| 1st   | Jacob Keller<br>Gauge Mongar<br>Kace Patton<br>Austin Peterson           | Murray [A]      | H 1/L 2   | 1          | 10:23.39 | 10     |
| 2nd   | Tripp VanZante<br>Carson Seals<br>Adam Dueker<br>Gage Hanes              | Moravia [A]     | H 1/L 3   | 2          | 11:02.53 | 8      |
| 3rd   | Cal Martin<br>Hosah Niebauer<br>Carter Waetzig<br>Daniel Long            | Lamoni [A]      | H 1/L 4   | 3          | 11:24.16 | 6      |
| 4th   | Xander Ryan<br>Robert Goemaat<br>Micah Ott<br>Joangel Ibarra             | Twin Cedars [A] | H 1/L 5   | 4          | 11:47.73 | 4      |
| 5th   | Mason Lund<br>Andrew Williamson<br>Peyton Christine<br>Omar Pineda-Silie | Seymour [A]     | H 1/L 1   | 5          | 13:27.01 | 2      |

#### Long Jump Finals

| Place | Athlete           | School         | Flight   | Distance   | Points |
|-------|-------------------|----------------|----------|------------|--------|
| 1st*  | Logan Godfrey SR  | Melcher-Dallas | Flight 1 | 18'-9"     | 10     |
| 2nd*  | Dylan Brennecke   | Seymour        | Flight 1 | 18'-9"     | 8      |
| 3rd   | Noah Fee          | Twin Cedars    | Flight 1 | 17'-5 1/2" | 6      |
| 4th   | Lincoln Albertson | Moravia        | Flight 1 | 16'-8 1/2" | 4      |
| 5th   | Carter Houser     | Seymour        | Flight 1 | 15'-2 1/2" | 2      |
|       | Brenden Connett   | Twin Cedars    | Flight 1 |            |        |

### Tuesday, April 18, 2023

# Meet Results By Division - Long Form Boys (Continued...)

### Shot Put Finals

| Place | Athlete           | School         | Flight   | Distance | Points |
|-------|-------------------|----------------|----------|----------|--------|
| 1st   | Ambrose Savage    | Lamoni         | Flight 1 | 37'-1"   | 10     |
| 2nd   | Matthew McDanel   | Moravia        | Flight 1 | 36'-5"   | 8      |
| 3rd   | Shane Helmick     | Moravia        | Flight 1 | 34'-4"   | 6      |
| 4th   | Carter Houser     | Seymour        | Flight 1 | 34'-3"   | 4      |
| 5th   | Austin Peterson   | Murray         | Flight 1 | 33'-9"   | 2      |
| 6th   | Kelan Stevenson   | Lamoni         | Flight 1 | 32'-10"  | 1      |
| 7th   | Max Enfield SR    | Melcher-Dallas | Flight 1 | 31'-6"   |        |
| 8th   | Brian Garrett     | Twin Cedars    | Flight 1 | 31'-1"   |        |
| 9th   | Teagen McDaniel   | Twin Cedars    | Flight 1 | 30'-1"   |        |
| 10th  | Brady Babcock SR  | Melcher-Dallas | Flight 1 | 29'-11"  |        |
| 11th  | Teagan Danley     | Murray         | Flight 1 | 20'-4"   |        |
| 12th  | Andrew Williamson | Seymour        | Flight 1 | 20'-3"   |        |

### **Discus Finals**

| Place | Athlete             | School         | Flight   | Distance    | Points |
|-------|---------------------|----------------|----------|-------------|--------|
| 1st   | Ambrose Savage      | Lamoni         | Flight 1 | 132'-7 1/2" | 10     |
| 2nd   | Brian Garrett       | Twin Cedars    | Flight 1 | 102'-6 1/4" | 8      |
| 3rd   | Gage Hanes          | Moravia        | Flight 1 | 99'-10 3/4" | 6      |
| 4th   | Carter Houser       | Seymour        | Flight 1 | 93'-0 1/4"  | 4      |
| 5th   | Peyton Davis        | Lamoni         | Flight 1 | 89'-0 3/4"  | 2      |
| 6th   | Austin Peterson     | Murray         | Flight 1 | 84'-6 1/4"  | 1      |
| 7th   | Lucas Harrington SR | Melcher-Dallas | Flight 1 | 83'-2"      |        |
| 8th   | Peyton Christine    | Seymour        | Flight 1 | 77'-1 1/4"  |        |
| 9th   | Adam Dueker         | Moravia        | Flight 1 | 69'-3 3/4"  |        |
| 10th  | Kaden Mayfield      | Twin Cedars    | Flight 1 | 60'-9 1/4"  |        |

### **High Jump Finals**

| Place | Athlete          | School         | Flight   | Height | Points |
|-------|------------------|----------------|----------|--------|--------|
| 1st   | Riley Hawksins   | Moravia        | Flight 1 | 6'-0"  | 10     |
| 2nd*  | Logan Godfrey SR | Melcher-Dallas | Flight 1 | 5'-10" | 8      |
| 3rd*  | Clayton Williams | Moravia        | Flight 1 | 5'-10" | 6      |
| 4th   | Jacob Keller     | Murray         | Flight 1 | 5'-2"  | 4      |
|       | Gauge Mongar     | Murray         | Flight 1 |        |        |

#### Shuttle Hurdle Relay Finals

| Place | Athletes   | School        | Heat/Lane | Heat Place | Time    | Points |
|-------|--|---------------|-----------|------------|---------|--------|
| 1st   | Owen Suntken SR<br>Lucas Harrington SR<br>Reece Chiabotta FR<br>Logan Godfrey SR | Melcher-Dalla | H 1/L 4   | 1          | 1:12.46 | 10     |
| 2nd   | Tate McDole<br>Cannon Rivera<br>Landon Lindgren<br>Trevor McDole                 | Lamoni [A]    | H 1/L 2   | 2          | 1:15.52 | 8      |

### Tuesday, April 18, 2023

# Meet Results By Division - Long Form Boys (Continued...)

### **Distance Medley Relay Finals**

| Place | Athletes   | School          | Heat/Lane | Heat Place | Time    | Points |
|-------|--|-----------------|-----------|------------|---------|--------|
| 1st   | Clayton Williams<br>Carson Seals<br>Matthew McDanel<br>Shane Helmick   | Moravia [A]     | H 1/L 3   | 1          | 4:23.09 | 10     |
| 2nd   | Dakota Exline<br>Colton Black<br>Galen Knott<br>Mason Lund             | Seymour [A]     | H 1/L 4   | 2          | 4:36.48 | 8      |
| 3rd   | Xander Ryan<br>Micah Ott<br>Noah Fee<br>Joangel Ibarra                 | Twin Cedars [A] | H 1/L 5   | 3          | 5:08.75 | 6      |
| 4th   | Hosah Niebauer<br>Cannon Rivera<br>Carter Waetzig<br>Justin Mendenhall | Lamoni [A]      | H 1/L 2   | 4          | 5:36.15 | 4      |

#### Sprint Medley Relay Finals

| Place | Athletes  | School          | Heat/Lane | Heat Place | Time    | Points |
|-------|---|-----------------|-----------|------------|---------|--------|
| 1st   | Jackson McDanel<br>Lincoln Albertson<br>Shane Helmick<br>Wyatt Throckmorton | Moravia [A]     | H 1/L 3   | 1          | 1:47.45 | 10     |
| 2nd   | Galen Knott<br>Colton Black<br>Dakota Exline<br>Kennan Hinners              | Seymour [A]     | H 1/L 2   | 2          | 1:52.46 | 8      |
| 3rd   | Teagan Danley<br>Aldo Esteban-Cabr<br>Kendrick Mastin<br>Kace Patton        | Murray [A]      | H 1/L 1   | 3          | 1:56.45 | 6      |
| 4th   | CJ Smith FR<br>Kael Caikowski JR<br>Brady Babcock SR<br>Max Enfield SR      | Melcher-Dalla   | H 1/L 6   | 4          | 1:56.71 | 4      |
| 5th   | Micah Ott<br>Brenden Connett<br>Blake Micetich<br>Judson Beary              | Twin Cedars [A] | H 1/L 5   | 5          | 1:56.74 | 2      |
| 6th   | Daniel Long<br>Cannon Rivera<br>Trevor McDole<br>Kalvin Brown               | Lamoni [A]      | H 1/L 4   | 6          | 1:56.95 | 1      |

Tuesday, April 18, 2023

# Girls

# Points By School

| Place | School         | Points |
|-------|----------------|--------|
| 1st   | Melcher-Dallas | 105    |
| 2nd   | Lamoni         | 86     |
| 3rd   | Moravia        | 80     |
| 4th   | Seymour        | 73     |
| 5th   | Twin Cedars    | 65     |
| 6th   | Murray         | 53     |
| 7th   | Mormon Trail   | 38     |
| 8th   | Diagonal       | 29     |

| Completed Events    |                      |                       |  |  |  |  |  |
|---------------------|----------------------|-----------------------|--|--|--|--|--|
| 100 M Dash          | 200 M Dash           | 400 M Dash            |  |  |  |  |  |
| 800 M Run           | 1500-1600 M Run      | 3000-3200 M Run       |  |  |  |  |  |
| 100-110 M Hurdles   | 400 M Hurdles        | 4x100 M Relay         |  |  |  |  |  |
| 4x200 M Relay       | 4x400 M Relay        | 4x800 M Relay         |  |  |  |  |  |
| Long Jump           | Shot Put             | Discus                |  |  |  |  |  |
| High Jump           | Shuttle Hurdle Relay | Distance Medley Relay |  |  |  |  |  |
| Sprint Medley Relay |                      |                       |  |  |  |  |  |

| Incomplete Events       |   |
|-------------------------|---|
| All events are complete | ٦ |

### Tuesday, April 18, 2023

# Meet Results By Division - Long Form Girls

#### 100 M Dash Finals

| Place | Athlete           | School         | Heat/Lane | Heat Place | Time  | Points |
|-------|-------------------|----------------|-----------|------------|-------|--------|
| 1st   | Rylee Dunkin      | Twin Cedars    | H 3/L 3   | 1          | 13.11 | 10     |
| 2nd   | Teryn Shields     | Murray         | H 3/L 5   | 2          | 14.00 | 8      |
| 3rd   | Gracie Peck       | Seymour        | H 3/L 4   | 3          | 14.50 | 6      |
| 4th   | Madison DeJong    | Melcher-Dallas | H 3/L 2   | 4          | 14.52 | 4      |
| 5th   | Miah Roberts      | Mormon Trail   | H 3/L 1   | 5          | 14.76 | 2      |
| 6th   | Haylee Palmer     | Murray         | H 3/L 6   | 6          | 15.23 | 1      |
| 7th   | Jenna Mickey      | Melcher-Dallas | H 2/L 3   | 1          | 15.59 |        |
| 8th   | Finely Spencer    | Moravia        | H 2/L 4   | 2          | 16.16 |        |
| 9th   | Lauren Burton     | Diagonal       | H 2/L 2   | 3          | 16.27 |        |
| 10th  | Lydia Hoffman     | Diagonal       | H 2/L 5   | 4          | 16.37 |        |
| 11th  | Nalani Sancruzado | Lamoni         | H 1/L 2   | 1          | 16.68 |        |
| 12th  | Alison Leonard    | Lamoni         | H 1/L 4   | 2          | 16.95 |        |
| 13th  | Natalie Main      | Moravia        | H 1/L 5   | 3          | 17.10 |        |
| 14th  | Mendon Jellison   | Seymour        | H 2/L 1   | 5          | 17.97 |        |
| 15th  | Aidyn Newton      | Mormon Trail   | H 1/L 3   | 4          | 19.57 |        |
|       | Morgan Bolkema    | Twin Cedars    | H 1/L 1   |            |       |        |

#### 200 M Dash Finals

| Place | Athlete         | School         | Heat/Lane | Heat Place | Time  | Points |
|-------|-----------------|----------------|-----------|------------|-------|--------|
| 1st   | Teryn Shields   | Murray         | H 2/L 3   | 1          | 30.68 | 10     |
| 2nd   | Gabby Overgaard | Melcher-Dallas | H 2/L 4   | 2          | 30.98 | 8      |
| 3rd   | Abi Milledge    | Twin Cedars    | H 1/L 3   | 1          | 32.13 | 6      |
| 4th   | Haylee Palmer   | Murray         | H 1/L 4   | 2          | 32.48 | 4      |
| 5th   | Miah Roberts    | Mormon Trail   | H 2/L 1   | 3          | 32.55 | 2      |
| 6th   | Alley Goodman   | Lamoni         | H 2/L 5   | 4          | 32.56 | 1      |
| 7th   | Jaida Spencer   | Moravia        | H 2/L 2   | 5          | 33.42 |        |
| 8th   | Karsyn Mateer   | Melcher-Dallas | H 2/L 6   | 6          | 33.73 |        |
| 9th   | Lauren Burton   | Diagonal       | H 1/L 5   | 3          | 35.67 |        |
| 10th  | Rebecca Hoffman | Diagonal       | H 1/L 1   | 4          | 36.61 |        |
| 11th  | Alison Leonard  | Lamoni         | H 1/L 6   | 5          | 37.04 |        |
|       | GraceAnn Bellon | Mormon Trail   | H 1/L 2   |            |       |        |

400 M Dash Finals

| Place | Athlete           | School       | Heat/Lane | Heat Place | Time    | Points |
|-------|-------------------|--------------|-----------|------------|---------|--------|
| 1st   | Kaylen Robinson   | Moravia      | H 2/L 3   | 1          | 1:14.04 | 10     |
| 2nd   | Leah Rinchiuso    | Seymour      | H 2/L 4   | 2          | 1:15.41 | 8      |
| 3rd   | GraceAnn Bellon   | Mormon Trail | H 2/L 2   | 3          | 1:20.80 | 6      |
| 4th   | Zoey Shelley      | Diagonal     | H 1/L 2   | 1          | 1:26.27 | 4      |
| 5th   | Nalani Sancruzado | Lamoni       | H 1/L 4   | 2          | 1:31.21 | 2      |
| 6th   | Lauren Burton     | Diagonal     | H 2/L 5   | 4          | 1:40.14 | 1      |
|       | Annika Shanks     | Mormon Trail | H 1/L 3   |            |         |        |

### Tuesday, April 18, 2023

# Meet Results By Division - Long Form Girls (Continued...)

#### 800 M Run Finals

| Place | Athlete             | School         | Heat/Lane | Heat Place | Time    | Points |
|-------|---------------------|----------------|-----------|------------|---------|--------|
| 1st   | Rylee Dunkin        | Twin Cedars    | H 1/L 3   | 1          | 2:38.37 | 10     |
| 2nd   | Addison Wadle       | Melcher-Dallas | H 1/L 4   | 2          | 3:00.52 | 8      |
| 3rd   | Lauren Olson        | Lamoni         | H 1/L 2   | 3          | 3:05.08 | 6      |
| 4th   | Elizabeth Blackwood | Lamoni         | H 1/L 1   | 4          | 3:26.62 | 4      |
|       | Ella Hysell         | Mormon Trail   | H 1/L 5   |            |         |        |
|       | Jade-Lynn Gillis    | Mormon Trail   | H 1/L 6   |            |         |        |

### 1500-1600 M Run Finals

| Place | Athlete             | School         | Heat/Lane | Heat Place | Time    | Points |
|-------|---------------------|----------------|-----------|------------|---------|--------|
| 1st   | Rylee Dunkin        | Twin Cedars    | H 1/L 3   | 1          | 5:37.60 | 10     |
| 2nd   | Hailey Stegman      | Melcher-Dallas | H 1/L 3   | 2          | 6:06.68 | 8      |
| 3rd   | Mia Shanks          | Mormon Trail   | H 1/L 4   | 3          | 6:32.83 | 6      |
| 4th   | Taylor Lumbard      | Diagonal       | H 1/L 5   | 4          | 6:42.01 | 4      |
| 5th   | Alexa Bedford       | Moravia        | H 1/L 2   | 5          | 6:47.09 | 2      |
| 6th   | Elizabeth Blackwood | Lamoni         | H 1/L 1   | 6          | 7:30.12 | 1      |
| 7th   | Kianna Jackson      | Melcher-Dallas | H 1/L 6   | 7          | 8:16.55 |        |

### 3000-3200 M Run Finals

| Place | Athlete          | School         | Heat/Lane | Heat Place | Time     | Points |
|-------|------------------|----------------|-----------|------------|----------|--------|
| 1st   | Alexa Bedford    | Moravia        | H 1/L 4   | 1          | 14:36.89 | 10     |
| 2nd   | Kianna Jackson   | Melcher-Dallas | H 1/L 2   | 2          | 17:47.86 | 8      |
|       | Mia Shanks       | Mormon Trail   | H 1/L 3   |            |          |        |
|       | Jade-Lynn Gillis | Mormon Trail   | H 1/L 5   |            |          |        |

#### 100-110 M Hurdles Finals

| Place | Athlete        | School      | Heat/Lane | Heat Place | Time  | Points |
|-------|----------------|-------------|-----------|------------|-------|--------|
| 1st   | Layla Ewing    | Moravia     | H 2/L 3   | 1          | 17.51 | 10     |
| 2nd   | Teryn Shields  | Murray      | H 2/L 5   | 2          | 19.14 | 8      |
| 3rd   | Kelly Lloyd    | Lamoni      | H 2/L 4   | 3          | 19.62 | 6      |
| 4th   | Katra Sterner  | Twin Cedars | H 1/L 4   | 1          | 20.12 | 4      |
| 5th   | Gabby Mitchell | Seymour     | H 2/L 2   | 4          | 20.42 | 2      |
| 6th   | Amaya Rigling  | Twin Cedars | H 2/L 1   | 5          | 20.77 | 1      |
| 7th   | Alley Goodman  | Lamoni      | H 1/L 2   | 2          | 21.60 |        |
| 8th   | Ivy Wubben     | Moravia     | H 1/L 3   | 3          | 21.62 |        |
|       | Claire Smith   | Murray      | H 1/L 5   |            |       |        |

#### 400 M Hurdles Finals

| Place | Athlete            | School         | Heat/Lane | Heat Place | Time    | Points |
|-------|--------------------|----------------|-----------|------------|---------|--------|
| 1st   | Kelly Lloyd        | Lamoni         | H 2/L 3   | 1          | 1:19.58 | 10     |
| 2nd   | Gabby Mitchell     | Seymour        | H 2/L 4   | 2          | 1:22.09 | 8      |
| 3rd   | Katy Morgan        | Twin Cedars    | H 2/L 5   | 3          | 1:28.80 | 6      |
| 4th   | Lexi Cox           | Moravia        | H 2/L 2   | 4          | 1:36.04 | 4      |
| 5th   | Claire Smith       | Murray         | H 1/L 2   | 1          | 1:38.33 | 2      |
| 6th   | Kamryn Hendrickson | Melcher-Dallas | H 1/L 3   | 2          | 1:48.20 | 1      |
| 7th   | Brooklyn Metz      | Melcher-Dallas | H 1/L 4   | 3          | 1:55.43 |        |

### Tuesday, April 18, 2023

# Meet Results By Division - Long Form Girls (Continued...)

### 4x100 M Relay Finals

| Place | Athletes   | School          | Heat/Lane | Heat Place | Time    | Points |
|-------|--|-----------------|-----------|------------|---------|--------|
| 1st   | Gracie Peck<br>Kaitlyn Keller<br>Ashlyn Sharp<br>Reagen Liggett    | Seymour [A]     | H 1/L 3   | 1          | 58.67   | 10     |
| 2nd   | Layla Ewing<br>Ivy Wubben<br>Jaida Spencer<br>Kenna Spencer        | Moravia [A]     | H 1/L 4   | 2          | 1:00.88 | 8      |
| 3rd   | Summer Karpan<br>Madison DeJong<br>Jenna Mickey<br>Paetyn Anderson | Melcher-Dalla   | H 1/L 2   | 3          | 1:01.12 | 6      |
| 4th   | Emma Hill<br>Alison Leonard<br>Meredith Howell<br>Alley Goodman    | Lamoni [A]      | H 1/L 1   | 4          | 1:02.53 | 4      |
| 5th   | Katy Morgan<br>Amaya Rigling<br>Abi Milledge<br>Katra Sterner      | Twin Cedars [A] | H 1/L 5   | 5          | 1:03.92 | 2      |

### 4x200 M Relay Finals

| Place | Athletes  | School        | Heat/Lane | Heat Place | Time    | Points |
|-------|---|---------------|-----------|------------|---------|--------|
| 1st   | Emma Hill<br>Alley Goodman<br>Meredith Howell<br>Taylor Henson      | Lamoni [A]    | H 1/L 3   | 1          | 2:08.52 | 10     |
| 2nd   | Madison DeJong<br>Hayden Branson<br>Karsyn Mateer<br>Summer Karpan  | Melcher-Dalla | H 1/L 4   | 2          | 2:10.26 | 8      |
| 3rd   | Kaylen Robinson<br>Ivy Wubben<br>Finely Spencer<br>Kenna Spencer    | Moravia [A]   | H 1/L 2   | 3          | 2:13.00 | 6      |
| 4th   | Kaitlyn Keller<br>Mendon Jellison<br>Olivia Power<br>Reagen Liggett | Seymour [A]   | H 1/L 5   | 4          | 2:15.05 | 4      |

### Tuesday, April 18, 2023

# Meet Results By Division - Long Form Girls (Continued...)

### 4x400 M Relay Finals

| Place | Athletes  | School         | Heat/Lane | Heat Place | Time    | Points |
|-------|---|----------------|-----------|------------|---------|--------|
| 1st   | Emaleigh Piershba<br>Lauren Olson<br>Kelly Lloyd<br>Taylor Henson           | Lamoni [A]     | H 1/L 3   | 1          | 4:51.95 | 10     |
| 2nd   | Annika Shanks<br>Mia Shanks<br>Miah Roberts<br>GraceAnn Bellon              | Mormon Trail [ | H 1/L 2   | 2          | 5:17.24 | 8      |
| 3rd   | Addison Wadle<br>Kamryn Hendrickson<br>Hayden Branson<br>Haylie Hendrickson | Melcher-Dalla  | H 1/L 4   | 3          | 5:35.33 | 6      |

#### 4x800 M Relay Finals

|       |   |                | •         |            |          |        |
|-------|---|----------------|-----------|------------|----------|--------|
| Place | Athletes  | School         | Heat/Lane | Heat Place | Time     | Points |
| 1st   | Mia Shanks<br>GraceAnn Bellon<br>Annika Shanks<br>Miah Roberts              | Mormon Trail [ | H 1/L 3   | 1          | 12:34.20 | 10     |
| 2nd   | Lauren Olson<br>Elizabeth Blackwood<br>Emma Hill<br>Emaleigh Piershba       | Lamoni [A]     | H 1/L 4   | 2          | 13:19.21 | 8      |
| 3rd   | Haylie Hendrickson<br>Brooklyn Metz<br>Kamryn Hendrickson<br>Hailey Stegman | Melcher-Dalla  | H 1/L 2   | 3          | 14:10.19 | 6      |

#### Long Jump Finals

| Place | Athlete             | School         | Flight   | Distance    | Points |
|-------|---------------------|----------------|----------|-------------|--------|
| 1st   | Rylee Dunkin        | Twin Cedars    | Flight 1 | 15'-0"      | 10     |
| 2nd   | Madison DeJong      | Melcher-Dallas | Flight 1 | 13'-10"     | 8      |
| 3rd   | Gracie Peck         | Seymour        | Flight 1 | 13'-9"      | 6      |
| 4th   | Layla Ewing         | Moravia        | Flight 1 | 12'-11 1/2" | 4      |
| 5th   | Lauren Burton       | Diagonal       | Flight 1 | 11'-10 1/2" | 2      |
| 6th*  | Rebecca Hoffman     | Diagonal       | Flight 1 | 11'-6"      | 1      |
| 7th*  | Katra Sterner       | Twin Cedars    | Flight 1 | 11'-6"      |        |
| 8th   | Haylee Palmer       | Murray         | Flight 1 | 10'-9"      |        |
| 9th   | Elizabeth Blackwood | Lamoni         | Flight 1 | 10'-0"      |        |
| 10th  | Claire Smith        | Murray         | Flight 1 | 9'-7 1/2"   |        |

### Tuesday, April 18, 2023

# Meet Results By Division - Long Form Girls (Continued...)

### Shot Put Finals

| Place | Athlete          | School         | Flight   | Distance | Points |
|-------|------------------|----------------|----------|----------|--------|
| 1st   | Keirsten Klein   | Murray         | Flight 1 | 33'-5"   | 10     |
| 2nd   | Taylor Lumbard   | Diagonal       | Flight 1 | 33'-2"   | 8      |
| 3rd   | Gabby Overgaard  | Melcher-Dallas | Flight 1 | 29'-7"   | 6      |
| 4th   | Aidyn Newton     | Mormon Trail   | Flight 1 | 29'-1"   | 4      |
| 5th   | BrieAnna Remster | Melcher-Dallas | Flight 1 | 27'-1"   | 2      |
| 6th   | Taylor Ruby      | Seymour        | Flight 1 | 26'-11"  | 1      |
| 7th   | Karis Brown      | Lamoni         | Flight 1 | 26'-2"   |        |
| 8th   | Abbie Peterson   | Murray         | Flight 1 | 25'-9"   |        |
| 9th   | Chloe Estes      | Diagonal       | Flight 1 | 21'-9"   |        |
| 10th  | Natalie Main     | Moravia        | Flight 1 | 19'-2"   |        |
| 11th  | Mendon Jellison  | Seymour        | Flight 1 | 18'-0"   |        |
| 12th  | Morgan Bolkema   | Twin Cedars    | Flight 1 | 17'-0"   |        |

### **Discus Finals**

| Place | Athlete         | School         | Flight   | Distance    | Points |
|-------|-----------------|----------------|----------|-------------|--------|
| 1st   | Gabby Overgaard | Melcher-Dallas | Flight 1 | 84'-1"      | 10     |
| 2nd   | Taylor Lumbard  | Diagonal       | Flight 1 | 83'-8 1/2"  | 8      |
| 3rd   | Keirsten Klein  | Murray         | Flight 1 | 83'-4"      | 6      |
| 4th   | Abbie Peterson  | Murray         | Flight 1 | 75'-9 1/2"  | 4      |
| 5th   | Jenna Mickey    | Melcher-Dallas | Flight 1 | 73'-8 1/2"  | 2      |
| 6th   | Anna Newton     | Diagonal       | Flight 1 | 71'-9"      | 1      |
| 7th   | Aidyn Newton    | Mormon Trail   | Flight 1 | 69'-8 1/2"  |        |
| 8th   | Taylor Ruby     | Seymour        | Flight 1 | 56'-2"      |        |
| 9th   | Morgan Bolkema  | Twin Cedars    | Flight 1 | 48'-10 1/2" |        |
| 10th  | Natalie Main    | Moravia        | Flight 1 | 45'-9 3/4"  |        |
|       | Ami Mockenhaupt | Twin Cedars    | Flight 1 |             |        |

### High Jump Finals

|   | Place | Athlete         | School         | Flight   | Height | Points |
|---|-------|-----------------|----------------|----------|--------|--------|
| ſ | 1st   | Taylor Henson   | Lamoni         | Flight 1 | 4'-6"  | 10     |
|   | 2nd   | Kaylen Robinson | Moravia        | Flight 1 | 4'-4"  | 8      |
|   |       | Leah Rinchiuso  | Seymour        | Flight 1 |        |        |
|   |       | Karsyn Mateer   | Melcher-Dallas | Flight 1 |        |        |

#### Shuttle Hurdle Relay Finals

| Place | Athletes   | School          | Heat/Lane | Heat Place | Time    | Points |
|-------|--|-----------------|-----------|------------|---------|--------|
| 1st   | Layla Ewing<br>Ivy Wubben<br>Finely Spencer<br>Kaylen Robinson     | Moravia [A]     | H 1/L 1   | 1          | 1:22.60 | 10     |
| 2nd   | Kaitlyn Keller<br>Gabby Mitchell<br>Reagen Liggett<br>Ashlyn Sharp | Seymour [A]     | H 1/L 3   | 2          | 1:22.96 | 8      |
| 3rd   | Abi Milledge<br>Amaya Rigling<br>Katy Morgan<br>Katra Sterner      | Twin Cedars [A] | H 1/L 5   | 3          | 1:34.90 | 6      |

### Tuesday, April 18, 2023

# Meet Results By Division - Long Form Girls (Continued...)

### **Distance Medley Relay Finals**

| Place | Athletes  | School        | Heat/Lane | Heat Place | Time    | Points |
|-------|---|---------------|-----------|------------|---------|--------|
| 1st   | Reagen Liggett<br>Ashlyn Sharp<br>Gabby Mitchell<br>Olivia Power        | Seymour [A]   | H 1/L 2   | 1          | 5:11.28 | 10     |
| 2nd   | Haylie Hendrickson<br>Addison Wadle<br>Gabby Overgaard<br>Summer Karpan | Melcher-Dalla | H 1/L 3   | 2          | 5:12.18 | 8      |
| 3rd   | Taylor Henson<br>Meredith Howell<br>Emaleigh Piershba<br>Lauren Olson   | Lamoni [A]    | H 1/L 4   | 3          | 5:12.22 | 6      |
| 4th   | Alexa Bedford<br>Lexi Cox<br>Kenna Spencer<br>Jaida Spencer             | Moravia [A]   | H 1/L 5   | 4          | 5:50.59 | 4      |

#### Sprint Medley Relay Finals

| Place | Athletes  | School        | Heat/Lane | Heat Place | Time    | Points |
|-------|---|---------------|-----------|------------|---------|--------|
| 1st   | Gracie Peck<br>Kaitlyn Keller<br>Ashlyn Sharp<br>Olivia Power                 | Seymour [A]   | H 1/L 4   | 1          | 2:15.11 | 10     |
| 2nd   | Kelly Lloyd<br>Emma Hill<br>Emaleigh Piershba<br>Meredith Howell              | Lamoni [A]    | H 1/L 3   | 2          | 2:16.66 | 8      |
| 3rd   | Hayden Branson<br>Haylie Hendrickson<br>Kamryn Hendrickson<br>Paetyn Anderson | Melcher-Dalla | H 1/L 2   | 3          | 2:18.44 | 6      |
| 4th   | Lexi Cox<br>Jaida Spencer<br>Finely Spencer<br>Kenna Spencer                  | Moravia [A]   | H 1/L 5   | 4          | 2:28.89 | 4      |