

**Norwalk Coed Track Invitational**  
**April 10, 2023**  
**Norwalk High School - Warrior Stadium**  
**Results**

**Girls 100 Meter Dash**

Name	Year School	Seed	Finals	H#	Points
<b>Finals</b>					
1 Gosselink, Aiden	Grinnell	12.58	13.56	2	10
2 Brandt, Jaylynn	Norwalk	13.98	13.59	2	8
3 Welch, Savannah	Norwalk	13.77	13.61	2	6
4 Simoens, Maddy	North Polk	13.69	13.65	2	5
5 Osborn, Abby	Dc-Grimes	13.96	13.69	2	4
6 Caves, Devyn	North Polk	14.25	13.83	2	3
7 Bruce, Abby	Newton	13.99	13.99	2	2
8 Stephenson, Myah	Grinnell	14.26	14.07	1	1
9 Wanat, Chloe	Dc-Grimes	14.05	14.18	2	
10 Penman, Danica	Carlisle	13.80	14.51	2	
11 Tuck, Isabella	Carlisle	14.34	14.65	1	
12 Main, Annie	Newton	14.35	14.76	1	
13 Wickman, Paige	Winterset	15.00	15.05	1	
14 Nichols, Makayla	Winterset	15.43	15.33	1	
15 Vary, Alyssa	Nevada	15.81	15.82	1	
16 Haley, Ella	Nevada	15.69	15.95	1	
17 Popelka, Terri	S Tama Cty	16.27	16.02	1	
18 Mora, Edith	S Tama Cty	17.35	16.89	1	

**Girls 200 Meter Dash**

Name	Year School	Seed	Finals	H#	Points
1 Gosselink, Aiden	Grinnell	27.62	27.08	2	10
2 Hulbert, Nyah	Norwalk	27.60	27.41	2	8
3 Welch, Savannah	Norwalk	28.96	27.79	2	6
4 Devine, Ashlynn	Winterset	28.50	27.89	2	5
5 Fisk, Kira	Carlisle	28.40	27.99	2	4
6 Bahnsen, Anna	Dc-Grimes	28.91	28.31	2	3
7 Miller, Cassandra	Carlisle	28.50	28.77	2	2
8 Doonan, Mia	North Polk	29.50	28.99	1	1
9 Small, Amanda	Grinnell	27.50	29.15	2	
10 Austin, Lola	North Polk	29.00	29.65	2	
11 Harvey, Paige	Dc-Grimes	29.50	29.94	1	
12 Breuer, Claire	Newton	31.57	30.28	1	
13 White, Tori	Newton	31.10	30.36	1	
14 Nichols, Makayla	Winterset	32.66	31.92	1	
15 Peshel, Naomi	S Tama Cty	32.07	32.38	1	
16 Vary, Alyssa	Nevada	34.51	32.99	1	
17 Zmolek, Zoey	S Tama Cty	33.76	33.28	1	
18 Haley, Ella	Nevada	33.67	34.16	1	

**Girls 400 Meter Dash**

Name	Year School	Seed	Finals	H#	Points
1 Curtis, Olivia	Dc-Grimes	1:05.00	1:02.96	2	10
2 Darling, Avary	Winterset	1:03.33	1:03.55	2	8
3 Meggison, Tess	Dc-Grimes	1:05.50	1:04.12	2	6
4 Haaland, Hannah	North Polk	1:07.00	1:04.31	2	5
5 Stoner, Mallie	Carlisle	1:04.90	1:05.26	2	4

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6	Halupnick, Jady	North Polk	1:08.62	1:06.63	2	3
7	Small, Amanda	Grinnell	1:06.00	1:07.37	2	2
8	Martin, Chloe	Norwalk	1:09.51	1:07.81	2	1
9	Clayton, Gracie	Newton	1:10.16	1:08.90	1	
10	Norem, Ava	Norwalk	1:11.87	1:09.54	1	
11	Crain, Bryn	Nevada	1:11.34	1:09.76	1	
12	Schilling, Taylor	Newton	1:09.92	1:10.83	2	
13	Paxton, Madeline	S Tama Cty	1:14.65	1:14.42	1	
14	Barber, Natalie	Nevada	1:25.20	1:17.78	1	
15	Harwick, Emma	S Tama Cty	1:22.35	1:22.24	1	

**Girls 800 Meter Run**

Name	Year	School	Seed	Finals	Points
1	Mauro, Bree	Norwalk	2:28.17	2:24.73	10
2	Stevens, Maddy	Dc-Grimes	2:31.62	2:25.29	8
3	Daggett, Marie	Carlisle	2:30.04	2:30.01	6
4	Dooley, Addison	Dc-Grimes	2:40.00	2:35.97	5
5	Vanderheyden, Ava	Nevada	2:44.32	2:37.43	4
6	Martinez, Sophia	Nevada	2:46.12	2:38.52	3
7	DeRocher, Grace	Norwalk		2:43.90	2
8	Kruse, Hadley	Newton	2:40.00	2:45.21	1
9	Kiesling, Aubrie	North Polk	2:45.00	2:45.76	
10	Bond, Mya	North Polk	2:38.00	2:48.15	
11	Stoner, Tegan	Carlisle	2:50.00	2:49.07	
12	Nicol, Norah	Grinnell	2:50.79	2:49.43	
13	Preston, Abigail	Newton	2:56.80	2:54.26	
14	Kaysen, Landry	Winterset	3:07.41	3:00.63	
15	Kurk, Myla	Grinnell		3:36.82	
--	Seeley, Brooke	Norwalk		X2:42.84	

**Girls 1500 Meter Run**

Name	Year	School	Seed	Finals	Points
1	Bergstrom, Maya	Carlisle	4:58.23	4:58.13	10
2	Schaffer, Liza	North Polk	5:04.10	5:00.78	8
3	Sutton, Morgan	Winterset	5:27.02	5:13.25	6
4	McDermott, Emerson	Dc-Grimes	5:28.00	5:21.98	5
5	Angus, Abbey	Dc-Grimes	5:38.16	5:24.76	4
6	Shannon, Briana	Newton	5:40.70	5:32.28	3
7	Haaland, Hannah	North Polk	5:39.83	5:44.05	2
8	Tice, Quinn	Norwalk	6:06.45	6:02.40	1
9	Carney, Sophia	Carlisle	6:15.27	6:23.27	
10	Panada, Paxton	Newton	6:33.90	6:28.93	
11	Peterson, Alyssa	Grinnell	6:44.87	6:43.55	
12	Castanon, Alexandra	S Tama Cty	7:38.20	7:25.21	
--	Robinson, Addison	Norwalk		X6:23.13	

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**Girls 3000 Meter Run**

Name	Year	School	Seed	Finals	Points
1 Dooley, Addison		Dc-Grimes		11:36.92	10
2 Meyers, Jordan		Dc-Grimes		11:40.52	8
3 Back, Morgan		Winterset	12:30.00	12:14.93	6
4 Bond, Mya		North Polk	12:00.00	12:19.66	5
5 McGraw, Hannah		Carlisle	13:12.55	13:09.51	4
6 Ray, Peyton		Newton	12:50.00	13:38.92	3
7 Davitt, Andie		Norwalk	13:40.13	14:21.72	2

**Girls 100 Meter Hurdles**

Name	Year	School	Seed	Finals	H#	Points
1 Terpstra, Addisyn		Newton	15.58	15.35	2	10
2 Kleemeier, Jaya		Winterset	16.99	16.40	2	8
3 Desmond, Kate		Norwalk	16.77	16.48	2	6
4 Priest, JaQuay		Newton	18.88	16.59	1	5
5 Gehling, Tiana		North Polk	17.17	16.87	2	4
6 Downs, Laura		Carlisle	16.96	16.91	2	3
7 Ung, Shae		Norwalk	17.30	16.99	2	2
8 Arp, Layla		North Polk	17.77	17.29	2	1
9 Schmitz, Ellie		Dc-Grimes	18.56	17.45	1	
10 Hollingsworth, Ashley		Grinnell	18.46	18.27	1	
11 Taylor, Kylie		Nevada	18.56	18.42	1	
12 Acton, Brynn		Winterset	18.00	18.69	2	
13 Keeney, Katie		Carlisle	17.50	18.74	2	
14 Macumber, Bailey		Dc-Grimes	18.85	18.77	1	
15 Lavender, Kaela		Grinnell	19.87	19.27	1	
16 Muschick, Alexis		Nevada	20.13	19.83	1	
17 Zmolek, Zoey		S Tama Cty	22.21	20.87	1	
18 Crouch, Alexis		S Tama Cty	21.25	22.35	1	

**Girls 400 Meter Hurdles**

Name	Year	School	Seed	Finals	H#	Points
1 Birmingham, Bailey		Norwalk	1:12.34	1:08.48	2	10
2 Redenius, Mara		Dc-Grimes	1:15.00	1:09.28	2	8
3 Arp, Layla		North Polk	1:15.47	1:12.09	2	6
4 Carlson, Ava		Norwalk	1:14.50	1:13.47	2	5
5 Manock, Jocelyn		North Polk	1:17.33	1:14.01	2	4
6 Clayton, Gracie		Newton	1:15.52	1:15.30	2	3
7 Craven, Sami		Winterset	1:16.00	1:15.54	2	2
8 Robinson, Emma		Carlisle	1:22.80	1:19.34	1	1
9 Beerends, Alyssa		Newton	1:20.88	1:19.84	1	
-- Martin, Chloe		Norwalk		X1:16.51	1	
-- Norem, Ava		Norwalk		X1:19.38	1	

**Girls 4x100 Meter Relay**

School	Year	Seed	Finals	Points
1 North Polk 'A'		51.53	51.07	10

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1) Simoens, Maddy	2) Owen, Ashley			
3) Rasmussen, Kylie	4) Elliott, Megan			
2 Norwalk 'A'		52.90	51.44	8
1) Gear, Hailey	2) Ung, Shae			
3) Brandt, Jaylynn	4) Welch, Savannah			
3 Carlisle 'A'		52.02	51.91	6
1) Barry, Abby	2) McDaniel, Aubrey			
3) Austin, Sage	4) Noring, Isabelle			
4 Dc-Grimes 'A'		52.82	51.97	5
1) Jahangir, Asia	2) Menough, Ashlyn			
3) Osborn, Abby	4) Wanat, Chloe			
5 Winterset 'A'		54.41	53.57	4
1) Applegate, Neela	2) Kleemeier, Jaya			
3) Acton, Bailey	4) Devine, Ashlynn			
6 Nevada 'A'		55.58	54.87	3
1) Taylor, Kylie	2) Riera Ramones, Stefany			
3) Crain, Bryn	4) Sigler, Kira			
7 Grinnell 'A'		1:00.00	57.85	2
1) Kenkel, Isabel	2) Bond, Kylee			
3) Stephenson, Myah	4) Gosselink, Addie			
8 S Tama Cty 'A'		1:00.52	58.45	1
1) Culbertson, Kelsey	2) Carrillo, Nazaret			
3) Blocker, Avery	4) Crouch, Alexis			
-- Newton 'A'		53.68	DNF	
1) Rivera, Lola	2) Clarke, Lauren			
3) Rorabaugh, Chloe	4) Terpstra, Addisyn			

**Girls 4x200 Meter Relay**

School	Seed	Finals	Points
1 North Polk 'A'	1:47.49	1:46.59	10
1) Elliott, Megan	2) Simoens, Maddy		
3) Owen, Ashley	4) Rasmussen, Kylie		
2 Dc-Grimes 'A'	1:52.70	1:50.25	8
1) Menough, Ashlyn	2) Jahangir, Asia		
3) Bahnsen, Anna	4) McDermott, Emerson		
3 Norwalk 'A'	1:51.42	1:51.48	6
1) Robbins, Kennedy	2) Hulbert, Nyah		
3) Hammond, Jillian	4) Birmingham, Bailey		
4 Newton 'A'	1:52.47	1:52.84	5
1) Rivera, Lola	2) Clarke, Lauren		
3) Winther, Bella	4) Bruce, Abby		
5 Carlisle 'A'	1:54.73	1:54.84	4
1) Light, Sydney	2) Penman, Danica		
3) Austin, Sage	4) Nolte, Ally		
6 Grinnell 'A'	2:02.00	1:58.60	3
1) Flander, Alyssa	2) Bond, Kylee		
3) Stallman, Taryn	4) Louden, Lauren		
7 Winterset 'A'	2:00.09	2:02.05	2
1) Acton, Bailey	2) Wickman, Paige		
3) Sheffield, MaKenna	4) Sussex, Cambree		
8 S Tama Cty 'A'	2:09.52	2:02.25	1
1) Peshel, Naomi	2) Carrillo, Nazaret		

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3) Crouch, Alexis	4) Paxton, Madeline		
9 Nevada 'A'		2:11.12	2:08.62
1) Sigler, Kira	2) Haley, Ella		
3) Vary, Alyssa	4) Scheuerman, Gracie		

**Girls 4x400 Meter Relay**

School	Seed	Finals	Points
1 Dc-Grimes 'A'	4:19.10	4:15.97	10
1) Meggison, Tess			
3) Meyers, Jordan			
2 Norwalk 'A'	4:24.00	4:16.76	8
1) Robbins, Kennedy			
3) Brown, Ashlyn			
3 Carlisle 'A'	4:20.95	4:17.02	6
1) Fisk, Kira			
3) Stoner, Mallie			
4 North Polk 'A'	4:20.39	4:17.80	5
1) Doonan, Mia			
3) Owen, Ashley			
5 Newton 'A'	4:24.92	4:24.05	4
1) Winther, Bella			
3) Muckler, Kate			
6 Grinnell 'A'	4:33.00	4:35.99	3
1) Flander, Alyssa			
3) Louden, Lauren			
7 Nevada 'A'	5:04.96	4:39.90	2
1) Vanderheyden, Ava			
3) Axmear, Brooke			
8 Winterset 'A'	4:50.70	4:48.74	1
1) Davis, Luci			
3) Sussex, Cambree			

**Girls 4x800 Meter Relay**

School	Seed	Finals	Points
1 Dc-Grimes 'A'	10:12.10	9:44.70	10
1) McDermott, Emerson			
3) Stevens, Maddy			
2 Norwalk 'A'	10:29.09	10:21.24	8
1) Mauro, Bree			
3) Livingston, Cambry			
3 Newton 'A'	10:40.32	10:37.78	6
1) Muckler, Kate			
3) Kruse, Hadley			
4 Nevada 'A'	11:06.60	11:16.95	5
1) Axmear, Brooke			
3) Crain, Bryn			
5 Winterset 'A'	11:29.32	11:44.27	4
1) Craven, Mackenzie			
3) Kaysen, Landry			
6 Carlisle 'A'	11:57.41	11:52.42	3

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1) Zondervan, Audrey  
 2) Stutsman, Mallori  
 3) Ray, Halle  
 4) Carney, Sophia  
 -- Norwalk Black 'A' X12:07.27

**Girls 800 Sprint Medley**

School	Seed	Finals	Points
1 Newton 'A'	1:58.67	1:56.40	10
1) Rivera, Lola	2) Clarke, Lauren		
3) Winther, Bella	4) Shannon, Briana		
2 Winterset 'A'	1:57.00	1:57.37	8
1) Applegate, Neela	2) Devine, Ashlynn		
3) Kleemeier, Jaya	4) Darling, Avary		
3 Dc-Grimes 'A'	1:57.87	1:58.36	6
1) Johnson, Brinn	2) Menough, Ashlyn		
3) Osborn, Abby	4) Jahangir, Asia		
4 Carlisle 'A'	2:00.33	1:58.78	5
1) Barry, Abby	2) Austin, Sage		
3) Miller, Cassandra	4) Fisk, Kira		
5 Norwalk 'A'	1:59.55	1:59.87	4
1) Welch, Savannah	2) Brandt, Jaylynn		
3) Robbins, Kennedy	4) Brown, Ashlyn		
6 Grinnell 'A'	2:00.22	2:00.42	3
1) Small, Amanda	2) Flander, Alyssa		
3) Louden, Lauren	4) Gosselink, Aiden		
7 North Polk 'A'	1:58.00	2:01.22	2
1) Caves, Devyn	2) Daggett, Emma		
3) Austin, Lola	4) Engebretson, Elyse		
8 S Tama Cty 'A'	2:15.57	2:12.60	1
1) Culbertson, Kelsey	2) Blocker, Avery		
3) Crouch, Alexis	4) Paxton, Madeline		
9 Nevada 'A'	2:05.91	2:16.34	
1) Sigler, Kira	2) Haley, Ella		
3) Vary, Alyssa	4) Scheuerman, Gracie		

**Girls Distance Medley**

School	Seed	Finals	Points
1 Carlisle 'A'	4:30.57	4:22.56	10
1) McDaniel, Aubrey	2) Noring, Isabelle		
3) Roling, Reagan	4) Bergstrom, Maya		
2 North Polk 'A'	4:37.94	4:27.44	8
1) Manock, Jocelyn	2) Daggett, Emma		
3) Engebretson, Elyse	4) Schaffer, Liza		
3 Dc-Grimes 'A'	4:45.27	4:41.36	6
1) Johnson, Brinn	2) Redenius, Mara		
3) Bahnsen, Anna	4) Meyers, Jordan		
4 Newton 'A'	4:42.91	4:49.01	5
1) Priest, Ja'Quay	2) Sims, Mack		
3) Riney, Alex	4) Barton, Harper		
5 Nevada 'A'	4:48.34	4:52.49	4
1) Taylor, Kylie	2) Riera Ramones, Stefany		

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3) Vanderheyden, Ava	4) Axmear, Brooke			
6 Norwalk 'A'		4:45.43	4:52.87	3
1) Cary, Kaylee	2) Hammond, Jillian			
3) Brown, Ashlyn	4) Tice, Mia			
7 Grinnell 'A'		5:29.08	5:33.74	2
1) Kenkel, Isabel	2) Ditzler, Lily			
3) Kurk, Myla	4) Smith, Emma			
-- Norwalk Black 'A'			X5:07.86	
-- Norwalk Gold 'A'			X5:18.53	

**Girls 4x100 Meter Shuttle Hurdle**

School	Seed	Finals	H#	Points
1 Newton 'A'	1:06.72	1:06.61	2	10
1) Sims, Mack	2) Lampe, Macy			
3) Rorabaugh, Chloe	4) Terpstra, Addisyn			
2 Norwalk 'A'	1:09.68	1:07.75	2	8
1) Desmond, Kate	2) Arnold, Keara			
3) Martin, Chloe	4) Ung, Shae			
3 Carlisle 'A'	1:14.16	1:10.98	1	6
1) Robinson, Emma	2) Keeney, Katie			
3) Roling, Reagan	4) Downs, Laura			
4 North Polk 'A'	1:13.40	1:13.10	2	5
1) Arp, Layla	2) Manock, Jocelyn			
3) Kiesling, Aubrie	4) Gehling, Tiana			
5 Dc-Grimes 'A'	1:15.89	1:13.52	1	4
1) Redenius, Mara	2) Christensen, Mya			
3) Macumber, Bailey	4) Schmitz, Ellie			
6 Nevada 'A'	1:16.75	1:16.05	1	3
1) Taylor, Kylie	2) Muschick, Alexis			
3) Scheuerman, Gracie	4) Goos, Lily			
7 Winterset 'A'	1:12.30	1:19.88	2	2
1) Soderberg, Allie	2) Hanselman, Gigi			
3) Acton, Brynn	4) Kleemeier, Jaya			
8 Grinnell 'A'	1:22.67	1:22.27	1	1
1) Hollingsworth, Ashley	2) Stallman, Taryn			
3) Lavender, Kaela	4) Gosselink, Addie			

**Girls High Jump**

Name	Year School	Seed	Finals	Points
1 Robinson, Emma	Carlisle	5-01.00	5-00.00	10
2 Harwick, Emma	S Tama Cty	5-00.00	4-10.00	7
2 Sinclair, Cadence	Carlisle	5-02.00	4-10.00	7
4 White, Tori	Newton	5-00.00	4-10.00	5
5 Riney, Alex	Newton	4-08.00	4-08.00	4
6 Witt, RyAnn	Winterset	4-04.00	4-06.00	3
7 Hanselman, Geona	Winterset	4-06.00	4-06.00	2
8 Hammond, Jillian	Norwalk	4-06.00	4-06.00	1
9 Bauman, Sophia	Dc-Grimes	4-06.00	4-04.00	
-- George, Isabel	Norwalk		XNH	
-- Arnold, Keara	Norwalk		XNH	

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-- Sesker, Kaia	Dc-Grimes	4-04.00	DQ
-- Desmond, Kate	Norwalk		DQ
-- Wood, Jaida	Norwalk		X4-02.00
-- Kingsley, Lily	Norwalk		X4-02.00

**Girls Long Jump**

Name	Year School	Seed	Finals	Points
1 Noring, Isabelle	Carlisle	18-04.50	17-08.00	10
2 Gehling, Tiana	North Polk	16-09.25	17-04.00	8
3 Gosselink, Aiden	Grinnell	16-08.00	16-01.50	6
4 Bauman, Sophia	Dc-Grimes	15-01.25	15-04.50	5
5 Fisk, Kira	Carlisle	15-05.25	15-02.00	4
6 Main, Annie	Newton	15-03.75	14-11.50	3
7 Noble, Anna	North Polk	15-07.00	14-10.50	2
8 Stephenson, Myah	Grinnell	14-05.25	14-10.00	1
9 Schroeder, Adalyn	Norwalk	15-00.50	14-05.50	
10 Brown, Ashlyn	Norwalk	14-00.00	14-04.50	
11 Harvey, Paige	Dc-Grimes	14-08.00	14-01.50	
12 Bruce, Abby	Newton	15-00.50	14-01.00	
13 Hockemeier, Sophie	Winterset		12-02.00	
14 Sigler, Kira	Nevada		11-09.50	
15 Andrew, Braelyn	Winterset	13-01.00	10-06.50	
-- Buss, Ashleigh	Norwalk		XDQ	
-- Robinson, Addison	Norwalk		X13-06.50	
-- Peters, Danielle	Norwalk		X13-05.00	
-- Cary, Kaylee	Norwalk		X13-01.00	

**Girls Shot Put**

Name	Year School	Seed	Finals	Points
1 Kling, Hannah	Grinnell	37-02.50	38-09.50	10
2 Lachacz, Kileigh	Dc-Grimes	39-11.00	37-11.00	8
3 Krumm, Kylie	Grinnell	37-07.50	35-02.00	6
4 Valenta, Zoey	Dc-Grimes	34-03.00	33-01.50	5
5 Brown, Gracelynn	Winterset	36-04.50	32-07.00	4
6 Babinat, Kortney	S Tama Cty	36-00.75	32-04.25	3
7 Nerem, Qwynn	North Polk	31-11.50	31-11.00	2
8 Thompson, Delaini	Carlisle	31-03.00	30-08.50	1
9 Slifer, Taylor	S Tama Cty	28-07.75	29-04.50	
10 LaFollette- Brown, Amara	Carlisle	30-05.50	29-02.00	
11 Adams, Tierney	Newton	31-00.50	29-00.00	
12 Lukefahr, Jayden	Newton	29-04.50	28-08.25	
13 Sizemore, Emma	Norwalk	29-09.50	28-07.00	
14 Aasen, Elise	Winterset	26-10.00	27-09.00	
15 Black, Lauren	Norwalk	30-02.50	27-08.75	
16 Melohn, Jadyne	Nevada	29-11.00	27-03.00	
17 Meza, Sonia	North Polk	26-06.75	24-10.50	
18 Chappell, Ariana	Nevada	26-05.50	24-09.75	
-- Clark, Allee	Norwalk		X25-08.25	
-- Kritzler, Susanna	Norwalk		X23-08.75	



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**Girls Discus Throw**

Name	Year	School	Seed	Finals	Points
1 Lachacz, Kileigh		Dc-Grimes	130-03	121-08	10
2 Valenta, Zoey		Dc-Grimes	104-02	106-00	8
3 Kling, Hannah		Grinnell	11-04.75	105-09	6
4 Taylor, Izabella		Winterset	98-08	101-00	5
5 Neer, Lindy		Carlisle	87-03	99-10	4
6 Lukefahr, Jayden		Newton	97-07	97-04	3
7 Babinat, Kortney		S Tama Cty	92-01	96-09	2
8 Cunningham, Marissa		Newton	95-00	95-02	1
9 Black, Lauren		Norwalk	93-01	94-06	
10 Akers, Karlee		Winterset	78-03	92-02	
11 Krumm, Kylie		Grinnell	93-11	92-00	
12 Chappell, Ariana		Nevada	99-09	90-02	
13 Hurt, Alli		North Polk	83-06	87-04	
14 Hill, Katelyn		North Polk	79-04	85-06	
15 Slifer, Taylor		S Tama Cty	85-01	83-11	
16 Melohn, Jadyn		Nevada	75-03	80-07	
17 Nolte, Madison		Carlisle	71-07	77-09	
18 Sizemore, Emma		Norwalk	85-11	64-09	
-- Clark, Allee		Norwalk		X79-08	
-- Kritzler, Susanna		Norwalk		X68-09	

**Boys 100 Meter Dash**

Name	Year	School	Seed	Finals	H#	Points
1 Fairchild, Logan		Winterset	10.92	11.21	2	10
2 Ranck, Dillon		Norwalk	11.85	11.43	2	8
3 Hanselman, Hagan		Winterset	11.30	11.51	2	6
4 Hutson, Jacey		Norwalk	11.51	11.61	2	5
5 Miller, Brady		North Polk	11.67	11.67	2	4
6 Nordhagen, Caleb		Carlisle	11.77	11.74	2	3
7 Halterman, Kaden		North Polk	11.74	11.76	2	2
8 McPhee, Juni		Carlisle	12.15	11.93	1	1
9 Mintle, Maxwell		Grinnell	11.95	11.94	2	
10 Mauk, Dayne		Dc-Grimes	12.51	12.10	1	
11 Jackson, Mason		Dc-Grimes	12.81	12.23	1	
12 Clegg, Tyrus		S Tama Cty	12.20	12.42	1	
13 Milheiser, Skyler		Newton	12.50	12.43	1	
14 Kiphanzu, Grace		Grinnell	11.95	12.69	2	
15 Williams, Kane		Nevada	12.57	12.75	1	
16 Waldera, Austin		Nevada	13.03	12.89	1	
17 Stewart, Eli		Newton	12.50	13.01	1	
18 Cecak, Carver		S Tama Cty	12.90	14.86	1	

**Boys 200 Meter Dash**

Name	Year	School	Seed	Finals	H#	Points
1 Fairchild, Logan		Winterset	22.27	22.00	2	10
2 Hanselman, Hagan		Winterset	23.24	22.79	2	8
3 Kitenge, John		Dc-Grimes	22.75	23.01	2	6
4 Ergenbright, Christian		Newton	23.61	23.08	2	5

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**....Boys 200 Meter Dash**

5	Hutson, Jacey	Norwalk	23.29	23.13	2	4
6	Nordhagen, Caleb	Carlisle	24.44	23.19	1	3
7	Ranck, Dillon	Norwalk	23.64	23.28	2	2
8	Harter, Kellan	Grinnell	23.50	23.44	2	1
9	Kunze, Connor	Nevada	23.98	23.72	1	
10	Klein, Cody	Newton	23.72	23.76	1	
11	Muhlbauer, Ross	North Polk	23.58	23.77	2	
12	Hendricks, Josh	Dc-Grimes	23.50	23.95	2	
13	Wokittle, Shawn	North Polk	25.42	24.51	1	
14	Goodhue, Joe	Carlisle	25.18	24.78	1	
15	Stephens, Jack	Grinnell	24.10	25.21	1	
16	Williams, Kane	Nevada	26.32	25.53	1	
17	Dolash, Jeramy	S Tama Cty	25.80	26.00	1	
18	Bastarache, Riley	S Tama Cty	25.80	28.15	1	

**Boys 400 Meter Dash**

Name	Year School	Seed	Finals	H#	Points	
1	Hutson, Jacey	Norwalk	51.37	50.04	2	10
2	McCormick, Alec	Carlisle	51.73	50.80	2	8
3	Ranck, Dillon	Norwalk	51.00	51.40	2	6
4	Mahoney, Evan	Grinnell	51.79	51.77	2	5
5	Day, Gavin	Winterset	52.00	53.43	2	4
6	Muhlbauer, Ross	North Polk	52.41	53.97	2	3
7	Moredock, Mason	Carlisle	55.75	55.21	2	2
8	Stephens, Paul	Nevada	57.50	56.11	1	1
9	Young, Logan	Dc-Grimes	57.46	56.31	1	
10	Rouse, Oliver	Dc-Grimes	57.75	56.60	1	
11	Koester, Jase	Grinnell	58.53	58.03	1	
12	Maki, Dawson	Newton	1:01.55	59.25	1	
13	Lemke, Dawson	Nevada	58.00	59.35	1	
14	Felten, Zach	Newton	59.90	1:00.51	1	
15	Weiss, Pelle	S Tama Cty		1:07.10	1	
16	Keenan, Jack	S Tama Cty	1:14.59	1:13.11	1	
--	Yoakum, Kale	North Polk	52.73	DQ	2	
--	Fairchild, Logan	Winterset	49.19	DQ	2	

**Boys 800 Meter Run**

Name	Year School	Seed	Finals	Points	
1	Hanson, Ben	Norwalk	2:01.24	1:59.76	10
2	Angus, AJ	Dc-Grimes	2:01.22	2:05.07	8
3	Stierman, Ethan	North Polk	2:09.93	2:05.55	6
4	Frideres, Nick	Nevada	2:07.72	2:06.19	5
5	Strohbehn, Ben	Winterset	2:12.00	2:07.99	4
6	Stumbaugh, Caden	Norwalk	2:05.83	2:08.41	3
7	Mora, Sam	Dc-Grimes	2:06.00	2:10.18	2
8	Heithoff, Luke	Winterset	2:13.00	2:10.81	1
9	Rohde, Brian	Nevada	2:18.32	2:12.87	
10	Rohrs, Braxten	S Tama Cty	2:16.54	2:13.23	
11	Sporaa, Max	North Polk	2:12.44	2:13.27	
12	Walstrom, Talan	Carlisle	2:19.12	2:14.32	

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**....Boys 800 Meter Run**

13 Hansen, Conner	Carlisle	2:23.04	2:17.45
14 Walter, Cole	Newton	2:17.55	2:22.05
15 McCombs, Timothy	Grinnell	2:31.14	2:23.66
16 Jesina, Barrett	S Tama Cty	2:20.51	2:24.11
17 Thompson, Keller	Grinnell	2:35.36	2:26.74
18 Ramsey, Troy	Newton	2:20.00	2:29.76

**Boys 1600 Meter Run**

Name	Year School	Seed	Finals	Points
1 Tyynismaa, Tommy	S Tama Cty	4:27.55	4:29.84	10
2 Anania, Tony	Norwalk	4:29.85	4:30.89	8
3 Spora, Zach	North Polk	4:30.28	4:31.31	6
4 Card, Donovan	Norwalk	4:42.74	4:31.39	5
5 Stierman, Austin	North Polk	4:49.28	4:32.54	4
6 Brant, James	S Tama Cty	4:31.95	4:33.10	3
7 Arbuckle, Elias	Dc-Grimes	4:40.79	4:36.05	2
8 Back, Mason	Winterset	4:29.89	4:38.04	1
9 Conner, Jonas	Grinnell	4:42.10	4:39.37	
10 Every, Jack	Dc-Grimes	4:50.00	4:40.54	
11 Cowman, Eli	Winterset	4:54.58	4:44.59	
12 Conner, Cadel	Grinnell	5:06.49	4:47.08	
13 DeCleene, Ezra	Carlisle	5:05.35	4:51.40	
14 Menninga, Landon	Newton	4:49.03	5:02.07	
15 Arnold, Presley	Newton	5:13.29	5:06.98	
16 Lemke, Dawson	Nevada	5:30.00	5:07.51	
17 Stephens, Paul	Nevada	5:16.04	5:14.75	

**Boys 3200 Meter Run**

Name	Year School	Seed	Finals	Points
1 Spora, Zach	North Polk	9:52.44	9:54.37	10
2 Card, Donovan	Norwalk	9:53.84	10:02.09	8
3 Chase, Will	Norwalk	10:15.68	10:09.07	6
4 Kessler, Collin	Winterset	10:19.69	10:24.56	5
5 Holland, Carter	Nevada	11:01.24	10:27.46	4
6 Spora, Max	North Polk	10:23.34	10:29.73	3
7 Watkins, Sam	Dc-Grimes	10:43.50	10:51.86	2
8 Ibeling, Carson	Dc-Grimes	11:06.05	10:56.15	1
9 Crites, Liam	Grinnell	11:00.00	10:57.67	
10 Conner, Cadel	Grinnell	10:57.61	11:01.90	
11 Rohrs, Braxten	S Tama Cty	11:14.68	11:11.88	
12 Rosenberger, Cade	S Tama Cty	11:31.36	12:00.79	
13 Zaabel, Lance	Newton	12:07.33	12:05.28	
14 Yeager, Calum	Winterset	11:15.00	12:57.16	
15 Wood, Asher	Newton	12:15.00	13:00.26	

**Boys 110 Meter Hurdles**

Name	Year School	Seed	Finals	H#	Points
1 Manock, Colton	North Polk	15.59	15.78	2	10

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**....Boys 110 Meter Hurdles**

2	Follis, Austin	Carlisle	15.99	15.94	2	8
3	Mart, Caden	North Polk	16.56	16.04	2	6
4	Mast, Mark	Carlisle	17.02	16.09	2	5
5	Kalk, Jordan	Dc-Grimes	17.03	16.78	2	4
6	Webster, Daniel	Norwalk	17.44	16.94	2	3
7	O'Clair, Aiden	S Tama Cty	17.01	17.18	2	2
8	Finck, Lane	Winterset	17.30	17.22	2	1
9	King, Trevone	Dc-Grimes	17.30	17.29	2	
10	Sutcliffe, Isaac	Norwalk	17.96	17.34	1	
11	Alcorn, Gage	Winterset	18.02	17.90	1	
12	Grimm, Jaden	Nevada	20.00	18.73	1	
13	Herrold, Mason	Nevada	19.40	19.02	1	
14	Cupples, Boston	Newton	19.90	21.23	1	
15	Davidson, Treyton	Newton	19.90	21.53	1	

**Boys 400 Meter Hurdles**

Name	Year School	Seed	Finals	H#	Points	
1	Manock, Colton	North Polk	57.68	55.29	2	10
2	Carlson, Braeden	Norwalk	56.81	55.66	2	8
3	Feldman, Nathan	North Polk	58.65	58.38	2	6
4	Roche, Daniel	Norwalk	1:01.19	59.76	2	5
5	Bauer, Brody	Newton	1:00.94	1:00.76	2	4
6	Kalk, Jordan	Dc-Grimes	1:01.64	1:01.57	2	3
7	Woody, Kaden	Dc-Grimes	1:03.47	1:01.79	2	2
8	Frey, Calvin	Carlisle	1:06.91	1:01.99	1	1
9	Williams, Isaac	Nevada	1:11.00	1:02.48	1	
10	Barfels, Connor	Nevada	1:04.93	1:03.02	2	
11	O'Clair, Aiden	S Tama Cty	1:02.00	1:03.07	2	
12	Hall, Jake	Winterset	1:06.50	1:03.24	1	
13	Penyich, Carson	Grinnell	1:05.09	1:03.38	1	
14	Rivera, Nathan	Winterset	1:09.26	1:06.08	1	
15	Mintle, Matthew	Grinnell	1:09.22	1:06.24	1	
16	Bebout, Evan	Newton	1:09.00	1:07.84	1	
17	Schmidt, Scott	Carlisle	1:07.45	1:10.01	1	
18	Hill, Rayden	S Tama Cty	1:12.00	1:15.45	1	

**Boys 4x100 Meter Relay**

School	Seed	Finals	Points
1 North Polk 'A' 1) Wilcox, Andrew 3) Miller, Brady	44.13	43.37	10
2 Carlisle 'A' 1) Nordhagen, Caleb 3) McPhee, Juni	44.75	44.03	8
3 Dc-Grimes 'A' 1) Onwuramaka, Daniel 3) Hendricks, Josh	45.07	44.04	6
4 Grinnell 'A' 1) Kiphanzu, Grace 3) Heishman, Broc	45.64	44.27	5

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**....Boys 4x100 Meter Relay**

5 Norwalk 'A'	43.88	44.68	4
1) Borcharding-Johnson, Kadan	2) Robbins, Eli		
3) Hochstein, Landon	4) Kunze, Kaiden		
6 Newton 'A'	45.98	45.13	3
1) Thomason, Nick	2) Milburn, Nathan		
3) Ergenbright, Christian	4) Trease, Reilly		
7 Nevada 'A'	46.44	46.49	2
1) Kunze, Connor	2) Ludwig, Peter		
3) Baker, Jackson	4) Holland, Carter		
8 Winterset 'A'	47.00	46.56	1
1) Tadlock, Bowen	2) Cooper, Jaydn		
3) Thompson, Tate	4) Thompson, Logan		
9 S Tama Cty 'A'	47.50	47.02	
1) Palmarez, Nathaniel	2) Benner, Damien		
3) Clegg, Tyrus	4) O'Clair, Aiden		

**Boys 4x200 Meter Relay**

School	Seed	Finals	Points
1 North Polk 'A'	1:33.20	1:31.87	10
1) Miller, Brady	2) Halterman, Kaden		
3) Blattel, Jacob	4) Spurgeon, Cooper		
2 Dc-Grimes 'A'	1:35.26	1:34.55	8
1) Seeman, Jimmy	2) Freund, Karsten		
3) Mauk, Dayne	4) Kestel, Cole		
3 Norwalk 'A'	1:32.99	1:34.88	6
1) Wardlow, Cole	2) Borcharding-Johnson, Kadan		
3) Frederick, Trent	4) Merriman, Tanner		
4 Carlisle 'A'	1:38.00	1:38.06	5
1) Lucas, Mason	2) Laughlin, Jack		
3) Peterson, Charlie	4) Heidemann, Tate		
5 Winterset 'A'	1:38.63	1:39.21	4
1) Thompson, Logan	2) Cooper, Jaydn		
3) Dinkla, Carsen	4) Hall, Jake		
6 Nevada 'A'	1:40.64	1:40.26	3
1) Ludwig, Peter	2) Baker, Jackson		
3) Williams, Kane	4) Clem, Carson		
7 Newton 'A'	1:44.00	1:47.33	2
1) Weter, Wyatt	2) Sheffield, Zachary		
3) Sweeney, Jacob	4) Mowbray, Dalton		
8 S Tama Cty 'A'	1:47.00	1:51.36	1
1) Cacak, Carver	2) Hanus, Wesley		
3) Hill, Rayden	4) Bastarache, Riley		
-- Grinnell 'A'	1:38.09	DQ	
1) Mintle, Maxwell	2) Heishman, Broc		
3) Stephens, Jack	4) Penyich, Carson		

**Boys 4x400 Meter Relay**

School	Seed	Finals	Points
1 Norwalk 'A'	3:27.40	3:25.74	10
1) Hutson, Jacey	2) Ranck, Dillon		

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3) Carlson, Braeden	4) Hanson, Ben			
2 Newton 'A'		3:38.57	3:29.97	8
1) Klein, Caden	2) Lampe, Nate			
3) Payne, Curtis	4) Klein, Cody			
3 Dc-Grimes 'A'		3:37.49	3:32.18	6
1) Nelsen, Lane	2) Angus, AJ			
3) Onwuramaka, Daniel	4) Kitenge, John			
4 North Polk 'A'		3:37.21	3:37.63	5
1) Yoakum, Kale	2) Blattel, Jacob			
3) Muhlbauer, Ross	4) Manock, Colton			
5 Winterset 'A'		3:45.00	3:43.08	4
1) Easter, Ethan	2) Strohbehn, Ben			
3) Alcorn, Gage	4) O'Neal, Lochlann			
6 Carlisle 'A'		3:54.15	3:44.53	3
1) Moredock, Mason	2) Lancaster, Joshua			
3) Heidemann, Tate	4) Peterson, Charlie			
7 Grinnell 'A'		3:52.00	3:46.03	2
1) Gallagher, Jack	2) Stephens, Jack			
3) Earnest, Daniel	4) Koester, Jase			
8 Nevada 'A'		3:54.83	3:46.68	1
1) Frideres, Nick	2) Rohde, Brian			
3) Waldera, Austin	4) Grimm, Jaden			
9 S Tama Cty 'A'		3:50.00	3:52.47	
1) Etzen, Trey	2) Cecak, Travis			
3) Rosenberger, Cade	4) Rohrs, Braxten			

**Boys 4x800 Meter Relay**

School	Seed	Finals	Points
1 North Polk 'A'	8:18.06	8:18.39	10
1) Mcilravy, Alik	2) Stierman, Ethan		
3) Kelsick, Evan	4) Stierman, Austin		
2 Norwalk 'A'	8:17.76	8:20.97	8
1) Mosqueda, Adrian	2) Stumbaugh, Caden		
3) Groos, Henry	4) Anania, Tony		
3 Dc-Grimes 'A'	8:26.88	8:38.45	6
1) Pries, Alex	2) Ramsey, Cael		
3) Mora, Sam	4) Every, Jack		
4 Nevada 'A'	8:36.91	8:49.98	5
1) Frideres, Nick	2) Rohde, Brian		
3) Lemke, Dawson	4) Stephens, Paul		
5 Carlisle 'A'	9:00.00	9:02.87	4
1) Lancaster, Joshua	2) Walstrom, Talan		
3) DeCleene, Ezra	4) Hansen, Conner		
6 Grinnell 'A'	9:35.43	9:12.64	3
1) Conner, Jonas	2) Gallagher, Jack		
3) Laug, Harrison	4) Skouson, Smith		
7 Newton 'A'	9:45.00	9:50.19	2
1) Skinner Havens, Kenny	2) Holschuh, Brenden		
3) Buchli, Christian	4) Maple, Riley		
-- Winterset 'A'	8:38.23	DNF	
1) Back, Mason	2) Cowman, Eli		
3) Easter, Ethan	4) Day, Gavin		

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**Boys 800 Sprint Medley**

School	Seed	Finals	Points
1 Norwalk 'A'	1:42.50	1:36.05	10
1) Hochstein, Landon	2) Kunze, Kaiden		
3) Thomas, Cameron	4) Hanson, Ben		
2 Carlisle 'A'	1:40.00	1:36.40	8
1) McPhee, Juni	2) Laughlin, Jack		
3) McCormick, Alec	4) Goodhue, Joe		
3 Grinnell 'A'	1:37.00	1:36.71	6
1) Mintle, Maxwell	2) Heishman, Broc		
3) Mahoney, Evan	4) Harter, Kellan		
4 North Polk 'A'	1:40.06	1:36.83	5
1) Miller, Brady	2) Halterman, Kaden		
3) Spurgeon, Cooper	4) Blattel, Jacob		
5 Dc-Grimes 'A'	1:37.78	1:42.46	4
1) Seeman, Jimmy	2) Freund, Karsten		
3) Nelsen, Lane	4) Kestel, Cole		
6 Nevada 'A'	1:43.11	1:44.71	3
1) Ludwig, Peter	2) Baker, Jackson		
3) Kunze, Connor	4) Waldera, Austin		
7 Winterset 'A'	1:40.75	1:49.72	2
1) Bellamy, Jace	2) Hockemeier, Trey		
3) Eganhouse, Logan	4) Hotopp, Cole		
8 Newton 'A'	1:58.00	1:50.25	1
1) Auen, Jace	2) Ahn, Koltt		
3) Smith, Cole	4) Bauer, Cade		
9 S Tama Cty 'A'	1:47.00	1:59.89	
1) Cecak, Travis	2) Cecak, Carver		
3) Bastarache, Riley	4) Hanus, Wesley		

**Boys Distance Medley**

School	Seed	Finals	Points
1 Dc-Grimes 'A'	3:44.00	3:36.00	10
1) Kitenge, John	2) Hendricks, Josh		
3) Onwuramaka, Daniel	4) Angus, AJ		
2 S Tama Cty 'A'	3:40.00	3:37.62	8
1) Etzen, Trey	2) Cecak, Travis		
3) Brant, James	4) Tynismaa, Tommy		
3 Norwalk 'A'	3:42.68	3:46.98	6
1) Hochstein, Landon	2) Kunze, Kaiden		
3) Thomas, Cameron	4) Wallace, Grant		
4 North Polk 'A'	3:51.77	3:50.61	5
1) Wilcox, Andrew	2) Cox, Nick		
3) Feldman, Nathan	4) Mcilravy, Alik		
5 Winterset 'A'	3:55.00	3:52.41	4
1) Thompson, Tate	2) Tadlock, Bowen		
3) O'Neal, Lochlann	4) Heithoff, Luke		
6 Carlisle 'A'	4:00.00	3:55.50	3
1) Brewer, Jack	2) Frey, Calvin		
3) Weston, Grant	4) Brown, Kamden		
7 Nevada 'A'	4:06.41	4:00.86	2
1) Ludwig, Peter	2) Clem, Carson		

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**....Boys Distance Medley**

3) Kunze, Connor	4) Holland, Carter			
8 Grinnell 'A'		3:55.00	4:07.79	1
1) Mintle, Matthew	2) Pavey, Kayne			
3) Earnest, Daniel	4) Eaton, Wyatt			
9 Newton 'A'		4:45.00	4:35.98	
1) Tidball, Thomas	2) Penning, Marshall			
3) Love-Young (Majerus), Adan	4) Holschuh, Brenden			

**Boys 4x110 Meter Shuttle Hurdle**

School	Seed	Finals	H#	Points
1 North Polk 'A'	1:03.36	1:02.02	2	10
1) Mart, Caden				
3) Krings, Kole				
2) Pitlock, Nathan				
4) Manock, Colton				
2 Norwalk 'A'	1:02.97	1:02.70	2	8
1) Webster, Daniel				
3) Sutcliffe, Isaac				
2) Roche, Daniel				
4) Carlson, Braeden				
3 Carlisle 'A'	1:03.94	1:02.80	2	6
1) Follis, Austin				
3) Mast, Mark				
2) Goodhue, Joe				
4) Furnal, Anden				
4 Newton 'A'	1:05.58	1:05.36	2	5
1) Payne, Curtis				
3) Trease, Reilly				
2) Klein, Caden				
4) Bauer, Brody				
5 Dc-Grimes 'A'	1:09.66	1:06.98	1	4
1) King, Trevone				
3) Woody, Kaden				
2) Carpenter, Kolby				
4) Kalk, Jordan				
6 Nevada 'A'	1:10.50	1:10.76	1	3
1) Herrold, Mason				
3) Williams, Isaac				
2) Grimm, Jaden				
4) Barfels, Connor				
7 Winterset 'A'	1:12.14	1:11.65	1	2
1) Alcorn, Gage				
3) Rivera, Nathan				
2) Finck, Lane				
4) Bellamy, Jace				

**Boys High Jump**

Name	Year School	Seed	Finals	Points
1 Khounsourath, Jacob	Nevada	6-02.00	6-00.25	10
2 Wokittle, Shawn	North Polk	5-10.00	6-00.00	8
3 Mast, Mark	Carlisle	5-08.00	6-00.00	6
4 Kunze, Kaiden	Norwalk	5-11.00	5-10.00	5
5 Penyich, Carson	Grinnell	6-00.00	5-08.00	4
6 Thomas, Cameron	Norwalk	5-08.00	5-08.00	3
7 Pavey, Kayne	Grinnell	5-07.00	5-08.00	2
8 Thompson, Logan	Winterset	5-06.00	5-06.00	1
9 O'Clair, Aiden	S Tama Cty	5-02.00	5-04.00	
9 Dinkla, Carsen	Winterset	5-06.00	5-04.00	
9 Schulz, Brady	North Polk	5-04.00	5-04.00	
-- Felten, Zach	Newton	5-00.00	NH	
-- Etzen, Trey	S Tama Cty	5-00.00	NH	
-- Schmidt, Scott	Carlisle	5-04.00	NH	



**Norwalk Coed Track Invitational**  
**April 10, 2023**  
**Norwalk High School - Warrior Stadium**  
**Results**

**Boys Long Jump**

Name	Year School	Seed	Finals	Points
1 Hochstein, Landon	Norwalk	20-06.00	21-04.00	10
2 Carlson, Braeden	Norwalk	20-05.00	20-09.50	8
3 Penyich, Carson	Grinnell	18-10.25	20-07.00	6
4 Kiphanzu, Grace	Grinnell	20-02.00	20-01.00	5
5 Parkins, Austin	North Polk	18-06.75	19-10.50	4
6 Baker, Jackson	Nevada	19-04.50	19-10.00	3
7 Williams, Kane	Nevada	18-07.25	18-09.00	2
8 Clegg, Tyrus	S Tama Cty	19-05.00	18-09.00	1
9 Thompson, Tate	Winterset	18-07.00	18-02.50	
10 Lucas, Mason	Carlisle	17-08.50	17-09.00	
11 Furnal, Anden	Carlisle	18-02.50	17-08.50	
12 Freund, Karsten	Dc-Grimes	17-06.00	17-08.00	
13 Arauz, Austin	Newton	15-00.00	16-06.00	
14 Dolash, Jeramy	S Tama Cty	18-00.00	16-05.00	
15 Shaw, Dominic	Winterset	15-00.50	15-08.00	
16 Otto, Gabe	Newton	15-00.00	13-10.50	
-- Blattel, Jacob	North Polk	20-02.50	DQ	
-- Seeman, Jimmy	Dc-Grimes	18-06.00	DQ	

**Boys Shot Put**

Name	Year School	Seed	Finals	H#	Points
1 McNulty, Jackson	North Polk	51-10.00	53-04.00	2	10
2 Borcharding-Johnson, Mad	Norwalk	49-05.00	51-03.00	2	8
3 Tripp, Harrison	Norwalk	42-05.50	46-10.50	2	6
4 Louden, Oliver	Grinnell	46-06.00	46-07.25	2	5
5 Deal, Tyler	Carlisle	47-02.50	45-03.50	2	4
6 VanDerLinden, Seth	Winterset	41-02.50	43-10.00	2	3
7 Charlson, Aidan	Dc-Grimes	47-06.75	43-08.50	2	2
8 Palmarez, Nathaniel	S Tama Cty	44-04.00	42-09.50	2	1
9 Rolling, Gavin	North Polk	42-03.00	42-06.25	2	
10 Lyon, Hunter	Winterset	45-03.50	42-06.00	2	
11 Stadelmann, Thomas	Newton	44-05.50	42-03.50	2	
12 Amdahl, Nicholas	Dc-Grimes	42-07.25	39-10.00	2	
13 Chandonia, Timmothy	S Tama Cty	36-07.00	38-07.50	2	
14 Bagley, Justin	Carlisle	41-05.00	37-01.00	2	
15 Graff, Blaine	Grinnell	34-03.50	36-07.75	2	
16 Mills, Noah	Nevada	34-01.50	34-05.00	2	
17 Wegner, Keegan	Nevada	34-04.00	32-09.75	2	
18 Anderson, Tyler	Newton	35-05.75	32-05.25	2	
-- McMurry, Quillan	Norwalk		X42-09.25	1	
-- Harris, Lincoln	Dc-Grimes		X42-01.50	1	
-- Wyckoff, Adyn	Carlisle		X38-10.00	1	
-- Liedtke, Ben	Norwalk		X38-09.00	1	
-- Purcell, Chase	Norwalk		X37-09.00	1	
-- Goheen, Logan	Norwalk		X37-08.00	1	
-- Clark, Will	Norwalk		X36-03.00	1	
-- Wolfe, Andrew	Norwalk		X36-03.00	1	
-- Hastings, Cooper	Norwalk		X35-10.50	1	
-- Johnson, Cole	Norwalk		X34-10.00	1	
-- Newberg, Hunter	Norwalk		X33-09.50	1	

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**....Boys Shot Put**

-- Noring, JJ	Carlisle	X33-03.00	1
-- Torsky, Kole	Dc-Grimes	X33-02.25	1
-- Demaray, Hayden	Norwalk	X32-07.50	1
-- Eden, Carter	Norwalk	X31-09.50	1
-- Lestina, Anthony	Norwalk	X31-02.50	1
-- Stockwell, Olin	Norwalk	X31-02.00	1
-- Oppel, Penn	Norwalk	X29-08.50	1
-- Ferguson, Jake	Norwalk	X27-00.50	1
-- Tague, Johnathan	Norwalk	X26-07.00	1
-- Gehringer, Zach	Norwalk	X23-08.50	1

**Boys Discus Throw**

Name	Year School	Seed	Finals	H#	Points
1 McMurry, Quillan	Norwalk	145-02	150-08	2	10
2 Rupp, Eli	Dc-Grimes	105-02	129-06	2	8
3 Palmarez, Nathaniel	S Tama Cty	124-00	127-06	2	6
4 Deal, Tyler	Carlisle	118-03	124-07	2	5
5 Boatman, Eli	North Polk	133-06	123-09	2	4
6 Meints, Brayden	Dc-Grimes	134-09	121-10	2	3
7 Pagel, Nolan	Carlisle	111-02	116-08	2	2
8 Purcell, Chase	Norwalk	117-04	116-00	2	1
9 Mills, Noah	Nevada	114-00	114-05	2	
9 Brobst, Kaiden	Grinnell	132-07	114-05	2	
11 White, Colin	North Polk	116-09	108-06	2	
12 Reed, Carson	Nevada	100-02	107-09	2	
13 Revell, Coleby	Newton	98-00	103-02	2	
14 Benner, Damien	S Tama Cty	102-00	99-10	2	
15 Willenbring, Tristan	Grinnell	100-00	96-11	2	
16 Ham, Carter	Newton	86-03.50	91-09	2	
17 Anker, Charlie	Winterset	80-00	88-09	2	
18 Gustafson, Garret	Winterset	77-11	0.75	2	
-- Clark, Will	Norwalk		X128-07.50	1	
-- Hastings, Cooper	Norwalk		X117-03	1	
-- Wyckoff, Adyn	Carlisle		X110-04.25	1	
-- Assink, Drew	Dc-Grimes		X109-08.50	1	
-- Bejarno, Jaxton	Dc-Grimes		X109-05.50	1	
-- Warwick, Cabe	Carlisle		X103-10	1	
-- Johnson, Cole	Norwalk		X99-10	1	
-- Wolfe, Andrew	Norwalk		X96-01	1	
-- Noring, JJ	Carlisle		X95-10	1	
-- Liedtke, Ben	Norwalk		X95-03	1	
-- Tague, Johnathan	Norwalk		X93-11.50	1	
-- Goheen, Logan	Norwalk		X91-09	1	
-- Stockwell, Olin	Norwalk		X91-06	1	
-- Lestina, Anthony	Norwalk		X91-01	1	
-- Newberg, Hunter	Norwalk		X88-08	1	
-- Gehringer, Zach	Norwalk		X88-03	1	
-- Demaray, Hayden	Norwalk		X88-02	1	
-- Bagley, Justin	Carlisle		X85-05	1	
-- Oppel, Penn	Norwalk		X78-01.50	1	
-- Ferguson, Jake	Norwalk		X68-10	1	