

2019 Russ Kraai Relays - 4/8/2019**Holstein, IA****Results - Session 1****Girls 100 Meter Dash**

Name	Year	School	Finals	H#	Points
Finals					
1 Turnquist, Brittany	12	AltaAurelia Girls	13.30	2	10
2 Mueller, Maggie	11	Sioux Central	13.55	2	8
3 Williams, Ariyah	10	West Monona	13.74	2	6
4 DeWitt, Danika	10	Ridge View	13.81	2	4
5 Graff, Bailey	10	Ridge View	13.84	2	2
6 Sobieski, Alli	12	Lawton Bronson	13.87	2	1
7 Limones, Samantha	09	St. Marys	14.22	1	
8 Hinkeldey, Taya	11	Ridge View JV	14.29	1	

Girls 200 Meter Dash

Name	Year	School	Finals	H#	Points
1 Turnquist, Brittany	12	AltaAurelia Girls	28.01	2	10
2 Kueny, Maria	09	AltaAurelia Girls	28.40	2	8
3 Mueller, Maggie	11	Sioux Central	28.50	2	6
4 Fahnlander, Kally	11	Sioux Central	28.52	2	4
5 Dutler, Kinzey	12	Ridge View	28.70	2	2
6 Else, Emerson	12	Ridge View	28.82	2	1
7 Haynes, Makayla	09	West Monona	28.95	2	
8 Carrillo, Darley	09	Mmcru	29.04	2	

Girls 400 Meter Dash

Name	Year	School	Finals	H#	Points
1 Kueny, Maria	09	AltaAurelia Girls	1:06.24	2	10
2 Dutler, Kinzey	12	Ridge View	1:06.72	2	8
3 Else, Emerson	12	Ridge View	1:09.73	2	6
4 Haynes, Makayla	09	West Monona	1:10.85	2	4
5 Vohs, Emma	09	Ridge View JV	1:11.24	2	2
6 Martinez, Enya	11	West Monona	1:13.28	2	1
7 Reinke, Elise	12	Lawton Bronson	1:13.43	1	
8 Endrulat, Jerzey	09	Ridge View JV	1:17.48	2	

Girls 800 Meter Run

Name	Year	School	Finals	Points
1 Knaack, Kaylee	11	Ridge View	2:40.89	10
2 Teager, Lilly	11	Lawton Bronson	2:42.69	8
3 Harpenau, Taylor	09	Mmcru	2:47.53	6
4 Struble, Tayah	10	West Monona	2:48.47	4
5 McKenna, Bailey	11	Lawton Bronson	2:49.60	2
6 Kolpin, Mikayla	10	Ridge View	2:54.64	1
7 Dahlhouser, Gracelin	09	St. Marys	2:57.10	
8 Westphal, Alaina	10	AltaAurelia Girls	2:59.46	

2019 Russ Kraai Relays - 4/8/2019**Holstein, IA****Results - Session 1****Girls 1500 Meter Run**

Name	Year	School	Finals	Points
1 Kenny, Rachel	12	Ridge View	5:34.74	10
2 Goth, Kaitlyn	11	Mmcru	5:35.22	8
3 Fredericksen, Alexa	11	AltaAurelia Girls	5:50.12	6
4 Ricke, Emma	09	Lawton Bronson	5:51.28	4
5 Padavich, Paige	10	Ridge View	5:55.31	2
6 Tate, Kennedy	11	Sioux Central	6:12.36	1
7 Drenth, Carly	12	AltaAurelia Girls	6:12.87	
8 Rohan, Lillie	11	Lawton Bronson	6:12.90	

Girls 3000 Meter Run

Name	Year	School	Finals	Points
1 Teager, Lilly	11	Lawton Bronson	11:45.68	10
2 Goth, Kaitlyn	11	Mmcru	12:05.43	8
3 Kenny, Rachel	12	Ridge View	12:08.98	6
4 Wiese, Katlyn	11	Ridge View	12:47.77	4
5 Fredericksen, Alexa	11	AltaAurelia Girls	13:05.16	2
6 Tate, Kennedy	11	Sioux Central	13:52.85	1
7 Ledesma, Mireya	09	Sioux Central	14:49.10	

Girls 100 Meter Hurdles

Name	Year	School	Finals	H#	Points
1 Flaherty, Jessica	12	AltaAurelia Girls	16.64	2	10
2 Else, Madeline	12	Ridge View	17.91	2	8
3 Loring, Hannah	11	AltaAurelia Girls	18.04	2	6
4 Demers, Danika	09	St. Marys	18.31	2	4
5 Maule, Sara	11	West Monona	19.11	1	2
6 Jessen, Jenna	10	Sioux Central	19.38	2	1
7 Todd, Beau	10	Ridge View	19.39	2	
8 Boettcher, Karly	11	Sioux Central	19.51	2	

Girls 400 Meter Hurdles

Name	Year	School	Finals	Points
1 Demers, Danika	09	St. Marys	1:13.90	10
2 Else, Madeline	12	Ridge View	1:17.11	8
3 Harris, Sloane	12	Lawton Bronson	1:19.68	6
4 Hageman, Hannah	09	Lawton Bronson	1:19.73	4
5 Olson, Faith	11	Mmcru	1:19.78	2
6 Blackmore, Hanna	11	Ridge View	1:25.44	1
7 Todd, Beau	10	Ridge View JV	1:26.66	
8 Maule, Sara	11	West Monona	1:28.52	

Girls 4x100 Meter Relay

School	Finals	Points
1 AltaAurelia Girls 'A' 1) Flaherty, Jessica 12 2) Loring, Hannah 11	54.43	10

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3) Nielsen, Jenna 09	4) Turnquist, Brittany 12		
2 West Monona 'A'		54.81	8
1) Williams, Ariyah 10	2) Gaukel, Jasmine 12		
3) Rotnicke, Ariel 12	4) Lander, Lexi 11		
3 Ridge View 'A'		55.25	6
1) DeWitt, Danika 10	2) Graff, Bailey 10		
3) Richard, Kara 12	4) Todd, Katrina 10		
4 Sioux Central 'A'		56.02	4
1) Mueller, Maggie 11	2) Gomez, Diana 09		
3) Mueller, Maddie 10	4) Fahnländer, Kally 11		
5 Lawton Bronson 'A'		56.09	2
1) Sobieski, Alli 12	2) Johnson, Bella 10		
3) Fluent, Willow 09	4) Harris, Sloane 12		
6 Ridge View JV 'A'		59.09	1
1) Hinkeldey, Taya 11	2) Kistenmacher, Anya 10		
3) Grothe, Jordan 11	4) Stamp, Sarah 11		
7 Mmcru 'A'		1:06.62	
1) Specht, Nicole 11	2) Hilbrands, Ellie 09		
3) Van Maanen, Rachael 10	4) Bork, Jaylen 10		

Girls 4x200 Meter Relay

School		Finals	Points
1 West Monona 'A'		1:58.37	10
1) Williams, Ariyah 10	2) Miller, Hannah 10		
3) Rotnicke, Ariel 12	4) Lander, Lexi 11		
2 Ridge View 'A'		1:59.32	8
1) Graff, Bailey 10	2) Albers, McKenna 11		
3) Todd, Katrina 10	4) DeWitt, Danika 10		
3 Lawton Bronson 'A'		2:03.99	6
1) Rohan, Isabel 09	2) Jepsen, Katelyn 09		
3) Krohn, Chloe 09	4) Day, Leah 09		
4 Mmcru 'A'		2:05.45	4
1) Specht, Nicole 11	2) Bork, Jaylen 10		
3) Carrillo, Darley 09	4) Reuter, Ellie 09		
5 AltaAurelia Girls 'A'		2:08.88	2
1) Jensen, Amber 10	2) Peterson, Emma 09		
3) Larson, Jessica 10	4) Sittinger, Chrissy 10		
6 Ridge View JV 'A'		2:10.46	1
1) Stamp, Sarah 11	2) Grothe, Jordan 11		
3) McCray, Coriyel 11	4) Todd, Morgan 09		
7 Sioux Central 'A'		2:15.74	
1) Makerenko, Anna 09	2) Berberich, Lauren 09		
3) Rentsch, Abby 09	4) Coffee, McKenzie 11		

Girls 4x400 Meter Relay

School		Finals	Points
1 Ridge View 'A'		4:30.38	10
1) Dutler, Kinzey 12	2) Else, Emerson 12		
3) Knaack, Kaylee 11	4) Albers, McKenna 11		
2 Mmcru 'A'		4:35.29	8
1) Dreckman, Emily 09	2) Reuter, Ellie 09		

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....Girls 4x400 Meter Relay

3) Olson, Faith 11	4) Harpenau, Taylor 09	
3 West Monona 'A'	4:43.44	6
1) Miller, Hannah 10	2) Haynes, Makayla 09	
3) Struble, Tayah 10	4) Struble, Miella 09	
4 Ridge View JV 'A'	4:46.15	4
1) Kolpin, Mikayla 10	2) Vohs, Emma 09	
3) McCray, Coriyel 11	4) Todd, Morgan 09	
5 AltaAurelia Girls 'A'	4:48.99	2
1) Kueny, Maria 09	2) Wienhold, Rachel 09	
3) Lockin, Shea 09	4) Westphal, Alaina 10	
6 Lawton Bronson 'A'	4:49.45	1
1) Fluent, Willow 09	2) Miller, Gretchen 12	
3) Chapman, Trinity 10	4) Krohn, Chloe 09	

Girls 4x800 Meter Relay

School	Finals	Points
1 Mmcru 'A'	11:20.59	10
1) Olson, Faith 11	2) Dreckman, Emily 09	
3) Reuter, Ellie 09	4) Harpenau, Taylor 09	
2 Ridge View 'A'	11:37.58	8
1) Kolpin, Mikayla 10	2) Vohs, Emma 09	
3) Todd, Morgan 09	4) Kron, Dani 09	
3 West Monona 'A'	11:52.72	6
1) Struble, Tayah 10	2) Martinez, Enya 11	
3) Collison, Jordan 10	4) Struble, Miella 09	
4 Lawton Bronson 'A'	12:08.38	4
1) Ricke, Emma 09	2) Hageman, Hannah 09	
3) Ameen, Sierra 10	4) Rohan, Lillie 11	
5 AltaAurelia Girls 'A'	12:45.12	2
1) Wienhold, Rachel 09	2) Westphal, Alaina 10	
3) Sievert, Morgan 09	4) Sahr, Grace 09	
6 Sioux Central 'A'	14:40.97	1
1) White, Madison 09	2) Ledesma, Lupita 09	
3) Sammons, Ashlee 12	4) Neely, Isabella 09	

Girls 800 Sprint Medley

School	Finals	Points
1 AltaAurelia Girls 'A'	2:01.26	10
1) Flaherty, Jessica 12	2) Lockin, Shea 09	
3) Turnquist, Brittany 12	4) Kueny, Maria 09	
2 Ridge View 'A'	2:01.92	8
1) DeWitt, Danika 10	2) Else, Emerson 12	
3) Dutler, Kinzey 12	4) Knaack, Kaylee 11	
3 Sioux Central 'A'	2:02.52	6
1) Mueller, Maggie 11	2) Gomez, Diana 09	
3) Fahnlander, Kally 11	4) Krager, Taylor 10	
4 West Monona 'A'	2:04.91	4
1) Williams, Ariyah 10	2) Gaukel, Jasmine 12	
3) Rotnicke, Ariel 12	4) Miller, Hannah 10	
5 Lawton Bronson 'A'	2:07.66	2
1) Sobieski, Alli 12	2) Johnson, Bella 10	

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....Girls 800 Sprint Medley

3) Fluent, Willow 09	4) Harris, Sloane 12		
6 Mmcru 'A'		2:09.54	1
1) Specht, Nicole 11	2) Bork, Jaylen 10		
3) Olson, Faith 11	4) Carrillo, Darley 09		
7 Ridge View JV 'A'		2:11.89	
1) Graff, Bailey 10	2) Hinkeldey, Taya 11		
3) Kistenmacher, Anya 10	4) Grothe, Jordan 11		

Girls Distance Medley

School	Finals	Points
1 Lawton Bronson 'A'	4:56.25	10
1) Fluent, Willow 09	2) Johnson, Bella 10	
3) Harris, Sloane 12	4) Ricke, Kaitlyn 12	
2 AltaAurelia Girls 'A'	4:57.67	8
1) Lockin, Shea 09	2) Nielsen, Jenna 09	
3) Wienhold, Rachel 09	4) Fredericksen, Alexa 11	
3 Mmcru 'A'	4:58.14	6
1) Reuter, Ellie 09	2) Dreckman, Emily 09	
3) Carrillo, Darley 09	4) Goth, Kaitlyn 11	
4 Sioux Central 'A'	5:00.25	4
1) Gomez, Diana 09	2) Jessen, Jenna 10	
3) Willeford, Alyssa 10	4) Lonning, Emma 10	
5 Ridge View 'A'	5:01.85	2
1) Hinkeldey, Taya 11	2) Kistenmacher, Anya 10	
3) Todd, Morgan 09	4) Padavich, Paige 10	
6 Ridge View JV 'A'	5:29.27	1
1) Stamp, Sarah 11	2) Goettsch, Graca 09	
3) McCray, Coriyel 11	4) Blackmore, Hanna 11	
7 West Monona 'A'	5:36.44	
1) Lester, Kloie 10	2) Phelps, Hailey 10	
3) Chestnut, Madison 09	4) Davis, Courtney 10	

Girls 4x100 Meter Shuttle Hurdle

School	Finals	Points
1 AltaAurelia Girls 'A'	1:14.52	10
1) Loring, Hannah 11	2) Larson, Jessica 10	
3) Watts, Abby 10	4) Flaherty, Jessica 12	
2 Ridge View 'A'	1:17.56	8
1) Blackmore, Hanna 11	2) Todd, Katrina 10	
3) Todd, Beau 10	4) Else, Madeline 12	
3 Sioux Central 'A'	1:17.77	6
1) Mueller, Maddie 10	2) Jessen, Jenna 10	
3) Boettcher, Karly 11	4) Fahnländer, Kally 11	
4 Lawton Bronson 'A'	1:30.32	4

Girls High Jump

Name	Year School	Finals	Points
1 Dreckman, Emily	09 Mmcru	4-11.00	10
2 Haynes, Makayla	09 West Monona	4-08.00	8

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3	Williams, Haley	11	Lawton Bronson	J4-08.00	6
4	Watts, Abby	10	AltaAurelia Girls	4-06.00	4
5	Hilbrands, Ellie	09	Mmcru	J4-06.00	2
6	Maule, Sara	11	West Monona	4-04.00	0.50
6	Todd, Beau	10	Ridge View	4-04.00	0.50
8	Todd, Katrina	10	Ridge View	4-02.00	

Girls Long Jump

Name	Year	School	Finals	Points	
1	Albers, McKenna	11	Ridge View	15-09.50	10
2	Johnson, Bella	10	Lawton Bronson	15-01.00	8
3	Else, Madeline	12	Ridge View	14-10.50	6
4	Loring, Hannah	11	AltaAurelia Girls	14-09.00	4
5	Struble, Miella	09	West Monona	14-04.75	2
6	Struble, Tayah	10	West Monona	13-09.00	1
7	Kistenmacher, Anya	10	Ridge View JV	13-06.00	
8	Lockin, Shea	09	AltaAurelia Girls	13-04.75	

Girls Shot Put

Name	Year	School	Finals	Points	
1	Lander, Lexi	11	West Monona	33-06.00	10
2	Richard, Kara	12	Ridge View	33-01.25	8
3	Wagner, Rylee	11	Lawton Bronson	29-05.75	6
4	Pickhinke, Katie	09	Ridge View JV	28-02.75	4
5	Henkel, Autumn	10	Ridge View	28-00.50	2
6	Harpenau, Taylor	09	Mmcru	26-10.00	1
7	Bonham, Megan	10	West Monona	26-09.50	
8	Voge, Kenzie	09	Ridge View JV	26-07.00	
8	Penning, Audra	10	Mmcru	26-07.00	

Girls Discus Throw

Name	Year	School	Finals	Points	
1	Jensen, Kelly	10	AltaAurelia Girls	98-04	10
2	Richard, Kara	12	Ridge View	98-03	8
3	Hennings, Kaitlyn	10	Lawton Bronson	97-09	6
4	Henkel, Autumn	10	Ridge View JV	95-07	4
5	Luna, Briana	09	Ridge View JV	91-05	2
6	Pickhinke, Katie	09	Ridge View	90-10	1
7	Bonham, Megan	10	West Monona	87-11	
8	Lander, Lexi	11	West Monona	79-09.50	

Boys 100 Meter Dash

Name	Year	School	Finals	H#	Points
1	Coleman, Jesse	10	Ridge View Boys	11.46	3 10
2	Coffman, Calvin	12	West Monona	11.91	3 8
3	Miller, Dawson	12	St. Marys	11.95	3 6
4	Fluent, Max	12	Lawton Bronson	12.00	3 4

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5	Salinas, Jared	12	River Valley	12.09	2	2
6	Hennings, Dillon	12	Lawton Bronson	12.17	2	1
7	Heitman, Jake	12	St. Marys	12.18	3	
8	Pinkelman, Sean	12	West Monona	12.42	3	

Boys 200 Meter Dash

Name	Year	School	Finals	H#	Points	
1	Miller, Dawson	12	St. Marys	24.61	3	10
2	Salinas, Jared	12	River Valley	24.92	3	8
3	Roder, Sam	11	Lawton Bronson	25.01	3	6
4	Bellis, Brad	09	West Monona	25.22	2	4
5	Dahlhauser, Hayden	10	Lawton Bronson	25.30	3	2
6	Movall, Alex	11	Ridge View Boys	25.36	3	1
7	Hernandez, Carlos	09	St. Marys	26.31	2	
8	McMinamen, Casey	11	West Monona	26.60	2	

Boys 400 Meter Dash

Name	Year	School	Finals	H#	Points	
1	Kueny, Michael	12	Alta-Aurelia	54.81	2	10
2	Pedersen, Cade	12	Lawton Bronson	55.32	2	8
3	Hennings, Dillon	12	Lawton Bronson	55.46	2	6
4	McCoy, Preston	09	Alta-Aurelia	57.15	2	4
5	Movall, Alex	11	Ridge View Boys	57.74	2	2
6	Mammen, Tristan	11	River Valley	59.14	1	1
7	Collison, Brett	10	West Monona	1:00.15	2	
8	Hernandez, Carlos	09	St. Marys	1:00.93	2	

Boys 800 Meter Run

Name	Year	School	Finals	Points	
1	Rohwer, Cade	10	Alta-Aurelia	2:13.53	10
2	Sidwell, Brady	12	West Monona	2:21.07	8
3	Rowe, Chayton	09	Lawton Bronson	2:21.86	6
4	Trapp, Garrett	10	River Valley	2:25.12	4
5	Garcia, Rico	11	Lawton Bronson	2:25.97	2
6	Peterson, Tyler		Alta-Aurelia	2:32.50	1
7	Schmid, Zachary		Mmcru	2:33.30	
8	Sanchez, Lucas		Mmcru	2:37.12	

Boys 1600 Meter Run

Name	Year	School	Finals	Points	
1	Engelmann, Trey	10	Alta-Aurelia	5:06.07	10
2	Ashley, Aziah	09	Lawton Bronson	5:08.77	8
3	Hanson, Blake	12	Lawton Bronson	5:26.91	6
4	Fester, Michael	10	West Monona	5:29.53	4
5	Volkert, Levi	10	River Valley	5:34.10	2
6	Sliefert, Diogo	11	Alta-Aurelia	5:34.84	1
7	Sidwell, Brennan	10	West Monona	5:36.95	

2019 Russ Kraai Relays - 4/8/2019**Holstein, IA****Results - Session 1****....Boys 1600 Meter Run**

8 Dirks, Brayden	Mmcru	6:01.58
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Boys 3200 Meter Run

Name	Year	School	Finals	Points
1 Engelmann, Trey	10	Alta-Aurelia	11:35.39	10
2 Sliefert, Diogo	11	Alta-Aurelia	12:13.75	8
3 Volkert, Levi	10	River Valley	12:17.84	6
4 Hanson, Blake	12	Lawton Bronson	12:36.26	4
5 Dirks, Brayden		Mmcru	13:29.70	2
6 Todd, Ben	10	Ridge View Boys	13:38.76	1
7 Sanchez, Lucas		Mmcru	13:56.11	
8 Braunschweig, Tyson	09	Lawton Bronson	14:05.17	

Boys 110 Meter Hurdles

Name	Year	School	Finals	Points
1 Degen, Austin	12	Ridge View Boys	16.45	10
2 Thelander, Ben	11	Lawton Bronson	16.83	8
3 Winkel, Kole	10	Ridge View Boys	17.84	6
4 Buske, Jordan	11	West Monona	18.85	4
5 Todd, Chris	12	River Valley	19.24	2
6 Stodden, Brenin		Mmcru	20.11	1

Boys 400 Meter Hurdles

Name	Year	School	Finals	H#	Points
1 Heitman, Jake	12	St. Marys	59.80	2	10
2 Collison, Dylan	12	West Monona	1:00.00	2	8
3 Meyer, Teagan	10	Alta-Aurelia	1:01.55	2	6
4 Olesen, Luke	11	Lawton Bronson	1:06.75	2	4
5 Thelander, Ben	11	Lawton Bronson	1:08.58	2	2
6 Rubendall, Mason	10	River Valley	1:08.85	2	1
7 Buske, Jordan	11	West Monona	1:09.29	1	
8 Stodden, Brenin		Mmcru	1:13.32	1	

Boys 4x100 Meter Relay

School	Finals	Points
1 Lawton Bronson 'A' 1) Fluent, Max 12 3) Fillipi, Adam 10	46.08	10
2 West Monona 'A' 1) Pinkelman, Sean 12 3) Collison, Dylan 12	46.46	8
3 Alta-Aurelia 'A' 1) Ryherd, Michael 11 3) Damewood, Chandler 12	46.87	6
4 Ridge View Boys 'A' 1) Juelfs, Gary 10 3) McGuire, Kevin 12	46.90	4

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....Boys 4x100 Meter Relay

5 River Valley 'A'	50.42	2
1) Henderson, Jacob 12	2) Preuss, Trey 09	
3) Goettsch, Trey 12	4) Salinas, Jared 12	
6 Mmcru 'A'	51.23	1
1) Hicks, Eban	2) Maass, Josh	
3) Kamphoff, Braeden	4) Gorczynski, Ethan	
7 Ridge View JV Boys 'A'	52.33	
1) Wood, Dylan 11	2) Winkel, Kole 10	
3) Brinkman, Jacob 10	4) Garcia, Damein 10	
8 West Monona JV 'A'	53.87	
1) Storm, Trevor 11	2) Holverson, Keegan 11	
3) Komerek, Danny 09	4) Kalskett, Sendesaka 09	

Boys 4x200 Meter Relay

School	Finals	Points
1 Ridge View Boys 'A'	1:39.18	10
1) Juelfs, Gary 10	2) Coleman, Jesse 10	
3) McGuire, Kevin 12	4) Tokheim, Jacob 12	
2 Lawton Bronson 'A'	1:39.43	8
1) Fluent, Max 12	2) Fillipi, Adam 10	
3) Dahlhauser, Hayden 10	4) Roder, Sam 11	
3 Alta-Aurelia 'A'	1:39.99	6
1) Meyer, Teagan 10	2) DeRoos, Alex 10	
3) Hanks, Tyler 12	4) Sleezer, Levi 10	
4 West Monona 'A'	1:48.08	4
1) Parr, Adam 12	2) Gashe, Darius 11	
3) Carrigan, Nathan 11	4) Crawford, Derrick 11	
5 Mmcru 'A'	1:52.07	2
1) Kamphoff, Braeden	2) Maass, Josh	
3) Gorczynski, Ethan	4) Nicks, Andrew	
6 River Valley 'A'	1:52.18	1
1) Henderson, Jacob 12	2) Preuss, Trey 09	
3) Lillifloren, Brody 10	4) Goettsch, Trey 12	
7 West Monona JV 'A'	1:56.58	
1) Komerek, Danny 09	2) Holverson, Keegan 11	
3) Kalskett, Sendesaka 09	4) Lu, Morgan 09	

Boys 4x400 Meter Relay

School	Finals	Points
1 Alta-Aurelia 'A'	3:44.26	10
1) McCoy, Preston 09	2) Damewood, Chandler 12	
3) Rohwer, Cade 10	4) Kueny, Michael 12	
2 Lawton Bronson 'A'	3:46.59	8
1) Pedersen, Cade 12	2) Dahlhauser, Hayden 10	
3) Feddersen, Cody 12	4) Hennings, Dillon 12	
3 West Monona 'A'	3:48.82	6
1) Collison, Dylan 12	2) Bellis, Brad 09	
3) Coffman, Calvin 12	4) Sidwell, Brady 12	
4 Ridge View Boys 'A'	3:58.29	4
1) Degen, Austin 12	2) Movall, Alex 11	
3) Juelfs, Gary 10	4) Wiese, Travis 09	

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....Boys 4x400 Meter Relay

5 Mmcru 'A'	4:03.33	2
1) Brimm, Jacob	2) Hicks, Eban	
3) Specht, Zack	4) Staab, Brett	
6 West Monona JV 'A'	4:17.13	1
1) Gefallher, Tyler 12	2) Monahan, Devin 09	
3) Pekarek, Jaden 10	4) Lu, Matthew 10	

Boys 4x800 Meter Relay

School	Finals	Points
1 Alta-Aurelia 'A'	9:16.50	10
1) Kueny, Michael 12	2) Hanks, Tyler 12	
3) Meyer, Teagan 10	4) McCoy, Preston 09	
2 West Monona 'A'	9:21.69	8
1) Collison, Dylan 12	2) Collison, Brett 10	
3) Fester, Michael 10	4) Sidwell, Brady 12	
3 Lawton Bronson 'A'	9:52.07	6
1) Ashley, Aziah 09	2) Smith, Connor 10	
3) Garcia, Rico 11	4) Kneifl, Evan 12	
4 Mmcru 'A'	9:55.95	4
1) Staab, Brett	2) Specht, Zack	
3) Brimm, Jacob	4) Schmid, Zachary	
5 River Valley 'A'	10:40.96	2
1) Todd, Chris 12	2) Mammen, Tristan 11	
3) Cockburn, Sawyer 11	4) Carstens, Colin 10	
6 West Monona JV 'A'	11:05.71	1
1) Gefallher, Tyler 12	2) Lu, Matthew 10	
3) Pekarek, Jaden 10	4) Lu, Morgan 09	
7 Ridge View Boys 'A'	11:14.37	
1) Todd, Ben 10	2) Henderson, Jack 10	
3) Pickhinke, Connor 11	4) Nelson, Ryan 09	

Boys 800 Sprint Medley

School	Finals	Points
1 Lawton Bronson 'A'	1:41.83	10
1) Fluent, Max 12	2) Roder, Sam 11	
3) Fillipi, Adam 10	4) Pedersen, Cade 12	
2 Alta-Aurelia 'A'	1:43.58	8
1) Sleezer, Levi 10	2) Hanks, Tyler 12	
3) Ryherd, Michael 11	4) Rohwer, Cade 10	
3 Ridge View Boys 'A'	1:46.34	6
1) Juelfs, Gary 10	2) Coleman, Jesse 10	
3) McGuire, Kevin 12	4) Tokheim, Jacob 12	
4 River Valley 'A'	1:51.78	4
1) Salinas, Jared 12	2) Goettsch, Trey 12	
3) Todd, Devin 10	4) Rubendall, Mason 10	
5 West Monona 'A'	1:53.50	2
1) Gashe, Darius 11	2) Coble, Brandon 11	
3) Carrigan, Nathan 11	4) McMinamen, Casey 11	
6 Mmcru 'A'	1:54.02	1
1) Maass, Josh	2) Kamphoff, Braeden	
3) Gorczynski, Ethan	4) Stodden, Brenin	

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....Boys 800 Sprint Medley

7 West Monona JV 'A'	1:54.53
1) Storm, Trevor 11	2) Holverson, Keegan 11
3) Komerek, Danny 09	4) Monahan, Devin 09

Boys Distance Medley

School	Finals	Points
1 Alta-Aurelia 'A'	4:05.69	10
1) Rohwer, Cade 10	2) Weiland, Michael 11	
3) Ryherd, Michael 11	4) Engelmann, Trey 10	
2 Lawton Bronson 'A'	4:13.61	8
1) Fillipi, Adam 10	2) Dahlhauser, Hayden 10	
3) Feddersen, Cody 12	4) Michaels, Hasten 11	
3 Mmcru 'A'	4:16.28	6
1) Hicks, Eban	2) Schmid, Zachary	
3) Specht, Zack	4) Staab, Brett	
4 River Valley 'A'	4:25.87	4
1) Henderson, Jacob 12	2) Todd, Devin 10	
3) Rubendall, Mason 10	4) Trapp, Garrett 10	
5 West Monona 'A'	4:30.42	2
1) Parr, Adam 12	2) Coble, Brandon 11	
3) Fester, Michael 10	4) Sidwell, Brennan 10	
6 West Monona JV 'A'	4:53.31	1
1) Monahan, Devin 09	2) Kalskett, Megaeska 09	
3) Lu, Matthew 10	4) Pekarek, Jaden 10	

Boys 4x110 Meter Shuttle Hurdle

School	Finals	Points
1 Alta-Aurelia 'A'	1:07.39	10
1) DeRoos, Alex 10	2) Weiland, Michael 11	
3) Comegeys, Dallas 11	4) Damewood, Chandler 12	
2 Ridge View Boys 'A'	1:09.74	8
1) Degen, Austin 12	2) Tokheim, Jacob 12	
3) Winkel, Kole 10	4) Brinkman, Jacob 10	
3 River Valley 'A'	1:21.27	6
1) Gray, Karsten 10	2) Lillifloren, Brody 10	
3) Rubendall, Mason 10	4) Todd, Chris 12	
4 Lawton Bronson 'A'	1:30.48	4
1) Peters, Matt 09	2) Kunkel, Ridge 09	
3) Castle, Jakin 09	4) Turner, Mason 10	

Boys High Jump

Name	Year School	Finals	Points
1 Thelander, Ben	11 Lawton Bronson	6-02.00	10
2 Damewood, Chandler	12 Alta-Aurelia	J6-02.00	8
3 Miller, Dawson	12 St. Marys	5-10.00	6
4 Todd, Chris	12 River Valley	5-08.00	4
5 Bellis, Brad	09 West Monona	5-06.00	1.50
5 Goettsch, Trey	12 River Valley	5-06.00	1.50
7 Winkel, Kole	10 Ridge View Boys	5-04.00	

2019 Russ Kraai Relays - 4/8/2019**Holstein, IA****Results - Session 1****....Boys High Jump**

8 Collison, Brett	10 West Monona	J5-04.00
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Boys Long Jump

Name	Year	School	Finals	Points
1 Heitman, Jake	12	St. Marys	20-02.75	10
2 Coffman, Calvin	12	West Monona	19-07.00	8
3 Ryherd, Michael	11	Alta-Aurelia	18-09.50	6
4 Michaels, Hasten	11	Lawton Bronson	17-09.25	4
5 Hicks, Eban		Mmcru	16-05.00	2
6 McMinamen, Casey	11	West Monona	16-04.75	1
7 Cockburn, Sawyer	11	River Valley	16-04.00	
8 Garcia, Damein	10	Ridge View Boys	14-10.00	

Boys Shot Put

Name	Year	School	Finals	Points
1 Verzani, Zach	10	Lawton Bronson	48-02.75	10
2 Marks, Jordan		Mmcru	43-03.00	8
3 Stroman, Dylan	11	West Monona	40-01.25	6
4 Feige, Logan	11	West Monona	38-09.25	4
5 Deeds, Hunter	12	River Valley	38-02.00	2
6 Brosamle, Matt	12	Ridge View Boys	36-02.50	1
7 Redenius, Tayden	12	River Valley	35-07.50	
8 Rader, Jacob	10	Lawton Bronson	35-03.00	

Boys Discus Throw

Name	Year	School	Finals	Points
1 Marks, Jordan		Mmcru	127-03	10
2 Verzani, Zach	10	Lawton Bronson	120-08	8
3 DeRoos, Alex	10	Alta-Aurelia	115-01	6
4 Redenius, Tayden	12	River Valley	107-09	4
5 Rader, Jacob	10	Lawton Bronson	107-08	2
6 Brinkman, Jacob	10	Ridge View Boys	101-11	1
7 Deeds, Hunter	12	River Valley	100-10	
8 Parr, Adam	12	West Monona	97-04	

Women - Team Rankings - 19 Events Scored

1) Ridge View	158.50	2) AltaAurelia Girls	124
3) Lawton Bronson	90	4) West Monona	72.50
5) MMCRU	66	6) Sioux Central	42
7) Ridge View JV	19	8) St. Marys	14

Men - Team Rankings - 19 Events Scored

1) Lawton Bronson	155	2) Alta-Aurelia	140
3) West Monona	86.50	4) Ridge View Boys	64
5) River Valley	56.50	6) St. Marys	42
7) MMCRU	39	8) West Monona JV	3