

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****Event 1 Girls 100 Meter Dash Class"A"**

Meet Record: \* 12.24 4/20/1997 TUNISIA EVANS, SC North  
 Name Year School Finals Wind H#

## Finals

1	Rae Twohig	11	SIOUX CITY WEST	13.19	NWI	2
2	Cheyenne Simon	10	SIOUX CITY WEST	13.61	NWI	2
3	Jessica Bennett	12	HEELAN	13.63	NWI	2
4	Kirsten Nyberg	11	SF LINCOLN	13.70	NWI	1
5	Laurel Protexter	10	SIOUX CITY EAST	14.46	NWI	1

**Event 2 Girls 100 Meter Dash Class"B"**

Meet Record: \* 12.47 4/19/1989 AMY SCHUVER, Cherokee  
 Name Year School Finals Wind H#

1	Kendra Kroeze	12	HULL WESTERN	13.39	NWI	3
2	Megan Lawler	11	SPIRIT LAKE HS	13.43	NWI	3
3	Sasha Hunt	10	SO SIOUX	13.62	NWI	3
4	Shaniece Nott	09	GLENWOOD HIGH SC	13.71	NWI	3
5	Lindsey Wichers	10	LEMARS CENTRAL	13.95	NWI	2
6	Brittany Landegent	12	HULL WESTERN	13.97	NWI	2
7	Ciara Clement	10	GLENWOOD HIGH SC	14.08	NWI	3
8	Hailey Hoch	09	SO SIOUX	14.10	NWI	3
9	Rachel Muilenburg	11	MOC-FLOYD VALLEY	14.15	NWI	2
10	Katie Krebs	11	MOC-FLOYD VALLEY	14.18	NWI	1
11	Alexa Altena	09	UNITY CHS'T	14.28	NWI	2
12	Lindsey Arneson	10	SPIRIT LAKE HS	14.45	NWI	2
13	Meagan Langerap	12	UNITY CHS'T	14.65	NWI	1
14	Kayleigh Wiederin	09	SGT BLUFF-LU	14.80	NWI	2
15	Heather Davis	10	SGT BLUFF-LU	14.87	NWI	1

**Event 3 Girls 100 Meter Dash Class"C"**

Meet Record: \* 12.06 4/20/1989 THERESA LUX, Westwood  
 Name Year School Finals Wind H#

1	Karlie Dahl	10	HOMER HIGH SCHOOL	13.39	NWI	3
2	Chrissy Strassburg	11	ELK POINT-JEFFERSON	13.46	NWI	3
3	Marissa Novak	12	HOMER HIGH SCHOOL	13.69	NWI	3
4	Justine Cleveland	10	WESTWOOD	13.93	NWI	3
5	Erica Dreckman	09	MARCUS MERID	13.99	NWI	3
6	Jena Mittelstadt	11	MARCUS MERID	14.01	NWI	3
7	Adrienne White	12	EMERSON-HUBBARD	14.07	NWI	3
8	Alexa Graham	10	CB ST ALBERT	14.48	NWI	2
9	Jessica Pearce	11	CB ST ALBERT	14.48	NWI	2
10	Kayla Holtgrewe	11	GEHLEN CATHOLIC	14.98	NWI	2
11	Schealler Arielle	09	WOODBURY CEN	15.28	NWI	3
12	Jayne Smith	09	SOUTH O'BRIEN H.S.	15.58	NWI	1
13	Jessica Koenig	12	WESTWOOD	16.08	NWI	1
14	Brooke Hibbing	09	SOUTH O'BRIEN H.S.	16.19	NWI	2

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****Event 5 Boys 100 Meter Dash Class "A"**

Meet Record: * 10.57 4/20/1989 SCOTT INGVOLDSTAD, SF Lincoln						
Name	Year	School	Finals	Wind	H#	
1	Spencer Zook	10	SIOUX CITY NORTH	11.59	NWI	2
2	Preston Ives	11	HEELAN	11.80	NWI	2
3	Antonio Anderson	10	SIOUX CITY WEST	11.89	NWI	1
4	Sam Rowe	11	CB ABRAHAM LINCOLN	12.03	NWI	2
5	Houston Hoffman	11	SF LINCOLN	12.06	NWI	2
6	James Burton	10	SIOUX CITY WEST	12.09	NWI	2
7	Trevor Miller	12	SIOUX CITY EAST	12.17	NWI	2
8	Cleo Harris	09	CB ABRAHAM LINCOLN	12.21	NWI	1
9	Ross Gebauer	12	SF LINCOLN	12.40	NWI	1

**Event 6 Boys 100 Meter Dash Class "B"**

Meet Record: * 11.05 4/20/1988 TIM COKER, Vermillion						
Name	Year	School	Finals	Wind	H#	
1	Ryan Hernandez	12	SO SIOUX	11.25	NWI	3
2	Kyle Schuett	12	CHEROKEE	11.40	NWI	3
3	Trevor Wolterstorff	12	HULL WESTERN	11.51	NWI	3
4	Aaron Floen	12	UNITY CHS'T	11.74	NWI	3
5	Max Burgeson	12	OKOBOJI HIGH SCHOOL	11.79	NWI	3
6	Taylor Williams	11	GLENWOOD HIGH SC	11.86	NWI	2
7	Taylor Hoekstra	12	UNITY CHS'T	11.90	NWI	3
8	Brandon Stolze	11	SO SIOUX	11.94	NWI	3
9	Taylor Grote	12	SGT BLUFF-LU	11.97	NWI	2
10	Preston Nibaur	11	SGT BLUFF-LU	12.00	NWI	2
11	Keaton Rowe	11	LEMARS CENTRAL	12.02	NWI	3
12	Riley Nelson	12	GLENWOOD HIGH SC	12.12	NWI	1
13	Ryan Jennings	12	SPIRIT LAKE HS	12.15	NWI	1
14	Zach Reed	10	LEMARS CENTRAL	12.20	NWI	2
15	Billy Burgduff	11	OKOBOJI HIGH SCHOOL	12.41	NWI	2

**Event 7 Boys 100 Meter Dash Class "C"**

Meet Record: * 10.92 4/20/1989 JEFF LONGVA, Westwood						
Name	Year	School	Finals	Wind	H#	
1	Blaine Dammann	12	MARCUS MERID	11.87	NWI	1
2	Sean Doane	11	WEST MONONA	11.92	NWI	3
3	Taylor White	10	D VALLEY	11.94	NWI	3
4	Ryan Zajic	12	CB ST ALBERT	11.97	NWI	3
5	Matt Green	11	D VALLEY	11.98	NWI	3
6	Micheal Steinhoff	12	WESTWOOD	12.07	NWI	2
7	Kody Gillaspie	12	WESTWOOD	12.07	NWI	3
8	Jake Gentile	10	CB ST ALBERT	12.13	NWI	3
9	Matt Lupkes	10	D VALLEY	12.14	NWI	3
10	Blake Erdman	10	MARCUS MERID	12.22	NWI	2
11	Scott Servine	11	EMERSON-HUBBARD	12.37	NWI	2
12	Tate Rohde	09	KINGSLEY-PIERSON	12.44	NWI	3
13	Seth Johnson	09	GALVA-HOLSTEIN	12.49	NWI	2
14	Tyler Thrift	11	WEST MONONA	12.56	NWI	2
15	Derek DeWitt	11	WOODBURY CEN	12.95	NWI	1

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****Event 9 Girls 100 Meter Hurdles Class"A"**

Meet Record: * 14.55 4/20/1987 KELLY RHODES, SF Lincoln						
Name	Year	School	Finals	Wind	H#	
1 Nevada Sorenson	12	SF LINCOLN	14.76	NWI	2	
2 Tori Vondrak	11	HEELAN	17.34	NWI	2	
3 Megan Stiles	12	SIOUX CITY EAST	18.35	NWI	2	
4 Abby Pollow	09	SIOUX CITY EAST	18.50	NWI	2	
5 Kaity Schumacher	10	SIOUX CITY WEST	18.98	NWI	2	
6 Abbie Hohman	10	SF LINCOLN	19.10	NWI	2	
7 Chwirka Carena	12	SIOUX CITY NORTH	19.99	NWI	1	
8 Erin Barkley	12	HEELAN	20.03	NWI	2	
9 McKayla Johnson	10	SIOUX CITY WEST	20.38	NWI	1	
10 Cici Iverson	11	SIOUX CITY NORTH	21.43	NWI	1	

**Event 10 Girls 100 Meter Hurdles Class"B"**

Meet Record: * 14.48 4/20/1987 JENNI WOOD, Sgt Bluff Luton						
Name	Year	School	Finals	Wind	H#	
1 Slone Masters	11	STORM LAKE HIGH	16.03	NWI	2	
2 Kendra DeJong	12	UNITY CHS'T	16.09	NWI	2	
3 Emily TeBrink	12	LEMARS CENTRAL	16.64	NWI	2	
4 Katie Krebs	11	MOC-FLOYD VALLEY	16.69	NWI	2	
5 Sammy Spies	11	SPIRIT LAKE HS	17.32	NWI	2	
6 Kassie Finn	11	GLENWOOD HIGH SC	17.71	NWI	2	
7 Tabitha Machar	11	SO SIOUX	17.77	NWI	2	
8 Kirstie Ruhland	10	LEMARS CENTRAL	18.33	NWI	2	
9 Abby Brown	10	GLENWOOD HIGH SC	19.03	NWI	1	
10 Jessica Wallace	11	SPIRIT LAKE HS	19.07	NWI	1	
11 Katelyn Schuller	10	UNITY CHS'T	19.27	NWI	1	

**Event 11 Girls 100 Meter Hurdles Class"C"**

Meet Record: * 15.70 4/20/1996 KARI BAHRKE, Sioux Center						
Name	Year	School	Finals	Wind	H#	
1 Kayla Hatting	12	GEHLEN CATHOLIC	16.15	NWI	2	
2 Michelle Corio	10	ELK POINT-JEFFERSON	17.23	NWI	2	
3 Jordan Harris		AKRON WESTFIELD	17.34	NWI	1	
4 Steph Rohe	09	GEHLEN CATHOLIC	17.54	NWI	2	
5 DeAndra Mahrt	09	KINGSLEY-PIERSON	17.73	NWI	2	
6 Justine Cleveland	10	WESTWOOD	18.38	NWI	2	
7 Natasha Minor	12	ELK POINT-JEFFERSON	18.71	NWI	2	
8 Kaitlin Choquette	11	WESTWOOD	19.08	NWI	1	
9 Dana Blanke	12	EMERSON-HUBBARD	20.04	NWI	1	
10 Jaynee Smith	09	SOUTH O'BRIEN H.S.	21.01	NWI	1	

**Event 13 Boys 110 Meter Hurdles Class"A"**

Meet Record: * 14.32 4/20/1987 BRIAN BIGGERSTAF, SC West					
Name	Year	School	Finals	Wind	
1 Josh Folchert	12	SIOUX CITY NORTH	16.29	NWI	
2 Josh Jenkins	12	SF LINCOLN	16.34	NWI	
3 Dante Faulkner	12	SIOUX CITY WEST	16.41	NWI	

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 13 Boys 110 Meter Hurdles Class"A"**

4	Justin Achoa	12	SF LINCOLN	16.43	NWI
5	Warren Joiner	12	SIOUX CITY WEST	16.63	NWI
6	James Landon	10	SF LINCOLN	17.34	NWI
7	Kyle Gogel	11	SIOUX CITY EAST	18.81	NWI

**Event 14 Boys 110 Meter Hurdles Class"B"**

Meet Record: \* 14.92 4/20/2001 DEREK CASEY, Cherokee

Name	Year	School	Finals	Wind	H#
1	Kevin Swenson	12	HULL WESTERN	15.65	NWI 2
2	Ryan Wurtz	12	OKOBOJI HIGH SCHOOL	15.79	NWI 2
3	Ian Eflin	10	GLENWOOD HIGH SC	15.84	NWI 2
4	Bo Darrow	12	GLENWOOD HIGH SC	16.05	NWI 2
5	Joel Ysselstein	12	HULL WESTERN	16.16	NWI 2
6	Nolan Blythe	11	MOC-FLOYD VALLEY	16.36	NWI 1
7	Matt Koch	12	CHEROKEE	16.40	NWI 2
8	Tyler Lancaster	11	LEMARS CENTRAL	16.61	NWI 2
9	Luke DeJong	12	UNITY CHS'T	16.65	NWI 1
10	Ross Chettinger	11	SGT BLUFF-LU	16.69	NWI 1
11	Paxton Strub	10	LEMARS CENTRAL	16.83	NWI 1
12	Nolan Sampson	11	CHEROKEE	18.37	NWI 1
13	DJ Smith	10	SPIRIT LAKE HS	18.58	NWI 1
14	Logan Bell	12	SO SIOUX	18.75	NWI 1

**Event 15 Boys 110 Meter Hurdles Class"C"**

Meet Record: \* 14.43 4/20/1989 DARWIN VANDERHOEF, Rock Valley

Name	Year	School	Finals	Wind	H#
1	Will Hanson	11	MARCUS MERID	15.40	NWI 2
2	Brad Farwell	12	D VALLEY	15.68	NWI 2
3	Travis Albrecht	12	EMERSON-HUBBARD	15.68	NWI 2
4	Collin Bubke	12	GALVA-HOLSTEIN	16.72	NWI 2
5	Tyler Campbell	10	KINGSLEY-PIERSON	17.00	NWI 2
6	Tyson Thoreson	10	GALVA-HOLSTEIN	17.79	NWI 2
7	Andrew Koehlmoos	11	SOUTH O'BRIEN H.S.	18.03	NWI 1
8	Matt Mallett	12	WESTWOOD	18.17	NWI 1
9	Jordan Boekhout	12	MARCUS MERID	18.28	NWI 2
10	Ben Hoelker	11	LAWTON-BRONSON	18.30	NWI 1
11	Michael Allner	11	WOODBURY CEN	18.38	NWI 2
12	Cody Kuchel	09	KINGSLEY-PIERSON	18.47	NWI 1
13	Josh Haberl	09	WOODBURY CEN	18.48	NWI 1
14	Greg Scott	12	WESTWOOD	18.76	NWI 1

**Event 18 Girls 100 Meter Hurdles Elite**

Name	Year	School	Finals	Wind	
1	Nevada Sorenson	12	SF LINCOLN	14.80	NWI
2	Slone Masters	11	STORM LAKE HIGH	15.61	NWI
3	Kayla Hatting	12	GEHLEN CATHOLIC	16.25	NWI
4	Kendra DeJong	12	UNITY CHS'T	16.68	NWI
5	Katie Krebs	11	MOC-FLOYD VALLEY	16.87	NWI
6	Sammy Spies	11	SPIRIT LAKE HS	17.48	NWI

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 18 Girls 100 Meter Hurdles Elite**

7 Michelle Corio	10 ELK POINT-JEFFERSON	18.65	NWI
-- Emily TeBrink	12 LEMARS CENTRAL	FS	NWI

**Event 19 Boys 110 Meter Hurdles Elite**

Name	Year School	Finals	Wind
1 Kevin Swenson	12 HULL WESTERN	15.56	NWI
2 Will Hanson	11 MARCUS MERID	15.77	NWI
3 Ryan Wurtz	12 OKOBOJI HIGH SCHOOL	15.91	NWI
4 Bo Darrow	12 GLENWOOD HIGH SC	15.92	NWI
5 Ian Eflin	10 GLENWOOD HIGH SC	16.02	NWI
6 Travis Albrecht	12 EMERSON-HUBBARD	16.14	NWI
7 Brad Farwell	12 D VALLEY	16.24	NWI
8 Joel Ysselstein	12 HULL WESTERN	16.28	NWI

**Event 20 Girls 100 Meter Dash Elite**

Name	Year School	Finals	Wind
1 Rae Twohig	11 SIOUX CITY WEST	13.24	NWI
2 Sasha Hunt	10 SO SIOUX	13.42	NWI
3 Chrissy Strassburg	11 ELK POINT-JEFFERSON	13.44	NWI
4 Kendra Kroeze	12 HULL WESTERN	13.50	NWI
5 Karlie Dahl	10 HOMER HIGH SCHOOL	13.54	NWI
6 Megan Lawler	11 SPIRIT LAKE HS	13.63	NWI
7 Jessica Bennett	12 HEELAN	13.67	NWI
8 Cheyanne Simon	10 SIOUX CITY WEST	13.72	NWI

**Event 21 Boys 100 Meter Dash Elite**

Name	Year School	Finals	Wind
1 Ryan Hernandez	12 SO SIOUX	11.07	NWI
2 Trevor Wolterstorff	12 HULL WESTERN	11.42	NWI
3 Spencer Zook	10 SIOUX CITY NORTH	11.50	NWI
4 Aaron Floen	12 UNITY CHS'T	11.63	NWI
5 Preston Ives	11 HEELAN	11.69	NWI
6 Max Burgeson	12 OKOBOJI HIGH SCHOOL	11.70	NWI
7 Blaine Dammann	12 MARCUS MERID	11.83	NWI
8 Taylor Williams	11 GLENWOOD HIGH SC	11.85	NWI

**Event 22 Boys 4x100 Yard Relay 8th Grade**

School	Finals
1 SIOUX CITY NORTH MIDDLE SCHOOL 'A'	51.42
2 SIOUX CITY EAST MIDDLE SCHOOL 'A'	51.64
3 SIOUX SIOUX CITY MIDDLE SCHOOL 'A'	52.11
4 SIOUX CITY EAST MIDDLE SCHOOL 'B'	54.56

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****Event 23 Girls 400 Meter Hurdles OHS**

Meet Record: * 1:00.56 4/20/1995 ANNA RATZLOFF-AUGUSTANA				
Name	Year	School	Finals	H#
1 Kendra DeJong	12	UNITY CHS'T	1:11.54	3
2 Emma Gray	11	SGT BLUFF-LU	1:12.48	3
3 Tara Lehner	12	LEMARS CENTRAL	1:14.78	3
4 Claire Roesner	11	MOC-FLOYD VALLEY	1:14.89	2
5 Leah De Graaf	11	MOC-FLOYD VALLEY	1:15.52	1
6 Nikki Sluiter	10	LEMARS CENTRAL	1:17.68	2
7 Nicole Owens	12	SIOUX CITY EAST	1:17.89	3
8 Erin Barkley	12	HEELAN	1:19.50	3
9 Emily Robinson	11	GLENWOOD HIGH SC	1:20.64	1
10 Kim Engeltjes	11	UNITY CHS'T	1:22.04	1
11 Jordan Kerns	11	WESTWOOD	1:22.77	3
-- Ellen Dougherty	11	SIOUX CITY EAST	FS	3

**Event 24 Boys 400 Meter Hurdles OHS**

Name	Year	School	Finals	H#
1 Ben Van Dyke	12	SGT BLUFF-LU	56.45	3
2 Tyler Kroeze	10	UNITY CHS'T	56.63	3
3 Kevin Swenson	12	HULL WESTERN	56.66	3
4 Ryan Wurtz	12	OKOBOJI HIGH SCHOOL	58.97	3
5 Jordan Huffman	12	SGT BLUFF-LU	59.86	2
6 Warren Joiner	12	SIOUX CITY WEST	1:00.07	1
7 Tim Schwanke	12	GLENWOOD HIGH SC	1:00.47	2
8 Taylor Follow	12	SIOUX CITY EAST	1:00.74	3
9 Rene VanWhye	11	LEMARS CENTRAL	1:00.92	2
10 Neal Bunt	10	MARCUS MERID	1:01.50	2
11 Kellen Jacobson	12	GALVA-HOLSTEIN	1:01.75	2
12 Nolan Blythe	11	MOC-FLOYD VALLEY	1:02.34	1
13 TJ Johnson	12	SPIRIT LAKE HS	1:03.44	3
14 Jordan Boekhout	12	MARCUS MERID	1:03.63	1
15 Judd Herzberg	10	LEMARS CENTRAL	1:04.73	2
16 Joel Ysselstein	12	HULL WESTERN	1:05.34	1
17 Logan Bell	12	SO SIOUX	1:05.53	1

**Event 25 Girls 800 Meter Run OHS**

Meet Record: * 2:15.23 4/14/1993 SARAH PLUIM, Unity Christia				
Name	Year	School	Finals	
1 Shelby Houlihan	10	SIOUX CITY EAST	2:12.25*	
2 Ellen Dougherty	11	SIOUX CITY EAST	2:12.77*	
3 Emily McCarthy	12	SIOUX CITY EAST	2:17.48	
4 Abby Schlater	12	CB ST ALBERT	2:19.86	
5 Krista Creager	12	YANKTON HIGH SCHOOL	2:24.96	
6 Mackenzie Smith	09	SGT BLUFF-LU	2:25.80	
7 Rachel Weindandt	10	YANKTON HIGH SCHOOL	2:26.79	
8 Kim Gutzmann	12	EMERSON-HUBBARD	2:33.08	
9 Breanna Mathes	12	GALVA-HOLSTEIN	2:33.70	
10 Kayla Byl	09	UNITY CHS'T	2:35.12	
11 Gretchen Peterson	11	SF LINCOLN	2:37.26	
12 Mackenzie Klinkhammer	10	ELK POINT-JEFFERSON	2:38.65	

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 25 Girls 800 Meter Run OHS**

13	Emily Broers	10	UNITY CHS'T	2:38.94
14	Olivia Horner	12	HEELAN	2:41.57
15	Katie Staiert	12	GLENWOOD HIGH SC	2:43.87
16	Jenna Donnelly	10	ELK POINT-JEFFERSON	2:45.62
--	Briana Brunsvold	10	SPIRIT LAKE HS	DNF
--	Mary Brown	11	SPIRIT LAKE HS	DNF
--	Jenna Turcotte	12	GLENWOOD HIGH SC	DNF
--	Bethany Larson	09	SIOUX CENTER	DNF
--	Stephanie Fykstra	12	HULL WESTERN	DNF
--	Katelyn Kragt	10	SIOUX CENTER	DNF
--	Ashton Lansink	12	SOUTH O'BRIEN H.S.	DNF
--	Molly Vermillion	12	CB ST ALBERT	DNF

**Event 26 Boys 800 Meter Run OHS**

Meet Record: \* 1:58.19 4/20/1993 PHIL HASENKAMP, Council Blu  
 Name Year School Finals

1	Jared Ailts	12	YANKTON HIGH SCHOOL	1:59.23
2	Matt Lord	11	HEELAN	2:01.69
3	Alex Hohenthauer	11	YANKTON HIGH SCHOOL	2:02.26
4	Barry Hodapp	12	CB ABRAHAM LINCOLN	2:03.66
5	Henry Byl	12	UNITY CHS'T	2:05.07
6	Kyle Wheeler	10	GLENWOOD HIGH SC	2:05.85
7	Gage Sitzmann	11	LEMARS CENTRAL	2:06.11
8	Matt Casey	12	HEELAN	2:06.23
9	Marc Kommes	11	LEMARS CENTRAL	2:06.89
10	Tyler Kroeze	10	UNITY CHS'T	2:09.68
11	Matt Skaggs	12	HEELAN	2:09.68
12	Justin Flannigan	10	SF LINCOLN	2:11.66
13	Sean Murphy	11	MT MICHAEL	2:13.82
14	Damon Farah	10	SF LINCOLN	2:15.48
15	John Harris	12	GALVA-HOLSTEIN	2:20.51

**Event 27 Girls 1500 Meter Run OHS**

Meet Record: \* 4:41.74 4/21/2001 ANNE SCHADLE, South Sioux C  
 Name Year School Finals

1	Shelby Houlihan	10	SIOUX CITY EAST	4:46.24
2	Emily McCarthy	12	SIOUX CITY EAST	4:49.77
3	Abby Schlater	12	CB ST ALBERT	4:51.07
4	Megan Hilson	11	YANKTON HIGH SCHOOL	4:54.31
5	Josee Jansen	10	SIOUX CITY NORTH	5:13.00
6	Kayla Byl	09	UNITY CHS'T	5:13.98
7	Mariah Lammers	10	HULL WESTERN	5:16.57
8	Carrie Emgarten	12	SPIRIT LAKE HS	5:20.62
9	Christine Madsen	11	SIOUX CITY NORTH	5:23.41
10	Emily Broers	10	UNITY CHS'T	5:23.68
11	Jessica Mathes	11	GALVA-HOLSTEIN	5:24.45
12	Amy Van Skike	12	MOC-FLOYD VALLEY	5:25.07
13	Serina Robinson	10	SF LINCOLN	5:25.60
14	Sarah Sneed	10	CB ST ALBERT	5:26.32
15	Alice Lubeck	11	SF LINCOLN	5:30.34
16	Abby Gustafson	12	SPIRIT LAKE HS	5:35.41

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 27 Girls 1500 Meter Run OHS**

17	Josie Visser	11	MOC-FLOYD VALLEY	5:43.79
18	Brooke Peckham	10	GLENWOOD HIGH SC	5:49.00
19	Molly Wankum	09	GEHLEN CATHOLIC	5:49.56
20	Bobbie McLaury	10	ELK POINT-JEFFERSON	5:56.71
21	Brittini Bormann	09	EMERSON-HUBBARD	5:58.71
22	Sadie Clements	09	D VALLEY	6:02.56
23	Allison Lawler	12	ELK POINT-JEFFERSON	6:25.48

**Event 28 Boys 1600 Meter Run OHS**

Meet Record: \* 4:22.13 4/20/1995 NOLAN SPEICHINGER, SC East  
 Name Year School Finals

1	Travis Brenner	11	YANKTON HIGH SCHOOL	4:35.83
2	Mitch Yaggie	11	YANKTON HIGH SCHOOL	4:38.32
3	Nate McKewon	12	HEELAN	4:39.69
4	Sean Guthmiller	12	MOC-FLOYD VALLEY	4:41.25
5	Jacob Evenson	11	SIOUX CENTER	4:41.60
6	Milan Johnson	11	OKOBOJI HIGH SCHOOL	4:42.53
7	Gage Sitzmann	11	LEMARS CENTRAL	4:42.59
8	Alex Hall	10	SF LINCOLN	4:42.87
9	Kieth Byers	09	SPIRIT LAKE HS	4:44.33
10	Tim Bierma	11	HULL WESTERN	4:46.07
11	Jay Welp	10	MARCUS MERID	4:47.33
12	Chris Postma	11	UNITY CHS'T	4:47.86
13	Jordan Krug	10	GLENWOOD HIGH SC	4:51.39
14	Thomas Feichtinger	09	MT MICHAEL	4:55.01
15	Robbie Klassen	12	SO SIOUX	4:55.13
16	Jordan Freking	12	GEHLEN CATHOLIC	4:55.32
17	Tyler Gustafson	12	SPIRIT LAKE HS	4:57.59
18	Alex Rasmussen	12	LEMARS CENTRAL	5:00.03
19	Brandon Bonnema	10	UNITY CHS'T	5:02.65
20	Alex Dixon	10	CB ABRAHAM LINCOLN	5:05.95
21	Jacob Groenendyk	11	SIOUX CENTER	5:09.85
22	Jesus Iniguez	11	SIOUX CITY NORTH	5:11.34
23	Cole Pleggenkuhle	11	SOUTH O'BRIEN H.S.	5:11.56
24	Johnny Fuller	10	GLENWOOD HIGH SC	5:12.59
25	Joel Dorsett	12	SIOUX CITY NORTH	5:14.19
26	Colby Casper	09	SIOUX CITY NORTH	5:29.98
27	Toffer Dyrssen	09	ELK POINT-JEFFERSON	5:35.75
28	Daniel Poston	09	SIOUX CITY NORTH	5:36.22

**Event 29 Girls 3000 Meter Run OHS**

Meet Record: \* 10:29.88 4/21/2001 KRISTIN HANSEN, Okoboji  
 Name Year School Finals

1	Mariah Hofer	11	YANKTON HIGH SCHOOL	10:55.53
2	Kaylene Leiting	09	HEELAN	11:36.33
3	Abby Gustafson	12	SPIRIT LAKE HS	11:40.86
4	Carly Holmstrom	09	SF LINCOLN	11:44.16
5	Katie Larsen	11	GLENWOOD HIGH SC	11:49.33
6	Sarah Sneed	10	CB ST ALBERT	11:53.37
7	Kasey Hohl	12	SIOUX CITY EAST	11:55.84
8	Becca Clay	09	LEMARS CENTRAL	12:02.33



**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 29 Girls 3000 Meter Run OHS**

9	Jayde Boyle	12 GALVA-HOLSTEIN	12:06.47
10	Brooke Peckham	10 GLENWOOD HIGH SC	12:06.68
11	Josie Visser	11 MOC-FLOYD VALLEY	12:14.20
12	Kaysi Byers	12 RIVER VALLEY	12:17.65
13	Kristi Palsma	11 UNITY CHS'T	12:18.04
14	Diana Quinonez	12 SOUTH O'BRIEN H.S.	12:29.67
15	Erin Lynn	12 SPIRIT LAKE HS	12:32.87
16	MaKayla Perryman	11 D VALLEY	12:34.90
17	Katie Droog	10 UNITY CHS'T	12:37.72
18	Ashley Drey	10 GALVA-HOLSTEIN	12:57.95
19	Sadie Clements	09 D VALLEY	13:01.40
20	Jess Kelly	11 LEMARS CENTRAL	13:12.39
21	Tori Emmons	10 EMERSON-HUBBARD	13:20.53
22	Jessica Schrader	09 SIOUX CENTER	13:27.06
23	Allison Lawler	12 ELK POINT-JEFFERSON	13:44.46
24	Sana Naqvi	10 GEHLEN CATHOLIC	14:34.88

**Event 30 Boys 3200 Meter Run OHS**

=====  
 Meet Record: \* 9:26.08 4/20/1993 MATT ALTHOFF, Yankton

Name	Year	School	Finals
1	Johnny Fuller	10 GLENWOOD HIGH SC	9:58.50
2	TJ Gleason	10 SF LINCOLN	10:00.51
3	Sean Guthmiller	12 MOC-FLOYD VALLEY	10:02.96
4	Kieth Byers	09 SPIRIT LAKE HS	10:03.57
5	Damian Brand	12 SGT BLUFF-LU	10:07.19
6	Marc Wilcox	11 YANKTON HIGH SCHOOL	10:07.67
7	Chris Postma	11 UNITY CHS'T	10:07.95
8	Damon Farah	10 SF LINCOLN	10:21.87
9	Jordan Krug	10 GLENWOOD HIGH SC	10:23.13
10	Jay Welp	10 MARCUS MERID	10:27.67
11	Chris Clay	11 LEMARS CENTRAL	10:33.47
12	Jordan Freking	12 GEHLEN CATHOLIC	10:34.99
13	Joe Herzberg	09 LEMARS CENTRAL	10:37.63
14	Jacob Groenendyk	11 SIOUX CENTER	10:40.98
15	Brandon Bonnema	10 UNITY CHS'T	10:56.84
16	Cole Pleggenkuhle	11 SOUTH O'BRIEN H.S.	10:57.18
17	Jon Messer	12 SPIRIT LAKE HS	11:01.79
18	Jakob Rhodes	09 GLENWOOD HIGH SC	11:02.13
19	Norberto Antonio	10 PONCA HIGH SCHOOL	11:16.29
20	Colby Casper	09 SIOUX CITY NORTH	11:20.92
21	Matthew Sneller	12 SIOUX CENTER	11:29.52
22	Daniel Poston	09 SIOUX CITY NORTH	11:33.42
23	Reese Powers	12 SOUTH O'BRIEN H.S.	11:38.90
24	Will Duffy	09 MT MICHAEL	11:39.41
25	Kenneth Tysick	10 SGT BLUFF-LU	11:53.47
26	Nathan Ryan	09 WOODBURY CEN	12:02.09
27	Toffer Dyrssen	09 ELK POINT-JEFFERSON	12:03.93
28	Zach Goodvin	09 WESTWOOD	12:14.83

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****Event 31 Girls 4x100 Meter Relay Class"A"**

Meet Record: \* 51.05 4/17/1999 SC WEST, SC West  
 School Finals

1 SF LINCOLN 'A'	51.83
1) Nevada Sorenson 12	2) Mary Wirth 11
3) Kaitlyn Lang 10	4) Karmen Nyberg 11
2 BISHOP HEELAN HIGH SCHOOL 'A'	52.90
1) Jessica Bennett 12	2) Mariah Irwin 12
3) Mary Chicoine 09	4) Brielle Luft 09
3 SIOUX CITY WEST 'A'	53.38
1) Crystal Trosper 09	2) Kieonna Strong 12
3) Cheyanne Simon 10	4) Rae Twohig 11
4 SIOUX CITY EAST 'A'	54.53
1) Sam Mersch 11	2) Reyna Mikulicz 09
3) Melissa Friedrichsen 10	4) Baili Kleinberg 11

**Event 32 Girls 4x100 Meter Relay Class"B"**

Meet Record: \* 50.88 4/20/1991 CHEROKEE, Cherokee  
 School Finals

1 LEMARS CENTRAL 'A'	52.27
1) Lindsey Wichers 10	2) Jess Reuter 11
3) Alyssa Louison 12	4) Emily Anderson 10
2 OKOBOJI HIGH SCHOOL 'A'	53.61
1) Kendra Klinetobe 12	2) Miley Hunziker 12
3) Taylor Poppema 10	4) Brandi Demuth 11
3 SGT BLUFF-LUTON H.S. 'A'	54.44
1) Emma Gray 11	2) Cassidy Breon 09
3) Melissa Wiig 11	4) Megan Glisar 12
4 GLENWOOD HIGH SCHOOL 'A'	55.08
1) Ciara Clement 10	2) Shaniece Nott 09
3) Sophie Ringsdorf	4) Shelby Brewster 10
5 MOC-FLOYD VALLEY 'A'	55.31
1) Rachel Muilenburg 11	2) Jennifer Guthmiller 09
3) Kim De Jong 12	4) Katie Krebs 11
6 UNITY CHRISTIAN H.S. 'A'	55.68
1) Meagan Langeraaap 12	2) Kim Engeltjes 11
3) Courtney Vreugdenhil 09	4) Alexa Altena 09

**Event 33 Girls 4x100 Meter Relay Class"C"**

Meet Record: \* 52.64 4/20/1990 LAWTON-BRONSON, Lawton-Bronso  
 School Finals

1 MARCUS MERIDEN CLEGHORN HIGH S 'A'	53.82
1) Erica Dreckman 09	2) Jena Mittelstadt 11
3) Rachel McDermott	4) Ashley Schneider
2 CB ST ALBERT 'A'	56.06
1) Tori Cushing	2) Marissa Moran 11
3) Alexa Graham 10	4) Jessica Pearce 11
3 KINGSLEY-PIERSON 'A'	56.32
1) DeAndra Mahrt 09	2) Krista Phelps 09
3) Danielle Sudbeck 12	4) Brianna Hobbs 12
4 WESTWOOD SLOAN HIGH SCHOO 'A'	57.71

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 33 Girls 4x100 Meter Relay Class"C"**

1) Kaitlin Choquette 11	2) Mary Hughes 09	
3) Megan Polly 09	4) Justine Cleveland 10	
5 LAWTON-BRONSON 'A'		59.02
1) Kaylie Smith 10	2) Mackenzie Masching 10	
3) Erica Thompson 10	4) Kristi Grau 10	
6 SOUTH O'BRIEN H.S. 'A'		1:01.23
1) Erin Brassler 09	2) Brooke Hibbing 09	
3) Jaynee Smith 09	4) Breanna Van Beek 09	

**Event 35 Boys 4x100 Meter Relay Class"A"**

Meet Record: \* 42.98 4/20/1995 SC WEST, SC West  
School Finals

1 SF LINCOLN 'A'		44.81
1) Ross Gebauer 12	2) Amadu Myers 12	
3) Houston Hoffman 11	4) Lucas Thompson 12	
2 CB ABRAHAM LINCOLN 'A'		45.49
1) Devin Thomas 10	2) Cleo Harris 09	
3) Sam Rowe 11	4) Austin Ebertowski 10	
3 SIOUX CITY EAST 'A'		45.90
1) Trevor Miller 12	2) Mitchell Vos 10	
3) Alec Standage 11	4) Taylor Pollow 12	

**Event 36 Boys 4x100 Meter Relay Class"B"**

Meet Record: \* 43.84 4/17/1999 LEMARS CENTRAL, Lemars Centra  
School Finals

1 SO SIOUX CITY HIGH SCHOOL 'A'		44.14
1) Tyler Heitman 12	2) Brandon Stolze 11	
3) Adam Bobier 12	4) Ryan Hernandez 12	
2 SGT BLUFF-LUTON H.S. 'A'		45.66
1) Preston Nibaur 11	2) Ben Van Dyke 12	
3) Jake Wimmer 10	4) Taylor Grote 12	
3 LEMARS CENTRAL 'A'		45.91
1) Zach Reed 10	2) Hunter Rhode 10	
3) Mat Ferris 11	4) Keaton Rowe 11	
4 UNITY CHRISTIAN H.S. 'A'		46.23
1) Jordyn Kleinwolterink 11	2) Jake Floen 09	
3) Taylor Hoekstra 12	4) Aaron Floen 12	
5 GLENWOOD HIGH SCHOOL 'A'		46.26
1) Taylor Williams 11	2) Joey Bryan 12	
3) Kirk Porter 12	4) Riley Nelson 12	
6 MOC-FLOYD VALLEY 'A'		46.36
1) Andy Van Wyk 11	2) Mitchell Janssen 11	
3) Jake Solsma 10	4) Brady Bracker 11	

**Event 37 Boys 4x100 Meter Relay Class"C"**

Meet Record: \* 44.75 4/17/1999 SIOUX CENTER, Sioux Center  
School Finals

1 LAWTON-BRONSON 'A'		46.52
1) Joel Imel 10	2) Mike Tolkamp 11	

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 37 Boys 4x100 Meter Relay Class"C"**

3) Levi Keleher 11	4) Dakota Miller 12	
2 ELK POINT-JEFFERSON 'A'		47.08
1) Tyler Broekemeir 11	2) Adam Trudeau 11	
3) Nick Hutcheson 12	4) Kyle Limoges 12	
3 MARCUS MERIDEN CLEGHORN HIGH S 'A'		48.50
1) John Hoefling	2) Will Hanson 11	
3) Blake Erdman 10	4) Blaine Dammann 12	
4 RIVER VALLEY HIGH SCHOOL 'A'		48.51
1) Samuel Lundt 11	2) Taylor Georgopoulos 12	
3) Dylan Fluke	4) Zach Hullinger 12	

**Event 39 Girls 4x200 Meter Relay Class"A"**

Meet Record: \* 1:45.41 4/20/1987 SF LINCOLN, SF Lincoln  
School Finals

1 SF LINCOLN 'A'		1:49.24
1) Nevada Sorenson 12	2) Lynn Ungang 11	
3) Kirsten Nyberg 11	4) Karmen Nyberg 11	
2 SIOUX CITY WEST 'A'		1:51.10
1) Summer Gordon 10	2) Kieonna Strong 12	
3) Cheyanne Simon 10	4) Rae Twohig 11	
3 BISHOP HEELAN HIGH SCHOOL 'A'		1:51.75
1) Madison Yohe 09	2) Brielle Luft 09	
3) Jessica Bennett 12	4) Mariah Irwin 12	
4 SIOUX CITY EAST 'A'		1:54.05
1) Sam Mersch 11	2) Melissa Friedrichsen 10	
3) Kilee Watson 11	4) Baili Kleinberg 11	
5 SIOUX CITY NORTH 'A'		1:57.34
1) Kaija Bergdale 09	2) Cecilia Mendiola 10	
3) Kayla Lavalais 11	4) Ashlie Stokes 10	

**Event 40 Girls 4x200 Meter Relay Class"B"**

Meet Record: \* 1:47.45 4/20/1991 CHEROKEE, Cherokee  
School Finals H#

1 OKOBOJI HIGH SCHOOL 'A'		1:50.22	2
1) Taylor Poppema 10	2) Miley Hunziker 12		
3) Bryanna Wittrock 10	4) Brandi Demuth 11		
2 MOC-FLOYD VALLEY 'A'		1:52.15	1
1) Jennifer Guthmiller 09	2) Caitlyn Van Es 09		
3) Kim De Jong 12	4) Rebecca De Haan 10		
3 LEMARS CENTRAL 'A'		1:53.23	2
1) Alyssa Louison 12	2) Emily Anderson 10		
3) Jess Reuter 11	4) Jess Arnold 09		
4 SGT BLUFF-LUTON H.S. 'A'		1:54.46	2
1) Emma Gray 11	2) Cassidy Breon 09		
3) Melissa Wiig 11	4) Megan Glisar 12		
5 HULL WESTERN CHRISTIAN 'A'		1:54.94	2
1) Brittany Landegent 12	2) Kayla Gesink 10		
3) Chelsea Vandraag 11	4) Kendra Kroeze 12		
6 UNITY CHRISTIAN H.S. 'A'		1:55.19	2
1) Lindsey Moerman 11	2) Katelyn Schuller 10		
3) Caroline Reinders 10	4) Kendra DeJong 12		

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 40 Girls 4x200 Meter Relay Class"B"**

7	GLENWOOD HIGH SCHOOL 'A'	1:55.66	1
	1) Shaniece Nott 09	2) Sophie Ringsdorf	
	3) Lydia Bienlien 12	4) Shelby Brewster 10	
8	SPIRIT LAKE HS 'A'	1:57.69	2
	1) Megan Lawler 11	2) Alex Horsman 11	
	3) Caila Jones 11	4) McKenzie Dziedzic 11	
9	SIOUX CENTER HIGH SCHOOL 'A'	1:59.25	1
	1) Amber Sandbulte 10	2) Rachel Hulshof 10	
	3) Bethany Larson 09	4) Katelyn Kragt 10	

**Event 41 Girls 4x200 Meter Relay Class"C"**

=====			
Meet Record: *	1:48.80	4/20/1997	CB ST ALBERT, CB St Albert
School			Finals H#
=====			
1	HOMER HIGH SCHOOL 'A'	1:51.39	2
	1) Marissa Novak 12	2) Tomi Dahl 12	
	3) Jamisen Krampfer 11	4) Karlie Dahl 10	
2	MARCUS MERIDEN CLEGHORN HIGH S 'A'	1:53.28	2
	1) Erica Dreckman 09	2) Jena Mittelstadt 11	
	3) Rachel McDermott	4) Ashley Schneider	
3	CB ST ALBERT 'A'	1:54.83	2
	1) Bridgette Knotek	2) Catie Faust	
	3) Tori Cushing	4) Jessica Pearce 11	
4	ELK POINT-JEFFERSON 'A'	1:56.18	2
	1) Allyson Murphy 11	2) Tori McCreary 09	
	3) Shelby Larsen 11	4) Chrissy Strassburg 11	
5	KINGSLEY-PIERSON 'A'	1:57.73	2
	1) DeAndra Mahrt 09	2) Krista Phelps 09	
	3) Danielle Sudbeck 12	4) Brianna Hobbs 12	
6	EMERSON-HUBBARD 'A'	2:00.21	2
	1) Kim Gutzmann 12	2) Adrienne White 12	
	3) Caitlin Casey 11	4) Justine Sebdade 09	
7	GEHLEN CATHOLIC 'A'	2:00.34	2
	1) Erica Janning 12	2) Nicole Ryan 09	
	3) Steph Rohe 09	4) Kayla Hatting 12	
8	GALVA-HOLSTEIN 'A'	2:00.79	2
	1) Brea Slaybaugh 11	2) Courtnie Voss 11	
	3) Sarah Forristal 11	4) Emily Schiernbeck 10	
9	LAWTON-BRONSON 'A'	2:01.06	1
	1) Kristi Grau 10	2) Kaylie Smith 10	
	3) Erica Thompson 10	4) Bailey Aakhus 11	
10	SOUTH O'BRIEN H.S. 'A'	2:06.89	1
	1) Breanna Van Beek 09	2) Brooke Hibbing 09	
	3) Erin Brassler 09	4) Casie Rehder 09	

**Event 43 Boys 4x200 Meter Relay Class"A"**

=====			
Meet Record: *	1:29.46	4/20/1994	SC WEST, SC West
School			Finals
=====			
1	SF LINCOLN 'A'	1:31.24	
	1) Amadu Myers 12	2) Brett Anderson 12	
	3) Tony Bergstrom 12	4) Lucas Thompson 12	
2	BISHOP HEELAN HIGH SCHOOL 'A'	1:31.38	

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 43 Boys 4x200 Meter Relay Class"A"**

1) Michael Malloy 09	2) Sean Keane 12	
3) Nate Berger 11	4) Preston Ives 11	
3 SIOUX CITY EAST 'A'		1:36.33
1) Eric Peters 10	2) Alec Standage 11	
3) Jeremy Bennett 09	4) Mitchell Vos 10	
4 CB ABRAHAM LINCOLN 'A'		1:37.26
1) Cleo Harris 09	2) Alex White 09	
3) Tyler Johnson 12	4) Sam Rowe 11	
5 SIOUX CITY WEST 'A'		1:37.31
1) Jared Foster 11	2) James Burton 10	
3) Darius Pearson 09	4) Kenney Adams 10	
6 SIOUX CITY NORTH 'A'		1:39.45
1) Spencer Zook 10	2) Cody Arendt 11	
3) Kevin Zepeda 10	4) Danny Rudeen 11	

**Event 44 Boys 4x200 Meter Relay Class"B"**

=====			
Meet Record: * 1:31.61	4/18/1998	WEST LYON, West Lyon	
School		Finals	H#
=====			
1 HULL WESTERN CHRISTIAN 'A'		1:32.47	2
1) Kevin Swenson 12	2) Bryce Groneweg		
3) Theo Bartman	4) Trevor Wolterstorff 12		
2 SO SIOUX CITY HIGH SCHOOL 'A'		1:33.11	2
1) Tyler Heitman 12	2) Brandon Stolze 11		
3) Adam Bobier 12	4) Ryan Hernandez 12		
3 UNITY CHRISTIAN H.S. 'A'		1:34.54	2
1) Jordyn Kleinwolterink 11	2) Jake Floen 09		
3) Taylor Hoekstra 12	4) Aaron Floen 12		
4 LEMARS CENTRAL 'A'		1:34.86	2
1) Zach Reed 10	2) Hunter Rhode 10		
3) Mat Ferris 11	4) Keaton Rowe 11		
5 MOC-FLOYD VALLEY 'A'		1:35.75	2
1) Andy Van Wyk 11	2) Mitchell Janssen 11		
3) Corey Van Gorp 12	4) Brady Bracker 11		
6 SGT BLUFF-LUTON H.S. 'A'		1:36.44	2
1) Preston Nibaur 11	2) Ben Van Dyke 12		
3) Nick Mrla 11	4) Jake Wimmer 10		
7 GLENWOOD HIGH SCHOOL 'A'		1:36.69	2
1) Taylor Williams 11	2) Joey Bryan 12		
3) Kirk Porter 12	4) Matt Jensen		
8 SPIRIT LAKE HS 'A'		1:40.29	1
1) Ryan Jennings 12	2) Luke Kabele 09		
3) TJ Johnson 12	4) Mike Sheridan 10		
-- MT MICHAEL HIGH SCHOOL 'A'		DQ	1
1) Jerome Prusa 12	2) Chris Bell 12		
3) Nick Cairney 09	4) Ferdinand Osayande 12		

**Event 45 Boys 4x200 Meter Relay Class"C"**

=====			
Meet Record: * 1:32.54	4/20/1994	LEMARS GEHLEN, Lemars Gehlen	
School		Finals	H#
=====			
1 DAKOTA VALLEY HIGH SCHOOL 'A'		1:34.15	2
1) Matt Lupkes 10	2) Taylor White 10		

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 45 Boys 4x200 Meter Relay Class "C"**

3) Zach Sexton 10	4) Matt Green 11		
2 ELK POINT-JEFFERSON 'A'		1:35.68	2
1) Tyler Broekemeir 11	2) Kyle Limoges 12		
3) Nick Hutcheson 12	4) Bo Bruinsma 12		
3 MARCUS MERIDEN CLEGHORN HIGH S 'A'		1:36.63	2
1) Blake Erdman 10	2) Blaine Dammann 12		
3) Lucas Nelson	4) Jacob Lehnhoff		
4 CB ST ALBERT 'A'		1:36.86	2
1) Rick Romano 11	2) Matt Butcher 11		
3) Ryan Zajic 12	4) Jake Gentile 10		
5 LAWTON-BRONSON 'A'		1:37.78	2
1) Joel Imel 10	2) Mike Tolkamp 11		
3) Levi Keleher 11	4) Dakota Miller 12		
6 GALVA-HOLSTEIN 'A'		1:38.07	2
1) Collin Bubke 12	2) Tyson Thoreson 10		
3) John Harris 12	4) Patrick McAreavy 12		
7 KINGSLEY-PIERSON 'A'		1:40.38	1
1) Tyler Campbell 10	2) Kyle Badgerow 09		
3) Tate Rohde 09	4) Todd Bottorff 11		
8 RIVER VALLEY HIGH SCHOOL 'A'		1:40.85	2
1) Samuel Lundt 11	2) Taylor Georgopoulos 12		
3) Dylan Fluke	4) Zach Hullinger 12		
9 SOUTH O'BRIEN H.S. 'A'		1:41.36	2
1) Jonathon Gray 09	2) Adam Paulsen 09		
3) Tanner Matthews 09	4) Dillon Zimmer 10		

**Event 47 Girls 4x400 Meter Relay Class "A"**

Meet Record: \* 4:08.18 4/17/1999 BISHOP HEELAN, Bishop Heela  
School Finals

1 SIOUX CITY EAST 'A'		4:05.31*	
1) Shelby Houlihan 10	2) Reyna Mikulicz 09		
3) Emily McCarthy 12	4) Ellen Dougherty 11		
2 SF LINCOLN 'A'		4:24.35	
1) Karmen Nyberg 11	2) Nevada Sorenson 12		
3) Kirsten Nyberg 11	4) Meghan Lambert 10		
3 BISHOP HEELAN HIGH SCHOOL 'A'		4:28.14	
1) Katie Goebel 11	2) Ali Jordan 12		
3) Megan Beacom 12	4) Claire Svec 10		
4 SIOUX CITY WEST 'A'		4:49.77	
1) Shelby Lambing 10	2) Tara Osterholt 11		
3) Rae Twohig 11	4) Kieonna Strong 12		

**Event 48 Girls 4x400 Meter Relay Class "B"**

Meet Record: \* 4:02.45 4/17/1999 ELKHORN, Elkhorn  
School Finals

1 MOC-FLOYD VALLEY 'A'		4:20.68	
1) Rebecca De Haan 10	2) Jennifer Guthmiller 09		
3) Kara Nonnemacher 11	4) Caitlyn Van Es 09		
2 LEMARS CENTRAL 'A'		4:21.09	
1) Jess Arnold 09	2) Cara Clement 12		
3) Emily Anderson 10	4) Alyssa Louison 12		

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 48 Girls 4x400 Meter Relay Class"B"**

3	UNITY CHRISTIAN H.S.	'A'		4:22.06
	1) Katie Bonnema	11	2) Katelyn Schuller	10
	3) Caroline Reinders	10	4) Lindsey Moerman	11
4	GLENWOOD HIGH SCHOOL	'A'		4:24.24
	1) Katie Staiert	12	2) Jenna Turcotte	12
	3) Lydia Bienlien	12	4) Sophie Ringsdorf	

**Event 49 Girls 4x400 Meter Relay Class"C"**

Meet Record: \* 4:15.24 4/21/2001 CB ST ALBERT, CB St Albert  
School Finals

1	CB ST ALBERT	'A'		4:20.47
	1) Tori Cushing		2) Molly Vermillion	12
	3) Catie Faust		4) Marissa Moran	11
2	ELK POINT-JEFFERSON	'A'		4:38.88
	1) Allyson Murphy	11	2) Tori McCreary	09
	3) Shelby Larsen	11	4) Carlie Hoffman	12
3	MARCUS MERIDEN CLEGHORN HIGH S	'A'		4:45.52
4	WESTWOOD SLOAN HIGH SCHOOL	'A'		5:09.10
	1) Naomi Greder	09	2) Sarah Greder	10
	3) Shauna DeVries	10	4) Danielle Folsom	09

**Event 50 Girls Distance Medley Class"B"**

School Finals

1	HULL WESTERN CHRISTIAN	'A'		4:35.09
	1) Brittany Landegent	12	2) Kayla Gesink	10
	3) Chelsea Vandraager	11	4) Stephanie Fykstra	12
2	MOC-FLOYD VALLEY	'A'		4:35.36
	1) Jennifer Guthmiller	09	2) Caitlyn Van Es	09
	3) Kim De Jong	12	4) Rebecca De Haan	10
3	OKOBOJI HIGH SCHOOL	'A'		4:38.82
	1) Kendra Klinetobe	12	2) Brandi Demuth	11
	3) Bryanna Wittrock	10	4) Kristin Ellrich	11
4	LEMARS CENTRAL	'A'		4:48.97
	1) Lindsey Wichers	10	2) Jess Arnold	09
	3) Cara Clement	12	4) Hannah Steen	09
5	VERMILLION HIGH SCHOOL	'A'		4:53.19
	1) Karissa Martin	12	2) Morgan Erickson	10
	3) Sophie Nehlich-Arobba	11	4) Ashley Brunick	10
6	UNITY CHRISTIAN H.S.	'A'		4:53.68
	1) Alexa Altena	09	2) Sarah Kaemingk	11
	3) Katie Bonnema	11	4) Talitha Witt	10
7	GLENWOOD HIGH SCHOOL	'A'		5:15.00
	1) Shaniece Nott	09	2) Shelby Brewster	10
	3) Lydia Bienlien	12	4) Katie Staiert	12

**Event 51 Boys 4x400 Meter Relay Class"A"**

Meet Record: \* 3:22.84 4/18/1998 BISHOP HEELAN, Bishop Heela  
School Finals

1	BISHOP HEELAN HIGH SCHOOL	'A'		3:25.18
---	---------------------------	-----	--	---------



**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 51 Boys 4x400 Meter Relay Class"A"**

1) Nate Berger 11	2) Brendan Dougherty 12	
3) Michael Malloy 09	4) Preston Ives 11	
2 SF LINCOLN 'A'		3:28.17
1) Amadu Myers 12	2) Adam Johnson 12	
3) Tony Bergstrom 12	4) Brett Anderson 12	
3 SIOUX CITY EAST 'A'		3:41.06
1) Eric Peters 10	2) Zach Schiltz 09	
3) Cole Huisenga 10	4) Mitchell Vos 10	
4 CB ABRAHAM LINCOLN 'A'		3:41.85
1) Austin Ebertowski 10	2) Tyler Johnson 12	
3) Alex Dixon 10	4) Barry Hodapp 12	

**Event 52 Boys 4x400 Meter Relay Class"B"**

Meet Record: \* 3:28.75 4/18/1998 UNITY CHRISTIAN, Unity Chri  
School Finals

1 HULL WESTERN CHRISTIAN 'A'		3:31.57
1) Kevin Swenson 12	2) Tyler DeVries	
3) Trevor Wolterstorff 12	4) Theo Bartman	
2 UNITY CHRISTIAN H.S. 'A'		3:35.48
1) Taylor Hoekstra 12	2) Rick TeGrootenhuis 12	
3) Henry Byl 12	4) Tyler Kroeze 10	
3 GLENWOOD HIGH SCHOOL 'A'		3:41.83
1) Eliot Lincoln	2) Matt Jensen	
3) Andrew Nebelsick	4) Jordan Krug 10	
4 MOC-FLOYD VALLEY 'A'		3:43.90
1) Corey Van Gorp 12	2) Jon White 09	
3) David Korver 12	4) Jordan Vermeer 12	
5 MT MICHAEL HIGH SCHOOL 'A'		3:44.43
1) Jerome Prusa 12	2) Chris Bell 12	
3) Nick Cairney 09	4) Thomas Feichtinger 09	
6 LEMARS CENTRAL 'A'		3:45.35
1) Brady Lancaster	2) Judd Herzberg 10	
3) Rene VanWhye 11	4) Tyler Westhoff 11	
7 SO SIOUX CITY HIGH SCHOOL 'A'		3:50.51
1) Brandon Stolze 11	2) Kyle Hanish 10	
3) Logan Bell 12	4) Robbie Klassen 12	

**Event 53 Boys 4x400 Meter Relay Class"C"**

Meet Record: \* 3:30.38 4/20/1988 LEMARS GEHLEN, Lemars Gehle  
School Finals

1 ELK POINT-JEFFERSON 'A'		3:37.93
1) Tyler Broekemeir 11	2) Kyle Limoges 12	
3) Adam Trudeau 11	4) Bo Bruinsma 12	
2 CB ST ALBERT 'A'		3:40.16
1) Ian Finn 11	2) Mickey Russell 10	
3) Matt Vermillian 09	4) Tom Gorman 12	
3 LAWTON-BRONSON 'A'		3:49.88
1) Joel Imel 10	2) Connor McNaughton 10	
3) Levi Keleher 11	4) Dakota Miller 12	
4 SOUTH O'BRIEN H.S. 'A'		4:05.29
1) Nate Struve 09	2) Jonathon Gray 09	

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 53 Boys 4x400 Meter Relay Class"C"**

3) Adam Paulsen 09

4) Dillon Zimmer 10

**Event 54 Boys 1600 Sprint Medley Class"B"**

School	Finals
1 GLENWOOD HIGH SCHOOL 'A'	3:42.89
1) Matt Jensen	2) Kirk Porter 12
3) Andrew Nebelsick	4) Kyle Wheeler 10
2 OKOBOJI HIGH SCHOOL 'A'	3:46.36
1) Max Burgeson 12	2) Ryan Wurtz 12
3) Billy Burgduff 11	4) Madison Delaney 12
3 MOC-FLOYD VALLEY 'A'	3:49.87
1) Andy Van Wyk 11	2) Brady Bracker 11
3) Jordan Vermeer 12	4) Corey Van Gorp 12
4 SIOUX CENTER HIGH SCHOOL 'A'	3:55.84
1) Levi Dykshorn 10	2) Brice Byker
3) Tyler Jacobsma	4) Jacob Evenson 11
5 LEMARS CENTRAL 'A'	3:56.93
1) Alex Klein	2) Tyler Westhoff 11
3) Brady Lancaster	4) Kyle Borchers 10
6 SPIRIT LAKE HS 'A'	3:59.16
1) Luke Kabele 09	2) Mike Sheridan 10
3) Jesse Baldwin 12	4) Alec Baldwin 10
7 UNITY CHRISTIAN H.S. 'A'	4:01.09
1) Jordyn Kleinwolterink 11	2) Aaron Floen 12
3) Jake Floen 09	4) Rick TeGrootenhuis 12
-- HULL WESTERN CHRISTIAN 'A'	DQ
1) Bryce Groneweg	2) Trevor Wolterstorff 12
3) Theo Bartman	4) Taylor Van Engen 12

**Event 55 Girls 4x800 Meter Relay OHS**

Meet Record: \* 9:43.00 4/15/2000 BISHOP HEELAN, Bishop Heela  
School Finals

1 YANKTON HIGH SCHOOL 'A'	9:56.26
1) Rachel Weindandt 10	2) Mariah Hofer 11
3) Megan Hilson 11	4) Krista Creager 12
2 HULL WESTERN CHRISTIAN 'A'	10:06.31
1) Stephanie Fykstra 12	2) Kendra Kroeze 12
3) Mariah Lammers 10	4) Chelsea Vandraager 11
3 MOC-FLOYD VALLEY 'A'	10:16.40
1) Amy Van Skike 12	2) Kara Nonnemacher 11
3) Rebecca De Haan 10	4) Kim De Jong 12
4 GALVA-HOLSTEIN 'A'	10:19.15
1) Jayde Boyle 12	2) Nicole Boyle 10
3) Jessica Mathes 11	4) Breanna Mathes 12
5 SPIRIT LAKE HS 'A'	10:27.73
1) Carrie Emgarten 12	2) Megan Skalbeck 12
3) Mary Brown 11	4) Briana Brunsvold 10
6 UNITY CHRISTIAN H.S. 'A'	10:33.77
1) Kayla Byl 09	2) Katie Bonnema 11
3) Talitha Witt 10	4) Emily Broers 10
7 SF LINCOLN 'A'	10:38.51

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 55 Girls 4x800 Meter Relay OHS**

1) Gretchen Peterson 11	2) Alice Lubeck 11	
3) Serina Robinson 10	4) Nicole Verhey 11	
8 GLENWOOD HIGH SCHOOL 'A'		10:43.59
1) Katie Staiert 12	2) Sophie Ringsdorf	
3) Katie Larsen 11	4) Jenna Turcotte 12	
9 EMERSON-HUBBARD 'A'		10:44.97
1) Kim Gutzmann 12	2) Adrienne White 12	
3) Brittni Bormann 09	4) Justine Sebdade 09	
10 GEHLEN CATHOLIC 'A'		10:47.24
1) Erica Janning 12	2) Linden Sitzmann 10	
3) Molly Wankum 09	4) Nicole Ryan 09	
11 SIOUX CENTER HIGH SCHOOL 'A'		10:57.82
1) Katelyn Kragt 10	2) Bethany Larson 09	
3) Ellie Groenendyk 09	4) Jasmine Moulton 09	
12 ELK POINT-JEFFERSON 'A'		10:57.95
1) Bobbie McLaurly 10	2) Jenna Donnelly 10	
3) Cayla Hilbrands 10	4) Mackenzie Klinkhammer 10	
13 SGT BLUFF-LUTON H.S. 'A'		11:13.81
1) Emma Gray 11	2) Melissa Wiig 11	
3) Cassidy Breon 09	4) Mackenzie Smith 09	
14 SOUTH O'BRIEN H.S. 'A'		11:22.64
1) Megan McCauley 12	2) Casie Rehder 09	
3) Diana Quinonez 12	4) Ashton Lansink 12	
15 LAWTON-BRONSON 'A'		11:36.00
1) Bailey Aakhus 11	2) Erin Parkhill 09	
3) Erica Thompson 10	4) Kristi Grau 10	

**Event 56 Boys 4x800 Meter Relay OHS**

Meet Record: * 8:04.01 4/20/1995 SC EAST, SC East		
School		Finals
1 YANKTON HIGH SCHOOL 'A'		7:57.93*
1) Jared Ailts 12	2) Alex Hohenthanner 11	
3) Mitch Yaggie 11	4) Travis Brenner 11	
2 BISHOP HEELAN HIGH SCHOOL 'A'		8:10.67
1) Christopher Rickert 12	2) Matt Lord 11	
3) Nate McKewon 12	4) Brendan Dougherty 12	
3 OKOBOJI HIGH SCHOOL 'A'		8:14.80
1) Tyler Peterson 12	2) Madison Delaney 12	
3) Austin Millard 10	4) Milan Johnson 11	
4 SPIRIT LAKE HS 'A'		8:20.71
1) Tyler Gustafson 12	2) Brandon Griffin 11	
3) Alec Baldwin 10	4) Jesse Baldwin 12	
5 SF LINCOLN 'A'		8:26.55
1) Brett Anderson 12	2) Tony Bergstrom 12	
3) Luke Hannemann 12	4) Adam Johnson 12	
6 CB ST ALBERT 'A'		8:28.95
1) Tom Gorman 12	2) Mickey Russell 10	
3) Matt Vermillian 09	4) Ian Finn 11	
7 LEMARS CENTRAL 'A'		8:30.66
1) Marc Kommes 11	2) Kyle Borchers 10	
3) Rene VanWhye 11	4) Alex Rasmussen 12	
8 MOC-FLOYD VALLEY 'A'		8:34.51
1) Corey Van Gorp 12	2) Sean Guthmiller 12	

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 56 Boys 4x800 Meter Relay OHS**

3) David Korver 12	4) Jordan Vermeer 12	
9 UNITY CHRISTIAN H.S. 'A'		8:35.53
1) Henry Byl 12	2) Tyler Kroeze 10	
3) Chris Postma 11	4) Rick TeGrootenhuis 12	
10 HULL WESTERN CHRISTIAN 'A'		8:37.55
1) Taylor Van Engen 12	2) Davis Fenchel	
3) Tyler DeVries	4) Tim Bierma 11	
11 SIOUX CENTER HIGH SCHOOL 'A'		8:42.74
1) Tyler Jacobsma	2) Brice Byker	
3) Jacob Evenson 11	4) Joel Hoogland	
12 GLENWOOD HIGH SCHOOL 'A'		8:47.25
1) Eliot Lincoln	2) Mark Abrams	
3) Jonnie Schoening 12	4) Kyle Wheeler 10	
13 CHEROKEE WASH. HIGH SCHOOL 'A'		8:56.60
1) Dan Bieber 11	2) Luke Pearson 12	
3) Zack Mosback 12	4) Philp Bieber 12	
14 MT MICHAEL HIGH SCHOOL 'A'		9:02.19
1) Thomas Feichtinger 09	2) Connor Spiegel 09	
3) Mike Bohnhoff 10	4) Sean Murphy 11	
15 SIOUX CITY EAST 'A'		9:06.80
1) Jordan Menard 10	2) Austin Sypersma 10	
3) Cole Huisenga 10	4) Ben Moes 11	

**Event 57 Girls Distance Medley Class"A"**

School	Finals
1 BISHOP HEELAN HIGH SCHOOL 'A'	4:36.55
1) Madison Yohe 09	2) Allie Sweeney 09
3) Ali Jordan 12	4) Lauren Eckert 11
2 SF LINCOLN 'A'	4:39.79
1) Lynn Ungang 11	2) Kirsten Nyberg 11
3) Meghan Lambert 10	4) Nicole Verhey 11
3 SIOUX CITY EAST 'A'	4:46.35
1) Sam Mersch 11	2) Laurel Protexter 10
3) Kilee Watson 11	4) Melissa Friedrichsen 10
4 SIOUX CITY WEST 'A'	4:55.78
1) Cheyanne Simon 10	2) Summer Gordon 10
3) Tara Osterholt 11	4) Lindsey Combs 10

**Event 58 Boys 1600 Sprint Medley Class"A"**

School	Finals
1 BISHOP HEELAN HIGH SCHOOL 'A'	3:40.71
1) Preston Ives 11	2) Nate Berger 11
3) Brendan Dougherty 12	4) Christopher Rickert 12
2 SF LINCOLN 'A'	3:48.09
1) Houston Hoffman 11	2) Ochan Furula 11
3) Anthony Muillenburg 12	4) Luke Hannemann 12
3 SIOUX CITY EAST 'A'	4:00.61
1) Quenton James 10	2) Trevor Miller 12
3) Steven Bentz 07	4) Jordan Menard 10
-- CB ABRAHAM LINCOLN 'A'	DNF
1) Austin Ebertowski 10	2) Sam Rowe 11

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 58 Boys 1600 Sprint Medley Class"A"**

3) Tyler Johnson 12	4) Barry Hodapp 12	
-- SIOUX CITY WEST 'A'		DQ
1) Jared Foster 11	2) James Burton 10	
3) DeVante Clark 11	4) Dan Gassaway 09	

**Event 59 Girls Distance Medley Class"C"**

School	Finals
1 CB ST ALBERT 'A'	4:38.95
1) Bridgette Knotek	2) Catie Faust
3) Marissa Moran 11	4) Molly Vermillion 12
2 GALVA-HOLSTEIN 'A'	4:45.76
1) Emily Schiernbeck 10	2) Sarah Forristal 11
3) Jessica Mathes 11	4) Breanna Mathes 12
3 ELK POINT-JEFFERSON 'A'	4:58.93
1) Allyson Murphy 11	2) Tori McCreary 09
3) Carlie Hoffman 12	4) Cayla Hilbrands 10
4 LAWTON-BRONSON 'A'	5:04.82
1) Kaylie Smith 10	2) Erica Thompson 10
3) Kristi Grau 10	4) Erin Parkhill 09
5 SOUTH O'BRIEN H.S. 'A'	5:04.90
1) Brooke Hibbing 09	2) Erin Brassler 09
3) Breanna Van Beek 09	4) Casie Rehder 09
6 WESTWOOD SLOAN HIGH SCHOOL 'A'	5:41.83
1) Shauna DeVries 10	2) Jessica Koenig 12
3) Sarah Greder 10	4) Ashley Mendenhall 10
-- GEHLEN CATHOLIC 'A'	DQ
1) Erica Janning 12	2) Kayla Hatting 12
3) Steph Rohe 09	4) Nicole Ryan 09

**Event 60 Boys 1600 Sprint Medley Class"C"**

School	Finals
1 CB ST ALBERT 'A'	3:49.68
1) Ryan Zajic 12	2) Jake Gentile 10
3) Ian Finn 11	4) Tom Gorman 12
2 GALVA-HOLSTEIN 'A'	3:53.42
1) Tyson Thoreson 10	2) Seth Johnson 09
3) Patrick McAreavy 12	4) John Harris 12
3 ELK POINT-JEFFERSON 'A'	3:54.66
1) Tyler Broekemeir 11	2) Kyle Limoges 12
3) Bo Bruinsma 12	4) Ben Staum 11
4 RIVER VALLEY HIGH SCHOOL 'A'	4:00.44
1) Samuel Lundt 11	2) Taylor Georgopoulos 12
3) Zach Hullinger 12	4) Ryan Kettelsen 11
5 LAWTON-BRONSON 'A'	4:02.48
1) Joel Imel 10	2) Levi Keleher 11
3) Dakota Miller 12	4) Aaron Calhoun 12
-- SOUTH O'BRIEN H.S. 'A'	DQ
1) Dillon Zimmer 10	2) Tanner Matthews 09
3) Adam Paulsen 09	4) Nate Struve 09

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****Event 62 Boys 100 Meter Dash Wheelchair**

Meet Record: * 20.00 4/20/1990 TONY RAMIREZ, Bishop Heelan				
Name	Year	School	Finals	Wind
1 Dylan Fischbach	08	VERMILLION	28.79	NWI

**Event 63 Girls 4x100 Meter Relay Freshman Girls**

Meet Record: * 52.62 4/21/2006 BISHOP HEELAN HIGH SCHOOL, He				
School	Year	School	Finals	Wind
1 SIOUX CITY WEST 'A'			59.82	

1) Crystal Trosper 09	2) Kara Groetken 09
3) Angela Meyer 09	4) Darneisha Hall 09
2 SO SIOUX CITY HIGH SCHOOL 'A'	1:01.35
1) Hailey Hoch 09	2) Krista Legendre 09
3) Gabby Salinas	4) Annie Pierce 09
-- BISHOP HEELAN HIGH SCHOOL 'A'	DQ
1) Nicolette Beeken	2) Natalie Beeken
3) Madeline Hanno 09	4) Mary Chicoine 09

**Event 64 Boys 4x100 Meter Relay Freshman Boys**

Meet Record: * 46.39 4/20/1995 SC WEST, SC West				
School	Year	School	Finals	Wind
1 SIOUX CITY EAST 'A'			47.77	

1) Ethan Lara 09	2) Bobby Grahm 09
3) Drake Jorgenson	4) Zach Schiltz 09
2 SIOUX CITY WEST 'A'	48.04
1) Charlie Adam 09	2) Jordan Medina 09
3) Kyle Newsom 09	4) Dakota Williams 09
3 SIOUX CITY NORTH 'A'	48.53
1) Thon Nguyen 09	2) Quinn Williams 09
3) Jamie Brasillio 09	4) Alex Cabrerra 09
-- BISHOP HEELAN HIGH SCHOOL 'A'	DQ
1) Tim Keane 09	2) Tony Myers 09
3) Dane Hickman 09	4) Joe Hindman 09

**Event 65 Girls 4x200 Meter Relay Freshman Girls**

Meet Record: * 1:51.38 4/18/1990 SOUTH SIOUX CITY, South Sio				
School	Year	School	Finals	Wind
1 BISHOP HEELAN HIGH SCHOOL 'A'			1:56.19	

1) Mary Chicoine 09	2) Madeline Hanno 09
3) Allie Sweeney 09	4) Madison Yohe 09
2 SIOUX CITY EAST 'A'	1:58.71
1) Lexie Strom 09	2) Marissa Sherman 09
3) Abby Pollow 09	4) Reyna Mikulicz 09
3 SIOUX CITY NORTH 'A'	2:06.58
1) Kaija Bergdale 09	2) Anita Rang 09
3) Courtney Johnson	4) Diamond Denney 09
4 SO SIOUX CITY HIGH SCHOOL 'A'	2:07.20
1) Hailey Hoch 09	2) Krista Legendre 09

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 65 Girls 4x200 Meter Relay Freshman Girls**

3) Demi Suarez 09	4) Annie Pierce 09	
5 SIOUX CITY WEST 'A'		2:19.69
1) Angela Meyer 09	2) Anna Knapp 09	
3) Kara Groetken 09	4) Crystal Trosper 09	

**Event 66 Boys 4x200 Meter Relay Freshman Boys**

Meet Record: * 1:36.49	4/20/2000	SC WEST, SC West		Finals
School				
1 BISHOP HEELAN HIGH SCHOOL 'A'				1:40.47
1) Tim Keane 09		2) Dane Hickman 09		
3) Wesley Schorg 09		4) Joe Hindman 09		
2 SIOUX CITY EAST 'A'				1:41.06
1) Ethan Lara 09		2) Bobby Grahm 09		
3) Alex Imming 09		4) Zach Schiltz 09		
3 SIOUX CITY NORTH 'A'				1:44.03
1) Andres Arens 09		2) Christian Martinek 09		
3) Quinn Williams 09		4) Alex Cabrerra 09		
4 SIOUX CITY WEST 'A'				1:49.80
1) Charlie Adam 09		2) Jordan Medina 09		
3) Dakota Williams 09		4) Darius Pearson 09		

**Event 67 Girls 4x400 Meter Relay Freshman Girls**

Meet Record: * 4:32.71	4/20/1999	SC EAST, SC East		Finals
School				
1 BISHOP HEELAN HIGH SCHOOL 'A'				5:06.16
1) Nicolette Beeken		2) Natalie Beeken		
3) Madeline Hanno 09		4) Ali Hanson 09		
2 SIOUX CITY WEST 'A'				5:31.63
1) Crystal Trosper 09		2) Anna Knapp 09		
3) Angela Meyer 09		4) Kara Groetken 09		

**Event 68 Boys 4x400 Meter Relay Freshman Boys**

Meet Record: * 3:40.70	4/20/1994	SC EAST		Finals
School				
1 BISHOP HEELAN HIGH SCHOOL 'A'				3:50.42
1) Wesley Schorg 09		2) Joe Hindman 09		
3) Nick Sawin 09		4) Roland Henry 09		
2 SIOUX CITY WEST 'A'				3:53.52
1) Lupe Lara 09		2) Dan Gassaway 09		
3) Tucker Carrell 09		4) Darius Pearson 09		
3 SIOUX CITY NORTH 'A'				4:05.89
1) Phat Loung 09		2) Dakota Guardiola 09		
3) Ian Ellington 09		4) Anthony Tran 09		
-- SIOUX CITY EAST 'A'				DQ
1) Alex Imming 09		2) David Hansen 09		
3) Joe Albrecht 09		4) Zach Schiltz 09		

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****Event 69 Girls Shot Put OHS**

Meet Record: \* 45-01.25 4/20/1989 LISA VANSTEENWYK, West Lyons

Name	Year	School	Finals	
1 Andrea Andersen	11	MOC-FLOYD VALLEY	36-04.00	11.07m
2 Emily Schroeder	12	SO SIOUX	35-00.00	10.66m
3 Sable Lems	12	HULL WESTERN	34-04.50	10.47m
4 Haley Evans	12	WESTWOOD	34-02.75	10.43m
5 Kelby Klein	11	LEMARS CENTRAL	33-06.75	10.22m
6 Haley Huisman	12	MOC-FLOYD VALLEY	33-03.75	10.15m
7 Mackenzie Masching	10	LAWTON-BRONSON	32-10.00	10.00m
8 Alexa Heeney	11	EMERSON-HUBBARD	32-05.50	9.89m
9 Maddie Pace	12	ELK POINT-JEFFERSON	31-03.50	9.53m
10 Lindsey Remien	11	SIOUX CITY NORTH	31-00.50	9.46m
11 Christine Avery	12	SIOUX CITY NORTH	29-07.50	9.02m
12 Jordan Ruhr	11	GLENWOOD HIGH SC	29-05.00	8.96m
13 Kaylee Hobbs	09	WESTWOOD	28-02.50	8.59m
14 Kelsey Tobin	11	HEELAN	27-05.00	8.35m
15 Crystal Puhmann	09	SOUTH O'BRIEN H.S.	27-04.50	8.34m
16 Nicole Hovedstad	11	SF LINCOLN	26-04.50	8.03m
17 Amanda Hulstein	12	UNITY CHS'T	26-03.00	8.00m
18 Kaitlyn Lang	10	SF LINCOLN	25-07.00	7.79m
19 Kerri Hilbelink	10	UNITY CHS'T	23-09.00	7.23m
20 Melanie Morrow	12	EMERSON-HUBBARD	21-04.00	6.50m
21 Krista Phelps	09	KINGSLEY-PIERSON	20-01.00	6.12m

**Event 70 Boys Shot Put OHS**

Meet Record: \* 56-11.25 4/20/1997 MATT MAI, Lemars Gehlen

Name	Year	School	Finals	
1 Tyler DeWitt	12	MOC-FLOYD VALLEY	53-04.00	16.25m
2 Brennan Cougill	12	HEELAN	53-03.00	16.23m
3 Wyatt Hunter	12	VERMILLION	51-11.25	15.83m
4 Sean Geary	12	HEELAN	49-04.50	15.04m
5 Mark Cronin	12	GALVA-HOLSTEIN	47-03.75	14.42m
6 Greg Scott	12	WESTWOOD	45-06.00	13.86m
7 Kody Gillaspie	12	WESTWOOD	44-10.00	13.66m
8 Travis Westhoff	12	LEMARS CENTRAL	44-02.00	13.46m
9 Matt Dohma	11	PONCA HIGH SCHOOL	43-10.50	13.37m
10 Tyler Fikes	12	GLENWOOD HIGH SC	43-07.50	13.29m
11 Mike Munson	12	SO SIOUX	43-07.25	13.29m
12 Ryan Miller	12	LAWTON-BRONSON	43-06.00	13.25m
13 Andrew Hulstein	10	UNITY CHS'T	43-00.50	13.11m
14 Nick Plueger	12	LEMARS CENTRAL	42-04.75	12.92m
15 Keaton Tuttle	12	CHEROKEE	42-01.00	12.82m
16 Kelly Guy	11	SGT BLUFF-LU	41-07.75	12.69m
17 Derek Noteboom	09	UNITY CHS'T	40-11.50	12.48m
17 Josh Watchorn	11	PONCA HIGH SCHOOL	40-11.50	12.48m
19 Jake Agnew	12	CB ABRAHAM LINCOLN	40-09.50	12.43m
20 Tanner Kolbaum	11	LAWTON-BRONSON	40-08.50	12.40m
21 Mike Malek	10	SIOUX CITY EAST	40-05.75	12.33m
22 Riley Palsma	11	SO SIOUX	39-03.50	11.97m
23 Christian Kent	11	SIOUX CITY NORTH	39-00.00	11.88m
24 Rick Romano	11	CB ST ALBERT	37-07.50	11.46m
25 Tim Foster	12	GLENWOOD HIGH SC	36-11.00	11.25m



**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****Event 71 Girls Discus Throw OHS**

Meet Record: \* 142-09 4/20/1995 EMILY FLOM, SC North

Name	Year	School	Finals	
1 Sable Lems	12	HULL WESTERN	134-05	40.97m
2 Makenzi Anderson	11	OKOBOJI HIGH SCHOOL	113-07	34.62m
3 Amanda Dunn	11	OKOBOJI HIGH SCHOOL	111-04	33.93m
4 Krista Phelps	09	KINGSLEY-PIERSON	107-05	32.74m
5 Alexa Heeney	11	EMERSON-HUBBARD	106-07	32.48m
6 Haley Huisman	12	MOC-FLOYD VALLEY	104-02	31.75m
7 Haley Evans	12	WESTWOOD	103-07	31.57m
8 Mackenzie Masching	10	LAWTON-BRONSON	101-11	31.06m
9 Jade De Jong	10	SIOUX CENTER	94-11	28.93m
10 Rachel Tilley	12	GEHLEN CATHOLIC	91-08	27.94m
11 Andrea Andersen	11	MOC-FLOYD VALLEY	91-06	27.88m
12 Maddie Pace	12	ELK POINT-JEFFERSON	90-01	27.45m
13 Emily Schroeder	12	SO SIOUX	89-10	27.38m
14 Kelby Klein	11	LEMARS CENTRAL	87-05	26.64m
15 Rachelle Martin	10	GLENWOOD HIGH SC	86-07	26.39m
16 Nicole Hovedestad	11	SF LINCOLN	85-07	26.08m
17 Devan Penfield	12	ELK POINT-JEFFERSON	83-06	25.45m
18 Sam Mercer	11	SPIRIT LAKE HS	81-11	24.96m
19 Kerri Hilbelink	10	UNITY CHS'T	81-08	24.89m
20 Kaitlyn Lang	10	SF LINCOLN	81-05	24.81m
21 Amanda Hulstein	12	UNITY CHS'T	80-06	24.53m
22 Alex Stoltze	11	SO SIOUX	80-00	24.38m
23 Emily Mercer	09	SPIRIT LAKE HS	78-06	23.92m
24 Christine Avery	12	SIOUX CITY NORTH	76-07	23.34m
25 Kat Arndt	09	HEELAN	73-00	22.25m
26 Katie Heath	12	SIOUX CITY NORTH	71-02	21.69m
27 Kelsey VanPatten	10	HEELAN	65-02	19.86m

**Event 72 Boys Discus Throw OHS**

Meet Record: \* 166-05 4/20/1994 MATT SCHULDT, SF Washington

Name	Year	School	Finals	
1 Mitch Thompson	12	WEST MONONA	143-09	43.81m
2 Brock DeVries	12	D VALLEY	140-09	42.90m
3 Chase Tanner	12	CB ABRAHAM LINCOLN	135-11	41.42m
4 Justin Baker	10	HEELAN	132-04	40.33m
5 David Korver	12	MOC-FLOYD VALLEY	127-09	38.93m
6 Wyatt Hunter	12	VERMILLION	127-03	38.78m
7 Travis Westhoff	12	LEMARS CENTRAL	124-04	37.89m
8 Scott Borchers	11	LEMARS CENTRAL	123-07	37.66m
9 Buckley Wright	12	HEELAN	119-05	36.39m
10 Alex Roseen	12	MARCUS MERID	117-09	35.89m
11 Tyler DeWitt	12	MOC-FLOYD VALLEY	115-10	35.30m
12 Armin Agic	10	SF LINCOLN	111-02	33.88m
13 Ethan Pace	10	ELK POINT-JEFFERSON	111-00	33.83m
14 Bobby Johnson	11	SO SIOUX	110-06	33.68m
15 Corrie Schroeder	11	LAWTON-BRONSON	110-02	33.57m
16 Mike Malek	10	SIOUX CITY EAST	105-09	32.23m
17 Riley Palsma	11	SO SIOUX	105-08	32.20m
18 Trevon Emmons	11	EMERSON-HUBBARD	103-11	31.67m
19 Kyle Barnes	10	ELK POINT-JEFFERSON	101-03	30.86m

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 72 Boys Discus Throw OHS**

20 Collin Korver	09 UNITY CHS'T	101-02	30.83m
21 Derek Lourens	12 UNITY CHS'T	98-01	29.89m
22 Jacob Oakley	10 SIOUX CITY WEST	97-02	29.61m
23 Elliot Tonjum	12 EMERSON-HUBBARD	93-05	28.47m
24 Tyler Fikes	12 GLENWOOD HIGH SC	86-10	26.46m

**Event 73 Girls Long Jump OHS**

Meet Record: \* 17-09.50 4/20/1996 DELENA HANES, Bellvue West

Name	Year School	Finals	Wind
1 Nicole Hanish	12 SO SIOUX	16-08.00	NWI 5.08m
2 Carley Chambers	11 SF LINCOLN	16-02.00	NWI 4.92m
3 Mary Wirth	11 SF LINCOLN	16-00.00	NWI 4.87m
4 Lindsey Moerman	11 UNITY CHS'T	15-10.00	NWI 4.82m
5 Brittany Landegent	12 HULL WESTERN	15-09.50	NWI 4.81m
6 Meghan Lambert	10 SF LINCOLN	15-07.50	NWI 4.76m
7 Kayla Lavalais	11 SIOUX CITY NORTH	15-05.00	NWI 4.69m
8 Sasha Hunt	10 SO SIOUX	15-00.50	NWI 4.58m
9 Jessica Pearce	11 CB ST ALBERT	15-00.00	NWI 4.57m
10 Adrienne White	12 EMERSON-HUBBARD	14-10.50	NWI 4.53m
11 Kieonna Strong	12 SIOUX CITY WEST	14-07.00	NWI 4.44m
11 Amber Sandbulde	10 SIOUX CENTER	14-07.00	NWI 4.44m
13 Justine Sebdate	09 EMERSON-HUBBARD	14-03.00	NWI 4.34m
14 Caroline Reinders	10 UNITY CHS'T	14-00.50	NWI 4.27m
15 Tara Osterholt	11 SIOUX CITY WEST	13-10.00	NWI 4.21m
15 Jaynee Smith	09 SOUTH O'BRIEN H.S.	13-10.00	NWI 4.21m
17 Erin Brassler	09 SOUTH O'BRIEN H.S.	13-07.00	NWI 4.14m
18 Brea Slaybaugh	11 GALVA-HOLSTEIN	13-06.00	NWI 4.11m
19 Samantha Kuehl	12 HEELAN	13-05.50	NWI 4.10m
19 Jessica Mathes	11 GALVA-HOLSTEIN	13-05.50	NWI 4.10m
21 Jordan Kerns	11 WESTWOOD	12-11.00	NWI 3.93m

**Event 74 Boys Long Jump OHS**

Meet Record: \* 22-03 4/20/1961 LLOYD MATTEWS, SC Central

Name	Year School	Finals	Wind
1 Tyler Heitman	12 SO SIOUX	20-06.50	NWI 6.26m
2 Sean Keane	12 HEELAN	20-04.00	NWI 6.19m
3 Brady Bracker	11 MOC-FLOYD VALLEY	19-10.50	NWI 6.05m
4 Ochan Furula	11 SF LINCOLN	19-05.50	NWI 5.93m
5 Anthony Muillenburg	12 SF LINCOLN	19-04.50	NWI 5.90m
6 Devin Thomas	10 CB ABRAHAM LINCOLN	19-01.00	NWI 5.81m
7 Dante Faulkner	12 SIOUX CITY WEST	18-11.50	NWI 5.77m
8 DeVante Clark	11 SIOUX CITY WEST	18-09.50	NWI 5.72m
9 Luke DeJong	12 UNITY CHS'T	18-09.00	NWI 5.71m
10 Collin Bubke	12 GALVA-HOLSTEIN	18-08.50	NWI 5.70m
10 Cody O'Dell	10 SO SIOUX	18-08.50	NWI 5.70m
12 Quenton James	10 SIOUX CITY EAST	18-06.50	NWI 5.65m
13 Cody Arendt	11 SIOUX CITY NORTH	18-05.00	NWI 5.61m
14 Deondre' Hubert	10 SIOUX CITY NORTH	18-01.00	NWI 5.51m
15 Collin Korver	09 UNITY CHS'T	18-00.50	NWI 5.49m
16 Levi Dykshorn	10 SIOUX CENTER	17-04.50	NWI 5.29m
17 Alex White	09 CB ABRAHAM LINCOLN	16-10.50	NWI 5.14m

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 74 Boys Long Jump OHS**

18 Mike Morey 11 SGT BLUFF-LU 16-06.50 NWI 5.04m

**Event 75 Girls High Jump OHS**

Meet Record: \* 5-07 4/20/2001 LAURA TOMES, SC East

Name	Year	School	Finals	
1 Kendra DeJong	12	UNITY CHS'T	5-04.00	1.62m
2 Megan Glisar	12	SGT BLUFF-LU	5-02.00	1.57m
3 Mary Wirth	11	SF LINCOLN	5-00.00	1.52m
3 Carly Groon		AKRON WESTFIELD	5-00.00	1.52m
5 Caitlin Casey	11	EMERSON-HUBBARD	J5-00.00	1.52m
6 Abbie Hohman	10	SF LINCOLN	4-10.00	1.47m
6 Megan Skalbeck	12	SPIRIT LAKE HS	4-10.00	1.47m
6 Katelyn Kragt	10	SIOUX CENTER	4-10.00	1.47m
6 Marissa Moran	11	CB ST ALBERT	4-10.00	1.47m
10 Tori Vondrak	11	HEELAN	4-08.00	1.42m
10 Briana Schaeuble	12	KINGSLEY-PIERSON	4-08.00	1.42m
10 Tabitha Machar	11	SO SIOUX	4-08.00	1.42m
10 Cecilia Eckard	12	OKOBOJI HIGH SCHOOL	4-08.00	1.42m
10 Trisha De Jong	09	MOC-FLOYD VALLEY	4-08.00	1.42m
-- Casie Rehder	09	SOUTH O'BRIEN H.S.	NH	
-- Chelsie Rohrs	12	SOUTH O'BRIEN H.S.	NH	
-- Amanda Hulstein	12	UNITY CHS'T	NH	
-- Sarah Parkinson	10	HEELAN	NH	
-- Jessica Wallace	11	SPIRIT LAKE HS	NH	
-- Jess Arnold	09	LEMARS CENTRAL	NH	
-- Natasha Minor	12	ELK POINT-JEFFERSON	NH	
-- Nikki Sluiter	10	LEMARS CENTRAL	NH	
-- Autumn Pottebaum	10	MOC-FLOYD VALLEY	NH	
-- Megan Stiles	12	SIOUX CITY EAST	NH	
-- Jaklyn Frost	11	SO SIOUX	NH	
-- Abby Follow	09	SIOUX CITY EAST	NH	

**Event 76 Boys High Jump OHS**

Meet Record: \* 6-10 4/20/1989 DARWIN VANDERHOEF, Rock Valley

Name	Year	School	Finals	
1 Jared Curry	11	PONCA HIGH SCHOOL	6-02.00	1.87m
2 Kody Gillaspie	12	WESTWOOD	6-00.00	1.82m
3 Ross Chettinger	11	SGT BLUFF-LU	J6-00.00	1.82m
4 Bo Darrow	12	GLENWOOD HIGH SC	5-10.00	1.77m
5 Ian Eflin	10	GLENWOOD HIGH SC	J5-10.00	1.77m
5 Joel Ysselstein	12	HULL WESTERN	J5-10.00	1.77m
7 TJ Buyert	09	SIOUX CENTER	5-08.00	1.72m
7 Vasean Markworth	10	PONCA HIGH SCHOOL	5-08.00	1.72m
7 Ben Moes	11	SIOUX CITY EAST	5-08.00	1.72m
7 Alex Imming	09	SIOUX CITY EAST	5-08.00	1.72m
7 Riley Hoekstra	10	UNITY CHS'T	5-08.00	1.72m
-- Josh Folchert	12	SIOUX CITY NORTH	NH	
-- Joel Hegeman	12	SPIRIT LAKE HS	NH	
-- Adam Bobier	12	SO SIOUX	NH	
-- DeVante Clark	11	SIOUX CITY WEST	NH	
-- Ty Robinson	10	SIOUX CITY WEST	NH	

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 76 Boys High Jump OHS**

-- Nolan Sampson	11	CHEROKEE	NH
-- Nathan Gutzmann	12	EMERSON-HUBBARD	NH
-- Jacob Conneally	10	MT MICHAEL	NH
-- James Landon	10	SF LINCOLN	NH
-- Elijah Simon	11	SF LINCOLN	NH
-- Patrick McAreavy	12	GALVA-HOLSTEIN	NH

**Event 77 Women 100 Meter Dash UCO**

Name	Year	School	Prelims	Wind	H#
<b>Preliminaries</b>					
1 Kristen Stewart		UNIVERSITY OF MARY	12.12q	1.5	2
2 Jenessa Filler		UNATTACHED	12.31q	1.5	4
3 Kacie Sweep		UNIVERSITY OF MARY	12.32q	1.9	1
4 Kyla Wasser		BLACK HILLS STATE	12.49q	1.4	3
5 Bobbi Jo Buyck		AUGUSTANA COLLEGE	12.56q	1.9	1
6 AnnaLiesa Fauth		JAMESTOWN COLLEGE	12.64q	1.4	3
7 Marisa Aldinger		NO. STATE	12.88q	1.5	2
8 Sarah Franje		DORDT COLLEGE	12.97q	1.4	3
9 Crystal Vander Zee		DORDT COLLEGE	13.02	1.5	4
10 Chelsea Rew		USD	13.02	1.9	1
11 Leslie Yost		NO. STATE	13.03	1.4	3
12 Maria Franker		NO. STATE	13.03	1.5	2
13 Trish Hogrefe		BUENA VISTA	13.11	1.9	1
14 Lauren Krell		USD	13.17	1.5	4
15 Elizabeth Stevens		NORTHWESTERN	13.29	1.5	4
16 Kailey Hunhoff		D WESLEY	13.32	1.5	2
17 Sarah Drew		AUGUSTANA COLLEGE	13.33	1.5	2
18 Steph Leist		D WESLEY	13.33	1.9	1
19 Larissa Veldhuizen		DORDT COLLEGE	13.35	1.4	3
20 Andrea Wedel		NORTHWESTERN	13.36	1.5	4
21 Jenna Brouwer		DORDT COLLEGE	13.52	1.9	1
22 Laci Schurr		NO. STATE	13.53	1.4	3
23 Claire Severson		AUGUSTANA COLLEGE	13.53	1.9	1
24 Nancy Tatou		BRIAR CLIFF	13.64	1.5	2
25 Heather Husman		MORNINGSIDE COLLEGE	13.67	1.5	4
26 Keely Lawton		SDSU	13.74	1.9	1
27 Becca Gonzalez		BUENA VISTA	13.79	1.5	4
28 Hannah Taylor		NORTHWESTERN	13.98	1.4	3
29 Amy Pheneger		DAKOTA STATE	14.01	1.5	2

**Event 77 Women 100 Meter Dash UCO**

Name	Year	School	Finals	Wind
<b>Finals</b>				
1 Kristen Stewart		UNIVERSITY OF MARY	12.17	0.6
2 Kacie Sweep		UNIVERSITY OF MARY	12.38	0.6
3 Jenessa Filler		UNATTACHED	12.46	0.6
4 Kyla Wasser		BLACK HILLS STATE	12.63	0.6
5 AnnaLiesa Fauth		JAMESTOWN COLLEGE	12.66	0.6
6 Bobbi Jo Buyck		AUGUSTANA COLLEGE	12.79	0.6
7 Marisa Aldinger		NO. STATE	13.04	0.6
8 Sarah Franje		DORDT COLLEGE	13.18	0.6

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****Event 78 Men 100 Meter Dash UCO**

Name	Year School	Prelims	Wind	H#
<b>Preliminaries</b>				
1 Eric Bertelsen	BUENA VISTA	10.51q	1.3	5
2 Tracy Lide	UNATTACHED	10.77q	1.7	4
3 sam acheampong	BRIAR CLIFF	10.84q	1.7	2
4 Cory Ploof	UNIVERSITY OF MARY	11.14q	1.7	3
5 Corey Beffert	SDSU	11.17q	1.7	3
6 Erik Lindsay	BRIAR CLIFF	11.21q	1.7	4
7 Brad South	MORNINGSIDE COLLEGE	11.23q	1.3	5
8 Cecil Milton	BRIAR CLIFF	11.25q	1.7	3
9 Justin Bauer	BUENA VISTA	11.25	1.7	2
10 Dan Winders	UNATTACHED	11.31	1.6	1
11 Nathan Bivens	JAMESTOWN COLLEGE	11.31	1.6	1
12 Roland Osaе-Opang	DORDT COLLEGE	11.33	1.6	1
13 Brody McNellis	NORTHWESTERN	11.35	1.7	4
14 Evan Bunkers	SDSU	11.36	1.6	1
15 DJ Thompson	UNATTACHED	11.38	1.3	5
16 Alex Perkowski	USD	11.42	1.7	4
17 Zak Kjolsing	NO. STATE	11.44	1.3	5
18 Jordan Langer	NORTHWESTERN	11.44	1.7	2
19 Kenny Szymonowicz	JAMESTOWN COLLEGE	11.44	1.3	5
20 Luke Hofmeyer	NORTHWESTERN	11.48	1.7	3
21 Brent Jansen	JAMESTOWN COLLEGE	11.50	1.7	2
22 Josh Hansen	BRIAR CLIFF	11.55	1.7	3
23 Parker Moore	NORTHWESTERN	11.57	1.7	2
24 Cody Spreeman	BRIAR CLIFF	11.58	1.7	4
25 Joe Lammers	DORDT COLLEGE	11.59	1.3	5
26 Kenneth Nichols	BUENA VISTA	11.60	1.6	1
27 Josh Sundall	SDSU	11.60	1.7	2
28 Matt Kloss	NO. STATE	11.62	1.7	2
29 Nathan Buresh	U SIOUX FALL	11.69	1.7	4
30 Augustus Capers	NO. STATE	11.71	1.7	3
31 Jeremy Beulah	NO. STATE	11.89	1.7	4
32 Tyler Hoch	UNATTACHED	11.92	1.7	3
33 Erik Hanson	UNATTACHED	11.93	1.7	4
34 Juston Wynia	UNATTACHED	12.05	1.6	1
35 Landon Berg	WAYNE STATE COLLEGE	12.21	1.3	5
36 Joseph Michel	JAMESTOWN COLLEGE	12.22	1.6	1
37 Cameron Carlow	NORTHWESTERN	12.36	1.7	2
38 Malachiah Fleming	D WESLEY	12.41	1.7	3

**Event 78 Men 100 Meter Dash UCO**

Name	Year School	Finals	Wind
<b>Finals</b>			
1 Eric Bertelsen	BUENA VISTA	10.86	NWI
2 Tracy Lide	UNATTACHED	11.02	NWI
3 sam acheampong	BRIAR CLIFF	11.25	NWI
4 Corey Beffert	SDSU	11.29	NWI
5 Erik Lindsay	BRIAR CLIFF	11.41	NWI
6 Cory Ploof	UNIVERSITY OF MARY	11.43	NWI
7 Brad South	MORNINGSIDE COLLEGE	11.49	NWI
8 Cecil Milton	BRIAR CLIFF	11.53	NWI

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****Event 79 Women 100 Meter Hurdles UCO**

Name	Year School	Prelims	Wind	H#
<b>Preliminaries</b>				
1 Natalie Olorundami	BUENA VISTA	14.60q	1.9	1
2 Crystal Schiernbeck	USD	14.83q	1.8	2
3 Haley Juhnke	USD	15.16q	1.7	3
4 Emily De Weerd	NORTHWESTERN	15.46q	1.8	2
5 Bailey Johnson	MORNINGSIDE COLLEGE	15.68q	1.9	1
6 Sarah Skipper	JAMESTOWN COLLEGE	15.68q	1.6	4
7 Kristyn Nelson	UNIVERSITY OF MARY	15.70q	1.7	3
8 Jade Lippman	WAYNE STATE COLLEGE	15.90q	1.9	1
9 Andrea Boyd	BUENA VISTA	15.94	1.9	1
10 Karina Wieringa	DORDT COLLEGE	15.95	1.8	2
11 Kim Streytle	DAKOTA STATE	16.15	1.8	2
12 Meagan Grandgenett	AUGUSTANA COLLEGE	16.28	1.6	4
13 Claire Severson	AUGUSTANA COLLEGE	16.42	1.8	2
14 Tanya Vassar	NO. STATE	16.49	1.7	3
15 Stacey Dietrich	NORTHWESTERN	16.83	1.6	4
16 Kim Markham	SDSU	16.89	1.9	1
17 Kallie Merrill	JAMESTOWN COLLEGE	17.30	1.8	2
18 Shannon Bowar	NORTHWESTERN	17.41	1.8	2
19 Sara Schultz	DAKOTA STATE	17.56	1.7	3
20 Ashley Cooper	JAMESTOWN COLLEGE	17.76	1.6	4
21 Amy Kessler	MORNINGSIDE COLLEGE	18.06	1.9	1
22 Brittany Beehler	UNIVERSITY OF MARY	18.30	1.7	3
23 Jasmine McDonald	SDSU	19.05	1.6	4

**Event 79 Women 100 Meter Hurdles UCO**

Name	Year School	Finals	Wind
<b>Finals</b>			
1 Natalie Olorundami	BUENA VISTA	14.80	NWI
2 Crystal Schiernbeck	USD	14.99	NWI
3 Haley Juhnke	USD	15.24	NWI
4 Emily De Weerd	NORTHWESTERN	15.66	NWI
5 Kristyn Nelson	UNIVERSITY OF MARY	16.00	NWI
6 Jade Lippman	WAYNE STATE COLLEGE	16.54	NWI

**Event 80 Men 110 Meter Hurdles UCO**

Name	Year School	Prelims	Wind	H#
<b>Preliminaries</b>				
1 Erik Lindsay	BRIAR CLIFF	14.77q	0.5	3
2 Shawn Olorundami	BUENA VISTA	14.79q	2.5	2
3 Garrett Flamig	WAYNE STATE COLLEGE	14.83q	0.5	3
4 Kyle Sauter	NORTHWESTERN	15.09q	2.5	2
5 Tanner Russ	BUENA VISTA	15.22q	1.1	1
6 Paul Mallory	AUGUSTANA COLLEGE	15.44q	2.5	2
7 Trevor Steen	NO. STATE	15.58q	1.1	1
8 Arabin Lightfoot	NO. STATE	15.81q	2.5	2
9 Erik Hanson	UNATTACHED	15.82	2.5	2
10 Luke Shevela	UNIVERSITY OF MARY	16.20	0.5	3
11 Sam Quaintance	AUGUSTANA COLLEGE	16.26	1.1	1

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 80 Men 110 Meter Hurdles UCO**

12	Derrick Rensink	NORTHWESTERN	16.59	1.1	1
13	Alan Green	USD	17.27	0.5	3
14	Caleb Peters	USD	17.93	0.5	3
--	Nathan Horgeshimer	JAMESTOWN COLLEGE	DQ	1.1	1

**Event 80 Men 110 Meter Hurdles UCO**

Name	Year School	Finals	Wind
Finals			
1	Shawn Olorundami	BUENA VISTA	14.53 NWI
2	Erik Lindsay	BRIAR CLIFF	14.79 NWI
3	Garrett Flamig	WAYNE STATE COLLEGE	15.02 NWI
4	Tanner Russ	BUENA VISTA	15.07 NWI
5	Kyle Sauter	NORTHWESTERN	15.15 NWI
6	Arabin Lightfoot	NO. STATE	15.68 NWI
7	Trevor Steen	NO. STATE	15.69 NWI

**Event 81 Women 400 Meter Dash UCO**

Name	Year School	Finals	H#
1	Christina King	WAYNE STATE COLLEGE	57.07 4
2	Natalie Wipf	D WESLEY	58.29 4
3	AnnaLiesa Fauth	JAMESTOWN COLLEGE	58.86 4
4	Anne Torkelson	MORNINGSIDE COLLEGE	58.96 4
5	Betsy Bischoff	UNIVERSITY OF MARY	59.67 4
6	Sarah Sikkema	DORDT COLLEGE	1:00.52 4
7	Kelsey Randa	BRIAR CLIFF	1:00.66 4
8	Margo Stanforth	MORNINGSIDE COLLEGE	1:00.68 3
9	Katie Zent	JAMESTOWN COLLEGE	1:00.88 3
10	Theresa Cook	MORNINGSIDE COLLEGE	1:01.28 2
11	Cecile Udsten	UNATTACHED	1:01.31 4
12	Sabrina Sieperda	MORNINGSIDE COLLEGE	1:01.82 3
13	Heather Hoefs	MORNINGSIDE COLLEGE	1:02.39 2
14	Karisa Hartje	DAKOTA STATE	1:03.19 2
15	Rose Hunter	BLACK HILLS STATE	1:03.29 3
16	Allison Christy	MORNINGSIDE COLLEGE	1:03.58 1
17	Teresa Scholten	NORTHWESTERN	1:03.65 2
18	Emily Fritz	NO. STATE	1:04.23 3
19	Audrey Cooley	BRIAR CLIFF	1:04.42 2
20	Katie Pociask	U SIOUX FALL	1:04.92 2
21	Heather Borns	NO. STATE	1:05.04 2
22	Mallory Souder	JAMESTOWN COLLEGE	1:05.23 2
23	Becca Gonzalez	BUENA VISTA	1:05.38 3
24	Emily Sewick	MORNINGSIDE COLLEGE	1:05.45 1

**Event 82 Men 400 Meter Dash UCO**

Name	Year School	Finals	H#
1	Tracy Lide	UNATTACHED	49.51 5
2	Erik Lindsay	BRIAR CLIFF	50.06 5
3	Dan Winders	UNATTACHED	50.09 5
4	Zane Peterson	U SIOUX FALL	50.16 4

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 82 Men 400 Meter Dash UCO**

5	DJ Thompson	UNATTACHED	50.65	4
6	Jeremiah Avise Rouse	MORNINGSIDE COLLEGE	50.85	3
7	Andy Jansen	WAYNE STATE COLLEGE	50.91	5
8	Kristien Magnussen	UNATTACHED	51.01	5
9	Ben Jansen	WAYNE STATE COLLEGE	51.07	4
10	Eric Bertelsen	BUENA VISTA	51.24	5
11	Josh De Jong	DORDT COLLEGE	51.24	4
12	Steve Carroll	WAYNE STATE COLLEGE	51.67	3
13	Nick Grove	MORNINGSIDE COLLEGE	51.70	2
14	Kevin Krueger	NORTHWESTERN	51.73	4
15	jared DeWaard	D WESLEY	51.89	3
16	Joel Van Wyk	MORNINGSIDE COLLEGE	52.22	1
17	Tony Cosentino	BRIAR CLIFF	52.34	3
18	AJ Roden	BRIAR CLIFF	52.35	2
19	Drew Molacek	WAYNE STATE COLLEGE	52.53	1
20	Mike Merkel	NO. STATE	52.69	3
21	Peter Malga	MORNINGSIDE COLLEGE	52.77	2
22	Jerad Schlobohm	DAKOTA STATE	52.89	2
23	Ryan Conrad	NO. STATE	53.65	4
24	Kyle Weisbeck	NO. STATE	53.71	4
25	Joe Cisneros	BRIAR CLIFF	53.99	2
26	Jarann Johnson	JAMESTOWN COLLEGE	54.22	2
27	Joseph Michel	JAMESTOWN COLLEGE	54.59	1
28	Matt Greenfield	NO. STATE	54.72	3
29	Jimmy Squibb	BRIAR CLIFF	54.82	1
30	Derek Christoffel	BRIAR CLIFF	54.88	2
31	Tyler Leinbaugh	MORNINGSIDE COLLEGE	55.16	1
32	Kyle Hoffman	MORNINGSIDE COLLEGE	55.88	1
33	Caleb Peters	USD	57.21	1

**Event 83 Women 400 Meter Hurdles UCO**

Name	Year School	Finals	H#
1	Paige Pollard	WAYNE STATE COLLEGE	1:02.37 3
2	Natalie Olorundami	BUENA VISTA	1:04.34 3
3	Lindsay Reinhardt	U SIOUX FALL	1:04.84 3
4	Sarah Skipper	JAMESTOWN COLLEGE	1:04.90 2
5	Deidre Hinkeldey	MORNINGSIDE COLLEGE	1:06.10 2
6	Nicki Shinkle	BLACK HILLS STATE	1:06.17 2
7	Jade Lippman	WAYNE STATE COLLEGE	1:06.18 3
8	Haley Juhnke	USD	1:06.66 3
9	Carly Benson	MOUNT MARTY COLLEGE	1:07.56 3
10	Carrie Egging	USD	1:07.58 3
11	Jessie Becker	SDSU	1:07.62 2
12	Marissa Curry	BLACK HILLS STATE	1:08.46 1
13	Meagan Grandgenett	AUGUSTANA COLLEGE	1:08.77 2
14	Brittany Beehler	UNIVERSITY OF MARY	1:08.82 2
15	Corrie Fautsch	NORTHWESTERN	1:08.90 1
16	Kallie Merrill	JAMESTOWN COLLEGE	1:09.45 2
17	Danielle McCann	SDSU	1:09.54 1
18	Stacey Dietrich	NORTHWESTERN	1:09.68 1
19	Melinda Vander Ark	DORDT COLLEGE	1:10.43 1
20	Kristyn Nelson	UNIVERSITY OF MARY	1:10.48 3
21	Andrea Boyd	BUENA VISTA	1:10.81 2



**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 83 Women 400 Meter Hurdles UCO**

22 Ashley Cooper	JAMESTOWN COLLEGE	1:13.81	1
23 Sara Schultz	DAKOTA STATE	1:16.94	1

**Event 84 Men 400 Meter Hurdles UCO**

Name	Year School	Finals	H#
1 Garrett Flamig	WAYNE STATE COLLEGE	53.49	3
2 Shawn Olorundami	BUENA VISTA	54.83	3
3 Cameron Dean	BLACK HILLS STATE	55.27	2
4 Bill Cameron	UNATTACHED	55.30	3
5 Kyle Sauter	NORTHWESTERN	55.37	2
6 Kelly Roemmich	JAMESTOWN COLLEGE	56.17	3
7 Tim Boonstra	DORDT COLLEGE	56.25	2
8 Monte Larsen	MORNINGSIDE COLLEGE	56.36	3
9 Layne Scheveck	D WESLEY	56.36	3
10 Tanner Russ	BUENA VISTA	56.46	3
11 Alex Zuke	U SIOUX FALL	57.45	1
12 Dan Hunt	BLACK HILLS STATE	57.64	2
13 Nathan Buresh	U SIOUX FALL	58.28	2
14 Sam Quaintance	AUGUSTANA COLLEGE	58.40	1
15 Derrick Rensink	NORTHWESTERN	58.46	1
16 Brian Sauter	MORNINGSIDE COLLEGE	58.67	2
17 Jared Thomas	D WESLEY	59.05	1
18 Alex Smith	AUGUSTANA COLLEGE	1:01.69	2
19 Alan Green	USD	1:02.78	1
20 Shane Strasser	U SIOUX FALL	1:05.88	1

**Event 85 Women 800 Meter Run UCO**

Name	Year School	Finals
1 Cecile Udsten	UNATTACHED	2:14.04
2 Jen Kempers	UNATTACHED	2:15.26
3 Kaila Ivers	BLACK HILLS STATE	2:18.98
4 Kara Nelson	MORNINGSIDE COLLEGE	2:20.03
5 Erin Lynn Keitges	MORNINGSIDE COLLEGE	2:20.24
6 Stephanie Warnke	DAKOTA STATE	2:20.79
7 Michelle Kruthoff	U SIOUX FALL	2:21.37
8 Madey Hornung	JAMESTOWN COLLEGE	2:21.94
9 Joni Strom	SDSU	2:22.22
10 Tami Wieringa	DORDT COLLEGE	2:22.36
11 Megan Erspamer	AUGUSTANA COLLEGE	2:22.46
12 Sierra Zomer	DORDT COLLEGE	2:22.59
13 Robyn Rosechandler	BLACK HILLS STATE	2:23.01
14 Danielle Wessel	WAYNE STATE COLLEGE	2:23.10
15 Emmylyn Bentley	JAMESTOWN COLLEGE	2:23.17
16 Danielle Nickolas	NO. STATE	2:23.19
17 Leah Nielsen	MORNINGSIDE COLLEGE	2:23.41
18 Mikayla Barondeau	NO. STATE	2:23.68
19 Kristen Neth	NORTHWESTERN	2:25.30
20 Rose Hunter	BLACK HILLS STATE	2:25.35
21 Heather Hoefs	MORNINGSIDE COLLEGE	2:25.55
22 Molly Kopfmann	SDSU	2:26.07
23 Toni Fritz	NO. STATE	2:26.18

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 85 Women 800 Meter Run UCO**

24	Janice Brouwer	DORDT COLLEGE	2:26.48
25	Jessica Hudelson	MORNINGSIDE COLLEGE	2:26.68
26	Delainye Hardersen	NORTHWESTERN	2:26.88
27	Cecelia Vallejo	BRIAR CLIFF	2:27.56
28	Molly Gibson	WAYNE STATE COLLEGE	2:27.90
29	Theresa Cook	MORNINGSIDE COLLEGE	2:28.74
30	Krystina Smith	NORTHWESTERN	2:28.88
31	Maggie Bryant	NO. STATE	2:29.33
32	Mary Maassen	NORTHWESTERN	2:31.35
33	Sam Garay	BRIAR CLIFF	2:31.39
34	Keisha Salazar	U SIOUX FALL	2:32.02
35	Christina Van Singel	DORDT COLLEGE	2:32.04
36	Andrea Ahrendsen	BUENA VISTA	2:32.75
37	Trama Giermann	MORNINGSIDE COLLEGE	2:33.00
38	Mallory Souder	JAMESTOWN COLLEGE	2:34.14
39	Jessica Ludvick	SDSU	2:34.27
40	Hannah Stordahl	SDSU	2:34.35
41	Caitlyn Nerem	NORTHWESTERN	2:34.55
42	Tatiana DeLosSantos	WAYNE STATE COLLEGE	2:35.19
43	Carmen Colby	BLACK HILLS STATE	2:36.47
44	Jenn Liston	MORNINGSIDE COLLEGE	2:38.60
45	Molly Lorenz	BUENA VISTA	2:38.96
46	Leenie Boardman	U SIOUX FALL	2:39.81
47	Lauren Cartmill	AUGUSTANA COLLEGE	2:42.86
48	Kristen Grassa	MOUNT MARTY COLLEGE	2:45.29
49	Megan Poppe	MOUNT MARTY COLLEGE	2:47.38

**Event 86 Men 800 Meter Run UCO**

Name	Year	School	Finals	
1		Titus Kosgei	MOUNT MARTY COLLEGE	1:52.94
2		Josiah Luttjeboer	DORDT COLLEGE	1:53.07
3		Mark Eekhoff	DORDT COLLEGE	1:54.30
4		Tyler Van Peurse	DAKOTA STATE	1:54.92
5		Kole Seiler	UNIVERSITY OF MARY	1:55.14
6		Dom Thielen	SDSU	1:55.36
7		Chris Nordstrom	MORNINGSIDE COLLEGE	1:55.41
8		Brent Van Schepen	DORDT COLLEGE	1:55.76
9		Brian Werner	AUGUSTANA COLLEGE	1:55.95
10		Ben Jansen	WAYNE STATE COLLEGE	1:56.29
11		Cheto Cerda	UNATTACHED	1:56.85
12		Brian Gesink	MORNINGSIDE COLLEGE	1:56.87
13		Steve Carroll	WAYNE STATE COLLEGE	1:57.73
14		Lief Rasmussen	JAMESTOWN COLLEGE	1:57.73
15		Nathan Christensen	JAMESTOWN COLLEGE	1:57.78
16		Matt Peterson	NO. STATE	1:58.10
17		Paul Herrold	BLACK HILLS STATE	1:58.52
18		Ben Brown	NORTHWESTERN	1:58.60
19		Kristien Magnussen	UNATTACHED	1:58.65
20		Lars Mattison	SDSU	1:58.89
21		Andy Jansen	WAYNE STATE COLLEGE	1:58.93
22		Charles Janssen	BLACK HILLS STATE	1:59.25
23		Jed Morgan	BLACK HILLS STATE	1:59.85
24		Kelly Hall	SDSU	1:59.96

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 86 Men 800 Meter Run UCO**

25	David Nash	UNATTACHED	2:00.21
26	Jonathan Vroom	DORDT COLLEGE	2:00.24
27	Cody Roland	JAMESTOWN COLLEGE	2:00.34
28	Todd Wolf	MORNINGSIDE COLLEGE	2:00.52
29	Alex Lohr	UNATTACHED	2:00.62
30	Alex Weborg	MORNINGSIDE COLLEGE	2:00.73
31	Brent Flaa	UNIVERSITY OF MARY	2:00.80
32	Jared Bruce	BUENA VISTA	2:01.19
33	Greg Meister	UNATTACHED	2:01.30
34	Edwin Graf	MORNINGSIDE COLLEGE	2:01.35
35	Gary Kashale	U SIOUX FALL	2:01.40
36	Brock Rose	NO. STATE	2:01.67
37	Luke Sachau	BRIAR CLIFF	2:01.81
38	Jesse Vrooman	BLACK HILLS STATE	2:01.82
39	Nathan Bos	DORDT COLLEGE	2:01.82
40	Mikey Brauer	BRIAR CLIFF	2:01.83
41	Kelly Polacek	BRIAR CLIFF	2:02.24
42	Joe Chebul	WAYNE STATE COLLEGE	2:02.44
43	Eddie Stenger	SDSU	2:02.51
44	Josh Steinhoff	MORNINGSIDE COLLEGE	2:02.93
45	Andy Quenzer	DAKOTA STATE	2:03.12
46	Lee Anderson	WAYNE STATE COLLEGE	2:03.43
47	John Bintliff	DAKOTA STATE	2:03.60
48	Ian Kuipers	DORDT COLLEGE	2:03.89
49	Matt Wattier	U SIOUX FALL	2:04.32
50	Eric Posthuma	NORTHWESTERN	2:04.52
51	Craig Leavitt	BLACK HILLS STATE	2:04.53
52	Dan Pearson	BUENA VISTA	2:04.59
53	Nick Bray	NORTHWESTERN	2:04.67
54	Jeremy Miller	BLACK HILLS STATE	2:04.95
55	Eric Rasmussen	UNATTACHED	2:05.10
56	Jason Schaaf	WAYNE STATE COLLEGE	2:05.53
57	Brandon Tullock	U SIOUX FALL	2:05.71
58	Tim Baustian	NO. STATE	2:05.90
59	Thomas Hunt	BRIAR CLIFF	2:06.88
60	Travis Michaelis	UNATTACHED	2:07.33
61	Peter Mollema	DORDT COLLEGE	2:07.56
62	Dan Brelje	BLACK HILLS STATE	2:07.69
63	Kyle Sanderson	DAKOTA STATE	2:08.12
64	Keith Huffman	DAKOTA STATE	2:09.70
65	Kyle Schoenfish	D WESLEY	2:10.85
66	Ryan Brumfield	DORDT COLLEGE	2:11.73
67	Anthony Henriks	MORNINGSIDE COLLEGE	2:11.93
68	Nathan Lichter	NORTHWESTERN	2:13.26
69	AJ King	MORNINGSIDE COLLEGE	2:15.88
70	Alex Moore	BUENA VISTA	2:16.13

**Event 87 Women 1500 Meter Run UCO**

Name	Year School	Finals
1	Kelly Kougl	AUGUSTANA COLLEGE 4:50.73
2	Caitlin Polgreen	AUGUSTANA COLLEGE 4:53.87
3	Madey Hornung	JAMESTOWN COLLEGE 4:56.05
4	Kaila Ivers	BLACK HILLS STATE 4:57.15

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 87 Women 1500 Meter Run UCO**

5	Emily Smith	SDSU	4:57.46
6	Amanda Frohling	SDSU	4:59.53
7	Leah Nielsen	MORNINGSIDE COLLEGE	5:01.04
8	Molly Gibson	WAYNE STATE COLLEGE	5:02.63
9	Bre Platt	BUENA VISTA	5:02.70
10	Robyn Rosechandler	BLACK HILLS STATE	5:03.86
11	Sarah Wickman	USD	5:04.54
12	Lindsay Erger	U SIOUX FALL	5:06.54
13	Tami Wieringa	DORDT COLLEGE	5:06.59
14	Alyssa Bossler	JAMESTOWN COLLEGE	5:06.86
15	Danielle Nickolas	NO. STATE	5:08.85
16	Gail McIntyre	D WESLEY	5:10.59
17	Stephanie Powell	NORTHWESTERN	5:11.83
18	Allison Henke	AUGUSTANA COLLEGE	5:12.16
19	Clarice Bauer	DAKOTA STATE	5:13.89
20	Suzanne Swett	DAKOTA STATE	5:15.49
21	Ashley Unruh	U SIOUX FALL	5:17.61
22	Trama Giermann	MORNINGSIDE COLLEGE	5:17.95
23	Samantha Warnke	DAKOTA STATE	5:19.03
24	Heidi Hildebrandt	NORTHWESTERN	5:20.59
25	Heidi Quail	SDSU	5:21.21
26	Jessica Clark	MORNINGSIDE COLLEGE	5:22.20
27	Cambrya Belter	JAMESTOWN COLLEGE	5:22.54
28	Tianna Hurtado	USD	5:23.27
29	Hannah Stordahl	SDSU	5:25.53
30	Jenn Liston	MORNINGSIDE COLLEGE	5:26.36
31	Carmen Colby	BLACK HILLS STATE	5:29.75
32	Tara Blutt	NORTHWESTERN	5:29.84
33	Steph Calleroz	BRIAR CLIFF	5:33.88
34	Jill Becker	BRIAR CLIFF	5:38.29
35	Lydia Ford	MORNINGSIDE COLLEGE	5:39.54
36	Anna Wolverton	BRIAR CLIFF	5:41.96
37	Lisa Becker	BRIAR CLIFF	5:47.34
38	Valerie Wahl	JAMESTOWN COLLEGE	5:48.83
39	Lucy Kulla	JAMESTOWN COLLEGE	5:51.59
40	Casey Wolles	U SIOUX FALL	5:52.86
41	Ali Clevenger	U SIOUX FALL	6:03.50
42	Stephanie Schultz	MOUNT MARTY COLLEGE	6:03.96
43	Ali Bunde	BUENA VISTA	6:08.60
44	Suzy Avey	JAMESTOWN COLLEGE	6:12.91
45	Kendra Thomas	NORTHWESTERN	6:25.85
46	Shavaun Maday	MOUNT MARTY COLLEGE	6:31.32
47	Teresa Nelson	BRIAR CLIFF	6:40.68
48	Raelynn Coldwell	MOUNT MARTY COLLEGE	6:44.91
49	Ashley Solem	MOUNT MARTY COLLEGE	7:29.69

**Event 88 Men 1500 Meter Run UCO**

Name	Year School	Finals	
1	Tyler Van Peurse	DAKOTA STATE	3:59.93
2	Matt Neff	UNIVERSITY OF MARY	4:00.71
3	Nate Preston	WAYNE STATE COLLEGE	4:01.03
4	Titus Kosgei	MOUNT MARTY COLLEGE	4:02.61
5	Allen Wood	BLACK HILLS STATE	4:03.99

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 88 Men 1500 Meter Run UCO**

6	Shannon Stenger	UNATTACHED	4:04.11
7	Brad Anderson	SDSU	4:06.59
8	Chris Nordstrom	MORNINGSIDE COLLEGE	4:06.71
9	Cheto Cerda	UNATTACHED	4:06.96
10	Paul Herrold	BLACK HILLS STATE	4:10.28
11	Michael Flores	UNIVERSITY OF MARY	4:11.26
12	Justin Grassmeyer	AUGUSTANA COLLEGE	4:11.41
13	Greg Beesley	UNATTACHED	4:11.46
14	Michael Beatie	UNATTACHED	4:11.83
15	Brent Flaa	UNIVERSITY OF MARY	4:12.33
16	Lee Stover	NORTHWESTERN	4:12.92
17	Kyle Gerhard	NORTHWESTERN	4:13.02
18	Alex Lohr	UNATTACHED	4:13.42
19	Charles Janssen	BLACK HILLS STATE	4:13.63
20	Todd Wolf	MORNINGSIDE COLLEGE	4:13.91
21	Eddie Stenger	SDSU	4:14.01
22	Matt Heesch	AUGUSTANA COLLEGE	4:15.36
23	Jared Bruce	BUENA VISTA	4:16.46
24	Richard Keroack	NO. STATE	4:16.52
25	JJ Koerber	JAMESTOWN COLLEGE	4:17.04
26	Josh Schmeichel	NO. STATE	4:17.89
27	Jesse Vrooman	BLACK HILLS STATE	4:18.71
28	Joe Chebul	WAYNE STATE COLLEGE	4:19.02
29	Marshall Kambestad	SDSU	4:19.70
30	Jeremy Miller	BLACK HILLS STATE	4:23.10
31	Jason Schaaf	WAYNE STATE COLLEGE	4:23.26
32	Brandon Tullock	U SIOUX FALL	4:23.93
33	Lee Anderson	WAYNE STATE COLLEGE	4:25.68
34	Craig Leavitt	BLACK HILLS STATE	4:28.05
35	John Bintliff	DAKOTA STATE	4:28.62
36	Travis Michaelis	UNATTACHED	4:29.01
37	Dan Brelje	BLACK HILLS STATE	4:30.54
38	Matt Wattier	U SIOUX FALL	4:30.71
39	Keith Huffman	DAKOTA STATE	4:32.08
40	Matt Seiler	WAYNE STATE COLLEGE	4:32.68
41	Tim Baustian	NO. STATE	4:34.60
42	Kyle Sanderson	DAKOTA STATE	4:34.87
43	Ryan Callahan	WAYNE STATE COLLEGE	4:35.56
44	Anthony Henriks	MORNINGSIDE COLLEGE	4:36.14
45	Andrew Johnson	NORTHWESTERN	4:36.69
46	AJ King	MORNINGSIDE COLLEGE	4:38.52
47	Bryce Kinard	BRIAR CLIFF	4:44.08
48	Derek Brumfield	DORDT COLLEGE	4:44.57
49	Ryan Brumfield	DORDT COLLEGE	4:49.44
50	Alan Stuber	D WESLEY	5:02.47
51	Logan Teut	BRIAR CLIFF	5:14.98

**Event 89 Women 3000 Meter Steeplechase UCO**

Name	Year School	Finals
1	Jen Kempers	UNATTACHED 10:47.74
2	Alicia Verhulst	BLACK HILLS STATE 10:58.82
3	Erin Lynn Keitges	MORNINGSIDE COLLEGE 11:03.60
4	Megan Zavorka	WAYNE STATE COLLEGE 11:04.50

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 89 Women 3000 Meter Steeplechase UCO**

5	Kara Nelson	MORNINGSIDE COLLEGE	11:07.22
6	Shelli Scheffler	BLACK HILLS STATE	11:07.91
7	Laura Johnson	AUGUSTANA COLLEGE	11:43.35
8	Alexia Dunlop	USD	11:52.10
9	Sarah Thomsen	WAYNE STATE COLLEGE	12:00.11
10	Emmylyn Bentley	JAMESTOWN COLLEGE	12:04.70
11	Taylor Braunberger	BRIAR CLIFF	12:18.03
12	Ashleigh Anderson	JAMESTOWN COLLEGE	12:44.20
13	Jessica Ludvick	SDSU	12:45.16
14	Jade Steinberg	MOUNT MARTY COLLEGE	12:50.24
15	Theresa Condon	MOUNT MARTY COLLEGE	14:58.84
16	Theresa Hendrickson	MOUNT MARTY COLLEGE	15:15.70
17	Bre Platt	BUENA VISTA	16:40.12

**Event 90 Men 3000 Meter Steeplechase UCO**

Name	Year	School	Finals
1	Matt Schneider	WAYNE STATE COLLEGE	9:10.87
2	Matt Fideler	DAKOTA STATE	9:33.64
3	Jed Morgan	BLACK HILLS STATE	9:35.89
4	John Kern	WAYNE STATE COLLEGE	9:42.71
5	Ronnie Killo	SDSU	9:48.69
6	Nathaniel Petrich	AUGUSTANA COLLEGE	9:49.52
7	Isaac VanDyke	D WESLEY	9:53.73
8	Dan Van Engen	UNATTACHED	10:02.87
9	Kasey Hoffman	UNATTACHED	10:05.08
10	Jack Peterson	NORTHWESTERN	10:08.73
11	Alex Weborg	MORNINGSIDE COLLEGE	10:09.06
12	Trev Fiedler	BLACK HILLS STATE	10:32.16
13	Quincy Pierce	UNIVERSITY OF MARY	10:49.19
14	Bryce Kinard	BRIAR CLIFF	11:26.33
--	Jonathan Gerster	BUENA VISTA	DNF

**Event 91 Women 5000 Meter Run UCO**

Name	Year	School	Finals
1	Miriam Hovda	UNATTACHED	18:00.44
2	Erin Lynn Keitges	MORNINGSIDE COLLEGE	18:03.99
3	Alyssa Bossler	JAMESTOWN COLLEGE	18:30.32
4	Kristen Neumiller	UNIVERSITY OF MARY	18:42.15
5	Alyson Piccolo	UNIVERSITY OF MARY	18:49.96
6	Courtney Rasmussen	AUGUSTANA COLLEGE	18:53.16
7	Michelle Steiger	DORDT COLLEGE	18:54.89
8	Ingrid Carlson	NORTHWESTERN	19:00.12
9	Anna Garner	SDSU	19:16.98
10	Samantha Warnke	DAKOTA STATE	19:18.71
11	Sara Hess	NORTHWESTERN	19:27.09
12	Clarice Bauer	DAKOTA STATE	19:30.27
13	Melissa Falk	JAMESTOWN COLLEGE	19:36.84
14	Taylor Braunberger	BRIAR CLIFF	19:38.33
15	Barb Wehde	SDSU	19:45.66
16	Lydia Ford	MORNINGSIDE COLLEGE	19:47.80
17	Sarah Storm	NORTHWESTERN	19:48.45

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 91 Women 5000 Meter Run UCO**

18	Ashleigh Anderson	JAMESTOWN COLLEGE	19:55.71
19	Cambrya Belter	JAMESTOWN COLLEGE	20:11.90
20	Akacia Wentworth	NORTHWESTERN	20:12.55
21	Laura Broekhuis	DORDT COLLEGE	20:12.72
22	Allison Weeldreyer	NORTHWESTERN	20:13.79
23	Valerie Wahl	JAMESTOWN COLLEGE	20:50.30
24	Rosemary Bernth	BRIAR CLIFF	20:51.77
25	Lucy Kulla	JAMESTOWN COLLEGE	21:00.23
26	Kari Dekkers	AUGUSTANA COLLEGE	21:10.33
27	Anna Wolverton	BRIAR CLIFF	21:16.07
28	Abby Mettler	D WESLEY	21:29.70
29	Natalie Johnson	NORTHWESTERN	21:39.44
30	Briana Mann	NO. STATE	21:46.91
31	Suzy Avey	JAMESTOWN COLLEGE	22:28.50
32	Jaci Depuydt	JAMESTOWN COLLEGE	24:30.36

**Event 92 Men 5000 Meter Run UCO**

Name	Year	School	Finals
1	Laine Parish	BLACK HILLS STATE	15:10.30
2	Chris Heezen	UNATTACHED	15:11.87
3	Matt Braithwaite	AUGUSTANA COLLEGE	15:25.37
4	Brian Gesink	MORNINGSIDE COLLEGE	15:28.82
5	Devon Berkness	DAKOTA STATE	15:30.25
6	Chris Huff	UNATTACHED	15:35.36
7	Kaleb Boese	AUGUSTANA COLLEGE	15:36.48
8	Birch Haraden	BLACK HILLS STATE	15:50.77
9	Thomas Christiansen	U SIOUX FALL	15:56.99
10	Joe Noyes	U SIOUX FALL	16:13.79
11	Andrew Manning	DAKOTA STATE	16:45.69
12	Eric Tudor	DORDT COLLEGE	16:47.97
13	Brian Cruz	D WESLEY	16:59.22
14	Nick Maas	UNATTACHED	17:02.56
15	Jon Trueblood	DORDT COLLEGE	17:12.83
16	Glen Elder	U SIOUX FALL	17:13.78
17	Jimmy Thomas	U SIOUX FALL	17:17.00
18	Dustin Boyle	U SIOUX FALL	17:32.87
19	Connor Lindquist	BRIAR CLIFF	17:56.76
20	Jason Wesselmann	BRIAR CLIFF	19:10.89

**Event 93 Women 10000 Meter Run UCO**

Name	Year	School	Finals
1	Irene Kosgei	UNIVERSITY OF MARY	39:45.11
2	Kari Linneman	NO. STATE	40:06.42
3	Abby Duling	USD	41:36.42
4	Jamie Adams	BLACK HILLS STATE	42:41.87
5	Melissa Jackson	AUGUSTANA COLLEGE	43:33.84
6	Suzanne Swett	DAKOTA STATE	44:01.79
7	Brittany Fischer	MOUNT MARTY COLLEGE	44:13.24
8	Jamie Young	U SIOUX FALL	44:58.38
9	Megan O'Grady	MOUNT MARTY COLLEGE	45:38.98
10	Jill Becker	BRIAR CLIFF	45:58.57

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 93 Women 10000 Meter Run UCO**

11 Alicia Pick MOUNT MARTY COLLEGE 51:55.64

**Event 94 Men 10000 Meter Run UCO**

Name	Year	School	Finals
1 Chris Heezen		UNATTACHED	32:07.58
2 Devon Berkness		DAKOTA STATE	32:33.27
3 Matt Hoyt		UNATTACHED	32:36.07
4 Chris Huff		UNATTACHED	32:37.09
5 John Rawerts		NO. STATE	32:52.19
6 Peter Oien		AUGUSTANA COLLEGE	32:58.47
7 Trent Waage		BLACK HILLS STATE	33:02.45
8 John Kern		WAYNE STATE COLLEGE	34:08.31
9 Birch Haraden		BLACK HILLS STATE	34:10.28
10 Thomas Madut		D WESLEY	34:19.91
11 Matt Seiler		WAYNE STATE COLLEGE	34:21.26
12 Jason Bierle		BLACK HILLS STATE	34:50.45
13 Dustin Shindler		D WESLEY	37:43.01
14 Connor Lindquist		BRIAR CLIFF	38:08.08
15 Jason Wesselmann		BRIAR CLIFF	39:43.42

**Event 95 Women 4x100 Meter Relay UCO**

School	Prelims	H#
Preliminaries		
1 UNIVERSITY OF MARY 'A'	48.05q	2
1) Kristyn Nelson		
3) Mishay Weber		
2 MORNINGSIDE COLLEGE 'A'	49.58q	2
1) Amber Woodford		
3) Heather Husman		
3 WAYNE STATE COLLEGE 'A'	49.59q	2
1) Jade Lippman		
3) Brianne Hofstetter		
4 DAKOTA WESLYAN UNIVERSITY 'A'	49.75q	1
1) Steph Leist		
3) Sarah Weidler		
5 UNIVERSITY SIOUX FALLS 'A'	50.24q	1
1) Kristina Aesoph		
3) Shelly Jacobs		
6 AUGUSTANA COLLEGE 'A'	50.45q	1
1) Meagan Grandgenett		
3) Sarah Drew		
7 NORTHERN STATE UNIVERSITY 'A'	50.46q	1
1) Laci Schurr		
3) Leslie Yost		
8 BUENA VISTA UNIVERSITY 'A'	50.96q	2
1) Trish Hogrefe		
3) Andrea Boyd		
9 DORDT COLLEGE 'A'	51.19	1
1) Sarah Franje		
3) Jenna Brouwer		
10 DAKOTA STATE UNIVERSITY 'A'	52.32	2



**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 95 Women 4x100 Meter Relay UCO**

1) Kim Streytle	2) Karisa Hartje		
3) Amy Pheneger	4) Brandi Gau		
11 MOUNT MARTY COLLEGE 'A'		52.33	1
1) Dana Riter	2) Carly Benson		
3) Meghan Nelson	4) Katie Breuer		
12 SO DAKOTA STATE UNIVERSIT 'A'		52.61	2
1) Kim Markham	2) Keely Lawton		
3) Arielle Martin	4) Jasmine McDonald		
13 JAMESTOWN COLLEGE 'A'		52.63	1
1) Kallie Merrill	2) Sarah Skipper		
3) Ashley Cooper	4) AnnaLiesa Fauth		
-- NORTHWESTERN COLLEGE 'A'		DQ	2
1) Emily De Weerd	2) Andrea Wedel		
3) Hannah Taylor	4) Elizabeth Stevens		

**Event 95 Women 4x100 Meter Relay UCO**

School		Finals	
=====			
Finals			
1 UNIVERSITY OF MARY 'A'		48.57	
1) Kristyn Nelson	2) Kacie Sweep		
3) Mishay Weber	4) Kristen Stewart		
2 MORNINGSIDE COLLEGE 'A'		50.11	
1) Bailey Johnson	2) Deidre Hinkeldey		
3) Amber Woodford	4) Sheri Howard		
3 UNIVERSITY SIOUX FALLS 'A'		50.23	
1) Kristina Aesoph	2) Shelly Jacobs		
3) Lindsay Reinhardt	4) Becca Bedard		
4 WAYNE STATE COLLEGE 'A'		50.55	
1) Jade Lippman	2) Christina King		
3) Brianne Hofstetter	4) Paige Pollard		
5 BUENA VISTA UNIVERSITY 'A'		52.87	
1) Trish Hogrefe	2) Becca Gonzalez		
3) Andrea Boyd	4) Natalie Olorundami		

**Event 96 Men 4x100 Meter Relay UCO**

School		Prelims	H#
=====			
Preliminaries			
1 BUENA VISTA UNIVERSITY 'A'		41.83q	2
1) Justin Bauer	2) Eric Bertelsen		
3) Justin Ronk	4) Shawn Olorundami		
2 WAYNE STATE COLLEGE 'A'		42.78q	2
1) Drew Molacek	2) Garrett Flamig		
3) Cody Diehl	4) Alex Timperley		
3 UNIVERSITY OF MARY 'A'		42.84q	1
1) Chris Faller	2) Jordan Puhalla		
3) Brent Lindbery	4) Cory Ploof		
4 NORTHWESTERN COLLEGE 'A'		43.46q	1
1) Jordan Langer	2) Jameson Guthmiller		
3) Parker Moore	4) Luke Hofmeyer		
5 JAMESTOWN COLLEGE 'A'		43.69q	2
1) Kenny Szymonowicz	2) Brent Jansen		

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 96 Men 4x100 Meter Relay UCO**

3) James Vollmer	4) Nathan Bivens		
6 BRIAR CLIFF UNIVERSITY 'B'		43.71q	1
1) Danny Hays	2) Josh Hansen		
3) Tony Cosentino	4) sam acheampong		
7 NORTHERN STATE UNIVERSITY 'A'		43.87q	1
1) Zak Kjolsing	2) Calvin McGruder		
3) Arabin Lightfoot	4) Matt Kloss		
8 DORDT COLLEGE 'A'		44.44q	1
1) Joe Lammers	2) Tim Boonstra		
3) Josh De Jong	4) Roland Osaе-Opang		
9 BRIAR CLIFF UNIVERSITY 'C'		46.30	1
1) Brandon Lozier	2) Chris Reeves		
3) Jessie Conning	4) Jimmy Squibb		
10 UNIVERSITY SIOUX FALLS 'B'		47.72	2
1) Daniel Kohler	2) Lucas Delacruz		
3) Zane Peterson	4) Nathan Buresh		
11 NORTHERN STATE UNIVERSITY 'B'		48.89	2
1) Matt Greenfield	2) Augustus Capers		
3) Jeremy Beulah	4) Austin Suther		
-- BRIAR CLIFF UNIVERSITY 'A'		DQ	2
1)	2) AJ Roden		

**Event 96 Men 4x100 Meter Relay UCO**

School	Finals
Finals	
1 WAYNE STATE COLLEGE 'A'	43.00
1) Drew Molacek	2) Garrett Flamig
3) Cody Diehl	4) Alex Timperley
2 UNIVERSITY OF MARY 'A'	43.10
1) Chris Faller	2) Jordan Puhalla
3) Brent Lindbery	4) Cory Ploof
3 BUENA VISTA UNIVERSITY 'A'	43.45
1) Kenneth Nichols	2) Eric Bertelsen
3) Justin Ronk	4) Shawn Olorundami
4 NORTHWESTERN COLLEGE 'A'	43.64
1) Jordan Langer	2) Jameson Guthmiller
3) Parker Moore	4) Luke Hofmeyer
5 BRIAR CLIFF UNIVERSITY 'B'	43.79
1) Cody Spreeman	2) sam acheampong
3) Cecil Milton	4) Erik Lindsay

**Event 97 Women 4x200 Meter Relay UCO**

School	Prelims	H#
Preliminaries		
1 UNIVERSITY OF MARY 'A'	1:42.70q	2
1) Kristyn Nelson	2) Kacie Sweep	
3) Mishay Weber	4) Kristen Stewart	
2 UNIVERSITY SOUTH DAKOTA 'A'	1:45.36q	1
1) Crystal Schiernbeck	2) Haley Juhnke	
3) Chelsea Rew	4) Lauren Krell	
3 NORTHERN STATE UNIVERSITY 'A'	1:48.10q	1

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 97 Women 4x200 Meter Relay UCO**

1) Laci Schurr	2) Marisa Aldinger		
3) Leslie Yost	4) Maria Franker		
4 DAKOTA STATE UNIVERSITY 'A'		1:48.42q	2
1) Kim Streyle	2) Karisa Hartje		
3) Brandi Gau	4) Danielle Rowe		
5 DORDT COLLEGE 'A'		1:48.96q	2
1) Sarah Franje	2) Sarah Sikkema		
3) Brianna Evink	4) Kari Van Beek		
6 UNIVERSITY SIOUX FALLS 'A'		1:49.01q	2
1) Kristina Aesoph	2) Becca Bedard		
3) Katie Pociask	4) Lindsay Reinhardt		
7 SO DAKOTA STATE UNIVERSIT 'A'		1:50.50q	2
1) Kim Markham	2) Keely Lawton		
3) Arielle Martin	4) Jessie Becker		
8 BRIAR CLIFF UNIVERSITY 'A'		1:52.56q	1
1) Nancy Tatou	2) Krystal Jackson		
3) Audrey Cooley	4) Dani Bottorff		

**Event 97 Women 4x200 Meter Relay UCO**

School	Finals
=====	
Finals	
1 UNIVERSITY OF MARY 'A'	1:43.86
1) Kristyn Nelson	2) Kacie Sweep
3) Mishay Weber	4) Kristen Stewart
2 DAKOTA STATE UNIVERSITY 'A'	1:48.54
1) Kim Streyle	2) Karisa Hartje
3) Brandi Gau	4) Danielle Rowe
3 DORDT COLLEGE 'A'	1:49.21
1) Sarah Franje	2) Sarah Sikkema
3) Brianna Evink	4) Crystal Vander Zee
4 NORTHERN STATE UNIVERSITY 'A'	1:51.22
1) Emily Fritz	2) Marisa Aldinger
3) Leslie Yost	4) Maria Franker
5 SO DAKOTA STATE UNIVERSIT 'A'	1:52.48
6 BRIAR CLIFF UNIVERSITY 'A'	1:54.25
1) Nancy Tatou	2) Audrey Cooley
3) Krystal Jackson	4) Dani Bottorff

**Event 98 Men 4x200 Meter Relay UCO**

School	Prelims	H#
=====		
Preliminaries		
1 BUENA VISTA UNIVERSITY 'A'	1:29.55q	2
1) Kenneth Nichols	2) Justin Bauer	
3) Justin Ronk	4) Eric Bertelsen	
2 UNIVERSITY OF MARY 'A'	1:29.81q	2
1) Chris Faller	2) Jordan Puhalla	
3) Brent Lindbery	4) Cory Ploof	
3 NORTHERN STATE UNIVERSITY 'A'	1:30.40q	1
1) Arabin Lightfoot	2) Joey Heglund	
3) Kyle Weisbeck	4) Austin Suther	
4 BRIAR CLIFF UNIVERSITY 'A'	1:30.96q	1

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 98 Men 4x200 Meter Relay UCO**

1) Cody Spreeman	2) Cecil Milton		
3) Josh Hansen	4) Tony Cosentino		
5 SO DAKOTA STATE UNIVERSIT 'A'		1:31.55q	2
1) Corey Beffert	2) Josh Sundall		
3) Evan Bunkers	4) Jared Foote		
6 DORDT COLLEGE 'A'		1:32.21q	1
1) Joe Lammers	2) Tim Boonstra		
3) Josh De Jong	4) Roland Osaе-Opang		
7 NORTHWESTERN COLLEGE 'A'		1:34.44q	2
1) Jeremy Sheppard	2) Brody McNellis		
3) Kasey Summerer	4) Jameson Guthmiller		
8 UNIVERSITY SIOUX FALLS 'B'		1:34.81q	1
1) Gary Kashale	2) Daniel Kohler		
3) Nathaniel Bridgeman	4) Lucas Delacruz		
9 DAKOTA STATE UNIVERSITY 'A'		1:35.10	2
1) Phillip Carmody	2) Eric Bauder		
3) Jerad Schlobohm	4) Jared Mengenhausen		
10 BRIAR CLIFF UNIVERSITY 'B'		1:37.33	1
1) Brandon Lozier	2) Danny Hays		
3) Chris Reeves	4) Caleb Young		

**Event 98 Men 4x200 Meter Relay UCO**

School		Finals	
=====			
Finals			
1 BUENA VISTA UNIVERSITY 'A'		1:30.24	
1) Shawn Olorundami	2) Kenneth Nichols		
3) Tanner Russ	4) Eric Bertelsen		
2 UNIVERSITY OF MARY 'A'		1:30.81	
1) Chris Faller	2) Jordan Puhalla		
3) Brent Lindbery	4) Cory Ploof		
3 BRIAR CLIFF UNIVERSITY 'A'		1:32.01	
1) AJ Roden	2) Cecil Milton		
3) Tony Cosentino	4) Erik Lindsay		
4 NORTHERN STATE UNIVERSITY 'A'		1:32.99	
1) Arabin Lightfoot	2) Joey Heglund		
3) Kyle Weisbeck	4) Austin Suther		
5 DORDT COLLEGE 'A'		1:33.23	
1) Roland Osaе-Opang	2) Tim Boonstra		
3) Josh De Jong	4) Joe Lammers		
6 UNIVERSITY SIOUX FALLS 'B'		1:35.57	
1) Daniel Kohler	2) Nathaniel Bridgeman		
3) Gary Kashale	4) Nathan Buresh		
7 NORTHWESTERN COLLEGE 'A'		1:36.61	
1) Jeremy Sheppard	2) Brody McNellis		
3) Kasey Summerer	4) Jameson Guthmiller		
8 SO DAKOTA STATE UNIVERSIT 'A'		1:37.23	

**Event 99 Women 4x400 Meter Relay UCO**

School		Finals	H#
=====			
1 WAYNE STATE COLLEGE 'A'		4:01.22	2
1) Christina King	2) Jade Lippman		

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 99 Women 4x400 Meter Relay UCO**

3) Danielle Wessel	4) Paige Pollard		
2 MORNINGSIDE COLLEGE 'A'		4:02.58	2
1) Anne Torkelson	2) Sabrina Sieperda		
3) Margo Stanforth	4) Sheri Howard		
3 UNIVERSITY OF MARY 'A'		4:04.92	2
1) Betsy Bischoff	2) Mishay Weber		
3) Branvee Devine	4) Kristen Stewart		
4 UNIVERSITY SIOUX FALLS 'A'		4:05.36	2
1) Becca Bedard	2) Kristina Aesoph		
3) Keisha Salazar	4) Lindsay Reinhardt		
5 NORTHWESTERN COLLEGE 'A'		4:06.66	2
1) Emily De Weerd	2) Andrea Wedel		
3) Stacey Dietrich	4) Delainye Hardersen		
6 MOUNT MARTY COLLEGE 'A'		4:15.56	1
1) Meghan Nelson	2) Carly Benson		
3) Katie Whaley	4) Katie Breuer		
7 MORNINGSIDE COLLEGE 'B'		4:16.88	1
8 MORNINGSIDE COLLEGE 'C'		4:18.26	1
9 DAKOTA STATE UNIVERSITY 'A'		4:19.74	1
1) Brandi Gau	2) Danielle Rowe		
3) Karisa Hartje	4) Stephanie Warnke		
10 BUENA VISTA UNIVERSITY 'A'		4:24.83	1
1) Becca Gonzalez	2) Andrea Boyd		
3) Molly Lorenz	4) Natalie Olorundami		

**Event 100 Men 4x400 Meter Relay UCO**

School		Finals	H#
1 UNIVERSITY SIOUX FALLS 'A'		3:21.08	2
1) Brady Velgersdyk	2) Tommy Torok		
3) Zane Peterson	4) Colin Koth		
2 WAYNE STATE COLLEGE 'A'		3:23.66	2
1) Garrett Flamig	2) Andy Jansen		
3) Steve Carroll	4) Ben Jansen		
3 NORTHWESTERN COLLEGE 'A'		3:24.21	1
1) Kyle Sauter	2) Kevin Krueger		
3) Derrick Rensink	4) Ben Brown		
4 BRIAR CLIFF UNIVERSITY 'A'		3:24.23	2
1) Tony Cosentino	2) Luke Sachau		
3) Erik Lindsay	4) Mikey Brauer		
5 MORNINGSIDE COLLEGE 'A'		3:25.13	2
1) Brad South	2) Chris Nordstrom		
3) Jeremiah Avise Rouse	4) Sean Howell		
6 DAKOTA STATE UNIVERSITY 'A'		3:25.54	2
1) Eric Bauder	2) Cody Foreman		
3) Jared Mengenhause	4) Tyler Van Peurse		
7 MORNINGSIDE COLLEGE 'B'		3:30.46	1
8 MOUNT MARTY COLLEGE 'A'		3:31.48	1
1) Mitchell Zenk	2) Kalib Heeren		
3) Lantz Kulp	4) Titus Kosgei		
9 UNIVERSITY SIOUX FALLS 'B'		3:33.12	1
10 MORNINGSIDE COLLEGE 'C'		3:34.10	1
11 BRIAR CLIFF UNIVERSITY 'B'		3:34.32	1
1) Derek Christoffel	2) Joe Cisneros		

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 100 Men 4x400 Meter Relay UCO**

3) Ryan Staack 4) Jimmy Squibb

**Event 101 Women 4x800 Meter Relay UCO**

School	Finals
1 AUGUSTANA COLLEGE 'A'	9:33.78
1) Caitlin Polgreen	2) LeAnn Severson
3) Kelly Kougl	4) Megan Erspamer
2 DORDT COLLEGE 'A'	9:37.87
1) Janice Brouwer	2) Tami Wieringa
3) Michelle Steiger	4) Sierra Zomer
3 NORTHERN STATE UNIVERSITY 'A'	9:46.34
1) Danielle Nickolas	2) Maggie Bryant
3) Toni Fritz	4) Mikayla Barondeau
4 SO DAKOTA STATE UNIVERSIT 'A'	9:56.34
1) Joni Strom	2) Molly Kopfmann
3) Heidi Quail	4) Anna Garner
5 MORNINGSIDE COLLEGE 'A'	10:01.49
1) Heather Hoefs	2) Sabrina Sieperda
3) Jessica Hudelson	4) Theresa Cook
6 UNIVERSITY SIOUX FALLS 'A'	10:08.39
1) Lindsay Erger	2) Ashley Unruh
3) Keisha Salazar	4) Michelle Kruthoff
7 BRIAR CLIFF UNIVERSITY 'A'	10:38.47
1) Cecelia Vallejo	2) Sam Garay
3) Steph Calleroz	4) Rachel Garay

**Event 102 Men 4x800 Meter Relay UCO**

School	Finals
1 NORTHERN STATE UNIVERSITY 'A'	7:54.94
1) Brock Rose	2) Richard Keroack
3) Josh Schmeichel	4) Matt Peterson
2 JAMESTOWN COLLEGE 'A'	7:55.94
1) Lief Rasmussen	2) Nathan Christensen
3) Kelly Roemmich	4) Cody Roland
3 DORDT COLLEGE 'A'	7:58.01
1) Jonathan Vroom	2) Brent Van Schepen
3) Mark Eekhoff	4) Josiah Luttjeboer
4 SO DAKOTA STATE UNIVERSIT 'A'	7:58.25
1) Lars Mattison	2) Jared Foote
3) Kelly Hall	4) Dom Thielen
5 MORNINGSIDE COLLEGE 'A'	8:11.19
1) Edwin Graf	2) Monte Larsen
3) Peter Malga	4) Josh Steinhoff
6 BRIAR CLIFF UNIVERSITY 'A'	8:22.77
1) Luke Sachau	2) Kelly Polacek
3) Mikey Brauer	4) Thomas Hunt
7 DAKOTA STATE UNIVERSITY 'A'	8:31.60
1) Jerad Schlobohm	2) Andrew Manning
3) John Bintliff	4) Andy Quenzer
8 DORDT COLLEGE 'B'	8:36.78
1) Ian Kuipers	2) Nathan Bos

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 102 Men 4x800 Meter Relay UCO**

3) Peter Mollema

4) Ryan Brumfield

**Event 103 Women 1600 Sprint Medley UCO**

School	Finals	H#
1 MORNINGSIDE COLLEGE 'A'	4:16.97	2
1) Amber Woodford	2) Sheri Howard	
3) Anne Torkelson	4) Kara Nelson	
2 DAKOTA STATE UNIVERSITY 'A'	4:22.95	1
1) Kim Streyle	2) Danielle Rowe	
3) Brandi Gau	4) Stephanie Warnke	
3 BLACK HILLS STATE 'A'	4:26.37	2
4 DAKOTA WESLYAN UNIVERSITY 'A'	4:27.80	1
1) Sarah Weidler	2) Kailey Hunhoff	
3) Natalie Wipf	4) Gail McIntyre	
5 DORDT COLLEGE 'A'	4:30.76	1
1) Sarah Franje	2) Sarah Sikkema	
3) Melinda Vander Ark	4) Janice Brouwer	
6 BRIAR CLIFF UNIVERSITY 'A'	4:35.73	1
1) Nancy Tatou	2) Sam Garay	
3) Kelsey Randa	4) Cecelia Vallejo	
7 BUENA VISTA UNIVERSITY 'A'	4:41.28	1
1) Becca Gonzalez	2) Andrea Boyd	
3) Molly Lorenz	4) Andrea Ahrendsen	
-- UNIVERSITY OF MARY 'A'	DQ	2
1) Kacie Sweep	2) Kristen Stewart	
3) Betsy Bischoff	4) Branvee Devine	

**Event 104 Men 1600 Sprint Medley UCO**

School	Finals
1 DAKOTA STATE UNIVERSITY 'A'	3:33.37
1) Jared Mengenhansen	2) Eric Bauder
3) Cody Foreman	4) Matt Fideler
2 UNIVERSITY OF MARY 'A'	3:36.08
1) Chris Faller	2) Cory Ploof
3) Kole Seiler	4) Matt Neff
3 JAMESTOWN COLLEGE 'A'	3:38.79
1) Nathan Bivens	2) Brent Jansen
3) Kelly Roemmich	4) Nathan Horgeshimer
4 MORNINGSIDE COLLEGE 'A'	3:42.68
1) Brad South	2) Jeremiah Avise Rouse
3) Edwin Graf	4) Josh Steinhoff
5 DORDT COLLEGE 'A'	3:43.88
1) Joe Lammers	2) Roland Osaе-Opang
3) Nathan Bos	4) Ian Kuipers
6 BRIAR CLIFF UNIVERSITY 'A'	3:47.97
1) Ryan Staack	2) Derek Christoffel
3) Joe Cisneros	4) Josheb Benson
7 BUENA VISTA UNIVERSITY 'A'	3:49.78
1) Kenneth Nichols	2) Alex Moore
3) Jared Bruce	4) Dan Pearson
-- UNIVERSITY SIOUX FALLS 'A'	DNF

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 104 Men 1600 Sprint Medley UCO**

- |                  |                 |
|------------------|-----------------|
| 1) Daniel Kohler | 2) Alex Zuke    |
| 3) Nathan Buresh | 4) Gary Kashale |

**Event 105 Women Distance Medley UCO**

School	Finals
1 BLACK HILLS STATE 'A'	12:13.68
1) Alicia Verhulst	2) Nicki Shinkle
3) Kaila Ivers	4) Shelli Scheffler
2 AUGUSTANA COLLEGE 'A'	12:14.42
1) Kelly Kougl	2) Megan Erspamer
3) Claire Severson	4) Caitlin Polgreen
3 SO DAKOTA STATE UNIVERSIT 'A'	12:35.11
1) Amanda Frohling	2) Danielle McCann
3) Joni Strom	4) Emily Smith
4 UNIVERSITY SOUTH DAKOTA 'A'	12:50.98
1) Sarah Wickman	2) Carrie Egging
3) Tianna Hurtado	4) Allison Duba
5 UNIVERSITY SIOUX FALLS 'A'	12:53.03
1) Lindsay Erger	2) Keisha Salazar
3) Michelle Kruthoff	4) Ashley Unruh
6 BRIAR CLIFF UNIVERSITY 'A'	15:50.92
1) Lisa Becker	2) Sam Garay
3) Audra Young	4) Teresa Nelson

**Event 106 Men Distance Medley UCO**

School	Finals
1 DAKOTA STATE UNIVERSITY 'A'	10:12.45
1) Matt Fideler	2) Jared Mengershausen
3) Cody Foreman	4) Tyler Van Peursem
2 BLACK HILLS STATE 'A'	10:17.21
1) Laine Parish	2) Cameron Dean
3) Paul Herrold	4) Allen Wood
3 UNIVERSITY OF MARY 'A'	10:23.56
1) Michael Flores	2) Brent Lindbery
3) Kole Seiler	4) Matt Neff
4 SO DAKOTA STATE UNIVERSIT 'A'	10:42.86
1) Marshall Kambestad	2) Dom Thielen
3) Lars Mattison	4) Brad Anderson
5 AUGUSTANA COLLEGE 'A'	10:44.88
1) Matt Braithwaite	2) Halvard Lange
3) Nathaniel Petrich	4) Justin Grassmeyer
6 BRIAR CLIFF UNIVERSITY 'A'	11:17.68
1) Bryce Kinard	2) Ryan Staack
3) Micahel Bock	4) Josheb Benson

**Event 107 Women Shot Put UCO**

Name	Year School	Finals
1 Rachel Jansen	UNATTACHED	18.16m 59-07.00
2 Aubrey Baxter	BLACK HILLS STATE	14.70m 48-02.75



**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 107 Women Shot Put UCO**

3	Laura Wortmann	MOUNT MARTY COLLEGE	14.67m	48-01.75
4	Katie Wilson	WAYNE STATE COLLEGE	14.40m	47-03.00
5	Amber Brodersen	BLACK HILLS STATE	13.85m	45-05.25
6	Morgan Darrow	BUENA VISTA	13.04m	42-09.50
7	Cody Milbourn	BLACK HILLS STATE	12.56m	41-02.50
8	Casey Buskirk	WAYNE STATE COLLEGE	12.05m	39-06.50
9	Noel Bentele	AUGUSTANA COLLEGE	12.02m	39-05.25
10	Lachel Milander	WAYNE STATE COLLEGE	11.89m	39-00.25
11	Amanda Madden	NO. STATE	11.78m	38-07.75
12	Amber DeBoer	JAMESTOWN COLLEGE	11.75m	38-06.75
13	Melodi Boke	NO. STATE	11.61m	38-01.25
14	Ashley Larson	SDSU	11.59m	38-00.25
15	Macie Cottier	U SIOUX FALL	11.54m	37-10.50
16	Rachel Christianson	AUGUSTANA COLLEGE	11.29m	37-00.50
17	Danielle Fry	NORTHWESTERN	11.17m	36-07.75
18	Ashley Crowley	U SIOUX FALL	11.02m	36-02.00
19	Bridget Healy	U SIOUX FALL	10.98m	36-00.25
20	Jill Schlenker	JAMESTOWN COLLEGE	10.96m	35-11.50
21	Avery Dennis	U SIOUX FALL	10.86m	35-07.75
22	Debbie Froemke	JAMESTOWN COLLEGE	10.80m	35-05.25
23	Ashley Sparks	BRIAR CLIFF	10.51m	34-05.75
24	Alisa Winqvist	BRIAR CLIFF	10.44m	34-03.00
25	Erica Krull	USD	10.22m	33-06.50
25	Darci Youngstrom	USD	10.22m	33-06.50
27	Jordan Balfour	MORNINGSIDE COLLEGE	10.18m	33-04.75
28	Courtney Beacom	MOUNT MARTY COLLEGE	9.77m	32-00.75
29	Elizabeth Boel	NORTHWESTERN	9.30m	30-06.25
--	Amber Price	MORNINGSIDE COLLEGE		ND

**Event 108 Men Shot Put UCO**

Name	Year School	Finals
1	Ben Jacobson	UNIVERSITY OF MARY 16.21m 53-02.25
2	Logan Ogden	NORTHWESTERN 15.43m 50-07.50
3	Aaron Jung	AUGUSTANA COLLEGE 15.39m 50-06.00
4	Paul Lundgren	NORTHWESTERN 14.51m 47-07.25
5	Keegan Warwick	U SIOUX FALL 14.39m 47-02.50
6	Tyler Lynch	AUGUSTANA COLLEGE 13.87m 45-06.25
7	Steven Ricke	BUENA VISTA 13.63m 44-08.75
8	Tad Harmon	UNIVERSITY OF MARY 13.54m 44-05.25
9	Travis Kroger	U SIOUX FALL 13.32m 43-08.50
10	Kiley Murra	NORTHWESTERN 13.17m 43-02.50
11	Bill Dean	JAMESTOWN COLLEGE 13.00m 42-08.00
12	Basem Shammass	USD 11.63m 38-02.00
13	Brady Lesnar	NO. STATE 11.58m 38-00.00
14	Cody Hageman	NO. STATE 11.53m 37-10.00
15	Brock Brewster	USD 11.46m 37-07.25
16	Chad Van Ravenswaay	NORTHWESTERN 11.42m 37-05.75
17	Dutch Vander Waal	MOUNT MARTY COLLEGE 11.02m 36-02.00
18	Caleb Peters	USD 10.53m 34-06.75
19	Casey Burke	DORDT COLLEGE 10.50m 34-05.50
20	Kyle Brunsting	USD 10.25m 33-07.50
21	Henry Hauger	MOUNT MARTY COLLEGE 9.77m 32-00.75
22	Pat Kenney	JAMESTOWN COLLEGE 9.60m 31-06.00

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 108 Men Shot Put UCO**

-- Jacob Chambers	MORNINGSIDE COLLEGE	ND
-- Tyler Fleckenstein	UNIVERSITY OF MARY	ND

**Event 109 Women Discus Throw UCO**

Name	Year School	Finals	
1 Laura Wortmann	MOUNT MARTY COLLEGE	48.06m	157-08
2 Amber Brodersen	BLACK HILLS STATE	45.93m	150-08
3 Aubrey Baxter	BLACK HILLS STATE	45.84m	150-05
4 Katie Wilson	WAYNE STATE COLLEGE	43.78m	143-08
5 Danielle Fry	NORTHWESTERN	40.17m	131-09
6 Amanda Madden	NO. STATE	39.39m	129-03
7 Jordan Balfour	MORNINGSIDE COLLEGE	38.80m	127-03
8 Amy Velthoff	USD	37.84m	124-02
9 Rachel Christianson	AUGUSTANA COLLEGE	37.65m	123-06
10 Shara Thompson	USD	37.31m	122-05
11 Cali Mischke	U SIOUX FALL	36.97m	121-03
12 Katie Smith	NO. STATE	36.62m	120-02
13 Cody Milbourn	BLACK HILLS STATE	36.51m	119-09
14 RaeChael Zabokrtsky	MORNINGSIDE COLLEGE	36.28m	119-00
14 Jill Schlenker	JAMESTOWN COLLEGE	36.28m	119-00
16 Debbie Froemke	JAMESTOWN COLLEGE	35.81m	117-06
17 Kara Den Herder	NORTHWESTERN	35.45m	116-04
18 Kristin Weeldreyer	U SIOUX FALL	34.90m	114-06
19 Erica Krull	USD	34.81m	114-02
20 Krystal Lacey	NO. STATE	34.59m	113-06
21 Macie Cottier	U SIOUX FALL	34.24m	112-04
22 Avery Dennis	U SIOUX FALL	34.20m	112-02
23 Kelci Feland	UNIVERSITY OF MARY	33.37m	109-06
23 Kalifornia Gray	MORNINGSIDE COLLEGE	33.37m	109-06
25 Bridget Healy	U SIOUX FALL	33.07m	108-06
26 Whitney Leckteig	MOUNT MARTY COLLEGE	32.42m	106-04
27 Nicole Richards	BRIAR CLIFF	32.22m	105-08
28 Keely O'Neill	WAYNE STATE COLLEGE	32.12m	105-04
29 Alisa Winquist	BRIAR CLIFF	28.70m	94-02
30 Kim Anderson	NO. STATE	27.28m	89-06
31 Megan Vote	JAMESTOWN COLLEGE	23.90m	78-05

**Event 110 Men Discus Throw UCO**

Name	Year School	Finals	
1 Jason Boeding	BLACK HILLS STATE	46.21m	151-07
2 Logan Ogden	NORTHWESTERN	46.13m	151-04
3 Ben Jacobson	UNIVERSITY OF MARY	44.52m	146-01
4 Tyler Lynch	AUGUSTANA COLLEGE	43.39m	142-04
5 Travis Kroger	U SIOUX FALL	43.02m	141-02
6 Tim Martens	UNATTACHED	42.36m	139-00
7 Jon Evenson	NO. STATE	41.87m	137-04
8 Brett Heidema	DORDT COLLEGE	41.06m	134-08
9 Paul Lundgren	NORTHWESTERN	40.23m	132-00
10 Justin Meidinger	U SIOUX FALL	39.34m	129-01
11 Bill Dean	JAMESTOWN COLLEGE	38.90m	127-07
12 Steven Ricke	BUENA VISTA	38.54m	126-05

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 110 Men Discus Throw UCO**

13	Preston Elliott-Moore	NO. STATE	38.33m	125-09
14	Cole Nicholas	BLACK HILLS STATE	38.21m	125-04
15	Tad Harmon	UNIVERSITY OF MARY	38.10m	125-00
16	Adam Hinds	BRIAR CLIFF	37.39m	122-08
17	Zach Kaufmann	BUENA VISTA	37.03m	121-06
18	Aaron Jung	AUGUSTANA COLLEGE	36.98m	121-04
19	Kiley Murra	NORTHWESTERN	36.30m	119-01
20	Jacob Mathiesen	WAYNE STATE COLLEGE	36.05m	118-03
21	Brandon Robinson	BUENA VISTA	35.15m	115-04
22	John Huber	NO. STATE	34.95m	114-08
23	Kyle O'Neill	WAYNE STATE COLLEGE	34.83m	114-03
24	Jake Versteeg	U SIOUX FALL	34.81m	114-02
25	Matt Glick	DAKOTA STATE	34.26m	112-05
26	DJ Vega	BUENA VISTA	33.43m	109-08
27	Alan Muhs	JAMESTOWN COLLEGE	32.74m	107-05
28	Basem Shammas	USD	31.92m	104-09
29	Chad Van Ravenswaay	NORTHWESTERN	31.18m	102-03
30	John McNeil	JAMESTOWN COLLEGE	30.15m	98-11
31	Dutch Vander Waal	MOUNT MARTY COLLEGE	29.27m	96-00
32	Henry Hauger	MOUNT MARTY COLLEGE	28.24m	92-08
33	Brock Brewster	USD	28.04m	92-00
34	Kyle Brunsting	USD	27.77m	91-01
35	Casey Burke	DORDT COLLEGE	26.94m	88-05
36	Pat Kenney	JAMESTOWN COLLEGE	26.58m	87-02
37	Nathan Horgeshimer	JAMESTOWN COLLEGE	25.13m	82-05
--	Landon Laveranz	U SIOUX FALL	ND	

**Event 111 Women Long Jump UCO**

Name	Year	School	Finals	Wind
1	Tia Haines	USD	5.10m	NWI 16-08.75
2	Brittany Beehler	UNIVERSITY OF MARY	5.07m	NWI 16-07.75
3	Amber Krogstad	U SIOUX FALL	5.01m	NWI 16-05.25
4	Sarah Gilbert	U SIOUX FALL	4.97m	NWI 16-03.75
5	Bailey Johnson	MORNINGSIDE COLLEGE	4.81m	NWI 15-09.50
6	Brianne Hofstetter	WAYNE STATE COLLEGE	4.79m	NWI 15-08.75
7	Crystal Vander Zee	DORDT COLLEGE	4.78m	NWI 15-08.25
8	Dana Riter	MOUNT MARTY COLLEGE	4.72m	NWI 15-06.00
9	Sarah Weidler	D WESLEY	4.69m	NWI 15-04.75
10	Kim Markham	SDSU	4.65m	NWI 15-03.25
11	Katie Zent	JAMESTOWN COLLEGE	4.62m	NWI 15-02.00
12	Tanya Vassar	NO. STATE	4.58m	NWI 15-00.50
13	Kallie Merrill	JAMESTOWN COLLEGE	4.40m	NWI 14-05.25
14	Savannah Dederick	BLACK HILLS STATE	4.37m	NWI 14-04.00
15	Liz Benjamin	BRIAR CLIFF	4.32m	NWI 14-02.25
15	Trish Hogrefe	BUENA VISTA	4.32m	NWI 14-02.25
17	Alicia Letcher	MOUNT MARTY COLLEGE	4.23m	NWI 13-10.50
17	Vanessa Friestad	UNIVERSITY OF MARY	4.23m	NWI 13-10.50
19	Meghan Kruthoff	BLACK HILLS STATE	3.86m	NWI 12-08.00
--	Katie Pociask	U SIOUX FALL	ND	NWI
--	Abby Sanderson	USD	ND	NWI
--	Natalie Stout	USD	ND	NWI
--	Brianna Perry	UNIVERSITY OF MARY	ND	NWI
--	Leslie Olson	UNIVERSITY OF MARY	ND	NWI

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 111 Women Long Jump UCO**

-- Margie Anthony	DAKOTA STATE	ND	NWI
-- Larissa Veldhuizen	DORDT COLLEGE	ND	NWI
-- Karissa Pepin	AUGUSTANA COLLEGE	ND	NWI
-- Molly Kruse	BUENA VISTA	ND	NWI
-- Paula Graumann	MOUNT MARTY COLLEGE	ND	NWI
-- Marisa Aldinger	NO. STATE	ND	NWI
-- Heather Lindgren	JAMESTOWN COLLEGE	ND	NWI
-- Sarah Skipper	JAMESTOWN COLLEGE	ND	NWI

**Event 112 Men Long Jump UCO**

Name	Year School	Finals	Wind
1 Eric Bertelsen	BUENA VISTA	6.90m	NWI 22-07.75
2 Corey Beffert	SDSU	6.31m	NWI 20-08.50
3 Danny Hutchenson	D WESLEY	6.28m	NWI 20-07.25
4 Tony Pedri	U SIOUX FALL	6.27m	NWI 20-07.00
5 Chad Pinkelman	USD	6.23m	NWI 20-05.25
6 Blake Ridgway	AUGUSTANA COLLEGE	6.10m	NWI 20-00.25
7 Austin Suther	NO. STATE	J6.10m	NWI 20-00.25
8 Blake Anderson	U SIOUX FALL	6.04m	NWI 19-09.75
9 Phillip Carmody	DAKOTA STATE	6.00m	NWI 19-08.25
10 Travis Toepfer	WAYNE STATE COLLEGE	5.98m	NWI 19-07.50
11 Zak Kjolsing	NO. STATE	5.92m	NWI 19-05.25
12 Dave Thomas	BRIAR CLIFF	5.91m	NWI 19-04.75
13 Stefan Peterson	BUENA VISTA	5.90m	NWI 19-04.25
14 Lucas Delacruz	U SIOUX FALL	5.82m	NWI 19-01.25
14 Joe Lammers	DORDT COLLEGE	5.82m	NWI 19-01.25
16 Austin Lake	NORTHWESTERN	5.73m	NWI 18-09.75
17 Zack Mullins	BRIAR CLIFF	5.70m	NWI 18-08.50
18 Lucas Peterson	NORTHWESTERN	5.65m	NWI 18-06.50
19 Drew Molacek	WAYNE STATE COLLEGE	5.61m	NWI 18-05.00
20 Caleb Young	BRIAR CLIFF	5.43m	NWI 17-09.75
21 Tom Merkwan	D WESLEY	5.41m	NWI 17-09.00

**Event 113 Women High Jump UCO**

Name	Year School	Finals
1 Andrea Masters	UNATTACHED	1.65m 5-05.00
2 Danielle Rowe	DAKOTA STATE	J1.65m 5-05.00
3 Misty Rystrom	WAYNE STATE COLLEGE	J1.65m 5-05.00
4 Jade Lippman	WAYNE STATE COLLEGE	1.60m 5-03.00
5 Sarah Gilbert	U SIOUX FALL	J1.60m 5-03.00
6 Anne Torkelson	MORNINGSIDE COLLEGE	1.55m 5-01.00
6 Katie Sokolowski	MORNINGSIDE COLLEGE	1.55m 5-01.00
6 Laura Smith	NO. STATE	1.55m 5-01.00
6 Krystal Jackson	BRIAR CLIFF	1.55m 5-01.00
6 Brittany Beehler	UNIVERSITY OF MARY	1.55m 5-01.00
11 Tanya Vassar	NO. STATE	1.50m 4-11.00
11 Crystal Schiernbeck	USD	1.50m 4-11.00
-- Amber Krogstad	U SIOUX FALL	NH
-- Mollie O'Mara	BRIAR CLIFF	NH
-- Kristy Schaaf	BRIAR CLIFF	NH
-- Karissa Pepin	AUGUSTANA COLLEGE	NH

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 113 Women High Jump UCO**

-- Liz Van Drunen	DORDT COLLEGE	NH
-- Kelly Schilling	MOUNT MARTY COLLEGE	NH
-- Andrea Ahrendsen	BUENA VISTA	NH

**Event 114 Men High Jump UCO**

Name	Year School	Finals
1 Eric Bauder	DAKOTA STATE	2.06m 6-09.00
2 Ryan Gass	MORNINGSIDE COLLEGE	2.01m 6-07.00
3 Andrew Rose	NO. STATE	J2.01m 6-07.00
4 Curtis Rife	MORNINGSIDE COLLEGE	1.96m 6-05.00
5 Jeff Sebern	USD	1.91m 6-03.25
6 Mark Mineart	NORTHWESTERN	J1.91m 6-03.25
6 Alex Liberty	D WESLEY	J1.91m 6-03.25
8 Lance Nemec	UNIVERSITY OF MARY	1.86m 6-01.25
8 Caleb Peters	USD	1.86m 6-01.25
8 Blake Ridgway	AUGUSTANA COLLEGE	1.86m 6-01.25
8 Calvin McGruder	NO. STATE	1.86m 6-01.25
12 Chad Pinkelman	USD	1.81m 5-11.25
12 Nathan Horgeshimer	JAMESTOWN COLLEGE	1.81m 5-11.25
12 Jordan Snyder	BUENA VISTA	1.81m 5-11.25
-- Drew Molacek	WAYNE STATE COLLEGE	NH
-- Zach Alexander	U SIOUX FALL	NH
-- Kyle Heidema	DORDT COLLEGE	NH

**Event 115 Women Triple Jump UCO**

Name	Year School	Finals	Wind
1 Tia Haines	USD	11.14m	NWI 36-06.75
2 Natalie Stout	USD	11.08m	NWI 36-04.25
3 Brianne Hofstetter	WAYNE STATE COLLEGE	10.71m	NWI 35-01.75
4 Crystal Vander Zee	DORDT COLLEGE	J10.71m	NWI 35-01.75
5 Katie Zent	JAMESTOWN COLLEGE	10.70m	NWI 35-01.25
6 Karissa Pepin	AUGUSTANA COLLEGE	10.54m	NWI 34-07.00
7 Angela Wiersma	NORTHWESTERN	10.26m	NWI 33-08.00
8 Margie Anthony	DAKOTA STATE	10.23m	NWI 33-06.75
9 Shannon Fitzsimmons	USD	10.22m	NWI 33-06.50
10 Dana Riter	MOUNT MARTY COLLEGE	10.19m	NWI 33-05.25
11 Sarah Weidler	D WESLEY	10.15m	NWI 33-03.75
12 Vanessa Friestad	UNIVERSITY OF MARY	10.10m	NWI 33-01.75
13 Heidi Hildebrandt	NORTHWESTERN	9.98m	NWI 32-09.00
14 Larissa Veldhuizen	DORDT COLLEGE	9.78m	NWI 32-01.00
15 Liz Van Drunen	DORDT COLLEGE	9.77m	NWI 32-00.75
16 Alicia Letcher	MOUNT MARTY COLLEGE	9.69m	NWI 31-09.50
17 Sarah Gilbert	U SIOUX FALL	9.48m	NWI 31-01.25
18 Katie Pociask	U SIOUX FALL	8.99m	NWI 29-06.00
-- Heather Bonn	NO. STATE	ND	NWI
-- Jacqueline Emanuel	U SIOUX FALL	ND	NWI

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****Event 116 Men Triple Jump UCO**

Name	Year School	Finals	Wind
1 Josh De Jong	DORDT COLLEGE	13.95m	NWI 45-09.25
2 Jeff Sebern	USD	13.92m	NWI 45-08.00
3 Wade DeVries	UNATTACHED	13.61m	NWI 44-08.00
4 Alex Timperley	WAYNE STATE COLLEGE	13.55m	NWI 44-05.50
5 Travis Toepfer	WAYNE STATE COLLEGE	13.31m	NWI 43-08.00
6 Tony Pedri	U SIOUX FALL	13.23m	NWI 43-05.00
7 Zack Mullins	BRIAR CLIFF	13.01m	NWI 42-08.25
8 Dave Thomas	BRIAR CLIFF	12.81m	NWI 42-00.50
9 Lucas Delacruz	U SIOUX FALL	12.80m	NWI 42-00.00
10 Nathaniel Bridgeman	U SIOUX FALL	12.73m	NWI 41-09.25
11 Caleb Young	BRIAR CLIFF	12.72m	NWI 41-08.75
12 Peter Malga	MORNINGSIDE COLLEGE	12.70m	NWI 41-08.00
13 Chad Pinkelman	USD	12.61m	NWI 41-04.50
14 Zach Alexander	U SIOUX FALL	12.36m	NWI 40-06.75
15 Blake Anderson	U SIOUX FALL	12.34m	NWI 40-06.00
16 Phillip Carmody	DAKOTA STATE	12.03m	NWI 39-05.75
17 Jordan Kvale	JAMESTOWN COLLEGE	11.58m	NWI 38-00.00
18 Travis Kamm	NO. STATE	11.50m	NWI 37-08.75

**Event 117 Women Javelin Throw UCO**

Name	Year School	Finals	
1 Vanessa Warzecha	MORNINGSIDE COLLEGE	38.61m	126-08
2 Holly Hassler	UNIVERSITY OF MARY	37.36m	122-07
3 Becca Price	JAMESTOWN COLLEGE	34.15m	112-00
4 Sarah Gilbert	U SIOUX FALL	33.42m	109-08
5 Laura Smith	NO. STATE	29.84m	97-11
6 Jaci Depuydt	JAMESTOWN COLLEGE	29.67m	97-04
7 Kalifornia Gray	MORNINGSIDE COLLEGE	28.65m	94-00
8 Krystal Lacey	NO. STATE	27.36m	89-09
9 Elizabeth Stevens	NORTHWESTERN	27.29m	89-06
10 Rachel Christianson	AUGUSTANA COLLEGE	27.25m	89-05
11 Tanya Vassar	NO. STATE	27.03m	88-08
12 Amber DeBoer	JAMESTOWN COLLEGE	26.34m	86-05
13 Bridgett Hasche	NORTHWESTERN	25.63m	84-01
14 Elizabeth Boel	NORTHWESTERN	25.46m	83-06
15 Kallie Merrill	JAMESTOWN COLLEGE	24.79m	81-04
16 Alisa Winquist	BRIAR CLIFF	23.48m	77-00
17 Danielle Fry	NORTHWESTERN	23.04m	75-07
18 Amy Kessler	MORNINGSIDE COLLEGE	22.11m	72-06
19 Liz Van Drunen	DORDT COLLEGE	15.61m	51-02
-- Melissa Jackson	AUGUSTANA COLLEGE	ND	
-- Kim Anderson	NO. STATE	ND	

**Event 118 Men Javelin Throw UCO**

Name	Year School	Finals	
1 Brad South	MORNINGSIDE COLLEGE	53.63m	175-11
2 Jon Evenson	NO. STATE	49.65m	162-11
3 Matt Roesner	NORTHWESTERN	46.49m	152-06
4 Tim Kruse	U SIOUX FALL	44.67m	146-07

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 118 Men Javelin Throw UCO**

5	Lance Nemece	UNIVERSITY OF MARY	43.67m	143-03
6	Steve Antonich	UNIVERSITY OF MARY	42.56m	139-07
7	Daniel Craig	JAMESTOWN COLLEGE	42.03m	137-11
8	Dan Sternhagen	MOUNT MARTY COLLEGE	41.90m	137-06
9	Cody Hageman	NO. STATE	38.85m	127-05
10	Jon Armstrong	BRIAR CLIFF	38.64m	126-09
11	Justin Meidinger	U SIOUX FALL	38.17m	125-03
12	Jake Versteeg	U SIOUX FALL	37.97m	124-07
13	Landon Laveranz	U SIOUX FALL	37.29m	122-04
14	Kiley Murra	NORTHWESTERN	36.90m	121-01
15	Kyle Brunsting	USD	34.54m	113-04
16	Brady Lesnar	NO. STATE	34.24m	112-04
17	Andrew Vander Woude	DORDT COLLEGE	33.74m	110-08
18	Kevin Knapp	AUGUSTANA COLLEGE	32.42m	106-04
19	Pat Kenney	JAMESTOWN COLLEGE	31.88m	104-07
20	Kasey Summerer	NORTHWESTERN	31.80m	104-04
21	Matt Glick	DAKOTA STATE	30.53m	100-02
--	Drew Molacek	WAYNE STATE COLLEGE		ND
--	Josh Berg	JAMESTOWN COLLEGE		ND

**Event 121 Women Hammer Throw UCO**

Name	Year	School	Finals	
1	Amanda Madden	NO. STATE	56.76m	186-03
2	Aubrey Baxter	BLACK HILLS STATE	56.59m	185-08
3	Noel Bentele	AUGUSTANA COLLEGE	45.23m	148-05
4	Katie Smith	NO. STATE	44.83m	147-01
5	Katie Wilson	WAYNE STATE COLLEGE	44.56m	146-02
6	Amy Velthoff	USD	43.62m	143-01
7	Lachel Milander	WAYNE STATE COLLEGE	43.15m	141-07
8	Casey Buskirk	WAYNE STATE COLLEGE	42.25m	138-07
9	Shara Thompson	USD	41.19m	135-02
10	Amber Brodersen	BLACK HILLS STATE	41.09m	134-10
11	Kara Den Herder	NORTHWESTERN	40.74m	133-08
12	Amber Price	MORNINGSIDE COLLEGE	40.53m	133-00
13	Morgan Darrow	BUENA VISTA	39.63m	130-00
14	Jordan Balfour	MORNINGSIDE COLLEGE	39.50m	129-07
15	Ashley Larson	SDSU	39.46m	129-05
16	Megan Vote	JAMESTOWN COLLEGE	38.75m	127-01
17	Jill Schlenker	JAMESTOWN COLLEGE	38.44m	126-01
18	Danielle Fry	NORTHWESTERN	37.81m	124-00
19	Cody Milbourn	BLACK HILLS STATE	37.77m	123-11
20	Rachel Christianson	AUGUSTANA COLLEGE	36.83m	120-10
21	Katie Gylfe	DAKOTA STATE	36.80m	120-09
22	Kristin Weeldreyer	U SIOUX FALL	36.50m	119-09
23	RaeChael Zabokrtsky	MORNINGSIDE COLLEGE	35.02m	114-11
24	Melodi Boke	NO. STATE	33.94m	111-04
25	Keely O'Neill	WAYNE STATE COLLEGE	33.38m	109-06
26	Alisa Winquist	BRIAR CLIFF	33.33m	109-04
26	Darci Youngstrom	USD	33.33m	109-04
28	Erica Krull	USD	32.05m	105-02
29	Kim Velk	MOUNT MARTY COLLEGE	31.67m	103-11
--	Ashley Sparks	BRIAR CLIFF		ND

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****Event 122 Men Hammer Throw UCO**

Name	Year School	Finals	
1 Jason Boeding	BLACK HILLS STATE	53.75m	176-04
2 John Sloup	WAYNE STATE COLLEGE	52.70m	172-11
3 Jacob Mathiesen	WAYNE STATE COLLEGE	52.32m	171-08
4 Andy Edison	MORNINGSIDE COLLEGE	51.79m	169-11
5 Cole Nicholas	BLACK HILLS STATE	47.42m	155-07
6 Ben Jacobson	UNIVERSITY OF MARY	44.80m	147-00
7 John Huber	NO. STATE	42.71m	140-01
8 Brandon Robinson	BUENA VISTA	42.52m	139-06
9 Preston Elliott-Moore	NO. STATE	41.70m	136-10
10 Kevin Knapp	AUGUSTANA COLLEGE	40.10m	131-07
11 Tim Kruse	U SIOUX FALL	39.98m	131-02
12 Adam Hinds	BRIAR CLIFF	39.87m	130-10
13 Bill Dean	JAMESTOWN COLLEGE	38.58m	126-07
14 Tad Harmon	UNIVERSITY OF MARY	37.83m	124-01
15 Jacob Chambers	MORNINGSIDE COLLEGE	37.31m	122-05
16 Steven Ricke	BUENA VISTA	36.22m	118-10
17 Brock Brewster	USD	36.03m	118-02
18 Kyle O'Neill	WAYNE STATE COLLEGE	35.99m	118-01
19 Travis Kroger	U SIOUX FALL	34.45m	113-00
20 Matt Glick	DAKOTA STATE	33.89m	111-02
21 Kyle Brunsting	USD	31.25m	102-06
22 Zach Kaufmann	BUENA VISTA	30.58m	100-04
23 Basem Shammass	USD	29.32m	96-02
24 Pat Kenney	JAMESTOWN COLLEGE	28.19m	92-06
-- DJ Vega	BUENA VISTA	ND	
-- Tyler Fleckenstein	UNIVERSITY OF MARY	ND	

**Event 123 Girls 4x100 Meter Relay 6th Grade**

School	Finals
1 SIOUX CITY WEST MIDDLE SCHOOL 'A'	1:03.76
2 SIOUX CITY WEST MIDDLE SCHOOL 'B'	1:03.98
3 SIOUX CITY WEST MIDDLE SCHOOL 'C'	1:04.79
4 SIOUX CITY NORTH MIDDLE SCHOOL 'A'	1:06.80

**Event 124 Boys 4x100 Meter Relay 6th Grade**

School	Finals
1 SIOUX CITY NORTH MIDDLE SCHOOL 'A'	55.12
2 SIOUX CITY WEST MIDDLE SCHOOL 'A'	59.35
3 SIOUX CITY WEST MIDDLE SCHOOL 'B'	1:03.74

**Event 125 Girls 4x100 Meter Relay 7th Grade**

School	Finals
1 SIOUX CITY NORTH MIDDLE SCHOOL 'A'	1:03.08
2 SIOUX CITY WEST MIDDLE SCHOOL 'A'	1:03.96
3 SIOUX CITY WEST MIDDLE SCHOOL 'B'	1:05.70



**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****Event 126 Boys 4x100 Meter Relay 7th Grade**

School	Finals
1 SO SIOUX CITY HIGH SCHOOL 'A'	55.16
2 SIOUX CITY NORTH MIDDLE SCHOOL 'A'	57.94
3 SIOUX CITY WEST MIDDLE SCHOOL 'A'	59.78
4 SIOUX CITY WEST MIDDLE SCHOOL 'B'	1:02.01
5 SIOUX CITY NORTH MIDDLE SCHOOL 'B'	1:05.15

**Event 127 Girls 4x100 Meter Relay 8th Grade**

School	Finals
1 SIOUX CITY NORTH MIDDLE SCHOOL 'A'	58.03
2 SO SIOUX CITY HIGH SCHOOL 'B'	58.64
3 SIOUX CITY EAST MIDDLE SCHOOL 'A'	59.62
4 SIOUX CITY EAST MIDDLE SCHOOL 'B'	1:03.53
5 SIOUX CITY WEST MIDDLE SCHOOL 'A'	1:06.60
6 SIOUX CITY WEST MIDDLE SCHOOL 'B'	1:09.28

**Event 128 Boys 4x200 Meter Relay 8th Grade**

School	Finals
1 SIOUX CITY NORTH MIDDLE SCHOOL 'A'	1:44.62
2 SIOUX CITY EAST MIDDLE SCHOOL 'A'	1:44.68
3 SIOUX CITY WEST MIDDLE SCHOOL 'A'	1:56.27
4 SIOUX CITY EAST MIDDLE SCHOOL 'B'	1:56.36
5 SIOUX SIOUX CITY MIDDLE SCHOOL 'A'	2:01.51
6 SIOUX CITY WEST MIDDLE SCHOOL 'B'	2:13.06

**Event 129 Girls 4x200 Meter Relay 8th Grade**

School	Finals
1 SIOUX CITY NORTH MIDDLE SCHOOL 'A'	2:04.44
2 SIOUX CITY EAST MIDDLE SCHOOL 'A'	2:06.46
3 SIOUX CITY WEST MIDDLE SCHOOL 'A'	2:10.20
4 SIOUX CITY EAST MIDDLE SCHOOL 'B'	2:17.54

**Event 130 Boys 800 Meter Run 8th Grade**

Name	Year School	Finals
1 Austin Fritza	08 SIOUX SIOUX	2:20.29
2 Gage Hays	09 SIOUX CITY N	2:23.01
3 Michael Powell	08 SIOUX SIOUX	2:23.90
4 Alex Berger	09 SIOUX CITY N	2:30.06
5 Trey Lapke	09 SIOUX CITY E	2:31.82
6 Michael Carson	08 SIOUX SIOUX	2:32.35
7 Corey Fravel	08 SIOUX CITY W	2:34.41
8 Lane Bernstrauch	08 SIOUX SIOUX	2:36.16
9 Dylan Smoody	08 SIOUX CITY W	2:36.46
10 Diego Marquez	09 SIOUX CITY E	2:36.46
11 Ryan Hughes	09 SIOUX CITY N	2:39.88
12 PJ Poe	09 SIOUX CITY N	2:42.81

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 130 Boys 800 Meter Run 8th Grade**

13 Dan Hanson	09 SIOUX CITY E	2:53.34
14 Victor Diaz	08 SIOUX CITY W	2:57.91

**Event 131 Girls 800 Meter Run 8th Grade**

Name	Year School	Finals
1 Chloe Houlihan	09 SIOUX CITY E	2:42.07
2 Emily McElwain	09 SIOUX CITY E	2:46.71
3 Hasmine Valasco	09 SIOUX CITY N	2:52.41
4 Karissa Jensen	08 SIOUX SIOUX	3:01.94
5 Breanna Smith	08 SIOUX CITY W	3:04.40
6 Shannon Stark	08 SIOUX CITY W	3:06.02
7 Emilie Olveda	09 SIOUX CITY E	3:08.28
8 Deinaria Felts	09 SIOUX CITY E	3:08.37
9 Gina Smick	08 SIOUX CITY W	3:09.54
10 Beth Hubbard	08 SIOUX SIOUX	3:10.31
11 Karlee Hinrichsen	09 SIOUX CITY N	3:15.58
12 Josefina Lopez	09 SIOUX CITY N	3:17.69
13 Amanda Delzell	09 SIOUX CITY N	3:28.61

**Event 205 Girls Meter Shuttle Hurdle OHS**

School	Finals	H#
1 OKOBOJI HIGH SCHOOL 'A'	1:09.77	2
1) Kelsey Crosgrove 11	2) Bryanna Wittrock 10	
3) Brandi Demuth 11	4) Taylor Poppema 10	
2 GEHLEN CATHOLIC 'A'	1:10.70	2
1) Kayla Hatting 12	2) Kayla Holtgrewe 11	
3) Nicole Ryan 09	4) Steph Rohe 09	
3 LEMARS CENTRAL 'A'	1:11.03	2
1) Emily TeBrink 12	2) Sadie Arens 11	
3) Kirstie Ruhland 10	4) Tara Lehner 12	
4 MOC-FLOYD VALLEY 'A'	1:13.67	1
1) Claire Roesner 11	2) Caitlyn Van Es 09	
3) Leah De Graaf 11	4) Katie Krebs 11	
5 GLENWOOD HIGH SCHOOL 'A'	1:14.07	1
1) Kassie Finn 11	2) Abby Brown 10	
3) Mercedes Lipparato	4) Emily Robinson 11	
6 SIOUX CITY EAST 'A'	1:16.42	1
1) Abby Follow 09	2) Breanna Schwartz 12	
3) Emily Stapleton 12	4) Megan Stiles 12	
7 UNITY CHRISTIAN H.S. 'A'	1:17.29	1
1) Lindsey Moerman 11	2) Katelyn Schuller 10	
3) Caroline Reinders 10	4) Kim Engeltjes 11	

**Event 211 Boys Meter Shuttle Hurdle OHS**

School	Finals	H#
1 LEMARS CENTRAL 'A'	1:01.84	1
1) Mat Ferris 11	2) Hunter Rhode 10	
3) Paxton Strub 10	4) Tyler Lancaster 11	
2 SGT BLUFF-LUTON H.S. 'A'	1:02.46	2

**Sioux City Relays 2009 - 4/17/2009 to 4/18/2009****Olsen Stadium****Results****....Event 211 Boys Meter Shuttle Hurdle OHS**

1) Ben Van Dyke 12	2) Jordan Huffman 12		
3) Nick Mrla 11	4) Ross Chettinger 11		
3 GLENWOOD HIGH SCHOOL 'A'		1:03.11	2
1) Ian Eflin 10	2) Andrew Reinert 12		
3) Tim Schwanke 12	4) Bo Darrow 12		
4 SF LINCOLN 'A'		1:03.42	2
1) Justin Achoa 12	2) James Landon 10		
3) Hashim Gabon 10	4) Josh Jenkins 12		
5 MARCUS MERIDEN CLEGHORN HIGH S 'A'		1:03.52	1
1) Lucas Nelson	2) Jordan Boekhout 12		
3) Chris Mayrose	4) Will Hanson 11		
6 GALVA-HOLSTEIN 'A'		1:06.63	1
1) Tyson Thoreson 10	2) Kyle Wessling 09		
3) Kellen Jacobson 12	4) Collin Bubke 12		
7 SPIRIT LAKE HS 'A'		1:07.49	1
1) TJ Johnson 12	2) Ricky Wilson 11		
3) Aric Waltz 09	4) DJ Smith 10		