

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****Girls 100 Meter Dash Class "A"**

Name	Year	School	Seed	Finals	Wind	H#
Finals						
1 Kayla Lavalais	12	Sioux City North	13.28	13.10	2.3	2
2 Mary Chicoine	10	Heelan	13.19	13.22	2.3	2
3 Rae Twohig	12	Sioux City West	12.72	13.31	2.3	2
4 Reyna Mikulicz	10	Sioux City East	12.50	13.47	2.3	2
5 Kelly Daniels	11	Heelan		13.49	3.0	1
6 Stephanie Pace	10	Sioux City West	13.28	13.63	2.3	2
7 Madison Yohe	10	Heelan	13.40	13.64	2.3	2
8 Cheyanne Simon	11	Sioux City West	13.33	13.64	2.3	2
9 Rachael Johnson	11	Yankton High School	13.20	13.73	2.3	2
10 Amy Hisek	12	Yankton High School	13.50	13.77	3.0	1
11 Kaija Bergdale	10	Sioux City North	14.02	13.93	3.0	1
12 Jamie Ezslinger	11	SF Lincoln	13.50	13.99	3.0	1
13 Laurel Protextor	11	Sioux City East	13.80	14.07	3.0	1
14 Katie Barkley	12	SF Lincoln	13.60	14.35	3.0	1
15 Leah Banks	10	So Sioux	14.50	16.34	3.0	1

Girls 100 Meter Hurdles Class "A"

Name	Year	School	Seed	Finals	Wind	H#
1 Tori Vondrak	12	Heelan	16.44	16.78	1.0	2
2 Mikala Hora	09	Yankton High School	16.10	17.45	1.0	2
3 Tabitha Machar	12	So Sioux	16.00	18.57	1.0	2
4 Hannah Reed	12	So Sioux	18.00	18.65	1.3	1
5 Emily Keane	09	Heelan	17.91	18.77	1.0	2
6 Abby Follow	10	Sioux City East	17.50	18.78	1.0	2
7 Cheyanne Simon	11	Sioux City West		18.99	1.3	1
8 Kaity Schumacher	11	Sioux City West	19.08	19.04	1.3	1
9 Katie Barkley	12	SF Lincoln	17.50	19.13	1.0	2
10 Emily McElwain	09	Sioux City East	18.00	19.35	1.3	1
11 McKayla Johnson	11	Sioux City West	18.68	19.45	1.3	1
12 Chloe Cornemann	10	Yankton High School	17.00	19.51	1.0	2
13 Desiree Lauderdale	11	Sioux City North	20.14	20.25	1.3	1

Girls 4x100 Meter Relay Class "A"

School	Seed	Finals
1 Sioux City West 'A'	52.91	52.11
1) Rylee Parkhill 11		
2) Stephanie Pace 10		
3) Cheyanne Simon 11		
4) Rae Twohig 12		
2 Sioux City East 'A'	52.12	52.42
1) Sam Mersch 12		
2) Jordyn Anderson 09		
3) Reyna Mikulicz 10		
4) Lexie Strom 10		
3 Bishop Heelan High School 'A'	52.00	52.48
1) Madison Yohe 10		
2) Emily Keane 09		
3) Brielle Luft 10		
4) Mary Chicoine 10		
4 SF Lincoln 'A'	49.75	53.26
1) Meghan Lambert 11		
2) Mary Wirth 12		
3) Kirsten Nyberg 12		
4) Karmen Nyberg 12		
5 Yankton High School 'A'	53.50	54.36
1) Laura Buckman		
2) Amy Hisek 12		

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3) Mikala Hora 09	4) Chloe Cornemann 10	
6 Sioux City North 'A'	55.62	55.37
1) Kayla Lavalais 12	2) Anna Beals 09	
3) Jess Motley	4) Kaija Bergdale 10	

Girls 4x200 Meter Relay Class"A"

School	Seed	Finals
1 Sioux City East 'A'	1:48.99	1:48.47
1) Sam Mersch 12	2) Kilee Watson 12	
3) Lexie Strom 10	4) Reyna Mikulicz 10	
2 SF Lincoln 'A'	1:48.00	1:51.41
1) Jamie Ezslinger 11	2) Kirsten Nyberg 12	
3) Kelli Anderson 11	4) Karmen Nyberg 12	
3 Sioux City West 'A'	1:52.43	1:51.42
1) Kaity Schumacher 11	2) Cheyanne Simon 11	
3) Stephanie Pace 10	4) Rae Twohig 12	
4 Bishop Heelan High School 'A'	1:52.00	1:52.57
1) Madison Yohe 10	2) Kelly Daniels 11	
3) Brielle Luft 10	4) Mary Chicoine 10	
5 Yankton High School 'A'	1:52.00	1:53.44
1) Rachel Weinandt 11	2) Amy Hisek 12	
3) Laura Buckman	4) Rachael Johnson 11	
6 Sioux City North 'A'		1:55.50

Girls 4x400 Meter Relay Class"A"

School	Seed	Finals
1 Sioux City East 'A'	3:57.60	4:02.17
1) Shelby Houlihan 11	2) Reyna Mikulicz 10	
3) Lexie Strom 10	4) Ellen Dougherty 12	
2 SF Lincoln 'A'	4:15.90	4:20.10
1) Karmen Nyberg 12	2) Meghan Lambert 11	
3) Saprina Ruppert 11	4) Kelli Anderson 11	
3 Yankton High School 'A'	4:12.00	4:21.77
1) Whitley Larson 08	2) Jenna Grossenberg 10	
3) Jayna Specht	4) Rachel Weinandt 11	
4 Bishop Heelan High School 'A'	4:20.00	4:28.56
1) Kelly Daniels 11	2) Allie Sweeney 10	
3) Kelcie Meier 09	4) Corinne Spears 11	
5 Sioux City West 'A'	4:43.20	4:38.87
1) Hannah Koerselman 12	2) Chante Pope 11	
3) Rae Twohig 12	4) Breanna Smith 09	

Girls Distance Medley Class"A"

School	Seed	Finals
1 Yankton High School 'A'	4:28.00	4:28.41
1) Laura Buckman	2) Mikala Hora 09	
3) Jayna Specht	4) Megan Hilson 12	
2 Bishop Heelan High School 'A'	4:30.00	4:37.08
1) Kelly Daniels 11	2) Allie Sweeney 10	

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Girls Distance Medley Class"A"**

3) Kelcie Meier 09	4) Abby Wostoupal 10		
3 SF Lincoln 'A'		4:29.30	4:42.73
1) Jamie Ezslinger 11	2) Katie Barkley 12		
3) Saprina Ruppert 11	4) Gretchen Peterson 12		
4 So Sioux City High School 'A'		4:40.20	5:01.73
1) Taylor Bleil 09	2) Sarah Casey 09		
3) Becca Cantrell 12	4) Halie Hoch 10		
5 Sioux City West 'A'		5:11.43	5:04.17
1) Kaity Schumacher 11	2) Stephanie Pace 10		
3) Emma Lunning 09	4) Lindsey Combs 11		

Girls 100 Meter Dash Class"B"

Name	Year	School	Seed	Finals	Wind	H#
1 Brooke Wolterstorff	09	Hull Western	12.30	12.71	2.1	2
2 Megan Lawler	12	Spirit Lake HS	12.47	12.79	2.1	2
3 Lindsey Wichers	11	Lemars Central	13.42	13.61	2.1	2
4 Ebony Stone	10	Lemars Central	13.40	13.63	2.1	2
5 Jade Hanson	09	Moc-Floyd Valley	13.68	13.72	2.0	1
6 Rachel Bos	09	Unity Chs't	13.95	13.75	2.0	1
7 Katie Krebs	12	Moc-Floyd Valley	13.56	13.84	2.1	2
8 Tayler Moriarty	09	Sgt Bluff-Lu	13.28	13.84	2.1	2
9 Courtney Vreugdenhil	10	Unity Chs't	14.02	14.08	2.0	1
10 Mallory Cates	09	Oa-Bcig	13.70	14.09	2.0	1
11 Lindsey Arneson	11	Spirit Lake HS	13.67	14.35	2.0	1
12 Jaiden Miedema	09	Hull Western	13.70	14.41	2.0	1
13 Samantha Sholty	09	Oa-Bcig	14.15	14.58	2.0	1
14 Kassie Ruhr	09	Glenwood High Sc	13.59	14.60	2.0	1
15 Mercedes Liparoto	10	Glenwood High Sc	13.22	14.86	2.1	2

Girls 100 Meter Hurdles Class"B"

Name	Year	School	Seed	Finals	Wind	H#
1 Slone Masters	12	Storm Lake High	15.38	15.65	0.8	2
2 Emily Anderson	11	Lemars Central	16.80	16.48	0.8	2
3 Katie Krebs	12	Moc-Floyd Valley	17.06	17.08	0.8	2
4 Kirstie Ruhland	11	Lemars Central	16.80	17.93	0.8	2
5 Mercedes Liparoto	10	Glenwood High Sc	16.88	17.97	0.8	2
6 Kassie Finn	12	Glenwood High Sc	17.72	18.09	0.8	2
7 Caila Jones	12	Spirit Lake HS	18.17	18.25	1.2	1
8 Devin Jackson	09	Glenwood High Sc	17.40	18.55	0.8	2
9 Megan VanderMolen	10	Sgt Bluff-Lu	18.65	18.60	1.2	1
10 Jessica Wallace	12	Spirit Lake HS	18.59	19.21	1.2	1
11 Elissa Jansma	09	Hull Western	17.74	19.30	0.8	2
12 Mariah Cates	09	Oa-Bcig	19.04	19.55	1.2	1

Girls 4x100 Meter Relay Class"B"

School	Seed	Finals
1 Hull Western Christian 'A'	53.19	52.01
1) Jaiden Miedema 09	2) Kayla Gesink 11	
3) Chelsea Vaandrager 12	4) Brooke Wolterstorff 09	

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Girls 4x100 Meter Relay Class"B"**

2 Lemars Central 'A'	53.10	52.59
1) Lindsey Wichers 11	2) Ebony Stone 10	
3) Kirstie Ruhland 11	4) Emily Anderson 11	
3 Spirit Lake HS 'A'	54.81	52.94
1) Lindsey Arneson 11	2) Alex Horsman 12	
3) Caila Jones 12	4) Megan Lawler 12	
4 Unity Christian H.S. 'A'	55.69	53.36
1) Jill Schouten 09	2) Courtney Vreugdenhil 10	
3) Katelyn Schuller 11	4) Lindsey Moerman 12	
5 Sgt Bluff-Luton H.S. 'A'	53.30	53.41
1) Emma Gray 12	2) Melissa Wiig 12	
3) Cassidy Breon 10	4) Tayler Moriarty 09	
6 Glenwood High School 'A'	54.62	55.48
1) Mercedes Liparoto 10	2) Lexi Fisher 10	
3) McKenna Henze 09	4) Shelby Brewster 11	
-- Moc-Floyd Valley 'A'	52.03	DQ
1) Rebecca De Haan 11	2) Caitlyn Van Es 10	
3) Jade Hanson 09	4) Katie Krebs 12	

Girls 4x200 Meter Relay Class"B"

School	Seed	Finals
1 Hull Western Christian 'A'	1:48.27	1:47.40
1) Kayla Gesink 11	2) Kim Kroeze 09	
3) Chelsea Vaandrager 12	4) Brooke Wolterstorff 09	
2 Spirit Lake HS 'A'	1:52.88	1:52.08
1) Megan Lawler 12	2) Alex Horsman 12	
3) Caila Jones 12	4) Lindsey Arneson 11	
3 Unity Christian H.S. 'A'	1:54.70	1:52.17
1) Katie Bonnema 12	2) Katelyn Schuller 11	
3) Kim Engeltjes 12	4) Lindsey Moerman 12	
4 Sgt Bluff-Luton H.S. 'A'	2:00.11	1:53.87
1) Emma Gray 12	2) Melissa Wiig 12	
3) Cassidy Breon 10	4) Tayler Moriarty 09	
5 Moc-Floyd Valley 'A'	1:56.67	1:54.12
1) Brianna Plendl 12	2) Kristin Probst 09	
3) Samantha Wielenga 09	4) Jade Hanson 09	
6 Glenwood High School 'A'	1:57.03	1:58.68
1) Hanna Ringsdorf 09	2) Ashley Grave 09	
3) McKenna Henze 09	4) Shelby Brewster 11	

Girls 4x400 Meter Relay Class"B"

School	Seed	Finals
1 Hull Western Christian 'A'	4:10.26	4:09.47
1) Kayla Gesink 11	2) Kim Kroeze 09	
3) Chelsea Vaandrager 12	4) Brooke Wolterstorff 09	
2 Moc-Floyd Valley 'A'	4:14.37	4:13.71
1) Rebecca De Haan 11	2) Jennifer Guthmiller 10	
3) Kara Nonnemacher 11	4) Caitlyn Van Es 10	
3 Unity Christian H.S. 'A'	4:19.73	4:15.59
1) Katelyn Schuller 11	2) Katie Bonnema 12	
3) Lindsey Moerman 12	4) Kayla Byl 10	

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Girls 4x400 Meter Relay Class"B"**

4	Sioux Center High School 'A'	4:25.00	4:26.08
	1) Bethany Lason	2) Katelyn Kragt 11	
	3) Jenna Lammers 10	4) Jillian Estes	
5	Lemars Central 'A'	4:29.20	4:31.17
	1) Morgan Ohm 09	2) Erin Kommes 09	
	3) Yashila Permeswaran 09	4) Hannah Steen 10	
6	Glenwood High School 'A'	4:27.40	4:33.32
	1) Lexi Fisher 10	2) McKenna Henze 09	
	3) Shelby Brewster 11	4) Ashley Grave 09	

Girls Distance Medley Class"B"

School	Seed	Finals
1 Sgt Bluff-Luton H.S. 'A'	4:41.80	4:30.53
1) Emma Gray 12	2) Melissa Wiig 12	
3) Cassidy Breon 10	4) Mackenzie Smith 10	
2 Spirit Lake HS 'A'	4:39.10	4:31.27
1) Alex Horsman 12	2) Caila Jones 12	
3) Megan Lawler 12	4) McKenzie Dziedzic 12	
3 Moc-Floyd Valley 'A'	4:42.67	4:31.87
1) Brianna Plendl 12	2) Kristin Probst 09	
3) Samantha Wielenga 09	4) Rebecca De Haan 11	
4 Unity Christian H.S. 'A'	4:45.55	4:35.82
1) Jill Schouten 09	2) Kim Engeltjes 12	
3) Courtney Vreugdenhil 10	4) Abby DeVries 11	
5 Lemars Central 'A'	4:42.20	4:36.90
1) Emily Anderson 11	2) Jess Arnold 10	
3) Jenna Preiksats 10	4) Yashila Permeswaran 09	
6 Hull Western Christian 'A'	4:34.80	4:37.20
1) Jaiden Miedema 09	2) Elissa Jansma 09	
3) Mariah Lammers 11	4) Anna Vande Kamp 09	
7 Sioux Center High School 'A'	4:40.00	4:39.61
1) Bethany Lason	2) Jillian Estes	
3) Jenna Lammers 10	4) Katelyn Kragt 11	
8 Glenwood High School 'A'	4:46.50	4:51.18
1) Kassie Finn 12	2) McKenna Henze 09	
3) Hanna Ringsdorf 09	4) Megan McKern 09	

Girls 100 Meter Dash Class"C"

Name	Year School	Seed	Finals	Wind	H#
1 Bethany DeLong	12 Laurel-Concord	12.40	12.64	1.9	3
2 Karlie Dahl	11 Homer High School	12.80	13.11	1.9	3
3 Chrissy Strassburg	12 Elk Point-Jefferson	12.80	13.22	1.9	3
4 Abbie Ackerman	12 Central Lyon	13.13	13.29	1.9	3
5 Ashley Schneider	12 Marcus Merid	12.98	13.31	1.9	3
6 Erica Dreckman	11 Marcus Merid	12.78	13.53	1.9	3
7 Destiny Boeve	12 Central Lyon	13.60	13.86	1.9	3
8 Justine Cleveland	11 Westwood	13.90	13.99	1.5	2
9 Brittany Spieker	11 Pierce NE	13.70	14.07	1.5	2
10 Kaitlin Roberts	10 Gehlen Catholic	13.76	14.17	1.5	2
11 Erin Brasser	10 South O'Brien H.S.	14.80	14.54	2.2	1
12 Breanna Van Beek	10 South O'Brien H.S.	14.90	14.70	2.2	1

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Girls 100 Meter Dash Class"C"**

13	Alexa Graham	11	CB St Albert	14.33	14.73	1.5	2
14	Katie Gubbels	09	Laurel-Concord	14.10	14.75	1.5	2
15	Abigail Krienert	09	Gehlen Catholic	14.51	14.82	1.5	2
16	Amanda Hoefling	10	Marcus Merid	13.98	15.46	1.5	2
17	Shannon Platzcek	09	Westwood	15.11	15.67	2.2	1
18	Kristin O'Connell	09	River Valley	14.61	15.69	2.2	1
19	Brianna Colshan	09	River Valley	15.14	16.89	2.2	1

Girls 100 Meter Hurdles Class"C"

Name	Year	School	Seed	Finals	Wind	H#	
1	Steph Rohe	10	Gehlen Catholic	15.89	16.87	1.6	2
2	DeAndra Mahrt	10	Kp/Wc	16.11	17.59	1.6	2
3	Katelin Langel	09	Gehlen Catholic	17.69	17.83	1.6	2
4	Michelle Corio	11	Elk Point-Jefferson	17.10	17.86	1.6	2
5	Lexi Ackerman	09	Central Lyon	17.70	17.86	1.6	2
6	Alex Howrey	11	Kp/Wc	17.42	18.02	1.6	2
7	Brittany Shropshire	10	River Valley	17.44	18.04	1.6	2
8	Kirstin Berg	11	Westwood	18.50	18.08	NWI	1
9	Justine Cleveland	11	Westwood	18.40	18.38	NWI	1
10	Kristin O'Connell	09	River Valley	22.44	21.87	NWI	1

Girls 4x100 Meter Relay Class"C"

School	Seed	Finals	H#
1 Laurel-Concord 'A'	51.30	51.60	2
1) Leanna Gubbels 11			
2) Bethany DeLong 12			
3) Erika Hochstein 10			
4) Katie Jacobsen 11			
2 Central Lyon High School 'A'	52.39	51.95	2
1) Destiny Boeve 12			
2) Kiley Eckenrod 12			
3) Kayla Cuperus 12			
4) Abbie Ackerman 12			
3 Marcus Meriden Cleghorn High S 'A'	52.53	53.28	2
1) Carly Lehnhoff 10			
2) Rachel McDermott 12			
3) Ashley Schneider 12			
4) Erica Dreckman 11			
4 Elk Point-Jefferson 'A'	53.00	53.46	2
1) Audrey Truhe 09			
2) Keely Bertram 08			
3) Allyson Murphy 12			
4) Chrissy Strassburg 12			
5 Ridge View - Ghsc 'A'	54.83	54.12	2
1) Rachel Anderson 12			
2) Brooke Wiese 11			
3) Emily Schiernbeck 11			
4) Roxanne Grundmeier 11			
6 CB St Albert 'A'	54.49	54.61	2
1) Alexa Graham 11			
2) Tori Cushing 11			
3) Jessica Pearce 12			
4) Marissa Moran 12			
7 Gehlen Catholic 'A'	57.53	56.00	1
1) MacKenzie Kellen 10			
2) Katelin Langel 09			
3) Abigail Krienert 09			
4) Emily Holtgrewe 09			
8 Kingsley-Pierson/Woodbury Cent 'A'	57.00	56.33	1
1) DeAndra Mahrt 10			
2) Keely Collins 09			
3) Trissa Bates 10			
4) Kelsey Frafjord 10			
9 Westwood Sloan High Schoo 'A'	55.60	59.80	1
1) Shauna DeVries 11			
2) Abby Rea 10			
3) McKayla Wood 09			
4) Megan Crawford 09			

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****Girls 4x200 Meter Relay Class "C"**

School	Seed	Finals	H#
1 Central Lyon High School 'A'	1:49.27	1:47.98	2
1) Mary Schleusner 12	2) Kiley Eckenrod 12		
3) Kayla Cuperus 12	4) Abbie Ackerman 12		
2 Laurel-Concord 'A'	1:47.00	1:48.26	2
1) Ashley Lunz 11	2) Katie Jacobsen 11		
3) Erika Hochstein 10	4) Bethany DeLong 12		
3 Elk Point-Jefferson 'A'	1:50.20	1:50.44	2
1) Audrey Truhe 09	2) Keely Bertram 08		
3) Allyson Murphy 12	4) Chrissy Strassburg 12		
4 Marcus Meriden Cleghorn High S 'A'	1:50.20	1:51.66	2
1) Rachel McDermott 12	2) Amanda Hoefling 10		
3) Ashley Schneider 12	4) Erica Dreckman 11		
5 CB St Albert 'A'	1:54.84	1:53.91	2
1) Catie Faust 11	2) Tori Cushing 11		
3) Jessica Pearce 12	4) Marissa Moran 12		
6 Ridge View - Ghsc 'A'	2:03.76	1:53.99	1
1) Katie Boyle 09	2) Emily Schiernbeck 11		
3) Brooke Wiese 11	4) Roxanne Grundmeier 11		
7 Westwood Sloan High School 'A'	1:57.68	1:56.92	2
1) Justine Cleveland 11	2) Megan Crawford 09		
3) Kirstin Berg 11	4) Ashley Alons 11		
8 Gehlen Catholic 'A'	2:00.87	1:56.95	1
1) Kaitlin Roberts 10	2) Abigail Krienert 09		
3) Alli Sitzmann 09	4) Nicole Ryan 10		
9 Emerson-Hubbard 'A'	1:56.50	1:57.54	2
1) Marisa Blanke 09	2) Brittni Bormann 10		
3) Brittany Pallas 09	4) Caitlin Casey 12		
10 Lawton-Bronson 'A'	2:00.32	1:58.21	2
1) Kaylie Smith	2) Josie Kopal		
3) Larissa Uhl	4) Kristi Grau 12		
11 Kingsley-Pierson/Woodbury Cent 'A'	2:02.95	1:59.43	1
1) Keely Collins 09	2) Bailey Kennedy 09		
3) Trissa Bates 10	4) Kelsey Frafjord 10		
12 River Valley High School 'A'	2:02.50	2:02.17	1
1) Brittny Shropshire 10	2) Kari Ludvigson 10		
3) Mackenzie Fitch 10	4) Brittany Hunwardsen 10		

Girls 4x400 Meter Relay Class "C"

School	Seed	Finals
1 Elk Point-Jefferson 'A'	4:14.60	4:15.40
1) Keely Bertram 08	2) Jordyn Hudelson 10	
3) Allyson Murphy 12	4) Chrissy Strassburg 12	
2 Central Lyon High School 'A'	4:18.42	4:19.11
1) Brenda Hofer 11	2) Kiley Eckenrod 12	
3) Morgan Herda	4) Kayla Cuperus 12	
3 Ridge View - Ghsc 'A'	4:29.97	4:22.02
1) Nicole Boyle 11	2) Nicole Snyder 09	
3) Roxanne Grundmeier 11	4) Jessica Mathes 11	
4 Marcus Meriden Cleghorn High S 'A'	4:27.30	4:23.26
1) Ashley Schneider 12	2) Rachel McDermott 12	
3) Carly Lehnhoff 10	4) Erica Dreckman 11	

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5 CB St Albert 'A'	4:32.60	4:33.60
1) Becca Hilderbrand 11	2) Catie Faust 11	
3) Jessica Pearce 12	4) Sarah Sneed 11	
6 Gehlen Catholic 'A'	4:28.11	4:34.67
1) Alli Sitzmann 09	2) Emily Holtgrewe 09	
3) Nicole Ryan 10	4) Steph Rohe 10	
7 Westwood Sloan High School 'A'	4:38.87	4:54.00
1) Kirstin Berg 11	2) Megan Crawford 09	
3) McKayla Wood 09	4) Ashley Alons 11	

Girls Distance Medley Class"C"

School	Seed	Finals
1 Ridge View - Ghsc 'A'	4:34.84	4:26.92
1) Rachel Anderson 12	2) Emily Schiernbeck 11	
3) Roxanne Grundmeier 11	4) Jessica Mathes 11	
2 Central Lyon High School 'A'	4:35.80	4:29.84
1) Kiley Eckenrod 12	2) Abbie Ackerman 12	
3) Morgan Herda	4) Becca Ellis 12	
3 CB St Albert 'A'	4:39.80	4:35.89
1) Alexa Graham 11	2) Tori Cushing 11	
3) Catie Faust 11	4) Becca Hilderbrand 11	
4 Gehlen Catholic 'A'	4:46.96	4:40.27
1) Kaitlin Roberts 10	2) Nicole Ryan 10	
3) Steph Rohe 10	4) Alli Sitzmann 09	
5 Lawton-Bronson 'A'	4:50.11	4:44.07
1) Kaylie Smith	2) Josie Kopal	
3) Larissa Uhl	4) Kristi Grau 12	
6 Emerson-Hubbard 'A'	4:40.20	4:46.00
1) Marisa Blanke 09	2) Caitlin Casey 12	
3) Brittany Pallas 09	4) Brittni Bormann 10	
7 Elk Point-Jefferson 'A'	4:31.90	4:52.75
1) Audrey Truhe 09	2) Caitlin Davis 09	
3) Tory McCreary 10	4) Mackenzie Klinkhammer 11	
8 River Valley High School 'A'	5:01.20	4:59.87
1) Brittny Shropshire 10	2) Brittany Hunwardsen 10	
3) Mackenzie Fitch 10	4) Kari Ludvigson 10	

Girls 800 Meter Run OHS

Name	Year School	Seed	Finals
1 Shelby Houlihan	11 Sioux City East	2:12.20	2:11.42
2 Mary Schleusner	12 Central Lyon	2:23.59	2:21.08
3 Katie Jacobsen	11 Laurel-Concord	2:27.80	2:21.24
4 Rachel Weinandt	11 Yankton High School	2:25.00	2:28.43
5 Jessica Mathes	11 Ridge View - Ghsc	2:27.21	2:30.32
6 Mariah Hofer	12 Yankton High School	2:28.00	2:30.83
7 Lindsey Brown	10 Maple Valley	2:33.77	2:33.17
8 Skyler Lippman	12 Pierce NE	2:34.80	2:33.57
9 Nicole Snyder	09 Ridge View - Ghsc	2:34.23	2:33.80
10 Mackenzie Smith	10 Sgt Bluff-Lu	2:31.38	2:37.55
11 Bobbie McLaury	11 Elk Point-Jefferson	2:32.70	2:37.64
12 Becca Hilderbrand	11 CB St Albert	2:36.40	2:38.46

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Girls 800 Meter Run OHS**

13	Abby Wostoupal	10	Heelan	2:30.00	2:38.83
14	Briana Adams	11	Pierce NE	2:37.60	2:38.86
15	Nicole VerHey	11	SF Lincoln	2:35.00	2:41.29
16	Nikki Betzler	10	SF Lincoln		2:41.62
17	Emily Manning	11	Heelan	2:35.00	2:44.48

Girls 1500 Meter Run OHS

Name	Year	School	Seed	Finals	
1	Shelby Houlihan	11	Sioux City East	4:45.00	4:37.50
2	Josee Jansen	11	Sioux City North	5:05.39	5:08.04
3	Skyler Lippman	12	Pierce NE	5:33.50	5:15.14
4	Carly Holmstrom	10	SF Lincoln	5:15.00	5:16.48
5	Kayla Byl	10	Unity Chs't	5:32.96	5:17.85
6	Meredith Rand	09	Lemars Central	5:37.00	5:19.66
7	Megan McKern	09	Glenwood High Sc	5:33.79	5:21.92
8	Mariah Lammers	11	Hull Western	5:32.70	5:22.51
9	Emily Broers	11	Unity Chs't	5:28.33	5:22.73
10	Serina Robinson	11	SF Lincoln		5:22.77
11	Briana Adams	11	Pierce NE	5:42.70	5:23.84
12	Sarah Sneed	11	CB St Albert	5:30.50	5:24.16
13	Carson Leiting	09	Heelan		5:25.60
14	Tori Figge	09	Central Lyon	5:42.91	5:26.58
15	Josie Visser	12	Moc-Floyd Valley	5:29.38	5:27.24
16	Briana Brunsvold	11	Spirit Lake HS	5:30.87	5:27.81
17	Christine Madsen	12	Sioux City North	5:29.27	5:28.39
18	Stefanie Koehler	12	Pierce NE	5:37.50	5:29.16
19	Tatum Adema	09	Elk Point-Jefferson	5:48.90	5:36.57
20	Kayla Anderson	11	Glenwood High Sc	5:48.78	5:37.56
21	Marissa Mareck	09	Lemars Central	5:50.00	5:39.06
22	Casie Van Der Weide	11	Moc-Floyd Valley	5:41.12	5:39.93
23	Molly Wankum	10	Gehlen Catholic	5:50.29	5:44.50

Girls 3000 Meter Run OHS

Name	Year	School	Seed	Finals	
1	Megan Hilson	12	Yankton High School	10:50.00	10:47.97
2	Mariah Hofer	12	Yankton High School	10:50.00	10:48.50
3	Briana Adams	11	Pierce NE	11:50.60	11:28.11
4	Skyler Lippman	12	Pierce NE	11:50.20	11:30.63
5	Alice Luebeck	12	SF Lincoln	11:59.00	11:37.71
6	McKenzie Dziedzic	12	Spirit Lake HS	11:34.74	11:39.27
7	Megan McKern	09	Glenwood High Sc	12:18.00	11:46.88
8	Briana Brunsvold	11	Spirit Lake HS	11:50.45	11:47.85
9	Katie Larsen	12	Glenwood High Sc	12:17.50	11:48.81
10	Sarah Sneed	11	CB St Albert	12:17.40	11:49.34
11	Nikki Betzler	10	SF Lincoln	12:20.00	11:58.64
12	Casie Van Der Weide	11	Moc-Floyd Valley	12:07.18	12:04.25
13	Katie Droog	11	Unity Chs't	12:20.31	12:06.00
14	Maddie Walsh	11	Maple Valley	12:16.91	12:08.35
15	Kayla Anderson	11	Glenwood High Sc	12:16.30	12:09.27
16	Kristi Palsma	12	Unity Chs't	12:24.74	12:09.29
17	Erica Thompson	11	Oa-Bcig	12:14.51	12:15.27

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Girls 3000 Meter Run OHS**

18 Maddy Sullivan	12 Heelan	12:20.00	12:21.89
19 Amanda Delzell	09 Sioux City North	13:26.49	12:33.03
20 Becca Clay	10 Lemars Central	12:00.00	12:39.98
21 Ellie Groenendyk	10 Sioux Center	13:05.00	12:44.81
22 MaKayla Perryman	12 D Valley	12:30.00	12:50.46
23 Anna Ahlers	09 Heelan	13:30.00	13:28.40
-- Lyndsey Snook	12 CB St Albert	12:57.99	DNF
-- Shannon Stark	09 Sioux City West	14:39.24	DNF
-- Sadie Clements	10 D Valley	12:40.00	DNF

Girls 400 Meter Hurdles OHS

Name	Year	School	Seed	Finals	H#
1 Ellen Dougherty	12	Sioux City East	1:02.64	1:05.76	3
2 Kim Kroeze	09	Hull Western	1:10.12	1:09.29	3
3 Lexi Fisher	10	Glenwood High Sc	1:09.00	1:09.97	3
4 Claire Roesner	12	Moc-Floyd Valley	1:13.24	1:11.90	3
5 Marissa Moran	12	CB St Albert	1:12.73	1:12.16	3
6 Chloe Cornemann	10	Yankton High School	1:17.00	1:13.63	1
7 Leah De Graaf	12	Moc-Floyd Valley	1:14.66	1:13.65	2
8 Ashley Lunz	11	Laurel-Concord	1:07.80	1:15.21	3
9 Desi Beckman	10	Yankton High School	1:17.00	1:15.24	1
10 Emma Gray	12	Sgt Bluff-Lu	1:12.50	1:15.30	3
11 Emily Holtgrewe	09	Gehlen Catholic	1:16.77	1:16.13	2
12 Kendra Stokke	09	Spirit Lake HS	1:15.38	1:16.42	2
13 Anna Pritchard	12	Sioux City North	1:14.93	1:16.53	2
14 Ashley Alons	11	Westwood	1:15.20	1:16.73	2
15 Emily Keane	09	Heelan	1:18.00	1:17.56	1
16 Mariah Cates	09	Oa-Bcig	1:17.20	1:17.66	1
17 Lexi Ackerman	09	Central Lyon	1:15.00	1:19.07	2
18 Emily Robinson	12	Glenwood High Sc	1:16.24	1:19.93	2
19 Abigail Krienert	09	Gehlen Catholic	1:17.81	1:21.41	1

Girls 4x800 Meter Relay OHS

School	Seed	Finals
1 Hull Western Christian 'A'	10:15.80	9:53.88
1) Kayla Gesink 11	2) Kim Kroeze 09	
3) Mariah Lammers 11	4) Chelsea Vaandrager 12	
2 Central Lyon High School 'A'	10:21.80	9:54.61
1) Brenda Hofer 11	2) Tori Figge 09	
3) Becca Ellis 12	4) Mary Schleusner 12	
3 Unity Christian H.S. 'A'	10:29.52	10:00.69
1) Katie Bonnema 12	2) Kayla Byl 10	
3) Emily Broers 11	4) Abby DeVries 11	
4 Moc-Floyd Valley 'A'	10:19.95	10:08.34
1) Rebecca De Haan 11	2) Jennifer Guthmiller 10	
3) Kara Nonnemacher 11	4) Josie Visser 12	
5 Yankton High School 'A'	10:00.00	10:10.93
1) Whitley Larson 08	2) Jenna Grossenberg 10	
3) Mariah Hofer 12	4) Megan Hilson 12	
6 Sioux City North 'A'	10:31.02	10:28.83
1) Josee Jansen 11	2) Christine Madsen 12	

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Girls 4x800 Meter Relay OHS**

3) Anna Pritchard 12	4) Amy Samuelson 10		
7 Lemars Central 'A'	10:37.30	10:34.46	
1) Nikki Sluiter 11	2) Meredith Rand 09		
3) Jenna Preiksats 10	4) Hannah Steen 10		
8 SF Lincoln 'A'	10:06.00	10:38.11	
1) Carly Holmstrom 10	2) Jensyn Rickenbach 09		
3) Serina Robinson 11	4) Nicole VerHey 11		
9 Bishop Heelan High School 'A'	10:54.00	10:45.93	
1) Emily Manning 11	2) Abby Wostoupal 10		
3) Carson Leiting 09	4) Katie Dougherty 11		
10 Laurel-Concord 'A'	10:15.10	10:47.02	
1) Mandy Nelson 10	2) Ashley Lunz 11		
3) Erika Hochstein 10	4) Katie Jacobsen 11		
11 Glenwood High School 'A'	11:05.49	11:04.55	
1) Emily Blum 09	2) Brooke Peckham 11		
3) Ashley Grave 09	4) Katie Larsen 12		
12 Sioux Center High School 'A'	10:40.00	11:04.56	
1) Kaitlyn Schriener 09	2) Ellie Groenendyk 10		
3) Amber Sandbulte 11	4) Katelyn Kragt 11		
13 Elk Point-Jefferson 'A'	10:25.70	11:14.23	
1) Bobbie McLaury 11	2) Jordyn Hudelson 10		
3) Tatum Adema 09	4) Mackenzie Klinkhammer 11		
14 Sioux City West 'A'	11:33.33	12:11.92	
1) Lindsey Combs 11	2) Shelby Lambing 11		
3) Judith Reyes 09	4) Marissa Quintanilla 09		

Girls 4x100 Meter Shuttle Hurdle OHS

School	Seed	Finals	H#
1 Gehlen Catholic 'A'	1:10.50	1:10.83	2
1) Kaitlin Roberts 10	2) Nicole Ryan 10		
3) Emily Holtgrewe 09	4) Steph Rohe 10		
2 Glenwood High School 'A'	1:11.23	1:11.81	2
1) Mercedes Liparoto 10	2) Lexi Fisher 10		
3) Devin Jackson 09	4) Kassie Finn 12		
3 Moc-Floyd Valley 'A'	1:13.65	1:13.12	1
1) Caitlyn Van Es 10	2) Samantha Wielenga 09		
3) Claire Roesner 12	4) Katie Krebs 12		
4 So Sioux City High School 'A'	1:10.00	1:14.06	2
1) Hannah Reed 12	2) Trista Thoreson 09		
3) Halie Hoch 10	4) Tabitha Machar 12		
5 Westwood Sloan High School 'A'	1:13.67	1:14.61	1
1) Justine Cleveland 11	2) Kaitlin Choquette 12		
3) Kirstin Berg 11	4) Ashley Alons 11		
6 Kingsley-Pierson/Woodbury Cent 'A'	1:17.78	1:15.87	1
1) DeAndra Mahrt 10	2) Maddie Bain 09		
3) Keely Collins 09	4) Alex Howrey 11		
7 Bishop Heelan High School 'A'	1:17.00	1:18.21	1
1) Tori Vondrak 12	2) Emily Keane 09		
3) Mackenzie Geary 09	4) Jessica Benson 12		
-- Lemars Central 'A'	1:12.00	DQ	2
1) Emily Ellefson 09	2) Kirstie Ruhland 11		
3) Ally Vande Vegte 11	4) Emily Anderson 11		

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****Girls High Jump OHS**

Name	Year	School	Seed	Finals	
1 Mary Wirth	12	SF Lincoln	5-09.00	5-05.00	1.65m
2 Emily Anderson	11	Yankton High School	5-02.00	5-00.00	1.52m
2 Katelyn Kragt	11	Sioux Center	5-03.00	5-00.00	1.52m
4 Carley Chambers	12	SF Lincoln		J5-00.00	1.52m
4 Caitlin Casey	12	Emerson-Hubbard	5-02.00	J5-00.00	1.52m
6 Heather Wachter	12	Pierce NE	5-02.00	4-10.00	1.47m
6 Trisha De Jong	10	Moc-Floyd Valley	4-11.00	4-10.00	1.47m
6 Kelsey Fitzgerald	09	Yankton High School	5-02.00	4-10.00	1.47m
6 Shelby Brewster	11	Glenwood High Sc	4-08.00	4-10.00	1.47m
10 Marissa Moran	12	CB St Albert	5-00.00	J4-10.00	1.47m
11 Elissa Jansma	09	Hull Western	5-00.00	J4-10.00	1.47m
12 Tori Vondrak	12	Heelan	4-10.00	4-08.00	1.42m
12 Abby Pollow	10	Sioux City East	4-10.00	4-08.00	1.42m
12 Cassidy Breon	10	Sgt Bluff-Lu	4-11.00	4-08.00	1.42m
12 Erika Hochstein	10	Laurel-Concord	4-10.00	4-08.00	1.42m
-- Kendra Stokke	09	Spirit Lake HS	4-06.00	NH	
-- Tabitha Machar	12	So Sioux	5-02.00	NH	
-- Corinne Spears	11	Heelan	4-10.00	NH	
-- Madeline Hanno	10	Heelan	4-08.00	NH	
-- Jessica Wallace	12	Spirit Lake HS	4-11.00	NH	
-- Nikki Sluiter	11	Lemars Central	5-00.00	NH	
-- Kelli Anderson	11	SF Lincoln	5-01.00	NH	
-- Jaklyn Frost	12	So Sioux	4-08.00	NH	
-- Jess Arnold	10	Lemars Central	5-01.00	NH	

Girls Long Jump OHS

Name	Year	School	Seed	Finals	Wind	
1 Mary Wirth	12	SF Lincoln	16-01.00	5.21m	NWI	17-01.25
				5.21m(-0.0) 5.05m(-0.0) 5.10m(-0.0)		
2 Carley Chambers	12	SF Lincoln	16-06.00	5.12m	NWI	16-09.75
				4.88m(-0.0) 5.12m(-0.0) 4.72m(-0.0) 4.52m(-0.0) 5.00m(-0.0) 4.89m(-0.0)		
3 Slone Masters	12	Storm Lake High	16-09.75	5.07m	NWI	16-07.75
				4.84m(-0.0) 5.07m(-0.0) 4.97m(-0.0) 4.56m(-0.0) 4.83m(-0.0) FOUL		
4 Kayla Lavalais	12	Sioux City North	17-03.00	5.05m	NWI	16-07.00
				5.03m(-0.0) 5.00m(-0.0) 5.05m(-0.0) 4.97m(-0.0) 4.73m(-0.0) 4.52m(-0.0)		
5 Lindsey Moerman	12	Unity Chs't	16-03.50	5.02m	NWI	16-05.75
				4.69m(-0.0) FOUL 5.02m(-0.0) 4.75m(-0.0) 4.64m(-0.0) 4.94m(-0.0)		
6 Meghan Lambert	11	SF Lincoln	16-11.00	5.00m	NWI	16-05.00
				4.70m(-0.0) 5.00m(-0.0) 4.97m(-0.0) 4.94m(-0.0) 4.88m(-0.0) FOUL		
7 Caitlyn Van Es	10	Moc-Floyd Valley	16-09.00	4.97m	NWI	16-03.75
				4.97m(-0.0) FOUL 4.84m(-0.0) 4.03m(-0.0) 4.61m(-0.0) 4.84m(-0.0)		
8 Kylie Andersen	10	Homer High School	16-03.00	4.95m	NWI	16-03.00
				FOUL FOUL 4.95m(-0.0) FOUL FOUL FOUL		
9 Kristin Probst	09	Moc-Floyd Valley	15-10.75	4.85m	NWI	15-11.00
				4.54m(-0.0) 4.33m(-0.0) 4.85m(-0.0)		
10 Mikala Hora	09	Yankton High School	16-08.00	4.83m	NWI	15-10.25
				4.78m(-0.0) 4.68m(-0.0) 4.83m(-0.0)		
11 Rachael Johnson	11	Yankton High School	16-01.00	4.79m	NWI	15-08.75
				4.67m(-0.0) FOUL 4.79m(-0.0)		
12 Mallory Cates	09	Oa-Bcig	15-10.00	4.68m	NWI	15-04.25
				4.61m(-0.0) 4.48m(-0.0) 4.68m(-0.0)		

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Girls Long Jump OHS**

13	Amber Sandbulte	11	Sioux Center	15-01.00	4.60m	NWI	15-01.25
	4.60m(-0.0) 4.55m(-0.0) 4.37m(-0.0)						
14	Allie Sweeney	10	Heelan	14-08.00	4.57m	NWI	15-00.00
	4.38m(-0.0) 4.57m(-0.0) FOUL						
15	Caitlin Davis	09	Elk Point-Jefferson	15-01.50	4.45m	NWI	14-07.25
	3.99m(-0.0) 4.31m(-0.0) 4.45m(-0.0)						
16	Cady Reinke	11	Pierce NE	15-02.50	4.40m	NWI	14-05.25
	4.40m(-0.0) FOUL FOUL						
16	Montana Crow	09	Glenwood High Sc	14-07.00	4.40m	NWI	14-05.25
	4.12m(-0.0) 4.40m(-0.0) 3.83m(-0.0)						
18	MacKenzie Kellen	10	Gehlen Catholic	15-02.00	4.35m	NWI	14-03.25
	4.14m(-0.0) 4.35m(-0.0) 4.13m(-0.0)						
19	Katelin Langel	09	Gehlen Catholic	15-06.00	4.31m	NWI	14-01.75
	4.23m(-0.0) 4.19m(-0.0) 4.31m(-0.0)						
19	Jessica Pearce	12	CB St Albert	15-04.00	4.31m	NWI	14-01.75
	FOUL FOUL 4.31m(-0.0)						
21	Timaree Reed	10	Pierce NE	14-02.50	4.28m	NWI	14-00.50
	4.06m(-0.0) 4.28m(-0.0) 4.25m(-0.0)						
22	Taylor Moriarty	09	Sgt Bluff-Lu	14-01.50	4.23m	NWI	13-10.50
	3.95m(-0.0) FOUL 4.23m(-0.0)						
23	Marisa Blanke	09	Emerson-Hubbard	14-00.00	4.22m	NWI	13-10.25
	4.18m(-0.0) 4.05m(-0.0) 4.22m(-0.0)						
24	Courtney Vreugdenhil	10	Unity Chs't	13-11.00	4.14m	NWI	13-07.00
	4.14m(-0.0) 4.08m(-0.0) FOUL						
25	Madeline Hanno	10	Heelan	13-06.00	4.03m	NWI	13-02.75
	FOUL FOUL 4.03m(-0.0)						
26	Brittany Pallas	09	Emerson-Hubbard	14-00.00	3.97m	NWI	13-00.25
	3.81m(-0.0) 3.90m(-0.0) 3.97m(-0.0)						
27	Kelsey Aldrich	11	Heelan	13-09.00	3.85m	NWI	12-07.75
	3.64m(-0.0) 3.85m(-0.0) FOUL						
28	Brianna Sudrla	12	Heelan	13-09.00	3.60m	NWI	11-09.75
	FOUL FOUL 3.60m(-0.0)						

Girls Shot Put OHS

Name	Year	School	Seed	Finals
1 Nicole Dobernecker	10	Charter-Oak	39-09.00	12.37m 40-07.00
				11.75m 11.96m 10.94m 11.89m 11.54m 12.37m
2 Andrea Andersen	12	Moc-Floyd Valley	38-04.00	11.64m 38-02.25
				11.40m 10.62m 11.02m 10.68m 11.64m 11.11m
3 Kayla Salonen	12	Yankton High School	37-00.00	11.60m 38-00.75
				10.89m 10.66m 10.70m 11.60m 11.19m FOUL
4 Jade Cunningham	10	Laurel-Concord	37-01.00	11.34m 37-02.50
				11.23m 11.22m 11.34m 10.87m 10.87m 10.72m
5 Lauren Mc Donald	10	Moc-Floyd Valley	35-09.00	10.99m 36-00.75
				9.59m 10.43m 10.73m 9.75m 10.99m 10.25m
6 Alexa Heeney	12	Emerson-Hubbard	34-10.50	10.97m 36-00.00
				10.03m FOUL 10.82m FOUL 10.97m FOUL
7 Mackenzie Masching	12	Lawton-Bronson	37-02.00	10.74m 35-03.00
				9.89m 10.03m 10.74m 10.69m 10.14m 10.35m
8 Nikki Van Dyke	11	Sioux Center	32-00.00	10.24m 33-07.25
				10.24m 9.90m 9.68m FOUL FOUL FOUL
9 Kelby Klein	12	Lemars Central	34-07.00	10.23m 33-06.75
				10.18m 10.23m 9.29m

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Girls Shot Put OHS**

10 Brook Jacobsma	09 Moc-Floyd Valley	33-10.50	10.19m	33-05.25
10.19m 9.29m 9.86m				
11 Brooke Wiese	11 Ridge View - Ghsc	32-09.50	10.07m	33-00.50
9.51m 9.19m 10.07m				
12 Betsy Thomas	10 Sgt Bluff-Lu	32-08.00	9.89m	32-05.50
8.74m 9.34m 9.89m				
13 Cassie Kruse	09 Glenwood High Sc	31-09.25	9.84m	32-03.50
FOUL 9.45m 9.84m				
14 Ashton Johnson	10 Pierce NE	32-06.00	9.80m	32-02.00
8.87m 9.80m 8.79m				
15 Nicole Hovdestad	12 SF Lincoln	32-00.00	9.66m	31-08.50
9.32m 9.66m 8.95m				
16 Krista Phelps	10 Kp/Wc	33-10.50	9.63m	31-07.25
9.46m 9.63m 8.93m				
17 Emily Mercer	10 Spirit Lake HS	33-01.00	9.61m	31-06.50
8.64m 9.51m 9.61m				
18 Ariel Hudson	11 Sioux City North	33-02.00	9.58m	31-05.25
FOUL 9.58m 9.53m				
18 Katelyn Ewing	11 Lemars Central	31-04.50	9.58m	31-05.25
9.30m 8.99m 9.58m				
20 Taylor Hohbach	12 Marcus Merid	31-10.00	9.46m	31-00.50
9.36m 9.46m FOUL				
21 Jade De Jong	11 Sioux Center	32-04.00	9.40m	30-10.25
9.26m 9.40m 9.10m				
22 Sam Mercer	12 Spirit Lake HS	32-02.50	9.39m	30-09.75
9.18m 9.39m 9.28m				
22 Molly Hutchins	11 Spirit Lake HS	35-07.00	9.39m	30-09.75
9.39m 9.07m 9.28m				
24 Diamond Denney	10 Sioux City North	30-04.50	9.31m	30-06.50
9.31m 8.87m 7.97m				
25 Jordan Ruhr	12 Glenwood High Sc	30-02.50	8.99m	29-06.00
8.99m 7.85m 8.88m				
26 Andreanna Sharpback	10 So Sioux	30-01.00	8.88m	29-01.75
8.23m 8.88m 8.85m				
27 Kelsey VanPatten	11 Heelan	29-00.00	8.70m	28-06.50
8.65m 8.70m FOUL				
28 Kerri Hilbelink	12 Unity Chs't	28-06.00	8.48m	27-10.00
FOUL 8.48m FOUL				
29 Melissa Mounts	11 Sioux City East	26-02.00	8.25m	27-01.00
8.16m 7.91m 8.25m				
30 Kristi Palsma	12 Unity Chs't	27-07.00	8.20m	26-11.00
7.82m 8.10m 8.20m				
31 Erin Kapsch	11 SF Lincoln	28-00.00	7.99m	26-02.75
7.99m FOUL FOUL				

Girls Discus Throw OHS

Name	Year	School	Seed	Finals
1 Andrea Andersen	12	Moc-Floyd Valley	120-00	35.59m 116-09
29.37m 30.64m 34.94m		32.70m 33.27m 35.59m		
2 Brook Jacobsma	09	Moc-Floyd Valley	98-00	35.15m 115-04
35.15m 33.92m FOUL		30.89m 34.72m 33.87m		
3 Krista Phelps	10	Kp/Wc	115-11	34.03m 111-08
FOUL 28.06m 33.51m		30.95m 31.81m 34.03m		

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Girls Discus Throw OHS**

4	Alexa Heeney	12 Emerson-Hubbard	03-09.50	32.64m	107-01
	29.75m 32.64m FOUL 28.11m 31.58m FOUL				
5	Kayla Salonen	12 Yankton High School	110-00	32.55m	106-09
	FOUL 32.39m 32.55m FOUL FOUL FOUL				
6	Lauren Mc Donald	10 Moc-Floyd Valley	108-07	31.87m	104-07
	FOUL 31.87m 31.21m 30.33m 29.42m 31.51m				
7	Kelby Klein	12 Lemars Central	110-00	31.66m	103-10
	27.79m 28.40m 31.66m FOUL 29.49m FOUL				
8	Mackenzie Masching	12 Lawton-Bronson	08-10.50	31.50m	103-04
	29.99m 29.53m 31.50m 29.89m 29.80m FOUL				
9	Rachelle Martin	11 Glenwood High Sc	105-04	31.45m	103-02
	29.29m 31.45m 30.71m 28.72m 30.18m 29.18m				
10	Ashton Johnson	10 Pierce NE	102-11	30.62m	100-05
	28.59m 30.31m 30.62m				
11	Hailey Rutherford	12 Pierce NE	106-00	29.94m	98-03
	29.94m 28.88m FOUL				
12	Taylor Hohbach	12 Marcus Merid	97-08	29.09m	95-05
	28.32m FOUL 29.09m				
13	Kelsey VanPatten	11 Heelan	100-00	28.16m	92-05
	28.16m 27.19m 25.68m				
14	Nicole Hovdestad	12 SF Lincoln	105-00	28.09m	92-02
	28.09m 26.70m 27.31m				
15	Jade De Jong	11 Sioux Center	91-00	27.98m	91-09
	25.79m 27.98m FOUL				
16	Jordan Ruhr	12 Glenwood High Sc	91-09	27.37m	89-09
	27.37m 26.10m 24.66m				
17	Molly Renken	09 Lemars Central	95-06	27.29m	89-06
	24.30m 27.29m 26.63m				
18	Betsy Thomas	10 Sgt Bluff-Lu	94-02	26.90m	88-03
	FOUL 26.90m 25.87m				
19	Nikki Van Dyke	11 Sioux Center	95-00	26.86m	88-01
	24.25m 24.21m 26.86m				
20	Melissa Mounts	11 Sioux City East	84-10	25.35m	83-02
	24.11m 25.35m 23.97m				
21	Diamond Denney	10 Sioux City North	89-05	25.16m	82-06
	25.16m 24.01m 22.69m				
22	Sam Mercer	12 Spirit Lake HS	97-01	24.66m	80-11
	FOUL 22.23m 24.66m				
23	Kerri Hilbelink	12 Unity Chs't	92-10	22.69m	74-05
	22.69m FOUL 18.94m				
24	Kristi Palsma	12 Unity Chs't	73-05	22.63m	74-03
	22.07m 22.63m 18.64m				
25	Ariel Hudson	11 Sioux City North	92-05	22.26m	73-00
	FOUL 22.26m FOUL				
26	Emily Spartz	11 Heelan	90-00	20.81m	68-03
	17.58m 20.81m 20.64m				
27	Erin Kapsch	11 SF Lincoln	90-00	15.23m	50-00
	FOUL 15.23m FOUL				
--	Jade Cunningham	10 Laurel-Concord	88-06	FOUL	
	FOUL FOUL FOUL				
--	Jane Cunningham	10 Sioux City East	78-07	FOUL	
	FOUL FOUL FOUL				

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****Girls 4x100 Meter Relay Freshman Girls**

School	Seed	Finals
1 Bishop Heelan High School 'A'	54.00	54.88
1) Katelynn Poss 09	2) Emily Keane 09	
3) Kelcie Meier 09	4) Mackenzie Geary 09	
2 Sioux City East 'A'	56.20	55.46
1) Christina Holden 09	2) Emily McElwain 09	
3) Carley Huisenga 09	4) Jordyn Anderson 09	
3 So Sioux City High School 'A'	59.20	57.21
1) Breanna Stallbaum 09	2) Trista Thoreson 09	
3) Sarah Casey 09	4) Taylor Bleil 09	
4 Sioux City West 'A'	59.99	59.33
1) Chloe Huck 09	2) Diondra Barnes 09	
3) Judith Reyes 09	4) Emma Lunning 09	

Girls 4x200 Meter Relay Freshman Girls

School	Seed	Finals
1 Bishop Heelan High School 'A'	1:53.00	1:56.29
1) Katelynn Poss 09	2) Emily Keane 09	
3) Kelcie Meier 09	4) Mackenzie Geary 09	
2 Sioux City East 'A'	1:58.00	2:00.01
1) Christina Holden 09	2) Emilie Olveda 09	
3) Megan Wolf 09	4) Jordyn Anderson 09	
3 So Sioux City High School 'A'	2:05.00	2:00.41
1) Breanna Stallbaum 09	2) Trista Thoreson 09	
3) Sarah Casey 09	4) Taylor Bleil 09	
4 Sioux City West 'A'	2:00.53	2:04.15
1) Chloe Huck 09	2) Emma Lunning 09	
3) Breanna Smith 09	4) Diondra Barnes 09	

Girls 4x400 Meter Relay Freshman Girls

School	Seed	Finals
1 Bishop Heelan High School 'A'	4:35.00	4:35.23
1) Abbey Schaefer 09	2) Lauren Brobst 09	
3) Kelcie Meier 09	4) Carson Leiting 09	
2 Sioux City East 'A'	4:44.20	4:35.34
1) Emily McElwain 09	2) Emilie Olveda 09	
3) Carley Huisenga 09	4) Christina Holden 09	
3 Sioux City West 'A'	5:00.00	5:01.42
1) Breanna Smith 09	2) Alyssa Rager 09	
3) Judith Reyes 09	4) Emma Lunning 09	
-- Sgt Bluff-Luton H.S. 'A'	4:30.01	DNF
-- Sioux City North 'A'	4:50.50	DNF

Girls 800 Meter Run 8th Grade

Name	Year School	Seed	Finals
1 Cassie Geopfert	08 Sioux City E	2:46.00	2:33.56
2 Brooke Bleeker	08 Sergeant Blu	2:48.00	2:35.05
3 Alyssa Nash	08 Sioux City N	2:55.02	2:39.38

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Girls 800 Meter Run 8th Grade**

4	Jessica Becker	08	Sergeant Blu	2:51.00	2:47.90
5	Sierra Brand	08	Sergeant Blu	2:50.00	2:49.00
6	Anna Larson	08	Sioux City E	2:58.00	2:49.15
7	Jenny Bright	08	Sioux Sioux	3:11.00	2:57.47
8	Crystal Holloway	08	Sioux Sioux	3:12.00	3:09.22
9	Laura Gerkin	08	Sioux Sioux	3:15.00	3:12.65
10	Tia Heien	08	Sioux City W		3:32.63
--	Audra Thramer	08	Sioux Sioux	3:03.00	DNF
--	Alexis Larvick	08	Sioux City W	3:12.00	DNF
--	Helseth Hanna	08	Sioux City N	2:59.87	DNF
--	Julie Deanda	08	Sioux Sioux	3:17.00	DNF

Girls 4x100 Meter Relay 8th Grade

School	Seed	Finals
1 Sioux City East Middle School 'A'	58.23	57.29
1) Elizabeth Bohlmann 08	2) Maci Heimsoth 08	
3) Jade Nelson 08	4) Hannah Ingram 08	
2 Sioux City North Middle School 'A'	1:02.06	58.74
1) Michelle Brown	2) Katrina Shotswell	
3) Courtney McCrystal 08	4) Betsi Alvarado	
3 Sergeant Bluff-Luton Middle Sc 'A'	57.30	59.07
1) Kennedy Colvert 08	2) Miles Ludwigs 08	
3) Courtney Morrison 08	4) Madison Archer 08	
4 Sioux City West Middle School 'A'	1:03.34	1:00.81
1) Isabelle Whitead 08	2) Alex Gonzalez 08	
3) Heidi Jones 08	4) Rosa Robles 08	
5 Sioux Sioux City Middle School 'A'		1:01.69
1) Shameka Hunt 08	2) Hailey Hinds 08	
3) Nicole Pierce 08	4) Audra Thramer 08	

Girls 4x200 Meter Relay 8th Grade

School	Seed	Finals
1 Sioux City East Middle School 'A'	2:04.78	2:03.61
1) Caitlyn Foley 08	2) Jade Nelson 08	
3) Matti Hannah 08	4) Hannah Ingram 08	
2 Sergeant Bluff-Luton Middle Sc 'A'	1:59.50	2:06.12
1) Kennedy Colvert 08	2) Miles Ludwigs 08	
3) Courtney Morrison 08	4) Madison Archer 08	
3 Sioux City North Middle School 'A'	2:03.81	2:06.19
1) Michelle Brown	2) Katrina Shotswell	
3) Courtney McCrystal 08	4) Betsi Alvarado	
4 Sioux City West Middle School 'A'	2:19.06	2:10.42
1) Heidi Jones 08	2) Isabelle Whitead 08	
3) Melissa Verdin 08	4) Rosa Robles 08	
-- Sioux Sioux City Middle School 'A'		DNF
1) Shameka Hunt 08	2) Hailey Hinds 08	
3) Cassie Pedroza 08	4) Audra Thramer 08	

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****Girls 4x400 Meter Relay 8th Grade**

School	Seed	Finals
1 Sergeant Bluff-Luton Middle Sc 'A'	4:44.50	4:43.04
1) Jessica Becker 08	2) Lauren Waite 08	
3) Sierra Brand 08	4) Brooke Bleeker 08	
2 Sioux City East Middle School 'A'	5:05.25	4:50.34
1) Maci Heimsoth 08	2) Hannah Ingram 08	
3) Caitlyn Foley 08	4) Cassie Geopfert 08	
3 Sioux City North Middle School 'A'	5:01.97	4:50.47
1) Adelina Rivas	2) Ariel Nguyen	
3) Dahlia Quintanilla	4) Alyssa Nash 08	
4 Sioux City West Middle School 'A'	27:08.01	5:08.18
1) Melissa Verdin 08	2) Heidi Jones 08	
3) Isabelle Whitead 08	4) Rosa Robles 08	
5 Sioux Sioux City Middle School 'A'		5:12.72
1) Shameka Hunt 08	2) Leslie La 08	
3) Melissa Gonzalez 08	4) Audra Thramer 08	

Girls 100 Meter Dash Elite

Name	Year School	Seed	Finals	Wind
1 Bethany DeLong	12 Laurel-Concord		12.65	1.4
2 Megan Lawler	12 Spirit Lake HS		12.84	1.4
3 Brooke Wolterstorff	09 Hull Western		12.96	1.4
4 Kayla Lavalais	12 Sioux City North		13.19	1.4
5 Mary Chicoine	10 Heelan		13.22	1.4
6 Karlie Dahl	11 Homer High School		13.24	1.4
7 Chrissy Strassburg	12 Elk Point-Jefferson		13.36	1.4
8 Abbie Ackerman	12 Central Lyon		13.57	1.4

Girls 100 Meter Hurdles Elite

Name	Year School	Seed	Finals	Wind
1 Slone Masters	12 Storm Lake High		15.38	2.8
2 Steph Rohe	10 Gehlen Catholic		16.16	2.8
3 Emily Anderson	11 Lemars Central		16.17	2.8
4 Tori Vondrak	12 Heelan		16.45	2.8
5 DeAndra Mahrt	10 Kp/Wc		16.45	2.8
6 Mikala Hora	09 Yankton High School		16.46	2.8
7 Katie Krebs	12 Moc-Floyd Valley		16.77	2.8
8 Katelin Langel	09 Gehlen Catholic		17.90	2.8

Women 100 Meter Dash UCO

Name	Year School	Seed	Prelims	Wind	H#
Preliminaries					
1 Mishay Weber	SR University of Mary	12.45	12.52q	0.6	4
2 Alyssa Christianson	FR D Wesley	12.40	12.57q	-0.7	5
3 AnnaLiesa Fauth	JR Jamestown College	12.64	12.63q	-0.1	1
4 Kayla Montgomery	SO Minot State	12.62	12.68q	-0.5	2
5 Christina Roberts	SO South Dakota	12.70	12.76q	-0.1	1
6 Lindsey Fluharty	FR No. State	13.31	13.09q	-1.3	3

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Women 100 Meter Dash UCO**

7	Lindsey Thielen	FR SDSU	12.75	13.18q	-0.5	2
8	Rachel Hagberg	FR SDSU	12.98	13.23q	-0.7	5
9	Marisa Aldinger	SR No. State	12.61	13.25	-1.3	3
10	Ana Morgan	FR Northwestern	13.26	13.33	-0.7	5
11	Steph Leist	JR D Wesley	12.95	13.37	-1.3	3
12	Amber Woodford	FR Morningside College	13.10	13.38	-1.3	3
13	Elizabeth Stevens	SO Northwestern	13.31	13.39	0.6	4
14	Shelby Snare	FR Dickinson State	13.14	13.41	-0.1	1
15	Molly Sippel	FR Buena Vista	13.20	13.41	-0.5	2
16	Laci Hettick	SR No. State	13.21	13.41	0.6	4
17	Emily Halverson	FR Augustana College	12.98	13.42	0.6	4
18	Kailey Hunhoff	SO D Wesley	13.10	13.43	-0.5	2
19	Marissa Novak	FR SDSU	13.05	13.44	0.6	4
20	DayLynn Batey	FR Dickinson State	12.99	13.58	-0.7	5
21	Nancy Tatou	FR Briar Cliff	13.43	13.60	-0.5	2
22	Sarah Sannerud	FR U Sioux Fall	13.10	13.62	-0.1	1
23	Suzie Kloucek	FR D Wesley	13.30	13.67	-0.7	5
24	Amy Pheneger	JR Dakota State	13.65	13.73	-0.5	2
24	Jill Hoogeveen	FR Briar Cliff	13.64	13.73	0.6	4
26	Lydia Bienlien	FR Morningside College	13.34	13.74	-0.1	1
27	Lindsay Rook	FR Dakota State	13.58	13.84	-0.7	5
28	Claire Beck	FR Dakota State	13.65	13.85	-1.3	3
29	Tessa Dee	FR South Dakota	13.93	13.85	-1.3	3
30	Beth Segerholm	FR Jamestown College	13.82	13.86	-0.1	1
31	Sarah Drew	SR Augustana College	13.40	13.96	-0.1	1
32	Wendy Schmaltz	JR D Wesley	13.50	14.01	0.6	4
33	Sarah Franje	SR Dordt	13.50	14.02	-1.3	3
34	Emily Christians	FR Dordt	13.80	14.09	-0.1	1
35	Courtney Oliver	FR Jamestown College	13.82	14.12	-0.5	2
36	Chanesse Schaefer	FR Augustana College	13.52	14.12	-0.7	5
37	Kaitlin Troost	FR Dordt	13.20	14.15	-1.3	3
38	Shelby Rose	FR Jamestown College	14.00	14.40	0.6	4

Women 100 Meter Dash UCO

Name	Year	School	Prelims	Finals	Wind
=====					
Finals					
1	Mishay Weber	SR University of Mary	12.52	12.28	1.9
2	Kayla Montgomery	SO Minot State	12.68	12.50	1.9
3	Alyssa Christianson	FR D Wesley	12.57	12.60	1.9
4	AnnaLiesa Fauth	JR Jamestown College	12.63	12.66	1.9
5	Lindsey Fluharty	FR No. State	13.09	12.99	1.9
6	Lindsey Thielen	FR SDSU	13.18	13.20	1.9
7	Rachel Hagberg	FR SDSU	13.23	13.22	1.9
Preliminaries					
5	Christina Roberts	SO South Dakota	12.76		
9	Marisa Aldinger	SR No. State	13.25		
10	Ana Morgan	FR Northwestern	13.33		
11	Steph Leist	JR D Wesley	13.37		
12	Amber Woodford	FR Morningside College	13.38		
13	Elizabeth Stevens	SO Northwestern	13.39		
14	Shelby Snare	FR Dickinson State	13.41		
15	Molly Sippel	FR Buena Vista	13.41		
16	Laci Hettick	SR No. State	13.41		

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****...Women 100 Meter Dash UCO**

17	Emily Halverson	FR	Augustana College	13.42
18	Kailey Hunhoff	SO	D Wesley	13.43
19	Marissa Novak	FR	SDSU	13.44
20	DayLynn Batey	FR	Dickinson State	13.58
21	Nancy Tatou	FR	Briar Cliff	13.60
22	Sarah Sannerud	FR	U Sioux Fall	13.62
23	Suzie Kloucek	FR	D Wesley	13.67
24	Amy Pheneger	JR	Dakota State	13.73
24	Jill Hoogeveen	FR	Briar Cliff	13.73
26	Lydia Bienlien	FR	Morningside College	13.74
27	Lindsay Rook	FR	Dakota State	13.84
28	Claire Beck	FR	Dakota State	13.85
29	Tessa Dee	FR	South Dakota	13.85
30	Beth Segerholm	FR	Jamestown College	13.86
31	Sarah Drew	SR	Augustana College	13.96
32	Wendy Schmaltz	JR	D Wesley	14.01
33	Sarah Franje	SR	Dordt	14.02
34	Emily Christians	FR	Dordt	14.09
35	Courtney Oliver	FR	Jamestown College	14.12
36	Chanesse Schaefer	FR	Augustana College	14.12
37	Kaitlin Troost	FR	Dordt	14.15
38	Shelby Rose	FR	Jamestown College	14.40

Women 400 Meter Dash UCO

Name	Year	School	Seed	Finals	H#	
Finals						
1	Nicketa Coombs	FR	University of Mary	56.00	56.13	6
2	Christina King	SR	Wayne State College	55.33	56.30	6
3	AnnaLiesa Fauth	JR	Jamestown College	58.80	58.41	6
4	Amber Woodford	FR	Morningside College	59.98	59.06	5
5	Katie Zent	SO	Jamestown College	1:00.06	59.65	5
6	Jenna Brouwer	JR	Dordt	59.00	59.85	6
7	Kari Van Beek	SO	Dordt	59.60	59.96	6
8	Brandi Gau	JR	Dakota State	1:00.05	1:00.50	5
9	Madison Borer	FR	Briar Cliff	1:01.25	1:00.68	4
10	Jessica Hudelson	FR	Morningside College	1:01.20	1:01.07	4
11	Allison Christy	FR	Morningside College	1:01.30	1:01.29	4
12	Stephanie Uher	FR	Dakota State	1:01.60	1:01.37	3
13	Nicole Seier	FR	Morningside College	1:01.34	1:01.44	4
14	Breanna Mathes	FR	Morningside College	1:02.23	1:01.57	3
15	Heather Hoefs	FR	Morningside College	1:01.90	1:01.85	3
16	Madeline Hornung	SO	Jamestown College	1:02.44	1:01.87	3
17	Jill Schaefer	FR	No. State	58.50	1:01.88	6
18	Margo Stanforth	FR	Morningside College	1:01.45	1:02.00	4
19	Marissa Curry	JR	Jamestown College	1:00.20	1:02.06	5
20	Ana Morgan	FR	Northwestern	1:01.00	1:02.17	5
21	Katie Beldt	FR	Briar Cliff	1:01.25	1:02.31	4
22	DayLynn Batey	FR	Dickinson State	1:00.81	1:02.41	5
23	Emmylyn Bentley	JR	Jamestown College	1:03.84	1:02.44	2
24	Shelby Snare	FR	Dickinson State	1:01.09	1:02.46	5
25	Sabrina Sieperda	FR	Morningside College	1:01.35	1:02.57	4
26	Emily Fritz	SO	No. State	59.50	1:02.61	6
27	Jessica Becker	SO	SDSU	1:02.00	1:02.86	3

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****...Women 400 Meter Dash UCO**

28	Meghan Nelson	JR Mount Marty College	1:01.20	1:03.00	5
29	Alyssa Myers	SO Briar Cliff	1:04.20	1:03.02	2
30	Taylor Tuomey	FR Minot State	1:02.75	1:03.14	3
31	Mallory Souder	SO Jamestown College	1:05.24	1:03.27	1
32	Kristine DuBois	SO South Dakota	59.58	1:03.56	6
33	Kallie Merrill	JR Jamestown College	1:05.24	1:03.72	1
34	Madison Whitley	FR South Dakota	1:01.30	1:04.09	4
35	McKenzie Reece	FR Morningside College	1:03.34	1:04.36	2
36	Caitlyn Nerem	JR Northwestern	1:04.99	1:04.38	2
37	Audrey Cooley	FR Briar Cliff	1:03.70	1:04.60	2
38	Larissa Sapp	FR Northwestern	1:03.69	1:05.64	2
39	Nikki Hanish	FR Buena Vista	1:02.50	1:05.85	3
40	Shelby Rose	FR Jamestown College	1:09.24	1:06.55	1
41	Rachel Hagberg	FR SDSU	1:05.50	1:06.56	1
42	Theresa Cook	FR Morningside College	1:07.45	1:06.93	1
43	Christine Becker	FR Morningside College	1:04.45	1:07.60	2
44	Milena Brikic	JR Dickinson State		1:08.48	1
45	Katie Sokolowski	FR Morningside College	1:05.89	1:12.73	1

Women 800 Meter Run UCO

Name	Year	School	Seed	Finals
1	Jessica Hudelson	FR Morningside College	2:18.02	2:14.44
2	Cecilie Udstuen	FR Augustana College	2:11.00	2:15.08
3	Jen Van Otterloo	Unattached	2:14.50	2:16.34
4	Linn Nilsson	FR Augustana College	2:14.00	2:16.59
5	Caitlin Polgreen	SR Augustana College	2:15.00	2:16.78
6	Brittany Young	FR Dakota State	2:16.85	2:17.91
7	Nicole Seier	FR Morningside College	2:18.90	2:19.04
8	Breanna Mathes	FR Morningside College	2:18.78	2:19.50
9	Madeline Hornung	SO Jamestown College	2:19.60	2:19.84
10	Stephanie Warnke	SO Dakota State	2:18.80	2:20.91
11	Allison Henke	SO Augustana College	2:21.00	2:21.11
12	Megan Jenkins	FR University of Mary	2:24.00	2:21.69
13	Heather Hoefs	FR Morningside College	2:19.12	2:21.81
14	Rachel Biederman	FR Augustana College	2:21.25	2:21.88
15	Molly Kokesh	FR Augustana College	2:18.75	2:22.21
16	Nichole Duncan	FR Dordt	2:23.00	2:22.32
17	Jessica Brandli	FR No. State	2:22.50	2:22.87
18	Erin Curran	FR Black Hills State	2:20.00	2:22.92
19	Emmylyn Bentley	JR Jamestown College	2:21.34	2:23.23
20	Brandee DeVine	SR University of Mary	2:21.00	2:23.42
21	Cecilia Vallejo	FR Briar Cliff	2:23.46	2:23.60
22	Tara Postma	FR Dordt	2:25.00	2:23.63
23	Abi Bever	FR Black Hills State		2:24.13
24	Krystina Smith	JR Northwestern	2:24.00	2:24.47
25	McKenzie Reece	FR Morningside College	2:21.61	2:24.48
26	Toni Fritz	JR No. State	2:19.80	2:25.46
27	Jessica Clark	SO Morningside College	2:27.23	2:25.86
28	Melissa Kroupa	SO U Sioux Fall	2:26.50	2:27.00
29	Tabitha Shepherd	FR Morningside College	2:24.45	2:27.14
30	Angela Luedke	FR South Dakota	2:35.82	2:27.36
31	Steph Wibben	FR Morningside College	2:26.45	2:27.93
32	Melissa McIntosh	JR Wayne State College	2:31.15	2:28.06

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****...Women 800 Meter Run UCO**

33	Molly Kopfmann	SO	SDSU	2:24.40	2:28.38
34	Melissa Perez	SR	Dickinson State	2:31.18	2:29.03
35	Mallory Souder	SO	Jamestown College	2:32.84	2:29.54
36	Danielle McCann	SO	SDSU	2:28.00	2:29.62
37	Rachel Bickford	JR	Jamestown College	2:33.24	2:29.78
38	Mary Maassen	SR	Northwestern	2:30.00	2:30.63
39	Rebecca Wiggins	SO	Northwestern	2:28.36	2:30.89
40	Theresa Cook	FR	Morningside College	2:31.34	2:31.97
41	Laura Bauer	FR	SDSU	2:31.17	2:32.44
42	Debbie Lopez	SR	Dickinson State	2:35.11	2:33.02
43	Brittney Olfert	FR	No. State	2:28.00	2:33.38
44	Samantha Sahagian	FR	Dordt	2:27.00	2:33.42
45	Kelsey Robish	FR	South Dakota		2:33.46
46	Tianna Hurtado	JR	South Dakota	2:39.76	2:34.62
47	Kat VonRumpf	FR	Briar Cliff	2:35.20	2:34.83
48	Becca Van Dam	FR	Dordt	2:30.00	2:35.72
49	Michelle Johnson	FR	U Sioux Fall	2:39.10	2:36.44
50	Bernie Bachel	FR	Jamestown College	2:32.24	2:36.48
51	Jenna McCoy	JR	Wayne State College	2:37.67	2:37.50
52	Aimee Lenocker	FR	D Wesley	2:40.00	2:37.77
53	Tatiana DeLosSantos	SO	Wayne State College	2:39.45	2:41.52
54	Kayleen Gupman	FR	D Wesley	2:35.00	2:43.20
55	Mariela Sanchez	JR	Dickinson State	2:49.38	2:45.49
--	Katie Conlon	FR	Jamestown College	2:20.21	DNF
--	Rachel Garay	FR	Briar Cliff	2:44.30	DNF
--	Alyssa Bossler	SR	Jamestown College	2:18.01	DNF
--	Lisa Ryan		Unattached	2:21.01	DQ

Women 1500 Meter Run UCO

Name	Year	School	Seed	Finals	
1	Melissa Agnew	FR	University of Mary	4:41.00	4:47.00
2	Erin Curran	FR	Black Hills State	4:52.00	4:48.60
3	Merissa Harkema	FR	Dordt	4:48.00	4:48.76
4	Jessica Hudelson	FR	Morningside College	4:47.89	4:49.82
5	Dakota Wolf	FR	University of Mary	4:41.00	4:50.15
6	Megan Zavorka	SR	Wayne State College	4:49.17	4:51.91
7	Jen Van Otterloo		Unattached	4:51.01	4:52.58
8	Emmylyn Bentley	JR	Jamestown College	5:00.83	4:53.30
9	Amanda Frohling	SR	SDSU	4:53.00	4:53.37
10	Lisa Ryan		Unattached	4:55.00	4:53.67
11	Nicole Seier	FR	Morningside College	4:56.45	4:53.73
12	Stephanie Warnke	SO	Dakota State	5:01.10	4:55.26
13	Tera Potts	FR	SDSU	4:51.58	4:55.28
14	Alyssa Bossler	SR	Jamestown College	4:48.02	4:57.68
15	Emily Smith	JR	SDSU	4:58.00	4:58.75
16	Anna Garner	SO	SDSU	4:58.00	5:00.88
17	Nichole Duncan	FR	Dordt	5:05.00	5:03.93
18	Jessica Clark	SO	Morningside College	5:16.40	5:04.73
19	Leslie Stover	FR	Northwestern	5:10.00	5:06.03
20	Ky'Lee Engelken	FR	Wayne State College	5:09.00	5:06.44
21	Rayel McPeters	SR	Dickinson State	5:12.83	5:06.93
22	Clarice Bauer	SR	Dakota State	5:20.00	5:08.57
23	Brittney Olfert	FR	No. State	5:10.00	5:08.71

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****...Women 1500 Meter Run UCO**

24	Trama Giermann	FR	Morningside College	5:16.34	5:08.91
25	Melissa McIntosh	JR	Wayne State College	5:10.40	5:09.92
26	Molly Kopfmann	SO	SDSU	4:59.80	5:10.76
27	Lydia Ford	FR	Morningside College	5:15.34	5:10.78
28	Tianna Hurtado	JR	South Dakota	5:24.77	5:14.50
29	Angela Luedke	FR	South Dakota	5:22.29	5:15.26
30	Jenna McCoy	JR	Wayne State College	5:27.48	5:16.86
31	Jenna Kral	FR	Morningside College	5:22.23	5:17.99
32	Ashleigh Anderson	JR	Jamestown College	5:24.66	5:18.30
33	Lisa Kremer	FR	Briar Cliff	5:19.91	5:18.73
34	Corrine Muyskens	FR	Northwestern	5:15.67	5:18.85
35	Steph Wibben	FR	Morningside College	5:14.34	5:19.67
36	Kayla Smith	FR	South Dakota		5:22.14
37	Becca Van Dam	FR	Dordt	5:20.00	5:22.82
38	Kelsey Robish	FR	South Dakota		5:24.66
39	Steph Calleroz	FR	Briar Cliff	5:17.00	5:25.27
40	Erin Gerdes	FR	Briar Cliff	5:23.21	5:26.13
41	Cambrya Belter	SO	Jamestown College	5:28.37	5:26.39
42	Tara Blutt	SR	Northwestern	5:27.12	5:27.52
43	Tatiana DeLosSantos	SO	Wayne State College	5:39.20	5:28.93
44	Aimee Lenocker	FR	D Wesley	5:30.00	5:29.39
45	Kasey Hohl	FR	South Dakota	5:18.66	5:29.46
46	Melissa Kroupa	SO	U Sioux Fall	5:45.00	5:30.34
47	Lisa Becker	FR	Briar Cliff	5:44.30	5:31.55
48	Lisa Grosvenor	SO	Morningside College	5:25.45	5:34.56
49	Bernie Bachel	FR	Jamestown College	5:49.57	5:37.14
50	Mariela Sanchez	JR	Dickinson State	5:58.41	5:38.79
51	Stephanie Schultz	JR	Mount Marty College	5:55.00	5:44.98
52	Suzy Avey	JR	Jamestown College	5:57.15	5:55.96
53	Ali Clevenger	FR	U Sioux Fall	5:54.68	6:00.68
54	Kim Perez	FR	Buena Vista	5:50.00	6:07.84
55	Teresa Nelson	JR	Briar Cliff	7:10.00	6:57.07
--	Bre Platt	JR	Buena Vista	6:45.00	DNF
--	Rachel Bickford	JR	Jamestown College	5:24.66	DNF
--	Laura Wolles	FR	SDSU	5:20.00	DNF
--	Kelsey Maloney	SR	South Dakota		DNF
--	Kiley Beste	FR	Mount Marty College	5:55.00	DNF
--	Anna Wolverton	FR	Briar Cliff	5:55.00	DNF

Women 5000 Meter Run UCO

Name	Year	School	Seed	Finals	
1	Runa Falch	FR	Augustana College	17:30.00	17:11.87
2	Kyle Blakeslee	FR	Augustana College	17:30.00	17:15.28
3	Katie Conlon	FR	Jamestown College	18:10.00	17:32.28
4	Alyssa Bossler	SR	Jamestown College	18:07.94	17:47.25
5	Kara Nelson	JR	Morningside College	18:20.23	17:58.99
6	Erin Lynn Keitges	SR	Morningside College	18:20.23	18:22.64
7	Michelle Steiger	SO	Dordt	18:20.00	18:31.06
8	Courtney Rasmussen	SO	Augustana College	18:45.00	18:35.81
9	Leigh Anne Whiteside	SO	Black Hills State	18:34.70	18:36.32
10	Sara Hess	JR	Northwestern	19:05.00	18:43.68
11	Lydia Ford	FR	Morningside College	19:20.23	18:48.23
12	Kari Linneman	JR	No. State	19:00.00	19:03.68

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****...Women 5000 Meter Run UCO**

13	Allison Weeldreyer	SO	Northwestern	19:36.00	19:04.32
14	Samantha Warnke	SR	Dakota State	18:58.50	19:07.21
15	Brooke Fischer	FR	Mount Marty College	19:50.00	19:21.17
16	Krystal Hughes	FR	No. State	19:00.00	19:30.87
17	Clarice Bauer	SR	Dakota State	19:20.00	19:37.40
18	Cambrya Belter	SO	Jamestown College	20:31.53	19:50.17
19	Jenna Kral	FR	Morningside College	20:30.30	20:01.98
20	Lisa Grosvenor	SO	Morningside College	20:30.30	20:27.71
21	Leah Dykstra	FR	Northwestern	20:56.00	20:31.67
22	Akacia Wentworth	JR	Northwestern	20:30.00	20:34.43
23	Megan O'Grady	SR	Mount Marty College	21:09.21	20:48.71
24	Suzy Avey	JR	Jamestown College	21:13.22	21:32.38
25	Abby Mettler	JR	D Wesley	22:45.00	22:01.00
--	Kylie Underwood	FR	Northwestern	22:00.00	DNF
--	Breann Rozeboom	JR	Northwestern	19:45.00	DNF
--	Marissa Schouten	SR	U Sioux Fall	21:30.00	DNF
--	Ashley Unruh	SO	U Sioux Fall	19:00.00	DNF
--	Kristin Brondbo	FR	Augustana College	17:30.00	DNF
--	Katie Cook	SR	Black Hills State	18:57.00	DNF
--	Jade Steinberg	SO	Mount Marty College	20:30.00	DNF
--	Molly Clark	SR	Augustana College	17:30.00	DNF
--	Wendy O'Lexey	JR	Black Hills State	17:43.00	DNF

Women 10000 Meter Run UCO

Name	Year	School	Seed	Finals	
1	Wendy O'Lexey	JR	Black Hills State	37:30.00	36:56.15
2	Irene Kosgei	SO	University of Mary	38:20.00	38:08.22
3	Katie Cook	SR	Black Hills State	39:45.00	39:40.08
4	Ashley Unruh	SO	U Sioux Fall	42:00.00	42:12.02
5	Kelsey Maloney	SR	South Dakota		42:25.23
6	Kayla Smith	FR	South Dakota		42:40.56
7	Ashleigh Anderson	JR	Jamestown College	41:00.00	43:50.56
8	Kasey Hohl	FR	South Dakota		43:51.55
9	Marissa Schouten	SR	U Sioux Fall	44:00.00	44:16.29
10	Resa Hendrickson	SO	Mount Marty College	45:01.63	44:28.68
11	Becka Jensen	SO	Mount Marty College	46:53.42	46:23.72
12	Alicia Pick	SO	Mount Marty College	47:54.13	48:09.17

Women 100 Meter Hurdles UCO

Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1	Kristyn Nelson	SO	University of Mary	14.77	15.00q	0.5 3
2	Melissa Walker	FR	University of Mary	15.44	15.11q	0.3 4
3	Crystal Schiernbeck	JR	South Dakota	15.23	15.15q	0.3 4
4	Ashley Salwey	FR	University of Mary	15.23	15.34q	1.9 2
5	Haley Juhnke	JR	South Dakota	15.76	15.37q	1.9 2
6	Sarah Sannerud	FR	U Sioux Fall	15.76	15.52q	0.3 4
7	Sarah Skipper	JR	Jamestown College	15.13	15.59q	-1.4 1
8	Briana Wubben	FR	Dordt	15.60	15.74q	0.5 3
9	Andrea Wedel		Unattached	16.01	16.09	0.5 3
10	Stacey Dietrich	SO	Northwestern	15.60	16.10	-1.4 1

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Women 100 Meter Hurdles UCO**

11	Andrea Sjomeling	JR No. State	15.49	16.15	0.5	3
12	Claire Severson	SR Augustana College	15.45	16.15	-1.4	1
13	Bailey Schafbuch	FR Buena Vista	15.95	16.47	0.3	4
14	Karina Wierenga	SR Dordt	16.00	16.59	0.5	3
15	Andrea Boyd	SO Buena Vista	15.95	16.60	1.9	2
16	Tanya Vassar	JR No. State	16.06	16.82	-1.4	1
17	Melinda Vander Ark	SO Dordt		16.83	0.5	3
18	Rachel Burnette	FR Buena Vista	16.90	16.99	1.9	2
19	Whitney Nelson	FR Buena Vista	17.00	17.01	0.3	4
20	Hilary Harrison	FR Dickinson State	16.82	17.15	1.9	2
21	Kallie Merrill	JR Jamestown College	17.42	17.36	0.3	4
22	Wendy Schmaltz	JR D Wesley	18.00	17.88	1.9	2
23	Meagan Grandgenett	SO Augustana College	15.42	17.94	1.9	2
24	Deresha Harrison	FR Dickinson State	15.98	18.05	-1.4	1
25	Sara Schultz	SO Dakota State	17.20	18.07	0.5	3
26	Tessa Dee	FR South Dakota	17.46	18.09	-1.4	1
--	Jordan Johnson	FR U Sioux Fall	17.60	DNF	0.3	4

Women 100 Meter Hurdles UCO

Name	Year	School	Prelims	Finals	Wind
=====					
Finals					
1	Kristyn Nelson	SO University of Mary	15.00	14.87	2.7
2	Sarah Skipper	JR Jamestown College	15.59	15.17	2.7
3	Melissa Walker	FR University of Mary	15.11	15.26	2.7
4	Ashley Salwey	FR University of Mary	15.34	15.29	2.7
5	Briana Wubben	FR Dordt	15.74	15.35	2.7
6	Sarah Sannerud	FR U Sioux Fall	15.52	15.53	2.7
7	Haley Juhnke	JR South Dakota	15.37	15.82	2.7
--	Crystal Schiernbeck	JR South Dakota	15.15	DNF	2.7
Preliminaries					
9	Andrea Wedel	Unattached	16.09		
10	Stacey Dietrich	SO Northwestern	16.10		
11	Andrea Sjomeling	JR No. State	16.15		
12	Claire Severson	SR Augustana College	16.15		
13	Bailey Schafbuch	FR Buena Vista	16.47		
14	Karina Wierenga	SR Dordt	16.59		
15	Andrea Boyd	SO Buena Vista	16.60		
16	Tanya Vassar	JR No. State	16.82		
17	Melinda Vander Ark	SO Dordt	16.83		
18	Rachel Burnette	FR Buena Vista	16.99		
19	Whitney Nelson	FR Buena Vista	17.01		
20	Hilary Harrison	FR Dickinson State	17.15		
21	Kallie Merrill	JR Jamestown College	17.36		
22	Wendy Schmaltz	JR D Wesley	17.88		
23	Meagan Grandgenett	SO Augustana College	17.94		
24	Deresha Harrison	FR Dickinson State	18.05		
25	Sara Schultz	SO Dakota State	18.07		
26	Tessa Dee	FR South Dakota	18.09		
--	Jordan Johnson	FR U Sioux Fall	DNF		

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****Women 400 Meter Hurdles UCO**

Name	Year	School	Seed	Finals	H#
Finals					
1 Paige Pollard	SO	Wayne State College	1:01.80	1:02.71	3
2 Sarah Skipper	JR	Jamestown College	1:05.64	1:04.22	3
3 Marissa Curry	JR	Jamestown College	1:07.49	1:05.18	2
4 Kendra De Jong	FR	Northwestern	1:06.00	1:05.56	3
5 Jessica Becker	SO	SDSU	1:05.90	1:05.87	3
6 Andrea Sjomeling	JR	No. State	1:05.11	1:05.96	3
7 Haley Juhnke	JR	South Dakota	1:10.78	1:06.15	1
8 Deidre Hinkeldey	SO	Morningside College	1:07.34	1:06.58	2
9 Corrie Fautsch	JR	Northwestern	1:06.48	1:07.20	3
10 Ashley Wehle	FR	Briar Cliff	1:07.56	1:07.69	2
11 Kallie Merrill	JR	Jamestown College	1:12.13	1:08.88	1
12 Melinda Vander Ark	SO	Dordt	1:08.50	1:09.46	2
13 Hilary Harrison	FR	Dickinson State	1:08.03	1:09.58	2
14 Alison Syverson	FR	U Sioux Fall	1:10.75	1:09.75	1
15 Amy Pheneger	JR	Dakota State	1:09.10	1:10.79	2
16 Whitney Nelson	FR	Buena Vista	1:12.00	1:11.13	1
17 Meagan Grandgenett	SO	Augustana College	1:16.00	1:11.30	1
18 Sara Schultz	SO	Dakota State	1:12.10	1:12.97	1
19 Rachel Burnette	FR	Buena Vista	1:08.00	1:13.46	2

Women 3000 Meter Steeplechase UCO

Name	Year	School	Seed	Finals
1 Jen Van Otterloo		Unattached	10:50.00	10:41.80
2 Katie Conlon	FR	Jamestown College	10:55.89	10:52.66
3 Kara Nelson	JR	Morningside College	11:33.45	11:18.55
4 Erin Lynn Keitges	SR	Morningside College	11:10.12	11:24.99
5 Abi Bever	FR	Black Hills State	11:55.00	11:27.32
6 Mikayla Barondeau	SO	No. State	11:40.00	11:32.73
7 Gail McIntyre	SO	D Wesley	11:50.00	11:38.87
8 Jennifer Agnew	FR	University of Mary	11:40.00	11:43.19
9 Sarah Thomsen	SR	Wayne State College	11:55.00	11:47.26
10 Rosemary Bernth	FR	Briar Cliff	12:42.00	12:04.52
11 Vanessa Escobar	SR	Dickinson State	12:38.64	12:11.64
12 Danielle McCann	SO	SDSU		12:18.54
13 Tabitha Shepherd	FR	Morningside College	11:59.03	12:33.87
14 Rachel Bickford	JR	Jamestown College	12:45.08	12:49.28
15 Jade Steinberg	SO	Mount Marty College	12:50.00	12:56.38
16 Bre Platt	JR	Buena Vista	15:30.00	16:07.66

Women 4x100 Meter Relay UCO

School	Seed	Prelims	H#
Preliminaries			
1 University of Mary 'A'	46.68	47.07q	2
1) Kristyn Nelson SO			
2) Nicketa Coombs FR			
3) Mishay Weber SR			
4) Kristen Stewart JR			
2 Dakota Wesleyan University 'A'	47.91	48.09q	1
1) Steph Leist JR			
2) Alyssa Christianson FR			
3) Tamika Irvin			
4) Natalie Wipf			

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Women 4x100 Meter Relay UCO**

3 Dordt 'A'	48.84	49.55q	1
1) Jenna Brouwer JR	2) Crystal Vander Zee SO		
3) Kaitlin Troost FR	4) Briana Wubben FR		
4 Morningside College 'A'	49.89	50.15q	2
1) Lydia Bienlien FR	2) Deidre Hinkeldey SO		
3) Sabrina Sieperda FR	4) Amber Woodford FR		
5 South Dakota 'A'	50.23	50.51q	1
1) Haley Juhnke JR	2) Kristine DuBois SO		
3) Madison Whitley FR	4) Christina Roberts SO		
6 Northern State University 'A'	50.00	50.95q	2
1) Lindsey Fluharty FR	2) Marisa Aldinger SR		
3) Laci Hettick SR	4) Emily Fritz SO		
7 Dakota State University 'A'	50.80	51.27q	1
1) Laura Porch FR	2) Brandi Gau JR		
3) Amber Krogstad JR	4) Danielle Rowe JR		
8 Jamestown College 'A'	50.82	51.41q	2
1) Katie Zent SO	2) Sarah Skipper JR		
3) Beth Segerholm FR	4) AnnaLiesa Fauth JR		
9 Briar Cliff University 'A'	52.10	51.52	1
1) Nancy Tatou FR	2) Madison Borer FR		
3) Jill Hoogeveen FR	4) Katie Beldt FR		
10 So Dakota State Universit 'A'	51.00	51.55	1
1) Lindsey Thielen FR	2) Rachel Hagberg FR		
3) Marissa Novak FR	4) Jessica Becker SO		
11 Buena Vista University 'A'	51.00	51.73	2
1) Bailey Schafbuch FR	2) Nikki Hanish FR		
3) Andrea Boyd SO	4) Molly Sippel FR		
12 Augustana College 'A'	51.00	52.38	1
1) Meagan Grandgenett SO	2) Emily Halverson FR		
3) Sarah Drew SR	4) Claire Severson SR		
13 Mount Marty College 'A'	51.91	52.89	2
1) Meghan Nelson JR	2) Dana Riter SO		
3) Katie Breuer SO	4) Katie Whaley SO		
14 Dordt 'B'	52.00	53.34	2
1) Sarah Franje SR	2) Karina Wierenga SR		
3) Emily Christians FR	4) Christina Van Singel FR		

Women 4x100 Meter Relay UCO

School	Prelims	Finals
=====		
Finals		
1 University of Mary 'A'	47.07	46.88
1) Kristyn Nelson SO	2) Nicketa Coombs FR	
3) Mishay Weber SR	4) Kristen Stewart JR	
2 Dakota Wesleyan University 'A'	48.09	48.72
1) Steph Leist JR	2) Alyssa Christianson FR	
3) Tamika Irvin	4) Natalie Wipf	
3 Dordt 'A'	49.55	49.53
1) Jenna Brouwer JR	2) Crystal Vander Zee SO	
3) Kaitlin Troost FR	4) Briana Wubben FR	
4 South Dakota 'A'	50.51	50.20
1) Haley Juhnke JR	2) Kristine DuBois SO	
3) Madison Whitley FR	4) Christina Roberts SO	
5 Morningside College 'A'	50.15	50.47

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Women 4x100 Meter Relay UCO**

1) Lydia Bienlien FR	2) Deidre Hinkeldey SO		
3) Sabrina Sieperda FR	4) Amber Woodford FR		
6 Jamestown College 'A'		51.41	50.70
1) Katie Zent SO	2) Sarah Skipper JR		
3) Beth Segerholm FR	4) AnnaLiesa Fauth JR		
7 Dakota State University 'A'		51.27	51.22
1) Laura Porch FR	2) Brandi Gau JR		
3) Amber Krogstad JR	4) Danielle Rowe JR		
8 Northern State University 'A'		50.95	51.85
1) Lindsey Fluharty FR	2) Marisa Aldinger SR		
3) Laci Hettick SR	4) Emily Fritz SO		

Preliminaries

9 Briar Cliff University 'A'		51.52	
1) Nancy Tatou FR	2) Madison Borer FR		
3) Jill Hoogeveen FR	4) Katie Beldt FR		
10 So Dakota State Universit 'A'		51.55	
1) Lindsey Thielen FR	2) Rachel Hagberg FR		
3) Marissa Novak FR	4) Jessica Becker SO		
11 Buena Vista University 'A'		51.73	
1) Bailey Schafbuch FR	2) Nikki Hanish FR		
3) Andrea Boyd SO	4) Molly Sippel FR		
12 Augustana College 'A'		52.38	
1) Meagan Grandgenett SO	2) Emily Halverson FR		
3) Sarah Drew SR	4) Claire Severson SR		
13 Mount Marty College 'A'		52.89	
1) Meghan Nelson JR	2) Dana Riter SO		
3) Katie Breuer SO	4) Katie Whaley SO		
14 Dordt 'B'		53.34	
1) Sarah Franje SR	2) Karina Wierenga SR		
3) Emily Christians FR	4) Christina Van Singel FR		

Women 4x200 Meter Relay UCO

School	Seed	Finals
Finals		
1 South Dakota 'A'	1:42.00	1:44.23
1) Kristine DuBois SO	2) Madison Whitley FR	
3) Christina Roberts SO	4) Crystal Schiernbeck JR	
2 Dordt 'A'	1:46.00	1:45.23
1) Kari Van Beek SO	2) Crystal Vander Zee SO	
3) Kaitlin Troost FR	4) Jenna Brouwer JR	
3 Dakota State University 'A'	1:50.00	1:47.86
1) Laura Porch FR	2) Karisa Hartje SO	
3) Amber Krogstad JR	4) Danielle Rowe JR	
4 Northern State University 'A'	1:48.00	1:48.84
1) Laci Hettick SR	2) Emily Fritz SO	
3) Marisa Aldinger SR	4) Jill Schaefer FR	
5 Buena Vista University 'A'	1:47.00	1:49.63
1) Bailey Schafbuch FR	2) Molly Sippel FR	
3) Andrea Boyd SO	4) Nikki Hanish FR	
6 Augustana College 'A'	1:50.00	1:52.68
1) Sarah Drew SR	2) Emily Halverson FR	
3) Chanesse Schaefer FR	4) Claire Severson SR	

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****Women 4x400 Meter Relay UCO**

School	Seed	Finals	H#
1 University of Mary 'A'	3:52.30	3:54.55	3
1) Ashley Salwey FR	2) Brandee DeVine SR		
3) Megan Jenkins FR	4) Nicketa Coombs FR		
2 Dakota Wesleyan University 'A'	3:59.25	3:57.08	3
1) Tamika Irvin	2) Kailey Hunhoff SO		
3) Alyssa Christianson FR	4) Natalie Wipf		
3 Jamestown College 'A'	3:59.00	3:57.51	3
1) Marissa Curry JR	2) Katie Zent SO		
3) Sarah Skipper JR	4) AnnaLiesa Fauth JR		
4 Northwestern College 'A'	3:59.31	4:00.78	3
1) Stacey Dietrich SO	2) Ana Morgan FR		
3) Krystina Smith JR	4) Kendra De Jong FR		
5 Morningside College 'A'	4:01.10	4:03.50	3
1) Amber Woodford FR	2) Allison Christy FR		
3) Nicole Seier FR	4) Jessica Hudelson FR		
6 Dakota State University 'A'	4:07.90	4:04.31	2
1) Brittany Young FR	2) Stephanie Uher FR		
3) Claire Beck FR	4) Brandi Gau JR		
7 Dordt 'A'	4:00.00	4:04.82	3
1) Kari Van Beek SO	2) Kaitlin Troost FR		
3) Jenna Brouwer JR	4) Tara Postma FR		
8 Morningside College 'B'	4:06.78	4:05.16	2
1) Margo Stanforth FR	2) Sabrina Sieperda FR		
3) Heather Hoefs FR	4) Breanna Mathes FR		
9 Northern State University 'A'	3:58.80	4:06.98	3
1) Andrea Sjomeling JR	2) Emily Fritz SO		
3) Toni Fritz JR	4) Jill Schaefer FR		
10 Briar Cliff University 'A'	4:12.00	4:11.27	2
1) Audrey Cooley FR	2) Alyssa Myers SO		
3) Ashley Wehle FR	4) Katie Beldt FR		
11 Dickinson State 'A'	4:14.91	4:12.05	2
1) DayLynn Batey FR	2) Shelby Snare FR		
3) Samantha Pounds SO	4) Melissa Perez SR		
12 Minot State University 'A'	4:10.00	4:12.30	2
1) Kayla Montgomery SO	2) Abbey Aide FR		
3) Fern Parker SR	4) Taylor Tuomey FR		
13 Mount Marty College 'A'	4:20.00	4:12.66	2
1) Meghan Nelson JR	2) Carly Benson SR		
3) Alexa Berg	4) Katie Breuer SO		
14 South Dakota 'A'	4:04.00	4:12.97	3
1) Christina Roberts SO	2) Kristine DuBois SO		
3) Crystal Schiernbeck JR	4) Madison Whitley FR		
15 Buena Vista University 'A'	4:15.00	4:17.63	2
1) Rachel Burnette FR	2) Bailey Schafbuch FR		
3) Nikki Hanish FR	4) Molly Sippel FR		
16 Morningside College 'C'	4:19.34	4:27.20	2
1) Lydia Bienlien FR	2) McKenzie Reece FR		
3) Christine Becker FR	4) Theresa Cook FR		
17 Buena Vista University 'B'	4:40.00	4:34.91	2
1) Whitney Nelson FR	2) Andrea Boyd SO		
3) Kim Perez FR	4) Liz Ahrendsen JR		

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****Women 4x800 Meter Relay UCO**

School	Seed	Finals
1 Jamestown College 'A'	9:18.00	9:32.60
1) Emmylyn Bentley JR	2) Madeline Hornung SO	
3) Katie Conlon FR	4) Alyssa Bossler SR	
2 Morningside College 'A'	9:23.96	9:43.56
1) Heather Hoefs FR	2) Breanna Mathes FR	
3) McKenzie Reece FR	4) Steph Wibben FR	
3 Northern State University 'A'	9:40.00	9:46.00
1) Toni Fritz JR	2) Jessica Brandli FR	
3) Hilary Gorder FR	4) Mikayla Barondeau SO	

Women 1600 Sprint Medley UCO

School	Seed	Finals	H#
1 University of Mary 'A'	4:16.00	4:09.99	2
1) Kristyn Nelson SO	2) Mishay Weber SR		
3) Nicketa Coombs FR	4) Emilee Morehouse FR		
2 Dakota State University 'A'	4:16.50	4:17.92	2
1) Laura Porch FR	2) Stephanie Uher FR		
3) Karisa Hartje SO	4) Brittany Young FR		
3 Morningside College 'A'	4:10.12	4:18.25	2
1) Amber Woodford FR	2) Sabrina Sieperda FR		
3) Deidre Hinkeldey SO	4) Kara Nelson JR		
4 Dordt 'A'	4:10.00	4:20.05	2
1) Kari Van Beek SO	2) Crystal Vander Zee SO		
3) Sierra Zomer FR	4) Merissa Harkema FR		
5 Morningside College 'B'	4:11.23	4:30.52	2
1) Jessica Hudelson FR	2) Heather Hoefs FR		
3) Allison Christy FR	4) Erin Lynn Keitges SR		
6 Northern State University 'A'	4:18.00	4:30.66	2
1) Laci Hettick SR	2) Tanya Vassar JR		
3) Jessica Brandli FR	4) Hilary Gorder FR		
7 Briar Cliff University 'A'	4:14.00	4:34.79	2
1) Nancy Tatou FR	2) Jill Hoogeveen FR		
3) Alyssa Myers SO	4) Cecilia Vallejo FR		
8 Dordt 'B'	4:20.00	4:36.93	2
1) Sarah Franje SR	2) Emily Christians FR		
3) Alex Pasker FR	4) Samantha Sahagian FR		
9 Buena Vista University 'A'	4:24.00	4:40.40	1
1) Molly Sippel FR	2) Whitney Nelson FR		
3) Nikki Hanish FR	4) Rachel Burnette FR		
10 Dickinson State 'A'	4:35.18	4:48.62	1
1) Jennifer Hartman SO	2) Debbie Lopez SR		
3) Milena Brikic JR	4) Gladys Rotich SO		
11 Jamestown College 'A'	4:35.00	4:53.54	1
1) Courtney Oliver FR	2) Shelby Rose FR		
3) Kallie Merrill JR	4) Cambrya Belter SO		

Women Distance Medley UCO

School	Seed	Finals
1 University of Mary 'A'	12:12.00	12:15.14

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Women Distance Medley UCO**

1) Melissa Agnew FR	2) Brandee DeVine SR		
3) Emilee Morehouse FR	4) Dakota Wolf FR		
2 Augustana College 'A'		12:15.00	12:31.74
1) Miriam Hovda FR	2) Allison Henke SO		
3) Katie Hjerpe FR	4) Annie Pfeifle FR		
3 Augustana College 'B'		12:15.00	12:31.81
1) Molly Kokesh FR	2) Caitlin Polgreen SR		
3) Rachel Biederman FR	4) Leah Hansen FR		
4 Dordt 'A'		12:45.00	12:32.58
1) Nichole Duncan FR	2) Kari Van Beek SO		
3) Sierra Zomer FR	4) Merissa Harkema FR		
5 Northwestern College 'A'		13:00.00	12:43.23
1) Jenna Sorensen JR	2) Elizabeth Stevens SO		
3) Teresa Scholten SO	4) Charity Miles JR		
6 Augustana College 'C'		12:15.00	12:47.19
1) Megan Erspamer SO	2) Cecilie Udstuen FR		
3) LeAnn Severson SO	4) Jillian Tholen SR		
7 So Dakota State Universit 'A'			12:51.80
1) Tera Potts FR	2) Lindsey Thielen FR		
3) Emily Smith JR	4) Amanda Frohling SR		
8 Dickinson State 'A'		13:38.82	13:55.64
1) Rayel McPeters SR	2) Vanessa Escobar SR		
3) Samantha Pounds SO	4) Gladys Rotich SO		

Women High Jump UCO

Name	Year	School	Seed	Finals
1 Kendra De Jong	FR	Northwestern	5-09.25	1.68m 5-06.00
2 Danielle Rowe	JR	Dakota State	5-06.00	1.63m 5-04.25
3 Kristy Schaaf	FR	Briar Cliff	5-04.25	1.58m 5-02.25
4 Jennifer Hartman	SO	Dickinson State	5-03.25	J1.58m 5-02.25
5 Savannah Wakeley	FR	Wayne State College	5-07.00	J1.58m 5-02.25
6 Mallory Johannes	FR	Jamestown College	5-01.00	1.53m 5-00.25
7 Sarah Skipper	JR	Jamestown College	5-04.50	J1.53m 5-00.25
8 Brittany Beehler	SO	University of Mary	5-04.25	J1.53m 5-00.25
8 Tanya Vassar	JR	No. State	5-02.25	J1.53m 5-00.25
9 Karissa Pepin	SO	Augustana College	5-01.75	J1.53m 5-00.25
11 Briana Schaeuble	FR	Morningside College	5-00.25	1.48m 4-10.25
11 Jill Lockie	JR	Minot State	5-02.25	1.48m 4-10.25
11 Mollie O'Mara	FR	Briar Cliff	4-10.25	1.48m 4-10.25
11 Liz Ahrendsen	JR	Buena Vista	4-10.25	1.48m 4-10.25
11 Stephanie Uher	FR	Dakota State		1.48m 4-10.25
11 Briana Wubben	FR	Dordt	5-01.00	1.48m 4-10.25
-- Crystal Schiernbeck	JR	South Dakota	4-10.50	NH
-- Kallie Merrill	JR	Jamestown College	5-01.00	NH
-- Karina Wierenga	SR	Dordt	4-11.00	NH
-- Kelly Schilling	SR	Mount Marty College	4-10.25	NH
-- Dani Warren	SO	Minot State	4-08.25	NH

Women Pole Vault UCO

Name	Year	School	Seed	Finals
1 Miranda Fehilly	JR	University of Mary	12-02.00	11-00.00 3.35m

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Women Pole Vault UCO**

2	Abbey Aide	FR Minot State	11-06.50	10-06.00	3.20m
3	Katie Breuer	SO Mount Marty College	11-03.00	J10-06.00	3.20m
4	Jana Olson	FR Northwestern	10-01.25	10-00.00	3.04m
5	Kacia Erikson	JR Augustana College	10-06.00	J10-00.00	3.04m
6	Adrienne Skaggs	FR U Sioux Fall	9-04.25	9-06.00	2.89m
7	Jacklyn Brooks	SO Northwestern	9-07.25	J9-06.00	2.89m
8	Molly Motsinger	FR Morningside College	9-10.00	9-00.00	2.74m
9	Kim DeJong	FR Northwestern	8-07.50	J9-00.00	2.74m
--	Calley Worth	FR No. State	9-06.25	NH	
--	Tanya Vassar	JR No. State	10-11.75	NH	
--	Shelly Jacobs	SO U Sioux Fall	11-05.75	NH	
--	Christina Van Singel	FR Dordt	9-07.25	NH	
--	Dani Warren	SO Minot State	9-00.25	NH	
--	Courtney Oliver	FR Jamestown College	8-04.00	NH	
--	Mallory Souder	SO Jamestown College	8-04.75	NH	
--	Mikaela White	FR Briar Cliff	8-00.00	NH	
--	Theresa Knapp	FR No. State	9-10.75	NH	
--	Beth Norton	FR Morningside College	8-02.50	NH	

Women Long Jump UCO

Name	Year	School	Seed	Finals	Wind	
1	Melissa Walker	FR University of Mary	19-02.00	5.43m	-1.6	17-09.75
	5.23m(-1.6) FOUL	5.31m(-0.8)	5.43m(-1.6)	5.34m(-0.4)	5.27m(-0.9)	
2	Crystal Schiernbeck	JR South Dakota	17-10.25	5.39m	-0.2	17-08.25
	FOUL 5.25m(+0.0)	5.21m(+0.0)	5.39m(-0.2) PASS	PASS		
3	Kaitlin Troost	FR Dordt	17-00.75	5.23m	1.4	17-02.00
	FOUL 4.91m(-3.0)	4.78m(-1.3)	4.83m(-0.1) FOUL	5.23m(1.4)		
4	Crystal Vander Zee	SO Dordt	17-00.75	5.15m	2.1	16-10.75
	4.82m(-1.4) 4.89m(-0.6)	4.84m(-1.0)	5.15m(2.1)	5.04m(-0.6)	5.11m(-0.2)	
5	Brittany Beehler	SO University of Mary	17-07.00	J5.15m	-1.9	16-10.75
	FOUL 4.99m(-1.1)	5.15m(-1.9)	4.93m(0.2)	4.94m(-1.6)	4.99m(-0.9)	
6	Samantha Williams	FR University of Mary	18-06.00	5.14m	-1.2	16-10.50
	4.99m(0.2) 4.70m(-1.1)	4.75m(+0.0) FOUL	5.14m(-1.2)	5.04m(+0.0)		
7	Dana Riter	SO Mount Marty College	17-04.75	J5.14m	-0.6	16-10.50
	5.14m(-0.6) 4.84m(-1.0)	4.92m(+0.0)	4.82m(-0.4)	4.86m(-1.0)	5.01m(-0.8)	
8	Amber Krogstad	JR Dakota State	17-00.75	5.07m	1.3	16-07.75
	5.07m(1.3) 4.80m(-2.0)	4.81m(-1.3)	4.48m(+0.0)	4.73m(-0.1)	4.82m(-1.7)	
9	Alissa Klose	JR Minot State	17-00.50	5.02m	-0.9	16-05.75
	4.85m(-1.2) 4.99m(0.5)	5.02m(-0.9)	4.70m(-1.6)	4.92m(-1.2)	4.66m(0.9)	
10	Nikki Hanish	FR Buena Vista	17-00.75	4.85m	0.4	15-11.00
	4.79m(-1.5) FOUL	4.85m(0.4)				
11	Tia Haines	SR South Dakota	17-00.00	4.83m	-0.3	15-10.25
	4.83m(-0.3) 4.74m(-1.6)	FOUL				
12	Jennifer Hartman	SO Dickinson State	17-07.00	4.77m	-0.3	15-07.75
	FOUL 4.77m(-0.3) FOUL					
13	Briana Wubben	FR Dordt	17-00.75	4.76m	-1.1	15-07.50
	FOUL 4.68m(-1.7)	4.76m(-1.1)				
14	Carissa Hotovy	SO Augustana College	16-07.00	4.69m	-1.8	15-04.75
	4.63m(-1.8) 4.69m(-1.8)	4.68m(-0.5)				
15	Meagan Grandgenett	SO Augustana College		4.64m	-1.1	15-02.75
	4.64m(-1.1) 4.48m(-1.2)	FOUL				
16	Deidre Hinkeldey	SO Morningside College	15-07.50	4.63m	1.1	15-02.25
	4.63m(1.1) FOUL	4.62m(+0.0)				

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Women Long Jump UCO**

17	Claire Severson	SR Augustana College		4.50m	+0.0	14-09.25
	FOUL	4.50m(+0.0)	4.49m(-1.6)			
18	Liz Benjamin	FR Briar Cliff	15-06.25	4.48m	-1.9	14-08.50
	4.42m(-1.2)	4.48m(-1.9)	4.33m(+0.0)			
19	Milena Brikic	JR Dickinson State	16-03.00	4.45m	0.5	14-07.25
	FOUL	4.45m(0.5)	3.99m(-1.4)			
20	Kara Maas	FR U Sioux Fall	15-01.25	4.37m	-1.0	14-04.00
	4.29m(-1.2)	4.34m(0.8)	4.37m(-1.0)			
21	Shayla Wrage	FR Wayne State College	14-01.00	4.14m	-1.0	13-07.00
	4.00m(+0.0)	4.14m(-1.0)	4.06m(-1.1)			
22	Alicia Letcher	JR Mount Marty College	14-01.75	4.13m	-0.4	13-06.75
	4.05m(-1.5)	FOUL	4.13m(-0.4)			
23	Lael Radde	FR Dordt	13-09.50	4.00m	-1.9	13-01.50
	FOUL	3.94m(0.2)	4.00m(-1.9)			
24	Molly Sippel	FR Buena Vista	15-05.00	3.87m	-0.2	12-08.50
	FOUL	3.87m(0.7)	3.87m(-0.2)			

Women Triple Jump UCO

Name	Year	School	Seed	Finals	Wind	
1	Melissa Walker	FR University of Mary	37-04.00	11.71m	0.4	38-05.00
	10.79m(+0.0)	11.71m(0.4)	11.41m(+0.0)	FOUL	10.88m(+0.0)	FOUL
2	Samantha Williams	FR University of Mary	39-02.25	11.53m	+0.0	37-10.00
	11.35m(0.6)	11.23m(0.3)	11.53m(+0.0)	11.40m(+0.0)	FOUL	11.26m(+0.0)
3	Alissa Klose	JR Minot State	36-00.75	11.05m	+0.0	36-03.00
	10.65m(0.2)	10.92m(0.5)	10.90m(1.1)	10.82m(+0.0)	11.03m(+0.0)	11.05m(+0.0)
4	Tia Haines	SR South Dakota	36-07.00	10.97m	+0.0	36-00.00
	FOUL	FOUL	10.88m(+0.0)	10.97m(+0.0)	10.85m(+0.0)	10.85m(+0.0)
5	Crystal Vander Zee	SO Dordt	36-01.25	10.94m	+0.0	35-10.75
	10.94m(+0.0)	10.78m(+0.0)	10.40m(+0.0)	10.26m(+0.0)	10.64m(+0.0)	10.25m(+0.0)
6	Amber Krogstad	JR Dakota State	35-09.25	10.85m	0.3	35-07.25
	10.41m(1.5)	10.85m(0.3)	10.46m(+0.0)	FOUL	10.30m(+0.0)	10.33m(+0.0)
7	Milena Brikic	JR Dickinson State	34-04.75	10.58m	1.2	34-08.50
	10.13m(0.7)	10.27m(1.2)	10.58m(1.2)	FOUL	9.61m(-0.0)	8.95m(-0.0)
8	Liz Benjamin	FR Briar Cliff	34-11.00	10.56m	+0.0	34-07.75
	10.13m(0.2)	10.38m(0.4)	10.51m(+0.0)	FOUL	10.56m(+0.0)	10.13m(+0.0)
9	Megan Dias	FR Wayne State College	36-01.50	10.48m	0.2	34-04.75
	10.11m(0.3)	10.48m(0.2)	10.02m(+0.0)	FOUL	9.98m(+0.0)	FOUL
10	Kara Maas	FR U Sioux Fall	33-00.25	10.44m	1.5	34-03.00
	9.62m(0.4)	10.44m(1.5)	10.14m(+0.0)			
11	Dana Riter	SO Mount Marty College	33-09.50	10.35m	+0.0	33-11.50
	FOUL	10.35m(+0.0)	10.03m(0.4)			
12	Brianne Hofstetter	SO Wayne State College	34-10.25	10.34m	1.0	33-11.25
	10.28m(+0.0)	10.34m(1.0)	FOUL			
13	Karissa Pepin	SO Augustana College		10.15m	+0.0	33-03.75
	FOUL(+0.0)	FOUL(+0.0)	10.15m(+0.0)			
14	Sarah Weidler	SO D Wesley	33-05.75	10.13m	NWI	33-03.00
	FOUL	9.76m(-0.0)	10.13m(-0.0)			
15	Hilary Gorder	FR No. State	33-11.25	10.07m	1.6	33-00.50
	FOUL	10.07m(1.6)	9.80m(+0.0)			
16	Deresha Harrison	FR Dickinson State	32-10.25	9.54m	0.3	31-03.75
	FOUL	9.54m(0.3)	FOUL			
17	Heidi Hildebrandt	JR Northwestern	32-05.75	9.36m	0.6	30-08.50
	9.36m(0.6)	9.17m(+0.0)	8.83m(0.7)			

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Women Triple Jump UCO**

18 Alicia Letcher JR Mount Marty College 31-05.75 9.25m 1.3 30-04.25
8.96m(+0.0) 9.25m(1.3) 9.18m(0.2)

Women Shot Put UCO

Name	Year	School	Seed	Finals
1 Rachel Jansen	FR	Unattached	54-01.75	17.54m 57-06.50
				16.06m FOUL FOUL FOUL 15.96m 17.54m
2 Melodi Boke	SO	No. State	44-02.00	14.09m 46-02.75
				14.09m 13.25m 13.78m FOUL 13.85m 13.52m
3 Morgan Darrow	JR	Buena Vista	44-11.50	13.78m 45-02.50
				13.78m 13.42m FOUL FOUL 13.28m FOUL
4 Amanda Madden	SR	No. State	43-03.75	13.69m 44-11.00
				13.04m 12.78m 13.69m FOUL 13.19m FOUL
5 Donna Lavea	JR	Dakota State	42-00.00	13.55m 44-05.50
				12.75m 13.23m 13.43m 13.55m 13.23m 13.18m
6 Lachel Milander	SO	Wayne State College	41-01.50	13.07m 42-10.75
				13.07m FOUL FOUL 13.02m FOUL FOUL
7 Noel Bentele	JR	Augustana College	43-00.50	12.52m 41-01.00
				12.33m FOUL FOUL 12.52m FOUL FOUL
8 Meghan Paul	FR	No. State	40-11.00	12.35m 40-06.25
				12.09m 12.16m 11.91m 11.68m 11.78m 12.35m
9 Christena Georgas	FR	South Dakota	37-10.75	12.34m 40-06.00
				11.48m FOUL 12.34m 11.92m 12.28m 12.29m
10 Tara Cockerill	FR	Briar Cliff	38-11.50	12.12m 39-09.25
				12.12m FOUL FOUL
11 Kristen Nielsen	FR	Augustana College	40-05.00	11.88m 38-11.75
				11.34m 11.75m 11.88m
12 Yvonne Freese	FR	No. State	38-09.00	11.84m 38-10.25
				11.84m FOUL 11.41m
13 Erica Krull	JR	South Dakota	41-03.25	11.79m 38-08.25
				FOUL 11.79m FOUL
14 Bridget Healy	FR	U Sioux Fall	36-04.75	11.72m 38-05.50
				11.72m 11.21m FOUL
15 Devon Flowers	FR	Minot State	39-03.00	11.71m 38-05.00
				11.71m FOUL 11.19m
16 Danielle Fry	SO	Northwestern	41-07.75	11.66m 38-03.25
				11.66m FOUL FOUL
17 Ashley Larson	SR	SDSU	37-02.25	11.55m 37-10.75
				11.41m 11.55m 10.72m
18 Kayla Roemmich	FR	Jamestown College	39-00.50	11.51m 37-09.25
				10.94m FOUL 11.51m
19 Liz Thompson	FR	U Sioux Fall	34-00.25	11.50m 37-08.75
				9.86m 11.50m FOUL
20 Avery Dennis	SO	U Sioux Fall	36-05.00	11.45m 37-06.75
				10.67m 11.45m 11.30m
21 Jen Kirschbaum	FR	Briar Cliff	35-03.25	11.23m 36-10.25
				FOUL 11.23m FOUL
22 Jill Schlenker	JR	Jamestown College	37-10.75	11.18m 36-08.25
				10.86m 10.52m 11.18m
23 Allegra Kohley	SO	Dakota State	36-06.75	10.97m 36-00.00
				10.11m FOUL 10.97m
23 Rachel Smith	FR	Dordt	38-01.25	10.97m 36-00.00
				10.85m 10.97m 10.83m

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Women Shot Put UCO**

25	Brittany Pearson	SO Dakota State	32-02.25	10.93m	35-10.50
	10.72m 10.93m FOUL				
26	Kelli Hoff	FR U Sioux Fall	36-09.00	10.92m	35-10.00
	10.72m 10.74m 10.92m				
27	Sarah Wieseler	FR Briar Cliff	38-00.00	10.84m	35-06.75
	FOUL 10.84m FOUL				
28	Becca Fischer	Unattached	38-00.00	10.65m	34-11.25
	10.65m FOUL FOUL				
28	Crystal Schiernbeck	JR South Dakota	30-05.50	10.65m	34-11.25
	9.80m 10.49m 10.65m				
30	Darci Youngstrom	SO South Dakota	39-01.75	10.63m	34-10.50
	9.93m 10.54m 10.63m				
31	RaeChael Zabokrtsky	FR Morningside College	37-06.75	10.50m	34-05.50
	FOUL 10.50m FOUL				
32	Laura Maynard	FR Morningside College	37-06.75	10.41m	34-02.00
	9.94m 10.41m FOUL				
33	Amber Price	FR Morningside College	36-10.25	10.34m	33-11.25
	10.34m FOUL FOUL				
34	Katie Brech	SR Mount Marty College	33-04.00	9.91m	32-06.25
	9.52m 9.91m 9.81m				
35	Tanya Vassar	JR No. State	33-09.25	9.88m	32-05.00
	9.21m 8.61m 9.88m				
36	Elizabeth Ogden	FR Dickinson State	34-05.50	9.84m	32-03.50
	9.43m 9.84m 9.16m				
37	Jessie Dunbar	FR U Sioux Fall	29-09.50	9.66m	31-08.50
	9.66m 9.16m 9.53m				
38	Christina Medeiros	FR University of Mary	38-03.25	9.65m	31-08.00
	9.65m FOUL FOUL				
39	Danielle Roeske	FR Jamestown College	32-05.75	9.19m	30-02.00
	8.89m 9.19m FOUL				
--	Brooke Garner	Unattached	47-05.25	FOUL	
	FOUL FOUL FOUL				

Women Discus Throw UCO

Name	Year School	Seed	Finals
1 Brooke Garner	Unattached	49-02.75	47.72m 156-07
	45.80m 47.72m FOUL FOUL FOUL 43.56m		
2 Amanda Madden	SR No. State	44-03.75	42.70m 140-01
	41.69m 41.66m 42.70m FOUL FOUL 42.20m		
3 Rachel Christiansen	JR Augustana College	34-08.50	42.50m 139-05
	42.50m 40.67m 41.63m 40.77m 42.35m 41.93m		
4 Danielle Fry	SO Northwestern	118-06	41.97m 137-08
	FOUL FOUL 41.97m 36.38m 38.70m FOUL		
5 Shara Thompson	SO SDSU	128-11	39.63m 130-00
	FOUL 37.46m 36.30m 39.21m 38.43m 39.63m		
6 Katie Smith	SR No. State	45-01.25	38.99m 127-11
	34.55m 33.37m 38.99m 36.16m 35.51m FOUL		
7 Kayla Roemmich	FR Jamestown College	24-08.25	38.16m 125-02
	37.75m 37.44m 37.38m 38.16m FOUL FOUL		
8 Jill Schlenker	JR Jamestown College	06-00.75	37.66m 123-07
	34.57m 34.40m 37.66m 35.31m FOUL FOUL		
9 Brittany Pearson	SO Dakota State	121-08	37.44m 122-10
	37.27m 37.44m 36.54m 36.93m 35.23m FOUL		

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Women Discus Throw UCO**

10	Rachel Kruse	FR U Sioux Fall	22-11.50	37.36m	122-07
	35.69m 37.36m FOUL				
11	Kelli Hoff	FR U Sioux Fall	20-10.75	37.30m	122-04
	33.52m 36.90m 37.30m				
12	Emily Wells	FR Wayne State College	14-10.25	37.25m	122-02
	28.34m 28.67m 37.25m				
13	Bridget Healy	FR U Sioux Fall	27-01.50	37.19m	122-00
	FOUL 37.19m FOUL				
14	Yvonne Freese	FR No. State	139-07	36.88m	121-00
	FOUL FOUL 36.88m				
15	Devon Flowers	FR Minot State	10-01.25	36.80m	120-09
	35.43m 34.28m 36.80m				
16	Ashley Larson	SR SDSU	12-00.25	36.65m	120-03
	35.68m 36.65m 34.89m				
17	Avery Dennis	SO U Sioux Fall	22-11.50	36.42m	119-06
	FOUL 36.42m FOUL				
18	Christena Georgas	FR South Dakota	19-09.75	36.37m	119-04
	FOUL 34.69m 36.37m				
19	Rachel Smith	FR Dordt	09-00.25	35.70m	117-01
	FOUL 35.70m 33.11m				
20	Erica Krull	JR South Dakota	20-01.25	35.67m	117-00
	35.67m FOUL FOUL				
21	RaeChael Zabokrtsky	FR Morningside College	25-09.75	35.53m	116-07
	33.25m 34.60m 35.53m				
22	Jodi Nordquist	FR Wayne State College	29-02.75	35.46m	116-04
	35.46m FOUL 34.79m				
23	Kara DenHerder	JR Northwestern	10-05.50	34.63m	113-07
	31.55m 34.63m 34.11m				
24	Krystal Lacey	FR No. State	120-10	33.89m	111-02
	31.80m 32.40m 33.89m				
25	Elizabeth Ogden	FR Dickinson State	08-03.50	33.54m	110-00
	31.44m 33.20m 33.54m				
26	Liz Thompson	FR U Sioux Fall	27-06.25	32.95m	108-01
	FOUL FOUL 32.95m				
27	Amber Johnson	FR Wayne State College	06-07.75	31.88m	104-07
	31.32m 31.88m 28.52m				
28	Baiba Ferguson	FR Briar Cliff	02-04.25	30.34m	99-06
	29.22m 30.28m 30.34m				
29	Kristen Nielsen	FR Augustana College	26-04.75	29.82m	97-10
	29.82m FOUL FOUL				
30	Tara Cockerill	FR Briar Cliff	04-06.50	28.68m	94-01
	28.68m FOUL FOUL				
31	Christina Medeiros	FR University of Mary	19-06.50	27.20m	89-03
	27.20m FOUL FOUL				
--	Nicole Swisher	FR Briar Cliff		ND	
--	Jen Kirschbaum	FR Briar Cliff	01-10.75	ND	
	FOUL 105.02m 1273.00m				
--	Laura Maynard	FR Morningside College	99-02	ND	
	1103.00m FOUL 1030.00m				
--	Kalifornia Gray	FR Morningside College	99-02.50	ND	
	1271.00m 1277.00m 1294.00m				
--	Kim Anderson	FR No. State	102-01	ND	
	1243.00m FOUL FOUL				
--	Kelci Teut	FR Morningside College	94-01	ND	
	1050.00m 1102.00m 1038.00m				

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Women Discus Throw UCO**

--	Jessie Dunbar	FR U Sioux Fall	02-02.25	ND
	1177.00m 1063.00m 1119.00m			
--	Allegra Kohley	SO Dakota State	00-05.75	ND
	995.00m 1158.00m 1066.00m			
--	Danielle Roeske	FR Jamestown College	94-00.25	ND
	1164.00m 1205.00m 1002.00m			
--	Becca Fischer	Unattached	37-10.50	FOUL
	FOUL FOUL FOUL			
--	Sable Lems	FR Northwestern	22-08.75	FOUL
	FOUL FOUL FOUL			

Women Hammer Throw UCO

Name	Year	School	Seed	Finals
1 Amanda Madden	SR	No. State	186-03	55.30m 181-05
				49.12m FOUL 51.00m 52.08m 54.31m 55.30m
2 Morgan Darrow	JR	Buena Vista	147-08	48.71m 159-10
				43.16m 45.11m FOUL 45.91m FOUL 48.71m
3 Brooke Garner		Unattached	54-11.75	48.45m 158-11
				FOUL 48.32m FOUL FOUL 48.45m 48.45m
4 Lachel Milander	SO	Wayne State College	49-00.75	47.03m 154-03
				44.69m FOUL 46.65m 44.99m FOUL 47.03m
5 Noel Bentele	JR	Augustana College	162-06	45.99m 150-11
				45.99m 43.73m 42.54m 40.25m 45.55m FOUL
6 Ashley Sparks	FR	Briar Cliff	147-09	44.13m 144-09
				44.13m FOUL FOUL FOUL FOUL 43.89m
7 Shara Thompson	SO	SDSU	41-11.75	42.93m 140-10
				FOUL 42.93m FOUL FOUL FOUL 41.27m
8 Kara DenHerder	JR	Northwestern	145-07	42.56m 139-07
				42.56m FOUL 40.80m FOUL FOUL 41.11m
9 Amber Price	FR	Morningside College	131-03	42.44m 139-03
				40.48m 40.66m 42.44m FOUL FOUL FOUL
10 Katie Smith	SR	No. State	56-00.25	42.25m 138-07
				42.25m 41.36m 39.90m
11 Emily Wells	FR	Wayne State College	42-05.25	41.59m 136-05
				40.86m 41.59m 39.95m
12 Darci Youngstrom	SO	South Dakota	44-04.25	41.41m 135-10
				40.99m 41.41m 38.82m
13 Ashley Larson	SR	SDSU	34-09.50	39.93m 131-00
				39.93m FOUL FOUL
14 Erica Krull	JR	South Dakota	131-11	39.47m 129-06
				39.47m FOUL 39.38m
15 Rachel Christiansen	JR	Augustana College	53-04.75	39.41m 129-03
				FOUL 34.82m 39.41m
16 Danielle Fry	SO	Northwestern	135-02	38.71m 127-00
				38.50m 38.71m FOUL
17 Jill Schlenker	JR	Jamestown College	26-00.75	38.33m 125-09
				38.33m 38.14m FOUL
18 Sable Lems	FR	Northwestern	127-03	37.55m 123-02
				FOUL 29.64m 37.55m
19 Amber Johnson	FR	Wayne State College	14-10.25	36.98m 121-04
				34.19m 36.98m FOUL
20 Becca Fischer		Unattached	113-03	36.74m 120-06
				FOUL 36.74m 34.85m

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Women Hammer Throw UCO**

21	Kristen Nielsen	FR Augustana College	131-11	36.52m	119-10
	35.67m 36.52m FOUL				
22	Allie Arp	FR Buena Vista	27-11.75	36.13m	118-06
	36.13m 33.80m FOUL				
23	Elizabeth Ogden	FR Dickinson State	09-11.50	35.54m	116-07
	34.61m FOUL 35.54m				
24	RaeChael Zabokrtsky	FR Morningside College	131-07	35.51m	116-06
	FOUL 35.51m FOUL				
25	Megan Vote	JR Jamestown College	24-00.50	35.18m	115-05
	34.53m 35.18m 34.40m				
26	Yvonne Freese	FR No. State	104-07	34.61m	113-06
	28.65m 34.61m 31.20m				
27	Christena Georgas	FR South Dakota	29-11.25	33.88m	111-02
	FOUL 32.49m 33.88m				
28	Christina Medeiros	FR University of Mary	08-11.75	33.40m	109-07
	31.25m 33.40m FOUL				
29	Rachel Kruse	FR U Sioux Fall	19-07.25	32.88m	107-10
	32.88m FOUL FOUL				
30	Danielle Roeske	FR Jamestown College	02-00.75	32.03m	105-01
	32.03m 28.65m 29.41m				
31	Kim Velk	JR Mount Marty College	01-03.50	31.00m	101-08
	FOUL 31.00m 29.99m				
32	Laura Maynard	FR Morningside College	89-08.75	30.73m	100-10
	30.73m FOUL FOUL				
33	Devon Flowers	FR Minot State	99-02.75	29.29m	96-01
	26.76m 26.89m 29.29m				
34	Liz Thompson	FR U Sioux Fall		28.50m	93-06
	FOUL 28.20m 28.50m				
35	Kiara Bogan	Buena Vista		19.72m	64-08
	19.42m 18.74m 19.72m				

Women Javelin Throw UCO

Name	Year School	Seed	Finals
1 Shelby Walsh	FR Minot State	25-07.25	37.60m 123-04
	37.46m 31.96m FOUL 32.20m 36.83m 37.60m		
2 Beth Segerholm	FR Jamestown College	18-01.50	36.06m 118-04
	34.00m 36.06m 34.86m 31.53m 34.47m FOUL		
3 Britlyn Sturlaugson	FR No. State	116-05	34.86m 114-04
	33.63m FOUL 34.86m FOUL FOUL 33.91m		
4 Rachel Christiansen	JR Augustana College	18-00.50	J34.86m 114-04
	30.18m FOUL 34.86m FOUL FOUL FOUL		
5 Becca Price	JR Jamestown College	111-03	34.67m 113-09
	32.30m 32.15m FOUL 31.38m 34.67m FOUL		
6 Kim Anderson	FR No. State	114-04	32.37m 106-02
	30.53m FOUL 30.61m 30.39m 30.12m 32.37m		
7 Rachel Bickford	JR Jamestown College	10-00.75	31.32m 102-09
	26.87m 30.09m 30.31m 29.81m 31.32m 31.27m		
8 Kallie Merrill	JR Jamestown College	88-00.50	30.32m 99-06
	24.22m 30.32m FOUL PASS PASS PASS		
9 Brittany Pearson	SO Dakota State	80-09.50	29.61m 97-02
	29.08m 28.38m FOUL 27.29m 29.61m FOUL		
10 Paige Pollard	SO Wayne State College	95-02	29.01m 95-02
	26.62m 29.01m 28.06m		

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Women Javelin Throw UCO**

11 Rachel Kruse	FR U Sioux Fall	87-09	28.39m	93-02
24.54m FOUL 28.39m				
12 Brianna Hofstetter	SO Wayne State College	91-10.75	28.36m	93-00
21.96m 28.36m 26.10m				
13 Kalifornia Gray	FR Morningside College	15-11.50	28.17m	92-05
FOUL 27.68m 28.17m				
14 Heather Cellmer	SO Jamestown College	99-00.50	28.10m	92-02
28.10m 28.10m FOUL				
15 Elizabeth Stevens	SO Northwestern	20-03.25	27.52m	90-03
FOUL 27.52m FOUL				
15 Krystal Lacey	FR No. State	96-06.50	27.52m	90-03
27.52m 25.83m 25.62m				
17 Melissa Jackson	SR Augustana College	87-00.25	27.14m	89-00
27.14m 24.36m 23.54m				
18 Sarah Skipper	JR Jamestown College	03-00.50	26.64m	87-05
25.84m 26.64m 26.51m				
19 Laura Maynard	FR Morningside College		26.23m	86-01
26.23m 26.12m 26.09m				
20 Allegra Kohley	SO Dakota State	97-07.25	26.02m	85-04
26.02m 23.38m				
21 Caitlyn Nerem	JR Northwestern	90-01	24.20m	79-05
17.55m 18.41m 24.20m				
22 Kelci Teut	FR Morningside College	98-01	22.65m	74-04
16.88m 22.30m 22.65m				
23 Amy Kessler	FR Morningside College		21.74m	71-04
21.51m 21.74m 20.83m				
24 Sarah Crosgrove	FR Mount Marty College	71-08.50	21.72m	71-03
21.72m 21.29m FOUL				
25 Kim Velk	JR Mount Marty College	73-06.25	20.41m	66-11
18.62m 20.41m 20.17m				
26 Kristen Nielsen	FR Augustana College		18.43m	60-05
18.43m 18.43m FOUL				
-- Vanessa Escobar	SR Dickinson State	15-03.75	FOUL	
FOUL FOUL FOUL				
-- Shara Thompson	SO SDSU	102-11	FOUL	
FOUL FOUL FOUL				

Boys 100 Meter Dash Class"A"

Name	Year	School	Seed	Finals	Wind	H#
1 Darius Pearson	10	Sioux City West	10.89	11.26	1.9	3
2 Preston Ives	12	Heelan	11.14	11.33	1.9	3
3 Sam Rowe	12	CB Abraham Lincoln	11.76	11.42	1.8	2
4 Michael Malloy	10	Heelan	11.17	11.56	1.9	3
5 Spencer Zook	11	Sioux City North	11.16	11.57	1.9	3
6 Cleo Harris	10	CB Abraham Lincoln	11.33	11.61	1.9	3
7 Jared Foster	12	Sioux City West	11.59	11.64	1.8	2
8 Antonio Anderson	11	Sioux City West	11.19	11.80	1.9	3
9 KJ Garrett	09	SF Lincoln	11.70	11.81	1.8	2
10 Anthony Dreezsen	09	Sioux City East	11.22	11.89	1.9	3
11 Kyle Hanish	11	So Sioux	11.50	11.95	1.8	2
12 Dondre Hubert	11	Sioux City North	11.50	11.97	1.8	2
13 Evan Schroeder	09	Yankton High School	11.80	12.11	2.1	1
14 Justin Heitman	11	So Sioux	11.50	12.14	1.8	2

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Boys 100 Meter Dash Class"A"**

15 Ryan Ford	09 Yankton High School	11.80	12.22	2.1	1
16 Alec Standage	12 Sioux City East	12.60	12.23	2.1	1
17 Adam Timmerman	11 SF Lincoln	11.80	12.32	1.8	2

Boys 110 Meter Hurdles Class"A"

Name	Year School	Seed	Finals	Wind	H#
1 Alex Imming	10 Sioux City East	15.30	15.97	2.8	2
2 Cody O'Dell	11 So Sioux	16.20	16.18	2.8	2
3 Ty Robinson	11 Sioux City West	16.28	16.40	2.8	2
4 Kyle Gogel	12 Sioux City East	16.10	16.49	2.8	2
5 James Landon	11 SF Lincoln	15.70	16.63	2.8	2
6 Trae Narbona	11 Sioux City West	16.10	16.78	2.8	2
7 Nick Sawin	10 Heelan	16.34	17.25	2.8	2
8 Hashim Gabon	11 SF Lincoln	17.50	18.08	1.7	1
9 Charley Forey	10 Sioux City North	18.60	18.76	1.7	1
10 Gabe Jackson	09 Sioux City North	19.08	19.50	1.7	1
11 Logan Ulmer	11 Yankton High School	17.50	19.58	1.7	1

Boys 4x100 Meter Relay Class"A"

School	Seed	Finals
1 Sioux City West 'A'	45.09	44.53
1) Antonio Anderson 11	2) DeVante Clark 12	
3) Jared Foster 12	4) Darius Pearson 10	
2 SF Lincoln 'A'	44.29	44.73
1) Gemechel Godi 10	2) KJ Garrett 09	
3) Houston Hoffman 12	4) Brian Gesch 12	
3 Sioux City East 'A'	45.10	45.26
1) Anthony Dreezsen 09	2) Steven Bentz 11	
3) Alec Standage 12	4) Brit Anderson 12	
4 Sioux City North 'A'	46.86	45.82
1) Spencer Zook 11	2) Dajo Hubert 09	
3) Dondre Hubert 11	4) Cody Ahrendt 12	
5 CB Abraham Lincoln 'A'	43.75	45.84
1) Cameron Wells 11	2) Chris Battaglia 12	
3) Cleo Harris 10	4) Brent Schreiber 12	
6 So Sioux City High School 'A'	47.20	45.86
1) Justin Heitman 11	2) Cody O'Dell 11	
3) Luke Jensen 11	4) Kyle Hanish 11	
7 Bishop Heelan High School 'A'	46.12	46.00
1) Tim Keane 10	2) Kyle Kinney 12	
3) Court MacGregor 09	4) Mitch MacGregor 12	
8 Yankton High School 'A'	46.00	47.38
1) Evan Schroeder 09	2) Dillan Anderson	
3) Ryan Ford 09	4) Connor Fitzsimmons 09	

Boys 4x200 Meter Relay Class"A"

School	Seed	Finals
1 SF Lincoln 'A'	1:31.40	1:33.06
1) Houston Hoffman 12	2) Patrick Leach 10	

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Boys 4x200 Meter Relay Class"A"**

3) KJ Garrett 09	4) Gemechel Godi 10		
2 Sioux City West 'A'		1:34.79	1:33.49
1) Jared Foster 12	2) Antonio Anderson 11		
3) DeVante Clark 12	4) Gerald Heiskell 09		
3 Bishop Heelan High School 'A'		1:31.13	1:34.07
1) Michael Malloy 10	2) Tim Keane 10		
3) Nate Berger 12	4) Preston Ives 12		
4 Sioux City North 'A'		1:36.37	1:35.72
1) Dajo Hubert 09	2) Nick Longtin 12		
3) Eric Muilenberg 12	4) Cody Ahrendt 12		
5 Yankton High School 'A'		1:38.00	1:37.72
1) Evan Schroeder 09	2) Dillan Anderson		
3) Ryan Ford 09	4) Tyler Sternhagn		
-- Sioux City East 'A'		1:32.00	DNF
1) Anthony Dreezsen 09	2) Steven Bentz 11		
3) Brit Anderson 12	4) Eric Peters 11		
-- CB Abraham Lincoln 'A'		1:31.24	DQ
1) Sam Rowe 12	2) Brent Schreiber 12		
3) Chris Battaglia 12	4) Cameron Wells 11		

Boys 4x400 Meter Relay Class"A"

School	Seed	Finals
1 Bishop Heelan High School 'A'	3:30.04	3:25.67
1) Preston Ives 12	2) Nate Berger 12	
3) Michael Malloy 10	4) Matt Lord 12	
2 Sioux City East 'A'	3:31.00	3:31.30
1) Steven Bentz 11	2) Cole Huisenga 11	
3) Elliott Rossitter 12	4) Eric Peters 11	
3 CB Abraham Lincoln 'A'	3:30.12	3:31.70
1) Christian Schlater 10	2) Alex Dixon 11	
3) Alex Olsen 11	4) Sam Rowe 12	
4 SF Lincoln 'A'	3:30.00	3:31.71
1) Brian Gesch 12	2) Patrick Leach 10	
3) Brett Michels 11	4) Gemechel Godi 10	
5 Yankton High School 'A'	3:37.00	3:35.17
1) Alex Hohenthanner 12	2) Perry Shafer 11	
3) Mitch Yaggie 12	4) Tyler Sternhagn	
6 Sioux City West 'A'	3:35.13	3:36.00
1) Jared Foster 12	2) DeVante Clark 12	
3) Antonio Anderson 11	4) Darius Pearson 10	
7 Sioux City North 'A'	3:49.38	3:48.85
1) Cameron Gugat 10	2) Andrew Muilenburg 09	
3) Jesus Iniguez 12	4) Matt Samuelson 12	

Boys 1600 Sprint Medley Class"A"

School	Seed	Finals
1 Bishop Heelan High School 'A'	3:39.14	3:38.22
1) Preston Ives 12	2) Nate Berger 12	
3) Michael Malloy 10	4) Matt Lord 12	
2 Yankton High School 'A'	3:42.00	3:45.33
1) Connor Fitzsimmons 09	2) Neil Hohenthanner 11	

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Boys 1600 Sprint Medley Class"A"**

3) Tyler Sternhagn	4) Travis Brenner 12		
3 Sioux City East 'A'		3:40.00	3:48.78
1) Steven Bentz 11	2) Brit Anderson 12		
3) Eric Peters 11	4) Jordan Menard 11		
4 SF Lincoln 'A'		3:50.00	3:50.86
1) James Landon 11	2) Houston Hoffman 12		
3) Brian Gesch 12	4) Brett Michels 11		
5 Sioux City West 'A'		3:49.20	3:58.25
1) Zach Clarey 12	2) Tyler Tastad 12		
3) Gerald Heiskell 09	4) Tucker Carrell 10		
6 Sioux City North 'A'		3:55.63	4:01.65
1) Cody Ahrendt 12	2) Shannon McKenzie 11		
3) Cameron Gugat 10	4) Matt Samuelson 12		
-- CB Abraham Lincoln 'A'		3:40.89	DNF
1) Dan Wettengel 12	2) Cleo Harris 10		
3) Christian Schlater 10	4) Alex Olsen 11		

Boys 100 Meter Dash Class"B"

Name	Year	School	Seed	Finals	Wind	H#
1 Preston Nibaur	12	Sgt Bluff-Lu	11.17	11.44	2.9	3
2 Jake Floen	10	Unity Chs't	11.25	11.44	2.9	3
3 Theo Bartman	12	Hull Western	11.13	11.46	2.9	3
4 Taylor Williams	12	Glenwood High Sc	11.26	11.67	2.9	3
5 Brandon Higgs	11	Mt Michael	11.60	11.71	2.2	2
6 Zach Reed	11	Lemars Central	11.36	11.75	2.9	3
7 Jordyn Kleinwolterink	12	Unity Chs't	11.32	11.76	2.9	3
8 Keaton Rowe	12	Lemars Central	11.39	11.78	2.9	3
9 Heath Bonestroo	10	Hull Western	11.15	11.78	2.9	3
10 Dakota Linafelter	11	Sgt Bluff-Lu	11.75	11.99	2.2	2
11 Dayton Hoelscher	12	Oa-Bcig	11.87	12.04	2.2	2
12 Rhett Turner	10	Glenwood High Sc	11.50	12.14	2.2	2
13 Billy Burgduff	12	Okoboji High School	11.85	12.14	2.2	2
14 Dalton Hemer	11	Oa-Bcig	11.84	12.24	2.2	2
15 Bryson McCabe	09	Okoboji High School	11.85	12.37	2.2	2
-- Nick Cairney	10	Mt Michael	12.00	NT	NWI	1
-- Jeremy Werthman	12	Cherokee	12.10	NT	NWI	1
-- Sam Hinkhouse	11	Cherokee	11.90	NT	NWI	1

Boys 110 Meter Hurdles Class"B"

Name	Year	School	Seed	Finals	Wind	H#
1 Ian Eflin	11	Glenwood High Sc	15.23	15.54	2.7	3
2 Nolan Blythe	12	Moc-Floyd Valley	15.72	15.67	2.7	3
3 Zach Jones	10	Okoboji High School	15.90	16.05	2.7	3
4 Kyle Heidebrink	12	Spirit Lake HS	15.14	16.16	2.7	3
5 Sam Van Ginkel	10	Hull Western	16.03	16.25	2.2	2
6 Paxton Strub	11	Lemars Central	15.77	16.29	2.7	3
7 Tyler Down	12	Oa-Bcig	16.54	16.52	2.2	2
8 Tyler Lancaster	12	Lemars Central	15.51	16.64	2.7	3
9 Jon White	10	Moc-Floyd Valley	16.11	16.86	2.2	2
10 Dominic Means	11	Oa-Bcig	17.57	16.88	1.6	1
11 Derek Jones	09	Glenwood High Sc	16.39	16.91	2.2	2

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Boys 110 Meter Hurdles Class"B"**

12 Mitch Bowden	09 Glenwood High Sc	16.18	16.92	2.2	2
13 Ross Chettinger	12 Sgt Bluff-Lu	14.81	17.33	2.7	3
14 Jordan Everson	10 Unity Chs't	17.31	17.36	1.6	1
15 Michael Lawler	11 Glenwood High Sc	16.80	17.65	2.2	2
16 Rick Wilson	12 Spirit Lake HS	17.64	17.65	1.6	1
17 DJ Smith	11 Spirit Lake HS	17.20	18.30	1.6	1
18 Nolan Sampson	12 Cherokee	16.64	18.34	2.2	2
-- Nick Mrla	12 Sgt Bluff-Lu	16.80	DQ	2.2	2

Boys 4x100 Meter Relay Class"B"

School	Seed	Finals
1 Lemars Central 'A'	44.98	44.94
1) Zach Reed 11		
3) Anthony Schimek 12		
2 Sgt Bluff-Luton H.S. 'A'	45.30	45.53
1) Dakota Linafelter 11		
3) Jake Wimmer 11		
3 Spirit Lake HS 'A'	47.20	46.29
1) Luke Kabele 10		
3) Kevin Martinson 10		
4 Moc-Floyd Valley 'A'	46.08	46.55
1) Jared Probst		
3) Jake Solsma		
5 Sioux Center High School 'A'	47.99	46.60
1) Geo Alfaro		
3) Spencer Fritz		
6 Okoboji High School 'A'	46.20	46.61
1) Alex Koepp 10		
3) Bryson McCabe 09		
7 Glenwood High School 'A'	46.36	47.28
1) Taylor Williams 12		
3) Jared Petersen 09		
8 Unity Christian H.S. 'A'	48.35	50.19
1) Jordyn Kleinwolterink 12		
3) Collin Korver 10		

Boys 4x200 Meter Relay Class"B"

School	Seed	Finals	H#
1 Sgt Bluff-Luton H.S. 'A'	1:34.69	1:34.10	2
1) Dakota Linafelter 11			
3) Nick Mrla 12			
2 Hull Western Christian 'A'	1:35.50	1:35.88	2
1) Heath Bonestroo 10			
3) Kyle Brummel 12			
3 Sioux Center High School 'A'	1:36.10	1:36.15	2
1) Spencer Fritz			
3) Geo Alfaro			
4 Lemars Central 'A'	1:35.45	1:36.38	2
1) Zach Reed 11			
3) Bryce Dahm 11			
5 Oa-Battle Creek-Ida Grove 'A'	1:35.64	1:36.83	2

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Boys 4x200 Meter Relay Class"B"**

1) Dalton Hemer 11	2) Dayton Hoelscher 12			
3) Quinn Reik 12	4) Cole Boger 12			
6 Moc-Floyd Valley 'A'		1:37.41	1:36.85	1
1) Jared Probst	2) Jake Solsma			
3) Jeff Vander Vort	4) Brady Bracker 12			
7 Spirit Lake HS 'A'		1:35.27	1:37.64	2
1) Luke Kabele 10	2) Kevin Martinson 10			
3) DJ Smith 11	4) Rick Wilson 12			
8 Unity Christian H.S. 'A'		1:36.74	1:38.10	2
1) Jordyn Kleinwolterink 12	2) Sam de Vries 12			
3) Jake Floen 10	4) Mattew Albert 10			
-- Glenwood High School 'A'		1:38.32	DNF	1
1) Taylor Williams 12	2) Rhett Turner 10			
3) Jared Petersen 09	4) Trent Jameson 12			

Boys 4x400 Meter Relay Class"B"

School	Seed	Finals
1 Sioux Center High School 'A'	3:35.10	3:33.18
1) Tyler Jacobsma 12	2) Brice Byker 12	
3) Jake Evenson 12	4) JonTae Miller 12	
2 Lemars Central 'A'	3:35.71	3:35.85
1) Brady Lancaster 11	2) Marc Kommes 12	
3) Rene VanWhye 12	4) Mat Ferris 12	
3 Glenwood High School 'A'	3:34.10	3:36.43
1) Eliot Lincoln 11	2) Mark Abrams 10	
3) Trent Jameson 12	4) Kyle Wheeler 11	
4 Unity Christian H.S. 'A'	3:38.67	3:38.66
1) Jake Floen 10	2) Sam de Vries 12	
3) Jordan Everson 10	4) Tyler Kroeze 11	
5 Mt Michael High School 'A'	3:35.70	3:38.85
1) Sean Murphy 12	2) Brandon Higgs 11	
3) Lukas Buehler 10	4) Thomas Feichtinger 10	
6 Spirit Lake HS 'A'	3:32.20	3:39.86
1) Luke Kabele 10	2) Aric Waltz 10	
3) Kevin Martinson 10	4) Alec Baldwin 11	
7 Moc-Floyd Valley 'A'	3:41.09	3:39.99
1) Trey Achterhoff 09	2) Jon White 10	
3) Nolan Blythe 12	4) Wyatt Vander Voort 11	

Boys 1600 Sprint Medley Class"B"

School	Seed	Finals
1 Glenwood High School 'A'	3:39.17	3:38.09
1) Taylor Williams 12	2) Ian Eflin 11	
3) Eliot Lincoln 11	4) Kyle Wheeler 11	
2 Spirit Lake HS 'A'	3:38.29	3:45.20
1) Aric Waltz 10	2) Kevin Martinson 10	
3) Luke Kabele 10	4) Alec Baldwin 11	
3 Okoboji High School 'A'	3:42.20	3:46.17
1) Alex Koepp 10	2) Brian Dubois 11	
3) Billy Burgdoff 12	4) Austin Millard 11	
4 Lemars Central 'A'	3:48.55	3:49.52

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Boys 1600 Sprint Medley Class"B"**

1) Zach Reed 11	2) Mat Ferris 12		
3) Brady Lancaster 11	4) Marc Kommes 12		
5 Unity Christian H.S. 'A'		4:05.72	3:56.10
1) Jordyn Kleinwolterink 12	2) Sam de Vries 12		
3) Chris Postma 12	4) Caleb Bakker 10		
6 Sgt Bluff-Luton H.S. 'A'		3:51.68	3:58.29
1) Dakota Linafelter 11	2) Preston Nibaur 12		
3) Logan Shine 11	4) Adam Albrecht 12		
-- Hull Western Christian 'A'		3:44.00	DNF
1) Heath Bonestroo 10	2) Kyle Brummel 12		
3) Theo Bartman 12	4) Tim Bierma 12		
-- Moc-Floyd Valley 'A'		3:50.90	DQ
1) Jared Probst	2) Brady Bracker 12		
3) Trey Achterhoff 09	4) Wyatt Vander Voort 11		

Boys 100 Meter Dash Class"C"

Name	Year	School	Seed	Finals	Wind	H#
1 Taylor White	11	D Valley	11.10	11.43	2.9	3
2 Jordan Acecvedo	11	Central Lyon	11.40	11.52	2.9	3
3 Johnny Saunders	12	Laurel-Concord	11.10	11.59	2.9	3
4 Ryan McCarty	10	Central Lyon	11.89	11.61	2.6	2
5 Sean Doane	12	West Monona	11.15	11.75	2.9	3
6 Austin Lefler	09	Lawton-Bronson	11.61	11.77	2.6	2
7 Mitch Heikes	10	Laurel-Concord	11.50	11.96	2.9	3
8 Tate Rohde	10	Kp/Wc	11.64	12.03	2.6	2
9 Katlin Ruppert	10	Pierce NE	11.80	12.08	2.6	2
10 Brown Andrew	12	CB St Albert	11.50	12.08	2.9	3
11 Matt Butcher	12	CB St Albert	11.45	12.09	2.9	3
12 Evan Hendriks	11	D Valley	11.30	12.15	2.9	3
13 Brandon Freeman	10	Pierce NE	11.70	12.34	2.6	2
14 Tyler Sudbeck	12	Kp/Wc	11.97	12.40	2.6	2
15 Tyler Thrift	12	West Monona	12.03	12.77	3.2	1
16 Beau Metcalf	09	Westwood	13.52	13.03	3.2	1
17 Bobby Nettleton	09	Westwood	12.24	13.16	3.2	1

Boys 110 Meter Hurdles Class"C"

Name	Year	School	Seed	Finals	Wind	H#
1 Will Hanson	12	Marcus Merid	14.51	15.27	1.1	2
2 Tyler Campbell	11	Kp/Wc	16.00	15.83	1.1	2
3 Ben Lindsay	12	Pierce NE	15.70	15.97	1.1	2
4 Zach Sexton	11	D Valley	16.00	15.99	1.1	2
5 Tyler Lindsay	10	Pierce NE	15.70	16.70	1.1	2
6 Ryan Kettelsen	12	River Valley	16.85	17.25	1.1	2
7 Todd Bottorff	12	Kp/Wc	15.30	17.95	1.1	2
8 Collin Stillwell	10	Lawton-Bronson	17.97	18.90	1.6	1
9 Daniel Jordening	12	Westwood	19.49	19.41	1.6	1
10 Beau Metcalf	09	Westwood	21.52	20.45	1.6	1

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****Boys 4x100 Meter Relay Class "C"**

School	Seed	Finals	H#
1 Central Lyon High School 'A'	45.25	45.34	2
1) Tyler Figge 12	2) Jordan Acecvedo 11		
3) Hunter Sieperda 11	4) Ryan McCarty 10		
2 Dakota Valley High School 'A'	45.10	45.67	2
1) Matt Lupkes 11	2) Brock Bergmann 10		
3) Zach Sexton 11	4) Dylan Sawyer 09		
3 Laurel-Concord 'A'	45.80	46.37	2
1) Mitch Heikes 10	2) Jon Jacot 11		
3) Beaux Northam 11	4) Johnny Saunders 12		
4 Pierce NE 'A'	47.00	46.92	1
1) Shelton Dvorak	2) Katlin Ruppert 10		
3) Tyler Lindsay 10	4) Brandon Freeman 10		
5 Kingsley-Pierson/Woodbury Cent 'A'	46.17	47.04	2
1) Quincy Lamp 10	2) Kyle Badgerow 10		
3) Tate Rohde 10	4) Todd Bottorff 12		
6 Elk Point-Jefferson 'A'	45.90	48.25	2
1) Tyler Broekmeier 12	2) Wyatt Chicoine 11		
3) Drake Zeller 11	4) Adam Trudeau 12		
-- Ridge View - Ghsc 'A'	46.80	DNF	2
1) Dillon Waters 12	2) Austin Graff 10		
3) Blake Woodke 11	4) Seth Johnson 10		
-- Westwood Sloan High School 'A'	51.90	DQ	1
1) Cory Myrtue 09	2) Daniel Jordening 12		
3) Beau Metcalf 09	4) Calvin Smith 12		
-- Lawton-Bronson 'A'	46.34	DQ	1
1) Zach Rathman 11	2) Joel Imel 11		
3) Connor Mcnaughton 11	4) Austin Lefler 09		

Boys 4x200 Meter Relay Class "C"

School	Seed	Finals	H#
1 Dakota Valley High School 'A'	1:35.20	1:32.90	2
1) Matt Lupkes 11	2) Taylor White 11		
3) Zach Sexton 11	4) Matt Green 12		
2 Central Lyon High School 'A'	1:34.77	1:35.37	2
1) Tyler Figge 12	2) Ryan McCarty 10		
3) Hunter Sieperda 11	4) Jordan Acecvedo 11		
3 Ridge View - Ghsc 'A'	1:35.70	1:35.44	2
1) Seth Johnson 10	2) Dru Kenny 09		
3) Blake Woodke 11	4) Colby Stephens 11		
4 Lawton-Bronson 'A'	1:37.31	1:37.76	2
1) Zach Rathman 11	2) Joel Imel 11		
3) Connor Mcnaughton 11	4) Austin Lefler 09		
5 Elk Point-Jefferson 'A'	1:34.60	1:37.98	2
1) Tyler Broekmeier 12	2) Tony Metzger 10		
3) Drake Zeller 11	4) Adam Trudeau 12		
6 Kingsley-Pierson/Woodbury Cent 'A'	1:38.68	1:38.35	2
1) Joe Mason 11	2) William Dougherty 09		
3) Tyler Smith 12	4) Tyler Campbell 11		
7 River Valley High School 'A'	1:40.63	1:39.66	1
1) William Pansegrau	2) Ryan Kettelsen 12		
3) Dylan Fluke	4) Sam Lundt		

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Boys 4x200 Meter Relay Class"C"**

8 Westwood Sloan High Schoo 'A'	1:59.00	1:48.22	1
1) Cory Myrtue 09	2) Daniel Jordening 12		
3) Beau Metcalf 09	4) Calvin Smith 12		
-- Pierce NE 'A'	1:40.40	DQ	1
1) Shelton Dvorak	2) Brock Schroeder		
3) Brandon Freeman 10	4) Brady Bretschneider 11		

Boys 4x400 Meter Relay Class"C"

School	Seed	Finals
1 Ridge View - Ghsc 'A'	3:37.20	3:37.99
1) Kyle Newell 12	2) Dru Kenny 09	
3) Kyle Dahm 12	4) Colby Stephens 11	
2 CB St Albert 'A'	3:42.50	3:38.48
1) Reace Hansen 11	2) Ian Finn 12	
3) Isaac Finn 09	4) Matt Vermillion 10	
3 Elk Point-Jefferson 'A'	3:34.80	3:40.66
1) Tyler Broekmeier 12	2) Drake Zeller 11	
3) Wyatt Chicoine 11	4) Adam Trudeau 12	
4 Pierce NE 'A'	3:42.00	3:41.26
1) Tyler Lindsay 10	2) Katlin Ruppert 10	
3) Zach Neuhalfen 11	4) Shelton Dvorak	
5 Central Lyon High School 'A'	3:40.00	3:41.71
1) Hunter Sieperda 11	2) Tyler Figge 12	
3) Jordan Acecvedo 11	4) Ryan McCarty 10	
6 Lawton-Bronson 'A'	3:50.03	3:51.00
1) Joel Imel 11	2) Rob Logsdon 11	
3) Tyler Audino 09	4) Connor Mcnaughton 11	

Boys 1600 Sprint Medley Class"C"

School	Seed	Finals
1 Dakota Valley High School 'A'	3:45.00	3:42.95
1) Taylor White 11	2) Zach Sexton 11	
3) Matt Green 12	4) Scott Dykstra 10	
2 Maple Valley-Anthon Oto 'A'	3:47.76	3:46.92
1) Chris Oberg	2) Brandon Burkhardt	
3) Ethan Heinse	4) Eric Koithan 11	
3 River Valley High School 'A'	3:57.75	3:53.87
1) William Pansegrau	2) Sam Lundt	
3) Dylan Fluke	4) Ryan Kettelsen 12	
4 Elk Point-Jefferson 'A'	3:48.90	3:54.95
1) Tyler Broekmeier 12	2) Drake Zeller 11	
3) Adam Trudeau 12	4) Steve Johnson 11	
5 Kingsley-Pierson/Woodbury Cent 'A'	3:55.90	3:55.96
1) Quincy Lamp 10	2) Cody Kuchel 10	
3) Tyler Smith 12	4) Sam Catus 12	
-- Ridge View - Ghsc 'A'	3:56.50	DNF
1) Dillon Waters 12	2) Austin Graff 10	
3) Kyle Newell 12	4) Josh Mohr 11	
-- CB St Albert 'A'	3:41.00	DQ
1) Nick Matthai 10	2) Reace Hansen 11	
3) Isaac Finn 09	4) Matt Vermillion 10	

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****Boys 800 Meter Run OHS**

Name	Year	School	Seed	Finals
1 Alex Hohenthauer	12	Yankton High School	1:59.00	2:00.41
2 Jeff Grossenberg	12	Yankton High School	2:00.00	2:02.16
3 Jay Welp	11	Marcus Merid	2:00.20	2:02.88
4 Milan Johnson	12	Okoboji High School	2:01.85	2:04.97
5 Zach Neuhalfen	11	Pierce NE	2:07.20	2:05.56
6 Austin Millard	11	Okoboji High School	2:06.14	2:07.56
7 Ben Moes	12	Sioux City East	2:07.00	2:08.92
8 Kyle Borchers	11	Lemars Central	2:05.58	2:09.61
9 Nic Pippin	12	Sioux City East	2:09.62	2:10.95
10 Kelly Fitzsimmons	09	SF Lincoln	2:09.00	2:11.01
11 Nathan Reichert	10	Unity Chs't	2:10.62	2:11.19
12 Chris Clay	12	Lemars Central	2:06.29	2:12.39

Boys 1600 Meter Run OHS

Name	Year	School	Seed	Finals
1 Johnny Fuller	11	Glenwood High Sc	4:28.84	4:30.89
2 Alec Baldwin	11	Spirit Lake HS	4:32.46	4:31.19
3 Mark Wilcox	12	Yankton High School	4:30.00	4:35.99
4 Thomas Feichtinger	10	Mt Michael	4:43.00	4:37.29
5 Jay Welp	11	Marcus Merid	4:37.14	4:37.48
6 Mark Abrams	10	Glenwood High Sc	4:40.78	4:38.59
7 Alex Hall	11	SF Lincoln	4:39.90	4:39.14
8 Matt Samuelson	12	Sioux City North	4:43.09	4:44.00
9 Chris Postma	12	Unity Chs't	4:45.76	4:44.40
10 Tim Bierma	12	Hull Western	4:59.50	4:45.89
11 Mick Hofmann	11	Oa-Bcig	4:49.17	4:46.60
12 Jake Evenson	12	Sioux Center	4:59.00	4:46.70
13 Josh Lundgren	11	Yankton High School	4:45.00	4:48.05
14 Eric Koithan	11	Maple Valley	4:48.87	4:49.76
15 Chris Clay	12	Lemars Central	4:50.50	4:50.09
16 Brandon Bonnema	11	Unity Chs't	4:54.81	4:50.44
17 Dan Gassaway	10	Sioux City West	4:55.13	4:50.95
18 Jake Groenendyk	12	Sioux Center	4:59.00	4:52.43
19 Will Norris	09	Spirit Lake HS	4:54.48	4:53.19
20 Sean Murphy	12	Mt Michael	4:50.00	4:53.81
21 Joe Herzberg	10	Lemars Central	4:51.37	4:54.91
22 Milan Johnson	12	Okoboji High School	4:50.00	4:56.97
23 Jesus Iniguez	12	Sioux City North	5:00.10	4:58.26
24 Roland Henry	10	Heelan	5:00.00	5:04.50
25 Tommy Thelen	09	Heelan	4:57.00	5:05.17
26 Gage Blaschke	10	SF Lincoln	5:05.00	5:05.71
27 Kevin Guinan	12	CB St Albert	4:32.00	5:11.13

Boys 3200 Meter Run OHS

Name	Year	School	Seed	Finals
1 Johnny Fuller	11	Glenwood High Sc	9:29.00	9:23.39
2 Travis Brenner	12	Yankton High School	9:45.00	9:29.68
3 Garret Ehlers	12	Oa-Bcig	9:50.13	9:39.78
4 Mitch Yaggie	12	Yankton High School	9:50.00	9:43.51

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Boys 3200 Meter Run OHS**

5 Jay Welp	11 Marcus Merid	10:33.19	10:01.22
6 TJ Gleason	11 SF Lincoln	9:59.00	10:01.85
7 Chris Postma	12 Unity Chs't	10:05.58	10:11.56
8 Keegan Hecht	11 SF Lincoln	10:08.00	10:17.12
9 Jake Groenendyk	12 Sioux Center	10:43.00	10:31.20
10 Chris Clay	12 Lemars Central	10:32.69	10:36.61
11 Jacob Willey	10 West Monona	11:11.19	10:37.34
12 Jesus Iniguez	12 Sioux City North	10:58.93	10:38.88
13 Matt Koeppe	11 Pierce NE	10:29.60	10:52.05
14 Sam Catus	12 Kp/Wc	10:42.09	10:57.63
15 Tyler Palmer	11 Sioux City North	11:11.62	11:06.50
16 George Doll	12 CB St Albert	11:06.00	11:11.27
17 Daniel Poston	10 Sioux City North	11:30.06	11:11.68
18 Cody Peterson	10 Ponca High School	11:29.87	11:13.33
19 Norberto Antonio	11 Ponca High School	11:29.87	11:14.58
20 Daniel Keppen	10 D Valley	11:25.00	11:15.22
21 Micah Rook	10 Sgt Bluff-Lu	11:25.00	11:16.11
22 Zach Kremlacek	09 Pierce NE	11:30.60	11:16.53
23 Anthony Finnegan	11 Ponca High School	11:30.67	11:23.60
24 Jon Muller	09 Sgt Bluff-Lu	11:30.00	11:26.90
25 Colby Casper	10 Sioux City North	11:39.80	11:33.71
26 Josh Horstman	12 Unity Chs't	11:34.30	12:01.38
27 Tyler Peterson	11 Sioux City East	10:34.99	13:33.88
-- Mark Abrams	10 Glenwood High Sc	10:25.60	DNF
-- Sean Forker	12 Heelan	10:50.00	DNF
-- Shane Forker	12 Heelan	10:46.00	DNF
-- Zach Mahon	11 So Sioux	11:00.00	DNF
-- Michael Carson	09 So Sioux	11:00.00	DNF
-- Jordan Krug	11 Glenwood High Sc	10:28.10	DNF

Boys 400 Meter Hurdles OHS

Name	Year	School	Seed	Finals	H#
1 Tyler Kroeze	11	Unity Chs't	57.02	56.12	3
2 Kyle Heidebrink	12	Spirit Lake HS	58.08	57.51	3
3 Kyle Badgerow	10	Kp/Wc	57.04	58.09	3
4 Perry Shafer	11	Yankton High School	1:00.00	58.49	2
5 Dominic Means	11	Oa-Bcig	59.84	58.86	2
6 Zach Jones	10	Okoboji High School	58.70	58.93	3
7 Derek Jones	09	Glenwood High Sc	59.14	59.05	2
8 Rene VanWhye	12	Lemars Central	57.49	59.38	3
9 Ryan Kettelsen	12	River Valley	59.41	59.48	2
10 Rick Wilson	12	Spirit Lake HS	1:00.22	59.55	1
11 Nick Mrla	12	Sgt Bluff-Lu	1:00.10	1:00.12	2
12 Trae Narbona	11	Sioux City West	1:01.34	1:00.59	1
13 Mickey Russell	11	CB St Albert	59.69	1:00.83	2
14 Sam Van Ginkel	10	Hull Western	1:00.30	1:02.67	1
15 Zach Clarey	12	Sioux City West	1:00.61	1:02.75	1
16 Travis Vermeer	10	Sioux Center	59.60	1:03.59	2
17 Logan Ulmer	11	Yankton High School	1:02.00	1:04.26	1
18 Zach Reuter	11	Lemars Central	1:00.83	1:05.04	1

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****Boys 4x800 Meter Relay OHS**

School	Seed	Finals
1 Yankton High School 'A'	7:58.00	7:59.73
1) Jeff Grossenberg 12	2) Mitch Yaggie 12	
3) Alex Hohenthauer 12	4) Travis Brenner 12	
2 Glenwood High School 'A'	8:18.84	8:17.08
1) Eliot Lincoln 11	2) Mark Abrams 10	
3) Johnny Fuller 11	4) Kyle Wheeler 11	
3 Hull Western Christian 'A'	8:34.00	8:20.39
1) Theo Bartman 12	2) Kyle Brummel 12	
3) Lee Ver Burg 11	4) Tim Bierma 12	
4 Okoboji High School 'A'	8:28.10	8:23.82
1) Milan Johnson 12	2) Austin Millard 11	
3) Zach Jones 10	4) Dalton Syverson 09	
5 CB St Albert 'A'	9:38.00	8:25.60
1) Kevin Guinan 12	2) Ian Finn 12	
3) Reace Hansen 11	4) Matt Vermillion 10	
6 SF Lincoln 'A'	8:22.90	8:31.55
1) Alex Hall 11	2) Patrick Leach 10	
3) Brett Michels 11	4) Brian Gesch 12	
7 Sioux Center High School 'A'	8:40.00	8:32.21
1) Brice Byker 12	2) Tyler Jacobsma 12	
3) Brett Rozeboom 10	4) Jake Evenson 12	
8 CB Abraham Lincoln 'A'	8:45.73	8:34.37
1) Dan Wettengel 12	2) Josh Hiers 10	
3) Alex Dixon 11	4) Alex Olsen 11	
9 Lemars Central 'A'	8:34.05	8:34.86
1) Marc Kommes 12	2) Rene VanWhye 12	
3) Joe Herzberg 10	4) Scott Borchers 12	
10 Sioux City East 'A'	8:35.00	8:39.61
1) Jordan Menard 11	2) Cole Huisenga 11	
3) Elliott Rossitter 12	4) Ben Moes 12	
11 Unity Christian H.S. 'A'	8:43.92	8:40.06
1) Tyler Kroeze 11	2) Caleb Bakker 10	
3) Brandon Bonnema 11	4) Nathan Reichert 10	
12 Mt Michael High School 'A'	8:38.20	8:40.09
1) Thomas Feichtinger 10	2) Lukas Buehler 10	
3) Zach Murphy 10	4) Sean Murphy 12	
13 Moc-Floyd Valley 'A'	8:49.55	8:41.99
1) Wyatt Vander Voort 11	2) Kyle Anderson 10	
3) David DeHaan	4) Trevor Starkweather	
14 Oa-Battle Creek-Ida Grove 'A'	8:57.23	8:42.40
1) Mick Hofmann 11	2) Patrick Patterson 11	
3) Dominic Means 11	4) Garret Ehlers 12	
15 Ridge View - Ghsc 'A'	8:42.00	8:42.83
1) Kyle Newell 12	2) Kyle Dahm 12	
3) Trevor Irwin 12	4) Colby Stephens 11	
16 Bishop Heelan High School 'A'	8:39.28	8:46.84
1) Shane Forker 12	2) Joe Hindman 10	
3) Sean Forker 12	4) Roland Henry 10	
17 Sioux City West 'A'	8:53.06	9:00.17
1) Dan Gassaway 10	2) Jordon Graves 10	
3) Tucker Carrell 10	4) Zack Heien 10	

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****Boys 4x110 Meter Shuttle Hurdle OHS**

School	Seed	Finals	H#
1 Lemars Central 'A'	1:01.60	1:00.89	2
1) Mat Ferris 12			
2) Hunter Rhode 11			
3) Paxton Strub 11			
4) Tyler Lancaster 12			
2 Spirit Lake HS 'A'	1:01.63	1:01.27	2
1) Aric Waltz 10			
2) DJ Smith 11			
3) Rick Wilson 12			
4) Kyle Heidebrink 12			
3 Glenwood High School 'A'	1:01.64	1:01.41	2
1) Mitch Bowden 09			
2) Michael Lawler 11			
3) Derek Jones 09			
4) Ian Eflin 11			
4 Sgt Bluff-Luton H.S. 'A'	1:04.22	1:01.72	1
1) Nick Mrla 12			
2) Austin Krohn 10			
3) Logan Shine 11			
4) Ross Chettinger 12			
5 Oa-Battle Creek-Ida Grove 'A'	1:02.66	1:02.01	1
1) Cole Boger 12			
2) Quinn Reik 12			
3) Dominic Means 11			
4) Tyler Down 12			
6 Bishop Heelan High School 'A'	1:02.78	1:03.56	1
1) Nick Sawin 10			
2) Court MacGregor 09			
3) Tony Myers 10			
4) Mitch MacGregor 12			
7 Kingsley-Pierson/Woodbury Cent 'A'	1:02.20	1:03.68	2
1) Cody Kuchel 10			
2) Michael Allner 12			
3) Kyle Badgerow 10			
4) Todd Bottorff 12			
8 Okoboji High School 'A'	1:04.10	1:05.02	1
1) Brian Dubois 11			
2) Dalton Syverson 09			
3) Alex Koepp 10			
4) Zach Jones 10			

Boys High Jump OHS

Name	Year School	Seed	Finals	
1 Jared Curry	12 Ponca High School	6-04.00	6-05.00	1.95m
2 Paxton Strub	11 Lemars Central	6-05.00	6-04.00	1.93m
3 Ross Chettinger	12 Sgt Bluff-Lu	6-08.00	6-02.00	1.87m
4 Nolan Sampson	12 Cherokee	6-03.00	J6-02.00	1.87m
5 Ian Eflin	11 Glenwood High Sc	6-02.00	J6-02.00	1.87m
6 Brett Michels	11 SF Lincoln	6-02.00	6-00.00	1.82m
7 Michael Allner	12 Kp/Wc	5-10.00	5-10.00	1.77m
7 Lee Ver Burg	11 Hull Western	6-01.00	5-10.00	1.77m
7 Riley Hoekstra	11 Unity Chs't	6-01.00	5-10.00	1.77m
7 Jacob Conneally	11 Mt Michael	6-02.00	5-10.00	1.77m
7 Logan Shine	11 Sgt Bluff-Lu	5-10.00	5-10.00	1.77m
12 Connor Schultz	11 Pierce NE	5-10.00	5-08.00	1.72m
12 Michael Hoffman	11 Pierce NE	5-10.00	5-08.00	1.72m
12 Ty Robinson	11 Sioux City West	5-08.00	5-08.00	1.72m
12 James Landon	11 SF Lincoln	5-11.00	5-08.00	1.72m
12 Ben Moes	12 Sioux City East	6-00.00	5-08.00	1.72m
12 Nick Petersen	11 Oa-Bcig	5-10.00	5-08.00	1.72m
12 Adam Dreling	10 Emerson-Hubbard	6-00.00	5-08.00	1.72m
12 DJ Jefferson	10 CB Abraham Lincoln	6-00.00	5-08.00	1.72m
12 Mickey Russell	11 CB St Albert	5-10.00	5-08.00	1.72m
12 Brian Dubois	11 Okoboji High School	6-00.00	5-08.00	1.72m
12 Dalton Syverson	09 Okoboji High School	5-10.00	5-08.00	1.72m
12 Sam Van Ginkel	10 Hull Western	6-01.00	5-08.00	1.72m
-- Ethan Metheny	12 Yankton High School	5-09.00	NH	

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Boys High Jump OHS**

-- Josh Curry	11 Elk Point-Jefferson	5-08.00	NH
-- Tyler Koupal	10 Elk Point-Jefferson	5-08.00	NH
-- Jordon Graves	10 Sioux City West	5-04.00	NH

Boys Long Jump OHS

Name	Year	School	Seed	Finals	Wind
1 Ochan Furula	12	SF Lincoln	21-08.00	6.40m	NWI 21-00.00
			PASS	PASS	
2 Johnny Saunders	12	Laurel-Concord	23-04.00	6.34m	NWI 20-09.75
				6.25m(-0.0)	
3 JonTae Miller	12	Sioux Center	19-06.00	6.22m	NWI 20-05.00
				5.92m(-0.0)	
4 Neil Hohenthauer	11	Yankton High School	19-04.00	6.07m	NWI 19-11.00
				5.88m(NWI)	
5 Quinn williams		Sioux City North		5.99m	NWI 19-08.00
				FOUL	
6 Quenton James	11	Sioux City East	20-00.00	5.95m	NWI 19-06.25
				5.50m(-0.0)	
7 Tate Rohde	10	Kp/Wc	19-11.50	5.91m	NWI 19-04.75
				FOUL	
8 Trae Narbona	11	Sioux City West	21-05.00	5.89m	NWI 19-04.00
				FOUL	
9 Anthony Schimek	12	Lemars Central	20-00.50	5.86m	NWI 19-02.75
				FOUL	
9 Shaun Ryan	12	Gehlen Catholic	21-00.50	5.86m	NWI 19-02.75
				5.70m(-0.0)	
11 Austin Lefler	09	Lawton-Bronson	19-11.75	5.85m	NWI 19-02.50
12 Hunter Rhode	11	Lemars Central	20-03.50	5.74m	NWI 18-10.00
13 Mitch Bowden	09	Glenwood High Sc	19-05.25	5.67m	NWI 18-07.25
14 Jacob Conneally	11	Mt Michael	19-05.25	5.65m	NWI 18-06.50
15 Nolan Blythe	12	Moc-Floyd Valley	19-05.00	5.61m	NWI 18-05.00
16 Alex Koepp	10	Okoboji High School	19-11.00	5.60m	NWI 18-04.50
17 Cody O'Dell	11	So Sioux	19-04.50	5.10m	NWI 16-08.75
18 Nick Matthai	10	CB St Albert	17-07.25	5.04m	NWI 16-06.50
-- Dondre Hubert	11	Sioux City North	21-04.50	FOUL	

Boys Shot Put OHS

Name	Year	School	Seed	Finals
1 Ezra Schantz	12	Laurel-Concord	54-04.00	16.32m 53-06.50
				FOUL
2 Justin Baker	11	Heelan	52-08.00	15.60m 51-02.25
				FOUL

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Boys Shot Put OHS**

3	Mike Malek	11	Sioux City East	45-03.00	15.17m	49-09.25
	FOUL 13.73m 15.17m		FOUL 14.54m FOUL			
4	Jason Pomeranke	12	Sioux Center	49-05.00	15.10m	49-06.50
	14.77m 14.41m FOUL		15.10m 14.39m 15.00m			
5	Christian Bondinello	12	Ridge View - Ghsc	47-05.00	14.62m	47-11.75
	14.62m 14.24m 14.04m		14.08m 13.85m 14.45m			
6	Matt Dohma	12	Ponca High School	47-04.50	14.35m	47-01.00
	13.85m 14.35m FOUL		14.27m FOUL FOUL			
7	Corrie Schoeder	12	Lawton-Bronson	43-09.00	14.15m	46-05.25
	13.35m 14.15m 13.85m		13.24m 13.32m 13.20m			
8	Tanner Kollbaum	12	Lawton-Bronson	43-09.00	14.09m	46-02.75
	13.78m 12.84m 12.33m		13.60m 12.54m 14.09m			
9	Karson Klein	11	Lemars Central	46-05.50	13.75m	45-01.50
	13.75m 13.75m 13.01m		FOUL FOUL FOUL			
10	Andrew Hulstein	11	Unity Chs't	47-05.50	13.69m	44-11.00
	13.40m 12.80m 13.69m					
11	Brandon Pekelder	11	Moc-Floyd Valley	42-08.50	13.51m	44-04.00
	13.51m 12.84m 13.38m					
12	Adam Vander Helm	12	Sioux Center	44-05.00	13.43m	44-00.75
	FOUL 13.43m FOUL					
13	Kelly Guy	12	Sgt Bluff-Lu	43-08.00	13.42m	44-00.50
	12.33m 12.55m 13.42m					
14	Greg Harner	12	SF Lincoln	46-00.00	13.41m	44-00.00
	13.41m 12.97m 12.80m					
15	Brock Dagel	11	Cherokee	48-04.00	13.37m	43-10.50
	13.32m 13.13m 13.37m					
16	Riley Palsma	12	So Sioux	44-04.50	13.13m	43-01.00
	12.86m 13.13m 12.63m					
17	Josh Watchorn	12	Ponca High School	45-04.50	13.09m	42-11.50
	13.09m 11.58m FOUL					
18	Taylor Jense	11	So Sioux	43-04.50	13.04m	42-09.50
	13.04m 12.53m 12.53m					
19	Mike Soole	11	Sioux City East	43-00.00	12.96m	42-06.25
	12.96m 12.32m 12.15m					
20	Josh Kinney	11	CB Abraham Lincoln	42-06.50	12.59m	41-03.75
	12.59m FOUL FOUL					
21	Elliot Dix	10	SF Lincoln	42-00.00	12.42m	40-09.00
	12.33m 12.42m 12.08m					
22	Austin Van Wyhe	12	Unity Chs't	42-05.25	12.40m	40-08.25
	12.17m 11.66m 12.40m					
23	Clayton Giesting	10	Glenwood High Sc	42-10.00	12.38m	40-07.50
	12.38m 11.97m 12.19m					
24	Cody Hilkemann	11	Pierce NE	43-09.25	12.31m	40-04.75
	11.85m 12.31m 11.23m					
25	Ethan Pace	11	Elk Point-Jefferson	43-08.00	12.19m	40-00.00
	11.90m 12.19m FOUL					
26	EJ Lines	11	Sgt Bluff-Lu	41-02.00	11.80m	38-08.75
	11.80m 11.33m FOUL					
27	Evan Colfack	10	Kp/Wc	41-00.25	11.66m	38-03.25
	11.37m 11.66m 11.40m					
28	Drew Rupp	10	Moc-Floyd Valley	43-07.00	11.56m	37-11.25
	FOUL 11.56m FOUL					
29	Jacob Timm	12	Pierce NE	43-05.50	11.22m	36-09.75
	11.17m 11.22m FOUL					

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Boys Shot Put OHS**

30 Eddie Ridder	11 Mt Michael	42-10.75	11.14m	36-06.75
11.14m FOUL FOUL				
-- Doug Johnson	12 Spirit Lake HS	43-09.50	FOUL	
FOUL FOUL FOUL				

Boys Discus Throw OHS

Name	Year	School	Seed	Finals
1 Ezra Schantz	12	Laurel-Concord	156-00	48.46m 159-00
46.28m FOUL FOUL		48.46m 48.05m 44.50m		
2 Justin Baker	11	Heelan	161-11	45.49m 149-03
40.57m 45.49m FOUL		44.74m 42.93m 43.84m		
3 Adam Vander Helm	12	Sioux Center	140-00	42.06m 138-00
39.60m 38.17m 41.08m		42.06m FOUL 37.68m		
4 Christian Bondinello	12	Ridge View - Ghsc	139-07	41.94m 137-07
38.01m FOUL 37.77m		40.78m 39.61m 41.94m		
5 Greg Harner	12	SF Lincoln	139-00	41.51m 136-02
39.86m 35.32m 41.51m		40.54m 37.97m 39.47m		
6 Taylor Jense	11	So Sioux	27-04.50	41.14m 135-00
FOUL 41.14m 39.33m		FOUL FOUL 34.49m		
7 Luke Jensen	11	So Sioux	33-04.50	38.27m 125-07
38.27m 37.52m 37.47m		FOUL FOUL 37.18m		
8 Evan Colfack	10	Kp/Wc	134-01	37.87m 124-03
33.74m 37.87m 37.48m		37.64m 35.51m 37.67m		
9 Nic Austin	12	Sioux City East	125-05	37.59m 123-04
29.83m 35.72m 37.59m		31.50m 35.80m FOUL		
10 Eddie Ridder	11	Mt Michael	122-03	37.43m 122-10
37.43m 30.66m FOUL				
11 Dalton Kelley	11	Spirit Lake HS	125-00	37.26m 122-03
32.41m 31.98m 37.26m				
12 Zach Landhuis	11	Moc-Floyd Valley	126-06	37.18m 122-00
36.93m 37.18m 35.13m				
13 Corrie Schoeder	12	Lawton-Bronson	133-07	36.65m 120-03
FOUL 36.16m 36.65m				
14 Riley Palsma	12	So Sioux	30-04.50	36.19m 118-09
FOUL FOUL 36.19m				
15 Scott Borchers	12	Lemars Central	135-02	35.88m 117-08
FOUL 35.88m 34.57m				
16 Jared Kunkel	12	Remsen-Union	39-00.50	35.70m 117-01
35.70m FOUL FOUL				
17 Ethan Pace	11	Elk Point-Jefferson	133-06	35.09m 115-01
FOUL 33.61m 35.09m				
18 Clayton Giesting	10	Glenwood High Sc	128-08	34.85m 114-04
FOUL 34.85m 33.07m				
19 Nick Wankum	11	Heelan	117-00	34.49m 113-02
32.40m 34.49m FOUL				
20 Kenny Batenhorst	10	Mt Michael	119-04	34.00m 111-06
34.00m 32.64m 31.60m				
21 Kyle Barnes	11	Elk Point-Jefferson	120-01	33.82m 110-11
FOUL 33.82m FOUL				
22 Karson Klein	11	Lemars Central	115-00	33.67m 110-05
32.75m 31.83m 33.67m				
23 Adam Dreeszen	12	Spirit Lake HS	119-03	33.34m 109-04
FOUL 33.34m FOUL				

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Boys Discus Throw OHS**

24 Zach Michl	12 CB Abraham Lincoln	125-07	33.05m	108-05
FOUL 33.05m FOUL				
25 Mike Malek	11 Sioux City East	133-10	32.55m	106-09
FOUL FOUL 32.55m				
26 Andrew Hulstein	11 Unity Chs't	117-10	32.51m	106-08
32.51m 31.09m FOUL				
27 Drew Rupp	10 Moc-Floyd Valley	114-08	31.33m	102-09
30.77m 30.37m 31.33m				
28 Collin Korver	10 Unity Chs't	113-10	30.91m	101-05
30.28m 27.92m 30.91m				
29 Alec Maher	10 CB Abraham Lincoln	114-10	30.42m	99-10
FOUL 30.42m 28.77m				
30 Kyle Den Herder	10 Sioux Center	131-00	30.33m	99-06
FOUL 30.33m FOUL				

Boys 4x100 Meter Relay Freshman Boys

School	Seed	Finals
1 Sioux City West 'A'	49.00	47.29
1) Taron Flemister 09	2) Tucker Askelson 09	
3) Deondre Hayes 09	4) Gerald Heiskell 09	
2 Bishop Heelan High School 'A'	48.10	48.14
1) Tyreen Brockamp 09	2) Jacob Dunn 09	
3) Mauricio Marquez 09	4) Manny Alcaarez 09	
3 Lemars Central 'A'	48.13	48.35
1) Gabe Rahn 09	2) Brody Mathey 09	
3) Hunter Rowe 09	4) Chris Delfs 09	
4 Sioux City East 'A'	49.00	50.47
1) Ben Steenhoven 09	2) Blake Jackson 09	
3) Dustine Weber-Osborne 09	4) Anthony Dreezsen 09	
5 Sioux City North 'A'	52.05	51.48
1) KP Hanks 09	2) Matt Anderson 09	
3) Anthony Gonzalez 09	4) Gage Hayes 09	
6 Sgt Bluff-Luton H.S. 'A'		59.03
1) Cole Bockelmann 09	2) Thomas Bures 09	
3) Tanner Vander Linden 09	4) Jacob Skoglund 09	
-- So Sioux City High School 'A'	49.40	DNF
1) Michael Offerman 09	2) Drew Nissen 09	
3) Zach Prenger 09	4) Austin Fritza 09	

Boys 4x200 Meter Relay Freshman Boys

School	Seed	Finals
1 Bishop Heelan High School 'A'	1:45.00	1:40.02
1) Zach Skibinski 09	2) Jacob Dunn 09	
3) Brennan Jackson 09	4) Manny Alcaarez 09	
2 Sioux City West 'A'	1:40.00	1:42.94
1) Taron Flemister 09	2) Tucker Askelson 09	
3) Deondre Hayes 09	4) Anthony Pearson 09	
3 Lemars Central 'A'	1:38.57	1:43.31
1) Gabe Rahn 09	2) Brody Mathey 09	
3) Hunter Rowe 09	4) Chris Delfs 09	
4 So Sioux City High School 'A'	1:52.40	1:46.87

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Boys 4x200 Meter Relay Freshman Boys**

1) Michael Offerman 09	2) Drew Nissen 09		
3) Zach Prenger 09	4) Austin Fritza 09		
5 Sgt Bluff-Luton H.S. 'A'		1:48.73	
1) CJ Davis 09	2) Kollin George 09		
3) Blake McCauley 09	4) Cole Bockelmann 09		
6 Sioux City East 'A'		1:40.00	1:49.24
1) Ben Steenhoven 09	2) Dustine Weber-Osborne 09		
3) Tyler Franko 09	4) Trey Lapke 09		

Boys 4x400 Meter Relay Freshman Boys

School	Seed	Finals
1 Bishop Heelan High School 'A'	3:50.00	3:52.63
1) Nate Kozer 09	2) Jacob Dunn 09	
3) Hunter Stone 09	4) Manny Alcaarez 09	
2 Lemars Central 'A'	3:51.29	3:55.94
1) Gabe Rahn 09	2) Kyle Dolph 09	
3) Brendan Collins 09	4) Brennan Buss 09	
3 So Sioux City High School 'A'		3:56.91
1) Michael Offerman 09	2) Drew Nissen 09	
3) Michael Carson 09	4) Austin Fritza 09	
4 Sioux City West 'A'	3:45.00	4:07.20
1) Taron Flemister 09	2) Tucker Askelson 09	
3) Deondre Hayes 09	4) Anthony Pearson 09	
5 Sioux City North 'A'	4:01.55	4:07.92
1) Anthony Gonzalez 09	2) PJ Poe 09	
3) Jamie Hainey 09	4) Gage Hayes 09	
6 Sioux City East 'A'	4:05.00	4:10.13
1) Trey Lapke 09	2) Ben Steenhoven 09	
3) Simeon Moes 09	4) Dustine Weber-Osborne 09	
7 Sgt Bluff-Luton H.S. 'A'		4:30.99
1) Jon Muller 09	2) Adam Zediker 09	
3) Ryan Klemish 09	4) Zack Armstrong 09	

Boys 800 Meter Run 8th Grade

Name	Year School	Seed	Finals
1 Carter Lilly	08 Sioux City E	2:26.65	2:20.34
2 Karter Keefer	08 Sioux Sioux	2:30.00	2:21.08
3 Jacob Scott	08 Sioux City E	2:26.65	2:24.80
4 Nate Colwell	08 Sioux Sioux	2:30.00	2:27.00
5 Bret Tomoson	08 Sergeant Blu	2:47.00	2:27.77
6 Brady Mayo	08 Sioux City N	2:40.02	2:27.90
7 Lane Bernstrauch	08 Sioux Sioux	2:25.00	2:31.57
8 Zach Brazzell	08 Sergeant Blu	2:42.00	2:32.77
9 Myron Bose	08 Sioux City W	2:28.87	2:33.61
10 Justin Hill	08 Sioux City E	2:48.00	2:33.82
11 Casper Dylan	08 Sioux City N	3:10.10	2:38.98
12 Sheehan Levine	08 Sioux City W	2:50.69	2:40.02
13 Thomas Wisecup	08 Sergeant Blu	2:51.00	2:40.34
14 Alex Kin	08 Sioux City W	2:42.28	2:41.29
-- Marco Carillo	08 Sioux City N	2:55.10	DNF

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****Boys 4x100 Yard Relay 8th Grade**

School	Seed	Finals
1 Sioux City North Middle School 'A'	51.06	50.10
1) Liam Bald	2) Noah Popken	
3) Tyler Ard	4) Brady Mayo 08	
2 Sioux City East Middle School 'A'	51.65	50.14
1) Carter Lilly 08	2) Dylan Peterson 08	
3) Greg Kirwan 08	4) Ronald Nash 08	
3 Sergeant Bluff-Luton Middle Sc 'A'	56.00	50.84
1) Riley Weeks 08	2) Ben Robinson 08	
3) Steven Garcia 08	4) Jack DeMoss 08	
4 Sioux City Middle School 'A'	52.00	52.11
5 Sioux City West Middle School 'A'	51.95	52.11
1) Myron Bose 08	2) Skyler Bauer 08	
3) Sam Mace 08	4) Marcellous Gardner 08	
6 Sioux City West Middle School 'B'		57.75
1) Alex Kin 08	2) Josh Zoelle 08	
3) Derek Clayton 08	4) Brandon Knutson 08	

Boys 4x200 Meter Relay 8th Grade

School	Seed	Finals
1 Sioux City East Middle School 'A'	1:48.43	1:45.74
1) Ronald Nash 08	2) Dylan Peterson 08	
3) Greg Kirwan 08	4) Taylor Bradley 08	
2 Sergeant Bluff-Luton Middle Sc 'A'	1:56.00	1:47.88
1) Riley Weeks 08	2) Jack DeMoss 08	
3) Steven Garcia 08	4) Jaycin Kruse 08	
3 Sioux City West Middle School 'A'	1:47.00	1:51.02
1) Myron Bose 08	2) Skyler Bauer 08	
3) Sam Mace 08	4) Marcellous Gardner 08	
4 Sioux City North Middle School 'A'	1:46.78	1:53.82
1) Noah Popken	2) Liam Bald	
3) Tyler Ard	4) Brady Mayo 08	
5 Sioux City West Middle School 'B'		2:09.07
1) Austin Case 08	2) Tyson Trobaugh 08	
3) Drake Williams 08	4) Chris Hendrickson 08	

Boys 4x400 Meter Relay 8th Grade

School	Seed	Finals
1 Sioux City East Middle School 'A'	4:11.97	4:00.98
1) Taylor Bradley 08	2) Dylan Peterson 08	
3) Greg Kirwan 08	4) Carter Lilly 08	
2 Sergeant Bluff-Luton Middle Sc 'A'	4:33.00	4:02.78
1) Ben Robinson 08	2) Jack DeMoss 08	
3) Zach Brazzell 08	4) Bret Tomoson 08	
3 Sioux City Middle School 'A'	4:05.00	4:17.69
4 Sioux City North Middle School 'A'	4:30.15	4:25.88
1) Christian Lozano	2) Brandon Konz	
3) Farris Najadawi	4) Corey Little	
5 Sioux City West Middle School 'A'	4:20.00	4:41.34
1) Alex Kin 08	2) Myron Bose 08	

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Boys 4x400 Meter Relay 8th Grade**

3) Chase Carell 08	4) Skyler Bauer 08	
6 Sioux City West Middle School 'B'		4:55.10
1) Austin Case 08	2) Sheehan Levine 08	
3) Bryan Chavez 08	4) Tyson Trobaugh 08	

Boys 100 Meter Dash Elite

Name	Year	School	Seed	Finals	Wind
1 Darius Pearson	10	Sioux City West		11.11	0.4
2 Preston Ives	12	Heelan		11.27	0.4
3 Taylor White	11	D Valley		11.47	0.4
4 Preston Nibaur	12	Sgt Bluff-Lu		11.48	0.4
5 Jake Floen	10	Unity Chs't		11.57	0.4
6 Jordan Acecvedo	11	Central Lyon		11.58	0.4
7 Sam Rowe	12	CB Abraham Lincoln		11.70	0.4
8 Theo Bartman	12	Hull Western		11.92	0.4

Boys 110 Meter Hurdles Elite

Name	Year	School	Seed	Finals	Wind
1 Will Hanson	12	Marcus Merid		14.98	3.0
2 Ian Eflin	11	Glenwood High Sc		15.29	3.0
3 Nolan Blythe	12	Moc-Floyd Valley		15.67	3.0
4 Tyler Campbell	11	Kp/Wc		15.80	3.0
5 Zach Sexton	11	D Valley		16.01	3.0
6 Zach Jones	10	Okoboji High School		16.12	3.0
7 Alex Imming	10	Sioux City East		16.20	3.0
8 Ben Lindsay	12	Pierce NE		16.20	3.0

Men 100 Meter Dash UCO

Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1 Sam Acheampong	FR	Briar Cliff	10.58	10.70q	2.5	6
2 Brandon Hammack	FR	Northwestern	11.02	10.97q	1.0	2
3 Brandon Kovash	FR	USD	10.99	11.00q	1.0	2
4 Bonamy Cordero	JR	Dickinson State	10.91	11.11q	0.1	3
5 Cory Ploof	SO	University of Mary	10.65	11.11q	1.1	5
6 Zuri Nance	FR	No. State	11.36	11.12q	1.1	5
7 Miguel Gonzalez		Unattached	11.01	11.15q	0.5	1
8 Johnny Lester	JR	Minot State	10.84	11.15q	-1.3	4
9 Michael King	FR	Wayne State College	11.17	11.19	2.5	6
10 Drew Molacek	JR	Wayne State College	11.18	11.20	1.1	5
11 Thomas Whyley	JR	Dickinson State	11.03	11.21	0.1	3
12 Cole Tucker	SR	SDSU	10.99	11.23	0.5	1
13 Cecil Milton	FR	Briar Cliff	11.09	11.24	1.1	5
14 Ryan Hernandez	FR	Unattached	11.10	11.25	2.5	6
15 Dalton Smith	FR	D Wesley	11.20	11.35	0.1	3
16 Jordan Miller	FR	D Wesley	11.30	11.43	0.1	3
17 Aaron Floen	FR	Dordt	11.27	11.44	0.5	1
18 Josh Neumiller	FR	Dickinson State	11.08	11.45	-1.3	4
19 Roland Osae-Opang	JR	Dordt	11.27	11.47	0.5	1

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Men 100 Meter Dash UCO**

20	Parker Moore	SO Northwestern	11.30	11.56	1.0	2
21	Stefan Peterson	SO Buena Vista	11.40	11.58	2.5	6
22	Ben Oberle	SR USD	11.20	11.60	-1.3	4
23	Andy Palacio	SR Minot State	11.43	11.61	1.1	5
24	Tyler Williamson	JR USD	11.56	11.70	0.5	1
25	Joe Lammers	SO Dordt	11.65	11.71	0.1	3
26	Cody Spreeman	FR Briar Cliff	11.45	11.76	0.1	3
27	Ryan Gass	JR Morningside College	11.99	11.80	1.0	2
28	Jeremy Sheppard	SO Northwestern	11.76	11.83	2.5	6
29	Jon Smith	JR Briar Cliff	11.45	11.83	-1.3	4
30	Kasey Summerer	JR Northwestern	11.68	11.90	1.1	5
31	Augustus Capers	JR No. State	11.66	11.94	-1.3	4
32	Zak Kjolsing	SO No. State	11.39	11.94	2.5	6
33	Mike Trujillo	FR Briar Cliff	11.85	11.94	1.1	5
34	Juston Wynia	FR D Wesley	11.60	12.00	1.0	2
35	Tyler Walker	FR Northwestern	11.59	12.06	0.5	1
36	Michael Huseman	FR Morningside College	11.21	12.29	1.0	2
37	Jonathon Keller	FR Mount Marty College	12.28	12.38	1.0	2
38	Todd Carnes	FR Morningside College	11.98	12.53	0.1	3
39	Dillon Lenius	FR Jamestown College	12.10	12.57	0.5	1
40	Cameron Carlow	SO Northwestern	12.23	12.58	0.5	1
41	Cam Terry	FR Briar Cliff	11.95	12.78	-1.3	4
42	Michael Dailey	FR Unattached	11.80	12.80	2.5	6
43	Adam Sullivan	FR Morningside College	12.50	12.88	0.1	3
44	Lonnie Macpeek	Unattached	12.95	15.30	-1.3	4
--	Jordan Langer	JR Northwestern	11.56	DNF	1.0	2

Men 100 Meter Dash UCO

Name	Year	School	Prelims	Finals	Wind
Finals					
1	Sam Acheampong	FR Briar Cliff	10.70	10.70	2.6
2	Johnny Lester	JR Minot State	11.15	10.92	2.6
3	Brandon Kovash	FR USD	11.00	10.98	2.6
4	Brandon Hammack	FR Northwestern	10.97	10.99	2.6
5	Bonamy Cordero	JR Dickinson State	11.11	11.05	2.6
6	Cory Ploof	SO University of Mary	11.11	11.07	2.6
7	Zuri Nance	FR No. State	11.12	11.16	2.6
8	Miguel Gonzalez	Unattached	11.15	11.18	2.6
Preliminaries					
9	Michael King	FR Wayne State College	11.19		
10	Drew Molacek	JR Wayne State College	11.20		
11	Thomas Whyley	JR Dickinson State	11.21		
12	Cole Tucker	SR SDSU	11.23		
13	Cecil Milton	FR Briar Cliff	11.24		
14	Ryan Hernandez	FR Unattached	11.25		
15	Dalton Smith	FR D Wesley	11.35		
16	Jordan Miller	FR D Wesley	11.43		
17	Aaron Floen	FR Dordt	11.44		
18	Josh Neumiller	FR Dickinson State	11.45		
19	Roland Osae-Opang	JR Dordt	11.47		
20	Parker Moore	SO Northwestern	11.56		
21	Stefan Peterson	SO Buena Vista	11.58		
22	Ben Oberle	SR USD	11.60		

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Men 100 Meter Dash UCO**

23	Andy Palacio	SR	Minot State	11.61
24	Tyler Williamson	JR	USD	11.70
25	Joe Lammers	SO	Dordt	11.71
26	Cody Spreeman	FR	Briar Cliff	11.76
27	Ryan Gass	JR	Morningside College	11.80
28	Jeremy Sheppard	SO	Northwestern	11.83
29	Jon Smith	JR	Briar Cliff	11.83
30	Kasey Summerer	JR	Northwestern	11.90
31	Augustus Capers	JR	No. State	11.94
32	Zak Kjolsing	SO	No. State	11.94
33	Mike Trujillo	FR	Briar Cliff	11.94
34	Juston Wynia	FR	D Wesley	12.00
35	Tyler Walker	FR	Northwestern	12.06
36	Michael Huseman	FR	Morningside College	12.29
37	Jonathon Keller	FR	Mount Marty College	12.38
38	Todd Carnes	FR	Morningside College	12.53
39	Dillon Lenius	FR	Jamestown College	12.57
40	Cameron Carlow	SO	Northwestern	12.58
41	Cam Terry	FR	Briar Cliff	12.78
42	Michael Dailey	FR	Unattached	12.80
43	Adam Sullivan	FR	Morningside College	12.88
44	Lonnie Macpeek		Unattached	15.30
--	Jordan Langer	JR	Northwestern	DNF

Men 400 Meter Dash UCO

Name	Year	School	Seed	Finals	H#
Finals					
1	Khaldon Evans	SO	Minot State	48.50	48.69 7
2	Andrew Jansen	SO	Wayne State College	49.35	49.59 7
3	Jared Dewaard	SO	D Wesley	51.90	49.89 4
4	Devin Hiller	SR	Minot State	49.75	50.09 7
5	Cole Tucker	SR	SDSU	49.75	50.42 7
6	Erik Lindsay	JR	Briar Cliff	50.25	50.75 6
7	Lyndon Schmidt	SR	Jamestown College	50.68	50.98 6
8	Taylor Hoekstra	FR	Northwestern	51.89	51.20 4
9	Brandon Henry	FR	Briar Cliff	51.61	51.21 5
10	Brent Jansen	SO	Jamestown College	51.12	51.29 6
11	Ryan Conrad	JR	No. State	49.50	51.32 7
12	John Harris	FR	Morningside College	50.97	51.36 6
13	Eric Peterson	FR	No. State	49.90	51.54 7
14	Brian Gesink	JR	Morningside College	51.45	51.55 5
15	Nick Grove	JR	Morningside College	51.78	51.63 5
16	Jarann Johnson	SO	Jamestown College	52.50	51.85 3
17	Cody Diehl	SO	Wayne State College	53.31	51.86 2
18	Titus Kosgei	JR	Mount Marty College	49.90	51.96 7
19	Rick Te Grootenhuis	FR	Northwestern	51.89	52.07 4
20	Ed Graf	SR	Morningside College	52.12	52.18 4
21	Tyler Williamson	JR	USD	51.03	52.26 6
22	Jeremiah Avise Rouse	SR	Morningside College	51.21	52.58 5
23	Andy Quenzer	SO	Dakota State	52.65	52.62 3
24	Trevino Thompson	SO	Dickinson State	50.11	52.66 7
25	Zane Peterson	JR	U Sioux Fall	50.50	52.69 6
26	Mark Johnson	FR	Northwestern	52.89	52.85 3

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Men 400 Meter Dash UCO**

27	Jason Haddix	FR	U Sioux Fall	53.00	52.87	3
28	Tim Vermeer	FR	Northwestern	53.12	52.91	3
29	Joel Van Wyk	SO	Morningside College	52.01	53.18	4
30	Chris Nordstrom		Unattached		53.23	1
31	Ian Kuipers	FR	Dordt	51.32	53.25	5
32	Kyle Weisbeck	SR	No. State	51.34	53.71	5
33	Peter Malga	FR	Morningside College	53.09	53.77	3
34	Andy Dougherty		Unattached	51.10	53.80	6
35	Joe Cisneros	FR	Briar Cliff	54.10	53.99	2
36	Jerad Schlobohm	JR	Dakota State	52.45	54.13	4
37	Jeff Seagren	SR	Unattached	51.15	54.14	6
38	Matt Greenfield	SO	No. State	53.72	54.67	2
39	Kenny Moore	FR	Wayne State College	53.85	54.91	2
40	Dane Hansen	FR	Mount Marty College	52.50	55.11	3
41	Eli Turnbough	SR	Dickinson State	52.97	55.25	3
42	Brett Springman	FR	Mount Marty College	56.67	55.38	1
43	Tyler Leinbaugh	SO	Morningside College	54.67	55.54	2
44	Tyler Maxwell	FR	USD	54.75	55.87	2
45	Kyle Hoffman	FR	Morningside College	55.87	56.21	1
46	Jerome Middlebrooks	FR	Buena Vista	54.50	56.28	2
47	Dillon Lenius	FR	Jamestown College	58.68	56.31	1
48	Cody Danko	FR	Morningside College	55.78	56.91	1
49	Michael Dailey	FR	Unattached	55.00	58.68	1

Men 800 Meter Run UCO

Name	Year	School	Seed	Finals
1	Josiah Luttjeboer	JR Dordt	1:55.00	1:52.91
2	Brian Gesink	JR Morningside College	1:54.88	1:53.39
3	Tyler VanPeursem	SR Dakota State	1:53.00	1:53.49
4	Andy Coy	FR Dakota State	1:54.10	1:53.50
5	Monte Larsen	FR Morningside College	1:53.89	1:54.01
6	Titus Kosgei	JR Mount Marty College	1:53.72	1:54.28
7	Ryan Tholen	FR Dordt	1:55.00	1:54.52
8	Brian Werner	SR Augustana College	1:52.75	1:54.95
9	Mark Eekhoff	SR Dordt		1:55.29
10	Taylor Champan	FR Morningside College	1:55.43	1:55.71
11	Austin Vande Berg	SR Augustana College	1:56.00	1:55.79
12	David Christensen	SR Dordt	1:56.00	1:56.64
13	Jacob Arechigo	FR No. State	1:55.10	1:56.94
14	Matt Peterson	SO No. State	1:56.70	1:57.52
15	Cody Foreman	SR Dakota State	1:55.00	1:57.66
16	Travis Beniak	SO Augustana College	1:55.00	1:57.84
17	Brent Van Schepen	FR Dordt	1:56.00	1:58.10
18	Ismael Arzola	Unattached	2:02.01	1:58.26
19	Lief Rasmussen	SR Jamestown College	1:57.11	1:58.40
20	Kyle Poss	SO USD	1:56.23	1:58.75
21	Kelly Hall	SO SDSU	1:57.90	1:58.77
22	Gary Heitkamp	SO Minot State	1:59.12	1:58.79
23	John Harris	FR Morningside College	2:00.21	1:58.85
24	Chris Nordstrom	Unattached	1:58.52	1:59.01
25	Daniel Black	SR Augustana College	1:56.75	1:59.05
26	Greg Meister	FR Unattached	1:56.98	1:59.35
27	Andrew Manning	SO Dakota State	1:59.90	1:59.52

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Men 800 Meter Run UCO**

28	David Nash	Unattached	2:01.20	2:00.00
29	Brock Rose	SO No. State	1:59.40	2:00.12
30	Bryan Aberle	JR USD	1:59.82	2:00.51
31	Luke Sachau	FR Briar Cliff	1:59.50	2:00.58
32	Kyle Heim	FR Jamestown College	2:01.31	2:00.65
33	Cody Roland	SR Jamestown College	2:00.01	2:00.77
34	Andy Quenzer	SO Dakota State	1:59.80	2:00.80
35	Bryce Kinard	FR Briar Cliff	2:01.10	2:00.87
36	Greg Vollmer	Unattached	1:57.50	2:01.10
37	Kelly Polacek	FR Briar Cliff	2:01.50	2:01.16
38	Cheto Cerda	SR Wayne State College	1:59.00	2:01.23
39	Edwin Cheleshaw	SO Dickinson State	1:57.61	2:01.27
40	Thomas Hunt	FR Briar Cliff	2:02.55	2:01.85
41	Aaron Garza	FR Wayne State College	1:59.00	2:01.89
42	Kasey Hoffman	Unattached	2:00.01	2:02.12
43	Grant Aden	Unattached	2:00.50	2:02.19
44	Nathan Stamstad	SO University of Mary	2:04.00	2:02.96
45	Tommy Stuart	FR Briar Cliff	2:01.27	2:02.98
46	Alex Weborg	FR Morningside College	2:02.20	2:03.11
47	Todd Wolf	FR Morningside College	2:00.96	2:03.21
48	Jason Haddix	FR U Sioux Fall	2:02.42	2:03.34
49	Peter Malga	FR Morningside College	2:02.89	2:03.37
50	Adam Potter	FR Northwestern	2:01.12	2:03.62
51	Tommy Torok	Unattached	1:58.01	2:03.73
52	Jason Schaaf	SO Wayne State College	2:07.00	2:05.05
53	Ed Graf	SR Morningside College	1:58.90	2:05.06
54	Garrett Hill	SR Buena Vista	2:02.00	2:05.16
55	Brandon Delao	FR University of Mary	2:03.00	2:05.48
56	Kyle Hoffman	FR Morningside College	2:07.00	2:05.72
57	Mike Lynch	SO D Wesley	2:05.00	2:05.84
58	Eli Turnbough	SR Dickinson State	1:58.39	2:07.62
59	Brandon Schuler	FR Northwestern	2:03.54	2:07.65
60	Joe Chebul	SO Wayne State College	2:06.00	2:09.01
61	Alex Moore	SR Buena Vista	2:10.00	2:10.15
62	Tanner LaValliere	FR D Wesley	2:07.00	2:10.33
63	Kyle Schoenfish	SR D Wesley	2:10.00	2:10.90
64	AJ King	FR Morningside College	2:10.23	2:11.59
65	Jacob Buss	FR Dordt	2:10.00	2:12.18
66	Chris Riley	SR Mount Marty College	2:13.00	2:12.79
67	David Elliot	FR D Wesley	2:15.00	2:14.95
68	Luis Elizondo	SO Minot State	2:13.00	2:15.33
69	Alan Stuber	FR D Wesley	2:15.00	2:25.41
70	Andrew Soden	FR Buena Vista	2:15.00	2:36.83
--	Ryan Perry	FR Minot State	2:08.00	DNF
--	Jordan Slusser	FR Augustana College	1:58.00	DNF

Men 1500 Meter Run UCO

Name	Year	School	Seed	Finals
1	Tyler VanPeursem	SR Dakota State	3:55.00	3:54.84
2	Shannon Stenger	Unattached	3:57.03	3:55.47
3	Ryan Tholen	FR Dordt	4:05.00	3:58.07
4	Andy Coy	FR Dakota State	3:57.60	3:59.68
5	Brian Gesink	JR Morningside College	4:02.21	4:02.61

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****...Men 1500 Meter Run UCO**

6	Taylor Champan	FR	Morningside College	4:12.10	4:05.12
7	Jarvis Jelen		Unattached	4:00.50	4:05.18
8	Brad Anderson	SO	SDSU	4:08.91	4:05.68
9	David Christensen	SR	Dordt	4:10.00	4:05.80
10	Brent Van Schepen	FR	Dordt	4:05.00	4:05.83
11	Kelly Hall	SO	SDSU	4:10.00	4:06.23
12	Richard Keroack	SO	No. State	3:59.60	4:06.46
13	Lee Anderson	JR	Wayne State College	4:13.00	4:08.61
14	Ismael Arzola		Unattached		4:10.79
15	Anthony Drealan	JR	Dakota State	3:56.50	4:11.81
16	Paul Wilson		Unattached	4:09.00	4:13.14
17	Eric Mohrbacher	FR	University of Mary	4:11.00	4:13.43
18	Cheto Cerda	SR	Wayne State College	4:01.00	4:14.05
19	Edwin Cheleshaw	SO	Dickinson State	4:19.77	4:14.53
20	Casey Jore	FR	University of Mary	4:13.00	4:15.90
21	Josheb Benson	FR	Briar Cliff	4:17.60	4:18.78
22	Andrew Jacob	FR	Unattached	4:07.00	4:19.51
23	Bryce Kinard	FR	Briar Cliff	4:20.00	4:19.57
24	Jason Schaaf	SO	Wayne State College	4:20.00	4:19.68
25	Ben Harrison	JR	Dakota State	4:14.10	4:22.10
26	Joe Chebul	SO	Wayne State College	4:32.00	4:26.53
27	Garrett Hill	SR	Buena Vista	4:30.00	4:26.91
28	Tyler Voss	FR	U Sioux Fall	4:30.00	4:29.06
29	Nathan Stamstad	SO	University of Mary	4:14.00	4:30.54
30	Peter Malga	FR	Morningside College		4:30.68
31	AJ King	FR	Morningside College	4:32.23	4:32.32
32	Bryan Wolfe	FR	Dakota State	4:28.20	4:33.35
33	Stephen Olson	FR	Dordt	4:30.00	4:41.41
34	Tanner LaValliere	FR	D Wesley	4:35.00	4:43.35
35	Andrew Lichter	FR	Northwestern	4:45.00	4:45.69
36	James Jensen	FR	Mount Marty College	4:40.00	4:46.73
37	Alan Stuber	FR	D Wesley	4:55.00	4:54.88
38	Matt Wattier	SO	U Sioux Fall	4:34.25	4:56.91
39	Nathan Licher	SR	Northwestern	4:45.00	5:01.67
40	Andrew Soden	FR	Buena Vista	5:20.00	5:11.50

Men 5000 Meter Run UCO

Name	Year	School	Seed	Finals	
1	Cody Bordewyk	SR	Black Hills State	14:55.00	14:56.22
2	Laine Parish	SO	Black Hills State	15:00.00	14:56.53
3	Neil Long	JR	Black Hills State	15:25.00	15:10.62
4	Chris Heezen		Unattached	15:11.87	15:11.76
5	Devon Berkness	JR	Dakota State	15:20.00	15:16.01
6	Eamin Entwisle	SO	University of Mary	14:59.00	15:20.09
7	Chris Gruenhagen		Unattached	15:40.00	15:20.17
8	Eric Tudor	FR	Dordt	15:50.00	15:40.54
9	Anthony Bongard		Unattached	15:40.00	15:49.16
10	Brandon Velasquez	SO	Minot State	15:59.00	15:51.71
11	York Thomas	JR	Wayne State College	16:12.00	15:54.37
12	Alex Lohr		Unattached	15:50.00	15:54.66
13	Ryan Evans	FR	Augustana College	15:45.00	16:06.85
14	Mo Keller	FR	Mount Marty College	17:21.44	17:17.09
15	Kendall Witzen	SO	Jamestown College	17:37.00	17:23.94

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****...Men 5000 Meter Run UCO**

16	Mykl Boyd-Raska	FR Briar Cliff	17:17.40	17:27.18
17	Glen Elder	SR U Sioux Fall	17:00.00	17:35.77
18	Andrew Johnson	SO Northwestern	17:00.00	17:55.09
19	John Towle	SO Minot State	18:00.00	17:58.01
20	Chris Riley	SR Mount Marty College	18:05.58	18:00.10
21	Kyle Sanderson	SR Dakota State	17:45.00	18:05.69
22	Caleb Belter	FR Jamestown College	18:30.00	18:31.60
23	Jeff Sawatzky	JR Dakota State	17:45.00	18:34.50
24	Jason Wesselmann	FR Briar Cliff	19:00.00	18:54.02
25	Tyler Drenkow	FR Northwestern	17:02.00	19:08.63
--	Jimmy Thomas	FR U Sioux Fall	17:30.00	DNF
--	Connor Lindquist	FR Briar Cliff	18:20.00	DNF
--	Joseph Koerber	JR Jamestown College	16:30.00	DNF
--	Joe Noyes	SO U Sioux Fall	16:00.00	DNF

Men 10000 Meter Run UCO

Name	Year	School	Seed	Finals
1	Chris Heezen	Unattached	31:33.08	31:56.81
2	Thomas Madut	SR D Wesley	32:30.00	32:24.34
3	Nathan Hopp	FR Unattached	33:00.00	32:53.24
4	Birch Haraden	SR Black Hills State	32:45.00	32:59.83
5	Samuel Chavez	SR Dickinson State	33:16.59	33:30.12
6	Joe Noyes	SO U Sioux Fall	33:00.00	34:25.65
7	Leon Medina	FR Minot State	32:45.00	35:14.91
8	Brett Szafarski	FR Minot State	33:15.00	35:58.35
9	Jimmy Thomas	FR U Sioux Fall	37:41.00	37:35.19
10	Dave Londe	FR Jamestown College	36:40.55	37:51.20
--	Adam Verhoef	SO Northwestern	36:00.00	DNF

Men 110 Meter Hurdles UCO

Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1	Tanner Russ	SR Buena Vista	14.95	14.91q	-0.4	3
2	Jordan Smith	FR USD	15.50	15.31q	-0.4	3
3	Bill Cameron	SR No. State	14.62	15.41q	-1.4	2
4	Erik Lindsay	JR Briar Cliff	14.80	15.44q	-1.8	1
5	Luke Hauert	FR No. State	15.25	15.51q	-1.4	2
6	Kurtis Gross	SO Dickinson State	15.20	15.56q	-1.8	1
7	Colin Vandehoef	Unattached	15.25	15.61q	-1.4	2
8	Caleb Young	FR Briar Cliff	15.60	15.67q	-1.4	2
9	Paul Mallory	SO Augustana College	14.92	15.70	-0.4	3
10	Travis Jimenez	FR No. State	15.92	15.83	-1.4	2
11	Ben Schemp	Unattached	15.35	15.85	-1.8	1
12	Josh Ewalt	JR Jamestown College	15.56	16.20	-0.4	3
13	Mike Trobough	FR Briar Cliff	16.92	16.49	-0.4	3
14	Chris Hubbs	FR SDSU	15.57	16.56	-1.8	1
15	Ryan Maloney	FR U Sioux Fall	16.85	16.79	-0.4	3
16	Scott Roemmich	FR Jamestown College	16.56	17.06	-1.8	1
17	Matt Zilverberg	FR U Sioux Fall	17.85	17.52	-1.4	2
18	Tyler Maxwell	FR USD	17.00	18.87	-1.8	1
19	Jared Thomas	SR D Wesley	17.00	25.73	-1.4	2

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****Men 110 Meter Hurdles UCO**

Name	Year	School	Prelims	Finals	Wind
Finals					
1 Luke Hauert	FR	No. State	15.51	14.71	2.1
2 Erik Lindsay	JR	Briar Cliff	15.44	14.91	2.1
3 Jordan Smith	FR	USD	15.31	15.02	2.1
4 Bill Cameron	SR	No. State	15.41	15.21	2.1
5 Kurtis Gross	SO	Dickinson State	15.56	15.51	2.1
6 Colin Vandehoef		Unattached	15.61	15.69	2.1
7 Tanner Russ	SR	Buena Vista	14.91	16.19	2.1
8 Caleb Young	FR	Briar Cliff	15.67	16.25	2.1
Preliminaries					
9 Paul Mallory	SO	Augustana College	15.70		
10 Travis Jimenez	FR	No. State	15.83		
11 Ben Schemp		Unattached	15.85		
12 Josh Ewalt	JR	Jamestown College	16.20		
13 Mike Trobough	FR	Briar Cliff	16.49		
14 Chris Hubbs	FR	SDSU	16.56		
15 Ryan Maloney	FR	U Sioux Fall	16.79		
16 Scott Roemmich	FR	Jamestown College	17.06		
17 Matt Zilverberg	FR	U Sioux Fall	17.52		
18 Tyler Maxwell	FR	USD	18.87		
19 Jared Thomas	SR	D Wesley	25.73		

Men 400 Meter Hurdles UCO

Name	Year	School	Seed	Finals	H#
Finals					
1 Monte Larsen	FR	Morningside College	53.68	54.01	4
2 Bill Cameron	SR	No. State	52.94	54.41	4
3 Luke Hauert	FR	No. State	54.67	54.81	4
4 Tanner Russ	SR	Buena Vista	54.80	55.25	4
5 Scott Roemmich	FR	Jamestown College	55.89	55.84	3
6 Darwin Schwartz	JR	Minot State	55.17	56.27	4
7 Colin Vandehoef		Unattached	56.02	56.60	3
8 Andrew Smith	FR	Buena Vista	55.80	56.93	3
9 Andrew Vander Woude	FR	Dordt	56.50	57.07	3
10 Chris Hubbs	FR	SDSU	57.32	57.26	2
11 Zach Morris	JR	Augustana College	55.82	57.26	3
12 Paul Mallory	SO	Augustana College	55.58	57.77	4
13 Ryan Maloney	FR	U Sioux Fall	58.26	57.85	2
14 Josh Steinhoff		Unattached	59.01	57.95	2
15 Ben Schemp		Unattached	57.95	58.07	2
16 Travis Jimenez	FR	No. State	54.92	58.83	4
17 Tim Boonstra	SR	Dordt	57.00	59.75	3
18 Jordan Davis	FR	University of Mary	58.38	59.80	2
19 Phillip Carmody	SO	Dakota State	59.10	1:00.11	2
20 Abraham Klafter	FR	Northwestern	1:00.78	1:00.99	1
21 Alex Zuke	JR	U Sioux Fall	58.66	1:01.24	2
22 Mike Bredeson	FR	SDSU	1:00.18	1:01.99	1
23 Jordan Boekhout	FR	Northwestern	1:01.67	1:03.98	1
24 Dan Cunningham	FR	Morningside College	1:02.11	1:04.38	1
25 Jay Overgard	FR	Mount Marty College	1:03.43	1:04.42	1
26 Chris Sterrett		Unattached		1:05.61	2

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Men 400 Meter Hurdles UCO**

-- Kelly Roemmich SR Jamestown College 56.09 DQ 3

Men 3000 Meter Steeplechase UCO

Name	Year	School	Seed	Finals
1 Matt Fideler	JR	Dakota State	9:33.00	9:21.55
2 Anthony Drealan	JR	Dakota State	9:40.00	9:23.03
3 Nate Preston	SR	Wayne State College	9:24.56	9:26.01
4 Isaac VanDyke	SR	D Wesley	9:30.00	9:27.35
5 Jarvis Jelen		Unattached	9:15.00	9:29.64
6 KC Fiedler	JR	Black Hills State	9:40.00	9:32.52
7 Greg Vollmer		Unattached	9:40.00	9:33.50
8 John Kern	JR	Wayne State College	9:40.00	9:49.54
9 Josh Schmeichel	SR	No. State	9:44.39	9:53.36
10 Kyle Schmidt	FR	SDSU		9:55.08
11 Brock Rose	SO	No. State	10:25.00	10:10.15
12 Ronnie Kylo		Unattached	10:00.00	10:10.55
13 Alex Weborg	FR	Morningside College	10:30.30	10:14.32
14 Joseph Koerber	JR	Jamestown College	10:10.00	10:14.93
15 Cory Meza	SO	Minot State	10:15.00	10:20.08
16 Todd Wolf	FR	Morningside College	10:30.24	10:24.65
17 Nate McKeown		Unattached	10:30.00	10:29.03
18 Michael Hoffman	FR	Dakota State	10:48.00	10:31.55
19 Dustin Boyle	SR	U Sioux Fall	10:57.12	10:42.42
20 Keagan Hicks	FR	Northwestern	11:11.66	10:47.76
21 Brian Christiansen	FR	Buena Vista	11:00.00	10:49.85
22 Jesse Baldwin	FR	Northwestern	11:00.00	11:02.48
23 Chase Ward	FR	U Sioux Fall	11:54.85	12:11.27

Men 4x100 Meter Relay UCO

School	Seed	Prelims	H#
Preliminaries			
1 Briar Cliff University 'A'	42.14	41.98q	1
1) Jon Smith JR			
2) Sam Acheampong FR			
3) Cecil Milton FR			
4) Erik Lindsay JR			
2 Dordt 'A'	42.16	42.30q	1
1) Roland Osaе-Opang JR			
2) Trevor Wolterstorff FR			
3) Aaron Floen FR			
4) Nic Pfeifle FR			
3 University of Mary 'A'	43.11	42.53q	1
1) Jordan Puhalla JR			
2) Cory Ploof SO			
3) Deland Weyrauch FR			
4) Tracy Lide FR			
4 Wayne State College 'A'	42.45	42.77q	2
1) Drew Molacek JR			
2) Michael King FR			
3) Cody Diehl SO			
4) Alex Timperley SO			
5 Dickinson State 'A'	43.75	42.82q	2
1) Bonamy Cordero JR			
2) Thomas Whyley JR			
3) Trevino Thompson SO			
4) Josh Neumiller FR			
6 Northern State University 'A'	41.81	43.18q	2
1) Luke Hauert FR			
2) Trevor Mau FR			
3) Austin Suther SO			
4) Calvin McGruder JR			
7 Northwestern College 'A'	43.45	43.31q	1
1) Brandon Hammack FR			
2) Taylor Hoekstra FR			

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Men 4x100 Meter Relay UCO**

3) Parker Moore SO	4) Jordan Langer JR			
8 Minot State University 'A'		43.26	43.36q	2
1) Johnny Lester JR	2) Darwin Schwartz JR			
3) Devin Hiller SR	4) Andy Palacio SR			
9 Jamestown College 'A'		42.96	43.38	1
1) Scott Roemmich FR	2) Josh Ewalt JR			
3) Brent Jansen SO	4) Lyndon Schmidt SR			
10 Dakota Wesleyan University 'A'		43.90	43.53	2
1) Jared Dewaard SO	2) Dalton Smith FR			
3) Juston Wynia FR	4) Jordan Miller FR			
11 Northern State University 'B'		43.50	43.75	1
1) Zak Kjolsing SO	2) Augustus Capers JR			
3) Matt Greenfield SO	4) Zuri Nance FR			
12 Dakota State University 'A'		43.20	43.81	2
1) Phillip Carmody SO	2) Stacey Berg FR			
3) Zach Bakke FR	4) Jared Mengershausen JR			
13 Briar Cliff University 'B'		44.00	44.44	1
1) Cody Spreeman FR	2) Mike Trujillo FR			
3) Caleb Young FR	4) Cam Terry FR			
14 Dordt 'B'		44.00	44.56	1
1) Tim Boonstra SR	2) Sam Du Mez SO			
3) David Riley FR	4) Joe Lammers SO			
15 University South Dakota 'A'		42.50	45.00	2
1) Chad Pinkelman SO	2) Brandon Kovash FR			
3) Tyler Williamson JR	4) Ben Oberle SR			
-- Buena Vista University 'A'		44.20	DQ	2
1) Kenneth Nichols JR	2) Justus Harris FR			
3) Stefan Peterson SO	4) Chris Richardson FR			

Men 4x100 Meter Relay UCO

School	Prelims	Finals
=====		
Finals		
1 Briar Cliff University 'A'	41.98	42.44
1) Jon Smith JR	2) Sam Acheampong FR	
3) Cecil Milton FR	4) Erik Lindsay JR	
2 Wayne State College 'A'	42.77	42.47
1) Drew Molacek JR	2) Michael King FR	
3) Cody Diehl SO	4) Alex Timperley SO	
3 Dordt 'A'	42.30	42.72
1) Roland Osaе-Opang JR	2) Trevor Wolterstorff FR	
3) Aaron Floen FR	4) Nic Pfeifle FR	
4 Northern State University 'A'	43.18	42.73
1) Luke Hauert FR	2) Trevor Mau FR	
3) Austin Suther SO	4) Calvin McGruder JR	
5 Minot State University 'A'	43.36	43.24
1) Johnny Lester JR	2) Darwin Schwartz JR	
3) Devin Hiller SR	4) Andy Palacio SR	
6 University of Mary 'A'	42.53	43.32
1) Jordan Puhalla JR	2) Cory Ploof SO	
3) Deland Weyrauch FR	4) Tracy Lide FR	
-- Northwestern College 'A'	43.31	DNF
1) Brandon Hammack FR	2) Taylor Hoekstra FR	
3) Parker Moore SO	4) Jordan Langer JR	

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Men 4x100 Meter Relay UCO**

Preliminaries

5 Dickinson State 'A'	42.82
1) Bonamy Cordero JR	2) Thomas Whyley JR
3) Trevino Thompson SO	4) Josh Neumiller FR
9 Jamestown College 'A'	43.38
10 Dakota Wesleyan University 'A'	43.53
11 Northern State University 'B'	43.75
12 Dakota State University 'A'	43.81
13 Briar Cliff University 'B'	44.44
14 Dordt 'B'	44.56
15 University South Dakota 'A'	45.00
-- Buena Vista University 'A'	DQ

Men 4x200 Meter Relay UCO

School	Seed	Prelims	H#
1 Dordt 'A'	1:28.00	1:28.00q	2
1) Aaron Floen FR	2) Alex Henderson FR		
3) Trevor Wolterstorff FR	4) Nic Pfeifle FR		
2 University of Mary 'A'	1:29.81	1:28.32q	2
1) Jordan Puhalla JR	2) Cory Ploof SO		
3) Deland Weyrauch FR	4) Tracy Lide FR		
3 Dickinson State 'A'	1:28.61	1:29.71q	1
1) Bonamy Cordero JR	2) Thomas Whyley JR		
3) Trevino Thompson SO	4) Josh Neumiller FR		
4 University South Dakota 'A'	1:29.34	1:29.89q	1
1) Cody Linder SO	2) Brandon Kovash FR		
3) Tyler Williamson JR	4) Ben Oberle SR		
5 Briar Cliff University 'A'	1:30.00	1:31.47q	1
1) Cody Spreeman FR	2) Brandon Henry FR		
3) Cecil Milton FR	4) Tony Cosentino FR		
6 Northern State University 'A'	1:30.00	1:32.02q	2
1) Kyle Weisbeck SR	2) Eric Peterson FR		
3) Augustus Capers JR	4) Austin Suther SO		
7 Northwestern College 'A'	1:34.00	1:32.67q	2
1) Mark Johnson FR	2) Rick Te Grootenhuis FR		
3) Tim Vermeer FR	4) Jeremy Sheppard SO		
8 Buena Vista University 'A'	1:30.00	1:35.96q	1
1) Kenneth Nichols JR	2) Chris Richardson FR		
3) Brian Patterson FR	4) Justus Harris FR		
-- Dakota State University 'A'	1:32.00	DQ	2
1) Zach Bakke FR	2) Brenton Hunter SR		
3) Stacey Berg FR	4) Jared Mengenhause JR		

Men 4x200 Meter Relay UCO

School	Prelims	Finals
1 Dordt 'A'	1:28.00	1:28.21
1) Nic Pfeifle FR	2) Trevor Wolterstorff FR	
3) Aaron Floen FR	4) Alex Henderson FR	
2 University of Mary 'A'	1:28.32	1:28.71
1) Jordan Puhalla JR	2) Cory Ploof SO	

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Men 4x200 Meter Relay UCO**

3) Deland Weyrauch FR	4) Tracy Lide FR		
3 Dickinson State 'A'		1:29.71	1:30.14
1) Bonamy Cordero JR	2) Thomas Whyley JR		
3) Trevino Thompson SO	4) Josh Neumiller FR		
4 Briar Cliff University 'A'		1:31.47	1:30.51
1) Cecil Milton FR	2) Joe Cisneros FR		
3) Brandon Henry FR	4) Erik Lindsay JR		
5 University South Dakota 'A'		1:29.89	1:30.70
1) Cody Linder SO	2) Brandon Kovash FR		
3) Tyler Williamson JR	4) Ben Oberle SR		
6 Northwestern College 'A'		1:32.67	1:33.28
1) Mark Johnson FR	2) Rick Te Grootenhuis FR		
3) Tim Vermeer FR	4) Jeremy Sheppard SO		
7 Buena Vista University 'A'		1:35.96	1:37.99
1) Kenneth Nichols JR	2) Chris Richardson FR		
3) Brian Patterson FR	4) Justus Harris FR		
-- Northern State University 'A'		1:32.02	DQ
1) Kyle Weisbeck SR	2) Eric Peterson FR		
3) Augustus Capers JR	4) Austin Suther SO		
Preliminaries			
-- Dakota State University 'A'			DQ
1) Zach Bakke FR	2) Brenton Hunter SR		
3) Stacey Berg FR	4) Jared Mengenhause JR		

Men 4x400 Meter Relay UCO

School	Seed	Finals	H#
Finals			
1 Dordt 'A'	3:19.00	3:19.39	3
1) Andrew Vander Woude FR	2) Trevor Wolterstorff FR		
3) Nic Pfeifle FR	4) Josiah Luttjeboer JR		
2 Northern State University 'A'	3:19.95	3:21.00	3
1) Luke Hauert FR	2) Ryan Conrad JR		
3) Eric Peterson FR	4) Bill Cameron SR		
3 Dakota State University 'A'	3:20.00	3:21.46	3
1) Cody Foreman SR	2) Stacey Berg FR		
3) Tyler VanPeurse SR	4) Andy Coy FR		
4 Jamestown College 'A'	3:25.86	3:22.00	2
1) Josh Ewalt JR	2) Scott Roemmich FR		
3) Brent Jansen SO	4) Lyndon Schmidt SR		
5 Northwestern College 'A'	3:23.19	3:22.48	3
1) Brandon Hammack FR	2) Mark Johnson FR		
3) Rick Te Grootenhuis FR	4) Taylor Hoekstra FR		
6 Morningside College 'A'	3:21.19	3:24.93	3
1) John Harris FR	2) Jeremiah Avise Rouse SR		
3) Brian Gesink JR	4) Monte Larsen FR		
7 Minot State University 'A'	3:25.00	3:26.07	3
1) Darwin Schwartz JR	2) Gary Heitkamp SO		
3) Johnny Lester JR	4) Devin Hiller SR		
8 Wayne State College 'A'	3:19.50	3:26.42	3
1) Drew Molacek JR	2) Michael King FR		
3) Andrew Jansen SO	4) Jeff Mills FR		
9 Dakota Wesleyan University 'A'	3:28.00	3:26.62	2
1) Juston Wynia FR	2) Dalton Smith FR		

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Men 4x400 Meter Relay UCO**

3) Jordan Miller FR	4) Jared Dewaard SO			
10 Briar Cliff University 'A'		3:25.42	3:26.98	2
1) Tony Cosentino FR	2) Brandon Henry FR			
3) Erik Lindsay JR	4) Luke Sachau FR			
11 University of Mary 'A'		3:27.00	3:27.25	2
1) Tracy Lide FR	2) Jordan Davis FR			
3) Brandon Delao FR	4) Deland Weyrauch FR			
12 Morningside College 'B'		3:29.53	3:28.59	2
1) Nick Grove JR	2) Ed Graf SR			
3) Joel Van Wyk SO	4) Peter Malga FR			
13 Buena Vista University 'A'		3:25.00	3:31.05	3
1) Tanner Russ SR	2) Brian Patterson FR			
3) Chris Richardson FR	4) Justus Harris FR			
14 Mount Marty College 'A'		3:33.09	3:32.11	2
1) Mitchell Zenk SO	2) Dane Hansen FR			
3) Kalib Heeren	4) Titus Kosgei JR			
15 Briar Cliff University 'B'		3:34.00	3:34.67	2
1) Thomas Hunt FR	2) Joe Cisneros FR			
3) Kelly Polacek FR	4) Tommy Stuart FR			
16 Morningside College 'C'		3:37.40	3:34.81	1
1) Tyler Leinbaugh SO	2) Taylor Champan FR			
3) Todd Wolf FR	4) Alex Weborg FR			
17 Morningside College 'D'		3:48.00	3:48.49	1
1) Kyle Hoffman FR	2) Cody Danko FR			
3) AJ King FR	4) Dan Cunningham FR			
-- Buena Vista University 'B'		3:38.00	DNF	1
1) Andrew Smith FR	2) Kenneth Nichols JR			
3) Alex Moore SR	4) Garrett Hill SR			
-- Unattached 'A'		3:26.00	DNF	2
1) Greg Meister FR	2)			

Men 4x800 Meter Relay UCO

School	Seed	Finals
1 Northern State University 'A'	7:53.00	7:54.52
1) Jacob Arechigo FR	2) Jayce Seelig FR	
3) Matt Peterson SO	4) Richard Keroack SO	
2 Jamestown College 'A'	7:53.67	8:01.30
1) Lief Rasmussen SR	2) Kelly Roemmich SR	
3) Nathan Christensen SO	4) Cody Roland SR	
3 Briar Cliff University 'A'	8:00.00	8:03.02
1) Luke Sachau FR	2) Bryce Kinard FR	
3) Tommy Stuart FR	4) Kelly Polacek FR	
4 Dordt 'A'	7:52.00	8:06.12
1) Jon Vroom SR	2) Tim Boonstra SR	
3) Ian Kuipers FR	4) Josiah Luttjeboer JR	
5 Morningside College 'A'	8:04.10	8:06.25
1) Ed Graf SR	2) John Harris FR	
3) Peter Malga FR	4) Monte Larsen FR	
6 Unattached 'A'	8:00.00	8:08.33
1) Chris Nordstrom	2) Greg Meister FR	
3) Kasey Hoffman	4) Andrew Jacob FR	
7 Dakota State University 'A'	8:11.00	8:29.20
1) Andy Quenzer SO	2) Andrew Manning SO	

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Men 4x800 Meter Relay UCO**

3) Jerad Schlobohm JR	4) John Bintliff SO		
8 Mount Marty College 'A'	8:00.00	8:30.96	
1) Dane Hansen FR	2) James Jensen FR		
3) Mitchell Zenk SO	4) Titus Kosgei JR		
9 Minot State Universi 'A'	8:30.00	8:45.06	
1) Brandon Velasquez SO	2) Ryan Perry FR		
3) Ben Eder FR	4) Gary Heitkamp SO		
10 Dordt 'B'	8:10.00	8:57.86	
1) Miguel Lantan FR	2) Stephen Olson FR		
3) Nathan Scripps FR	4) Jacob Buss FR		

Men 1600 Sprint Medley UCO

School	Seed	Finals	H#
1 Dordt 'A'	3:30.00	3:27.75	2
1) Joe Lammers SO	2) Nic Pfeifle FR		
3) Josiah Luttjeboer JR	4) Mark Eekhoff SR		
2 Morningside College 'A'	3:30.23	3:33.15	2
1) Tyler Heitman FR	2) Michael Huseman FR		
3) Brian Gesink JR	4) Monte Larsen FR		
3 Dakota State University 'A'	3:32.00	3:33.17	2
1) Zach Bakke FR	2) Jared Mengenhausen JR		
3) Cody Foreman SR	4) Matt Fideler JR		
4 Dordt 'B'	3:31.00	3:37.12	2
1) Roland Osaе-Opang JR	2) Aaron Floen FR		
3) Ryan Tholen FR	4) David Christensen SR		
5 Buena Vista University 'A'	3:33.00	3:38.47	2
1) Tanner Russ SR	2) Justus Harris FR		
3) Brian Patterson FR	4) Andrew Smith FR		
6 University of Mary 'A'	3:36.08	3:38.72	1
1) Jordan Puhalla JR	2) Cory Ploof SO		
3) Deland Weyrauch FR	4) Brandon Delao FR		
7 Northern State University 'A'	3:30.00	3:39.06	2
1) Travis Jimenez FR	2) Austin Suther SO		
3) Jacob Arechigo FR	4) Jayce Seelig FR		
8 Dakota Wesleyan University 'A'	3:38.00	3:40.88	1
1) Jared Dewaard SO	2) Jordan Miller FR		
3) Dalton Smith FR	4) Mike Lynch SO		
9 Briar Cliff University 'A'	3:36.00	3:50.20	1
1) Cody Spreeman FR	2) Caleb Young FR		
3) Joe Cisneros FR	4) Josheb Benson FR		
10 University South Dakota 'A'	3:30.00	3:53.97	2
1) Brandon Kovash FR	2) Ben Oberle SR		
3) Kyle Poss SO	4) Bryan Aberle JR		
11 Minot State Universi 'A'	3:52.00	4:00.64	1
1) Andy Palacio SR	2) Jordan Visina FR		
3) Ben Eder FR	4) Luis Elizondo SO		

Men Distance Medley UCO

School	Seed	Finals
1 Dakota State University 'A'	10:01.00	10:11.69
1) Tyler VanPeursem SR	2) Cody Foreman SR	

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Men Distance Medley UCO**

3) Matt Fideler JR	4) Anthony Drealan JR		
2 Augustana College 'B'	10:15.00	10:27.48	
1) Daniel Black SR	2) Zach Morris JR		
3) Jordan Slusser FR	4) Austin Vande Berg SR		
3 Augustana College 'A'	10:15.00	10:28.19	
1) Brian Werner SR	2) Aduo Omot FR		
3) Travis Beniak SO	4) Halvard Lang SO		
4 University of Mary 'A'	10:45.00	10:39.53	
1) Casey Jore FR	2) Jordan Davis FR		
3) Eric Mohrbacher FR	4) Eamin Entwisle SO		
5 So Dakota State Universit 'A'		10:39.97	
1) Brad Anderson SO	2) Chris Hubbs FR		
3) Kelly Hall SO	4) Kyle Schmidt FR		
6 Jamestown College 'A'	11:00.00	11:05.52	
1) Kendall Witzen SO	2) Kyle Heim FR		
3) Ryan Heisler FR	4) Joseph Koerber JR		
7 Northwestern College 'A'	10:40.00	11:09.05	
1) Jordan Vermeer	2) Adam Potter FR		
3) Nick Tjeerdsma FR	4) Sean Guthmiller FR		
8 Dordt 'A'	10:50.00	11:26.54	
1) Stephen Olson FR	2) David Riley FR		
3) Jon Vroom SR	4) Nathan Scripps FR		
-- Buena Vista University 'A'	11:00.00	DNF	
1) Jared Bruce FR	2) Alex Moore SR		
3) Garrett Hill SR	4) Brian Christiansen FR		

Men High Jump UCO

Name	Year	School	Seed	Finals
1 Clay Pagels	FR	Briar Cliff	6-06.00	2.04m 6-08.25
2 Kyle Groon		Unattached	6-09.00	1.99m 6-06.25
3 Eric Bauder		Unattached		1.94m 6-04.25
4 Trevor Lopour	FR	Mount Marty College	6-08.00	J1.94m 6-04.25
4 Frank Thompson	JR	D Wesley	6-08.00	J1.94m 6-04.25
6 Andrew Rose	JR	No. State	6-09.00	J1.94m 6-04.25
7 Curtis Rife	FR	Morningside College	6-06.00	1.89m 6-02.25
7 Ryan Gass	JR	Morningside College	6-09.00	1.89m 6-02.25
7 Calvin McGruder	JR	No. State	6-07.50	1.89m 6-02.25
7 Mark Mineart	SO	Northwestern	6-03.25	1.89m 6-02.25
7 Cory Sugden	FR	Augustana College	6-07.00	1.89m 6-02.25
12 Travis Kamm	JR	No. State	6-04.75	1.84m 6-00.50
12 Sam Meinders	FR	Buena Vista	6-03.25	1.84m 6-00.50
12 Alex Liberty		Unattached	6-02.00	1.84m 6-00.50
12 Lance Nemece	SR	University of Mary	6-06.00	1.84m 6-00.50
16 Jacob Pohlmann	FR	Augustana College	6-02.25	1.79m 5-10.50
16 Jeff Seagren	SR	Unattached	6-04.00	1.79m 5-10.50
16 Cody McCargar	SO	University of Mary	6-04.00	1.79m 5-10.50
16 Tyler Maxwell	FR	USD	6-00.75	1.79m 5-10.50
16 Sam Du Mez	SO	Dordt	5-08.75	1.79m 5-10.50
16 Canyon Parcell	SO	Dickinson State	5-07.00	1.79m 5-10.50
-- Kyle Heidema	SO	Dordt	5-08.75	NH
-- Phillip Rodriguez	FR	Minot State	5-08.00	NH
-- Bryce Reinders	FR	Briar Cliff	6-00.00	NH
-- Matt Zilverberg	FR	U Sioux Fall	5-10.75	NH

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Men High Jump UCO**

-- Chad Pinkelman	SO USD	6-06.75	NH
-- Chancy Cameron	SO Dakota State	5-11.25	NH

Men Pole Vault UCO

Name	Year	School	Seed	Finals	
1 Bryan Braley	JR	USD	14-09.00	15-00.00	4.57m
2 Wade Royer	SR	No. State	15-05.50	J15-00.00	4.57m
3 Brian Schenavar	SO	U Sioux Fall	16-00.75	J15-00.00	4.57m
4 Tane Owens	SR	Unattached	15-09.00	J15-00.00	4.57m
5 Greg Schenavar	SR	University of Mary	14-06.00	14-06.00	4.41m
6 Joshua Brinkerhoff	FR	Dordt	14-03.25	14-00.00	4.26m
7 Jeff Mills	FR	Wayne State College	15-01.00	J14-00.00	4.26m
8 James Vollmer	JR	Jamestown College	14-07.25	13-06.00	4.11m
8 Andrew Stoen	JR	Jamestown College	15-05.00	13-06.00	4.11m
8 Tanner Willard	SO	USD	14-09.00	13-06.00	4.11m
11 Jeff Seagren	SR	Unattached	12-11.50	13-00.00	3.96m
12 Jacob Pohlmann	FR	Augustana College	12-00.00	12-06.00	3.81m
12 Sean Bicknase	FR	Briar Cliff	11-05.75	12-06.00	3.81m
12 Alex Liberty		Unattached	13-05.25	12-06.00	3.81m
12 David Wilch	FR	Morningside College	12-03.50	12-06.00	3.81m
12 Johnny Nguyen	SR	Dickinson State	12-11.75	12-06.00	3.81m
-- Tim Simonich	FR	University of Mary	14-00.00		NH
-- Jake Kunkle	FR	U Sioux Fall	14-03.25		NH
-- Cody Diehl	SO	Wayne State College	15-09.00		NH
-- Grant Aden		Unattached	11-05.75		NH
-- Caleb Miles	FR	Dordt	9-10.00		NH
-- Michael Barrios	FR	Dickinson State	12-06.00		NH
-- Daniel Filsinger	FR	Mount Marty College	12-09.50		NH
-- Dillon Ostby	SO	D Wesley			NH
-- Kurtis Gross	SO	Dickinson State	13-05.75		NH
-- Caleb Coffee	JR	U Sioux Fall	15-05.00		NH
-- Chad Aurich	SR	U Sioux Fall	16-00.75		NH
-- Andrew Ellsworth	SO	U Sioux Fall	15-05.00		NH
-- Cody Hageman	JR	No. State	15-01.00		NH
-- Clint Schroeder	SR	SDSU	13-11.25		NH

Men Long Jump UCO

Name	Year	School	Seed	Finals	Wind	
1 Calvin McGruder	JR	No. State	7.32m	7.19m	+0.0	23-07.25
				6.60m(-0.9) 6.94m(0.8) 7.15m(+0.0) 7.19m(+0.0) 7.15m(-0.1) 7.01m(1.2)		
2 Trevor Mau	FR	No. State	7.15m	7.00m	+0.0	22-11.75
				7.00m(+0.0) FOUL 6.38m(-0.6) FOUL 6.56m(+0.0) 6.55m(0.3)		
3 Chad Pinkelman	SO	USD	6.85m	6.84m	1.3	22-05.25
				6.70m(-0.0) 6.84m(1.3) 6.75m(-0.8) 6.80m(0.3) 6.55m(-1.7) 6.76m(-0.5)		
4 Thomas Hartwell	FR	University of Mary	6.95m	6.74m	-0.7	22-01.50
				6.60m(0.5) 6.74m(-0.7) 6.46m(-0.8) 6.36m(+0.0) 6.47m(-1.1) 6.58m(1.1)		
5 Tyler Heitman	FR	Morningside College	6.88m	6.69m	-0.1	21-11.50
				6.69m(-0.1) 6.60m(-0.8) 6.53m(+0.0) 6.06m(+0.0) 6.48m(0.3) 6.68m(1.2)		
6 Andre Moore	FR	University of Mary	6.60m	6.52m	-0.3	21-04.75
				6.52m(-0.3) FOUL PASS PASS FOUL 6.44m(-0.8)		

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010

Olsen Stadium

Results

....Men Long Jump UCO

7	Kyle Groon	Unattached	6.85m	6.51m	1.7	21-04.25
	FOUL	FOUL	6.51m(1.7)	FOUL	FOUL	FOUL
8	Bryce Harshman	FR Briar Cliff	6.42m	6.35m	0.3	20-10.00
	6.28m(0.6)	6.34m(+0.0)	FOUL	6.27m(-1.3)	6.22m(1.2)	6.35m(0.3)
9	Ossie Dukes	FR University of Mary	6.45m	6.34m	+0.0	20-09.75
	5.91m(-0.8)	6.34m(+0.0)	6.33m(0.6)	5.83m(-0.3)	FOUL	6.28m(-0.3)
10	Cody Linder	SO USD	7.01m	6.26m	-0.9	20-06.50
	6.26m(-0.9)	FOUL	6.20m(-0.6)			
11	Stacey Berg	FR Dakota State	6.80m	6.21m	1.7	20-04.50
	6.09m(+0.0)	FOUL	6.21m(1.7)			
12	Dave Thomas	FR Briar Cliff	6.28m	6.14m	+0.0	20-01.75
	6.14m(+0.0)	6.03m(-1.0)	6.01m(0.5)			
13	Lucas Delacruz	Unattached	6.40m	6.12m	+0.0	20-01.00
	FOUL	5.93m(-1.0)	6.12m(+0.0)			
14	Josh Ewalt	JR Jamestown College	6.35m	6.09m	-1.0	19-11.75
	6.09m(-1.0)	5.94m(-1.1)	5.78m(-0.2)			
15	Austin Suther	SO No. State	6.65m	6.08m	-0.1	19-11.50
	6.02m(-1.6)	6.08m(-0.1)	FOUL			
16	Austin Schneiders	FR Morningside College	6.00m	6.06m	1.5	19-10.75
	6.06m(1.5)	5.78m(-1.8)	FOUL			
17	Joe Lammers	SO Dordt	6.00m	6.05m	-0.8	19-10.25
	5.88m(-2.3)	5.77m(-0.8)	6.05m(-0.8)			
18	Zach Bakke	FR Dakota State	6.70m	5.99m	-0.9	19-08.00
	5.99m(-0.9)	5.94m(-0.1)	5.66m(0.5)			
19	Michael King	FR Wayne State College	6.20m	5.98m	1.1	19-07.50
	FOUL	5.98m(1.1)	FOUL			
20	Tyler Walker	FR Northwestern	6.12m	5.97m	-1.1	19-07.00
	5.97m(-1.1)	FOUL	5.74m(2.6)			
21	Adam Schwery	FR Briar Cliff	6.04m	5.96m	1.6	19-06.75
	FOUL	FOUL	5.96m(1.6)			
22	Phillip Carmody	SO Dakota State	6.15m	5.89m	-0.6	19-04.00
	5.61m(0.6)	5.78m(0.3)	5.89m(-0.6)			
23	Canyon Parcell	SO Dickinson State	6.23m	5.87m	0.5	19-03.25
	5.87m(0.5)	5.80m(-0.6)	5.73m(-1.7)			
24	Travis Kamm	JR No. State	6.20m	5.79m	+0.0	19-00.00
	5.79m(+0.0)	5.47m(2.7)	FOUL			
25	Brandon Frey	SO Mount Marty College	5.90m	5.77m	-1.1	18-11.25
	5.77m(-1.1)	5.51m(-0.7)	5.45m(+0.0)			
26	Zak Kjolsing	SO No. State	6.25m	5.72m	-1.5	18-09.25
	FOUL	5.72m(-1.5)	FOUL			
27	Zack Mullins	SO Briar Cliff	5.85m	5.68m	-3.1	18-07.75
	5.54m(-2.2)	5.38m(-0.9)	5.68m(-3.1)			
28	Austin Eichacker	FR SDSU	6.20m	5.63m	+0.0	18-05.75
	5.63m(+0.0)	5.33m(1.1)	FOUL			
29	Alex Moore	SR Buena Vista	5.70m	5.59m	-1.0	18-04.25
	5.59m(-1.0)	5.54m(-1.5)	5.31m(-0.8)			
29	Jordan Visina	FR Minot State	5.87m	5.59m	-0.9	18-04.25
	5.50m(-2.1)	5.59m(-0.9)	FOUL			
31	David Wilch	FR Morningside College	6.12m	5.53m	0.5	18-01.75
	5.53m(0.5)	5.31m(-0.1)	5.22m(1.0)			
32	Ryan Gass	JR Morningside College	6.24m	5.40m	-0.3	17-08.75
	FOUL	5.40m(-0.3)	PASS			
33	Tom Merkwan	JR D Wesley	5.79m	5.38m	-2.5	17-08.00
	FOUL	5.38m(-2.5)	5.34m(1.2)			

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Men Long Jump UCO**

-- Stefan Peterson	SO Buena Vista	6.90m	FOUL
FOUL FOUL FOUL			
-- Lucas Peterson	JR Northwestern	6.23m	FOUL
FOUL FOUL FOUL			

Men Triple Jump UCO

Name	Year	School	Seed	Finals	Wind
1 Cody Linder	SO	USD	46-03.25	14.53m	+0.0
FOUL	14.03m(0.8)	14.43m(1.9)	14.53m(+0.0)	FOUL	14.52m(-0.0)
2 Chad Pinkelman	SO	USD	46-01.25	14.10m	0.8
FOUL	13.58m(2.5)	FOUL	FOUL	FOUL	14.10m(0.8)
3 Alex Timperley	SO	Wayne State College	46-00.00	14.01m	+0.0
14.01m(+0.0)	FOUL	13.44m(1.0)	13.85m(1.3)	13.80m(0.5)	FOUL
4 Andre Moore	FR	University of Mary	45-11.75	13.99m	-1.0
FOUL	FOUL	13.99m(-1.0)	13.76m(0.3)	FOUL	FOUL
5 Tyler Heitman	FR	Morningside College	47-04.25	13.75m	0.1
13.74m(1.0)	13.73m(1.2)	FOUL	13.20m(1.1)	FOUL	13.75m(0.1)
6 Bryce Harshman	FR	Briar Cliff	45-06.50	13.61m	NWI
13.43m(1.7)	FOUL	FOUL	13.14m(-0.6)	FOUL	13.61m(-0.0)
7 Thomas Hartwell	FR	University of Mary	44-01.25	13.57m	0.1
13.57m(0.1)	13.15m(-0.0)	13.53m(2.7)	FOUL	13.31m(0.8)	13.30m(1.3)
8 Tyler Zacher	JR	University of Mary	45-01.75	13.44m	1.6
FOUL	FOUL	13.44m(1.6)	12.80m(1.1)	13.38m(-0.0)	FOUL
9 Derrik Fossum	FR	D Wesley	44-11.50	13.42m	3.2
FOUL	13.42m(3.2)	FOUL	FOUL	FOUL	FOUL
9 Travis Kamm	JR	No. State	45-03.50	13.42m	0.7
13.42m(0.7)	12.96m(-0.9)	FOUL	13.23m(-0.4)	13.20m(-0.2)	FOUL
11 Trevor Holleman	SR	U Sioux Fall	44-02.75	13.39m	-0.6
13.26m(0.2)	13.39m(-0.6)	FOUL			
12 Dave Thomas	FR	Briar Cliff	43-06.50	13.31m	1.0
13.31m(1.0)	13.08m(0.9)	12.07m(4.2)			
13 Jeff Seagren	SR	Unattached	43-10.50	13.26m	1.7
13.11m(1.7)	FOUL	13.26m(1.7)			
14 Trevor Mau	FR	No. State	44-11.50	13.13m	-1.1
FOUL	13.13m(-1.1)	FOUL			
15 Zack Mullins	SO	Briar Cliff	43-02.50	13.10m	1.3
13.10m(1.3)	FOUL	FOUL			
16 Lucas Sirek	FR	Wayne State College	44-07.00	13.03m	1.1
FOUL	FOUL	13.03m(1.1)			
17 Ben Mitchell	FR	SDSU	41-06.00	12.92m	-0.3
12.61m(2.3)	12.48m(-1.1)	12.92m(-0.3)			
18 Austin Schneiders	FR	Morningside College	41-00.25	12.77m	1.1
12.57m(-0.0)	12.56m(1.4)	12.77m(1.1)			
19 Caleb Young	FR	Briar Cliff	42-04.00	12.53m	1.1
12.53m(1.1)	FOUL	FOUL			
20 Tyler Walker	FR	Northwestern	42-00.00	12.52m	1.4
FOUL	FOUL	12.52m(1.4)			
21 Ossie Dukes	FR	University of Mary	43-02.25	12.48m	+0.0
12.14m(0.3)	12.48m(+0.0)	12.39m(+0.0)			
22 Tim Krueger	FR	U Sioux Fall	41-01.50	12.40m	0.1
FOUL	FOUL	12.40m(0.1)			
23 Mike Bredeson	FR	SDSU	42-08.00	12.29m	2.8
FOUL	FOUL	12.29m(2.8)			

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Men Triple Jump UCO**

24	Mac Collins	FR Dickinson State	42-02.00	12.10m	0.9	39-08.50
	FOUL FOUL	12.10m(0.9)				
25	Jacob Martens	FR U Sioux Fall	40-04.25	11.91m	1.2	39-01.00
	11.91m(1.2) FOUL	FOUL				
--	Paul Mallory	SO Augustana College	43-07.75	FOUL		
	FOUL FOUL	FOUL				
--	Austin Eichacker	FR SDSU	42-05.25	FOUL		
	FOUL FOUL	FOUL				
--	Jeff Sebern	JR USD	46-01.25	FOUL		
	FOUL FOUL	FOUL				
--	Jordan Visina	FR Minot State	41-00.25	FOUL		
	FOUL FOUL	FOUL				

Men Shot Put UCO

Name	Year	School	Seed	Finals
1 Ben Jacobson	JR	University of Mary	55-02.75	16.74m 54-11.25
				15.80m 16.52m 16.11m 16.68m 15.99m 16.74m
2 Aaron Jung	SO	Augustana College	50-10.25	15.46m 50-08.75
				FOUL 14.53m 15.46m FOUL FOUL FOUL
3 Ben Walters		Unattached	52-06.50	15.37m 50-05.25
				14.84m 15.22m FOUL FOUL FOUL 15.37m
4 Clayton Unruh	SR	Dickinson State	51-00.00	15.18m 49-09.75
				14.58m 15.18m FOUL FOUL FOUL FOUL
5 Steven Ricke	SR	Buena Vista	50-10.25	14.76m 48-05.25
				14.76m 14.53m 14.50m 14.24m FOUL 14.40m
6 Robert Nelson	JR	Jamestown College	46-10.25	14.67m 48-01.75
				13.88m FOUL 14.55m FOUL FOUL 14.67m
7 Martel Pope	JR	Minot State	45-11.25	14.47m 47-05.75
				14.26m 14.13m 14.47m 14.41m 14.41m 14.14m
8 Andy Simons	FR	Morningside College	48-01.75	14.14m 46-04.75
				FOUL 13.76m 14.14m 14.14m FOUL FOUL
9 Delron Innis	SR	Dickinson State	58-03.75	14.00m 45-11.25
				14.00m FOUL FOUL 13.82m FOUL 13.73m
10 Paul Lundgren	JR	Northwestern	47-02.50	13.89m 45-07.00
				13.47m 13.89m FOUL
11 Tad Harman	SO	University of Mary	46-06.00	13.83m 45-04.50
				13.52m 13.83m 13.36m
12 Kiley Murra	SO	Northwestern	46-04.75	13.77m 45-02.25
				13.76m FOUL 13.77m
13 Brock Brewster	SO	USD	39-08.50	13.69m 44-11.00
				FOUL 13.69m FOUL
14 Sam Herauf	FR	Dickinson State	44-06.25	13.60m 44-07.50
				FOUL 13.60m 13.50m
15 Tyler Lynch	JR	Augustana College	48-00.75	13.50m 44-03.50
				13.47m 13.07m 13.50m
16 Dan Whipple	FR	U Sioux Fall	44-08.75	13.48m 44-02.75
				12.91m 13.48m 13.22m
17 Jared Thompson	FR	No. State	44-07.50	13.47m 44-02.50
				13.47m FOUL 13.06m
18 Mike Findley	FR	Jamestown College	40-07.75	13.44m 44-01.25
				FOUL 12.27m 13.44m
19 Jordan Premus	FR	No. State	44-09.75	13.37m 43-10.50
				13.21m 13.08m 13.37m

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Men Shot Put UCO**

20	William Dean	SR Jamestown College	44-03.25	13.15m	43-01.75
	FOUL FOUL 13.15m				
21	Orrin Burger	FR Dordt	39-00.25	13.09m	42-11.50
	12.49m 13.09m FOUL				
22	Jon Evenson	JR No. State	43-09.00	12.81m	42-00.50
	12.81m 12.34m 12.78m				
23	Travis Uleman	FR Morningside College	45-07.25	12.65m	41-06.00
	12.52m 12.65m 11.88m				
24	Brandon Bodien	FR Jamestown College	40-00.50	12.18m	39-11.50
	12.18m FOUL FOUL				
25	Jeff Rieger	FR Dakota State	41-08.00	12.09m	39-08.00
	FOUL FOUL 12.09m				
26	Jacob Chambers	SO Morningside College	40-10.25	12.03m	39-05.75
	12.03m 11.69m 12.00m				
27	Kyle Brunsting	SO USD	37-08.75	11.64m	38-02.25
	11.24m 11.64m FOUL				
28	Jameel Cunningham	FR Briar Cliff	38-11.75	11.61m	38-01.25
	11.61m FOUL 11.42m				
29	Chad Van Ravenswaay	SO Northwestern	42-08.25	11.59m	38-00.25
	FOUL 11.59m 11.54m				
30	Landon Laveranz	JR U Sioux Fall	37-11.25	11.48m	37-08.00
	FOUL 11.04m 11.48m				
31	Jay Bachman	FR Jamestown College	36-06.75	11.43m	37-06.00
	10.40m 10.77m 11.43m				
32	Casey Burke	SO Dordt	36-11.50	11.17m	36-07.75
	10.56m FOUL 11.17m				
33	Tyler Maxwell	FR USD	39-04.50	11.06m	36-03.50
	FOUL 11.06m FOUL				
34	Peter Prostrollo	FR Mount Marty College	31-02.50	9.71m	31-10.25
	9.58m 9.48m 9.71m				

Men Discus Throw UCO

Name	Year School	Seed	Finals
1 Robert Nelson	JR Jamestown College	54-09.75	48.13m 157-11
	45.91m 48.13m 46.33m FOUL FOUL FOUL		
2 Todd Davis	Unattached	159-05	46.55m 152-09
	46.55m FOUL 45.65m FOUL FOUL FOUL		
3 Travis Kroger	SO Unattached	47-02.75	44.36m 145-06
	42.03m 42.14m 41.86m 44.36m FOUL 40.69m		
4 Ben Jacobson	JR University of Mary	56-00.25	44.11m 144-09
	41.99m 43.79m 41.66m 43.15m 42.03m 44.11m		
5 Dan Probst	Unattached	157-10	43.97m 144-03
	43.80m 43.97m FOUL FOUL FOUL FOUL		
6 Tyler Schmidkunz	SO Dickinson State	35-04.25	42.28m 138-08
	42.28m FOUL 39.93m FOUL 41.48m FOUL		
7 Brett Heidema	SR Dordt	147-08	42.24m 138-07
	41.91m 39.21m FOUL 42.24m 41.54m 41.38m		
8 Tyler Lynch	JR Augustana College	59-04.75	41.93m 137-07
	41.85m 41.93m FOUL FOUL 41.06m 40.07m		
9 Ryan Ackman	FR Unattached	131-01	41.81m 137-02
	41.81m 41.44m 38.96m 40.27m 38.46m FOUL		
10 Jake Versteeg	SO U Sioux Fall	131-07	41.44m 135-11
	40.58m FOUL 41.44m		

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Men Discus Throw UCO**

11 Paul Lundgren	JR Northwestern	46-09.25	41.00m	134-06
FOUL FOUL 41.00m				
12 Aaron Jung	SO Augustana College	147-08	40.83m	133-11
FOUL 39.63m 40.83m				
13 Jon Evenson	JR No. State	41-01.25	40.48m	132-10
FOUL FOUL 40.48m				
14 Mike Findley	FR Jamestown College	22-05.25	40.06m	131-05
FOUL 40.06m FOUL				
15 Tad Harman	SO University of Mary	40-03.75	39.40m	129-03
39.40m 38.31m 38.71m				
16 Tim Martens	Unattached	44-00.50	39.24m	128-09
FOUL 39.24m FOUL				
17 Kiley Murra	SO Northwestern	31-07.75	38.43m	126-01
38.43m FOUL FOUL				
18 John Huber	JR No. State	128-04	37.59m	123-04
FOUL 37.59m FOUL				
18 Jacob Mathieson	SR Wayne State College	25-00.25	37.59m	123-04
FOUL 37.59m FOUL				
20 Jeff Rieger	FR Dakota State	19-10.75	37.21m	122-01
37.21m FOUL 37.05m				
21 Jerad Aasen	SO Minot State	20-11.50	37.00m	121-05
30.76m 37.00m FOUL				
22 Andy Simons	FR Morningside College	29-09.75	36.91m	121-01
32.63m 35.32m 36.91m				
23 Jacob Berger	FR Jamestown College	111-08	36.82m	120-10
35.29m 36.82m 36.07m				
24 Kyle O'Neill	SO Wayne State College	117-06	36.74m	120-06
FOUL 36.74m FOUL				
25 Adam Hinds	JR Briar Cliff	124-09	35.75m	117-03
FOUL 35.48m 35.75m				
26 Andy Dougherty	Unattached	37-09.75	35.47m	116-04
FOUL FOUL 35.47m				
27 Cody York	FR Briar Cliff	118-00	35.40m	116-02
35.40m FOUL 34.93m				
28 Michael Becker	FR Briar Cliff	24-10.25	34.71m	113-10
FOUL FOUL 34.71m				
29 Jordan Premus	FR No. State	20-05.25	33.23m	109-00
FOUL 32.08m 33.23m				
30 Landon Laveranz	JR U Sioux Fall	110-09	33.04m	108-05
FOUL 33.04m FOUL				
31 Zach Gaugler	JR Minot State	05-11.50	31.60m	103-08
FOUL 28.90m 31.60m				
32 Luke Gaugler	FR Minot State	05-07.25	28.53m	93-07
FOUL 28.53m FOUL				
33 Henry Hauger	SO Mount Marty College	95-07	28.06m	92-01
28.00m 28.06m 27.61m				
34 Casey Burke	SO Dordt	102-07	26.74m	87-09
26.74m FOUL FOUL				
-- William Dean	SR Jamestown College	27-07.25	FOUL	
FOUL FOUL FOUL				
-- Orrin Burger	FR Dordt	28-05.50	FOUL	
FOUL FOUL FOUL				
-- Chad Van Ravenswaay	SO Northwestern	18-09.75	FOUL	
FOUL FOUL FOUL				

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Men Discus Throw UCO**

-- Martel Pope JR Minot State 24-08.25 FOUL
 FOUL FOUL FOUL

Men Hammer Throw UCO

Name	Year	School	Seed	Finals
1 A.G. Kruger		Unattached	250-00	73.08m 239-09
68.26m FOUL FOUL	71.94m	72.95m	73.08m	
2 Ben Jacobson	JR	University of Mary	65-02.50	51.47m 168-10
FOUL FOUL 49.04m	51.47m	50.69m	FOUL	
3 Steven Ricke	SR	Buena Vista	50-11.25	48.51m 159-02
FOUL 45.26m 47.79m	FOUL	FOUL	48.51m	
4 Jacob Mathieson	SR	Wayne State College	161-05	48.44m 158-11
FOUL 48.02m 48.44m	48.42m	FOUL	FOUL	
5 Kevin Knapp	SR	Augustana College	158-04	48.42m 158-10
47.33m 48.42m FOUL	FOUL	FOUL	46.29m	
6 Delron Innis	SR	Dickinson State	143-08	46.82m 153-07
46.82m 45.25m 46.51m	46.08m	45.46m	44.81m	
7 William Dean	SR	Jamestown College	38-08.75	45.22m 148-04
45.22m FOUL FOUL	FOUL	FOUL	FOUL	
8 Tyler Schmidkunz	SO	Dickinson State	41-02.75	45.07m 147-10
44.54m 45.07m FOUL	FOUL	41.51m	42.90m	
9 Tad Harman	SO	University of Mary	40-03.75	44.67m 146-07
44.48m 44.67m FOUL	FOUL	FOUL	FOUL	
10 Brock Brewster	SO	USD	131-07	44.49m 145-11
FOUL 43.36m 44.49m				
11 Kyle O'Neill	SO	Wayne State College	21-00.25	43.70m 143-04
37.44m 43.70m 43.03m				
12 Ryan Ackman	FR	Unattached	34-06.75	42.83m 140-06
42.83m 42.08m 41.53m				
13 Josh Daniels	JR	U Sioux Fall	34-06.50	41.63m 136-07
41.63m 39.99m FOUL				
14 Travis Kroger	SO	Unattached	39-07.75	41.31m 135-06
FOUL 38.47m 41.31m				
15 John Huber	JR	No. State	47-05.25	41.20m 135-02
FOUL 41.18m 41.20m				
16 DJ Vega	SO	Buena Vista	36-02.25	41.05m 134-08
41.05m FOUL FOUL				
17 Brandon Robinson	JR	Buena Vista	41-01.25	40.75m 133-08
FOUL 40.75m FOUL				
18 Jerad Aasen	SO	Minot State	26-01.25	39.08m 128-02
FOUL 39.08m FOUL				
19 Adam Hinds	JR	Briar Cliff	41-05.50	38.88m 127-07
FOUL 38.43m 38.88m				
20 Jacob Chambers	SO	Morningside College	36-00.25	38.73m 127-01
38.73m FOUL FOUL				
21 Zach Gaugler	JR	Minot State	21-00.25	38.42m 126-00
35.64m FOUL 38.42m				
22 Sam Herauf	FR	Dickinson State	14-00.75	37.47m 122-11
34.38m 36.80m 37.47m				
23 Cody York	FR	Briar Cliff	113-01	36.91m 121-01
35.21m 36.91m FOUL				
24 Brady Johnston	JR	Minot State	01-04.50	35.83m 117-07
34.72m 35.83m 34.16m				

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Men Hammer Throw UCO**

25	Grayson Leder	FR Jamestown College	102-05	32.45m	106-05
	30.79m 32.45m 31.50m				
26	Brandon Bodien	FR Jamestown College	11-06.75	31.46m	103-02
	FOUL FOUL 31.46m				
27	Kyle Brunsting	SO USD	25-00.25	30.79m	101-00
	FOUL FOUL 30.79m				
28	Chad Van Ravenswaay	SO Northwestern	107-03	30.25m	99-03
	28.61m 30.25m FOUL				
29	Dan Whipple	FR U Sioux Fall	117-03	29.01m	95-02
	29.01m 27.79m FOUL				
30	Luke Gaugler	FR Minot State	01-08.75	28.72m	94-03
	FOUL FOUL 28.72m				
31	Clayton Long	FR U Sioux Fall	95-02	28.25m	92-08
	FOUL FOUL 28.25m				
--	Jake Versteeg	SO U Sioux Fall	43-03.50	FOUL	
	FOUL FOUL FOUL				

Men Javelin Throw UCO

Name	Year	School	Seed	Finals
1 Josh Ming	JR	Minot State	02-06.25	56.02m 183-09
				48.95m 56.02m 53.32m FOUL FOUL FOUL
2 Jerad Aasen	SO	Minot State	78-06.50	55.38m 181-08
				55.38m FOUL 52.93m FOUL FOUL FOUL
3 Dylan Buehler	FR	Augustana College	64-00.75	54.27m 178-01
				53.87m FOUL 53.03m FOUL 54.27m FOUL
4 Chad Dawson	FR	Dickinson State	73-11.25	52.80m 173-03
				52.80m FOUL FOUL FOUL FOUL FOUL
5 Brent Peltz	FR	University of Mary	83-11.75	52.77m 173-01
				FOUL 49.76m 52.77m 49.82m 51.75m FOUL
6 Mac Collins	FR	Dickinson State	65-01.25	51.21m 168-00
				51.21m FOUL 47.75m FOUL FOUL FOUL
7 Jay Bachman	FR	Jamestown College	164-02	46.26m 151-09
				45.99m 46.26m FOUL FOUL 44.15m 43.73m
8 Canyon Parcell	SO	Dickinson State	52-00.75	46.16m 151-05
				44.07m 46.16m 43.94m 45.31m FOUL FOUL
9 Jon Armstrong	SR	Briar Cliff	62-02.25	46.11m 151-03
				46.11m FOUL FOUL 44.81m 45.81m FOUL
10 Lance Nemece	SR	University of Mary	61-03.75	45.97m 150-10
				44.82m 45.97m FOUL
11 Andrew Vander Woude	FR	Dordt	50-11.25	45.07m 147-10
				45.07m 45.02m FOUL
12 Mark Mineart	SO	Northwestern	139-00	44.31m 145-04
				43.51m 44.31m FOUL
13 Tyler Maxwell	FR	USD	54-02.75	42.63m 139-10
				FOUL FOUL 42.63m
14 Andy Dougherty		Unattached	131-03	42.37m 139-00
				38.87m FOUL 42.37m
15 Clayton Long	FR	U Sioux Fall	35-07.75	42.15m 138-03
				42.15m 41.51m FOUL
16 Jake Versteeg	SO	U Sioux Fall	54-02.75	41.91m 137-06
				41.91m FOUL FOUL
17 Cody York	FR	Briar Cliff	42-07.75	41.90m 137-06
				FOUL 36.33m 41.90m

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Men Javelin Throw UCO**

18	Todd Carnes	FR Morningside College	32-04.50	41.48m	136-01
	40.38m 38.34m 41.48m				
19	Tim Kruse	SR U Sioux Fall	147-08	41.38m	135-09
	FOUL 41.38m FOUL				
20	Kevin Moore	FR Jamestown College	64-00.75	41.23m	135-03
	FOUL 38.90m 41.23m				
21	David Riley	FR Dordt	41-01.25	40.75m	133-08
	FOUL 40.39m 40.75m				
22	Sean Bicknase	FR Briar Cliff	06-07.75	40.01m	131-03
	32.83m 31.30m 40.01m				
23	Grayson Leder	FR Jamestown College	19-03.25	39.71m	130-03
	37.75m 38.92m 39.71m				
24	Brady Johnston	JR Minot State	138-08	38.90m	127-07
	38.90m 38.35m FOUL				
25	Jacob Berger	FR Jamestown College	11-06.50	38.62m	126-08
	38.62m FOUL FOUL				
26	Kyle Brunsting	SO USD	25-00.25	36.71m	120-05
	35.82m 36.71m FOUL				
27	Peter Prostrollo	FR Mount Marty College	10-10.50	36.30m	119-01
	33.64m 36.30m FOUL				
28	Kiley Murra	SO Northwestern	132-03	36.04m	118-03
	FOUL 36.04m FOUL				
29	Mike Findley	FR Jamestown College	125-00	35.82m	117-06
	FOUL FOUL 35.82m				
30	Kevin Knapp	SR Augustana College	147-08	33.55m	110-01
	33.28m FOUL 33.55m				
31	Robert Nelson	JR Jamestown College	39-10.50	33.41m	109-07
	33.41m FOUL FOUL				
32	Jon Rieker	FR Dakota State	01-08.75	33.27m	109-02
	FOUL 24.27m 33.27m				
33	Will Symonds	FR Northwestern	107-08	31.31m	102-09
	31.31m FOUL 30.95m				
34	Kielan Dittmar	JR Briar Cliff	12-01.50	29.34m	96-03
	FOUL FOUL 29.34m				

Men 400 Meter Run Masters-Corp

Name	Year School	Seed	Finals
1 David Nash	Unattached		56.25
2 Guy Greigg	Unattached		57.30
3 Tony Anderson	Unattached		58.60