

**Sioux City Relays 2019 - 4/12/2019 to 4/13/2019****55th Running  
Olsen Stadium  
Results****Girls 4x100 Meter Relay Class"A"**

Meet: M 49.48 4/19/2008 Sioux City West, West  
M Pearson, G Williams, C Simon, R Twohig

School Finals

## Finals

1	Sioux City East 'A'	50.58
	1) Myerra Parker 12	2) Lineya Wells 10
	3) Allyson Smith 12	4) Laken Gardner 11
2	Sioux City West 'A'	51.65
	1) Makayla Mozak 12	2) Lily Juhnke 09
	3) Braedyn Downs 11	4) Holly Duax 09
3	South Sioux City 'A'	52.22
	1) Ashlynn Garcia 09	2) Megan Hansen 11
	3) Marybeth Rasmussen 12	4) McKenna Sims 12
4	Sergeant Bluff-Luton 'A'	53.15
	1) Brooklyn Huberty 12	2) Madison Harms 12
	3) Chloe Black 11	4) Emma Salker 09
5	Le Mars 'A'	53.34
	1) Kady Leusink 11	2) Haylee Cooper 12
	3) Avery Pratt 09	4) Shaniah Temple 10
6	Sioux City North 'A'	54.11
	1) Leila Quintanilla 12	2) Mia Norton 10
	3) Adriel Simien 09	4) Hailee Enoch 12
7	Bishop Heelan 'A'	54.52
	1) Hope Sokolowski 11	2) Allie Stanek 09
	3) Joslyn Verzal 09	4) Izzy Linden 09

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

Meet: M 1:44.71 4/19/2008 Sioux City West, West  
C Simon, G Williams, R Twohig, M Pearson

School Finals

1	Sioux City East 'A'	1:47.60
	1) Myerra Parker 12	2) Lineya Wells 10
	3) Allyson Smith 12	4) Laken Gardner 11
2	Sioux City West 'A'	1:50.39
	1) Braedyn Downs 11	2) Simiah Proctor 10
	3) Sydney Edwards 11	4) Holly Duax 09
3	Sergeant Bluff-Luton 'A'	1:50.67
	1) Brooklyn Huberty 12	2) Madison Harms 12
	3) Maddie Hinkel 09	4) Emma Salker 09
4	South Sioux City 'A'	1:51.33
	1) Ashlynn Garcia 09	2) Marybeth Rasmussen 12
	3) Megan Hansen 11	4) McKenna Sims 12
5	Bishop Heelan 'A'	1:51.36
	1) Hope Sokolowski 11	2) Allie Stanek 09
	3) Dayle Bleeker 12	4) Madison Jochum 12
6	Le Mars 'A'	1:52.66
	1) Haylee Cooper 12	2) Avery Pratt 09
	3) Emily Carlson 11	4) Shaniah Temple 10
--	Sioux City North 'A'	DQ
	1) Hailee Enoch 12	2) Michelle Sanchez 11
	3) Mia Norton 10	4) Adriel Simien 09

**Sioux City Relays 2019 - 4/12/2019 to 4/13/2019****55th Running  
Olsen Stadium  
Results****Girls 4x400 Meter Relay Class"A"**

Meet: M 4:02.17 4/18/2010 Sioux City East, East	
S Houlihan, R Mikulicz, L Strom, E Dougherty	
School	Finals
1 Sergeant Bluff-Luton 'A'	4:11.29
1) Emma Salker 09	2) Chloe Black 11
3) Maddie Hinkel 09	4) Brooklyn Huberty 12
2 Le Mars 'A'	4:19.24
1) Emily Carlson 11	2) Haylee Cooper 12
3) Katie Cunningham 09	4) Chloe Calhoun 11
3 Sioux City North 'A'	4:26.67
1) Mia Norton 10	2) Brenda Phillips 12
3) Nicole Zuehl 09	4) Michelle Sanchez 11
4 Bishop Heelan 'A'	4:28.81
1) Hannah Hutchinson 12	2) Dayle Bleeker 12
3) Mia Conley 09	4) Ashley Aesoph 12
5 Sioux City East 'A'	4:35.79
1) Megan Callahan 09	2) Addie Harris 09
3) Karlee Phillips 11	4) Brylee Hempey 09

**Girls 800 Sprint Medley Class"A"**

Meet: M 1:50.29 4/16/2016 CB Abraham Lincoln, CB Abe	
K Damgaard, R Fichter, M Hart, D Thomas	
School	Finals
1 Le Mars 'A'	1:58.17
1) Haylee Cooper 12	2) Avery Pratt 09
3) Shaniah Temple 10	4) Katie Cunningham 09
2 Sioux City North 'A'	1:59.03
1) Leila Quintanilla 12	2) Adriel Simien 09
3) Hailee Enoch 12	4) Mia Norton 10
3 Bishop Heelan 'A'	2:01.06
1) Hope Sokolowski 11	2) Allie Stanek 09
3) Joslyn Verzal 09	4) Mia Conley 09
4 Sergeant Bluff-Luton 'A'	2:03.78
1) Chloe Black 11	2) Emma Salker 09
3) Isabelle Lenz 09	4) Linkynn Garrett 10
-- Sioux City East 'A'	DQ exch 2-3 vil

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

Meet: M 50.88 4/20/1991 Cherokee, Cherokee	
C. Hauswald, L. Johanson, K. Corzillus, A. Schuver	
School	Finals
1 Sioux Center 'A'	52.35
1) Ellie Schley 12	2) Alyssa Mulder 12
3) Megan Juffer 09	4) Natalee Greenfield 11
2 Kp-Wc 'A'	53.35
1) Aubree Bell 09	2) Madison Goodwin 12
3) Paige Kuchel 10	4) Jayde Barto 11
3 Unity Christian 'A'	55.33
1) Shelby Riebeling 12	2) Karli Vanden Brink 11

**Sioux City Relays 2019 - 4/12/2019 to 4/13/2019**

**55th Running  
Olsen Stadium  
Results**

**....Girls 4x100 Meter Relay Class"B"**

3) Megan Vander Kooi 10	4) Erica Feikema 11	
4 Moc-Floyd Valley 'A'		55.63
1) Sera Burg 10	2) Claire Yaw 09	
3) Delanie Niemyer 11	4) Akeyma Fedders 09	
5 Atlantic 'A'		56.20
1) Tayler Burg 11	2) Alyssa Derby 10	
3) Anna Lowary 11	4) Aspen Niklasen 09	
6 Glenwood 'A'		57.32
1) Sadey Allgood 12	2) Bailey Ostrander 12	
3) Jaeda Wilson 11	4) Coryl Matheny 09	

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

Meet: M 1:46.16 4/12/2014 Moc-Fv, MOC-FV  
R Muilenburg, D Heimensen, A Achterhof, K Landhuis

School Finals

1 Glenwood 'A'		1:49.27
1) Sadey Allgood 12	2) Bailey Ostrander 12	
3) Marissa Ausdemore 10	4) Coryl Matheny 09	
2 Sioux Center 'A'		1:50.54
1) Natalee Greenfield 11	2) Ellie Schley 12	
3) Peytan Toering 09	4) Alyssa Mulder 12	
3 Kp-Wc 'A'		1:52.04
1) Skylar Hannah 11	2) Madison Goodwin 12	
3) Paige Kuchel 10	4) Jayde Barto 11	
4 Western Christian High School 'A'		1:52.28
1) Olivia Granstra 11	2) Josie Zeutenhorst 09	
3) Bailey Nelson 12	4) Emilee Heynen 10	
5 Unity Christian 'A'		1:52.38
1) AJ Schrock 10	2) Janie Schoonhoven 10	
3) Madison Blankespoor 11	4) Mikayla Turek 12	
6 Atlantic 'A'		1:52.92
1) Taylor Hansen 12	2) Alyssa Derby 10	
3) Aspen Niklasen 09	4) Haley Rasmussen 10	
7 Moc-Floyd Valley 'A'		1:54.84
1) Sera Burg 10	2) Claire Yaw 09	
3) Delanie Niemyer 11	4) Akeyma Fedders 09	
8 Okoboji 'A'		1:56.29
1) Ethnee Jorgensen 09	2) Keitra Cabinboy 12	
3) Mia Meyer 12	4) Sarae Semen 10	

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

Meet: M 4:02.45 4/17/1999 Elkhorn, Elkhorn  
E. Ohm, K. Bull, A. Schmidt, K. Clark

School Finals

1 Atlantic 'A'		4:10.22
1) Pluma Pross 11	2) Alyssa Derby 10	
3) Taylor McCreedy 10	4) Haley Rasmussen 10	
2 Western Christian High School 'A'		4:11.88
1) Bailey Nelson 12	2) Emilee Heynen 10	
3) Whitney Minderhoud 11	4) Olivia Granstra 11	

**Sioux City Relays 2019 - 4/12/2019 to 4/13/2019****55th Running  
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Results****....Girls 4x400 Meter Relay Class"B"**

3 Kp-Wc 'A'		4:13.23
1) Erika Kuntz 09	2) Madison Goodwin 12	
3) Paige Kuchel 10	4) Jayde Barto 11	
4 Glenwood 'A'		4:20.58
1) Sadey Allgood 12	2) Jaeda Wilson 11	
3) Coryl Matheny 09	4) Abby Hughes 09	
5 Sioux Center 'A'		4:24.32
1) Hope Arends 10	2) Jacie VanderWaal 10	
3) Ella Jahn 09	4) Peytan Toering 09	
6 Unity Christian 'A'		4:31.53
1) Madison Blankespoor 11	2) Janie Schoonhoven 10	
3) AJ Schrock 10	4) Mikayla Turek 12	
7 Sheldon 'A'		4:32.71
1) Makenna Kleinhesselink 09	2) Maliah Kleinhesselink 09	
3) Sydney Olson 11	4) Haley Christians 10	
8 Moc-Floyd Valley 'A'		4:36.46
1) Akeyma Fedders 09	2) Addison Wierda 09	
3) Claire Yaw 09	4) Taryn Nothem 10	

**Girls 800 Sprint Medley Class"B"**

=====		
Meet: M 1:54.19	4/23/1987	Sioux Center, Sioux Center
School		Finals
=====		
1 Kp-Wc 'A'		1:54.74
1) Aubree Bell 09	2) Madison Goodwin 12	
3) Jayde Barto 11	4) Erika Kuntz 09	
2 Western Christian High School 'A'		1:55.51
1) Olivia Granstra 11	2) Josie Zeutenhorst 09	
3) Emma Westphal 09	4) Emilee Heynen 10	
3 Atlantic 'A'		1:56.07
1) Tayler Burg 11	2) Taylor Hansen 12	
3) Alyssa Derby 10	4) Haley Rasmussen 10	
4 Unity Christian 'A'		1:56.89
1) Janie Schoonhoven 10	2) Karli Vanden Brink 11	
3) AJ Schrock 10	4) Mikayla Turek 12	
5 Glenwood 'A'		1:59.56
1) Audrey Arnold 11	2) Marissa Ausdemore 10	
3) Abby Hughes 09	4) Elle Scarborough 10	
6 Okoboji 'A'		2:02.44
1) Sarae Semen 10	2) Keitra Cabinboy 12	
3) Ethnee Jorgensen 09	4) Lexi Duffy 09	
7 Sioux Center 'A'		2:06.43
1) Erika TeGrotenhuis 10	2) Sydney Mouw 12	
3) Annika Jahn 09	4) Jenna King 10	
8 Moc-Floyd Valley 'A'		2:12.76
1) Sera Burg 10	2) Jaycee Hoekstra 11	
3) Claire Yaw 09	4) Akeyma Fedders 09	

**Sioux City Relays 2019 - 4/12/2019 to 4/13/2019****55th Running  
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Results****Girls 4x100 Meter Relay Class"C"**

Meet: M 51.53 4/19/2008 Laurel-Concord, Laurel-Concor	
K Gould, B DeLong, A Lunz, K Jacobsen	
School	Finals
1 Ponca 'A'	55.06
1) Kortney Fethkenher 12	2) Hannah Wahls 10
3) Kai Seneviratne 11	4) Kaci Day 11
2 Westwood 'A'	56.02
1) Shelby Skinner 10	2) Torrie Shantz 12
3) Andee Martin 12	4) Cora Shull 09
3 Mvaocou 'A'	56.73
1) Kelsey Fender 09	2) Alexia Adkins 11
3) Beau Mohr 09	4) Katelyn Trucke 12
4 Lawton Bronson 'A'	57.48
1) Leah Day 09	2) Willow Fluent 09
3) Isabel Rohan 09	4) Bella Johnson 10
5 Mmcru 'A'	58.52
1) Nicole Specht 11	2) Ellie Reuter 09
3) Taylor Harpenau 09	4) Faith Olson 11
-- Homer 'A'	DQ exc 2-3 viol
1) Jocey Peters 10	2) Brooklynn Schmidt 10
3) Katie Baker 11	4) Hannah Harris 11
-- Pierce 'A'	DQ exc 2-3 viol
1) Maggie Brahmmer 12	2) Callie Arnold 09
3) Alexis Sindelar 09	4) Kenzie Moeller 10

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

Meet: M 1:47.98 4/19/2010 Central Lyon, Central Lyon	
M Schleusner, K Eckenrod, K Cuperus, A Ackerman	
School	Finals
1 Westwood 'A'	1:58.83
1) Shelby Skinner 10	2) Andee Martin 12
3) Cora Shull 09	4) Torrie Shantz 12
2 Mvaocou 'A'	1:58.98
1) Katelyn Trucke 12	2) Emily Trucke 10
3) Kelsey Fender 09	4) Beau Mohr 09
3 Lawton Bronson 'A'	1:59.43
1) Alli Sobieski 12	2) Bella Johnson 10
3) Breanna Jernberg 11	4) Sloane Harris 12
-- Homer 'A'	DNF
1) Skylar Moe 09	2) Brooklynn Schmidt 10
3) Katie Baker 11	4) Hannah Harris 11
-- Gehlen Catholic 'A'	DQ
1) Sydney Livermore 11	2) Katelyn Langel 12
3) Tiffany Woerdehoff 10	4) Kate Hill 11

**Sioux City Relays 2019 - 4/12/2019 to 4/13/2019****55th Running  
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Results****Girls 4x400 Meter Relay Class"C"**

Meet: M 4:08.95 4/18/2015 Dakota Valley, Dakota Valle			
A Rasmussen, A Johnson, S Bohan, M Schulz			
School	Finals		
1 Pierce 'A'	4:16.29		
1) Alexis Sindelar 09	2) Callie Arnold 09		
3) Katie Vogt 09	4) Kenzie Moeller 10		
2 Ponca 'A'	4:31.20		
1) Kortney Fethkenher 12	2) Hannah Wahls 10		
3) Kai Seneviratne 11	4) Kaci Day 11		
3 Lawton Bronson 'A'	4:38.96		
1) Alli Sobieski 12	2) Kaitlyn Ricke 12		
3) Willow Fluent 09	4) Sloane Harris 12		
4 Mmcru 'A'	4:44.32		
1) Emily Dreckman 09	2) Faith Olson 11		
3) Ellie Reuter 09	4) Taylor Harpenau 09		
5 Homer 'A'	4:50.08		
1) Jocey Peters 10	2) Brooklynn Schmidt 10		
3) Katie Baker 11	4) Hannah Harris 11		

**Girls 800 Sprint Medley Class"C"**

Meet: M 1:55.73 4/20/1990 Westwood, Westwood			
School	Finals		
1 Gehlen Catholic 'A'	2:02.86		
1) Tiffany Woerdehoff 10	2) Sydney Livermore 11		
3) Kate Hill 11	4) Katelyn Langel 12		
2 Homer 'A'	2:06.01		
1) Jocey Peters 10	2) Brooklynn Schmidt 10		
3) Katie Baker 11	4) Hannah Harris 11		
3 Lawton Bronson 'A'	2:06.02		
1) Alli Sobieski 12	2) Bella Johnson 10		
3) Breanna Jernberg 11	4) Sloane Harris 12		
4 Mvaocou 'A'	2:08.00		
1) Beau Mohr 09	2) Emily Trucke 10		
3) Katelyn Trucke 12	4) Alexia Adkins 11		
5 Westwood 'A'	2:08.11		
1) Shelby Skinner 10	2) Madison Kafton 12		
3) Cora Shull 09	4) Torrie Shantz 12		
6 Mmcru 'A'	2:08.54		
1) Nicole Specht 11	2) Ellie Reuter 09		
3) Emily Dreckman 09	4) Taylor Harpenau 09		

**Girls 800 Meter Run OHS**

Meet: M 2:10.36 4/18/2011 Shelby Houlihan, East			
Name	Year	School	Finals
1 Amber Aesoph	11	Bishop Heelan	2:21.00
2 Madison Jochum	12	Bishop Heelan	2:21.59
3 Kaia Downs	09	Sioux City East	2:26.36
4 Alex Radcliffe	09	Sioux City East	2:28.62
5 Karsyn Rush	12	Atlantic	2:33.01

**Sioux City Relays 2019 - 4/12/2019 to 4/13/2019****55th Running  
Olsen Stadium  
Results****....Girls 800 Meter Run OHS**

6 Kara Albrecht	11 Le Mars	2:41.28
7 Paige Washburn	11 Le Mars	2:42.58
8 Emily Haverdink	09 Moc-Floyd Valley	2:43.23
9 Kennedy Goergen	10 Atlantic	2:45.03
10 Ruby Castillo	11 South Sioux City	2:47.86
11 Bailey McKenna	11 Lawton Bronson	2:48.20
12 Shay Muilenburg	10 Unity Christian	2:49.26
13 Emma De Groot	12 Moc-Floyd Valley	2:50.14
14 Kaitlyn Goth	11 Mmcru	2:50.42
15 Rylee Faling	09 South Sioux City	2:51.11

**Girls 1500 Meter Run OHS**

Meet: M 4:30.67 4/23/2011 Shelby Houlihan, East			
Name	Year	School	Finals
1 Janette Schraft	12	Glenwood	4:46.65
2 Kaia Downs	09	Sioux City East	4:57.42
3 Taylor McCreedy	10	Atlantic	5:10.57
4 Hannah Hutchinson	12	Bishop Heelan	5:12.59
5 Emily Haverdink	09	Moc-Floyd Valley	5:12.73
6 Whitney Minderhoud	11	Western Chri	5:13.46
7 Lexi Duffy	09	Okobojo	5:13.82
8 Anessa Schoo	12	Sheldon	5:15.72
9 Emma Hughes	10	Glenwood	5:28.02
10 Lilly Teager	11	Lawton Bronson	5:28.18
11 Maddie Hurt	12	Le Mars	5:31.34
12 Madison Botos	10	Atlantic	5:31.46
13 Karlee Phillips	11	Sioux City East	5:34.26
14 Amaya Van Essen	09	Unity Christian	5:34.35
15 Lynsey Countryman	09	Kp-Wc	5:34.72
16 Kaitlyn Goth	11	Mmcru	5:39.06
17 Sarah Meis	11	Le Mars	5:41.36
18 Sarahy Hamann	09	Kp-Wc	5:44.55
19 Emma Ricke	09	Lawton Bronson	5:47.88
20 Zoe Gulker	09	Western Chri	5:48.07
21 Ellie Zeutenhorst	10	Sioux Center	5:48.29
22 Hannah O'Connell	09	Mvaocou	5:49.04
23 Emma Haley	10	Moc-Floyd Valley	5:50.64
24 Emma Kelley	10	Sioux City North	5:51.68
25 Sabrina Hazuka	09	Sergeant Blu	5:57.50
26 Kindi Etherington	11	Siouxland Christian	5:58.90
27 Addi Weber	11	Gehlen Catholic	6:01.84
28 Jaycelyn Walters	12	Sioux City North	6:11.66
29 Ellie Hurst	10	Sioux Center	6:28.72

**Girls 3000 Meter Run OHS**

Meet: M 9:57.23 4/23/2005 Ramsey Kavan, Yankton			
Name	Year	School	Finals
1 Janette Schraft	12	Glenwood	10:19.74
2 Amber Aesoph	11	Bishop Heelan	10:48.41
3 Taylor McCreedy	10	Atlantic	10:58.76

**Sioux City Relays 2019 - 4/12/2019 to 4/13/2019****55th Running  
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Results****....Girls 3000 Meter Run OHS**

4 Emily Haverdink	09 Moc-Floyd Valley	11:27.14
5 Anessa Schoo	12 Sheldon	11:38.80
6 Lilly Teager	11 Lawton Bronson	11:41.72
7 Lillian Garay	10 Sioux City North	11:58.98
8 Ellie Zeutenhorst	10 Sioux Center	12:04.39
9 Sydney Helt	09 Sioux City East	12:05.47
10 Nicole Zuehl	09 Sioux City North	12:10.95
11 Sarah Putze	10 Kp-Wc	12:16.83
12 Abby Dykstra	12 Unity Christian	12:20.77
13 Kindi Etherington	11 Siouxland Christian	12:35.09
14 Mary Putze	10 Kp-Wc	12:38.84
15 Emma Haley	10 Moc-Floyd Valley	12:45.29
16 Sabrina Hazuka	09 Sergeant Blu	12:52.51
17 Karlie Stoos	10 Sioux City East	12:53.91
18 Emily Chamberlain	11 Le Mars	13:02.21
19 Addi Weber	11 Gehlen Catholic	13:12.96
20 Lexi Weber	11 Mvaocou	13:37.83

**Girls 400 Meter Hurdles OHS**

=====				
Meet: M 1:04.55 4/16/2016 Molly Dean, Glenwood				
Name	Year	School	Finals	H#
=====				
1 Janette Schraft	12	Glenwood	1:05.23	3
2 Mikayla Turek	12	Unity Christian	1:07.84	3
3 Sydney Olson	11	Sheldon	1:09.59	3
4 Megan Juffer	09	Sioux Center	1:09.72	3
5 Mia Meyer	12	Okoboji	1:11.37	3
6 Makenna Kleinhesselink	09	Sheldon	1:12.55	3
7 Ashley Aesoph	12	Bishop Heelan	1:13.12	2
8 Karlee Schiff	10	Le Mars	1:13.58	2
9 Lauren Becker	10	Glenwood	1:14.02	3
10 Megan Hansen	11	South Sioux City	1:14.23	3
11 Claire Yaw	09	Moc-Floyd Valley	1:15.07	2
12 Anna Lowary	11	Atlantic	1:15.70	2
13 Yuriczi Montes	10	Sioux City West	1:16.08	1
14 Alexia Adkins	11	Mvaocou	1:16.89	1
15 Molly Roder	10	Gehlen Catholic	1:17.04	2
16 Hannah Hageman	09	Lawton Bronson	1:17.74	2
17 Haley Drenkhahn	12	Mvaocou	1:18.94	2
18 Jenna Meyer	09	Sergeant Blu	1:20.43	1
19 Faith Olson	11	Mmcru	1:21.19	1
20 AnnDea Boetger	12	Sioux City North	1:21.20	1
21 Akia Simpson	12	Sioux City West	1:25.78	1
22 Renee Arrowood	09	Sioux City North	1:29.60	1
-- Nya Lul	10	Sioux City East	DNF	2

**Girls 4x800 Meter Relay OHS**

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Meet: M 9:15.76 4/19/2006 SF Roosevelt, Sioux Falls R		
B. Thune, D. Dalon, A. Eckert, K. Eckert		
School		Finals
=====		
1 Western Christian High School	'A'	9:52.36



**Sioux City Relays 2019 - 4/12/2019 to 4/13/2019**

**55th Running  
Olsen Stadium  
Results**

**....Girls 4x800 Meter Relay OHS**

1) Whitney Minderhoud 11	2) Bailey Nelson 12
3) Emilee Heynen 10	4) Olivia Granstra 11
2 Sioux City East 'A'	10:08.75
1) Kaia Downs 09	2) Karlee Phillips 11
3) Katie Lammers 10	4) Alex Radcliffe 09
3 Sioux Center 'A'	10:10.84
1) Hope Arends 10	2) Jacie VanderWaal 10
3) Megan Juffer 09	4) Peytan Toering 09
4 Pierce 'A'	10:21.23
1) Callie Arnold 09	2) Alexis Sindelar 09
3) Zoe Brenden 11	4) Payten Simmons 09
5 Le Mars 'A'	10:22.72
1) Chloe Calhoun 11	2) Kara Albrecht 11
3) Paige Washburn 11	4) Sarah Meis 11
6 Atlantic 'A'	10:29.29
1) Kennedy Goergen 10	2) Madison Botos 10
3) Pluma Pross 11	4) Karsyn Rush 12
7 Sergeant Bluff-Luton 'A'	10:42.45
1) Madison TenHulzen 12	2) Maddie Hinkel 09
3) Ella Brester 09	4) Linkynn Garrett 10
8 Kp-Wc 'A'	10:43.51
1) Sarahy Hamann 09	2) Makayla Archer 10
3) Lillian Ofert 09	4) Lynsey Countryman 09
9 South Sioux City 'A'	10:43.59
1) Marybeth Rasmussen 12	2) Sadie Rocha 12
3) Ashley Hedquist 09	4) Yesenia Balderas 10
10 Unity Christian 'A'	10:45.64
1) Madison Blankespoor 11	2) Emma Byker 09
3) Amaya Van Essen 09	4) Shay Muilenburg 10
11 Glenwood 'A'	10:48.94
1) Abby McIntyre 10	2) Emma Hughes 10
3) Lauren Becker 10	4) Abby Hughes 09
12 Sioux City North 'A'	11:02.34
1) Nicole Zuehl 09	2) Brenda Phillips 12
3) Lillian Garay 10	4) Monica Olson 11
13 Lawton Bronson 'A'	11:04.93
1) Lilly Teager 11	2) Bailey McKenna 11
3) Sloane Harris 12	4) Emma Ricke 09
14 Mmcru 'A'	11:18.89
1) Faith Olson 11	2) Emily Dreckman 09
3) Kaitlyn Goth 11	4) Taylor Harpenau 09
15 Mvaocou 'A'	11:27.31
1) Kelsey Fender 09	2) Haley Drenkhahn 12
3) Cameron Brenner 11	4) Hannah O'Connell 09

**Girls High Jump OHS**

Meet: M 5-07.50 4/20/2006 Megan Glisar, Hanah Wilkinson, SBL, E							
Name	Year School			Finals			
1 Tasha Freiberg	10	South	Sioux City	5-02.00	1.57m		
	4-08	4-10	5-00	5-01	5-02	5-03	5-04
	O	O	O	P	XO	P	XXX

**Sioux City Relays 2019 - 4/12/2019 to 4/13/2019****55th Running****Olsen Stadium****Results****....Girls High Jump OHS**

2	Jacie VanderWaal	10	Sioux Center	J5-02.00	1.57m
	4-08 4-10 5-00 5-01 5-02 5-03 5-04				
	P O XO P XXO P XXX				
3	Madison Harms	12	Sergeant Blu	5-00.00	1.52m
	4-08 4-10 5-00 5-01 5-02				
	P O O P XXX				
4	Kirstin Sykes	12	Sioux City East	J5-00.00	1.52m
	4-08 4-10 5-00 5-01 5-02				
	O O XXO P XXX				
4	Payten Lode	09	Sheldon	J5-00.00	1.52m
	4-08 4-10 5-00 5-01 5-02				
	O O XXO P XXX				
6	Coryl Matheny	09	Glenwood	4-10.00	1.47m
	4-08 4-10 5-00				
	O O XXX				
7	Sydney Edwards	11	Sioux City West	J4-10.00	1.47m
	4-08 4-10 5-00				
	XO O XXX				
8	Emily Dreckman	09	Mmcru	J4-10.00	1.47m
	4-08 4-10 5-00				
	O XO XXX				
8	Kyley Vondrak	09	Sioux City East	J4-10.00	1.47m
	4-08 4-10 5-00				
	O XO XXX				
10	Jorja VanDenHul	09	Dakota Valley	J4-10.00	1.47m
	4-08 4-10 5-00				
	O XXO XXX				
11	Camrin Baird	09	Kp-Wc	4-08.00	1.42m
	4-08 4-10				
	O XXX				
11	Addy Mosier	09	Sergeant Blu	4-08.00	1.42m
	4-08 4-10				
	O XXX				
11	Lauren Becker	10	Glenwood	4-08.00	1.42m
	4-08 4-10				
	O XXX				
14	Taylor Jochum	09	Bishop Heelan	J4-08.00	1.42m
	4-08 4-10				
	XO XXX				
--	Haley Williams	11	Lawton Bronson	NH	
	4-08				
	XXX				
--	Rhayna Waldner	12	Pierce	NH	
	4-08				
	XXX				
--	Brooklyn Leusink	09	Moc-Floyd Valley	NH	
	4-08				
	XXX				
--	Avery Nelson	10	Bishop Heelan	NH	
	4-08				
	XXX				

**Sioux City Relays 2019 - 4/12/2019 to 4/13/2019**

**55th Running  
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Results**

**Girls Long Jump OHS**

Meet: M 17-09.50 4/20/1996 Delena Hanes, Bellvue West						
Name	Year	School	Finals	Wind		H#
1 Ashlyn Albrecht	12	Sheldon	17-05.00	NWI	5.30m	3
FOUL	16-04.25 (NWI)	16-09.25 (NWI)	17-02 (NWI)	17-05 (NWI)	FOUL	
2 Mikayla Turek	12	Unity Christian	17-02.25	NWI	5.23m	3
15-01.50 (NWI)	14-08 (NWI)	16-05.25 (NWI)	15-08 (NWI)	FOUL	17-02.25 (NWI)	
3 McKenna Sims	12	South Sioux City	16-07.50	NWI	5.06m	3
15-00 (NWI)	16-07.50 (NWI)	15-07 (NWI)	15-07 (NWI)	15-11 (NWI)	15-06.50 (NWI)	
4 Bella Johnson	10	Lawton Bronson	15-08.25	NWI	4.78m	2
14-06.50 (NWI)	15-08.25 (NWI)	FOUL	15-03 (NWI)	15-03.75 (NWI)	15-00.50 (NWI)	
5 Aubree Bell	09	Kp-Wc	15-06.50	NWI	4.73m	2
13-08.75 (NWI)	14-06.25 (NWI)	15-06.50 (NWI)	14-07.75 (NWI)	15-00.75 (NWI)	FOUL	
6 Adriel Simien	09	Sioux City North	15-04.25	NWI	4.67m	3
15-04.25 (NWI)	15-02.50 (NWI)	FOUL	14-02.50 (NWI)	14-01 (NWI)	FOUL	
7 Lilly McNaughton	09	Le Mars	15-03.75	NWI	4.66m	3
14-08.50 (NWI)	15-03 (NWI)	14-03 (NWI)	13-11.75 (NWI)	15-03.75 (NWI)	15-00 (NWI)	
8 Sydney Olson	11	Sheldon	15-03.25	NWI	4.65m	3
14-02 (NWI)	14-11.50 (NWI)	15-03.25 (NWI)	14-11.50 (NWI)	15-01.75 (NWI)	14-10.50 (NWI)	
9 Annika Jahn	09	Sioux Center	15-00.50	NWI	4.58m	2
FOUL	FOUL	15-00.50 (NWI)	FOUL	FOUL	13-03 (NWI)	
10 Jayda Dekkers	11	Sioux Center	14-06.50	NWI	4.43m	2
14-02.50 (NWI)	13-10 (NWI)	14-06.50 (NWI)				
11 Hannah Holder	12	Sioux City West	14-06.00	NWI	4.41m	1
13-09 (NWI)	13-01.50 (NWI)	14-06 (NWI)				
12 Kennedy Cooper	12	Whiting	14-04.25	NWI	4.37m	2
11-09.50 (NWI)	FOUL	14-04.25 (NWI)				
13 Sami Parr	11	Glenwood	14-03.00	NWI	4.34m	2
FOUL	14-03 (NWI)	FOUL				
14 Janae Arens	12	Pierce	14-02.50	NWI	4.33m	3
FOUL	14-02.50 (NWI)	12-01 (NWI)				
15 Emily Trucke	10	Mvaocou	13-10.00	NWI	4.21m	1
13-09.25 (NWI)	13-10 (NWI)	13-04 (NWI)				
16 Sera Burg	10	Moc-Floyd Valley	13-07.25	NWI	4.14m	2
13-04.50 (NWI)	13-01 (NWI)	13-07.25 (NWI)				
17 Karrena Modlin	12	Homer	13-04.25	NWI	4.07m	1
12-09 (NWI)	13-04.25 (NWI)	FOUL				
18 Isabelle Lenz	09	Sergeant Blu	13-03.25	NWI	4.04m	1
13-03.25 (NWI)	12-11 (NWI)	12-11.25 (NWI)				
19 Brylee Hempey	09	Sioux City East	12-10.50	NWI	3.92m	1
FOUL	12-10.50 (NWI)	11-07 (NWI)				
20 Ella Brester	09	Sergeant Blu	12-09.50	NWI	3.89m	1
12-08.25 (NWI)	FOUL	12-09.50 (NWI)				
21 Brooklynn Schmidt	10	Homer	11-11.50	NWI	3.64m	1
10-11.50 (NWI)	11-04 (NWI)	11-11.50 (NWI)				
-- Audrey Arnold	11	Glenwood	FOUL			3
FOUL	FOUL	FOUL				

**Girls Shot Put OHS**

Meet: M 48-02.75 4/16/2016 Kiana Phelps, KP/WC`				
Name	Year	School	Finals	H#

**Sioux City Relays 2019 - 4/12/2019 to 4/13/2019****55th Running  
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Results****....Girls Shot Put OHS**

1	Nya Diew	11 South Sioux City	44-08.50	13.62m	3
	40-02.50 39-08.25 43-04.25 44-08.50	FOUL FOUL			
2	Kenna Curry	11 Elk Point-Jefferson	41-00.00	12.49m	3
	38-07.75 41-00 38-00.50 38-06.50 39-00.25 38-09				
3	Brooke Languis	10 Ponca	38-09.75	11.83m	3
	37-00.25 38-09.75 38-07.75 37-11.25 38-04.50 38-02.75				
4	Sydney Biermann	12 Glenwood	38-05.50	11.72m	3
	38-05.50 38-02.50 36-11.50 38-03.25 36-08.50 37-02				
5	Hope Wagner	11 Sioux City West	37-11.00	11.55m	3
	35-02.25 37-11 37-06 37-06.75 FOUL 36-03.50				
6	Hailey Hoogers	12 Sioux City North	36-10.50	11.23m	3
	33-03 35-04.75 34-08 36-04 36-10.50 36-00.50				
7	Emily Kraft	11 Kp-Wc	35-11.25	10.95m	3
	34-05.50 FOUL 35-11.25 34-11 FOUL FOUL				
8	Ella Skinner	11 Bishop Heelan	35-02.25	10.72m	3
	33-08.25 35-02.25 34-01.75 33-07.75 32-02.50 33-03				
9	Marie Stone	12 Pierce	34-00.75	10.38m	2
	30-00.50 31-06 34-00.75 33-00.50 32-09 FOUL				
10	Samantha Thompson	11 Westwood	33-03.25	10.14m	2
	33-03.25 FOUL FOUL				
11	Kaylee Dvorak	12 Pierce	32-11.75	10.05m	2
	32-11.75 FOUL FOUL				
12	Leslie Hamman	09 Mvaocou	32-09.50	9.99m	1
	32-09.50 30-04.75 32-02.75				
13	Melinda Zubrod	12 Gehlen Catholic	32-06.50	9.91m	2
	30-11.25 32-06.50 31-04.75				
14	Shayla Altemeier	10 Unity Christian	32-05.75	9.89m	2
	30-09.50 30-11 32-05.75				
15	Sania Mays	11 South Sioux City	32-01.00	9.77m	3
	31-04 32-01 31-01.25				
15	Emily Reis	12 Homer	32-01.00	9.77m	2
	31-09.75 30-02.25 32-01				
17	Dejah Coe	09 Moc-Floyd Valley	31-10.50	9.71m	2
	31-10.50 30-11.75 29-10.50				
18	Rylee Wagner	11 Lawton Bronson	31-02.00	9.49m	1
	30-02 FOUL 31-02				
19	Keely Simonsen	10 Sheldon	31-01.00	9.47m	1
	31-01 28-08 30-09.25				
20	Ali Palmersheim	11 Sioux City East	31-00.25	9.45m	3
	FOUL 30-01 31-00.25				
21	Meg Keller	11 Ponca	30-06.50	9.30m	1
	29-11.25 29-07.25 30-06.50				
22	Serena Bogenrief	10 Unity Christian	30-06.25	9.30m	2
	30-06.25 29-11.50 28-03.50				
23	Olivia Cronovich	12 Glenwood	30-05.50	9.28m	1
	29-04.25 29-04 30-05.50				
24	Taryn Funkhouser	09 Mvaocou	30-02.25	9.20m	2
	27-01.75 FOUL 30-02.25				
25	Tara Horstman	09 Sioux Center	29-07.00	9.01m	1
	27-10.75 29-07 28-09.75				
26	Leah Volkert	12 Le Mars	29-01.50	8.87m	1
	28-06.75 28-01.50 29-01.50				
27	Allison Ruden	11 Gehlen Catholic	28-11.00	8.81m	1
	26-06.75 28-11 28-05.25				

**Sioux City Relays 2019 - 4/12/2019 to 4/13/2019**

**55th Running  
Olsen Stadium  
Results**

**....Girls Shot Put OHS**

28 ReAnna Wolfswinkel 10 Sioux Center 26-07.25 8.10m 1  
26-02 26-06.25 26-07.25

**Girls Discus Throw OHS**

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Meet: M 159-01 4/16/2016 Kiana Phelps, Kingsly-P/Wo
Name Year School Finals H#
=====
1 Nya Diew 11 South Sioux City 148-10 45.36m 3
  FOUL 140-02 FOUL 143-11 131-10 148-10
2 Kenna Curry 11 Elk Point-Jefferson 133-07 40.71m 3
  131-02 FOUL 126-09 124-11 128-06 133-07
3 Elle Scarborough 10 Glenwood 123-07 37.66m 3
  FOUL 99-02 123-07 FOUL 114-09 FOUL
4 Sydney Biermann 12 Glenwood 119-08 36.47m 3
  108-02 FOUL 112-06 118-03 119-08 118-08
5 Nicole Jacobson 12 Bishop Heelan 116-07 35.53m 3
  107-06 115-05 FOUL 116-07 FOUL 109-06
6 Hailey Hoogers 12 Sioux City North 111-02 33.88m 3
  107-01 105-11 106-01 111-02 FOUL 106-07
7 Meg Keller 11 Ponca 104-10 31.95m 3
  102-07 101-01 103-07 100-00 104-10 101-01
8 Hope Wagner 11 Sioux City West 104-05 31.82m 2
  104-05 FOUL FOUL FOUL FOUL FOUL
9 Kaylee Dvorak 12 Pierce 100-09 30.70m 3
  FOUL 94-11 100-09 FOUL FOUL 99-05
10 Madison Riley 10 Ponca 94-04 28.75m 1
  FOUL FOUL 94-04
11 Ali Palmersheim 11 Sioux City East 92-11 28.32m 2
  FOUL 92-11 FOUL
12 Kaitlyn Hennings 10 Lawton Bronson 92-08 28.24m 2
  FOUL 92-08 FOUL
13 Tessa Smith 10 Sergeant Blu 92-03 28.11m 2
  FOUL 92-03 FOUL
14 Shayla Altemeier 10 Unity Christian 90-08 27.63m 2
  FOUL FOUL 90-08
-- Reata Hoy 10 Mvaocou FOUL 1
  FOUL FOUL FOUL
-- Melinda Zubrod 12 Gehlen Catholic FOUL 2
  FOUL FOUL FOUL
-- Emily Reis 12 Homer FOUL 1
  FOUL FOUL FOUL
-- Sara Diew 09 South Sioux City FOUL 2
  FOUL FOUL FOUL
-- Emily Kraft 11 Kp-Wc FOUL 1
  FOUL FOUL FOUL
-- Leah Volkert 12 Le Mars FOUL 1
  FOUL FOUL FOUL
-- Morgan Jensen 12 Sioux Center FOUL 1
  FOUL FOUL FOUL
-- ReAnna Wolfswinkel 10 Sioux Center FOUL 1
  FOUL FOUL FOUL
-- Dejah Coe 09 Moc-Floyd Valley FOUL 1
  FOUL FOUL FOUL
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**Sioux City Relays 2019 - 4/12/2019 to 4/13/2019****55th Running  
Olsen Stadium  
Results****Girls 100 Meter Dash Elite**

Meet: M 12.15 4/16/2016 Khenadi Jones, S.C. West						
Name	Year	School	Finals	Wind	H#	
1 Holly Duax	09	Sioux City West	12.28	1.1	4	
2 Lily Juhnke	09	Sioux City West	12.97	1.1	4	
3 Bailey Ostrander	12	Glenwood	13.27	1.1	4	
4 Myerra Parker	12	Sioux City East	13.27	1.1	4	
5 Kennedy Cooper	12	Whiting	13.33	1.1	4	
6 Ashlyn Albrecht	12	Sheldon	13.36	1.1	4	
7 Aubree Bell	09	Kp-Wc	13.52	1.1	4	
8 AJ Schrock	10	Unity Christian	13.59	4.4	2	
9 Emma Westphal	09	Western Chri	13.62	0.5	3	
10 Ethnee Jorgensen	09	Okoboji	13.66	0.5	3	
10 Isabelle Lenz	09	Sergeant Blu	13.66	4.4	2	
12 Hailee Enoch	12	Sioux City North	13.67	4.4	2	
13 Leila Quintanilla	12	Sioux City North	13.72	0.5	3	
14 Kilie Junck	10	Sioux City East	13.77	4.4	2	
15 Mia Gamet	10	Sergeant Blu	13.83	4.4	2	
16 Shaniah Temple	10	Le Mars	13.89	0.5	3	
17 Cora Shull	09	Westwood	13.91	1.1	4	
18 Elizabeth Hammer	10	Pierce	13.97	0.5	3	
19 Avery Pratt	09	Le Mars	14.00	0.5	3	
20 Tiffany Woerdehoff	10	Gehlen Catholic	14.02	4.4	2	
21 Maiya Baumann	11	Pierce	14.03	4.4	2	
22 Sadey Allgood	12	Glenwood	14.09	0.5	3	
23 Cameron Brenner	11	Mvaocou	14.10	0.7	1	
24 Alli Sobieski	12	Lawton Bronson	14.19	0.5	3	
25 Karli Vanden Brink	11	Unity Christian	14.24	0.7	1	
26 Beau Mohr	09	Mvaocou	14.25	4.4	2	
27 Breanna Jernberg	11	Lawton Bronson	14.28	0.7	1	
28 Sarae Semen	10	Okoboji	14.60	0.7	1	
29 Ellie Reuter	09	Mmcru	14.87	0.7	1	

**Girls 100 Meter Hurdles Elite**

Meet: M 14.80 4/18/2009 Nevada Sorenson, Sioux Falls Lincoln						
Name	Year	School	Finals	Wind	H#	
1 Megan Hansen	11	South Sioux City	15.59	0.2	4	
2 Laken Gardner	11	Sioux City East	16.07	0.2	4	
3 Elle Scarborough	10	Glenwood	16.23	0.2	4	
4 Maggie Brahmer	12	Pierce	16.34	0.2	4	
5 Sydney Livermore	11	Gehlen Catholic	16.55	1.5	2	
6 Audrey Arnold	11	Glenwood	16.90	0.2	4	
7 Nya Lul	10	Sioux City East	17.09	0.2	4	
8 Kady Leusink	11	Le Mars	17.26	0.2	4	
9 Ellie Schley	12	Sioux Center	17.32	0.2	4	
10 Sami Parr	11	Glenwood	17.58	1.6	1	
11 Makenna Kleinhesselink	09	Sheldon	17.87	0.9	3	
12 Jaycee Hoekstra	11	Moc-Floyd Valley	17.91	0.9	3	
13 Lilly McNaughton	09	Le Mars	18.02	1.5	2	
14 Anna Lowary	11	Atlantic	18.07	0.9	3	
15 Akia Simpson	12	Sioux City West	18.28	0.9	3	
16 Karlee Schiff	10	Le Mars	18.30	0.9	3	

**Sioux City Relays 2019 - 4/12/2019 to 4/13/2019**

**55th Running  
Olsen Stadium  
Results**

**....Girls 100 Meter Hurdles Elite**

17 Karli Bomgaars	11 Moc-Floyd Valley	18.43	1.5	2
18 Alexia Adkins	11 Mvaocou	18.58	1.5	2
19 Shelby Riebeling	12 Unity Christian	18.67	1.6	1
20 Madeline Stout	09 Dakota Valley	18.80	0.9	3
21 Brooke Alesch	12 Le Mars	18.96	1.6	1
22 Shelby Skinner	10 Westwood	19.03	1.5	2
22 Addy Mosier	09 Sergeant Blu	19.03	0.9	3
24 Hannah Hageman	09 Lawton Bronson	19.03	1.6	1
25 Alyssa Mulder	12 Sioux Center	19.07	1.5	2
26 Maya Bishwokarma	10 Bishop Heelan	19.21	1.5	2
27 Sophie Krusen	10 Mvaocou	19.33	1.5	2
28 Keitra Cabinboy	12 Okoboji	19.73	0.9	3
29 Grace Kiple	12 Sergeant Blu	20.04	1.6	1
30 Renee Arrowood	09 Sioux City North	20.93	1.6	1
31 Elisa Davis	10 Westwood	21.24	1.6	1
32 Courtney Johnson	10 Sioux City North	21.27	1.6	1

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

=====  
 Meet: M 42.72 4/16/2016 Sioux City East, S.C. East  
 T Flemister, D Flemister, P Moon, R Godfrey  
 School Finals  
 =====

1 Sioux City East 'A'	43.73
1) Kayden Jones 11	2) Gabe Wagner 11
3) Ray Ray Douglas 12	4) Ardell Inlay 12
2 Bishop Heelan 'A'	45.71
1) Keyontre Clark 10	2) Deonte Walker 12
3) Camden Lee 11	4) Drew Olson 12
3 South Sioux City 'A'	46.01
1) Weston Wilson 12	2) Awnan Bouvilom 11
3) Alex Sotelo 12	4) Dylan McGuire 12
4 Sioux City North 'A'	46.66
1) Dante Hansen 10	2) Kevin Phung 09
3) Cale Conner 12	4) Matt Hagan 12
5 Sergeant Bluff-Luton 'A'	46.88
1) Jacob Imming 09	2) Kaden Helt 10
3) JT Holder 10	4) Parker Kaler 09
6 Sioux City West 'A'	47.56
1) Riliegh Belt 11	2) Bryson Brinkman 11
3) TT Quintana 11	4) Michael Duax 10
-- Le Mars 'A'	DNF
1) Dylan Rasmussen 11	2) Anthony Lamoreux 11
3) Conlen Parmelee 11	4) Tyler Ferguson 12

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

=====  
 Meet: M 1:29.12 4/16/2016 Sb-Luton, Sgt. Bluff-Luton  
 M George, R McGregor, D Girres, B Wall  
 School Finals  
 =====

1 Sioux City East 'A'	1:31.04
1) Kayden Jones 11	2) Gabe Wagner 11
3) Ray Ray Douglas 12	4) Ardell Inlay 12





**Sioux City Relays 2019 - 4/12/2019 to 4/13/2019**

**55th Running  
Olsen Stadium  
Results**

**....Boys 1600 Sprint Medley Class"A"**

1) Kayden Jones 11	2) Gabe Wagner 11	
3) Ardell Inlay 12	4) Ethan Burge 10	
3 Bishop Heelan 'A'		3:44.90
1) Drew Olson 12	2) Camden Lee 11	
3) Deonte Walker 12	4) Charlie Saulsbury 12	
4 Sioux City North 'A'		3:50.88
1) Dante Hansen 10	2) Dave Karisa 12	
3) Colin Greenwell 10	4) Jaysen Bouwers 10	
5 South Sioux City 'A'		3:54.15
1) Iankarlos Santana 09	2) Awnan Bouvilom 11	
3) Jesus Garcia 12	4) Mubarak Abdela 12	
6 Le Mars 'A'		3:57.19
1) Cody Ott 12	2) Conlen Parmelee 11	
3) Brandon Olson 12	4) Austin Wurth 12	
7 Sioux City West 'A'		4:03.17
1) Ezekial Turner 11	2) Abel Harker 11	
3) Michael Duax 10	4) Auston Surber 12	

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

=====  
 Meet: M 43.84 4/17/1999 Lemars Central, Lemars Centra  
 R. White, K. Hector, B. Beach, P. Crandell  
 School Finals  
 =====

1 Glenwood 'A'		45.15
1) Jon Lee 12	2) Christian Stanislav 12	
3) Cooper Silvius 12	4) Zach Vondra 12	
2 Kp-Wc 'A'		46.16
1) Damon Schmid 09	2) Mitchell Countryman 11	
3) Preston Pfaffle 11	4) Ethan Copeland 11	
3 Unity Christian 'A'		46.40
1) Carter Schiebout 12	2) Logan Franken 10	
3) Clayton Bosma 10	4) Luke Wagner 11	
4 Moc-Floyd Valley 'A'		46.65
1) Gage Fisher 12	2) Michael Ruden 11	
3) Noah Flemming 12	4) Eli Te Grotenhuis 12	
5 Glenwood 'B'		46.99
1) Logen Clark 10	2) Dominic Robertson 11	
3) Ben Berke 12	4) Jackson Goos 11	
6 Mount Michael 'A'		47.45
1) Alex Crnkovich 12	2) Clifford Roepke 11	
3) Christopher Angel 09	4) Joe Hitzemann 12	
7 Hinton 'A'		48.02
1) Joe Conley 10	2) Justin Faith 10	
3) Wyatt Stucky 12	4) Cameron Sitzmann 12	

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

=====  
 Meet: M 1:30.55 4/13/2013 Oa-Bcig, OA-BCIG  
 Q Westphal, D Leinbaugh, K Young, T Ryen  
 School Finals  
 =====

1 Glenwood 'A'		1:33.57
1) Christian Stanislav 12	2) Silas Bales 10	

**Sioux City Relays 2019 - 4/12/2019 to 4/13/2019**

**55th Running  
Olsen Stadium  
Results**

**....Boys 4x200 Meter Relay Class"B"**

- |                                      |                        |               |
|--------------------------------------|------------------------|---------------|
| 3) Jack Hughes 12                    | 4) Zach Vondra 12      |               |
| 2 Dakota Valley 'A'                  |                        | 1:33.90       |
| 1) Tadd Green 11                     | 2) Sam Chesterman 12   |               |
| 3) Cole Schulz 12                    | 4) Nate Rice 12        |               |
| 3 Unity Christian 'A'                |                        | 1:34.14       |
| 1) Carter Schiebout 12               | 2) Logan Franken 10    |               |
| 3) Clayton Bosma 10                  | 4) Luke Wagner 11      |               |
| 4 Hinton 'A'                         |                        | 1:36.18       |
| 1) Micah Kaiser 11                   | 2) Justin Faith 10     |               |
| 3) Thomas Bishop 12                  | 4) Steven Greigg 11    |               |
| 5 Mount Michael 'A'                  |                        | 1:38.46       |
| 1) Alex Crnkovich 12                 | 2) Benjamin Goetz 11   |               |
| 3) Christopher Angel 09              | 4) Joe Hitzemann 12    |               |
| 6 Okoboji 'A'                        |                        | 1:39.34       |
| 1) Austin Simpson                    | 2) Jake Olson          |               |
| 3) Caden Larue                       | 4) Jamison Helmers     |               |
| -- Kp-Wc 'A'                         |                        | DNF           |
| 1) Mitchell Countryman 11            | 2) Damon Schmid 09     |               |
| 3) Grant Schroeder 09                | 4) Ethan Copeland 11   |               |
| -- Western Christian High School 'A' |                        | DQ ex 2-3 vio |
| 1) Harry Steele 12                   | 2) Carson Elbers 10    |               |
| 3) Tyson Boer 10                     | 4) Cole Zevenbergen 11 |               |

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

=====

Meet: M 3:26.24 4/16/2016 Glenwood, Glenwood  
N Kennedy, J Springer, C Petersen, C Von Essen

School Finals

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- |                                     |                           |         |
|-------------------------------------|---------------------------|---------|
| 1 Atlantic 'A'                      |                           | 3:28.72 |
| 1) Zade Niklasen 12                 | 2) Colin Mullenix 10      |         |
| 3) Craig Becker 10                  | 4) Chase Mullenix 12      |         |
| 2 Western Christian High School 'A' |                           | 3:31.60 |
| 1) Harry Steele 12                  | 2) Trevin Hulstein 11     |         |
| 3) Carson Elbers 10                 | 4) Cole Zevenbergen 11    |         |
| 3 Glenwood 'A'                      |                           | 3:38.90 |
| 1) Silas Bales 10                   | 2) Christian Stanislav 12 |         |
| 3) Brett Mower 12                   | 4) Parson Covington 12    |         |
| 4 Unity Christian 'A'               |                           | 3:41.94 |
| 1) Logan Franken 10                 | 2) Jackson Hofland 11     |         |
| 3) Devin Bos 11                     | 4) Luke Wagner 11         |         |
| 5 Mount Michael 'A'                 |                           | 3:43.61 |
| 1) Joe Hitzemann 12                 | 2) Christopher Angel 09   |         |
| 3) Clifford Roepke 11               | 4) Alex Crnkovich 12      |         |
| 6 Hinton 'A'                        |                           | 3:44.11 |
| 1) Kade Hoefling 10                 | 2) Micah Kaiser 11        |         |
| 3) Jaden Anderson 12                | 4) Steven Greigg 11       |         |
| 7 Moc-Floyd Valley 'A'              |                           | 3:45.65 |
| 1) Luke Jeltema 09                  | 2) Jakob VanDerWerff 12   |         |
| 3) Josiah Jansen 12                 | 4) Noah Flemming 12       |         |
| 8 Kp-Wc 'A'                         |                           | 3:54.14 |
| 1) Kole Reis 10                     | 2) Shawn Archer 11        |         |
| 3) Grant Schroeder 09               | 4) Mitchell Countryman 11 |         |

**Sioux City Relays 2019 - 4/12/2019 to 4/13/2019**

**55th Running  
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Results**

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

=====			
Meet: M 3:38.09 4/18/2010 Glenwood, Glenwood			
T Williams I Effin, E Lincoln, K Wheeler			
School		Finals	H#
=====			
1 Atlantic 'A'		3:39.60	2
1) Gannon O'Hara 09	2) Colin Mullenix 10		
3) Zade Niklasen 12	4) Chase Mullenix 12		
2 Unity Christian 'A'		3:48.32	2
1) Logan Franken 10	2) Carter Schiebout 12		
3) Luke Wagner 11	4) Jackson Hofland 11		
3 Sioux Center 'A'		3:48.81	2
1) Caden Plasier 09	2) Taylor DeJagor 10		
3) Lane Kamerman 10	4) Peter Shippy 12		
4 Glenwood 'A'		3:51.34	2
1) Jon Lee 12	2) Jack Hughes 12		
3) Silas Bales 10	4) Parson Covington 12		
5 Moc-Floyd Valley 'A'		3:52.54	2
1) Michael Ruden 11	2) Luke Jeltema 09		
3) Noah Flemming 12	4) Samuel May 09		
6 Western Christian High School 'A'		3:54.29	1
1) Harry Steele 12	2) Cole Zevenbergen 11		
3) Ethan Spronk 10	4) Trevin Hulstein 11		
7 Hinton 'A'		3:56.93	1
1) Thomas Bishop 12	2) Micah Kaiser 11		
3) Steven Greigg 11	4) Gabe Clark 11		
8 Okoboji 'A'		3:57.57	2
1) Austin Simpson	2) Jake Olson		
3) Ethan Albright	4) David Alexander		
9 Kp-Wc 'A'		4:06.62	1
1) Shawn Archer 11	2) Preston Pfaffle 11		
3) Mitchell Countryman 11	4) Jalen Spink 12		

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

=====			
Meet: M 44.75 4/17/1999 Sioux Center, Sioux Center			
VanVoorst, Zevenbergen, Wielenga, Kempers			
School		Finals	
=====			
1 Pierce 'A'		45.10	
1) Carson Oestreich 11	2) Dalton Freeman 11		
3) Brett Tinker 11	4) Devan Roth 12		
2 Lawton Bronson 'A'		46.08	
1) Max Fluent 12	2) Sam Roder 11		
3) Adam Fillipi 10	4) Cade Pedersen 12		
3 Hartley Melvin Sanborn 'A'		47.33	
1) Noah Adams 10	2) Dawson Schiphoff 10		
3) Connor Dodd 09	4) Nate bangert 11		
4 Gehlen Catholic 'A'		48.17	
1) Dylan Lehmann 09	2) Isaac Vaske 11		
3) Ryan Livermore 09	4) Adam Schuch 12		
5 Homer 'A'		48.64	
1) Alex Huerta 12	2) Carson Gaarder 10		
3) Hunter Davis 11	4) Jacob Huerta 11		
6 Mvaocou 'A'		48.72	

**Sioux City Relays 2019 - 4/12/2019 to 4/13/2019****55th Running  
Olsen Stadium  
Results****....Boys 4x100 Meter Relay Class"C"**

1) Jamison Thies 10	2) James Weaver 09
3) Hayden Kuhl 12	4) Will Forbes 09

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

=====  
 Meet: M 1:31.73 4/20/2011 Dakota Valley, Dakota Valle  
 M Lupkes, E Hendriks, Z Sexton, T White  
 School Finals  
 =====

1 Lawton Bronson 'A'	1:35.44
1) Fluent Max 12	2) Hayden Dahlhauser 10
3) Sam Roder 11	4) Adam Fillipi 10
2 Gehlen Catholic 'A'	1:40.25
1) Dylan Lehmann 09	2) Jeff Augustine 10
3) Ryan Livermore 09	4) Adam Schuch 12
-- Hartley Melvin Sanborn 'A'	DQ exc 1-2 viol
1) Noah Adams 10	2) Dawson Schiphoff 10
3) Connor Dodd 09	4) Nate bangert 11

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

=====  
 Meet: M 3:30.38 4/20/1988 LeMars Gehlen, Lemars Gehle  
 M. Rohe, G. Meister, N. Ryan, B. Sitzmann  
 School Finals  
 =====

1 Lawton Bronson 'A'	3:40.68
1) Cade Pedersen 12	2) Hayden Dahlhauser 10
3) Cody Feddersen 12	4) Dillon Hennings 12
2 Gehlen Catholic 'A'	3:44.12
1) Dylan Lehmann 09	2) Jeff Augustine 10
3) Ethan Peters 11	4) Isaac Vaske 11
3 Westwood 'A'	3:46.81
1) Jayden McFarland 10	2) Sean Westergaard 12
3) Brennan Eby 10	4) Francisco Rohner 12
4 Homer 'A'	3:55.18
1) Jacob Huerta 11	2) Carson Gaarder 10
3) Alex Huerta 12	4) Hunter Davis 11

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

=====  
 Meet: M 3:38.46 4/16/1988 Gehlen Catholic, Le Mars Ge  
 J. Block, M. Dull, M. Carpenter, B. Baack  
 School Finals  
 =====

1 Westwood 'A'	3:51.63
1) Jayden McFarland 10	2) James Mendenhall 11
3) Sean Westergaard 12	4) Francisco Rohner 12
2 Lawton Bronson 'A'	3:52.90
1) Max Fluent 12	2) Adam Fillipi 10
3) Dillon Hennings 12	4) Cade Pedersen 12
3 Mvaocou 'A'	3:53.64
1) Kolby Nutt 11	2) Hayden Kuhl 12
3) Will Forbes 09	4) Cameron O'Connell 12
4 Hartley Melvin Sanborn 'A'	3:57.55

**Sioux City Relays 2019 - 4/12/2019 to 4/13/2019****55th Running  
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Results****....Boys 1600 Sprint Medley Class"C"**

- |                        |                    |
|------------------------|--------------------|
| 1) Dawson Schiphoff 10 | 2) Connor Dodd 09  |
| 3) Adam Heyn 12        | 4) Clint Peters 11 |

**Boys 800 Meter Run OHS**

=====			
Meet: M 1:56.22 4/22/2017 Alec Still, K-P/WC			
Name	Year	School	Finals
=====			
1 Dylan Blake	11	Mvaocou	2:03.04
2 Mason Sindelar	10	Pierce	2:04.13
3 Eric Heibult	12	Sheldon	2:05.72
4 Joseph Schoonhoven	12	Unity Christian	2:06.39
5 Brendan Cain	10	Sheldon	2:06.52
6 Will Roder	11	Gehlen Catholic	2:07.02
7 Peter Shippy	12	Sioux Center	2:07.80
8 Landen Parmelee	12	Le Mars	2:08.31
9 Jakob VanDerWerff	12	Moc-Floyd Valley	2:08.66
10 Will Lohr	09	Sioux City North	2:09.66
11 Payden Hofer	12	Sergeant Blu	2:10.49
12 Brett Mower	12	Glenwood	2:10.98
13 Nathan Behrends	12	Atlantic	2:12.22
14 John Greer	10	Bishop Heelan	2:12.86
15 Nick Muller	10	Sergeant Blu	2:13.71
16 Luke Benson	12	Sioux City North	2:15.03
17 Jackson Hofland	11	Unity Christian	2:18.05
18 Weston Beeson	11	Mvaocou	2:18.74
19 Ethan Burge	10	Sioux City East	2:21.16

**Boys 1600 Meter Run OHS**

=====			
Meet: M 4:19.49 4/22/2017 Gable Sieperda, Central Lyo			
Name	Year	School	Finals
=====			
1 Dylan Blake	11	Mvaocou	4:33.01
2 Eric Heibult	12	Sheldon	4:35.61
3 Will Roder	11	Gehlen Catholic	4:36.24
4 Jakob VanDerWerff	12	Moc-Floyd Valley	4:41.75
5 Ahmed Bare	12	South Sioux City	4:43.78
6 Brendan Cain	10	Sheldon	4:50.63
7 Samuel May	09	Moc-Floyd Valley	4:51.49
8 Joseph Schoonhoven	12	Unity Christian	4:52.41
9 Bradley Dennis	11	Atlantic	4:54.22
10 Carlos Rodriguez	09	Sergeant Blu	4:54.40
11 Jon Veldman	12	Western Chri	4:55.32
12 Jake Vakulskas	12	Sioux City East	4:56.13
13 Ethan Hulinsky	10	Le Mars	4:56.21
14 Cole Satterwhite	11	Bishop Heelan	4:57.78
15 Jacob Gathje	11	Mount Michael	4:57.84
16 Tage Hulstein	09	Western Chri	4:58.92
17 Nick Walters	12	Sioux City North	4:59.20
18 Mason Parks	12	Glenwood	4:59.44
19 Sam McIntyre	11	Glenwood	5:00.65
20 John Schroll	11	Mount Michael	5:02.11
21 Blake Schmiedt	09	Dakota Valley	5:02.37

**Sioux City Relays 2019 - 4/12/2019 to 4/13/2019****55th Running  
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Results****....Boys 1600 Meter Run OHS**

22	Jalen Spink	12	Kp-Wc	5:03.37
23	Alex Nonhof	12	Unity Christian	5:03.47
24	Drew Marksbury	12	Sergeant Blu	5:04.50
25	Aziah Ashley	09	Lawton Bronson	5:10.91
26	Issa Aman	10	Sioux City North	5:11.24
27	Blake Hanson	12	Lawton Bronson	5:13.29
28	Jacob Johnson	09	Sioux City West	5:15.12
29	Kevin Greigg	11	Sioux City East	5:18.46

**Boys 3200 Meter Run OHS**

=====				
Meet: M 9:22.77 4/22/2017 Gable Sieperda, Central Lyo				
Name	Year	School	Finals	
=====				
1	Joe Anderson	12	George Little Rock	9:50.86
2	Will Roder	11	Gehlen Catholic	9:53.38
3	Jakob VanDerWerff	12	Moc-Floyd Valley	9:57.09
4	Jaysen Bouwers	10	Sioux City North	10:00.75
5	Jalen Petersen	12	Atlantic	10:13.05
6	Jacob Gathje	11	Mount Michael	10:24.42
7	Deven Henry	10	Sioux City West	10:25.54
8	Carlos Rodriguez	09	Sergeant Blu	10:33.31
9	Joseph Schoonhoven	12	Unity Christian	10:34.80
10	Alex Nonhof	12	Unity Christian	10:51.82
11	Drew Marksbury	12	Sergeant Blu	10:59.03
12	Yemane Kifle	09	Sioux City North	10:59.04
13	Ethan Hulinsky	10	Le Mars	11:00.55
14	Zane Berg	09	Atlantic	11:05.39
15	Cameron Mallisee	10	Mount Michael	11:11.18
16	Corbin Doll		Okoboji	11:23.05
17	Blake Dirksen	10	Le Mars	11:24.12
18	Kevin Greigg	11	Sioux City East	11:31.44
19	Jacob Lamb		Okoboji	11:33.69
20	Dylan DeMoss	12	Hinton	11:41.92
21	Nathan Rohrberg	10	Glenwood	11:48.37
22	Clayton Roberts	11	Sioux City East	12:00.72
23	Clint Peters	11	Hartley Melv	12:16.68

**Boys 400 Meter Hurdles OHS**

=====				
Meet: M 53.79 4/14/2012 Derek Jones, Glenwood				
Name	Year	School	Finals	H#
=====				
1	Ethan Albright		Okoboji	55.43 3
2	Ben Wadle	12	Le Mars	57.18 3
3	Isaac Vaske	11	Gehlen Catholic	57.96 3
4	Nate bangert	11	Hartley Melv	58.74 2
5	Dhugomsa Mohammed	10	South Sioux City	59.76 3
6	Max Murphy	12	Sergeant Blu	59.87 3
7	Brenden Godbout	11	Glenwood	59.90 2
8	Collin Boehmer	10	Le Mars	1:00.24 3
9	Alex Crnkovich	12	Mount Michael	1:00.63 3
10	Quinten Wynia	12	Sheldon	1:00.73 2
11	Lane Kamerman	10	Sioux Center	1:00.96 2

**Sioux City Relays 2019 - 4/12/2019 to 4/13/2019****55th Running  
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Results****....Boys 400 Meter Hurdles OHS**

12 Luke Olesen	11 Lawton Bronson	1:01.15	1
13 Austin Freiberg	11 Sergeant Blu	1:01.26	3
14 Devin Bos	11 Unity Christian	1:02.15	1
15 John Vreugdenhil	11 Unity Christian	1:03.28	2
16 Cale Conner	12 Sioux City North	1:03.31	2
17 Tyler Wittrock	Okoboji	1:03.45	1
18 Kole Reis	10 Kp-Wc	1:03.53	1
19 Kyle Brighton	11 Hinton	1:03.59	1
20 Collin Lansink	10 Mvaocou	1:04.02	1
21 Edgar DeLuna	12 South Sioux City	1:07.84	1
22 Mitch Sherlock	10 Hinton	1:08.83	1
-- Ezekial Turner	11 Sioux City West	DNF	2

**Boys 4x800 Meter Relay OHS**

Meet: M 7:57.93 4/18/2009 Yankton, SC East

J. Ailts A. Hohenthauer M. Yaggie T. Brenner

School

Finals

1 Atlantic 'A'	8:20.38
1) Craig Becker 10	2) Bradley Dennis 11
3) Nathan Behrends 12	4) Chase Mullenix 12
2 Sergeant Bluff-Luton 'A'	8:22.73
1) Payden Hofer 12	2) Nick Muller 10
3) Conner Groves 12	4) Easton Ritz 12
3 Sioux City North 'A'	8:29.79
1) Jaysen Bouwers 10	2) Will Lohr 09
3) Colin Greenwell 10	4) Luke Benson 12
4 Glenwood 'A'	8:31.61
1) Brett Mower 12	2) Sam McIntyre 11
3) Mason Parks 12	4) Parson Covington 12
5 Mvaocou 'A'	8:32.82
1) Cameron O'Connell 12	2) Kolby Nutt 11
3) Weston Beeson 11	4) Dylan Blake 11
6 Bishop Heelan 'A'	8:39.75
1) John Greer 10	2) Cole Satterwhite 11
3) David Pithan 11	4) Charlie Saulsbury 12
7 Pierce 'A'	8:42.51
1) Mason Sindelar 10	2) David Dale 10
3) Cole Vogt 11	4) Isaac Lambrecht 12
8 Western Christian High School 'A'	8:45.61
1) Trevin Hulstein 11	2) Carson Elbers 10
3) Tage Hulstein 09	4) Ethan Spronk 10
9 Unity Christian 'A'	8:47.61
1) Joseph Schoonhoven 12	2) John Vreugdenhil 11
3) Dylan Riebeling 11	4) Jackson Hofland 11
10 Le Mars 'A'	8:52.89
1) Landen Parmelee 12	2) Cael Kass 09
3) Kyle Herbst 11	4) Austin Wurth 12
11 Okoboji 'A'	8:54.29
1) Ethan Albright	2) David Alexander
3) Tyler Wittrock	4) Jacob Lamb
12 Hinton 'A'	9:05.12
1) Kade Hoefling 10	2) Jaden Anderson 12

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**....Boys 4x800 Meter Relay OHS**

3) Dylan DeMoss 12	4) Gabe Clark 11	
13 Sioux City East 'A'		9:10.88
1) Ryan Crawford 10	2) Colby East 11	
3) Ryan Campbell 09	4)	
14 Gehlen Catholic 'A'		9:12.11
1) Jeff Augustine 10	2) Traegen Kramer 10	
3) Ethan Herbst 09	4) Carson Tesch 11	
15 Lawton Bronson 'A'		9:43.02
1) Cade Pedersen 12	2) Aziah Ashley 09	
3) Hasten Michaels 11	4) Dillon Hennings 12	

**Boys High Jump OHS**

Meet: M 6-10 4/20/1989 Darwin VanderHoef, Rock Valley

Name	Year	School	Finals	
1 Ben Thelander	11	Lawton Bronson	6-00.00	1.82m
5-08 5-10 6-00 6-01				
O XO O XXX				
2 Clifford Roepke	11	Mount Michael	5-10.00	1.77m
5-08 5-10 6-00				
O O XXX				
2 Keanen Wieseler	11	Hinton	5-10.00	1.77m
5-08 5-10 6-00				
O O XXX				
4 Ethan Peters	11	Gehlen Catholic	J5-10.00	1.77m
5-08 5-10 6-00				
XO XO XXX				
5 Austin Freiberg	11	Sergeant Blu	5-08.00	1.72m
5-08 5-10				
O XXX				
6 Aiden Brock	12	Hinton	J5-08.00	1.72m
5-08 5-10				
XO XXX				
6 Jacob Imming	09	Sergeant Blu	J5-08.00	1.72m
5-08 5-10				
XO XXX				
6 Sam Chesterman	12	Dakota Valley	J5-08.00	1.72m
5-08 5-10				
XO XXX				
-- Kevin Phung	09	Sioux City North	NH	
5-08				
XXX				
-- Alex Sotelo	12	South Sioux City	NH	
5-08				
XXX				

**Boys Long Jump OHS**

Meet: M 22-03 4/20/1961 Lloyd Matthews, SC Central

Name	Year	School	Finals	Wind	H#
1 Keyontre Clark	10	Bishop Heelan	20-07.50	NWI	6.28m 3
19-06(NWI) 18-00(NWI) FOUL		19-10.50(NWI) 19-09.50(NWI)	20-07.50(NWI)		



**Sioux City Relays 2019 - 4/12/2019 to 4/13/2019****55th Running  
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Results****....Boys Long Jump OHS**

2	Clifford Roepke	11 Mount Michael	20-07.00	NWI	6.27m	3
	20-07(NWI)	19-09.25(NWI)	19-04(NWI)	20-01.50(NWI)	19-07(NWI)	20-01.25(NWI)
3	Zach Vondra	12 Glenwood	20-04.00	NWI	6.19m	3
	FOUL	20-04(NWI)	FOUL	FOUL	19-05(NWI)	FOUL
4	Nate Rice	12 Dakota Valley	20-00.50	NWI	6.10m	2
	19-07.25(NWI)	19-11(NWI)	20-00.50(NWI)	18-08(NWI)	18-08.50(NWI)	19-08.50(NWI)
5	Joe Hitzemann	12 Mount Michael	J20-00.50	NWI	6.10m	3
	18-00.50(NWI)	18-11(NWI)	20-00.50(NWI)	19-04.50(NWI)	18-09(NWI)	18-00(NWI)
6	Cody Vaselaar	12 Sheldon	19-06.00	NWI	5.94m	3
	FOUL	18-07.75(NWI)	19-06(NWI)	FOUL	19-02.50(NWI)	18-11(NWI)
7	Matthew Bomgaars	10 Sioux Center	19-05.75	NWI	5.93m	3
	18-06(NWI)	17-08(NWI)	19-05.75(NWI)	18-07.25(NWI)	18-07.50(NWI)	19-04.50(NWI)
8	Parker Moss	12 Dakota Valley	19-00.50	NWI	5.80m	3
	18-11(NWI)	19-00.50(NWI)	FOUL	FOUL	18-01.75(NWI)	13-10.50(NWI)
9	Matt Hagan	12 Sioux City North	18-10.75	NWI	5.75m	2
	17-05(NWI)	17-04.50(NWI)	18-10.75(NWI)	16-11(NWI)	FOUL	FOUL
10	Carter Schiebout	12 Unity Christian	18-10.50	NWI	5.75m	1
	18-03.50(NWI)	18-06(NWI)	18-10.50(NWI)			
11	Easton Ritz	12 Sergeant Blu	18-08.00	NWI	5.68m	3
	FOUL	18-08(NWI)	FOUL			
12	Aiden Brock	12 Hinton	18-06.50	NWI	5.65m	2
	FOUL	18-06.50(NWI)	FOUL			
13	Ethan Copeland	11 Kp-Wc	18-04.50	NWI	5.60m	3
	FOUL	18-04.50(NWI)	14-02.50(NWI)			
14	Devin Bos	11 Unity Christian	18-03.00	NWI	5.56m	2
	18-03(NWI)	17-09.25(NWI)	17-07(NWI)			
14	Jayden McFarland	10 Westwood	18-03.00	NWI	5.56m	2
	18-03(NWI)	17-09.25(NWI)	17-07(NWI)			
16	Bryson Brinkman	11 Sioux City West	J18-03.00	NWI	5.56m	1
	17-05.25(NWI)	18-03(NWI)	FOUL			
17	Payden Hofer	12 Sergeant Blu	18-01.00	NWI	5.51m	1
	18-01(NWI)	FOUL	FOUL			
18	Kevin Phung	09 Sioux City North	17-09.25	NWI	5.41m	1
	FOUL	17-09.25(NWI)	FOUL			
19	Jamison Helmers	Okoboji	17-07.75	NWI	5.37m	2
	17-07.75(NWI)	17-05(NWI)	16-05.50(NWI)			
20	Michael Duax	10 Sioux City West	17-07.50	NWI	5.37m	1
	17-03.75(NWI)	17-07.50(NWI)	16-07.50(NWI)			
21	Michael Ruden	11 Moc-Floyd Valley	17-07.00	NWI	5.35m	1
	17-07(NWI)	FOUL	17-03.25(NWI)			
22	Damon Schmid	09 Kp-Wc	17-04.50	NWI	5.29m	2
	17-04.50(NWI)	17-02(NWI)	17-02.25(NWI)			
23	Kolby Nutt	11 Mvaocou	17-00.00	NWI	5.18m	1
	17-00(NWI)	16-07.25(NWI)	17-00(NWI)			
24	Charlie Dykshorn	12 Sioux Center	16-11.25	NWI	5.16m	2
	FOUL	16-11.25(NWI)	FOUL			
25	Hasten Michaels	11 Lawton Bronson	16-06.75	NWI	5.04m	1
	16-06.75(NWI)	16-03.50(NWI)	16-00.25(NWI)			
26	Dominic Robertson	11 Glenwood	16-04.50	NWI	4.99m	2
	16-04.50(NWI)	FOUL	16-03.25(NWI)			
27	Gavin DeJager	11 Lawton Bronson	15-07.00	NWI	4.74m	1
	FOUL	FOUL	15-07(NWI)			
--	Tyler Goehring	10 Elk Point-Jefferson	FOUL			3
	FOUL	FOUL	FOUL			

## Sioux City Relays 2019 - 4/12/2019 to 4/13/2019

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## Boys Shot Put OHS

Meet: M 64-03 4/22/2017 Nick Phelps, KP/WC							
Name	Year	School	Finals			H#	
1 Zach Verzani	10	Lawton Bronson	51-06.50	15.70m	3		
			45-07.50 44-10.50 48-06.50 49-03.50 51-06.50 48-07				
2 Blake Wiederhold	11	Sioux City East	51-05.00	15.67m	3		
			48-05 49-11 49-05.50 FOUL 47-11.50 51-05				
3 Kobe Clayborne	11	Bishop Heelan	50-10.50	15.50m	3		
			48-07.50 48-01 48-07.50 49-00.50 50-02.50 50-10.50				
4 Drake Peed	10	Elk Point-Jefferson	50-01.00	15.26m	3		
			49-06 49-08 FOUL FOUL 50-01 FOUL				
5 Brad Hartnett	12	South Sioux City	49-10.00	15.18m	3		
			49-10 45-06 FOUL FOUL FOUL FOUL				
6 Cruz Gleason	10	Pierce	44-01.50	13.44m	3		
			43-01.50 42-06 FOUL 41-10.50 43-03.50 44-01.50				
7 Caden Sussex	10	Hinton	43-05.50	13.24m	1		
			43-01 42-11.50 43-05.50 FOUL 41-06 FOUL				
8 Tameron Pius	09	Sioux City East	43-05.00	13.23m	2		
			42-10.50 42-03.50 43-05 41-10.50 41-11 42-02.50				
9 William Minnick	12	Moc-Floyd Valley	43-03.50	13.19m	2		
			FOUL 41-06 43-03.50 FOUL FOUL 41-03				
10 Dwayne Cassell	12	Sioux City North	43-01.50	13.14m	1		
			42-00.50 42-03.50 43-01.50				
11 Bryce Huitink	12	Unity Christian	43-00.50	13.11m	3		
			FOUL 42-06 43-00.50				
12 Michael logue		Ponca	42-10.00	13.05m	3		
			41-00.50 42-10 41-07.50				
13 Kane Watson	10	Glenwood	42-06.50	12.96m	2		
			FOUL 42-06.50 40-03				
14 Cade Block	11	Bishop Heelan	42-03.00	12.87m	2		
			40-09.50 40-10.50 42-03				
15 Ely Fundermann	12	Mvaocou	42-00.00	12.80m	3		
			FOUL 40-11 42-00				
16 Eric Divis	12	Sioux City North	41-11.50	12.78m	2		
			41-11.50 41-05.50 FOUL				
16 Marshall Kleinhesselink	12	Sheldon	41-11.50	12.78m	2		
			41-06.50 40-02 41-11.50				
18 Brecken Hayes	12	Mvaocou	41-01.50	12.53m	2		
			41-01.50 40-07.50 41-00				
19 Harrison East	12	Westwood	40-11.50	12.48m	1		
			39-02.50 40-11.50 39-04				
20 Dalton Jacobsma	11	Moc-Floyd Valley	40-11.00	12.47m	1		
			38-05.50 40-11 38-08.50				
21 Brandon VanderSluis	09	Le Mars	40-10.50	12.45m	2		
			39-10 40-06.50 40-10.50				
22 Caleb Trierweiler	12	Hinton	40-05.50	12.33m	3		
			FOUL FOUL 40-05.50				
23 Carson Gaul	11	Sergeant Blu	40-01.50	12.23m	1		
			39-11 40-01.50 39-09.50				
24 Matt Logue		Ponca	39-04.50	12.00m	1		
			35-03.25 38-05.50 39-04.50				
25 Luis Castro	10	Sioux Center	37-03.00	11.35m	1		
			35-07 36-10 37-03				

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**....Boys Shot Put OHS**

26	Cheyenne Donnelly	12	Homer	36-07.50	11.16m	1
	36-07.50 36-02.50		FOUL			
27	Lucas Hauser	11	Le Mars	34-06.50	10.52m	1
	FOUL FOUL 34-06.50					
--	Konner Peterson	11	Glenwood	FOUL		3
	FOUL FOUL FOUL					

**Boys Discus Throw OHS**

=====						
Meet: M 186-10 4/22/2017 Nick Phelps, KP/WC						
	Name	Year	School	Finals		H#
=====						
1	Taylor Davis	12	Mount Michael	147-09	45.03m	3
	147-09 139-05		FOUL FOUL			
2	Drake Peed	10	Elk Point-Jefferson	144-11	44.17m	3
	144-11 FOUL 139-06		FOUL 134-06 FOUL			
3	Brandon VanderSluis	09	Le Mars	137-05	41.88m	3
	137-05 132-03		FOUL 135-02 133-11 FOUL			
4	Colby Richart	11	Pierce	136-01	41.47m	3
	129-06 FOUL 136-01		FOUL 132-08 FOUL			
5	Brad Hartnett	12	South Sioux City	133-08	40.74m	3
	FOUL FOUL 127-03 133-08		FOUL FOUL			
6	Cruz Gleason	10	Pierce	131-03	40.00m	3
	FOUL 131-03 FOUL FOUL		FOUL 126-08			
7	Cade Block	11	Bishop Heelan	130-01	39.64m	2
	FOUL 121-03 125-01		FOUL 130-01 126-06			
8	Kobe Clayborne	11	Bishop Heelan	129-06	39.47m	2
	122-08 129-06 FOUL		120-04 FOUL FOUL			
9	Caden Lafleur	09	Bishop Heelan	128-01	39.03m	1
	124-07 128-01 FOUL		FOUL FOUL FOUL			
10	Kody LaFleur	12	Elk Point-Jefferson	125-04	38.20m	3
	123-07 FOUL FOUL FOUL		125-04 FOUL			
11	Dalton Jacobsma	11	Moc-Floyd Valley	124-05	37.92m	2
	FOUL FOUL 124-05					
12	Zach Verzani	10	Lawton Bronson	122-08	37.38m	1
	FOUL 122-05 122-08					
--	William Minnick	12	Moc-Floyd Valley	FOUL		1
	FOUL FOUL FOUL					
--	Bryce Huitink	12	Unity Christian	FOUL		1
	FOUL FOUL FOUL					
--	Alex Huerta	12	Homer	FOUL		3
	FOUL FOUL FOUL					
--	Zachary Rozeboom	09	Sioux Center	FOUL		1
	FOUL FOUL FOUL					
--	Aidan Moran	10	Dakota Valley	FOUL		2
	FOUL FOUL FOUL					
--	Carson Gaul	11	Sergeant Blu	FOUL		2
	FOUL FOUL FOUL					
--	Trey Hansen	10	Glenwood	FOUL		2
	FOUL FOUL FOUL					
--	Jacob Heimgartner	10	Le Mars	FOUL		2
	FOUL FOUL FOUL					
--	Jared Davis	12	Sergeant Blu	FOUL		3
	FOUL FOUL FOUL					

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-- Marshall Kleinhesselink	12 Sheldon	FOUL	1
FOUL FOUL FOUL			
-- Carter Ploen	09 Kp-Wc	FOUL	1
FOUL FOUL FOUL			
-- Konner Peterson	11 Glenwood	FOUL	2
FOUL FOUL FOUL			
-- Caden Sussex	10 Hinton	FOUL	1
FOUL FOUL FOUL			

**Boys 100 Meter Dash Elite**

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Meet: M 10.83 4/14/2012 Darius Pearson, SC West						
Name	Year	School	Finals	Wind	H#	
=====						
1 Ardell Inlay	12	Sioux City East	10.87	+0.0	5	
2 Jorma Schwedler	11	Sergeant Blu	11.10	+0.0	5	
3 Tyler Moen	11	Atlantic	11.42	+0.0	5	
4 Zach Vondra	12	Glenwood	11.48	+0.0	5	
5 Kayden Jones	11	Sioux City East	11.49	+0.0	5	
6 Christian Stanislav	12	Glenwood	11.53	+0.0	5	
7 Carson Oestreich	11	Pierce	11.55	+0.0	5	
8 Dalton Freeman	11	Pierce	11.60	+0.0	5	
9 Tadd Green	11	Dakota Valley	11.73	0.7	4	
10 Luke Wagner	11	Unity Christian	11.83	0.7	4	
11 Nate Rice	12	Dakota Valley	11.86	0.7	4	
12 Dylan Rasmussen	11	Le Mars	11.90	0.5	3	
13 Ethan Copeland	11	Kp-Wc	11.92	0.7	4	
14 Awnan Bouvilom	11	South Sioux City	11.95	0.5	3	
15 Eli Te Grotenhuis	12	Moc-Floyd Valley	12.04	0.5	3	
16 Max Fluent	12	Lawton Bronson	12.08	0.5	3	
17 Caden Plasier	09	Sioux Center	12.13	0.7	4	
18 Noah Adams	10	Hartley Melv	12.14	1.3	1	
19 Briley Pollema	10	Le Mars	12.16	1.5	2	
20 Adam Fillipi	10	Lawton Bronson	12.17	0.7	4	
21 Heber Marroquin	11	Sheldon	12.21	0.7	4	
22 Will Forbes	09	Mvaocou	12.25	1.5	2	
23 Damon Schmid	09	Kp-Wc	12.25	0.5	3	
24 Clayton Bosma	10	Unity Christian	12.39	1.3	1	
25 Gannon O'Hara	09	Atlantic	12.43	0.5	3	
26 JT Holder	10	Sergeant Blu	12.43	1.5	2	
27 Dedric Sullivan	09	Sioux City North	12.44	0.5	3	
28 Caden Larue		Okoboji	12.62	1.5	2	
29 Joe Conley	10	Hinton	12.71	1.5	2	
30 James Weaver	09	Mvaocou	12.77	1.5	2	
31 Cameron Sitzmann	12	Hinton	12.87	1.3	1	

**Boys 110 Meter Hurdles Elite**

=====						
Meet: M 14.41 4/20/2002 Derek Casey, Cherokee						
Name	Year	School	Finals	Wind	H#	
=====						
1 Max Murphy	12	Sergeant Blu	14.84	2.0	3	
2 Austin Freiberg	11	Sergeant Blu	15.42	2.0	3	
3 Ben Wadle	12	Le Mars	15.57	2.0	3	

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4	Devan Roth	12	Pierce	15.82	2.0	3
5	Parker Moss	12	Dakota Valley	15.92	2.0	3
6	Drew Olson	12	Bishop Heelan	16.24	2.0	3
7	Cale Conner	12	Sioux City North	16.61	2.0	3
8	Colin Mullenix	10	Atlantic	16.75	3.3	2
9	Carter Arens	10	Le Mars	16.81	3.3	2
10	Gunnar Gunderson	10	Dakota Valley	16.82	2.0	3
11	Ben Thelander	11	Lawton Bronson	16.86	3.3	2
12	Quinten Wynia	12	Sheldon	16.87	3.3	2
13	Thomas Bishop	12	Hinton	17.04	3.3	2
14	Kole Reis	10	Kp-Wc	17.06	3.3	2
15	Riliegh Belt	11	Sioux City West	17.08	1.1	1
16	Dhugomsa Mohammed	10	South Sioux City	17.34	3.3	2
17	Tyler Boldra	09	Glenwood	17.55	1.1	1
18	Josiah Bundt	09	Moc-Floyd Valley	18.91	1.1	1
19	Karsen Gray	11	Kp-Wc	18.93	1.1	1
20	Lorcan Christensen	09	Sioux City North	20.06	1.1	1
21	Brenden Godbout	11	Glenwood	21.06	3.3	2
--	Keanen Wieseler	11	Hinton	DNF	1.1	1