

45th Annual Forwald/Coleman Relays
Iowa City High School, Raffensperger Track
Results

Event 1 Girls 800 Sprint Medley

School	Finals
Finals	
1 Waukee 'A'	1:50.43
1) Delaney Taylor 10	2) Emily McKibben 12
3) Kate Bannister 10	4) Lily Campbell 11
2 Iowa City 'A'	1:52.37
1) Emma Clark 10	2) Azzura Sartini-Rideout 09
3) Emma Cooper 10	4) Tiara Green 11
3 Ic- West 'A'	1:54.87
1) Taylor Cannon 09	2) Ally Bauer 12
3) Katie Severt	4) Micaela Gravelin
4 Pleasant Valley 'A'	1:57.05
1) Kira Arthofer 11	2) Alexa Neal 11
3) Rachel Tebbe 12	4) Cecilie Schieffer 10
5 Linn-Mar 'A'	1:58.90
1) Dacia Isaac 12	2) Dimia Burrell 09
3) Meghan Mather 10	4) Cha' White 12
6 CR Kennedy 'A'	2:00.52
1) Jade Irish 12	2) Hannah Weiland 09
3) Jurnee Rose-Johnson 11	4) Kate Nus 12
7 Muscatine 'A'	2:04.19
1) Jescie Brauns 12	2) Rylee Blake 09
3) Callie Kellett 10	4) Molly Tigrett 11
8 Valley, Wdm 'A'	2:04.73
1) Hannah Fultz 12	2) Jacey Spann 09
3) Ally Spencer 11	4) Emmerson Boisen 10

Event 2 Boys 800 Sprint Medley

School	Finals
1 Ic- West 'A'	1:35.29
1) Devlin Lockman 10	2) Trumell Roberts 11
3) Gabe Caruthers 10	4) Austin West 11
2 SE Polk 'A'	1:36.46
1) Gavin Williams 09	2) Jaeger Erickson 11
3) Mason Fairchild 10	4) Wade Barclay 12
3 Valley, Wdm 'A'	1:37.95
1) Creighton Mitchell 09	2) John Mahoney 12
3) Saxon Barrientos 10	4) Carson Rashid 11
4 Pleasant Valley 'A'	1:39.25
1) Arthur Braden 11	2) Collin Ankton 11
3) Terry Saul 12	4) Ben Royer 10
5 Linn-Mar 'A'	1:41.27
1) Lucas Schmitt 11	2) Trent Roling 11
3) Renato Jensen 12	4) Bridger Aucutt 10
6 Iowa City High 'A'	1:42.02
1) Cole Milder 11	2) Rex Thompson 12

3) Max DePrenger 10	4) Noah Kabat 09	
7 Muscatine 'A'		1:45.18
1) Aaron Webb 10	2) Owen Hazelwood 10	
3) Zach Hardy 09	4) Tanner Niehaus 10	
8 Dsm East 'A'		1:49.53
1) Roberto Santillan 12	2) Nate Groom 12	
3) Cedric Warren 09	4) Justice Emunah 09	

Event 3 Girls 3000 Meter Run

Name	Year School	Finals
1 Bailey Nock	Ic- West	10:25.76
2 Gabby Skopec	Ic- West	10:35.66
3 Maddy Minard	10 Pleasant Val	10:52.87
4 Emily Bywater	12 Iowa City	10:54.71
5 Karson Foley	11 Waukee	11:05.45
6 Miranda Boyle	10 Waukee	11:15.58
7 Odessa Neeley	12 Waukee	x11:28.32
8 Lauren Buechel	09 Pleasant Val	11:32.94
9 Mollie Hansen	12 Iowa City	11:33.50
10 Bridget Brown	10 Iowa City	x11:33.89
11 Emma Kelley	10 Linn-Mar	11:58.33
12 Kristin Sheyko	12 CR Kennedy	12:08.35
13 Anna Klein	11 CR Kennedy	12:14.98
14 Caroline Christophersen	10 Pleasant Val	x12:20.58
15 Haley Losh	10 Valley, Wdm	12:24.64
16 Alli Henry	09 Valley, Wdm	12:28.65
17 AJ Kendrick	10 Linn-Mar	12:38.16
18 Olivia Genskow	09 Linn-Mar	x12:57.52

Event 4 Boys 3200 Meter Run

Name	Year School	Finals
1 Kolby Greiner	10 Ic- West	9:30.95
2 Ali Ali	12 Ic- West	9:39.34
3 Michael Berg	12 Iowa City Hi	9:41.50
4 Moise Habineza	11 Valley, Wdm	9:54.12
5 Matthew Dodge	12 Iowa City Hi	9:57.53
6 Collin Day	12 Valley, Wdm	10:02.55
7 Trevor Kirk	12 Valley, Wdm	x10:09.58
8 Gavin Smith	10 Pleasant Val	10:14.81
9 Ry Threlkeld-Wiegand	10 Iowa City Hi	x10:15.63
10 Andrew Murley	12 Ic- West	x10:16.84
11 Cutler Owens	11 SE Polk	10:17.12
12 Ian Kaffenberger	09 Pleasant Val	10:21.68
13 Ian Aplington	12 Pleasant Val	x10:30.96
14 Cadin Evans	09 Linn-Mar	10:40.34
15 Preston Stecklein	10 Linn-Mar	10:52.31
16 Cooper Sanor	11 Linn-Mar	x11:00.22
17 Drake Hanson	09 SE Polk	11:03.95
18 Hardik Kalra	12 Dsm East	11:05.49
19 Donald Carpenter	10 Dsm East	11:31.10

Event 5 Girls 4x800 Meter Relay

School		Finals
1 Waukee 'A'		9:45.36
1) Sydney Schaffer 09	2) Emma Shepard 09	
3) Peyton Hiscocks 11	4) Megan Groathouse 10	
2 Muscatine 'A'		9:50.67
1) Brina Kraft 12	2) Danielle Roos 12	
3) Lauren Dirth 09	4) Moriah Morter 11	
3 Iowa City 'A'		9:53.02
1) Naomi Meurice 10	2) Anna Lindower 10	
3) Mary Arch 12	4) Kinsee Brands 11	
4 Pleasant Valley 'A'		9:57.41
1) Addie Swanson 12	2) Abby Riley 10	
3) Laura Brown 11	4) Mallory Lafever 10	
5 CR Kennedy 'A'		10:06.82
1) Kaelyn Ryan 10	2) Brooklyn Button 11	
3) Olivia Hamblin 09	4) Hannah Fusselman 11	
6 Valley, Wdm 'A'		10:53.87
1) Elsa Wright 12	2) Bella Trane 12	
3) Allison Blythe 10	4) Erin Lowe 10	
7 Ic- West 'A'		11:02.04
1) Emma Durian	2) Ellie Gretter	
3) Annika Jensen	4) Claire Ronnebaum	

Event 6 Boys 4x800 Meter Relay

School		Finals
1 Pleasant Valley 'A'		8:08.32
1) Anthony Pena 11	2) Mark Conway 12	
3) JR Pourin 12	4) Ben Gorman 12	
2 Iowa City High 'A'		8:10.83
1) Daniel Brown 10	2) Jim McMillan 12	
3) Lucas Firmstone 11	4) James Momberg 11	
3 Linn-Mar 'A'		8:15.57
1) Trent Long 10	2) Ethan Schmidt 11	
3) Dylan Dolezal 09	4) Johnny Seitz 11	
4 Ic- West 'A'		8:19.03
1) Jeff Garbutt 11	2) Ethan McAreavy 11	
3) Ethan Goers 11	4) Nate Jelinek 12	
5 Valley, Wdm 'A'		8:32.29
1) Jacob Spann 12	2) Carter Owen 09	
3) Sam Worlie 11	4) Yuet Both 11	
6 SE Polk 'A'		8:43.42
1) Logan Huinker 12	2) Lucas Mortensen 09	
3) Jacob Jauron 11	4) Alex Schneider 10	
7 Dsm East 'A'		9:10.33
1) Steven Cruz-Castro 11	2) John Rickabaugh 11	
3) Taryn Anderson 10	4) Isiaha Walton 10	

Event 7 Girls 4x100 Meter Shuttle Hurdle

School		Finals	H#
1 Waukee 'A'		1:04.20	2
1) Sydney Winger 11	2) Addie Drees 09		
3) Mary Gray 12	4) Hannah Schau 12		

2	Ic- West 'A'		1:07.20	2
	1) Peyton Steva	2) Kia Noibi		
	3) Kitra Bell 11	4) Valerie Welch		
3	CR Kennedy 'A'		1:08.83	2
	1) Jayden Lovell 12	2) Katie Beer 12		
	3) Alexis Peterson 11	4) Natalie McAllister 11		
4	Pleasant Valley 'A'		1:08.84	2
	1) Ellie Spelhaug 11	2) Carli Spelhaug 10		
	3) Claire Park 12	4) Adrea Arthofer 10		
5	Valley, Wdm 'A'		1:10.30	1
	1) Chastity Louis 10	2) Cassie Yardley 11		
	3) Saylor Sonnenburg 11	4) Mya Moore 09		
6	Iowa City 'A'		1:16.25	1
	1) Kate Swenning 10	2) Brooke Bormann 09		
	3) Merryl Green 10	4) Michelle Jennings 12		
--	Linn-Mar 'A'		DQ	1
	1) Chana Northrup 09	2) Jaslyn Riherd 09		
	3) Ariana Rolle 11	4) Chloe McNeese 11		

Event 8 Boys 4x100 Meter Shuttle Hurdle

School		Finals	H#
1	SE Polk 'A'	58.63	2
	1) Ryan Mortale 12	2) Austin Fickbohm 09	
	3) Jace Christensen 10	4) Wade Barclay 12	
2	Valley, Wdm 'A'	58.81	2
	1) Preston Doerrfeld 11	2) Jack Hamborg 12	
	3) Keaton Floss 12	4) Jon Koele 12	
3	Linn-Mar 'A'	59.47	2
	1) Zeal Baker 12	2) Trent Davis 10	
	3) Nick House 12	4) Levi Baumhoefener 11	
4	Iowa City High 'A'	1:00.36	1
	1) Zach Jones 11	2) Oisin Leopold 09	
	3) Malik Kimber 10	4) Rex Thompson 12	
5	Ic- West 'A'	1:00.95	1
	1) Javonte Williams 12	2) Caden Fedeler 11	
	3) Max Hill 12	4) Cole Mabry 10	
6	Dsm East 'A'	1:04.97	2
	1) Justice Young 12	2) Rory Walling 12	
	3) Jaxson Hannan 09	4) Zack Woodson 11	
7	Pleasant Valley 'A'	1:05.26	1
	1) KeShawn Baker 11	2) Ethan Graham 10	
	3) Max Cremer 12	4) DaJour Lester 12	

Event 9 Girls 100 Meter Dash

Name	Year School	Finals	H#
1 Jill Bennett	10 Linn-Mar	12.45	2
2 Amaria Kirby	11 Pleasant Val	12.72	2
3 Elma Vojic	11 Waukee	12.83	2
4 Emma Clark	10 Iowa City	12.94	2
5 Cheyenne Mitchell	10 CR Kennedy	13.10	2
6 Katie Severt	Ic- West	13.20	2
7 Morgan Ramirez	09 Pleasant Val	13.40	2
8 Tiara Green	11 Iowa City	13.43	1

9	Jayda Allen	09 Valley, Wdm	13.47	2
10	Julia Benson	11 Waukee	13.49	1
11	Dacia Isaac	12 Linn-Mar	13.63	1
12	Molly Wright	09 Valley, Wdm	13.87	1
13	Mia Dillingham	Ic- West	13.96	1
14	Hannah Herold	12 CR Kennedy	14.49	1

Event 10 Boys 100 Meter Dash

Name	Year	School	Finals	H#	
1	Alphonso Soko	12 Muscatine	11.04	2	
2	Justice Young	12 Dsm East	11.24	2	
3	Arthur Braden	11 Pleasant Val	11.27	2	
4	Vance Dillon	12 Iowa City Hi	11.39	1	
5	John Mahoney	12 Valley, Wdm	11.40	2	11.392
6	Mason Fairchild	10 SE Polk	11.40	2	11.397
7	Tashawn Buchanan	11 Valley, Wdm	11.41	2	
8	Trumell Roberts	11 Ic- West	11.50	1	
9	Collin Ankton	11 Pleasant Val	11.52	2	
10	Nate Groom	12 Dsm East	11.65	1	
11	Altrell Durr	11 SE Polk	11.76	2	
12	Kimball Henstrom	10 Ic- West	11.77	1	
13	Jaidyn Williams	09 Linn-Mar	11.95	1	
14	Lucas Schmitt	11 Linn-Mar	12.16	1	
15	Logan Tumlinson	11 Muscatine	12.51	1	
16	Alex Steele	12 Iowa City Hi	14.04	1	

Event 12 Girls Distance Medley

School	Finals
1 Waukee 'A'	4:21.10
1) Addie Drees 09	2) Emily McKibben 12
3) Mary Gray 12	4) Jessica Caraway 09
2 Ic- West 'A'	4:28.22
1) Taylor Cannon 09	2) Micaela Gravelin
3) Simone Willis	4) Deniz Ince
3 Iowa City 'A'	4:37.15
1) Sydney Fellows 09	2) Merryl Green 10
3) Izzy Jones 10	4) Gabriel McCormick 11
4 Pleasant Valley 'A'	4:39.40
1) Jazmyn Whitfield 11	2) Jade James 11
3) Emma Hartz 11	4) Kelsey Ruff 11
5 Linn-Mar 'A'	4:40.18
1) Olivia Hubler 11	2) Meghan Mather 10
3) Jamison Feldman 09	4) Ally Hicks 12
6 CR Kennedy 'A'	4:44.64
1) Jade Irish 12	2) Carly Milbrath 11
3) Elizabeth Dennis 09	4) Alissa Meyer 12
7 Valley, Wdm 'A'	4:48.60
1) Hannah Fultz 12	2) Serina Shannon 09
3) Jacey Spann 09	4) Faith Skinner 09
8 Muscatine 'A'	4:51.19
1) Jescie Brauns 12	2) Callie Kellett 10
3) Molly Tigrett 11	4) Rylee Blake 09

Event 13 Boys Distance Medley

School	Finals
1 Ic- West 'A'	3:34.76
1) Austin West 11	2) Kaleb Williams 09
3) Gabe Caruthers 10	4) Derek Nugent 12
2 Valley, Wdm 'A'	3:38.43
1) Jon Shaner 09	2) Jacob Keller 10
3) Saxon Barrientos 10	4) Ryan Williams 12
3 Pleasant Valley 'A'	3:42.70
1) Tony Wells 12	2) Matthew Fisher 10
3) Jackson Stoos 11	4) Konnor Sommer 11
4 Iowa City High 'A'	3:48.54
1) Malik Kimber 10	2) James Momberg 11
3) Lucas Firmstone 11	4) Jarren Lucas 12
5 Linn-Mar 'A'	3:51.52
1) Trent Roling 11	2) Colin Johnston 11
3) Tyler Hungate 11	4) Sam Vezina 09
6 SE Polk 'A'	4:01.43
1) Jace Christensen 10	2) Daniel Hackbarth 10
3) Landon Hickman 11	4) Logan Huinker 12
7 Dsm East 'A'	4:07.16
1) Robert Crane 10	2) Jaxson Hannan 09
3) Justice Emunah 09	4) John Rickabaugh 11

Event 14 Girls 400 Meter Dash

Name	Year School	Finals	H#
1 Payton Wensel	11 Linn-Mar	56.81	2
2 Logan Akason	11 Waukee	1:01.12	2
3 Janjay Peters	10 Waukee	1:03.98	2
4 Alana Harter	12 Muscatine	1:05.42	2
5 Azzura Sartini-Rideout	09 Iowa City	1:07.17	2
6 Elizabeth Davis	Ic- West	1:07.27	1
7 Sophie Curtis	09 Pleasant Val	1:07.32	2
8 Carlee Smith	09 CR Kennedy	1:07.78	2
9 Lindsey Parrott	11 Iowa City	1:09.05	1
10 Dayna Dunnwald	09 Valley, Wdm	1:09.56	1
11 Allison Blythe	10 Valley, Wdm	1:09.61	1
12 Riley Gau	09 Pleasant Val	1:10.21	1
13 Maddie Harper	12 Linn-Mar	1:11.16	1
14 Elisa Abram	12 Ic- West	1:11.78	1

Event 15 Boys 400 Meter Dash Dick Feeney

Name	Year School	Finals	H#
1 KeShawn Baker	11 Pleasant Val	49.37	2
2 Zach Jones	11 Iowa City Hi	49.93	2
3 Ryan Neu	09 Valley, Wdm	51.75	2
4 Chris Low	12 Ic- West	52.34	2
5 Christian Zogg-Kellett	12 Muscatine	53.56	1
6 Jack Roggeveen	12 Iowa City Hi	53.57	2
7 Shane Starcevich	11 SE Polk	54.07	2
8 Owen Hazelwood	10 Muscatine	54.34	2

9 Carson Rashid	11 Valley, Wdm	54.54	2
10 Tyler Shedd	11 SE Polk	54.79	1
11 Cole Mabry	10 Ic- West	55.18	1
12 Joey Betzel	11 Pleasant Val	55.50	1
13 Jaheim Benson	09 Dsm East	55.96	1
14 Renato Jensen	12 Linn-Mar	56.12	1
15 Blake Esker	11 Linn-Mar	57.74	1

Event 17 Girls 4x200 Meter Relay

School	Finals
1 Pleasant Valley 'A'	1:44.41
1) Addie Swanson 12	2) Amaria Kirby 11
3) Adrea Arthofer 10	4) Kira Arthofer 11
2 Waukee 'A'	1:44.60
1) Delaney Taylor 10	2) Kate Bannister 10
3) Hannah Schau 12	4) Elma Vojic 11
3 Iowa City 'A'	1:47.33
1) Emma Clark 10	2) Tiara Green 11
3) Sydney DePrenger 11	4) Emma Cooper 10
4 Linn-Mar 'A'	1:48.10
1) Jill Bennett 10	2) Olivia Hubler 11
3) Hanna Saville 12	4) Anna Huggins 09
5 Valley, Wdm 'A'	1:48.60
1) Grace Matera 11	2) Rachel Sinclair 11
3) Jayda Allen 09	4) Cassie Yardley 11
6 Ic- West 'A'	1:49.33
1) Katie Severt	2) Natalie Young
3) Ally Bauer 12	4) Peyton Steva
7 CR Kennedy 'A'	1:51.42
1) Hannah Weiland 09	2) Sophie Feahn 10
3) Jurnee Rose-Johnson 11	4) Cheyenne Mitchell 10

Event 18 Boys 4x200 Meter Relay

School	Finals
1 Linn-Mar 'A'	1:31.78
1) Dalton Gosch 12	2) Nick House 12
3) Zeal Baker 12	4) Alex Hess 10
2 Valley, Wdm 'A'	1:32.83
1) Braeden Heald 12	2) Tashawn Buchanan 11
3) Langston Samples 10	4) Creighton Mitchell 09
3 SE Polk 'A'	1:32.93
1) Altrell Durr 11	2) Mason Fairchild 10
3) Gavin Williams 09	4) Jaeger Erickson 11
4 Ic- West 'A'	1:34.02
1) Caden Fedeler 11	2) Dillon Doyle 11
3) Ryan Kadenge 11	4) Jared Sams-Merriwether 10
5 Pleasant Valley 'A'	1:35.95
1) Arthur Braden 11	2) Terry Saul 12
3) CJ Carter 12	4) DaJour Lester 12
6 Dsm East 'A'	1:37.67
1) Roberto Santillan 12	2) Nate Groom 12
3) Talin Blakeman 09	4) Cedric Warren 09
7 Iowa City High 'A'	1:39.23

- 1) Dillon Africa 12
- 3) Riley Moore 10

- 2) Cole Milder 11
- 4) Griffin Moore 12

Event 19 Girls 100 Meter Hurdles

Name	Year School	Finals	H#
1 Valerie Welch	Ic- West	14.53	2
2 Sydney Winger	11 Waukee	14.84	2
3 Ellie Spelhaug	11 Pleasant Val	15.15	2
4 Lauren Nelson	12 Waukee	15.24	2
5 Kitra Bell	11 Ic- West	15.96	2
6 Natalie McAllister	11 CR Kennedy	16.32	2
7 Cassie Yardley	11 Valley, Wdm	16.39	2
8 Jayden Lovell	12 CR Kennedy	16.53	1
9 Claire Park	12 Pleasant Val	16.67	2
10 Chana Northrup	09 Linn-Mar	16.88	1
11 Chloe McNeese	11 Linn-Mar	16.92	1
12 Kate Swenning	10 Iowa City	17.76	1
13 Saylor Sonnenburg	11 Valley, Wdm	18.07	1
14 Brooke Bormann	09 Iowa City	18.23	1

Event 20 Boys 110 Meter Hurdles

Name	Year School	Finals	H#
1 Wade Barclay	12 SE Polk	14.57	2
2 Trent Davis	10 Linn-Mar	15.30	2
3 Rory Walling	12 Dsm East	15.31	1
4 Max Hill	12 Ic- West	15.34	2
5 Jon Koele	12 Valley, Wdm	15.44	2
6 Rex Thompson	12 Iowa City Hi	15.62	2
7 Jason Gray	12 Muscatine	16.43	1
8 Max Cremer	12 Pleasant Val	16.48	1
9 Ethan Graham	10 Pleasant Val	17.31	1
10 Aaron Webb	10 Muscatine	17.64	1
11 Zack Woodson	11 Dsm East	18.16	1
12 Ryan Mortale	12 SE Polk	18.27	2
13 Drake Woody	09 Ic- West	18.28	1

Event 21 Mixed 800 Meter Run Masters

Name	Year School	Finals
1 Ean Caskey	M UNA	1:59.22
2 Biran Akbay	M UNA	2:01.91
3 Mathew Peters	M UNA	x2:06.18
4 Bryan Fogarty	M UNA	x2:07.68
5 LJ Lipscomb	M UNA	x2:08.56
6 Nathan Hopp	M UNA	x2:12.92
7 Scot Brown	M UNA	x2:15.29
8 Chris Foxen	M UNA	x2:15.70
9 Nick Sacco	M UNA	x2:27.13
10 Alex Hammer	M UNA	x2:37.91
11 Kim Kuda	W UNA	x2:49.15

Event 22 Girls 800 Meter Run

Name	Year	School	Finals
1 Lily Campbell	11	Waukee	2:17.42
2 Helen Gould	10	Valley, Wdm	2:18.10
3 Bailey Nock		Ic- West	2:21.97
4 Megan Groathouse	10	Waukee	2:25.58
5 Olivia Moore		Ic- West	2:26.46
6 Olivia Hamblin	09	CR Kennedy	2:27.59
7 Mary Arch	12	Iowa City	2:29.04
8 Abby Riley	10	Pleasant Val	2:34.66
9 Naomi Meurice	10	Iowa City	2:36.73
10 Danielle Roos	12	Muscatine	2:38.07
11 Faith Skinner	09	Valley, Wdm	2:38.14
12 Rachel Bohnenkamp	11	Linn-Mar	2:38.61
13 Kelsie Foltz	11	Pleasant Val	2:40.97
14 Elise Cagnard	09	Linn-Mar	2:43.92
15 Carlee Smith	09	CR Kennedy	2:44.40

Event 23 Boys 800 Meter Run

Name	Year	School	Finals
1 Derek Nugent	12	Ic- West	1:57.18
2 Jim McMillan	12	Iowa City Hi	1:59.86
3 Jeff Garbutt	11	Ic- West	2:00.87
4 Parker Huhn	10	Pleasant Val	2:05.27
5 Colin Johnston	11	Linn-Mar	2:06.13
6 JR Pourin	12	Pleasant Val	2:06.35
7 Grant Chlystun	11	Linn-Mar	2:06.45
8 James Momberg	11	Iowa City Hi	2:07.74
9 Trevor Kirk	12	Valley, Wdm	2:07.96
10 Moise Habineza	11	Valley, Wdm	2:08.76
11 Jacob Jauron	11	SE Polk	2:09.28
12 Steven Cruz-Castro	11	Dsm East	2:11.29
13 Alex Schneider	10	SE Polk	2:12.16
14 Michael Boylan	10	Dsm East	2:13.80

Event 24 Girls 200 Meter Dash

Name	Year	School	Finals	H#
1 Payton Wensel	11	Linn-Mar	25.52	2
2 Cheyenne Mitchell	10	CR Kennedy	26.74	2
3 Grace Matera	11	Valley, Wdm	26.89	2
4 Peyton Steva		Ic- West	27.49	2
5 Julia Benson	11	Waukee	27.78	2
6 Alexa Neal	11	Pleasant Val	28.09	2
7 Azzura Sartini-Rideout	09	Iowa City	28.10	2
8 Morgan Ramirez	09	Pleasant Val	28.16	2
9 Ariana Rolle	11	Linn-Mar	28.35	1
10 Taylor Cannon	09	Ic- West	28.36	1
11 Addie Drees	09	Waukee	28.71	1
12 Sydney Fellows	09	Iowa City	29.45	1
13 Camryn Ray	09	CR Kennedy	30.65	1

Event 25 Boys 200 Meter Dash

Name	Year	School	Finals	H#
1 Gabe Caruthers	10	Ic- West	22.12	2
2 CJ Carter	12	Pleasant Val	22.67	2
3 Jon Shaner	09	Valley, Wdm	22.92	2
4 Tony Wells	12	Pleasant Val	22.94	2
5 Creighton Mitchell	09	Valley, Wdm	23.41	2
6 Vance Dillon	12	Iowa City Hi	23.42	1
7 Rory Walling	12	Dsm East	23.94	1
8 Bridger Aucutt	10	Linn-Mar	23.97	2
9 Alphonso Soko	12	Muscatine	24.05	2
10 Jaidyn Williams	09	Linn-Mar	24.26	2
11 Devlin Lockman	10	Ic- West	24.40	1
12 Daniel Hackbarth	10	SE Polk	24.58	1
13 Austin Fickbohm	09	SE Polk	25.19	1
14 Chase McGlaughlin	10	Muscatine	25.38	1
15 Makan Doucoure	12	Iowa City Hi	27.20	1

Event 27 Girls 400 Meter Hurdles

Name	Year	School	Finals	H#
1 Addie Swanson	12	Pleasant Val	1:04.76	2
2 Valerie Welch		Ic- West	1:05.56	2
3 Mary Gray	12	Waukee	1:07.07	2
4 Lauren Nelson	12	Waukee	1:07.99	2
5 Mya Moore	09	Valley, Wdm	1:08.62	2
6 Micaela Gravelin		Ic- West	1:09.14	2
7 Cecilie Schieffer	10	Pleasant Val	1:11.04	2
8 Merryl Green	10	Iowa City	1:11.89	2
9 Annie Rummelhart	10	Iowa City	1:15.23	1
10 Alexis Peterson	11	CR Kennedy	1:16.31	1
11 Salena Bantz	12	Valley, Wdm	1:16.33	1
12 Jayden Lovell	12	CR Kennedy	1:16.38	1
13 Kayla Micek	11	Linn-Mar	1:17.92	1

Event 28 Boys 400 Meter Hurdles

Name	Year	School	Finals	H#
1 Austin West	11	Ic- West	54.50	2
2 Nick House	12	Linn-Mar	56.21	2
3 Max Hill	12	Ic- West	56.49	2
4 Braeden Heald	12	Valley, Wdm	57.73	2
5 Trent Davis	10	Linn-Mar	58.84	1
6 Jace Christensen	10	SE Polk	58.91	2
7 Jacob Keller	10	Valley, Wdm	59.05	2
8 Max Cremer	12	Pleasant Val	59.54	2
9 Jaxson Hannan	09	Dsm East	59.61	1
10 Noah Kabat	09	Iowa City Hi	1:01.66	1
11 Max DePrenger	10	Iowa City Hi	1:01.89	1
12 Jordan Rudolph	12	Muscatine	1:05.30	1
13 Landon Hickman	11	SE Polk	1:06.28	1
14 Will Zillig	10	Muscatine	1:06.65	1
15 Christian Simmons	12	Pleasant Val	1:08.53	1

Event 29 Girls 1500 Meter Run

Name	Year	School	Finals	H#
1 Logan Akason	11	Waukee	4:53.44	2
2 Sydney Schaffer	09	Waukee	4:57.59	2
3 Brina Kraft	12	Muscatine	4:59.74	2
4 Gabby Skopec		Ic- West	5:02.94	2
5 Anna Lindower	10	Iowa City	5:10.25	2
6 Abby Van Rheenen	11	Linn-Mar	5:10.48	1
7 Brooklyn Button	11	CR Kennedy	5:11.28	1
8 Karson Foley	11	Waukee	x5:13.67	2
9 Deniz Ince		Ic- West	5:13.93	1
10 Kinsee Brands	11	Iowa City	5:15.38	1
11 Moriah Morter	11	Muscatine	5:15.50	2
12 Emily Ash	10	Valley, Wdm	5:15.58	1
13 Mallory Lafever	10	Pleasant Val	5:15.85	2
14 Maddy Minard	10	Pleasant Val	5:17.86	2
15 Hannah Fusselman	11	CR Kennedy	5:19.63	2
16 Gabriel McCormick	11	Iowa City	x5:27.51	2
17 Maddy Genskow	12	Linn-Mar	5:27.56	1
18 Maddie Block	12	Linn-Mar	x5:32.20	1
19 Elsa Wright	12	Valley, Wdm	5:36.37	1
20 Haley Losh	10	Valley, Wdm	x5:58.64	1

Event 30 Boys 1600 Meter Run

Name	Year	School	Finals	H#
1 Ryan Murphy	12	Linn-Mar	4:19.73	2
2 Kolby Greiner	10	Ic- West	4:25.87	2
3 Konnor Sommer	11	Pleasant Val	4:26.48	2
4 Mark Conway	12	Pleasant Val	4:27.64	2
5 Anthony Pena	11	Pleasant Val	x4:30.23	2
6 Ali Ali	12	Ic- West	4:33.31	2
7 Matthew Dodge	12	Iowa City Hi	4:35.84	2
8 Tyler Olson	11	Muscatine	4:37.97	2
9 Alex Bautista	12	Muscatine	4:38.00	1
10 Evan Armitage	10	Valley, Wdm	4:38.47	2
11 Trent Long	10	Linn-Mar	4:38.64	2
12 Dylan Dolezal	09	Linn-Mar	x4:39.51	2
13 Richard Salas	10	Valley, Wdm	4:43.88	1
14 Nick Johnson	10	Valley, Wdm	x4:44.90	1
15 Michael Berg	12	Iowa City Hi	4:46.21	2
16 Michael Taylor	12	Iowa City Hi	x4:48.63	1
17 Cutler Owens	11	SE Polk	4:51.22	1
18 Isaiha Walton	10	Dsm East	5:06.18	1
19 Drake Hanson	09	SE Polk	5:14.02	1
20 John Rickabaugh	11	Dsm East	5:18.05	1

Event 31 Girls 4x100 Meter Relay

School	Finals
1 Waukee 'A'	49.41
1) Delaney Taylor 10	2) Hannah Schau 12
3) Elma Vojic 11	4) Emily McKibben 12

2 Valley, Wdm 'A'	50.62
1) Grace Matera 11	2) Rachel Sinclair 11
3) Jayda Allen 09	4) Cassie Yardley 11
3 Ic- West 'A'	51.27
1) Kitra Bell 11	2) Peyton Steva
3) Katie Severt	4) Ally Bauer 12
4 Pleasant Valley 'A'	51.32
1) Jade James 11	2) Jazmyn Whitfield 11
3) Carli Spelhaug 10	4) Ellie Spelhaug 11
5 CR Kennedy 'A'	51.34
1) Sophie Feahn 10	2) Natalie McAllister 11
3) Jurnee Rose-Johnson 11	4) Cheyenne Mitchell 10
6 Iowa City 'A'	53.54
1) Brooke Bormann 09	2) Azzura Sartini-Rideout 09
3) Kate Swenning 10	4) Isabel Hansen 09
7 Muscatine 'A'	54.27
1) Jescie Brauns 12	2) Brittnei Lloyd 11
3) Alana Harter 12	4) Lauren Dirth 09
8 Linn-Mar 'A'	56.73
1) Dacia Isaac 12	2) Katie Smith 11
3) Allie Scolaro 10	4) Amanda Brown 09

Event 32 Boys 4x100 Meter Relay

School	Finals
1 Valley, Wdm 'A'	43.88
1) Creighton Mitchell 09	2) John Mahoney 12
3) Ryan Neu 09	4) Tashawn Buchanan 11
2 SE Polk 'A'	43.95
1) Altrell Durr 11	2) Mason Fairchild 10
3) Gavin Williams 09	4) Jaeger Erickson 11
3 Pleasant Valley 'A'	44.06
1) Collin Ankton 11	2) DaJour Lester 12
3) CJ Carter 12	4) Arthur Braden 11
4 Iowa City High 'A'	44.19
1) Zach Jones 11	2) Jack Roggeveen 12
3) Rex Thompson 12	4) Vance Dillon 12
5 Dsm East 'A'	44.40
1) Rory Walling 12	2) Roberto Santillan 12
3) Nate Groom 12	4) Justice Young 12
6 Linn-Mar 'A'	45.32
1) Lucas Schmitt 11	2) Trent Roling 11
3) Tyler Hungate 11	4) Alex Hess 10
7 Ic- West 'A'	45.58
1) Kimball Henstrom 10	2) Trumell Roberts 11
3) Devlin Lockman 10	4) Matthew Huff 12
8 Muscatine 'A'	47.47
1) Alphonso Soko 12	2) Aaron Webb 10
3) Owen Hazelwood 10	4) Christian Zogg-Kellett 12

Event 33 Girls 4x400 Meter Relay Coleman

School	Finals
1 Waukee 'A'	4:06.64
1) Kate Bannister 10	2) Delaney Taylor 10

3) Jessica Caraway 09	4) Lily Campbell 11	
2 Pleasant Valley 'A'		4:13.39
1) Adrea Arthofer 10	2) Rachel Tebbe 12	
3) Emma Hartz 11	4) Kelsey Ruff 11	
3 Iowa City 'A'		4:16.37
1) Tiara Green 11	2) Sydney DePrenger 11	
3) Emma Cooper 10	4) Emma Clark 10	
4 Linn-Mar 'A'		4:18.62
1) Hanna Saville 12	2) Anna Huggins 09	
3) Dimia Burrell 09	4) Cha' White 12	
5 Muscatine 'A'		4:22.63
1) Alana Harter 12	2) Brittini Lloyd 11	
3) Lauren Dirth 09	4) Moriah Morter 11	
6 CR Kennedy 'A'		4:23.67
1) Kate Nus 12	2) Kaelyn Ryan 10	
3) Hannah Herold 12	4) Elizabeth Dennis 09	
7 Valley, Wdm 'A'		4:24.79
1) Helen Gould 10	2) Ally Spencer 11	
3) Mya Moore 09	4) Rachel Sinclair 11	
8 Ic- West 'A'		4:27.38
1) Natalie Young	2) Olivia Moore	
3) Claire Ronnebaum	4) Simone Willis	

Event 34 Boys 4x400 Meter Relay Raffensperge

School	Finals
1 Ic- West 'A'	3:22.57
1) Derek Nugent 12	2) Austin West 11
3) Gabe Caruthers 10	4) Jeff Garbutt 11
2 Valley, Wdm 'A'	3:23.70
1) Jon Shaner 09	2) Saxon Barrientos 10
3) Keaton Floss 12	4) Jake Keller 09
3 Iowa City High 'A'	3:25.26
1) Daniel Brown 10	2) Zach Jones 11
3) Lucas Firmstone 11	4) Jack Roggeveen 12
4 Linn-Mar 'A'	3:26.65
1) Zeal Baker 12	2) Johnny Seitz 11
3) Ethan Schmidt 11	4) Dalton Gosch 12
5 Pleasant Valley 'A'	3:31.00
1) Ben Royer 10	2) Ben Gorman 12
3) Jackson Stoos 11	4) KeShawn Baker 11
6 SE Polk 'A'	3:34.52
1) Wade Barclay 12	2) Shane Starcevich 11
3) Lucas Mortensen 09	4) Tyler Shedd 11
7 Dsm East 'A'	3:47.86
1) Steven Cruz-Castro 11	2) Willie Taylor 09
3) Jaheim Benson 09	4) Talin Blakeman 09
8 Muscatine 'A'	3:54.04
1) Zach Hardy 09	2) Tanner Niehaus 10
3) Jason Gray 12	4) Chase McGlaughlin 10

Event 35 Boys Discus Throw

Name	Year School	Finals
1 Bedale Naba	12 Valley, Wdm	176-10

2	Cody Snyder	12 Pleasant Val	161-07
3	Rocky Lombardi	12 Valley, Wdm	159-04
4	Jonathan Gannon	11 Ic- West	157-01
5	Riley Higgins	11 Linn-Mar	150-03
6	Sam Hanna	11 Pleasant Val	142-05
7	Baylor Pree	12 Linn-Mar	129-00
8	David Summers	12 Muscatine	126-06
9	Anthony Arroyo	12 Dsm East	121-06
10	Levi Sherod	09 Iowa City Hi	120-02
10	Parker Chamberlin	12 Muscatine	120-02
12	Caleb James	10 Dsm East	113-11
13	Quinton Runge	10 Iowa City Hi	102-03

Event 36 Girls Discus Throw

Name	Year	School	Finals
1 Leah Dusterhoft		Ic- West	129-10
2 Chandler Haight		Ic- West	120-00
3 Luci Murphy	12	Iowa City	117-03
4 Kat Moody	10	Waukee	104-00
5 Moe Nealey	12	Waukee	100-06
6 Michelle Jennings	12	Iowa City	98-07
7 Ilah Perez-Johnson	09	Pleasant Val	97-00
8 Jamie Voorhees	11	CR Kennedy	92-05
9 Kendra Thompson	12	Linn-Mar	87-04
10 Katie Newman	09	Valley, Wdm	84-11
11 Megan Dague	10	Pleasant Val	77-10
12 Yazmynn Lenhard	09	Muscatine	76-03
13 Kesslyn Dix	09	CR Kennedy	76-00
14 Jordyn Anglea	11	Valley, Wdm	74-09
15 Raegan Niles	10	Muscatine	70-11
16 Molly Kleist	10	Linn-Mar	63-06

Event 38 Girls Shot Put

Name	Year	School	Finals
1 Kat Moody	10	Waukee	47-00.75
2 Chandler Haight		Ic- West	44-00.75
3 Moe Nealey	12	Waukee	42-08.50
4 Luci Murphy	12	Iowa City	38-11.50
5 Leah Dusterhoft		Ic- West	34-09.50
6 Salima Omari	09	Iowa City	34-01.25
7 Gracie McDonald	09	Muscatine	33-00.25
8 Amanda Keiper	12	CR Kennedy	31-03.50
9 Navia Baker	11	Linn-Mar	30-10.50
10 Jasmine Spann	10	Valley, Wdm	29-10.50
11 Camryn Ray	09	CR Kennedy	29-00.75
12 Ilah Perez-Johnson	09	Pleasant Val	29-00.50
13 Raegan Niles	10	Muscatine	28-06.00
14 Molly Kleist	10	Linn-Mar	28-03.00
15 Megan Dague	10	Pleasant Val	27-11.50

Event 39 Boys Shot Put

Name	Year	School	Finals
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1	Bedale Naba	12	Valley, Wdm	56-03.50
2	Cody Snyder	12	Pleasant Val	51-10.75
3	Alex Kleinow	12	Ic- West	51-10.00
4	Landon Green	10	Ic- West	49-08.50
5	Baylor Pree	12	Linn-Mar	48-10.00
6	Ben Campos	12	Valley, Wdm	46-01.25
7	Caleb James	10	Dsm East	44-10.75
8	Daylen Canty	12	Linn-Mar	44-09.50
9	Sam Hanna	11	Pleasant Val	43-03.25
10	Austin McAtee	12	Muscatine	41-09.50
11	Quinton Runge	10	Iowa City Hi	40-06.50
12	Cameron Ring	12	Iowa City Hi	39-07.00

Event 40 Boys Long Jump

Name	Year	School	Finals	
1	Treveen Fugate	10	Valley, Wdm	22-01.00
2	Tariq Brown	11	Valley, Wdm	21-08.00
3	Jaidyn Williams	09	Linn-Mar	20-06.00
4	KeShawn Baker	11	Pleasant Val	20-05.00
5	Kaleb Williams	09	Ic- West	19-02.00
6	Cole Milder	11	Iowa City Hi	18-09.00
7	Robert Crane	10	Dsm East	18-07.00
8	Justice Emunah	09	Dsm East	18-05.00
9	Maisha Sila	09	Iowa City Hi	18-04.00
10	Caden Fedeler	11	Ic- West	18-00.00
11	Ben Royer	10	Pleasant Val	17-11.00
12	Logan Tumlinson	11	Muscatine	17-01.00

Event 41 Girls Long Jump

Name	Year	School	Finals	
1	Valerie Welch		Ic- West	17-04.00
2	Kitra Bell	11	Ic- West	16-10.00
3	Carli Spelhaug	10	Pleasant Val	16-02.00
4	Dimia Burrell	09	Linn-Mar	J16-02.00
5	Audrey Sexton	09	Pleasant Val	15-09.00
6	Ariana Rolle	11	Linn-Mar	15-08.00
7	Katie Beer	12	CR Kennedy	15-05.00
8	Janjay Peters	10	Waukee	15-04.00
9	Isabel Hansen	09	Iowa City	15-00.00
10	Cassidy Johnston	11	CR Kennedy	14-09.00
11	Brooke Bormann	09	Iowa City	14-07.00
12	Julia Benson	11	Waukee	14-04.00
13	Hannah Fultz	12	Valley, Wdm	14-00.00
14	Rylee Blake	09	Muscatine	13-01.00
15	Molly Wright	09	Valley, Wdm	12-00.00

Event 42 Boys High Jump

Name	Year	School	Finals	
1	Trayvon Williams	11	Valley, Wdm	6-04.50
2	Jared Sams-Merriwether	10	Ic- West	6-02.00

3	Quinton Curry	12 Valley, Wdm	6-00.00
4	Ryan Kadenge	11 Ic- West	J6-00.00
5	Trey Hutcheson	10 Linn-Mar	5-08.00
6	Blake Esker	11 Linn-Mar	J5-08.00
7	Max Cremer	12 Pleasant Val	J5-08.00
8	Jason Gray	12 Muscatine	5-06.00
9	Jonah Waikel	09 Iowa City Hi	J5-06.00
10	Ethan Graham	10 Pleasant Val	5-04.00
10	Aaron Webb	10 Muscatine	5-04.00
10	Max Firmstone	09 Iowa City Hi	5-04.00
10	Zack Woodson	11 Dsm East	5-04.00

Event 43 Girls High Jump

Name	Year School	Finals	
1	Skyler Presler	09 Linn-Mar	5-02.00
2	Chloe Havermann	12 Waukee	5-00.00
2	Sara Hoskins	09 Pleasant Val	5-00.00
4	Cyan Vanderhoef	12 Iowa City	4-10.00
5	Katie Beer	12 CR Kennedy	J4-10.00
6	Ellie Hemesath	09 Waukee	4-08.00
7	Megan Renner	10 Linn-Mar	J4-08.00
8	Sierra Dorsey	09 Valley, Wdm	4-06.00
8	Callie Kellett	10 Muscatine	4-06.00
8	Sophie Feahn	10 CR Kennedy	4-06.00
11	Kate Swenning	10 Iowa City	J4-06.00
12	Lucy Foley	11 Pleasant Val	4-04.00
--	Alivia Agey	10 Valley, Wdm	NH

Men - Team Rankings - 19 Events Scored

1)	IC- West	162	2) Valley, WDM	156
3)	Pleasant Valley	115	4) Linn-Mar	99
5)	Iowa City High	81	6) SE Polk	60
7)	DSM East	38	8) Muscatine	26