

2010 Drake Relays
America's Athletic Classic
Drake University, Des Moines, Iowa - 4/21/2010 to 4/24/2010
Results

Girls 100 Meter Dash High School

Relays: 12.13 D 2003

LaNeisha Waller, CR Washington

Stadium: 12.13 S 2003

Laneisha Wallace, Cedar Rapids Washington

Name	Yr	School	Prelims	Wind	H#
Preliminaries					
1	Hannah Willms	SR Dike-New Hartford	12.44 q	-0.7	3
2	Alex Gochenour	JR Logan-Magnolia	12.55 q	0.3	2
3	Jessica Gehrke	SR Iowa City, West	12.56 q	-0.7	3
4	Ashley Wilkinson	SR Iowa City, City High	12.58 q	-0.9	4
5	Kate Steingreaber	JR Xavier, Cedar Rapids	12.70 q	0.3	2
6	McKenna Cronbaugh	FR Iowa City, West	12.71 q	-0.9	4
7	Sarah Sindelar	SR Cedar Rapids, Jefferson	12.96 q	-0.9	4
8	Rachel Peth	JR Waverly-Shell Rock	12.98 q	-0.7	3
9	Laura Stenzel	SO Dub. Hempstead	12.98	0.3	2
10	Mikaela Pruismann	SR Webster City	12.99	+0.0	1
11	Ashlee Downs	SO Valley, West Des Moines	13.02	0.3	2
12	Christina Redd	SR Valley, West Des Moines	13.06	+0.0	1
13	Emily Hindt	SO St. Edmond, Fort Dodge	13.07	0.3	2
14	Agnes Sayeh	FR DSM North	13.10	-0.9	4
15	Rachel Broghammer	FR Cedar Rapids, Jefferson	13.12	+0.0	1
16	Maggie Marker	JR Clarion-Goldfield	13.13	0.3	2
17	Casey James	JR Orient-Macksburg	13.15	0.3	2
18	Abby Davis	SO Dowling Catholic, WDM	13.15	-0.9	4
19	Megan Lawler	SR Spirit Lake Park	13.16	+0.0	1
20	Nicole Drewelow	SO New Hampton	13.17	-0.7	3
21	Mariah Kruse	JR East Union, Afton	13.18	-0.7	3
22	Tashina McAllister	SR Oelwein	13.22	0.3	2
23	Shaniece Nott	SO Glenwood	13.28	+0.0	1
24	Kristen Hahn	SR Cedar Rapids, Kennedy	13.29	+0.0	1
25	Bailey Wilson	JR Valley, West Des Moines	13.32	-0.7	3
26	Anna Wernimont	SR Atlantic	13.33	+0.0	1
27	Lacey Wright	SR Council Bluffs, Abraham Lincol	13.40	-0.7	3
28	Morgan Shickell	SO Nevada	13.54	-0.7	3
29	Kayla Beck	SR West Monona, Onawa	13.63	-0.9	4
30	Albrea Winfrey	FR Des Moines, East	13.68	-0.9	4

Girls 100 Meter Dash High School

Relays: 12.13 D 2003

LaNeisha Waller, CR Washington

Stadium: 12.13 S 2003

Laneisha Wallace, Cedar Rapids Washington

Name	Yr	School	Finals	Wind
Finals				
1	Hannah Willms	SR Dike-New Hartford	12.36	1.1
2	Jessica Gehrke	SR Iowa City, West	12.63	1.1
3	Alex Gochenour	JR Logan-Magnolia	12.70	1.1
4	Ashley Wilkinson	SR Iowa City, City High	12.76	1.1
5	Kate Steingreaber	JR Xavier, Cedar Rapids	12.78	1.1
6	McKenna Cronbaugh	FR Iowa City, West	12.81	1.1
7	Sarah Sindelar	SR Cedar Rapids, Jefferson	12.99	1.1
8	Rachel Peth	JR Waverly-Shell Rock	13.13	1.1

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Girls 800 Meter Run High School

Relays: 2:10.10 D 4/27/2007 Ashley Miller, Tipton

Stadium: 2:10.10 S 4/27/2007 Ashley Miller, Tipton

Name	Yr	School	Finals
Finals			
1	Shelby Houlihan	JR Sioux City, East	2:09.22 S
2	Ellen Dougherty	SR Sioux City, East	2:11.81
3	Katie Flood	SR Dowling Catholic, WDM	2:12.71
4	Alex Wilson	JR Mount Vernon	2:16.13
5	Kaly Adkins	SR Earlham	2:16.14
6	Gabby Stearns	SO Gilbert	2:16.57
7	Kaitlyn Nelson	SO Valley, West Des Moines	2:17.44
8	Ashlie Decker	SR Dowling Catholic, WDM	2:18.09
9	Kelsey Galles	SR Valley, West Des Moines	2:19.93
10	Mahnee Watts	FR Bettendorf	2:20.27
11	Haley Beard	JR Urbandale	2:20.29
12	Dana Christensen	SR Belmont-Klemme	2:20.51
13	Molly Leveille	FR Iowa City, West	2:21.09
14	Sarah Mueller	JR Urbandale	2:21.45
15	Nicole Criner	FR Valley, West Des Moines	2:25.21
16	Brooke Bierhaus	JR Pleasant Valley	2:29.28

Girls 1500 Meter Run High School

Relays: 4:33.92 D 4/28/2007 Katie Flood, Dowling Cath

Name	Yr	School	Finals
Finals			
1	Katie Flood	SR Dowling Catholic, WDM	4:28.30 D
2	Shelby Houlihan	JR Sioux City, East	4:31.21 D
3	Morgan Casey	SR Northeast, Goose Lake	4:31.77 D
4	Ashlie Decker	SR Dowling Catholic, WDM	4:37.79
5	Madie Hubbell	SR DSM, Roosevelt	4:38.25
6	Nicole Criner	FR Valley, West Des Moines	4:42.41
7	Rebecca Rethwisch	JR Iowa City, City High	4:47.73
8	Alex Wilson	JR Mount Vernon	4:49.87
9	Emily Fagan	SR Iowa City, City High	4:50.02
10	Megan Nickels	FR Bettendorf	4:50.80
11	Lydia Martin	JR Marshalltown	4:52.10
12	Mackenzie Eland	SO Burlington	4:53.01
13	Courtney Martin	SO Ames	4:53.20
14	Meg Richardson	SO Iowa City, City High	4:54.40
15	Anna Holdiman	FR Waverly-Shell Rock	4:54.58
16	Jill Stephenson	SR Iowa City, City High	4:56.63
17	Bailey Eppard	FR Johnston	4:58.36
18	Emily Brush	SO Waukee	5:01.01
19	Sammi Bruett	SR Urbandale	5:01.26
20	Kate Maxcy	SO Valley, West Des Moines	5:04.54

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Girls 3000 Meter Run High School

Relays: 9:44.96 D 4/26/2007 Katie Flood, Dowling Cath

Stadium: 9:44.96 S 4/26/2007 Katie Flood, WDM Dowling Catholic

Name	Yr	School	Finals
Finals			
1	Katie Flood	SR Dowling Catholic, WDM	9:43.39 S
2	Ashlie Decker	SR Dowling Catholic, WDM	9:52.44
3	Morgan Casey	SR Northeast, Goose Lake	9:52.73
4	Nicole Criner	FR Valley, West Des Moines	10:02.84
5	Madie Hubbell	SR DSM, Roosevelt	10:10.35
6	Katy Moen	SR Wapsie Valley, Fairbank	10:19.86
7	Anna Peer	FR Bettendorf	10:22.10
8	Mary Kenney	SR Valley, West Des Moines	10:22.29
9	Maddy Becker	SR Cedar Rapids, Washington	10:24.40
10	Rebecca Rethwisch	JR Iowa City, City High	10:24.72
11	Allison Gregg	FR Cedar Falls	10:29.04
12	Mackenzie Eland	SO Burlington	10:40.34
13	Taylor Fehlberg	JR Iowa City, West	10:42.94
14	Meg Richardson	SO Iowa City, City High	10:43.96
15	Jill Stephenson	SR Iowa City, City High	10:46.64
16	Kate Maxcy	SO Valley, West Des Moines	10:47.85
17	Sammi Bruett	SR Urbandale	10:48.66
18	Emily Brush	SO Waukee	10:50.28
19	Kate Kaster	SO Clinton	11:06.21
20	Carolyn Newhouse	FR Linn-Mar, Marion	11:08.13

Girls 100 Meter Hurdles High School

Relays: 13.80 D

Stadium: 13.78 S

Name	Yr	School	Prelims	Wind	H#
Preliminaries					
1	Alex Gochenour	JR Logan-Magnolia	14.54 q	1.0	3
2	Rachel Peth	JR Waverly-Shell Rock	15.33 q	1.0	3
3	Taylor Twedt	SO West Fork, Sheffield	15.46 q	0.1	2
4	Becca Nelson	SR Danville	15.53 q	1.3	1
5	Brandi Demuth	SR Okoboji, Milford	15.56 q	0.1	4
6	Slone Masters	SR Storm Lake	15.57 q	0.1	2
7	Khanishah Williams	JR Burlington	15.72 q	1.3	1
8	Layloni Beard	JR Cedar Rapids, Washington	15.74 q	1.0	3
9	Maddie Andersen	JR Ames	15.75	1.3	1
10	Jessica Gardner	FR Southeast Polk	15.78	0.1	4
11	Anna Wernimont	SR Atlantic	15.88	1.0	3
12	Nichole Johnson	SR Center Point-Urbana	15.93	1.3	1
13	Molly Youde	JR Cedar Falls	15.96	0.1	4
14	Laura Rodriguez	JR Pleasant Valley	15.96	0.1	4
15	Audrey Bolinger	SO Creston	16.03	1.3	1
16	Rachael Hansen	SR Iowa Falls-Alden	16.12	1.3	1
17	Destini Welch	SO DSM, Roosevelt	16.14	0.1	2
18	Lauren Christianson	SR Manson Northwest Webster	16.17	0.1	2
19	Tanner Werthmann	FR Davenport, West	16.20	1.0	3

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Preliminaries ... (Girls 100 Meter Hurdles High School)

Name	Yr	School	Prelims	Wind	H#
20 Natalie Mason	SR	Iowa City, West	16.22	0.1	2
21 Kierra Smith	SR	Creston	16.27	1.0	3
22 Katie Kallin	JR	OA-BCIG	16.29	1.0	3
23 Tashina McAllister	SR	Oelwein	16.33	0.1	4
24 Bayley Fleshner	JR	West Fork, Sheffield	16.33	0.1	2
25 Maddie Kirchner	SR	Urbandale	16.34	1.0	3
26 Jessi Sorensen	JR	Hudson	16.46	1.3	1
27 Lynnely Parker	SR	Central Lee, Donnellson	16.53	0.1	4
28 Ashland Alitz	FR	Southeast Polk	16.92	0.1	2
29 Alice Weeks	SR	Valley, West Des Moines	17.00	1.3	1
30 Carly Jacobs	SR	North Butler, Greene	17.08	0.1	2
31 Heaven Chandler	FR	Columbus Community, Columbus	19.09	0.1	4

Girls 100 Meter Hurdles High School

Relays: 13.80 D

Stadium: 13.78 S

Name	Yr	School	Finals	Wind
Finals				
1 Alex Gochenour	JR	Logan-Magnolia	14.46	-0.4
2 Rachel Peth	JR	Waverly-Shell Rock	15.12	-0.4
3 Taylor Twedt	SO	West Fork, Sheffield	15.22	-0.4
4 Brandi Demuth	SR	Okoboji, Milford	15.54	-0.4
5 Khanishah Williams	JR	Burlington	15.69	-0.4
6 Slone Masters	SR	Storm Lake	15.84	-0.4
7 Layloni Beard	JR	Cedar Rapids, Washington	15.94	-0.4
8 Becca Nelson	SR	Danville	16.00	-0.4

Girls 400 Meter Hurdles High School

Relays: 61.01 D 4/26/2008 A.G. Bradford, North-Davenprt

Stadium: 61.01 S 4/26/2008 A.G. Bradford, North-Davenprt

Name	Yr	School	Finals
Finals			
1 Alex Gochenour	JR	Logan-Magnolia	61.63
2 Ellen Dougherty	SR	Sioux City, East	62.60
3 Holly Salzbrenner	JR	Mount Vernon	63.99
4 Natalie Olberding	JR	Lewis Central	64.23
5 Lauren Moore	JR	Griswold	64.92
6 Tashina McAllister	SR	Oelwein	65.30
7 Brooke Foreman	SO	Cedar Rapids, Washington	65.48
8 Megan Fiscus	SR	Gilbert	65.87

Girls 4x100 Meter Relay High School

Relays: 48.69 D 4/24/2009 West-Iowa City, West-Iowa City

B Ludvick, C Hoagland, M Roskos, J Gehrke

Team	Relay	Prelims	H#
Preliminaries			
1 Iowa City, West		D 48.29 q	1
2 Xavier, Cedar Rapids		49.32 q	1
3 Cedar Rapids, Jefferson		49.81 q	2

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Team	Relay	Prelims	H#
4	Assumption, Davenport	50.00 q	1
5	Dowling Catholic, WDM	50.05 q	2
6	Solon	50.23 q	1
7	Valley, West Des Moines	50.41 q	3
8	Cedar Rapids, Washington	50.44 q	3
9	Iowa City, City High	50.47	2
10	Davenport, Central	50.95	1
11	Hudson	50.96	3
12	Fairfield	51.00	3
13	DSM, Roosevelt	51.00	3
14	Council Bluffs, Thomas Jeffers	51.08	3
15	Wahlert, Dubuque	51.11	3
16	Waukee	51.13	2
17	Des Moines, East	51.13	3
18	Cedar Falls	51.19	4
19	Southeast Polk	51.24	4
20	Camanche	51.36	4
21	Beckman, Dyersville	51.45	5
22	Highland, Riverside	51.49	7
23	North Iowa, Buffalo Center	51.63	10
24	Sioux City, West	51.65	10
25	Cedar Rapids, Kennedy	51.68	1
26	Mount Vernon	51.68	4
27	Mid-Prairie, Wellman	51.68	8
28	MOC-Floyd Valley	51.71	4
29	Storm Lake	51.76	9
30	Bettendorf	51.77	2
31	Sioux City, East	51.79	5
32	Springville	51.79	8
33	New Hampton	51.85	10
34	North Scott, Eldridge	51.90	7
35	Okoboji, Milford	51.95	5
36	Marshalltown	51.96	7
37	BCLUW, Conrad	51.96	1
38	Panorama, Panora	52.02	9
39	Urbandale	52.03	2
40	Earlham	52.04	4
41	Tipton	52.05	6
42	Pleasant Valley	52.05	8
43	Prairie, Cedar Rapids	52.07	5
44	Marcus-Meriden-Cleghorn	52.16	7
45	Council Bluffs, Abraham Linco	52.20	6
46	Pella	52.24	5
47	West Hancock, Britt	52.30	6
48	Dike-New Hartford	52.38	7
49	Des Moines, Hoover	52.39	6
50	Northern University High	52.42	2
51	PCM, Monroe	52.46	6
52	Maquoketa Valley, Delhi	52.47	10

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Preliminaries ... (Girls 4x100 Meter Relay High School)

Team	Relay	Prelims	H#
53	East Sac County	52.53	4
54	Fort Madison	52.61	1
55	Ankeny	52.62	7
56	Dubuque, Senior	52.66	10
57	Ames	52.72	7
58	Griswold	52.74	6
59	Denison-Schleswig	52.79	5
60	Manson Northwest Webster	52.84	6
61	Benton, Van Horne	52.87	9
62	Burlington	52.87	7
63	Dub. Hempstead	52.92	5
64	Davenport, West	52.92	8
65	Nevada	52.96	8
66	Indianola	52.97	6
67	Cascade, Western Dubuque	53.07	9
68	Williamsburg	53.09	8
69	Norwalk	53.17	8
70	Grundy Center	53.21	10
71	Mediapolis	53.24	10
72	Atlantic	53.44	9
73	West Fork, Sheffield	53.49	8
74	Central, Elkader	53.50	9
75	Iowa Falls-Alden	53.66	10
76	Keokuk	54.09	5
77	Decorah	54.40	4
78	Mount Pleasant	54.56	9
---	Johnston	FS	2
---	Waverly-Shell Rock	DQ	9

Girls 4x100 Meter Relay High School

Relays: 48.69 D 4/24/2009

West-Iowa City, West-Iowa City

B Ludvick, C Hoagland, M Roskos, J Gehrke

Team	Relay	Finals
Finals		
1	Iowa City, West	48.10 D
2	Xavier, Cedar Rapids	48.72
3	Valley, West Des Moines	49.77
4	Cedar Rapids, Jefferson	49.87
5	Solon	49.92
6	Assumption, Davenport	50.15
7	Cedar Rapids, Washington	50.94
---	Dowling Catholic, WDM	DQ

Girls 4x400 Meter Relay High School

Relays: 3:50.21 D 4/24/2009

Waukee, Waukee

C Johannesen, A Black-Scott, C Gnade, W Westrum

Team	Relay	Prelims	H#
Preliminaries			
1	Sioux City, East	3:56.25 q	1

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Preliminaries ... (Girls 4x400 Meter Relay High School)

Team	Relay	Prelims	H#
2 Mount Vernon		4:00.65 q	1
3 Ankeny		4:01.04 q	2
4 Valley, West Des Moines		4:01.32 q	2
5 Johnston		4:01.36 q	2
6 Wahlert, Dubuque		4:01.67 q	1
7 Cedar Falls		4:03.44 q	1
8 Pella		4:03.54 q	2
9 Urbandale		4:03.73	1
10 Harlan		4:04.11	2
11 Dubuque, Senior		4:04.64	2
12 BCLUW, Conrad		4:04.82	2
13 Hudson		4:04.93	2
14 Iowa City, West		4:05.33	3
15 Griswold		4:06.33	1
16 Xavier, Cedar Rapids		4:06.45	3
17 Cedar Rapids, Jefferson		4:06.52	3
18 Grundy Center		4:07.14	1
19 Decorah		4:07.35	1
20 Waukee		4:07.46	3
21 Dowling Catholic, WDM		4:07.77	3
22 Ames		4:09.54	3
23 Iowa City, City High		4:12.58	3
--- Bettendorf		DNF	3

Girls 4x400 Meter Relay High School

Relays: 3:50.21 D 4/24/2009 Waukee, Waukee
 C Johannesen, A Black-Scott, C Gnade, W Westrum

Team	Relay	Finals
Finals		
1 Sioux City, East		3:54.39
2 Mount Vernon		3:59.07
3 Johnston		3:59.24
4 Ankeny		3:59.95
5 Valley, West Des Moines		4:01.45
6 Cedar Falls		4:01.66
7 Pella		4:02.06
8 Wahlert, Dubuque		4:02.49

Girls 4x800 Meter Relay High School

Relays: 9:12.74 D 2001, Iowa City West
Stadium: 9:11.62 S 2000 Iowa City West, Iowa City West

Team	Relay	Finals
Finals		
1 Dowling Catholic, WDM		9:11.01 S
2 Mount Vernon		9:15.68
3 Valley, West Des Moines		9:21.21
4 Wahlert, Dubuque		9:27.50
5 Urbandale		9:27.61
6 Iowa City, City High		9:28.98

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Finals ... (Girls 4x800 Meter Relay High School)

Team	Relay	Finals
7	Iowa City, West	9:36.51
8	Bettendorf	9:39.92
9	Pleasant Valley	9:40.92
10	Cedar Falls	9:45.47
11	Johnston	9:46.24
12	Ames	9:46.89
13	Ankeny	9:49.38
14	Hudson	9:52.68
15	Waukee	9:59.08
16	Washington	10:00.90

Girls 800 Sprint Medley High School

Relays: 1:44.98 D 1985 , Des Moines Roosevelt

Team	Relay	Finals	H#
Finals			
1	Dike-New Hartford	1:47.53	3
2	Sioux City, East	1:48.32	3
3	Cedar Rapids, Jefferson	1:49.95	2
4	Valley, West Des Moines	1:50.45	2
5	Bettendorf	1:50.89	2
6	Grundy Center	1:50.91	2
7	Xavier, Cedar Rapids	1:51.01	3
8	Assumption, Davenport	1:51.36	1
9	Iowa City, West	1:51.39	3
10	Dubuque, Senior	1:51.49	1
11	Ames	1:51.73	2
12	Waukee	1:51.82	2
13	Johnston	1:52.05	1
14	Mount Vernon	1:52.09	2
15	Urbandale	1:52.39	3
16	Dub. Hempstead	1:52.77	1
17	Wahlert, Dubuque	1:52.81	1
18	Southeast Polk	1:52.81	3
19	Hudson	1:53.30	3
20	Highland, Riverside	1:53.89	1
21	DSM, Roosevelt	1:54.27	3
22	Gilbert	1:54.96	1
23	BCLUW, Conrad	1:55.83	1
---	Iowa City, City High	DQ	2

Girls 4x100 Meter Shuttle Hurdle High School

Relays: 65.19 D 2009 Logan-Magnolia, Logan-Magnolia
M Hutson, K Hutson, J Steinkamp, A Gochenour

Stadium: 65.19 S 2009 Logan-Magnolia, Logan-Magnolia

Team	Relay	Prelims	H#
Preliminaries			
1	Urbandale	66.28 q	3
2	Cedar Rapids, Washington	66.97 q	2
3	Pleasant Valley	67.06 q	4

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Team	Relay	Prelims	H#
4 Storm Lake		67.16 q	3
5 Ames		67.77	1
6 Southeast Polk		68.23	1
7 Burlington		68.23	4
8 West Fork, Sheffield		68.37	2
9 Valley, West Des Moines		68.39	3
10 Oelwein		68.52	1
11 Ankeny		68.74	3
12 Cedar Falls		68.78	2
13 Iowa City, West		69.58	1
14 Okoboji, Milford		69.76	2
15 Waukee		70.30	4
16 Johnston		74.97	4

Girls 4x100 Meter Shuttle Hurdle High School

Relays:	65.19 D 2009	Logan-Magnolia, Logan-Magnolia
		M Hutson, K Hutson, J Steinkamp, A Gochenour
Stadium:	65.19 S 2009	Logan-Magnolia, Logan-Magnolia
Team	Relay	Finals

Finals	Team	Relay	Finals
1	Urbandale		64.54 S
2	Cedar Rapids, Washington		65.74
3	Storm Lake		66.44
4	Pleasant Valley		67.82

Girls High Jump High School

Relays:	5-11 D 4/24/2009	Hannah Willms, Dike-New Hartford
Name	Yr	School

Finals	Name	Yr	School	Finals
1	Hannah Willms	SR	Dike-New Hartford	6-01.00 D 1.85m
2	Taylor Twedt	SO	West Fork, Sheffield	5-09.00 1.75m
3	Khanishah Williams	JR	Burlington	5-07.00 1.70m
4	Lindsay Hoehns	SR	Twin Cedars, Bussey	5-07.00 1.70m
5	Karly Groon	SR	Akron-Westfield	5-05.00 1.65m
6	Tayo Ajose	FR	Mediapolis	5-05.00 1.65m
7	Tanna Seufferer	JR	Chariton	5-04.00 1.62m
8	Alex Bartz	SO	Xavier, Cedar Rapids	5-03.00 1.60m
9	Katelyn Kragt	JR	Sioux Center	5-03.00 1.60m
10	Callie McKimpson	SR	Interstate 35, Truro	5-03.00 1.60m
11	Molly Schimp	SO	Hampton-Dumont	5-03.00 1.60m
12	Brittini Horstman	SR	Clayton Ridge, Guttenberg	5-02.00 1.57m
12	Kristen Huebsch	JR	Cedar Rapids, Kennedy	5-02.00 1.57m
14	Kelly Niemann	SR	Sumner-Fredericksburg	5-02.00 1.57m
15	Autumn Alitz	JR	Mason City	5-02.00 1.57m
15	Kenzie Akers	SR	Assumption, Davenport	5-02.00 1.57m
17	Emily Endelman	SO	North Butler, Greene	5-02.00 1.57m
18	Gina Montagna	SO	West Liberty	5-02.00 1.57m
18	Megan Hutson	SR	Logan-Magnolia	5-02.00 1.57m
20	Chaley Rath	FR	Treynor	5-02.00 1.57m

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Finals ... (Girls High Jump High School)

Name	Yr	School	Finals	
21 Marissa Bell	SR	Davenport, North	5-02.00	1.57m
22 Rachel Carman	SR	Keokuk	5-00.00	1.52m
22 Ann Walker	SR	Elk Horn-Kimballton	5-00.00	1.52m
22 Laura Osterhaus	SO	Maquoketa	5-00.00	1.52m
25 Mackenzie Bigbee	SO	Williamsburg	5-00.00	1.52m
25 Dara Lipke	JR	Alburnett	5-00.00	1.52m
25 Sammy Ellingson	FR	Washington	5-00.00	1.52m
25 Virginia Johnson	JR	Iowa City, City High	5-00.00	1.52m
--- Molly Youde	JR	Cedar Falls	NH	

Girls Long Jump High School

Relays: 19-03.75 D 2004 LaNeisha Waller, CR Washington

Name	Yr	School	Finals		Wind
Finals					
1 Jessica Gehrke	SR	Iowa City, West	18-00.25	5.49m	-1.3
2 Anna Wernimont	SR	Atlantic	17-04.25	5.28m	-0.5
3 Jessica Nichols	SR	Perry	17-02.25	5.23m	-0.1
4 Emily Wandling	SR	Ames	17-01.25	5.21m	-0.7
5 Molly Youde	JR	Cedar Falls	16-09.50	5.11m	0.7
6 Ashlee Downs	SO	Valley, West Des Moines	16-09.25	5.11m	3.1
7 Mackenzie Small	SR	Hinton	16-07.50	5.06m	3.1
8 Sara Ryan	JR	Ottumwa	16-04.25	4.98m	3.6
9 Brittany Nelson	SR	Iowa City, City High	16-03.50	4.96m	3.5
10 Slone Masters	SR	Storm Lake	16-03.25	4.95m	0.7
11 Chelsie Thayer	JR	Linn-Mar, Marion	16-01.50	4.91m	1.4
12 Lindsay Hoehns	SR	Twin Cedars, Bussey	15-10.50	4.83m	NWI
13 Shelby Crist	JR	Prairie, Cedar Rapids	15-08.00	4.77m	0.8
14 Hannah Miller	FR	Davenport, Central	15-06.25	4.73m	0.2
15 Kayla Lavalais	SR	Sioux City, North	15-05.25	4.70m	NWI
16 Rea Faber	JR	Clear Lake	15-04.50	4.68m	0.1
17 Megan Hutson	SR	Logan-Magnolia	15-03.75	4.66m	-0.9
17 Heaven Chandler	FR	Columbus Community, Columb	15-03.75	4.66m	-1.7
19 Aspen Rhodes	SO	Van Meter	15-03.00	4.64m	0.2
20 Lucy Libe	SR	Washington	14-10.50	4.53m	2.0
21 Caitlyn Van Es	SO	MOC-Floyd Valley	14-09.25	4.50m	1.9
22 Maddy Otdoerfer	SR	Starmont	14-07.00	4.44m	0.9
23 Abby Green	SO	Cascade, Western Dubuque	13-04.75	4.08m	-0.6

Girls Shot Put High School

Relays: 50-04.75 D 1992 Paulette Mitchell, C.B. Abraham Lincoln

Name	Yr	School	Finals	
Finals				
1 Micaela Haight	SR	Iowa City, West	44-03.50	13.50m
2 Margo Shandri	SR	Urbandale	43-11.75	13.40m
3 Kristen Gaffey	SR	Regina, Iowa City	43-02.75	13.17m
4 Candice Henrichson	SR	Mid-Prairie, Wellman	43-02.50	13.16m
5 Sydney Rabon	SR	DSM, Roosevelt	41-07.50	12.68m
6 Toby Jo Klauenberg	SR	Ogden	41-05.50	12.63m
7 Dakotah Goodell	SO	Williamsburg	40-06.75	12.36m

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Finals ... (Girls Shot Put High School)

Name	Yr	School	Finals	
8 Helena McNamara	JR	Anamosa	40-04.00	12.29m
9 Chelsea Colpitts	SR	Council Bluffs, Abraham Linco	40-00.75	12.21m
10 Cara Jansen	JR	Iowa City, West	39-11.00	12.16m
11 Katie Hammes	SR	Fairfield	39-09.75	12.13m
12 Kayla Hemann	JR	Saint Ansgar	39-06.00	12.03m
13 Jadyn Spencer	JR	Waterloo, West	39-05.50	12.02m
14 Becca Lowe	SR	Mount Vernon	38-11.75	11.88m
15 Nicole Dobernecker	SO	Charter Oak-Ute	38-11.50	11.87m
16 Courtney Fritz	SR	Iowa City, West	38-08.00	11.78m
17 Alicia Steffany	JR	Burlington	38-03.50	11.67m
18 Jill Parker	SR	Southern Cal, Lake City	38-02.75	11.65m
19 Amanda Houston	SO	Fort Madison	38-01.75	11.62m
20 Kim Jacobsma	SR	Sibley-Ochevedan	37-10.00	11.53m
21 Christiana Fairfield	SR	Iowa City, West	37-03.00	11.35m
22 Hally Lenzine	SR	Chariton	36-09.00	11.20m
23 Meaghan Foster	SO	Centerville	36-05.50	11.11m
24 Tara Gott	SO	Ottumwa	36-02.50	11.03m
25 Taylor Rademaker	JR	Hudson	35-05.00	10.79m

Girls Discus Throw High School

Relays: 151-01 D 4/26/2007 Taylor Freeman, Iowa City West

Stadium: 151-01 S 4/26/2007 Taylor Freeman, Iowa City West

Name	Yr	School	Finals	
Finals				
1 Amanda Piche	SO	Linn-Mar, Marion	136-09	41.68m
2 Kristen Gaffey	SR	Regina, Iowa City	128-04	39.11m
3 Courtney Fritz	SR	Iowa City, West	127-08	38.91m
4 Chelsea Colpitts	SR	Council Bluffs, Abraham Linco	120-01	36.60m
5 Mackenzie Siefken	JR	Algona	119-09	36.49m
6 Makenzi Anderson	SR	Okoboji, Milford	118-02	36.01m
7 Micaela Haight	SR	Iowa City, West	114-07	34.92m
8 Chloe Schmidt	JR	Benton, Van Horne	114-04	34.84m
9 Zeah Peterson	JR	CMB, Baxter	111-08	34.03m
10 Jessy Stika	SR	Crestwood, Cresco	111-04	33.93m
11 Dakotah Goodell	SO	Williamsburg	110-07	33.70m
12 Valerie Veiock	JR	Valley, West Des Moines	110-01	33.55m
13 Amy Wright	SO	Earlham	105-10	32.25m
14 Jackie Brungardt	JR	Storm Lake	105-02	32.05m
15 Rachel Burns	JR	Waukee	102-01	31.11m
16 Kayla Hemann	JR	Saint Ansgar	100-00	30.48m
17 Leah Hurt	SR	Creston	98-07	30.04m
18 Haley Faber	SO	Dowling Catholic, WDM	93-06	28.49m
19 Andrea Andersen	SR	MOC-Floyd Valley	91-09	27.96m
20 Carly Pagel	SO	Sumner-Fredericksburg	90-05	27.55m
21 Sydney Rabon	SR	DSM, Roosevelt	84-08	25.80m
22 Amanda Stahle	SR	Bettendorf	82-10	25.24m
--- Amanda Dunn	SR	Okoboji, Milford	FOUL	

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Girls 4x100 Meter Relay Middle School

Team	Relay	Finals	H#
Finals			
1	Merrill Middle School	53.89	1
2	Stilwell Junior High	54.07	3
3	Meredith	54.21	3
4	Sacred Heart	54.21	2
5	Indianola	54.28	1
6	Dallas Center-Grimes	54.72	1
7	Indian Hills	55.63	1
8	Goodrell Middle School	57.30	1
9	Brody Middle School	58.99	1
10	Harding Middle School	59.34	3
11	McCombs	59.60	2
12	Weeks Middle School	59.95	3
13	Holy Trinity	60.69	1
14	St. Augustin	61.29	3
15	Holy Family	62.04	2
16	Callanan Middle School	63.21	2
17	Crestview	65.63	2
18	Cowles Montessori	66.73	1
19	St. Theresa	66.98	2
20	Bergman Academy	68.54	3

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Boys 100 Meter Dash High School

Relays: 10.63 D 2000

Marcus Simmons, Davenport North

Name	Yr	School	Prelims	Wind	H#
Preliminaries					
1 James Harrington	SO	Cedar Falls	10.87 q	-1.0	2
2 Austin Ebertowski	JR	Council Bluffs, Abraham Lincol	11.09 q	-0.3	4
3 Christian French	JR	Cedar Rapids, Kennedy	11.18 q	-1.0	2
4 Brad Vogel	SR	Central Lee, Donnellson	11.20 q	-1.0	2
5 Tyler Tonderum	SR	Armstrong-Ringsted	11.22 q	-0.3	4
6 Dalton Parrott	JR	Dowling Catholic, WDM	11.23 q	-1.0	2
7 Brett Bogaard	SR	Pella	11.27 q	-1.0	2
8 Frank Leachmon III	JR	DSM, Roosevelt	11.35 q	0.3	1
9 TJ James	SR	DSM Lincoln	11.37	-1.0	2
10 Ronnie Henderson	SR	Cedar Rapids, Washington	11.38	0.3	1
11 Aaron Arment	JR	West Marshall, State Center	11.40	-0.3	4
12 Tevin Mincy	SR	Southeast Polk	11.43	-2.8	3
12 Zach Poyser	SR	Council Bluffs, Thomas Jeffers	11.43	-0.3	4
14 Trevor Edwards	SR	Dowling Catholic, WDM	11.48	-2.8	3
15 Kippie Ward	SO	DSM Lincoln	11.50	-2.8	3
16 Jerome Gatewood	FR	North Scott, Eldridge	11.53	-0.3	4
17 Rodney Silliman	JR	Des Moines, Hoover	11.55	-0.3	4
18 Travis Anderson	JR	North Scott, Eldridge	11.59	-2.8	3
19 Darius Pearson	SO	Sioux City, West	11.61	-0.3	4
20 Riley McCarron	FR	Wahlert, Dubuque	11.62	-2.8	3
21 Kee Von Bernstine	SO	DSM Lincoln	11.65	0.3	1
22 Tyler Rutenbeck	SR	Maquoketa	11.69	-1.0	2
23 Jahzel Fristo	JR	DSM, Roosevelt	11.74	0.3	1
24 Nick Small	SR	Urbandale	11.75	0.3	1
25 Jake Allen	FR	Treynor	11.78	0.3	1
26 Dustin Gilpin	SR	DSM Lincoln	11.86	-2.8	3
27 Randy Scadden	SR	Clarke, Osceola	11.86	-2.8	3
28 Austin Knowlton	SR	Underwood	11.95	-2.8	3
--- Jacob Batterson	SR	Eddyville-Blakesburg	FS	-1.0	2
--- Kile Overmyer	JR	Albia	FS	0.3	1

Boys 100 Meter Dash High School

Relays: 10.63 D 2000

Marcus Simmons, Davenport North

Name	Yr	School	Finals	Wind
Finals				
1 James Harrington	SO	Cedar Falls	11.01	-2.5
2 Austin Ebertowski	JR	Council Bluffs, Abraham Lincol	11.29	-2.5
3 Brad Vogel	SR	Central Lee, Donnellson	11.31	-2.5
4 Frank Leachmon III	JR	DSM, Roosevelt	11.35	-2.5
5 Tyler Tonderum	SR	Armstrong-Ringsted	11.36	-2.5
6 Dalton Parrott	JR	Dowling Catholic, WDM	11.40	-2.5
7 Brett Bogaard	SR	Pella	11.50	-2.5
8 Christian French	JR	Cedar Rapids, Kennedy	22.85	-2.5

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Boys 1600 Meter Run High School

Relays: 4:11.57 D 1979

Steve Griener, Pekin

Stadium: 4:11.57 S

Name	Yr	School	Finals
Finals			
1 Johnny Fuller	JR	Glenwood	4:15.66
2 Brogan Austin	SR	Boone	4:17.04
3 Kevin Lewis	JR	Ottumwa	4:18.52
4 Andrew Swanson	SR	Pleasant Valley	4:19.59
5 Conner Smock	SO	Lisbon	4:21.03
6 Eli Horton	JR	Southeast Polk	4:21.45
7 Sam Chaney	SR	Columbus Community, Columbus	4:24.27
8 Conor Wells	JR	DSM, Roosevelt	4:25.45
9 Evan Selsor	JR	Winterset	4:25.52
10 Matt Stocker	JR	Prairie, Cedar Rapids	4:26.08
11 Scott Mittman	SR	Iowa City, City High	4:26.24
12 Marshall Moyer	JR	Burlington	4:26.44
13 Jacob Tayloe	JR	Cedar Falls	4:27.33
14 Coty Thompson	JR	Mason City	4:27.73
15 Matt Butler	SO	Bettendorf	4:27.97
16 Tyler Meseke	JR	Pleasant Valley	4:28.57
17 Ben Witt	JR	Burlington	4:28.74
18 Kyle Stocker	JR	Prairie, Cedar Rapids	4:28.81
19 Chris Robertson	SR	Iowa City, City High	4:29.01
20 Joshua Maguire	SR	Dowling Catholic, WDM	4:29.23
21 Zach Wittenberg	SR	Pella	4:32.98
22 Austin O'Brien	SR	Pleasant Valley	4:33.81

Boys 3200 Meter Run High School

Relays: 9:06.3h D 1973

Mark Johnson (yards), Mason City

Stadium: 9:06.3h S

Name	Yr	School	Finals
Finals			
1 Johnny Fuller	JR	Glenwood	9:12.34
2 Brogan Austin	SR	Boone	9:14.88
3 Andrew Swanson	SR	Pleasant Valley	9:19.42
4 Kevin Lewis	JR	Ottumwa	9:22.23
5 Evan Selsor	JR	Winterset	9:24.30
6 J.T. McCarthy	SR	Burlington	9:25.25
7 Scott Mittman	SR	Iowa City, City High	9:26.46
8 Conner Smock	SO	Lisbon	9:29.30
9 Marshall Moyer	JR	Burlington	9:30.76
10 Ryan McMahan	JR	Algona	9:34.30
11 Ben Witt	JR	Burlington	9:34.68
12 Tyler Meseke	JR	Pleasant Valley	9:35.61
13 Taylor Huseman	JR	Manson Northwest Webster	9:37.11
14 Matt Eckman	SR	Iowa City, West	9:40.84
15 Joshua Maguire	SR	Dowling Catholic, WDM	9:41.73
16 Chris Robertson	SR	Iowa City, City High	9:44.07
17 Matt Butler	SO	Bettendorf	9:47.12

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Finals ... (Boys 3200 Meter Run High School)

Name	Yr	School	Finals
18 Matt Stocker	JR	Prairie, Cedar Rapids	9:48.74
19 Ryne Murphy	JR	Ankeny	9:55.36
20 Christian Kremer	SO	Marshalltown	9:57.49
21 Dan Jensen	SR	Urbandale	10:02.54

Boys 110 Meter Hurdles High School

Relays: 14.04 D 2009 Jordan Mullen, Atlantic
Stadium: 14.04 S 2009 Jordan Mullen, Atlantic

Name	Yr	School	Prelims	Wind	H#
Preliminaries					
1 Tyler Donels	SO	Southeast Polk	14.58 q	-1.2	4
2 Kyle Dunn	JR	Linn-Mar, Marion	14.59 q	-1.0	1
3 Tanner Miller	SR	Mid-Prairie, Wellman	14.88 q	0.1	2
4 Jacob Batterson	SR	Eddyville-Blakesburg	14.91 q	-0.8	3
5 Will Hanson	SR	Marcus-Meriden-Cleghorn	15.01 q	-0.8	3
6 Ryan Sander	SR	Xavier, Cedar Rapids	15.09 q	-1.2	4
7 Nick Efkamp	JR	Madrid	15.10 q	-1.2	4
8 Tom Nesvik	SR	North Fayette, West Union	15.15 q	-0.8	3
9 Max Martino	SR	Cedar Rapids, Kennedy	15.17	-0.8	3
10 Luke Haverkamp	SR	Ames	15.32	0.1	2
11 Erik Bergstrom	JR	Johnston	15.34	-1.2	4
12 Hunter Nelsen	JR	A-H-S-T, Avoca	15.48	0.1	2
13 David Johnson	SR	Clinton	15.50	-0.8	3
14 Wes Atkinson	JR	Winfield-Mt. Union	15.64	-0.8	3
15 Ian Eflin	JR	Glenwood	15.70	0.1	2
16 Kyle Heidebrink	SR	Spirit Lake Park	15.78	-1.0	1
17 Austin Ward	SR	Norwalk	15.83	0.1	2
18 Andrew Stanley	JR	Waukee	15.84	-0.8	3
19 Kerry Unkrich	SR	Winfield-Mt. Union	15.86	-1.0	1
20 Travis Marsh	SR	Ankeny	15.91	0.1	2
21 Jared Hetzler	JR	Muscatine	15.92	-1.2	4
22 Tony Rush	JR	Ames	16.00	0.1	2
23 Jacob Mangler	SR	Clinton	16.08	-0.8	3
24 Lance Kramer	SR	Central Lee, Donnellson	16.24	-1.0	1
25 Tom Geske	SR	Ames	16.27	-1.0	1
26 Ross Chettinger	SR	Sergeant Bluff-Luton	16.32	-1.2	4
27 Donovan Helm	SR	Albia	16.44	-1.0	1
28 Justin Raes	SR	Council Bluffs, Thomas Jeffers	16.51	-1.0	1
29 Adam Sailor	JR	Cedar Rapids, Washington	16.65	-1.2	4
30 Shaun Kent	SR	Interstate 35, Truro	17.34	-1.2	4

Boys 110 Meter Hurdles High School

Relays: 14.04 D 2009 Jordan Mullen, Atlantic
Stadium: 14.04 S 2009 Jordan Mullen, Atlantic

Name	Yr	School	Finals	Wind
Finals				
1 Kyle Dunn	JR	Linn-Mar, Marion	14.20	-1.4
2 Jacob Batterson	SR	Eddyville-Blakesburg	14.60	-1.4
3 Ryan Sander	SR	Xavier, Cedar Rapids	14.65	-1.4

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Name	Yr	School	Finals	Wind
4 Will Hanson	SR	Marcus-Meriden-Cleghorn	15.00	-1.4
5 Nick Efkamp	JR	Madrid	15.11	-1.4
6 Tom Nesvik	SR	North Fayette, West Union	15.66	-1.4
7 Tyler Donels	SO	Southeast Polk	19.36	-1.4
--- Tanner Miller	SR	Mid-Prairie, Wellman	FS	-1.4

Boys 400 Meter Hurdles High School

Relays: 51.94 D 1995 Dustin Avey, Ames

Stadium: 51.94 S 1995 Dustin Avey, Ames

Name	Yr	School	Finals
Finals			
1 Kyle Dunn	JR	Linn-Mar, Marion	53.13
2 Tanner Miller	SR	Mid-Prairie, Wellman	53.51
3 Ben Boesen	JR	Dowling Catholic, WDM	54.05
4 Sammy Vance	SR	Solon	54.41
5 Ty Nortman	SR	West Liberty	54.65
6 Nick Oestreich	SR	Bettendorf	55.05
7 Travis Marsh	SR	Ankeny	55.29
8 Jamey Foster	SO	Centerville	56.54

Boys 4x100 Meter Relay High School

Relays: 42.19 D 2003 Des Moines East

Team	Relay	Prelims	H#
Preliminaries			
1 Cedar Rapids, Washington		42.87 q	1
2 DSM, Roosevelt		42.89 q	1
3 Solon		43.12 q	3
4 Dowling Catholic, WDM		43.23 q	2
5 DSM Lincoln		43.34 q	2
6 Valley, West Des Moines		43.45 q	2
7 Cedar Falls		43.49 q	1
8 Waukee		43.55 q	1
9 North Scott, Eldridge		43.57	2
10 Southeast Polk		43.60	3
11 Council Bluffs, Abraham Linco		43.79	2
12 Cedar Rapids, Kennedy		43.80	2
13 Davenport, Central		43.88	3
14 Central Clinton, DeWitt		43.91	2
15 Bettendorf		43.92	1
16 Iowa Falls-Alden		43.96	2
17 Linn-Mar, Marion		44.00	1
18 Tri-County, Thornburg		44.10	5
19 Oskaloosa		44.11	8
20 Xavier, Cedar Rapids		44.14	4
21 Central Springs		44.15	4
22 Wahlert, Dubuque		44.20	6
23 Hudson		44.22	6
24 Woodward Academy		44.26	4
25 Madrid		44.29	4

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Preliminaries ... (Boys 4x100 Meter Relay High School)

Team	Relay	Prelims	H#
26	Johnston	44.30	7
27	Maquoketa	44.33	5
28	Sioux City, West	44.35	10
29	Lewis Central	44.43	4
30	Waterloo, East	44.45	1
31	Carlisle	44.51	5
32	North Fayette, West Union	44.57	6
33	Indianola	44.57	3
34	Beckman, Dyersville	44.58	1
35	St. Edmond, Fort Dodge	44.62	8
36	Belle Plaine	44.66	4
37	Eddyville-Blakesburg	44.67	5
38	Iowa City, West	44.68	3
39	St. Albert, Council Bluffs	44.71	9
40	West Marshall, State Center	44.71	3
41	South Hamilton, Jewell	44.80	5
42	Clinton	44.81	7
43	Roland-Story, Story City	44.82	7
44	Ankeny	44.93	5
45	Muscatine	44.93	10
46	Marshalltown	44.98	6
46	Vinton-Shellsburg	44.98	8
48	Burlington	45.03	3
49	Northwood-Kensett	45.05	4
50	Carroll	45.06	9
51	Washington	45.12	6
52	Centerville	45.13	7
53	Fairfield	45.19	9
54	Bellevue	45.20	9
55	Davenport, North	45.29	6
56	Underwood	45.30	9
57	Pocahontas Area	45.33	9
58	PCM, Monroe	45.34	8
59	Dub. Hempstead	45.35	10
60	Marion	45.39	10
61	Albia	45.42	3
62	Waterloo, West	45.42	6
63	Jefferson-Scranton	45.42	6
64	Webster City	45.44	9
65	Waverly-Shell Rock	45.44	8
66	Central Lee, Donnellson	45.47	7
67	Pleasant Valley	45.58	8
68	DSM North	45.68	7
69	Crestwood, Cresco	45.87	10
70	Mount Pleasant	45.91	8
71	Knoxville	46.16	10
72	Hampton-Dumont	46.81	5
73	Davenport, West	47.13	10
---	Des Moines, Hoover	DNF	7

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Preliminaries ... (Boys 4x100 Meter Relay High School)

Team	Relay	Prelims	H#
---	Mason City	DNF	8
---	Ottumwa	DNF	5
---	Council Bluffs, Thomas Jeffers	DNF	9
---	Prairie, Cedar Rapids	DQ	7
---	Iowa City, City High	DQ	4

Boys 4x100 Meter Relay High School

Relays: **42.19 D 2003** **Des Moines East**

Team	Relay	Finals	
Finals			
1	DSM, Roosevelt	42.52	
2	Dowling Catholic, WDM	42.72	
3	Cedar Rapids, Washington	42.81	
4	Valley, West Des Moines	43.20	
5	Waukee	43.28	
6	Solon	43.30	
7	DSM Lincoln	43.38	
---	Cedar Falls	DNF	

Boys 4x200 Meter Relay High School

Relays: **1:27.45 D 1990** **Waterloo West**

Team	Relay	Finals	H#
Finals			
1	Cedar Rapids, Washington	1:28.79	3
2	Southeast Polk	1:29.44	3
3	Valley, West Des Moines	1:29.54	3
4	Bishop Heelan Catholic, Sioux	1:29.63	2
5	DSM Lincoln	1:30.09	2
6	Davenport, Central	1:30.11	3
7	Cedar Falls	1:30.27	3
8	Solon	1:30.38	3
9	Council Bluffs, Abraham Linco	1:30.54	2
10	Waukee	1:30.56	2
11	Beckman, Dyersville	1:30.71	1
12	Indianola	1:31.21	2
13	Marshalltown	1:31.55	1
14	DSM, Roosevelt	1:31.68	1
15	Ankeny	1:31.69	1
16	Iowa City, City High	1:31.81	2
17	Clinton	1:31.84	1
18	West Marshall, State Center	1:31.91	2
19	Central Clinton, DeWitt	1:32.21	2
20	Knoxville	1:33.24	1
21	Waterloo, East	1:33.36	1
22	Dub. Hempstead	1:33.41	1
---	Burlington	DQ	3
---	Dowling Catholic, WDM	DQ	3

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Boys 4x400 Meter Relay High School

Relays: 3:17.77 D 4/29/2006 Valley OfWest Des Moines
B Collins, Z Sandvig, R Keairnes, B McSkimming
Stadium: 3:17.77 S 4/29/2006 Valley OfWest Des Moines
B Collins, Z Sandvig, R Keairnes, B McSkimming

Team	Relay	Prelims	H#
Preliminaries			
1	St. Edmond, Fort Dodge	3:21.70 q	2
2	Indianola	3:22.30 q	1
3	Valley, West Des Moines	3:22.75 q	2
4	Marshalltown	3:23.39 q	2
5	Clear Creek-Amana	3:24.22 q	3
6	Burlington	3:24.56 q	2
7	Cedar Falls	3:24.70 q	3
8	Knoxville	3:25.02 q	1
9	Des Moines, Hoover	3:25.09	3
10	Ankeny	3:25.66	3
11	Waukee	3:26.41	1
12	Beckman, Dyersville	3:26.81	1
13	Clinton	3:26.96	2
14	Dowling Catholic, WDM	3:27.29	1
15	Dallas Center-Grimes	3:27.56	2
16	Harlan	3:27.83	3
17	Storm Lake	3:28.37	3
18	Linn-Mar, Marion	3:28.50	2
19	Wahlert, Dubuque	3:28.54	2
20	Solon	3:29.37	3
21	Southeast Polk	3:29.73	1
22	Bettendorf	3:30.50	3
23	Prairie, Cedar Rapids	3:33.65	1
---	Pleasant Valley	DQ	1

Boys 4x400 Meter Relay High School

Relays: 3:17.77 D 4/29/2006 Valley OfWest Des Moines
B Collins, Z Sandvig, R Keairnes, B McSkimming
Stadium: 3:17.77 S 4/29/2006 Valley OfWest Des Moines
B Collins, Z Sandvig, R Keairnes, B McSkimming

Team	Relay	Finals
Finals		
1	Indianola	3:18.12
2	St. Edmond, Fort Dodge	3:18.99
3	Valley, West Des Moines	3:20.83
4	Cedar Falls	3:21.10
5	Marshalltown	3:21.46
6	Burlington	3:23.40
7	Knoxville	3:23.97
8	Clear Creek-Amana	3:24.44

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Boys 4x800 Meter Relay High School

Relays: 7:45.63 D 1985

Marshalltown

Team	Relay	Finals
Finals		
1	Indianola	7:50.62
2	Cedar Rapids, Washington	7:52.04
3	Pleasant Valley	7:56.82
4	Algona	7:58.36
5	Burlington	7:58.79
6	Mid-Prairie, Wellman	7:59.06
7	Harlan	7:59.52
8	Waukee	7:59.56
9	Knoxville	8:02.82
10	Central Clinton, DeWitt	8:03.08
11	Mason City	8:06.73
12	Marshalltown	8:07.13
13	Pella	8:07.27
14	Prairie, Cedar Rapids	8:08.36
15	Linn-Mar, Marion	8:08.40
16	Dowling Catholic, WDM	8:14.45

Boys 1600 Sprint Medley High School

Relays: 3:17.18 D 2004

Iowa City High

Stadium: 3:17.18 S 2004

Iowa City High

Team	Relay	Finals	H#
Finals			
1	Prairie, Cedar Rapids	3:30.83	2
2	Indianola	3:31.39	3
3	Bishop Heelan Catholic, Sioux	3:32.07	1
4	Mason City	3:32.98	3
5	Marshalltown	3:33.64	3
6	Burlington	3:33.72	3
7	Xavier, Cedar Rapids	3:34.03	3
8	Pleasant Valley	3:34.56	2
9	Regina, Iowa City	3:35.15	2
10	Southeast Polk	3:35.51	1
11	Johnston	3:35.64	2
12	Central Clinton, DeWitt	3:35.69	2
13	Knoxville	3:36.07	3
14	Cedar Rapids, Washington	3:36.26	3
15	Cedar Rapids, Kennedy	3:36.84	1
16	Ankeny	3:37.17	3
17	Glenwood	3:37.75	1
18	Monticello	3:38.35	1
19	Spirit Lake Park	3:38.37	2
20	Dowling Catholic, WDM	3:39.38	2
21	Iowa City, West	3:40.93	2
22	West Marshall, State Center	3:41.82	1
23	A-D-M, Adel	3:41.94	1
24	Linn-Mar, Marion	3:42.33	1

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Boys 4x110 Meter Shuttle Hurdle High School

Relays: 58.28 D 2009 Washington-Cedar Rapids
L Johnson, A Sailor, N Clark, A McBride
Stadium: 58.28 S 2009 Washington-Cedar Rapids
L Johnson, A Sailor, N Clark, A McBride

Team	Relay	Prelims	H#
Preliminaries			
1 Cedar Rapids, Kennedy		S 57.52 q	4
2 Linn-Mar, Marion		S 57.63 q	1
3 Johnston		58.42 q	1
4 Waukee		58.64 q	3
5 DSM, Roosevelt		58.77	1
6 Southeast Polk		58.80	4
7 Valley, West Des Moines		58.88	4
8 Waverly-Shell Rock		58.91	2
9 Eddyville-Blakesburg		59.25	1
10 Ankeny		59.36	2
11 Iowa City, City High		60.04	2
12 Clinton		60.06	3
13 Norwalk		60.31	3
14 Bettendorf		61.02	2
15 Ames		61.39	3
16 Dike-New Hartford		63.82	4

Boys 4x110 Meter Shuttle Hurdle High School

Relays: 58.28 D 2009 Washington-Cedar Rapids
L Johnson, A Sailor, N Clark, A McBride
Stadium: 58.28 S 2009 Washington-Cedar Rapids
L Johnson, A Sailor, N Clark, A McBride

Team	Relay	Finals
Finals		
1 Cedar Rapids, Kennedy		56.09 S
2 Waukee		58.22 S
--- Linn-Mar, Marion		DQ
--- Johnston		DQ

Boys High Jump High School

Relays: 7-03 D 1981 Brian Tietjens, N. Central of Manley
Stadium: 6-09 S 4/27/2006 Marc Meierotto, Fort Madison

Name	Yr	School	Finals
Finals			
1 Noah Kittelson	SR	Indianola	6-08.00 2.03m
2 Jerad Croghan	SR	IKM-Manning	6-06.00 1.98m
3 Tyler Donels	SO	Southeast Polk	6-04.00 1.93m
4 Keyvan Rudd	SR	Davenport, Central	6-04.00 1.93m
5 Tommy Larson	SR	Johnston	6-04.00 1.93m
5 Nick Day	JR	Solon	6-04.00 1.93m
7 Shane Davis	SR	DSM, Roosevelt	6-02.00 1.87m
8 Nathan Buss	SR	Charles City	6-02.00 1.87m
9 Seth Tuttle	JR	West Fork, Sheffield	6-02.00 1.87m

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Finals ... (Boys High Jump High School)

Name	Yr	School	Finals	
9 Nick Lucs	SR	Waukee	6-02.00	1.87m
11 Austin Penningroth	SR	Pleasant Valley	6-02.00	1.87m
12 Ross Chettinger	SR	Sergeant Bluff-Luton	6-02.00	1.87m
12 JC Abrahamson	SO	Sigourney	6-02.00	1.87m
14 Drake Ferch	SR	West Marshall, State Center	6-00.00	1.82m
15 Tyler Kastantin	JR	Dallas Center-Grimes	6-00.00	1.82m
16 Pel Deng	SO	Storm Lake	6-00.00	1.82m
16 Jordan Cress	JR	Olin	6-00.00	1.82m
18 Taylor Sanderson	JR	Bondurant-Farrar	6-00.00	1.82m
19 Tanner Bacon	JR	Clear Lake	5-10.00	1.77m
19 Caleb Jurgens	SR	Keokuk	5-10.00	1.77m
19 Trey Sathoff	SO	Pekin	5-10.00	1.77m
19 Bryce Sines	SO	Pekin	5-10.00	1.77m
23 Keegan Frisch	SR	Sumner-Fredericksburg	5-10.00	1.77m
23 Shane Benton	JR	Linn-Mar, Marion	5-10.00	1.77m
25 Keaton Hosch	SR	Independence	5-10.00	1.77m
--- Tommy Yackle	SR	Eagle Grove	NH	
--- Faheem Boutte	SR	Storm Lake	NH	
--- Levi Eittleman	JR	Logan-Magnolia	NH	
--- Jake Redlinger	SO	Washington	NH	

Boys Long Jump High School

Relays: 23-11.75 D 1984

Chris Walker, Davenport West

Name	Yr	School	Finals		Wind
Finals					
1 Kenny Gilmore	JR	Davenport, Central	22-09.50	6.94m	2.2
2 Devante Clark	SR	Sioux City, West	22-05.50	6.84m	1.7
3 Caleb Mere	JR	Cedar Rapids, Kennedy	21-09.75	6.64m	3.2
4 Brandon Steggall	SR	Waverly-Shell Rock	21-09.50	6.64m	1.5
5 Riley McCarron	FR	Wahlert, Dubuque	21-09.25	6.63m	1.0
6 Amara Darboh	SO	Dowling Catholic, WDM	21-07.75	6.59m	2.6
7 Darian Cotton	JR	Mount Pleasant	21-06.50	6.56m	2.0
8 Maurice Terrell	JR	Pleasant Valley	21-03.50	6.48m	2.2
9 Deandre Johnson	SR	Valley, West Des Moines	21-03.25	6.48m	1.9
10 Keaton Hosch	SR	Independence	21-01.50	6.43m	1.8
11 Kile Overmyer	JR	Albia	21-01.00	6.42m	2.1
12 Bobby Millard	JR	Iowa City, City High	21-00.25	6.40m	0.1
13 Dalton Ferch	SO	West Marshall, State Center	20-11.50	6.38m	2.7
14 Justin Wohlert	JR	Hartley-Melvin-Sanborn	20-09.50	6.33m	2.7
15 Dondre Hubert	JR	Sioux City, North	20-07.00	6.27m	2.1
16 Nick Efkamp	JR	Madrid	20-06.75	6.26m	2.8
17 Evan Buck	SR	Anamosa	20-05.50	6.23m	1.5
18 Dylan Barrett	JR	Harlan	20-04.00	6.19m	3.2
18 Chris Lubben	SO	Central Clinton, DeWitt	20-04.00	6.19m	3.7
20 Sid Hansen	SR	Dike-New Hartford	20-03.75	6.19m	1.2
21 Darius Pearson	SO	Sioux City, West	19-10.50	6.05m	1.8
22 Jake Gentile	JR	St. Albert, Council Bluffs	19-09.25	6.02m	1.4
23 Trae Narbona	JR	Sioux City, West	18-09.25	5.72m	2.1
--- Dillon Robinson	JR	Underwood	FOUL		

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Boys Shot Put High School

Relays: 67-02.25 D 1968

Doug Lane, C.R. Jefferson

Name	Yr	School	Finals	
Finals				
1 Brandon Scherff	SR	Denison-Schleswig	61-07.25	18.77m
2 Andy Carman	SR	Jefferson-Scranton	53-07.75	16.35m
3 Dom Howard	SR	Ames	53-05.50	16.29m
4 Eric Simmons	JR	Madrid	52-04.00	15.95m
5 Steven Messerschmidt	SR	Tri-Center, Neola	51-03.00	15.62m
6 Ryan Piche	SR	Linn-Mar, Marion	51-00.00	15.54m
7 Jeremy Jacobsen	SR	Bettendorf	50-09.00	15.46m
8 Cameron Hayward	SR	Independence	50-03.50	15.32m
9 Joe Carber	SO	Central Clinton, DeWitt	50-02.75	15.30m
10 Logan Christofferson	SR	Panorama, Panora	49-11.25	15.22m
11 Justin Baker	JR	Bishop Heelan Catholic, Sioux	49-11.00	15.21m
12 Austin Gage	SR	Hudson	49-08.50	15.15m
13 Mark Jennings	SR	Linn-Mar, Marion	49-06.75	15.10m
14 Cade Lambson	JR	Mount Ayr	48-10.25	14.89m
15 Nick Ganzley	SR	Muscatine	48-10.00	14.88m
16 Zach Mosbey	SR	Pekin	48-09.00	14.85m
17 Alberto Munoz	SR	Dowling Catholic, WDM	48-07.75	14.82m
18 Matt Suiter	SR	Bettendorf	48-00.75	14.64m
19 Levi Eittleman	JR	Logan-Magnolia	47-08.25	14.53m
20 Grant Wittmer	SR	Vinton-Shellsburg	47-05.25	14.45m
21 Ben Stutt	JR	Monticello	46-02.25	14.07m
22 Isaac Ales	JR	Muscatine	45-02.75	13.78m
23 Colton Cowgill	SR	Underwood	44-00.25	13.41m
--- Henry Kelley	SR	Waukee	FOUL	

Boys Discus Throw High School

Relays: 199-01 D 2004

Chase Madison, Newton

Name	Yr	School	Finals	
Finals				
1 Jacob Gannon	SR	Iowa City, West	185-08	56.59m
2 Andy Carman	SR	Jefferson-Scranton	174-04	53.13m
3 Henry Kelley	SR	Waukee	171-08	52.32m
4 Dom Howard	SR	Ames	171-07	52.29m
5 Michael Smithburg	JR	Fairfield	171-02	52.17m
6 Ryan Piche	SR	Linn-Mar, Marion	168-02	51.25m
7 Justin Baker	JR	Bishop Heelan Catholic, Sioux	166-09	50.82m
8 Steven Messerschmidt	SR	Tri-Center, Neola	161-11	49.35m
9 Chad Gilson	SR	Urbandale	161-00	49.07m
10 Cade Lambson	JR	Mount Ayr	160-11	49.04m
11 Henry Ricklefs	SR	Louisa-Muscatine	159-05	48.59m
11 Sam Joens	JR	Prairie, Cedar Rapids	159-05	48.59m
13 Mark Jennings	SR	Linn-Mar, Marion	158-11	48.43m
14 Tim Nemecek	JR	Central, Elkader	155-06	47.39m
15 Cody Moore	JR	Valley, West Des Moines	153-01	46.65m
16 Jeremy Jacobsen	SR	Bettendorf	153-00	46.63m
17 Alex Goeller	SO	Wapsie Valley, Fairbank	150-10	45.97m

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Finals ... (Boys Discus Throw High School)

	Name	Yr	School	Finals	
18	Austin Hangartner	SR	Postville	150-06	45.87m
19	Dylan Boyd	SR	New Hampton	146-10	44.75m
20	Dallas Hinkhouse	JR	Valley, West Des Moines	145-08	44.39m
21	Brandon Scherff	SR	Denison-Schleswig	144-08	44.09m
22	Matt Best	SR	DSM Lincoln	143-11	43.86m
23	Marc Osborn	SR	Lewis Central	137-11	42.03m
24	Travis Williams	SR	DSM Lincoln	104-05	31.82m

Boys 4x100 Meter Relay Middle School

	Team	Relay	Finals	H#
Finals				
1	Indian Hills		48.06	1
2	Stilwell Junior High		49.31	1
3	Brody Middle School		49.98	1
4	Indianola		50.03	3
5	Holy Trinity		50.04	1
6	Goodrell Middle School		50.16	1
7	Meredith		51.93	3
8	Harding Middle School		52.98	2
9	Callanan Middle School		53.04	1
10	Merrill Middle School		54.36	1
11	Weeks Middle School		54.46	2
12	St. Theresa		54.78	2
13	St. Augustin		55.14	1
14	Sacred Heart		55.31	2
15	Holy Family		57.13	2
16	Bondurant-Farrar		58.56	3
17	McCombs		60.22	2
18	Cowles Montessori		61.71	2
19	Crestview		64.74	2