

39th Annual

Forwald/Coleman Relays - 4/21/2011  
 City High School, Raffensperger Track  
 Results

Event 1 Girls 3000 Meter Run

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New Record: ! 9:48.64 1999 Michelle Lilienthal, City High School

Name Year School Finals

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Finals

1	Rebecca Rethwisch	12	ICC	10:32.24
2	Meg Richardson	11	ICC	10:43.50
3	Kate Maxcy	11	Valley- Wdm	10:44.72
4	Pombie Silverman	10	ICW	10:55.54
5	Brett Guerra	11	ICW	11:03.72
6	Kierstyn Feld	09	Pleasant Val	11:30.93
7	Brenna German	10	Pleasant Val	11:31.79
8	Allison Wood	11	Valley- Wdm	11:39.48
9	Emilia Szmyrgala	09	ICW	x11:45.69
10	Kirstin Angus	12	Valley- Wdm	x12:13.47
--	Katherine Arch	11	ICR	X11:40.63

Event 2 Boys 4x800 Meter Relay

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New Record: ! 7:57.68 1996 , Indianola High School

School Launspach, Bresnin, Laxton, Williams Finals

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1	Linn-Mar	8:09.55
	1) Chase Grabau 10	2) Matt Simon 11
	3) Jabez Walker 09	4) Nick Gentzler 12
2	Valley- Wdm	8:13.28
	1) Jacob Nitz 11	2) Johnny Hutchison 11
	3) Connor Sorge 09	4) Broc Everett 10
3	Pleasant Valley	8:17.19
	1) Evan Schommer 12	2) Johnathon Creighton 12
	3) Adonis Mikos 12	4) Safwan Elkhatib 12
4	Iowa City West	8:20.70
	1) Bailey Wetherell 10	2) Cole Hatzky 09
	3) Kaleb Griener 09	4) Ryson Stuart 12
5	Iowa City High	8:26.74
	1) Dwight Donahue 11	2) Mohammed Traore 10
	3) Adam Ledger 12	4) Tate Thompson 10
6	SE Polk	8:35.16
	1) Chase Drees 10	2) Bryce Swearngin 12
	3) Cameron Lawler 09	4) Derek Puffett 12
7	Muscatine	8:48.55
	1) Bennett Luedtke 09	2) Jake Stych 11
	3) Jon Centeno 09	4) Seth Burton 09
8	DesMoines East	8:53.05
	1) Salat Jones 11	2) Tre Willis 10
	3) Grant Jones 10	4) Steve Ukpan 10

Event 3 Girls 4x800 Meter Relay

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New Record: ! 9:25.43 2002 , Iowa City West

School J. Frudden, J. Dobyms, J. Frudden, L. Dobyms Finals

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1	Iowa City West			9:43.89
	1) Molly Leveille 10		2) Ashley Knudson 10	
	3) Brett Guerra 11		4) Ally Disterhoft 10	
2	City High			9:52.03
	1) Lori Lines 12		2) Katie Langenfeld 11	
	3) Erin Danielson 10		4) Ellen Carman 09	
3	Pleasant Valley			10:03.80
	1) Ali Oppel 10		2) Laura Thomsen 12	
	3) Onna Drake 12		4) Maddie Reynolds 09	
4	Muscatine			10:19.85
	1) Taylor Kraus 12		2) Sarah Pfeiffer 09	
	3) Samantha Kistler 10		4) Lindsay Brunson 11	
5	Valley- Wdm			10:20.59
	1) Melissa Shepherd 10		2) Megan Crawford 11	
	3) Alex Kock 11		4) Emily Klemme 09	
6	North Scott			11:18.77
	1) Kari Moeller 11		2) Amy Berhenke 12	
	3) Amy Meyer 11		4) Jana Berens 10	

Event 4 Boys 3200 Meter Run

New Record: ! 9:27.50 1976 Randy Jackson, City High School

Name	Year	School	Finals
1 Eli Horton	12	SE Polk	9:24.53!
2 Tyler Meseke	12	Pleasant Val	9:31.11
3 Josh Evans	09	LM	9:36.06
4 Isaac Jensen	10	ICW	9:41.61
5 Tony Meyer	11	Pleasant Val	9:51.44
6 Zach Wiemers	12	Valley- Wdm	9:51.72
7 Daniel Gardarsson	09	ICW	9:54.51
8 Zach Greimann	12	ICH	9:57.32
9 Jeremy Kurth	12	ICW	x10:04.69
10 Caleb Drake	10	Pleasant Val	x10:14.20
11 Dillon Schloerb	12	Valley- Wdm	10:16.12
12 Logan Olson	12	SE Polk	10:17.51
13 Tyler Chlystun	11	LM	10:25.05
14 Kyle Read	09	LM	x10:38.07
15 Alex Heckman	11	Muscatine	10:50.75
16 Matt Montgomery	11	SE Polk	x10:56.09
17 DJ Martin	11	ICH	11:09.28

Event 5 Boys 4x100 Meter Shuttle Hurdle

New Record: ! 58.00 5/1/2010 Linn-Mar, Linn-Mar  
Bophoff, Ramr, N Lucas, K Dunn

School	Finals	H#
1 Iowa City High	59.05	1
1) Dan Roemerman 11		
3) Javon Duarte 11		
2) Jeremy Johnson 11		
4) Mason Greer 11		
2 Valley- Wdm	59.18	2
1) Lucas Tang 10		
3) Josh Stanley 10		
2) Brandon Arp 12		
4) Scott Oman 12		
3 Linn-Mar	59.62	2
1) Brandon Ophoff 11		
3) Colton Sanchez 11		
2) Nick Lucas 12		
4) Mike Keiser 10		
4 Iowa City West	59.95	2
1) Charlie Rogers 11		
3) Lucas Brenneman 11		
2) Andrew Gilbaugh 09		
4) Tre Goode 11		

5	Muscatine		59.96	1
	1) Kris Treiber 11	2) Griffin Gaeta 11		
	3) Drake Kulick 10	4) Jared Hetzler 12		
6	SE Polk		1:02.69	2
	1) Tyler Donels 11	2) Cameron Lynch 12		
	3) Jesse Davenport 12	4) Jacob Boothroyd 12		
7	Pleasant Valley		1:03.97	1
	1) Dylan Mackovich 12	2) Conor Bryant 10		
	3) Jordan Kitzman 12	4) Jake Forgie 12		
8	DesMoines East		1:08.88	1
	1) Maricco Gafford 09	2) Blake Cunningham 11		
	3) Caig Taylor 10	4) Brandon Long 11		

Event 6 Girls 4x100 Meter Shuttle Hurdle

=====				
New Record: ! 1:06.41 5/1/2009 Pleasant Valley, Pleasant Valley				
L Hodgin, L Christensen, K McNamara, S Rodriguez				
	School		Finals	H#
=====				
1	Pleasant Valley		1:07.65	2
	1) Anne Leners 10	2) Tessa James 10		
	3) Jenna McGee 12	4) Laura Rodriguez 12		
2	Iowa City West		1:08.21	2
	1) Alyssa McKeone 10	2) Bailey Bowman 09		
	3) Shirley Wang 09	4) Caroline Van Voorhis 11		
3	Valley- Wdm		1:09.06	2
	1) Chloe Matthews 10	2) Emma Young 10		
	3) Courtney Young 10	4) Briana Stone 12		
4	City High		1:10.50	2
	1) Emily Sotelo 12	2) Samantha Kunc 12		
	3) Kirstin Feeney 11	4) Caitlin Ward 11		

Event 7 Girls 100 Meter Dash

=====				
New Record: ! 12.14 1999 Kristin Knight, City High School				
	Name	Year School	Finals	H#
=====				
1	McKenna Cronbaugh	10 ICW	12.56	2
2	Clair Crew	10 ICC	12.69	2
3	Shahana Williams	11 ICW	12.79	2
4	Ashlee Downs	11 Valley- Wdm	13.18	2
5	Emily Soy	10 NS	13.84	2
6	Jennifer Kruse	Pleasant Val	13.89	1
7	Bre Marshall	12 ICC	14.15	1
8	Emily Hermiston	NS	14.19	1
9	Allie Brown	11 Valley- Wdm	14.35	2
10	Megan Butler	10 Muscatine	14.85	1
--	Alyssa Simon	09 Pleasant Val	NT	2
--	Alex Hook	09 ICR	X14.69	1
--	Ana Clemons	10 ICR	X16.45	1

Event 8 Boys 100 Meter Dash

=====				
New Record: ! 10.53 1996 Merrill Coleman, City High School				
	Name	Year School	Finals	H#
=====				
1	Charlie Rogers	11 ICW	11.40	2
2	Armondo Williams	11 ICW	11.41	2
3	Trey Thomas	11 Pleasant Val	11.45	1
4	Hector Montelongo	11 ICH	11.51	2
5	Bobby Millard	12 ICH	J11.51	2

6	Trey Lewis	11 Valley- Wdm	11.62	2
7	Isaac Lintz	12 Valley- Wdm	11.64	2
8	Jesse Davenport	12 SE Polk	11.75	1
9	Maurice Terrell	12 Pleasant Val	11.77	2
10	terrence karlar	10 DME	11.94	1
11	Jake Shoultz	09 Muscatine	11.96	1
12	Dalton Sanford	10 SE Polk	11.99	1
13	Brandon Jeffries	10 LM	12.08	1
14	Michael Detert	11 LM	12.35	1
15	Adrian Torres	11 Muscatine	12.54	1
16	O'Ron Manson	10 DME	12.72	2

Event 10 Boys 100 Meter Run Wheel Chair

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New Record: ! 22.93 4/19/2004 Jeremy Rew, City High School				
Name	Year	School	Finals	
=====				
1	Jordan Houdeshell	10 LM	28.25	

Event 11 Girls Distance Medley

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New Record: ! 4:12.70 4/21/2006 Tipton High School, Tipton High Scho				
B Foulks, C Kotz, C Marchik, A Miller				
School	Finals			
=====				
1	Valley- Wdm	4:18.09		
	1) Rio Maxwell 11	2) Alex Armitage 11		
	3) Alex Kock 11	4) Kaitlyn Nelson 11		
2	Iowa City West	4:19.31		
	1) Cali Kinney 09	2) Kelcie Kraft 09		
	3) Annie Schaeckenbach 10	4) Olive Carrollhach 10		
3	Pleasant Valley	4:24.52		
	1) Kathryn Leidahl 10	2) Samantha Richard		
	3) Chloe Miller 10	4) Brooke Bierhaus 12		
4	City High	4:33.34		
	1) Nicole Kuddes 11	2) Michaela Nelson 09		
	3) Sophia Opitz 10	4) Soumba Traore 09		
5	North Scott	4:36.23		
	1) Emily Soy 10	2) Katie Swoboda 10		
	3) Emily Lane	4) Kayla Naber 12		
6	Muscatine	4:48.26		
	1) Kylie Meyer 12	2) Mercy Zarkpah 09		
	3) Megan Shoppa 12	4) Kjirsten Rein 09		

Event 12 Girls 400 Meter Dash

=====				
New Record: ! 57.21 2007 Kelly Krei, City High School				
Name	Year	School	Finals	H#
=====				
1	Clair Crew	10 ICC	59.37	2
2	Samantha Kistler	10 Muscatine	1:00.39	2
3	Lydia Saggau	10 Valley- Wdm	1:00.69	2
4	Ally Disterhoft	10 ICW	1:01.73	2
5	Jordan Sullivan	11 ICC	1:02.72	2
6	Mickey Malmgren	09 Pleasant Val	1:03.04	2
7	Akimi Oya	10 ICW	1:04.00	2
8	Sanjana Ramesh	12 Pleasant Val	1:04.12	1
9	Emily Klemme	09 Valley- Wdm	1:06.89	2
10	Katie Moore	NS	1:09.85	1
11	Amy Meyer	11 NS	1:10.64	1
--	Jackie Cook	11 ICR	X1:18.40	1

Event 13 Boys 400 Meter Dash Dick Feeney

New Record: ! 47.50 2002 Calvin Davis, City High School				
Name	Year	School	Finals	H#
1 Jesse Davenport	12	SE Polk	49.70	2
2 John Sokolik	12	Pleasant Val	50.38	2
3 Sterling Harris	12	ICH	51.26	2
4 Jared Hetzler	12	Muscatine	51.37	2
5 Tate Christensen	09	SE Polk	51.54	2
6 Jacob Padgett	12	Valley- Wdm	51.67	2
7 Brock Hatzky	09	ICW	52.27	1
8 Safwan Elkhatib	12	Pleasant Val	52.87	2
9 Quentin Smith	11	Valley- Wdm	53.02	1
10 Zach Putnam	12	ICH	54.73	1
11 Keith Clay	10	ICW	54.96	2
12 Ryan Wirth	10	LM	55.28	1
13 Amani Richardson	09	LM	55.76	1
14 David Miller	09	Muscatine	56.27	1
15 terrence karlar	10	DME	57.18	1
16 O'Ron Manson	10	DME	1:00.73	1

Event 14 Girls 4x200 Meter Relay

New Record: ! 1:42.89 1999 , City High School			
School	Knight, Gatens, Starr, Price		Finals
1 Iowa City West			1:48.37
1) Courtney Dauber 10	2) Kelcie Kraft 09		
3) Carolyn Ellis 09	4) Jesse Robinson 11		
2 Valley- Wdm			1:48.62
1) Ashlee Downs 11	2) Alex Armitage 11		
3) Carlyn LaGrone 11	4) Rio Maxwell 11		
3 City High			1:49.93
1) Nicole Kuddes 11	2) Mickey Hansche 10		
3) Michaela Nelson 09	4) Kiera Washpun 09		
4 Muscatine			1:51.87
1) Alex Madison 10	2) Mercy Zarkpah 09		
3) Shalyn Greenhaw 09	4) Katie Shoultz 09		
5 Pleasant Valley			1:52.63
1) Katelyn Bell	2) Kelly McElhiney 12		
3) Kelly Hering 12	4) Jenna McGee 12		
6 North Scott			2:02.32
1) Christine Hultquist	2) Amy Meyer 11		
3) Maria Corona Pampin	4) Gabi Hawk		

Event 15 Boys 4x200 Meter Relay

New Record: ! 1:27.66 4/19/2004 Des Moines East, Des Moines East				
School	Daniels, Hayes, Thomas, Thompson			Finals
1 Valley- Wdm				1:30.15
1) Trey Lewis 11	2) Jordan Guske 12			
3) Jacob Nitz 11	4) Isaac Lintz 12			
2 Iowa City High				1:31.19
1) Joey Keschull 10	2) Quinn McNutt 11			
3) Jasper Washington 11	4) Hector Montelongo 11			

3	Iowa City West			1:31.63
	1) Richard Bryant 11		2) Andrew Gilbaugh 09	
	3) Jonathan Williams 12		4) Armondo Williams 11	
4	Pleasant Valley			1:33.11
	1) Trey Thomas 11		2) Dillan Dwyer 12	
	3) Evan Schommer 12		4) Tyler Latham 11	
5	Linn-Mar			1:34.01
	1) Aaron Hunter 12		2) Tommy Feller 11	
	3) Jake Luerkens 11		4) Michael Detert 11	
6	SE Polk			1:35.54
	1) Zach Warren 11		2) Brad Vannoy 12	
	3) Jordan Beem 10		4) Dalton Sanford 10	
7	Muscatine			1:35.96
	1) Tanner Bohling 11		2) Lucas Wheeler 12	
	3) Dustin Reichert 09		4) Kris Treiber 11	
8	DesMoines East			1:39.15
	1) O'Ron Manson 10		2) Abu Sama 10	
	3) Blake Cunningham 11		4) Conner Kouri 12	

Event 18 Girls 100 Meter Hurdles

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New Record: ! 15.25 5/1/2009 Mariah Jordan, City High School				
Name	Year	School	Finals	H#
=====				
1	Laura Rodriguez	12 Pleasant Val	15.75	2
2	Caitlin Ward	11 ICC	16.11	2
3	Rebecca Tanner	11 ICW	16.53	2
4	Chloe Matthews	10 Valley- Wdm	16.75	2
5	Jesse Robinson	11 ICW	16.96	2
6	Anne Leners	10 Pleasant Val	17.33	2
7	Courtney Young	10 Valley- Wdm	17.49	2
8	Samantha Kunc	12 ICC	17.74	2
--	Kirst Feeney	ICR	XNT	1
--	Tera Perez	10 ICR	XNT	1
--	Kjirsten Rein	09 Muscatine	NT	1
--	Aspen Miller	09 ICR	X18.43	1

Event 19 Boys 110 Meter Hurdles

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New Record: ! 14.10 1992 Joey Woody, City High School				
Name	Year	School	Finals	H#
=====				
1	Tyler Donels	11 SE Polk	14.85	2
2	Brandon Ophoff	11 LM	15.12	2
3	Jake Forgie	12 Pleasant Val	15.28	2
4	Mason Greer	11 ICH	15.67	2
5	Dan Roemerman	11 ICH	15.74	2
6	Jared Hetzler	12 Muscatine	16.07	2
7	Josh Stanley	10 Valley- Wdm	16.08	1
8	Jacob Boothroyd	12 SE Polk	16.16	1
9	Lucas Tang	10 Valley- Wdm	16.20	2
10	Lucas Brenneman	11 ICW	16.22	2
11	Mike Keiser	10 LM	16.33	1
12	Jake Hampton	11 Muscatine	17.06	1
13	Conor Bryant	10 Pleasant Val	17.13	1
14	Elliot Young	09 ICW	17.34	1
15	Brandon Long	11 DME	18.07	1

Event 20 Boys 1600 Meter Run

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New Record: ! 4:18.57 4/18/2008 Devin Allbaugh, Pleasant Valley				

Name	Year	School	Finals
1 Eli Horton	12	SE Polk	4:31.98
2 Brook Price	10	ICH	4:35.04
3 Ben Anderson	10	Valley- Wdm	4:36.92
4 Bailey Wetherell	10	ICW	4:37.72
5 Isaac Jensen	10	ICW	4:39.62
5 Caleb Drake	10	Pleasant Val	4:39.62
7 Keegan Cook	10	LM	4:41.53
7 Zach Greimann	12	ICH	4:41.53
9 James Luth	12	Muscatine	4:41.66
10 Matt Simon	11	LM	4:42.20
11 Alex Coppess	12	Valley- Wdm	4:42.23
12 Chase Grabau	10	LM	x4:43.43
13 Tyler Meseke	12	Pleasant Val	4:44.22
14 Seth Burton	09	Muscatine	4:44.94
15 Salat Jones	11	DME	4:46.77
16 Daniel Gardarsson	09	ICW	x4:57.79
17 Conor Dolan	11	Muscatine	x4:59.33
18 Tony Meyer	11	Pleasant Val	x4:59.38
19 Chase Drees	10	SE Polk	5:01.20
20 Hugh Ritter	10	ICH	x5:03.29
21 Grant Jones	10	DME	5:15.15
22 Tre Willis	10	DME	x5:26.68

Event 21 Mixed 800 Meter Run Masters

New Record: ! 2:12.23 4/22/2005 Thomas Novak, Unattached			
Name	Year	School	Finals
-- Nathan Hopp	M	UNA	X2:06.09!
-- Tom Novak	M	UNA	X2:20.65

Event 22 Girls 800 Meter Run

New Record: ! 2:16.18 4/22/2005 Ashley Miller, Tipton			
Name	Year	School	Finals
1 Meg Richardson	11	ICC	2:22.71
2 Molly Leveille	10	ICW	2:23.11
3 Ashley Knudson	10	ICW	2:24.68
4 Ellen Carman	09	ICC	2:26.96
5 Maddie Reynolds	09	Pleasant Val	2:28.33
6 Kayla Naber	12	NS	2:30.89
7 Kate Maxcy	11	Valley- Wdm	2:31.60
8 Lindsay Brunson	11	Muscatine	2:32.09
9 Taylor Kraus	12	Muscatine	2:36.39
10 Onna Drake	12	Pleasant Val	2:39.42
11 Isabelle Moberg		NS	2:42.23
12 Melissa Shepherd	10	Valley- Wdm	2:48.76
-- Maria Aumueller	12	ICR	X3:02.52
-- Gabriella Bizzocchi	12	ICR	X3:19.39

Event 23 Girls 200 Meter Dash

New Record: ! 25.00 5/1/2009 Ashley Wilkinson, City High School				
Name	Year	School	Finals	H#
1 McKennan Cronbaugh	10	ICW	25.86	2
2 Shahana Williams	11	ICW	26.17	2
3 Clair Crew	10	ICC	26.32	2

4	Nicole Kuddes	11	ICC	27.48	1
5	Carlyn LaGrone	11	Valley- Wdm	27.51	2
6	Kaitlyn Nelson	11	Valley- Wdm	27.95	2
7	Sanjana Ramesh	12	Pleasant Val	28.16	2
8	Kathryn Leidahl	10	Pleasant Val	28.41	2
9	Katie Shoultz	09	Muscatine	28.88	2
10	Katie Swoboda	10	NS	30.45	1
--	Emily Soy	10	NS	NT	1
--	Hannah Langenfeld	09	ICR	X31.39	1
--	Jackie Cook	11	ICR	X34.68	1

Event 24 Boys 200 Meter Dash

New Record: ! 21.50 1994 Tim Dwight, City High School					
Name	Year	School	Finals	H#	
1	Jesse Davenport	12	SE Polk	22.72	2
2	Jordan Guske	12	Valley- Wdm	22.91	2
3	Armondo Williams	11	ICW	23.05	2
4	John Sokolik	12	Pleasant Val	23.06	2
5	Jacob Padgett	12	Valley- Wdm	23.26	1
6	Bobby Millard	12	ICH	23.35	2
7	Jonathan Williams	12	ICW	23.45	1
8	Aaron Hunter	12	LM	23.56	2
9	Jordan Beem	10	SE Polk	23.71	1
10	Jordan Kremer	12	LM	23.93	1
11	Tanner Bohling	11	Muscatine	24.12	2
12	Dillan Dwyer	12	Pleasant Val	24.14	1
13	Desmond McCalla	11	ICH	24.26	2
14	Abu Sama	10	DME	24.63	1
15	terrence karlar	10	DME	24.68	1
16	Logan Brady	11	Muscatine	25.84	1

Event 26 Boys 200 Meter Run Wheel Chair

New Record: ! 48.03 4/19/2003 Jeremy Rew, CITY				
Name	Year	School	Finals	
1	Jordan Houdeshell	10	LM	52.06

Event 27 Girls 400 Meter Hurdles

New Record: ! 1:05.47 4/21/2006 Molly Sabers, City High School					
Name	Year	School	Finals	H#	
1	Emily Sotelo	12	ICC	1:07.30	2
2	Lori Lines	12	ICC	1:08.55	2
3	Courtney Young	10	Valley- Wdm	1:10.43	2
4	Rio Maxwell	11	Valley- Wdm	1:10.69	2
5	Laura Rodriguez	12	Pleasant Val	1:10.74	2
6	Lauren Bobst	10	ICW	1:12.56	2
7	Kate Anstreicher	09	ICW	1:13.72	2
8	Catie Mullen	11	Pleasant Val	1:14.38	1
9	Jana Berens	10	NS	1:17.58	1
10	Amy Berhenke	12	NS	1:18.79	1
--	Sam Kunc		ICR	XNT	2
--	Tera Perez	10	ICR	X1:15.73	1

Event 28 Boys 400 Meter Hurdles

New Record: ! 52.31 1992 Joey Woody, City High School				
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Name	Year	School	Finals	H#
1	Scott	Oman	12 Valley- Wdm	54.62 2
2	Maurice	Terrell	12 Pleasant Val	55.35 2
3	Nick	Lucas	12 LM	55.46 2
4	Lucas	Brenneman	11 ICW	56.35 1
5	Charlie	Rogers	11 ICW	56.52 2
6	Jake	Forgie	12 Pleasant Val	58.00 2
7	Jared	Hetzler	12 Muscatine	58.46 2
8	Cody	McCoy	11 SE Polk	58.95 2
9	Mohammed	Traore	10 ICH	59.49 1
10	John	Law	11 ICH	1:00.70 1
11	Cameron	Lynch	12 SE Polk	1:00.98 1
12	Alex	Courtney	12 Valley- Wdm	1:02.36 1
13	Brandon	Long	11 DME	1:03.27 1
14	Alex	Heckman	11 Muscatine	1:04.74 1
15	Brandon	Ophoff	11 LM	1:05.19 2

Event 29 Boys 1600 Sprint Medley

School	Finals
New Record: ! 3:33.50 1989 , Pleasant Valley HS Lyons, Malmgren, Kitzman, Manwiller	
1 Valley- Wdm	3:44.31
1) DJ Robinson 11	2) Brandon Arp 12
3) Broc Everett 10	4) Johnny Hutchison 11
2 Iowa City West	3:45.92
1) Tre Goode 11	2) George Grigalashvilli 11
3) Aaron Peller 12	4) Cole Hatzky 09
3 Linn-Mar	3:48.66
1) Jake Luerkens 11	2) Tommy Feller 11
3) Tanner Rathje 09	4) Josh Wick 10
4 Muscatine	3:53.11
1) Kris Treiber 11	2) Dustin Reichert 09
3) Jon Centeno 09	4) Jake Stych 11
5 SE Polk	3:56.13
1) Zach Warren 11	2) Brandon Johnson 10
3) Jordan Beem 10	4) Derek Puffett 12
6 Pleasant Valley	4:01.64
1) Trey Thomas 11	2) Tyler Latham 11
3) Evan Schommer 12	4) John Sokolik 12
7 DesMoines East	4:10.19
1) Terez Taylor 12	2) Colezell James 11
3) Tre Willis 10	4) Steve Ukpan 10

Event 30 Girls 800 Sprint Medley

School	Finals
New Record: ! 1:47.99 1998 , City High School Nearad, Gatens, Knight, Price	
1 Valley- Wdm	1:53.19
1) Chloe Matthews 10	2) Carlyn LaGrone 11
3) Alex Kock 11	4) Lydia Saggau 10
2 Muscatine	1:53.87
1) Alex Madison 10	2) Megan Shoppa 12
3) Katie Shoultz 09	4) Samantha Kistler 10
3 Iowa City West	1:55.93
1) Akimi Oya 10	2) Maddie Tait 09
3) Rebecca Tanner 11	4) Kate Anstreicher 09

4	City High		1:56.79
	1) Bre Marshall 12	2) Mickey Hansche 10	
	3) Michaela Nelson 09	4) Soumba Traore 09	
5	Pleasant Valley		2:01.09
	1) Kelly McElhiney 12	2) Jennifer Kruse	
	3) Kelly Hering 12	4) Jenna McGee 12	
6	North Scott		2:02.97
	1) Katie Swoboda 10	2) Emily Hermiston	
	3) Emily Soy 10	4) Kayla Naber 12	

Event 31 Girls 1500 Meter Run

=====			
New Record: ! 4:36.08 2000 Michelle Lilienthal, City High School			
Name	Year	School	Finals
=====			
1	Rebecca Rethwisch	12 ICC	4:54.05
2	Molly Leveille	10 ICW	5:02.61
3	Pombie Silverman	10 ICW	5:03.51
4	Mickey Malmgren	09 Pleasant Val	5:04.36
5	Olive Carrollhach	10 ICW	x5:10.73
6	Allison Siglin	10 ICC	5:14.48
7	Ali Oppel	10 Pleasant Val	5:15.16
8	Brooke Bierhaus	12 Pleasant Val	x5:15.17
9	Megan Crawford	11 Valley- Wdm	5:23.91
10	Allison Wood	11 Valley- Wdm	5:24.10
11	Lydia Mahan	10 Valley- Wdm	x5:24.11
12	Taylor Kraus	12 Muscatine	5:28.63
--	Emily Lane	NS	NT
--	Harper Beasley	11 ICR	X5:07.88
--	Kate Mendenhall	10 ICR	X5:28.64
--	Sophia Peterson	10 ICR	X5:32.35

Event 32 Boys 800 Meter Run

=====			
New Record: ! 1:56.26 4/18/2008 Zach Braff, Linn-Mar			
Name	Year	School	Finals
=====			
1	Eli Horton	12 SE Polk	2:00.47
2	Koelten Grissom	11 Valley- Wdm	2:02.57
3	Johnathon Creighton	12 Pleasant Val	2:02.72
4	Aaron Razo	12 LM	2:03.07
5	Tyler Meseke	12 Pleasant Val	2:03.55
6	Bennett Luedtke	09 Muscatine	2:03.82
7	Duggan Trenary	09 LM	2:05.39
8	Brook Price	10 ICH	2:05.67
9	Dwight Donahue	11 ICH	2:06.16
10	Bryce Swearngin	12 SE Polk	2:06.71
--	Tre Willis	10 DME	NT
--	Ryson Stuart	12 ICW	NT
--	Steve Ukpan	10 DME	NT
--	Conor Dolan	11 Muscatine	NT
--	Kaleb Griener	09 ICW	NT
--	Ben Anderson	10 Valley- Wdm	NT

Event 33 Girls 4x100 Meter Relay

=====			
New Record: ! 49.09 5/1/2010 Iowa City West, Iowa City West			
M Cronbaugh, C Hoagland, S Williams, J Gehrke			
School	Finals		
=====			
1	Iowa City West	50.01	

1) Carolyn Ellis 09	2) Courtney Dauber 10	
3) Cali Kinney 09	4) Rebecca Tanner 11	
2 City High		50.95
1) Nicole Kuddes 11	2) Mickey Hansche 10	
3) Clair Crew 10	4) Kiera Washpun 09	
3 Valley- Wdm		52.55
1) Chloe Matthews 10	2) Carlyn LaGrone 11	
3) Allie Brown 11	4) Ashlee Downs 11	
4 Pleasant Valley		52.66
1) Laura Rodriguez 12	2) Alyssa Simon 09	
3) Sanjana Ramesh 12	4) Samantha Richard	
5 Muscatine		54.95
1) Alex Madison 10	2) Megan Butler 10	
3) Kylie Meyer 12	4) Mercy Zarkpah 09	
6 North Scott		59.03
1) Emily Soy 10	2) Kirsten Munson 11	
3) Emily Hermiston	4) Sierra Gothard	

Event 34 Boys 4x100 Meter Relay

=====  
 New Record: ! 42.00 1996 , City High School  
 Fraga, Hill, McMahon, Coleman

School	Finals
1 Valley- Wdm	43.47
1) Levi Moher 11	2) Jordan Guske 12
3) Jacob Nitz 11	4) Isaac Lintz 12
2 Iowa City West	43.83
1) Keith Clay 10	2) Jonathan Williams 12
3) Richard Bryant 11	4) Armondo Williams 11
3 Iowa City High	44.93
1) Damien Gilchrist 11	2) Jeremy Johnson 11
3) Joey Keschull 10	4) Hector Montelongo 11
4 Muscatine	45.24
1) Tanner Bohling 11	2) Jake Shoultz 09
3) Lucas Wheeler 12	4) Kris Treiber 11
5 SE Polk	45.55
1) Tyler Donels 11	2) Tate Christensen 09
3) Jordan Beem 10	4) Dalton Sanford 10
6 Pleasant Valley	45.59
1) Trey Thomas 11	2) Dylan Latham 11
3) Dillan Dwyer 12	4) Jake Forgie 12
7 DesMoines East	45.71
1) Maricco Gafford 09	2) Abu Sama 10
3) Caig Taylor 10	4) O'Ron Manson 10
-- Linn-Mar	NT
1) Michael Detert 11	2) Tommy Feller 11
3) Jake Luerkens 11	4) Brandon Jeffries 10

Event 35 Girls 4x400 Meter Relay Coleman

=====  
 New Record: ! 4:00.38 4/20/2007 Iowa City City High, Iowa City City H  
 M Harris, M Sabers, A Wilkinson, K Krei

School	Finals
1 Valley- Wdm	4:05.30
1) Kaitlyn Nelson 11	2) Rio Maxwell 11
3) Alex Armitage 11	4) Lydia Saggau 10
2 City High	4:06.70
1) Erin Danielson 10	2) Kiera Washpun 09
3) Jordan Sullivan 11	4) Emily Sotelo 12

3	Iowa City West	4:10.50
	1) Shirley Wang 09	2) Briannie Kraft 12
	3) Kate Anstreicher 09	4) Ashley Knudson 10
4	Pleasant Valley	4:16.58
	1) Kathryn Leidahl 10	2) Anne Leners 10
	3) Laura Thomsen 12	4) Chloe Miller 10
5	Muscatine	4:27.01
	1) Kjirsten Rein 09	2) Shalyn Greenhaw 09
	3) Megan Shoppa 12	4) Samantha Kistler 10
6	North Scott	4:33.84
	1) Emily Lane	2) Katie Swoboda 10
	3) Amy Berhenke 12	4) Isabelle Moberg

Event 36 Boys 4x400 Meter Relay Raffensperge

=====  
 New Record: ! 3:19.30 1992 , City High School  
 Woody, Pate, Keese, Dwight

School	Finals
1 Pleasant Valley	3:26.19
1) John Sokolik 12	2) Evan Schommer 12
3) Safwan Elkhatib 12	4) Maurice Terrell 12
2 Iowa City High	3:26.98
1) Peter Krumm 11	2) Sterling Harris 12
3) Kye Grenko 12	4) Bobby Millard 12
3 Valley- Wdm	3:27.05
1) Trey Lewis 11	2) Connor Sorge 09
3) Jacob Padgett 12	4) Quentin Smith 11
4 SE Polk	3:34.06
1) Eric Angeroth-Franks 12	2) Cody McCoy 11
3) Brandon Johnson 10	4) Brad Vannoy 12
5 Iowa City West	3:34.09
1) Aaron Peller 12	2) Andrew Gilbaugh 09
3) Brock Hatzky 09	4) Ahmed Nouredaim 10
6 Linn-Mar	3:35.77
1) Nick Lucas 12	2) Jordan Kremer 12
3) Nick Gentzler 12	4) Jabez Walker 09
7 Muscatine	3:38.74
1) Paul Jindrich 12	2) Griffin Gaeta 11
3) Tyler Sanders 09	4) Jon Centeno 09
8 DesMoines East	3:47.78
1) terrence karlar 10	2) Brandon Long 11
3) Salat Jones 11	4) Abu Sama 10

Event 37 Boys Discus Throw

=====  
 New Record: ! 186-05 4/20/2007 Nick Brayton, Iowa City West

Name	Year School	Finals
1 Dallas Hinkhouse	12 Valley- Wdm	159-03
2 Derek Norland	12 ICW	148-09
3 Bryan Campos	12 Valley- Wdm	148-00
4 Hunter Donovan	11 SE Polk	146-09
5 Kody Dailey	11 ICH	142-03
6 Brayden Zaruba	11 Pleasant Val	141-09
7 Christian Rogers	12 SE Polk	140-10
8 Robbie Hanson	11 ICW	129-10
9 Nick Beckman	12 ICH	127-10
10 Nick Kleppe	11 Pleasant Val	127-01
11 Aubree Roland	11 DME	120-06
12 Garrett Young	12 Muscatine	120-00

13 Isaac Ales	12 Muscatine	112-00
14 Brady MacNider	11 LM	106-05
15 Aaron Coyle	11 DME	105-07
16 Cody Buelt	11 LM	102-06

Event 38 Girls Discus Throw

New Record: ! 154-02 4/20/2007 Taylor Freeman, Iowa City West			
Name	Year	School	Finals
1 Valerie Veiock	12	Valley- Wdm	135-06
2 Aliyah Gustafson	10	ICC	117-07
3 Kayla Hyche	12	ICC	112-09
4 Cara Jansen	12	ICW	105-00
5 Stacy Clark	12	Pleasant Val	104-08
6 Briannie Kraft	12	ICW	102-06
7 Cassie Paddock	11	Pleasant Val	97-00
8 Mollie Bender	11	NS	86-09
9 Katie Baum	11	Valley- Wdm	85-01
10 Andrea Chatfield	12	Muscatine	83-10
11 Bree Freeman	12	Muscatine	57-01
-- Emma Wortman	09	ICR	X107-05
-- Ali Brookfield	11	ICR	X69-00

Event 39 Boys Shot Put

New Record: ! 56-01 1992 Andy Luett, City High School			
Name	Year	School	Finals
1 Bryan Campos	12	Valley- Wdm	52-05.00
2 Nick Beckman	12	ICH	50-04.00
3 Dallas Hinkhouse	12	Valley- Wdm	49-05.00
4 Isaac Ales	12	Muscatine	48-08.00
5 Christian Rogers	12	SE Polk	48-04.50
6 Derek Norland	12	ICW	46-03.00
7 Charles West	12	Pleasant Val	45-11.50
8 Frank Davis	12	LM	44-10.50
9 Jack Halupnik	11	LM	44-03.00
10 Brayden Zaruba	11	Pleasant Val	43-10.00
11 Matt Lee	10	ICH	42-08.50
12 Tanner Donovan	11	SE Polk	42-02.50
13 Cody Wagner	12	ICW	41-06.50
14 Lucas Sears	12	Muscatine	41-04.50
15 Aaron Coyle	11	DME	35-01.00
16 Kyle Thomson	11	DME	35-00.00

Event 40 Girls Shot Put

New Record: ! 47-10.25 4/21/2006 Danica Haight, Iowa City West H			
Name	Year	School	Finals
1 Valerie Veiock	12	Valley- Wdm	39-10.00
2 Maggie McClelland	12	Valley- Wdm	39-05.00
3 Cara Jansen	12	ICW	39-03.50
4 Aliyah Gustafson	10	ICC	38-00.00
5 Sam Butlett	12	NS	37-08.00
6 Kayla Hyche	12	ICC	37-03.50
7 Amy Dew	12	Muscatine	33-06.50
8 Liz Williams	12	Pleasant Val	32-03.50
9 Shelia Johnson	10	ICW	32-02.50
10 Mollie Bender	11	NS	31-03.00

11 Maddie McComber	10 Pleasant Val	31-00.00
12 Kate Dew	12 Muscatine	30-08.00
-- Amara Leman	09 ICR	X36-06.50
-- Emma Wortman	09 ICR	X32-10.00

Event 41 Boys Shot Put Wheel Chair

Name	Year School	Finals
1 Jordan Houdeshell	10 LM	12-01.00

Event 42 Boys Long Jump

New Record: ! 23-08.75 1994 Tim Dwight, City High School		
Name	Year School	Finals
1 Bobby Millard	12 ICH	22-02.00
2 Maurice Terrell	12 Pleasant Val	J22-02.00
3 Charlie Rogers	11 ICW	21-06.25
4 Richard Bryant	11 ICW	20-11.00
5 Colton Sanchez	11 LM	20-04.00
6 Cody McCoy	11 SE Polk	19-10.00
7 Caig Taylor	10 DME	19-08.00
8 Tanner Bohling	11 Muscatine	19-06.25
9 Conor Bryant	10 Pleasant Val	18-10.00
10 Michael Detert	11 LM	18-08.50
11 Adrian Torres	11 Muscatine	18-03.50
12 Dalton Sanford	10 SE Polk	18-03.00

Event 43 Girls Long Jump

New Record: ! 17-11.50 5/1/2009 Jessica Gehrke, Iowa City West		
Name	Year School	Finals
1 McKennan Cronbaugh	10 ICW	18-01.00!
2 Ashlee Downs	11 Valley- Wdm	16-10.00
3 Kiera Washpun	09 ICC	16-09.00
4 Chloe Miller	10 Pleasant Val	16-05.00
5 Caitlin Ward	11 ICC	16-04.00
6 Shalyn Greenhaw	09 Muscatine	16-02.50
7 Courtney Dauber	10 ICW	15-10.50
8 Lilian Sanchez	09 Valley- Wdm	15-01.50
9 Samantha Richard	Pleasant Val	14-07.00
10 Megan Shoppa	12 Muscatine	14-02.00
11 Christine Hultquist	NS	13-03.00
-- Fatima Omar	11 ICR	X14-06.00
-- Ana Clemons	10 ICR	X11-09.00

Event 44 Boys High Jump

New Record: ! 6-08 5/1/2010 Tyler Donels, Southeast Polk		
Name	Year School	Finals
1 Tyler Donels	11 SE Polk	6-02.00
2 Keith Clay	10 ICW	J6-02.00
3 Jeremy Johnson	11 ICH	5-10.00
4 Griffin Gaeta	11 Muscatine	J5-10.00
4 Brian Hershey	12 Valley- Wdm	J5-10.00
6 Dondre Alexaner	10 ICW	J5-10.00
7 Conor Bryant	10 Pleasant Val	J5-10.00
8 Cam Spears	09 ICH	5-08.00

8 Brandon Ophoff	11 LM	5-08.00
10 Dylan Mackovich	12 Pleasant Val	5-04.00
10 Colton Sanchez	11 LM	5-04.00
-- David Miller	09 Muscatine	NH
-- Ben Carlson	12 Valley- Wdm	NH

Event 45 Girls High Jump

New Record: ! 5-05 4/19/2004 Alison Dirks, Iowa City West			
Name	Year	School	Finals
1 Shalyn Greenhaw	09	Muscatine	5-05.00!
2 Virginia Johnson		ICC	5-04.00
3 Kelly Hering	12	Pleasant Val	J5-04.00
4 Emily Hermiston		NS	5-00.00
5 Ashley Weinschenk	12	ICW	4-10.00
6 Caroline Van Voorhis	11	ICW	4-08.00
7 Katelyn Bell		Pleasant Val	J4-08.00
8 Alex Madison	10	Muscatine	4-06.00
9 Maddie Foust	09	Valley- Wdm	J4-06.00
-- Claire Jacobson	09	ICC	NH

Women - Team Rankings - 19 Events Scored

1) City High	177	2) Iowa City West	163
3) Valley- WDM	121	4) Pleasant Valley	69
5) Muscatine	40	6) North Scott	16

Men - Team Rankings - 18 Events Scored

1) Valley- WDM	124	2) Iowa City West	99.50
3) SE Polk	90	4) Iowa City High	87
5) Pleasant Valley	83.50	6) Linn-Mar	51
7) Muscatine	23		