

## Iowa Girls &amp; Boys 4A Qualifying Track Meet - 5/12/2016

5/12/2016

## Results - 4A District Track &amp; Field Events

## Girls 100 Meter Dash 4A

Name	Yr	School	Finals
<b>Finals</b>			
1 Ramsey, Kira	12	Linn-Mar	13.01 10
2 Hilderbrand, Raenice	09	Prairie, CR	13.11 8
3 Mukumbilwa, Katherine	12	IC, West	13.44 6
4 Basabe, Nia	11	IC, West	13.50 5
5 Steil, Audra	10	DUB Hempstea	13.57 4
6 Schaul, Katie	09	DUB Hempstea	13.64 3
7 Brosius, Catie	09	Epworth, WD	13.69 2
8 Franklin, Malika	11	IC, City Hig	13.78 1
9 Grant, Theresa	11	Burlington	13.89 NWI
10 Hollenback, Paige	09	Epworth, WD	13.94 NWI
11 Lambe, Emma	09	DUB Senior	13.96 NWI
12 Crinigan, Brenna	10	Prairie, CR	14.11 NWI
13 Thompson, Kendall	12	Linn-Mar	14.26 NWI
14 Williams, Latavia	12	DUB Senior	14.26 NWI

## Girls 200 Meter Dash 4A

Name	Yr	School	Finals
<b>Finals</b>			
1 Soeken, Kenzie	12	Prairie, CR	26.92 10
2 Clark, Emma	09	IC, City Hig	27.69 8
3 Ulbrich, Addie	10	Epworth, WD	27.72 6
4 Severt, Katie	09	IC, West	27.81 5
5 Rolle, Ariana	10	Linn-Mar	27.85 4
6 Steil, Audra	10	DUB Hempstea	28.49 3
7 Wagemester, Jenna	10	Prairie, CR	28.53 2
8 Gravelin, Micaela	11	IC, West	28.57 1
9 Ehlers, Katie	12	DUB Hempstea	28.63 NWI
10 Grant, Theresa	11	Burlington	28.70 NWI
11 Hubler, Olivia	10	Linn-Mar	28.75 NWI
12 Wolfe, Rikki	12	Burlington	28.79 NWI
13 Steffen, Carley	09	Epworth, WD	28.85 NWI
14 Stackis, Melia	09	DUB Senior	29.39 NWI
15 Trentz, Cassie	11	DUB Senior	29.44 NWI
16 DeNeice, Olivia	09	IC, City Hig	29.56 NWI

## Girls 400 Meter Dash 4A

Name	Yr	School	Finals
<b>Finals</b>			
1 Wensel, Payton	10	Linn-Mar	57.01 10
2 Maahs, Megan	12	Epworth, WD	58.93 8
3 Burds, Jenna	09	Epworth, WD	1:01.55 6
4 Gries, Abby	12	Linn-Mar	1:02.96 5
5 Stackis, Melia	09	DUB Senior	1:03.58 4
6 Ohnesorge, Bailey	11	DUB Hempstea	1:04.01 3
7 Moore, Olivia	09	IC, West	1:04.83 2
8 Schmitt, Emily	10	DUB Hempstea	1:04.88 1
9 Traore, Fanta	12	IC, City Hig	1:04.95
10 Parrott, Lindsey	10	IC, City Hig	1:05.16
11 Copeland, Emma	09	Prairie, CR	1:05.51
12 Booth, Victoria	10	Prairie, CR	1:06.12
13 Perkins, Aundrea	11	Burlington	1:06.28
14 Gaherty, Mackenzie	10	DUB Senior	1:07.28

15 Abram, Elisa 11 IC, West 1:07.89

## Girls 800 Meter Run 4A

Name	Yr	School	Finals
<b>Finals</b>			
1 Jenks, Stephanie	12	Linn-Mar	2:18.36 10
2 Nock, Bailey	10	IC, West	2:20.75 8
3 Decker, Amber	12	Linn-Mar	2:22.16 6
4 Saunders, Tia	12	IC, West	2:22.95 5
5 Arch, Mary	11	IC, City Hig	2:27.75 4
6 Rosalez, Sydney	09	Epworth, WD	2:31.03 3
7 Burds, Jordan	09	Epworth, WD	2:31.34 2
8 Hecker, Aly	09	IC, City Hig	2:32.36 1
9 Fransen, Brenna	11	DUB Hempstea	2:34.70
10 Healey, Victoria	11	DUB Senior	2:34.95
11 Buchheit, Emily	11	DUB Hempstea	2:38.55
12 Erickson, Morgan	10	Prairie, CR	2:39.14
13 Viertel, Jenna	12	DUB Senior	2:40.42
14 Bell, Blair	09	Prairie, CR	2:42.07
15 Perkins, Aundrea	11	Burlington	2:52.27

## Girls 1500 Meter Run 4A

Name	Yr	School	Finals
<b>Finals</b>			
1 Jenks, Stephanie	12	Linn-Mar	4:48.89 10
2 Skopec, Gabby	11	IC, West	4:54.86 8
3 Garcia, Morgan	12	Linn-Mar	4:56.69 6
4 Lindower, Anna	09	IC, City Hig	4:57.17 5
5 Nock, Bailey	10	IC, West	5:00.79 4
6 Frazee, Hannah	11	Prairie, CR	5:03.73 3
7 Brown, Kristan	11	DUB Hempstea	5:12.09 2
8 Hostager, Heather	10	DUB Hempstea	5:14.02 1
9 Hansen, Mollie	11	IC, City Hig	5:14.24
10 Snyder, Laura	12	Epworth, WD	5:15.41
11 Miller, Lauren	09	DUB Senior	5:17.70
12 Rampton, Mia	10	DUB Senior	5:20.48
13 Neubauer, Alissa	10	Prairie, CR	5:24.53
14 Savolt, Brittany	11	Epworth, WD	5:53.68

## Girls 3000 Meter Run 4A

Name	Yr	School	Finals
<b>Finals</b>			
1 Jenks, Stephanie	12	Linn-Mar	10:32.04 10
2 Skopec, Gabby	11	IC, West	10:44.74 8
3 Frazee, Hannah	11	Prairie, CR	10:55.38 6
4 Snyder, Laura	12	Epworth, WD	11:00.04 5
5 Hostager, Heather	10	DUB Hempstea	11:07.42 4
6 Brown, Kristan	11	DUB Hempstea	11:16.39 3
7 Ronnebaum, Claire	10	IC, West	11:18.99 2
8 Bywater, Emily	11	IC, City Hig	11:21.81 1
9 McCormick, Gabriel	10	IC, City Hig	11:29.55
10 Sun, Jenna	12	DUB Senior	11:31.94
11 Van Rheenen, Abby	10	Linn-Mar	11:39.52
12 Forrest, Eady	09	Prairie, CR	12:16.14
13 English, Amy	10	DUB Senior	12:36.23
14 Wille, Leah	09	Epworth, WD	12:58.30

## Iowa Girls &amp; Boys 4A Qualifying Track Meet - 5/12/2016

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## Results - 4A District Track &amp; Field Events

## Girls 100 Meter Hurdles 4A

Name	Yr	School	Finals
<b>Finals</b>			
1 Welch, Valerie	11	IC, West	15.23 10
2 Bahl, Elayna	10	Epworth, WD	16.02 8
3 Young, Grace	12	IC, West	16.52 6
4 Smith, Sophia	11	Prairie, CR	16.75 5
5 Frommelt, Megan	11	Epworth, WD	16.92 4
6 Flickinger, Leah	12	Prairie, CR	17.08 3
7 Lightfoot, Kortney	12	DUB Senior	17.13 2
8 Kammerer, Paige	12	Burlington	17.18 1
9 Fuhrmann, Melanie	10	Linn-Mar	17.41 NWI
10 Windschitl, Elke	12	IC, City Hig	17.43 NWI
11 Gudenkauf, Grace	11	DUB Senior	17.65 NWI
12 Sandman, Bailey	11	DUB Hempstea	17.65 NWI
13 Humphrey, Mackenzie	12	Burlington	17.78 NWI
14 Swenning, Kate	09	IC, City Hig	18.22 NWI
15 McNeese, Chloe	10	Linn-Mar	18.71 NWI

## Girls 400 Meter Hurdles 4A

Name	Yr	School	Finals
<b>Finals</b>			
1 Welch, Valerie	11	IC, West	1:05.27 10
2 Jenks, Stephanie	12	Linn-Mar	1:05.88 8
3 Young, Grace	12	IC, West	1:09.72 6
4 Kammerer, Paige	12	Burlington	1:10.60 5
5 Schmitt, Sarah	09	Prairie, CR	1:11.72 4
6 Trester, Alexis	10	Burlington	1:11.94 3
7 Donovan, Ashley	09	DUB Senior	1:12.32 2
8 McDermott, Addie	09	Epworth, WD	1:13.55 1
9 Smith, Sophia	11	Prairie, CR	1:15.42
10 Redmond, Taylor	10	DUB Senior	1:16.07
11 Welu, Heidi	11	DUB Hempstea	1:17.45
12 Mather, Meghan	09	Linn-Mar	1:19.94
13 Zillig, Becca	11	DUB Hempstea	1:21.67
14 Siegert, Mallory	09	Epworth, WD	1:21.86

## Girls 4x100 Meter Relay 4A

Team	Relay	Finals
<b>Finals</b>		
1 Prairie, CR		50.17 10
1) Hilderbrand, Raenice 09	2) Ross, Jenna 11	
3) Fuller, Brie 10	4) Soeken, Kenzie 12	
2 Linn-Mar		50.67 8
1) Rolle, Ariana 10	2) Bennett, Jill 09	
3) Hubler, Olivia 10	4) Ramsey, Kira 12	
3 Epworth, WD		51.38 6
1) Allen, Auna 10	2) Bahl, Elayna 10	
3) Tentis, Sierra 12	4) Burds, Blair 11	
4 IC, City High		51.89 5
1) Johnson, Delaney 12	2) Cooper, Emma 09	
3) Clark, Emma 09	4) Gamamou, Rose 12	
5 DUB Senior		52.77 4
1) Morris, Anna 11	2) Lightfoot, Kortney 12	
3) Lambe, Emma 09	4) Boleyn, Marissa 11	

6 Burlington		53.61 3
1) Humphrey, Mackenzie 12	2) Anderson, Callie 09	
3) Kammerer, Paige 12	4) Wolfe, Rikki 12	
7 DUB Hempstead		54.71 2
1) McDonald, Mallory 11	2) Coates, Jenna 10	
3) Schaul, Katie 09	4) Kramer, Anna 12	
8 IC, West		58.94 1
1) Mukumbilwa, Katherine 12	2) Bauer, Ally 11	
3) Steva, Peyton 09	4) Noibi, Kia 10	

## Girls 4x200 Meter Relay 4A

Team	Relay	Finals
<b>Finals</b>		
1 DUB Senior		1:45.27 10
1) Cook, Hannah 11	2) Sass, Emma 11	
3) Boleyn, Marissa 11	4) Lambe, Stevie 10	
2 IC, City High		1:47.16 8
1) Clark, Emma 09	2) Cooper, Emma 09	
3) Johnson, Delaney 12	4) Gamamou, Rose 12	
3 Prairie, CR		1:47.49 6
1) Soeken, Kenzie 12	2) Skriver, Kirstin 10	
3) Lewis, Morgan 10	4) Ross, Jenna 11	
4 Epworth, WD		1:47.60 5
1) Allen, Auna 10	2) Ulbrich, Addie 10	
3) Hermsen, Cassie 10	4) Burds, Blair 11	
5 Linn-Mar		1:48.72 4
1) Rolle, Ariana 10	2) Hubler, Olivia 10	
3) Renner, Megan 09	4) Ramsey, Kira 12	
6 IC, West		1:49.28 3
1) Mukumbilwa, Katherine 12	2) Severt, Katie 09	
3) Basabe, Nia 11	4) Noibi, Kia 10	
7 DUB Hempstead		1:51.03 2
1) McDonald, Mallory 11	2) Ehlers, Katie 12	
3) Kramer, Anna 12	4) Meehan, Julia 10	
8 Burlington		1:52.20 1
1) Johnson, Alize 09	2) Grant, Theresa 11	
3) Wolfe, Rikki 12	4) Trester, Alexis 10	

## Girls 4x400 Meter Relay 4A

Team	Relay	Finals
<b>Finals</b>		
1 Epworth, WD		4:07.78 10
1) Burds, Jenna 09	2) Hermsen, Cassie 10	
3) Rosalez, Reagan 11	4) Maahs, Megan 12	
2 DUB Senior		4:09.20 8
1) Biehl, Kai 11	2) Cook, Hannah 11	
3) Sass, Emma 11	4) Lambe, Stevie 10	
3 Linn-Mar		4:09.98 6
1) Decker, Amber 12	2) Saville, Hanna 11	
3) Lorenz, Brooke 12	4) Gries, Abby 12	
4 DUB Hempstead		4:12.34 5
1) Meehan, Julia 10	2) Johnson, McKenna 11	
3) Ries, Grace 09	4) Muntz, Heather 12	
5 IC, City High		4:14.05 4
1) Traore, Fanta 12	2) Parrott, Lindsey 10	
3) Traore, Aminata 12	4) Jones, Izzy 09	

## Iowa Girls &amp; Boys 4A Qualifying Track Meet - 5/12/2016

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## Results - 4A District Track &amp; Field Events

## Finals ... (Girls 4x400 Meter Relay 4A)

Team	Relay	Finals
6 IC, West		4:18.17 3
1) Severt, Katie 09	2) Green, Tiara 10	
3) Gravelin, Micaela 11	4) Saunders, Tia 12	
7 Prairie, CR		4:32.47 2
1) Booth, Victoria 10	2) Copeland, Emma 09	
3) Possehl, Paige 10	4) Geary, Raegan 10	
8 Burlington		4:37.29 1
1) Johnson, Alize 09	2) Perkins, Aundrea 11	
3) Trester, Alexis 10	4) Wolfe, Rikki 12	

## Girls 4x800 Meter Relay 4A

Team	Relay	Finals
1 IC, West		9:42.74 10
1) Nock, Bailey 10	2) Skopec, Jessie 11	
3) Moore, Olivia 09	4) Saunders, Tia 12	
2 Linn-Mar		9:45.17 8
1) Mann, Maddie 11	2) Wensel, Payton 10	
3) Hicks, Ally 11	4) Decker, Amber 12	
3 Epworth, WD		9:57.96 6
1) Nieman, Claire 12	2) Rosalez, Sydney 09	
3) Dougherty, Alyssa 12	4) Burds, Jenna 09	
4 DUB Senior		10:00.01 5
1) Miller, Lauren 09	2) Gaherty, Mackenzie 10	
3) Rampton, Mia 10	4) Biehl, Kai 11	
5 IC, City High		10:02.64 4
1) Lindower, Anna 09	2) Verdick, Hailey 12	
3) Brands, Kinsee 10	4) Smith, Addie 10	
6 DUB Hempstead		10:30.33 3
1) Buchheit, Emily 11	2) Lange, Erin 12	
3) Nichols, Casey 10	4) Welu, Heidi 11	
7 Prairie, CR		10:34.63 2
1) Neubauer, Alissa 10	2) Erickson, Morgan 10	
3) Yoder, Tiffany 09	4) Booth, Victoria 10	

## Girls 800 Sprint Medley 4A

Team	Relay	Finals
1 Linn-Mar		1:50.91 10
1) Bennett, Jill 09	2) Ramsey, Kira 12	
3) Lorenz, Brooke 12	4) Wensel, Payton 10	
2 Epworth, WD		1:53.33 8
1) Denlinger, Kelli 11	2) Tentis, Sierra 12	
3) Burds, Blair 11	4) Maahs, Megan 12	
3 DUB Senior		1:53.74 6
1) Lambe, Stevie 10	2) Boleyn, Marissa 11	
3) Cook, Hannah 11	4) Sass, Emma 11	
4 Prairie, CR		1:54.00 5
1) Hilderbrand, Raenice 09	2) Lewis, Morgan 10	
3) Ross, Jenna 11	4) Skriver, Kirstin 10	
5 IC, City High		1:55.81 4
1) Johnson, Delaney 12	2) Clark, Emma 09	
3) Cooper, Emma 09	4) Gamamou, Rose 12	

6 IC, West		1:59.88 3
1) Gryp, Breeyn 10	2) Basabe, Nia 11	
3) Klutts, Molly 09	4) Moore, Olivia 09	
7 DUB Hempstead		2:00.64 2
1) McDonald, Mallory 11	2) Schaul, Katie 09	
3) Coates, Jenna 10	4) Schmitt, Emily 10	

## Girls Distance Medley 4A

Team	Relay	Finals
1 Linn-Mar		4:15.42 10
1) Bennett, Jill 09	2) Lorenz, Brooke 12	
3) Saville, Hanna 11	4) Garcia, Morgan 12	
2 IC, West		4:15.47 8
1) Gravelin, Micaela 11	2) Severt, Katie 09	
3) Saunders, Tia 12	4) Nock, Bailey 10	
3 Prairie, CR		4:23.14 6
1) Ross, Jenna 11	2) Wagemester, Jenna 10	
3) Skriver, Kirstin 10	4) Frazee, Hannah 11	
4 Epworth, WD		4:23.54 5
1) Tentis, Sierra 12	2) Burds, Blair 11	
3) Rosalez, Reagan 11	4) Dougherty, Alyssa 12	
5 IC, City High		4:24.71 4
1) Johnson, Delaney 12	2) DeNeice, Olivia 09	
3) Traore, Aminata 12	4) Arch, Mary 11	
6 DUB Hempstead		4:31.32 3
1) Coates, Jenna 10	2) Johnson, McKenna 11	
3) Ries, Grace 09	4) Muntz, Heather 12	
7 DUB Senior		4:43.14 2
1) Trentz, Cassie 11	2) Knief, Lexi 11	
3) Redmond, Taylor 10	4) Shearer, Maddie 11	

## Girls 4x100 Meter Shuttle Hurdle 4A

Team	Relay	Finals
1 IC, West		1:05.24 10
1) Steva, Peyton 09	2) Noibi, Kia 10	
3) Young, Grace 12	4) Welch, Valerie 11	
2 Epworth, WD		1:06.96 8
1) Horsfield, Hanna 10	2) Frommelt, Megan 11	
3) Bockenstedt, Kennadee 12	4) Bahl, Elayna 10	
3 Prairie, CR		1:10.23 6
1) Smith, Sophia 11	2) Schmitt, Sarah 09	
3) Bohnsack, Natalie 11	4) Flickinger, Leah 12	
4 DUB Senior		1:10.77 5
1) Lightfoot, Kortney 12	2) Connolly, Abby 10	
3) Morris, Anna 11	4) Gudenkauf, Grace 11	
5 Burlington		1:11.90 4
1) Kammerer, Paige 12	2) Trester, Alexis 10	
3) Bivens, Alli 09	4) Humphrey, Mackenzie 12	
6 Linn-Mar		1:12.63 3
1) Fuhrmann, Melanie 10	2) McNeese, Chloe 10	
3) Scolaro, Allie 09	4) Micek, Kayla 10	
7 IC, City High		1:13.32 2
1) Windschitl, Elke 12	2) Hill, Naudia 09	
3) Green, Merryl 09	4) Swenning, Kate 09	

## Iowa Girls &amp; Boys 4A Qualifying Track Meet - 5/12/2016

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## Results - 4A District Track &amp; Field Events

## Girls High Jump 4A

Name	Yr	School	Finals
<b>Finals</b>			
1 Gamamou, Rose	12	IC, City Hig	5-04.00 10
2 Gudenkauf, Grace	11	DUB Senior	5-03.00 8
3 McGrath, Erin	10	DUB Hempstea	5-01.00 6
4 Deppe, Paige	12	Epworth, WD	5-00.00 4.5
4 Soeken, Kenzie	12	Prairie, CR	5-00.00 4.5
6 Sandman, Bailey	11	DUB Hempstea	4-10.00 2
6 Renner, Megan	09	Linn-Mar	4-10.00 2
6 Hermsen, Cassie	10	Epworth, WD	4-10.00 2
9 Willis, Alex	11	IC, West	4-10.00
9 Vanderhoef, Cyan	11	IC, City Hig	4-10.00
11 Miller, Nicole	11	Prairie, CR	4-08.00
12 Feahn, Sophie	09	Linn-Mar	4-06.00
13 Brondyke, Anna	10	DUB Senior	4-06.00

## Girls Long Jump 4A

Name	Yr	School	Finals
<b>Finals</b>			
1 Welch, Valerie	11	IC, West	18-07.25 10
2 Rolle, Ariana	10	Linn-Mar	17-04.50 8
3 Gudenkauf, Grace	11	DUB Senior	17-00.75 6
4 Lorenz, Brooke	12	Linn-Mar	17-00.00 5
5 Bley Meyer, Riley	09	DUB Hempstea	16-00.25 4
6 Cooper, Emma	09	IC, City Hig	15-11.25 3
7 Franklin, Malika	11	IC, City Hig	15-10.75 2
8 Brosius, Catie	09	Epworth, WD	15-09.50 1
9 Noibi, Kia	10	IC, West	15-07.25 NWI
10 Lewis, Morgan	10	Prairie, CR	15-01.50 NWI
11 Steffen, Carley	09	Epworth, WD	15-01.25 NWI
12 Donovan, Ashley	09	DUB Senior	13-10.75 NWI
--- Schwendinger, Emily	12	DUB Hempstea	ND NWI

## Girls Shot Put 4A

Name	Yr	School	Finals
<b>Finals</b>			
1 Haight, Chandler	10	IC, West	42-10.75 10
2 Makky, Zainab	12	IC, West	41-08.50 8
3 Tucker, Allison	12	Epworth, WD	39-06.50 6
4 Gronau, Megan	11	DUB Hempstea	37-07.00 5
5 Bley Meyer, Murphy	11	DUB Hempstea	36-02.25 4
6 Murphy, Luci	11	IC, City Hig	35-11.00 3
7 LaFayette, Tonee	10	DUB Senior	33-11.75 2
8 Fuhrmann, Melanie	10	Linn-Mar	33-08.75 1
9 Nemecek, Brooke	12	Prairie, CR	32-08.00
10 Mahnke, Abbey	11	Prairie, CR	31-06.50
11 Ruden, Mallory	11	DUB Senior	30-10.75
12 Kalb, Madi	10	Epworth, WD	30-04.00
13 Baker, Navia	09	Linn-Mar	29-07.50
14 Allen, Karen	09	Burlington	29-03.75
15 Jennings, Michelle	11	IC, City Hig	29-01.50

## Girls Discus Throw 4A

Name	Yr	School	Finals
<b>Finals</b>			
1 Dusterhoft, Leah	11	IC, West	127-08 10
2 Haight, Chandler	10	IC, West	120-04 8
3 Gronau, Megan	11	DUB Hempstea	112-10 6
4 Nemecek, Brooke	12	Prairie, CR	109-07 5
5 Murphy, Luci	11	IC, City Hig	103-11 4
6 Bley Meyer, Murphy	11	DUB Hempstea	102-11 3
7 Fuhrmann, Melanie	10	Linn-Mar	98-11 2
8 Tucker, Allison	12	Epworth, WD	97-06 1
9 Sill, Alicia	10	Prairie, CR	92-06
10 Ruden, Mallory	11	DUB Senior	87-04
11 Cassady, Anna	09	IC, City Hig	79-00
12 LaFayette, Tonee	10	DUB Senior	77-03
13 Thompson, Kendra	11	Linn-Mar	76-10
14 Schmitt, Rachel	11	Epworth, WD	76-00

## Boys 100 Meter Dash 4A

Name	Yr	School	Finals
<b>Finals</b>			
1 Rima, Jalen	12	Prairie, CR	11.12 10
2 Northrup, Trevor	12	Prairie, CR	11.32 8
3 Kramer, Mitchell	12	Epworth, WD	11.56 6
4 Martinez-Burney, James	12	IC, City Hig	11.58 5
5 Kutsch, Dylan	10	DUB Hempstea	11.65 4
6 Luehring, Zach	12	Linn-Mar	11.80 3
7 Hilkin, Thomas	11	DUB Hempstea	11.81 2
8 Barber, Jacob	12	IC, West	11.82 1
9 Hoover, Tremaine	12	IC, West	11.91 NWI
10 Hess, Alex	09	Linn-Mar	11.92 NWI
11 DeSollar, Drew	11	Epworth, WD	11.93 NWI
12 Pugh, Tom	12	IC, City Hig	12.01 NWI
13 Rossen, Blaise	10	Burlington	12.13 NWI
14 Thompson, Noah	11	Burlington	12.31 NWI
15 Schmit, Tyler	11	DUB Senior	12.36 NWI
16 Kubitz, Nick	09	DUB Senior	12.53 NWI

## Boys 200 Meter Dash 4A

Name	Yr	School	Finals
<b>Finals</b>			
1 Rima, Jalen	12	Prairie, CR	22.06 10
2 Parks, Wali	12	IC, West	22.63 8
3 Beard, Brandon	11	Epworth, WD	22.78 6
4 Freese, Griffin	11	Linn-Mar	22.95 5
5 Beard, Kenny	11	Epworth, WD	23.55 4
6 Hilkin, Thomas	11	DUB Hempstea	23.88 3
7 Burlingame, Nate	11	Burlington	24.08 2
8 McAreavy, Ethan	10	IC, West	24.21 1
9 Hess, Alex	09	Linn-Mar	24.24 NWI
10 Rossen, Blaise	10	Burlington	24.42 NWI
11 Pugh, Tom	12	IC, City Hig	24.63 NWI
12 Eipperle, Chance	11	DUB Senior	24.67 NWI
13 Schmit, Tyler	11	DUB Senior	24.76 NWI
14 Stephenson, Mick	11	DUB Hempstea	24.88 NWI

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## Results - 4A District Track &amp; Field Events

## Finals ... (Boys 200 Meter Dash 4A)

Name	Yr	School	Finals
15 Kloubec, Justin	10	Prairie, CR	42.22 NWI

## Boys 400 Meter Dash 4A

Name	Yr	School	Finals
<b>Finals</b>			
1 Rima, Jalen	12	Prairie, CR	48.71 10
2 Parks, Wali	12	IC, West	49.24 8
3 Gosch, Dalton	11	Linn-Mar	49.50 6
4 West, Austin	10	IC, West	50.77 5
5 Wedewer, Ross	12	Epworth, WD	51.74 4
6 Brown, Daniel	09	IC, City Hig	53.31 3
7 Momberg, Jimmy	10	IC, City Hig	53.69 2
8 Romagna, Angelo	10	DUB Senior	53.74 1
9 Johnston, Colin	10	Linn-Mar	53.85
10 George, Drake	09	Epworth, WD	54.04
11 Johnson, Mason	10	Prairie, CR	54.73
12 Pleasant, James	10	Burlington	55.34
13 Winders, Martin	11	DUB Senior	56.74
14 Frambach, Andreas	10	DUB Hempstea	57.11
15 White, Isaac		Burlington	57.42
16 Hermiston, Ben	09	DUB Hempstea	57.88

## Boys 800 Meter Run 4A

Name	Yr	School	Finals
<b>Finals</b>			
1 VanDraska, Tysen	12	Prairie, CR	1:59.52 10
2 Lorenz, Matt	11	Prairie, CR	1:59.70 8
3 McMillan, Jim	11	IC, City Hig	2:00.28 6
4 Strauss, Ryan	12	DUB Hempstea	2:00.63 5
5 Karanja, Patrick	12	IC, West	2:01.08 4
6 Seitz, Johnny	10	Linn-Mar	2:02.12 3
7 McDowell, Tom	12	IC, City Hig	2:02.16 2
8 Long, Trent	09	Linn-Mar	2:02.47 1
9 Schieltz, Zach	12	DUB Senior	2:03.62
10 Schneider, Matthew	12	IC, West	2:04.20
11 Hammerand, Ethan	11	Epworth, WD	2:08.17
12 Zenner, Dalton	11	DUB Senior	2:11.44
13 Huenhergarth, Rys	10	Epworth, WD	2:12.97
14 Gulick, Josh	10	Burlington	2:14.45
15 Watson, Eric	12	DUB Hempstea	2:16.37

## Boys 1600 Meter Run 4A

Name	Yr	School	Finals
<b>Finals</b>			
1 VanDraska, Tysen	12	Prairie, CR	4:32.63 10
2 Murphy, Ryan	11	Linn-Mar	4:32.89 8
3 Karanja, Patrick	12	IC, West	4:33.13 6
4 Lorenz, Matt	11	Prairie, CR	4:34.87 5
5 Whalen, Mark	12	DUB Senior	4:37.39 4
6 Ali, Ali	11	IC, West	4:37.40 3
7 Schroeder, Cole	09	Burlington	4:38.92 2
8 Schroeder, Cameron	11	Burlington	4:40.38 1
9 Threlkeld-Wiegand, Ry	09	IC, City Hig	4:45.38
10 Slagel, Isaac	12	DUB Hempstea	4:51.82

11 Hildebrand, Jalen	10	DUB Senior	4:53.86
12 Pfiffner, Austin	12	DUB Hempstea	4:58.38
13 Dodge, Matthew	11	IC, City Hig	4:59.68
14 Freiburger, Joe	11	Epworth, WD	5:00.95
15 Gansen, Dain	12	Epworth, WD	5:10.57
16 Schuring, Andrew	12	Linn-Mar	5:11.78

## Boys 3200 Meter Run 4A

Name	Yr	School	Finals
<b>Finals</b>			
1 Murphy, Ryan	11	Linn-Mar	9:44.70 10
2 Whalen, Mark	12	DUB Senior	9:45.27 8
3 Schroeder, Cole	09	Burlington	9:45.98 6
4 Ali, Ali	11	IC, West	9:49.29 5
5 Mueller, Adam	11	DUB Hempstea	9:56.48 4
6 Dodge, Matthew	11	IC, City Hig	10:00.81 3
7 Berg, Michael	11	IC, City Hig	10:02.27 2
8 Oehlert, Chris	12	Prairie, CR	10:07.25 1
9 Steffens, Cam	11	Prairie, CR	10:07.45
10 Murley, Andrew	11	IC, West	10:12.93
11 Whalen, William	10	DUB Senior	10:28.47
12 Schultz, Joey	11	DUB Hempstea	10:47.51
13 Gansen, Kyle	12	Linn-Mar	10:55.28

## Boys 110 Meter Hurdles 4A

Name	Yr	School	Finals
<b>Finals</b>			
1 Wallace, Joah	11	Prairie, CR	14.64 10
2 Gorsich, Danny	12	Linn-Mar	15.21 8
3 Nunemaker, Tyler	12	Prairie, CR	15.31 6
4 Osterberger, Jacob	12	DUB Senior	15.32 5
5 Hill, Max	11	IC, West	15.33 4
6 Baker, Zeal	11	Linn-Mar	15.74 3
7 Recker, Danny	11	Epworth, WD	15.87 2
8 Bourges, Francis	12	IC, West	15.96 1
9 Thompson, Rex	11	IC, City Hig	16.13 NWI
10 Brimmer, Dakota	10	DUB Senior	16.37 NWI
11 Christ, Ian	11	DUB Hempstea	16.42 NWI
12 Hosch, Freddie	10	Epworth, WD	17.21 NWI
13 Keating, Alex	11	DUB Hempstea	17.64 NWI
14 Africa, Dillon	11	IC, City Hig	18.45 NWI

## Boys 400 Meter Hurdles 4A

Name	Yr	School	Finals
<b>Finals</b>			
1 Seymour, Collin	12	DUB Senior	54.20 10
2 Scott, Shamari	12	IC, City Hig	55.00 8
3 House, Nick	11	Linn-Mar	56.47 6
4 Hill, Max	11	IC, West	56.77 5
5 Mabry, Cole	09	IC, West	57.13 4
6 Pleasant, James	10	Burlington	57.16 3
7 Lembezeder, Nick	11	Epworth, WD	58.00 2
8 Jasa, Mike	10	Prairie, CR	58.01 1
9 Parks, Chavi	10	Prairie, CR	58.30
10 Butler, Sy	12	IC, City Hig	58.55
11 Brimmer, Dakota	10	DUB Senior	58.85

## Iowa Girls &amp; Boys 4A Qualifying Track Meet - 5/12/2016

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## Finals ... (Boys 400 Meter Hurdles 4A)

Name	Yr	School	Finals
12 Keating, Alex	11	DUB Hempstea	1:00.32
13 Davis, Trent	09	Linn-Mar	1:01.09
14 Christ, Ian	11	DUB Hempstea	1:01.18
15 Burk, Conner	10	Epworth, WD	1:02.65
16 Brown, Gavin	11	Burlington	1:04.23

## Boys 4x100 Meter Relay 4A

Team	Relay	Finals
<b>Finals</b>		
1 Prairie, CR		42.82 10
1) Wallace, Joah 11	2) Northrup, Trevor 12	
3) Borseth, Marty 11	4) Rima, Jalen 12	
2 Epworth, WD		43.14 8
1) Beard, Kenny 11	2) Kramer, Mitchell 12	
3) Beard, Brandon 11	4) Bennett, G 11	
3 Linn-Mar		43.43 6
1) Freese, Griffin 11	2) Docterman, Gavren 12	
3) Petesich, David 12	4) Gorsich, Danny 12	
4 IC, West		44.55 5
1) Barber, Jacob 12	2) Hoover, Tremaine 12	
3) Huff, Matthew 11	4) Caruthers, Gabe 09	
5 DUB Hempstead		44.58 4
1) Davis, Jamar 09	2) Reavis, Logan 11	
3) Hilkin, Thomas 11	4) Kutsch, Dylan 10	
6 Burlington		45.15 3
1) Harris, Taven 09	2) Rossen, Blaise 10	
3) McClellon, Malik 09	4) Burlingame, Nate 11	
7 DUB Senior		46.28 2
1) Eipperle, Chance 11	2) Kubitz, Nick 09	
3) Dirth, Tristan 09	4) Bonifas, Lee 12	
--- IC, City High		DQ
1) Jones, Zach 10	2) Roggeveen, Jack 11	
3) Martinez-Burney, James 12	4) Burnett, Juma 12	

## Boys 4x200 Meter Relay 4A

Team	Relay	Finals
<b>Finals</b>		
1 Linn-Mar		1:29.25 10
1) Freese, Griffin 11	2) Petesich, David 12	
3) Docterman, Gavren 12	4) Gorsich, Danny 12	
2 Epworth, WD		1:31.06 8
1) Beard, Kenny 11	2) Steffen, Max 11	
3) Bennett, G 11	4) Beard, Brandon 11	
3 DUB Senior		1:31.31 6
1) Sweeney, Shane 12	2) Jackson, DeAngelo 12	
3) Bonifas, Lee 12	4) Seymour, Collin 12	
4 DUB Hempstead		1:32.02 5
1) Davis, Jamar 09	2) Miller, Jonny 11	
3) Kutsch, Dylan 10	4) Reavis, Logan 11	
5 IC, City High		1:32.30 4
1) Keita, Paci 12	2) Martinez-Burney, James 12	
3) Roggeveen, Jack 11	4) Burnett, Juma 12	

6 Prairie, CR		1:33.72 3
1) Kloubec, Justin 10	2) Clark, Cal 12	
3) Haugen, Gavin 10	4) Pearson, Anthony 10	
7 Burlington		1:36.64 2
1) Harris, Taven 09	2) Rossen, Blaise 10	
3) McClellon, Malik 09	4) Burlingame, Nate 11	
--- IC, West		DQ
1) Caruthers, Gabe 09	2) Low, Chris 11	
3) Kadenge, Ryan 10	4) Dean, Willie 12	

## Boys 4x400 Meter Relay 4A

Team	Relay	Finals
<b>Finals</b>		
1 IC, West		3:24.84 10
1) West, Austin 10	2) Dean, Willie 12	
3) Jelinek, Nate 11	4) Parks, Wali 12	
2 Epworth, WD		3:25.64 8
1) Wedewer, Ross 12	2) Fagerlind, Daniel 09	
3) Beard, Kenny 11	4) Beard, Brandon 11	
3 IC, City High		3:25.76 6
1) Scott, Shamari 12	2) Jones, Zach 10	
3) Firmstone, Lucas 10	4) Roggeveen, Jack 11	
4 Linn-Mar		3:26.18 5
1) Gosch, Dalton 11	2) Miller, Bryce 12	
3) Docterman, Gavren 12	4) Petesich, David 12	
5 DUB Senior		3:26.46 4
1) Osterberger, Jacob 12	2) Sweeney, Shane 12	
3) Jackson, DeAngelo 12	4) Seymour, Collin 12	
6 Prairie, CR		3:27.04 3
1) Clark, Cal 12	2) Haugen, Gavin 10	
3) Borseth, Marty 11	4) LaGrange, Preston 11	
7 Burlington		3:44.22 2
1) Gordon, Tykel 10	2) Reid, Ryan 12	
3) Pleasant, James 10	4) Thompson, Noah 11	
8 DUB Hempstead		3:53.10 1
1) Stephenson, Mick 11	2) Kuennen, Adam 11	
3) Watson, Eric 12	4) Frambach, Andreas 10	

## Boys 4x800 Meter Relay 4A

Team	Relay	Finals
<b>Finals</b>		
1 IC, City High		8:06.27 10
1) Rethwisch, John Paul 10	2) McDowell, Tom 12	
3) Firmstone, Lucas 10	4) McMillan, Jim 11	
2 Linn-Mar		8:07.42 8
1) Mather, Michael 12	2) Long, Trent 09	
3) Johnston, Colin 10	4) Seitz, Johnny 10	
3 IC, West		8:07.72 6
1) Nugent, Derek 11	2) Garbutt, Jeff 10	
3) Jelinek, Nate 11	4) Karanja, Patrick 12	
4 Prairie, CR		8:12.44 5
1) LaGrange, Colton 09	2) Lorenz, Matt 11	
3) Laue, Max 10	4) VanDraska, Tysen 12	
5 DUB Senior		8:20.98 4
1) Kizer, Preston 12	2) Hildebrand, Jalen 10	
3) Pfohl, Ernest 12	4) Schieltz, Zach 12	

## Iowa Girls &amp; Boys 4A Qualifying Track Meet - 5/12/2016

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## Results - 4A District Track &amp; Field Events

## Finals ... (Boys 4x800 Meter Relay 4A)

Team	Relay	Finals
6 Epworth, WD		8:24.17 3
1) Gansen, Dain 12	2) Connolly, Isaac 11	
3) Freiburger, Joe 11	4) Hammerand, Ethan 11	
7 DUB Hempstead		8:28.38 2
1) Strauss, Ryan 12	2) Kuennen, Adam 11	
3) Hermiston, Ben 09	4) Holesinger, David 09	
8 Burlington		9:17.59 1
1) Bivens, Bryce 10	2) Gulick, Josh 10	
3) Schroeder, Cameron 11	4) Roy, Josh 12	

## Boys Distance Medley 4A

Team	Relay	Finals
<b>Finals</b>		
1 IC, City High		3:37.73 10
1) Jones, Jason 12	2) Roggeveen, Jack 11	
3) Firmstone, Lucas 10	4) Rethwisch, John Paul 10	
2 Prairie, CR		3:38.23 8
1) Wallace, Joah 11	2) Northrup, Trevor 12	
3) Borseth, Marty 11	4) Lefebure, Levi 12	
3 DUB Senior		3:39.13 6
1) Osterberger, Jacob 12	2) Bonifas, Lee 12	
3) Romagna, Angelo 10	4) Kizer, Preston 12	
4 Linn-Mar		3:39.36 5
1) Freese, Griffin 11	2) Gosch, Dalton 11	
3) Mather, Michael 12	4) Schmidt, Ethan 10	
5 Epworth, WD		3:41.48 4
1) Kramer, Mitchell 12	2) Steffen, Max 11	
3) Kauffmann, Alex 11	4) Connolly, Isaac 11	
6 DUB Hempstead		3:45.32 3
1) Davis, Jamar 09	2) Reavis, Logan 11	
3) Miller, Jonny 11	4) Mueller, Adam 11	
7 Burlington		4:19.52 2
1) Gordon, Tykel 10	2) Thompson, Noah 11	
3) Reid, Ryan 12	4) Bivens, Bryce 10	
--- IC, West		DQ
1) West, Austin 10	2) Kadenge, Ryan 10	
3) Low, Chris 11	4) Nugent, Derek 11	

## Boys 4x110 Meter Shuttle Hurdle 4A

Team	Relay	Finals
<b>Finals</b>		
1 Linn-Mar		56.44 10
1) Gorsich, Danny 12	2) House, Nick 11	
3) Docterman, Gavren 12	4) Baker, Zeal 11	
2 Prairie, CR		57.52 8
1) Nunemaker, Tyler 12	2) Jasa, Mike 10	
3) Parks, Chavi 10	4) Wallace, Joah 11	
3 DUB Senior		57.70 6
1) Seymour, Collin 12	2) Sweeney, Shane 12	
3) Jackson, DeAngelo 12	4) Osterberger, Jacob 12	
4 IC, City High		57.87 5
1) Jones, Zach 10	2) Keita, Paci 12	
3) Jones, Jason 12	4) Butler, Sy 12	

5 IC, West	59.23 4
1) Kean, Nick 11	2) Bourges, Francis 12
3) Gudenkauf, Alexander 12	4) Hill, Max 11
6 Epworth, WD	1:00.46 3
1) Recker, Danny 11	2) Lembezeder, Nick 11
3) Hosch, Freddie 10	4) Kauffmann, Alex 11
7 DUB Hempstead	1:04.38 2
1) Christ, Ian 11	2) Frambach, Andreas 10
3) Snitker, Reed 09	4) Keating, Alex 11

## Boys High Jump 4A

Name	Yr	School	Finals
<b>Finals</b>			
1 Borseth, Marty	11	Prairie, CR	6-01.00 10
2 Burnett, Juma	12	IC, City Hig	6-00.00 8
3 DeSollar, Drew	11	Epworth, WD	6-00.00 6
4 Sams-Merriweather, Jared	09	IC, West	5-10.00 5
5 Doyle, Dillon	10	IC, West	5-08.00 4
6 Miller, Jonny	11	DUB Hempstea	5-08.00 3
7 Benedict, Josiah	11	DUB Senior	5-06.00 1.5
7 Esker, Blake	10	Linn-Mar	5-06.00 1.5
9 Hilsenbeck, Josh	10	Linn-Mar	5-06.00
10 Christ, Ian	11	DUB Hempstea	5-06.00
--- Zeller, Clayton	11	Prairie, CR	NH
--- Mulligan, Henry	12	IC, City Hig	NH

## Boys Long Jump 4A

Name	Yr	School	Finals
<b>Finals</b>			
1 Jackson, DeAngelo	12	DUB Senior	22-11.25 10
2 Hoover, Tremaine	12	IC, West	20-09.75 8
3 Lembezeder, Nick	11	Epworth, WD	20-06.50 6
4 Miller, Jonny	11	DUB Hempstea	20-02.50 5
5 Hilsenbeck, Josh	10	Linn-Mar	20-00.75 4
6 Davis, Jamar	09	DUB Hempstea	20-00.50 3
7 Dirth, Tristan	09	DUB Senior	20-00.25 2
8 Harris, Taven	09	Burlington	19-08.00 1
9 Usher, Levi	10	Prairie, CR	19-07.50 NWI
10 Burnett, Juma	12	IC, City Hig	19-06.50 NWI
11 Mabry, Cole	09	IC, West	19-02.25 NWI
12 Randklev, Derek	12	Linn-Mar	19-00.50 NWI
13 Gordon, Tykel	10	Burlington	18-11.00 NWI
14 Lathrop, Jaron	10	Prairie, CR	18-09.50 NWI
15 Mulligan, Henry	12	IC, City Hig	17-06.75 NWI
--- Jaeger, Damon	09	Epworth, WD	ND NWI

## Boys Shot Put 4A

Name	Yr	School	Finals
<b>Finals</b>			
1 Blaser, William	11	Epworth, WD	51-11.75 10
2 McFarland, Dallas	12	Linn-Mar	50-08.00 8
3 Martin, Micah	12	IC, City Hig	50-05.50 6
4 Kleinow, Alex	11	IC, West	49-08.25 5
5 Kelley, Jameel	12	DUB Senior	49-07.00 4
6 Coble, Tyler	12	DUB Hempstea	49-03.50 3
7 Green, Landon	09	IC, West	47-10.25 2

## Iowa Girls &amp; Boys 4A Qualifying Track Meet - 5/12/2016

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## Results - 4A District Track &amp; Field Events

**Finals ... (Boys Shot Put 4A)**

Name	Yr	School	Finals
8 Pree, Baylor	11	Linn-Mar	47-06.00 1
9 Mai, Tucker	12	DUB Senior	45-11.00
10 Roussel, Jack	11	DUB Hempstea	45-06.75
11 Welty, Brandon	12	Prairie, CR	44-06.75
12 Westhoff, Jake	12	Epworth, WD	42-06.25
13 Newman, Cody	09	Burlington	41-01.00
14 Tucker, Isaiah	10	Burlington	40-03.00
15 Fletcher, Erick	12	IC, City Hig	39-05.25
16 Hauser, Brandon	11	Prairie, CR	38-05.00

**Boys Discus Throw 4A**

Name	Yr	School	Finals
<b>Finals</b>			
1 Martin, Micah	12	IC, City Hig	157-07 10
2 Ealy, Blake	11	IC, West	150-07 8
3 Larsen, Rory	11	DUB Senior	138-05 6
4 McFarland, Dallas	12	Linn-Mar	138-03 5
5 Cook, Sean	12	DUB Hempstea	136-08 4
6 Gannon, Jonathan	10	IC, West	135-04 3
7 Westhoff, Jake	12	Epworth, WD	131-04 2
8 Hoefler, Devyn	12	Epworth, WD	122-07 1
9 Nebel, Preston	12	DUB Hempstea	121-05
10 Mixon, Alex	12	Prairie, CR	120-07
11 Higgins, Riley	10	Linn-Mar	120-03
11 Fletcher, Erick	12	IC, City Hig	120-03
13 Mundt, Brian	11	Burlington	116-02
14 Mai, Tucker	12	DUB Senior	116-01
15 Nelson, Cole	11	Burlington	91-10
--- Hauser, Brandon	11	Prairie, CR	ND

**Women - 4A - Team Rankings - 19 Events Scored**

1) IC, West	170
2) Linn-Mar	146
3) Epworth, WD	107.5
4) Prairie, CR	87.5
5) IC, City High	73
6) DUB Hempstead	71
7) DUB Senior	64
8) Burlington	18

**Men - 4A - Team Rankings - 18 Events Scored**

1) Prairie, CR	136
2) Linn-Mar	116.5
3) IC, West	115
4) IC, City High	90
5) Epworth, WD	83
6) DUB Senior	79.5
7) DUB Hempstead	53
8) Burlington	25