

100M Dash - Finals - Heat 2

2	Regan Van Wyhe	Central Lyon	13.55	8.00
3	Hannah Kruse	West Lyon	13.81	6.00
4	Avery Lenz	West Lyon	13.81	4.00
5	Charli Bomgaars	Bhrv	14.20	2.00
6	Caitlin Simon	Central Lyon	14.85	1.00
8	Lacey Van Den Top	Bhrv	15.24	

100M Dash - Finals - Heat 1

1	McKenna Huss	Sioux Center	13.38	10.00
1	Keri Siebrecht	Sheldon	29.28	
7	Kourtney Engel	Sheldon	15.12	
9	Morgan Prescott	Sheldon	15.92	
10	Grace Morgan	George Little Rock	16.66	
11	Lillian Burdsall	George Little Rock	17.18	
12	Callie VanBeek	Sioux Center	17.59	

200M Dash - Finals - Heat 2

1	Kyler Bomgaars	Bhrv	28.72	10.00
2	Lizzy Blum	Bhrv	28.91	8.00
3	Kiaha Borman	Central Lyon	29.71	6.00
4	Mary Margaret Borer	Sheldon	30.06	4.00
5	Kennedy Kramer	West Lyon	30.62	2.00
8	Ashlynn Yeakel	Central Lyon	31.43	

200M Dash - Finals - Heat 1

1	Keri Siebrecht	Sheldon	1:01.85	
6	Violet Sorensen	West Lyon	30.87	1.00
7	Jenna King	Sioux Center	31.30	
9	Maliah Kleinhesselink	Sheldon	31.56	
10	Sydney Mouw	Sioux Center	32.93	
11	Lillian Burdsall	George Little Rock	37.68	

400M Dash - Finals - Heat 2

1	Kennedy Kramer	West Lyon	1:02.40	10.00
2	Jenessa VanVeldhuizen	West Lyon	1:05.12	8.00
3	Whitney Waagmeester	Central Lyon	1:06.66	6.00
4	Ashlynn Yeakel	Central Lyon	1:08.83	4.00
5	Maliah Kleinhesselink	Sheldon	1:09.15	2.00
6	Lauren Jurrens	George Little Rock	1:10.98	1.00

400M Dash - Finals - Heat 1

7	Abby Heemstra	Bhrv	1:12.05	
8	Laiken Koerselman	Bhrv	1:13.09	
9	Kiley Parks	Sheldon	1:13.26	
10	Shay Huss	Sioux Center	1:14.75	

800M Run - Finals

1	Madi Strubbe	Bhrv	2:43.93	10.00
1	Keri Siebrecht	Sheldon	3:54.54	
2	Shania Struckman	Central Lyon	2:46.89	8.00
3	Faith Kleinwolterink	Bhrv	2:48.16	6.00
4	Jamie Moser	West Lyon	2:50.50	4.00
5	Adrienne Knoblock	West Lyon	2:57.46	2.00
6	Claire Kramer	George Little Rock	2:58.20	1.00
7	Thea DeBoer	George Little Rock	3:13.18	
8	Katelyn TenPas	Sioux Center	3:31.16	
	Kaylee Davis	Central Lyon	DNS	

100M Hurdles - Finals - Heat 2

1	Ellie Woelber	Bhrv	17.54	10.00
2	Sutton Schlumbohm	Central Lyon	17.81	8.00
3	Emma Zoet	Bhrv	18.14	6.00
4	Makenna Kleinhesselink	Sheldon	18.43	4.00
6	Jalyn De Boer	Sheldon	18.74	1.00
7	Dana DenHerder	Sioux Center	18.85	

100M Hurdles - Finals - Heat 1

5	Hayden Heimensen	Central Lyon	18.66	2.00
8	Hayley Knoblock	West Lyon	19.19	
9	Caitlyn Lapka	West Lyon	20.56	
10	Zavyr Metzger	West Lyon	21.03	
11	Ella Jahn	Sioux Center	21.06	
12	Madison Hage	West Lyon	21.70	

1500M Run - Finals

1	Angie Munoz	Bhrv	6:03.00	10.00
2	Faith Kleinwolterink	Bhrv	6:04.73	8.00
3	Sami Ebel	Central Lyon	6:08.79	6.00
4	Ambria Knobloch	West Lyon	6:14.35	4.00
5	Giselle Ramirez	Sioux Center	6:14.45	2.00
6	Shay Langenhorst	West Lyon	6:34.68	1.00
7	Ellie Hurst	Sioux Center	6:34.79	

3000M Run - Finals

1	Ellie Zeutenhorst	Sioux Center	12:03.85	10.00
2	Ambria Knobloch	West Lyon	12:54.51	8.00
3	Giselle Ramirez	Sioux Center	13:28.39	6.00
4	Sami Ebel	Central Lyon	13:44.99	4.00
5	Andraya Bahnson	West Lyon	14:29.79	2.00
6	Emily Prewitt	Sheldon	15:46.42	1.00
	Jillian Dykstra	Bhrv	DNS	

400M Hurdle - Finals - Heat 2

1	Callie Yeakel	Central Lyon	1:10.79	10.00
2	Jenessa VanVeldhuizen	West Lyon	1:12.71	8.00
3	Sydney Olson	Sheldon	1:15.45	6.00
5	Ellie Woelber	Bhrv	1:17.97	2.00
	Emma Zoet	Bhrv	DNS	

400M Hurdle - Finals - Heat 1

4	Haley Christians	Sheldon	1:17.11	4.00
6	Brooklyn Krull	Central Lyon	1:18.67	1.00
7	Rebekah Rinkenberger	West Lyon	1:23.35	

Discus - Finals

1	Farrah Lewis	Central Lyon	107-04	10. 00
2	Josie Huss	Sioux Center	93-05	8.0 0
3	Morgan Jensen	Sioux Center	90-07	6.0 0
4	Riley Knobloch	West Lyon	90-01	4.0 0
5	Paige Dieren	Central Lyon	89-11	2.0 0
6	Karissa Harms	George Little Rock	87-09	1.0 0

7	Ada Borer	Sheldon	87-08
8	Payten Lode	Sheldon	85-01
9	Brynn Krull	George Little Rock	83-10
10	Sarah Boogard	Bhrv	79-03
11	Chloe Schafer	Bhrv	79-01
12	Brooklyn Meyer	West Lyon	67-01

High Jump - Finals

1	Jacie VanderWaal	Sioux Center	5- 00.00	10. 00
2	Malory Nilles	Bhrv	4- 10.00	8.0 0
3	Payten Lode	Sheldon	4- 10.00	6.0 0
4	Sadie Ribbens	Bhrv	4- 08.00	4.0 0
5	Hayley Knoblock	West Lyon	4- 06.00	2.0 0
6	Rebekah Rinkenberger	West Lyon	4- 06.00	1.0 0

Long Jump - Finals

1	Sydney Olson	Sheldon	15- 00.00	10. 00
2	Emma Meyer	West Lyon	14- 11.75	8.0 0
3	Kiaha Borman	Central Lyon	14- 03.25	6.0 0

4	Jayda Dekkers	Sioux Center	14- 02.75	4.0 0
5	Kayla Gerken	George Little Rock	14- 02.25	2.0 0
6	Mallory Gramstad	West Lyon	14- 01.50	1.0 0
7	Annika Jahn	Sioux Center	14- 01.25	
8	Hayden Heimensen	Central Lyon	13- 11.25	
9	Julia Van Regenmorter	Sheldon	13- 06.25	

Shot Put - Finals

1	Farrah Lewis	Central Lyon	37- 00.50	10. 00
1	Keri Siebrecht	Sheldon	12- 05.50	
2	Riley Knobloch	West Lyon	35- 08.50	8.0 0
3	Karissa Harms	George Little Rock	34- 05.00	6.0 0
4	Lexie Van Kekerix	Bhrv	32- 08.50	4.0 0
5	Brooklyn Meyer	West Lyon	31- 10.00	2.0 0
6	Mollee Klocko	Central Lyon	30- 09.00	1.0 0
7	Keely Simonsen	Sheldon	30- 00.50	

8	Marissa Pottebaum	Bhrv	29- 05.00
9	Avery Koopmans	Sioux Center	29- 04.00
10	Lexi Winkel	Sheldon	28- 08.00
11	Tara Horstman	Sioux Center	27- 08.00
12	Brynn Krull	George Little Rock	25- 08.00

4X100M Relay - Finals

1	West Lyon	53.16	10.00	Runners
2	Bhrv	53.85	8.00	Runners
3	Central Lyon	53.88	6.00	Runners
4	Sioux Center	56.76	4.00	Runners
5	Sheldon	57.18	2.00	Runners

4X200M Relay - Finals

1	Bhrv	1:50.93	10.00	Runners
2	Sioux Center	1:54.43	8.00	Runners
3	West Lyon	1:56.81	6.00	Runners
4	Sheldon	2:06.86	4.00	Runners
5	Central Lyon	2:10.30	2.00	Runners
6	George Little Rock	2:19.07	1.00	Runners

4X400M Relay - Finals

1	Sioux Center	4:27.35	10.00	Runners
2	West Lyon	4:35.85	8.00	Runners
3	Bhrv	4:38.57	6.00	Runners
4	Central Lyon	4:42.23	4.00	Runners
5	George Little Rock	5:00.25	2.00	Runners

4X800M Relay - Finals

1	Bhrv	11:07.05	10.00	Runners
2	West Lyon	11:12.46	8.00	Runners

400M Shuttle Hurdle Relay - Finals - Heat 2

1	Bhrv	1:10.83	10.00	Runners
2	Central Lyon	1:11.22	8.00	Runners

400M Shuttle Hurdle Relay - Finals - Heat 1

3	Sheldon	1:13.04	6.00	Runners
4	West Lyon	1:15.27	4.00	Runners

800-Sprint Medley Relay - Finals

1	West Lyon	1:55.73	10.00	Runners
2	Bhrv	1:58.61	8.00	Runners
3	Sioux Center	2:03.91	6.00	Runners
4	Sheldon	2:05.57	4.00	Runners
5	George Little Rock	2:12.20	2.00	Runners

1600-Distance Medley Relay - Finals

1	Sheldon	4:33.85	10.00	Runners
2	Bhrv	4:38.46	8.00	Runners
3	Sioux Center	4:44.88	6.00	Runners
4	West Lyon	4:56.40	4.00	Runners
5	Central Lyon	5:04.32	2.00	Runners