

Iowa Girls & Boys 3A Qualifying Track Meet - 5/11/2023

DeValois Stadium

Results - 3A District Events

Girls 100 Meter Dash 3A

Name	Yr	School	Finals
Finals			
1 Huss, Tierney	11	MOC-FV	12.40 10
2 Kauffman, Mackenzie	12	Spirit Lake	12.70 8
3 Tooker, Kaleigh	09	MOC-FV	12.72 6
4 Cleary, Shannon	09	Bishop Heela	12.98 5
5 Piercy, Jada	12	Spencer	13.17 4
6 Bomgaars, Rylee	10	Boy-Hul/Rock	13.27 3
7 Koenig, Khia	10	Spencer	13.29 2
8 Van Kekerix, Kavri	10	Boy-Hul/Rock	13.48 1
9 Brown, Maria	09	Bishop Heela	13.62
10 Griebel, Cori	12	SB-Luton	14.03
11 Wheeler, Addison	10	SB-Luton	14.45
12 Martinez, Dulce	12	Sioux Center	14.61
13 Koster, Katelyn	11	LeMars	14.64
14 Cook, Gracelyn	09	Sioux Center	14.85
14 Bolluyt, Ellie	09	Spirit Lake	14.85

Girls 200 Meter Dash 3A

Name	Yr	School	Finals
Finals			
1 Huss, Tierney	11	MOC-FV	25.42 10
2 Amendt, Erika	12	Spencer	26.13 8
3 Huls, Madi	11	LeMars	26.73 6
4 Kauffman, Mackenzie	12	Spirit Lake	27.04 5
5 Rau, Alize	10	Bishop Heela	27.05 4
6 Hopkins, Sydnee	09	Spencer	28.27 3
7 Ahrendt, Kendall	12	SB-Luton	28.40 2
8 Schmidt, Courtney	09	Sioux Center	28.47 1
9 Westhoff, Ahrianna	10	LeMars	28.62
10 Bleeker, Romee	09	Sioux Center	28.82
11 Den Boer, Ava	11	Boy-Hul/Rock	28.85
12 Griebel, Cori	12	SB-Luton	29.15
13 Schermerhorn, Maddy	09	Bishop Heela	29.19
14 Duvall, Gelena	09	Spirit Lake	29.47
15 Koedam, Eden	10	MOC-FV	29.51
16 Moore, Allison	12	Boy-Hul/Rock	29.59

Girls 400 Meter Dash 3A

Name	Yr	School	Finals
Finals			
1 Meis, Kenley	12	Bishop Heela	1:01.55 10
2 Hogrefe, Maya	09	LeMars	1:02.72 8
3 Rensink, Makinze	10	Boy-Hul/Rock	1:02.75 6
4 Schmalbeck, Maci	10	Sioux Center	1:03.64 5
5 Vogt, Imani	09	Bishop Heela	1:05.38 4
6 Beitelspacher, Claire	09	LeMars	1:05.39 3
7 Hoegh, Clara	10	Boy-Hul/Rock	1:05.99 2
8 Romero, Mya	11	Sioux Center	1:06.08 1
9 DeWild, Faith	10	Spirit Lake	1:08.04
10 Haldin, Braylee	10	Spencer	1:09.69
11 Haverdink, Rachel	09	MOC-FV	1:09.94
12 Rogers, Ivory	09	SB-Luton	1:09.95
13 Cleveringa, McKenna	11	MOC-FV	1:11.43

14 Buss, Chloe	12	SB-Luton	1:11.64
15 Wyman, Addison	10	Spencer	1:18.32

Girls 800 Meter Run 3A

Name	Yr	School	Finals
Finals			
1 Oldenkamp, Kolby	09	Sioux Center	2:26.73 10
2 May, Sarah	10	MOC-FV	2:26.81 8
3 Kass, Sienna	10	LeMars	2:27.38 6
4 Schmalbeck, Tatum	12	Sioux Center	2:30.68 5
5 Bleeker, Reese	09	Bishop Heela	2:36.54 4
6 Van Der Werff, Elin	10	MOC-FV	2:36.95 3
7 Schoelerman, Adalyn	11	Spencer	2:36.99 2
8 Palmer, Alexandria	09	Spencer	2:38.56 1
9 Saulsbury, Delaney	10	Bishop Heela	2:39.65
10 Miller, Olivia	11	Boy-Hul/Rock	2:41.85
11 Banuelos, Sidney	12	Boy-Hul/Rock	2:44.25
12 Bockenstedt, Bjella	09	SB-Luton	2:44.55
13 Hamerlinck, Kendal	11	LeMars	2:45.75
14 Savary, Korbyn	09	SB-Luton	2:47.95

Girls 1500 Meter Run 3A

Name	Yr	School	Finals
Finals			
1 Krieger, Katelyn	12	Spirit Lake	5:12.34 10
2 McCord, Corinne	10	Sioux Center	5:18.26 8
3 Morey, Peyton	10	Spencer	5:18.55 6
4 Zwart, Elyse	10	Boy-Hul/Rock	5:20.31 5
5 Morey, Emma	12	Spencer	5:28.10 4
6 Jochum, Ashleigh	09	Bishop Heela	5:28.46 3
7 Dokter, Biyanca	12	MOC-FV	5:28.47 2
8 Hulinsky, Becca	12	LeMars	5:28.58 1
9 Dokter, Aryana	12	MOC-FV	5:32.72
10 Kraayenbrink, Olivia	11	Sioux Center	5:33.19
11 Ritz, Ellie	12	Bishop Heela	5:34.47
12 DeRocher, Makenzie	09	LeMars	5:38.36
13 Karras, Sophia	12	SB-Luton	5:52.32
14 Ryan, Gabby	12	SB-Luton	5:53.75
15 Boender, Aubree	10	Boy-Hul/Rock	6:16.76

Girls 3000 Meter Run 3A

Name	Yr	School	Finals
Finals			
1 Krieger, Katelyn	12	Spirit Lake	10:57.78 10
2 Dokter, Biyanca	12	MOC-FV	11:16.21 8
3 Morey, Peyton	10	Spencer	11:27.90 6
4 Zwart, Elyse	10	Boy-Hul/Rock	11:36.32 5
5 Haverdink, Rachel	09	MOC-FV	12:28.01 4
6 Schut, Myka	12	Sioux Center	12:36.81 3
7 Ryan, Gabby	12	SB-Luton	12:51.50 2
8 Bloom, Maria	09	Sioux Center	13:26.67 1
9 Wyman, Addison	10	Spencer	13:34.33
10 Boender, Aubree	10	Boy-Hul/Rock	13:47.24

Iowa Girls & Boys 3A Qualifying Track Meet - 5/11/2023

DeValois Stadium

Results - 3A District Events

Girls 100 Meter Hurdles 3A

Name	Yr	School	Finals
Finals			
1 Merchant, Jerra	12	Spencer	15.21 10
2 Dunn, Carly	10	Sioux Center	16.32 8
3 Van Kekerix, Kavri	10	Boy-Hul/Rock	16.65 6
4 Manley, Savannah	12	LeMars	16.83 5
5 Vortherms, Alyssa	12	MOC-FV	17.68 4
6 Schorg, Alyssa	11	Bishop Heela	17.90 3
7 Hopkins, Sydnee	09	Spencer	18.38 2
8 Susemihl, Claire	09	LeMars	18.43 1
9 Jesionowski, Keylee	09	SB-Luton	18.64
10 Verschuure, Maggie	09	MOC-FV	18.81
11 Keizer, Haley	09	Sioux Center	18.86
12 Maae, Keilani	12	Boy-Hul/Rock	18.89
13 Lundt, Reese	09	Spirit Lake	19.42
14 Bolluyt, Ellie	09	Spirit Lake	20.16
15 Stowe, Kenzie	11	SB-Luton	20.60

Girls 400 Meter Hurdles 3A

Name	Yr	School	Finals
Finals			
1 Merchant, Jerra	12	Spencer	1:06.42 10
2 Pritchard, Charlotte	11	Spirit Lake	1:08.12 8
3 Keenan, Reese	10	Spirit Lake	1:08.18 6
4 Bruxvoort, Kaylea	11	MOC-FV	1:12.15 5
5 Zomer, Brynlie	10	Boy-Hul/Rock	1:13.49 4
6 Rensink, Makinze	10	Boy-Hul/Rock	1:14.18 3
7 Brent -ferguson, Jennie	10	LeMars	1:15.73 2
8 Tracy, Teagan	09	MOC-FV	1:17.50 1
9 Demke, Kiki	10	Bishop Heela	1:18.35
10 Schuiteman, Margo	10	Sioux Center	1:20.00
11 Jesionowski, Keylee	09	SB-Luton	1:20.22
12 Hamilton, Ivy	12	Spencer	1:20.54

Girls 4x100 Meter Relay 3A

Team	Relay	Finals
Finals		
1 MOC-FV	1	48.91 10
1) Meines,Carolynn 12	2) Kleinhesselink, Payton 11	
3) Tooker, Kaleigh 09	4) Huss, Tierney 11	
2 Bishop Heelan	1	50.53 8
1) Rau, Alize 10	2) Meis, Kenley 12	
3) Brown, Maria 09	4) Cleary, Shannon 09	
3 Spencer	1	50.55 6
1) Koenig, Khia 10	2) Amendt, Erika 12	
3) Piercy, Jada 12	4) Vail, Tyriana 11	
4 Boy-Hul/Rock Val	1	50.90 5
1) Bomgaars, Rylee 10	2) Van Es, Gretta 12	
3) Van Kekerix, Kavri 10	4) Rensink, Makinze 10	
5 Spirit Lake	1	51.93 4
1) Henrickson, Emma 12	2) Avery, Addison 11	
3) Bruinsma, Maggie 09	4) Kauffman, Mackenzie 12	

6 LeMars	1	52.47 3
1) Manley, Savannah 12	2) Kruse, Allie 10	
3) Leusink, Aubree 10	4) Hector, Stella 11	
7 SB-Luton	1	52.49 2
1) Robinson, Delaney 10	2) VanDenTop, Bre 09	
3) Hardy, Payton 12	4) Prosser, Taylor 11	
8 Sioux Center	1	55.76 1
1) Martinez, Dulce 12	2) Massen, Aislin 10	
3) Cook, Gracelyn 09	4) Oteri, Gabriella 09	

Girls 4x200 Meter Relay 3A

Team	Relay	Finals
Finals		
1 Spencer	1	1:45.91 10
1) Merchant, Jerra 12	2) Piercy, Jada 12	
3) Vail, Tyriana 11	4) Amendt, Erika 12	
2 LeMars	1	1:47.46 8
1) Leusink, Aubree 10	2) Hector, Stella 11	
3) Allen, Jenna 12	4) Huls, Madi 11	
3 Sioux Center	1	1:48.59 6
1) Vermeer, Emalee 11	2) Zeutenhorst, Kendra 11	
3) Bitker, Avery 09	4) Bleeker, Willow 12	
4 MOC-FV	1	1:48.83 5
1) Tooker, Kaleigh 09	2) Bahrke, Olyvia 09	
3) Kleinhesselink, Payton 11	4) Jeltma, Adyson 09	
5 Bishop Heelan	1	1:50.47 4
1) Rau, Alize 10	2) Demke, Maddie 11	
3) Cleary, Shannon 09	4) Wiltgen, Ava 10	
6 Boy-Hul/Rock Val	1	1:53.04 3
1) Netten, Maya 10	2) Van Es, Gretta 12	
3) Den Boer, Ava 11	4) Moore, Allison 12	
7 SB-Luton	1	1:53.15 2
1) Ahrendt, Kendall 12	2) VanDenTop, Bre 09	
3) Prosser, Taylor 11	4) Hardy, Payton 12	

Girls 4x400 Meter Relay 3A

Team	Relay	Finals
Finals		
1 Sioux Center	1	4:09.02 10
1) Vermeer, Emalee 11	2) Harald, Cori 11	
3) Bitker, Avery 09	4) Bleeker, Willow 12	
2 LeMars	1	4:10.63 8
1) Hogrefe, Maya 09	2) Huls, Madi 11	
3) Allen, Jenna 12	4) Kass, Sienna 10	
3 MOC-FV	1	4:12.11 6
1) Fernstrum, Kennedy 10	2) Immecker, Maya 11	
3) Kleinhesselink, Kate 09	4) Jeltma, Adyson 09	
4 Bishop Heelan	1	4:12.62 5
1) Demke, Maddie 11	2) Wiltgen, Ava 10	
3) Meis, Kenley 12	4) Walsh, Scarlett 11	
5 SB-Luton	1	4:21.75 4
1) Kneifl, Jayden 10	2) Prosser, Taylor 11	
3) VanDenTop, Bre 09	4) Hardy, Payton 12	
6 Spencer	1	4:33.66 3
1) Schoelerman, Adalyn 11	2) Stave, Corinne 12	
3) Palmer, Alexandria 09	4) Christensen, Jasmyn 09	

Iowa Girls & Boys 3A Qualifying Track Meet - 5/11/2023

DeValois Stadium

Results - 3A District Events

Finals ... (Girls 4x400 Meter Relay 3A)

Team	Relay	Finals
7 Boy-Hul/Rock Val	1	4:34.93 2
1) Miller, Olivia 11	2) Luevano, Jenny 12	
3) Marra, Addison 09	4) Banuelos, Sidney 12	
8 Spirit Lake	1	4:37.76 1
1) DeWild, Faith 10	2) Bruinsma, Maggie 09	
3) Lundt, Reese 09	4) Bolluyt, Ellie 09	

Girls 4x800 Meter Relay 3A

Team	Relay	Finals
1 MOC-FV	1	9:58.70 10
1) Van Der Werff, Elin 10	2) Immecker, Maya 11	
3) Fernstrum, Kennedy 10	4) May, Sarah 10	
2 Sioux Center	1	9:58.92 8
1) Schmalbeck, Tatum 12	2) Schmalbeck, Maci 10	
3) Romero, Mya 11	4) McCord, Corinne 10	
3 Bishop Heelan	1	10:06.07 6
1) Roerig, Grace 09	2) Demke, Maddie 11	
3) Bleeker, Reese 09	4) Walsh, Scarlett 11	
4 Spencer	1	10:23.37 5
1) Morey, Emma 12	2) Schoelerman, Adalyn 11	
3) Palmer, Alexandria 09	4) Haldin, Ava 10	
5 LeMars	1	11:01.15 4
1) Hulinsky, Becca 12	2) Hamerlinck, Kendal 11	
3) Roller, Marilyn 09	4) Brent -ferguson, Jennie 10	
6 SB-Luton	1	11:14.97 3
1) Bockenstedt, Bjella 09	2) Savary, Korbyn 09	
3) Karras, Sophia 12	4) Nelson, Makenna 09	

Girls 800 Sprint Medley 3A

Team	Relay	Finals
1 Spencer	1	1:49.95 10
1) Koenig, Khia 10	2) Vail, Tyriana 11	
3) Piercy, Jada 12	4) Amendt, Erika 12	
2 MOC-FV	1	1:50.89 8
1) Tooker, Kaleigh 09	2) Kleinhesselink, Payton 11	
3) Huss, Tierney 11	4) Jeltema, Adyson 09	
3 LeMars	1	1:51.69 6
1) Leusink, Aubree 10	2) Hector, Stella 11	
3) Allen, Jenna 12	4) Huls, Madi 11	
4 Spirit Lake	1	2:00.26 5
1) Avery, Addison 11	2) Bruinsma, Maggie 09	
3) Duvall, Gelena 09	4) DeWild, Faith 10	
5 Sioux Center	1	2:00.91 4
1) Massen, Aislin 10	2) Oteri, Gabriella 09	
3) Schmidt, Courtney 09	4) Bleeker, Romee 09	
6 Boy-Hul/Rock Val	1	2:01.81 3
1) Netten, Maya 10	2) Van Es, Gretta 12	
3) Hoegh, Clara 10	4) Luevano, Jenny 12	
7 SB-Luton	1	2:01.90 2
1) Robinson, Delaney 10	2) Griebel, Cori 12	
3) Ahrendt, Kendall 12	4) Schaap, Izzy 09	

8 Bishop Heelan	1	2:04.79 1
1) Argueta, Rosario 09	2) Sokolowski, Faith 10	
3) Grant, Madison 09	4) Demke, Kiki 10	

Girls Distance Medley 3A

Team	Relay	Finals
1 Sioux Center	1	4:24.08 10
1) Vermeer, Emalee 11	2) Bleeker, Willow 12	
3) Harald, Cori 11	4) Oldenkamp, Kolby 09	
2 Spirit Lake	1	4:24.25 8
1) Keenan, Reese 10	2) Avery, Addison 11	
3) Kauffman, Mackenzie 12	4) Krieger, Katelyn 12	
3 LeMars	1	4:24.60 6
1) McNaughton, Holly 10	2) Kruse, Allie 10	
3) Kass, Sienna 10	4) DeRocher, Makenzie 09	
4 MOC-FV	1	4:29.21 5
1) Vortherms, Alyssa 12	2) Hoekstra, Kady 12	
3) Kleinhesselink, Kate 09	4) Dokter, Aryana 12	
5 SB-Luton	1	4:36.89 4
1) VanDenTop, Bre 09	2) Prosser, Taylor 11	
3) Hardy, Payton 12	4) Kneifl, Jayden 10	
6 Boy-Hul/Rock Val	1	4:47.54 3
1) Netten, Maya 10	2) Den Boer, Ava 11	
3) Luevano, Jenny 12	4) Miller, Olivia 11	
7 Bishop Heelan	1	4:49.59 2
1) Wiener, Charlie 10	2) Schermerhorn, Maddy 09	
3) Hacker, Maliyah 10	4) Bertrand, Addison 09	
8 Spencer	1	5:02.60 1
1) Sutherland, Shaylee 10	2) Buum, Ava 10	
3) Christensen, Jasmyn 09	4) Haldin, Ava 10	

Girls 4x100 Meter Shuttle Hurdle 3A

Team	Relay	Finals
1 LeMars	1	1:08.33 10
1) Manley, Savannah 12	2) Leusink, Aubree 10	
3) Larson, Liberty 11	4) Susemihl, Claire 09	
2 Spencer	1	1:08.96 8
1) Merchant, Jerra 12	2) Hamilton, Ivy 12	
3) Hopkins, Sydnee 09	4) Stave, Corinne 12	
3 MOC-FV	1	1:10.75 6
1) Vortherms, Alyssa 12	2) Fleming, Lili 11	
3) Sassman, Emma 12	4) Kleinhesselink, Payton 11	
4 Spirit Lake	1	1:11.40 5
1) Duvall, Gelena 09	2) Keenan, Reese 10	
3) Henrickson, Emma 12	4) Pritchard, Charlotte 11	
5 SB-Luton	1	1:19.57 4
1) Stowe, Kenzie 11	2) Ter Wee, Ella 09	
3) Jesionowski, Keylee 09	4) Wheeler, Addison 10	

Girls High Jump 3A

Name	Yr	School	Finals
1 Bandstra, Blair	11	Sioux Center	5-02.00 10
2 Hogrefe, Maya	09	LeMars	4-10.00 8

Iowa Girls & Boys 3A Qualifying Track Meet - 5/11/2023

DeValois Stadium

Results - 3A District Events

Finals ... (Girls High Jump 3A)

Name	Yr	School	Finals
3 Gilmore, Zoey	10	MOC-FV	4-08.00 6
4 Luevano, Jenny	12	Boy-Hul/Rock	4-08.00 5
5 Zomer, Brynlie	10	Boy-Hul/Rock	4-08.00 3.5
5 Kroese, Jaelyn	09	Sioux Center	4-08.00 3.5
7 Kneifl, Jayden	10	SB-Luton	4-08.00 2
8 Tracy, Teagan	09	MOC-FV	4-06.00 0.5
8 Stuckey, Addison	09	Spencer	4-06.00 0.5
10 Schaap, Izzy	09	SB-Luton	4-06.00
10 Vogt, Imani	09	Bishop Heela	4-06.00

Girls Long Jump 3A

Name	Yr	School	Finals
1 Meis, Kenley	12	Bishop Heela	17-01.50 10
2 Bomgaars, Rylee	10	Boy-Hul/Rock	17-00.00 8
3 Cleary, Shannon	09	Bishop Heela	16-08.75 6
4 Kruse, Allie	10	LeMars	16-03.25 5
5 Henrickson, Emma	12	Spirit Lake	15-10.50 4
6 Hector, Stella	11	LeMars	15-10.50 3
7 Cleveringa, McKenna	11	MOC-FV	15-09.00 2
8 Hoegh, Clara	10	Boy-Hul/Rock	15-06.50 1
9 Bajema, Madyson	11	Sioux Center	15-05.25
10 Truesdell, Anna	09	Sioux Center	14-11.50
11 Sutherland, Shaylee	10	Spencer	14-03.50
12 Hamilton, Ivy	12	Spencer	14-03.00
13 Rogers, Ivory	09	SB-Luton	13-02.75
14 Ter Wee, Ella	09	SB-Luton	12-09.25

Girls Shot Put 3A

Name	Yr	School	Finals
1 Travis, Lauren	09	Spirit Lake	40-08.00 10
2 Heisinger, Elliana	12	Spencer	39-05.00 8
3 Rosacker, Kaylee	11	Spencer	37-11.50 6
4 Hettinga, Madison	10	MOC-FV	37-10.00 5
5 Gomez, Ashlyn	12	MOC-FV	36-07.50 4
6 Walhof, Makenna	12	Sioux Center	36-07.50 3
7 Schermerhorn, Payton	12	SB-Luton	35-05.00 2
8 Vande Vegte, Vanessa	12	Boy-Hul/Rock	35-01.00 1
9 Travis, Fran	11	Spirit Lake	35-00.00
10 Vander Waal, Makailyn	10	Sioux Center	34-00.00
11 Leraas, Libby	12	LeMars	32-05.00
12 Moret, Elly	11	Boy-Hul/Rock	32-01.50
13 Kibby, Addison	11	LeMars	31-02.50
14 Ryba, Amya	09	Bishop Heela	27-11.50

Girls Discus Throw 3A

Name	Yr	School	Finals
1 Walhof, Makenna	12	Sioux Center	138-09 10
2 Travis, Fran	11	Spirit Lake	130-09 8
3 Gomez, Ashlyn	12	MOC-FV	124-06 6
4 Hettinga, Madison	10	MOC-FV	122-11 5
5 Heisinger, Elliana	12	Spencer	115-00 4

6 Travis, Lauren	09	Spirit Lake	111-00 3
7 Vande Vegte, Vanessa	12	Boy-Hul/Rock	109-07 2
8 Rosacker, Kaylee	11	Spencer	109-07 1
9 Rozeboom, Tielyr	10	Boy-Hul/Rock	99-00
10 Leraas, Libby	12	LeMars	98-03
11 Kneifl, Maddie	10	SB-Luton	97-06
12 Schermerhorn, Payton	12	SB-Luton	94-02
13 Vander Waal, Makailyn	10	Sioux Center	89-09
14 Ryba, Amya	09	Bishop Heela	89-03
15 Kibby, Addison	11	LeMars	76-04

Boys 100 Meter Dash 3A

Name	Yr	School	Finals
1 Toews, Carter	12	Spirit Lake	10.90 10
2 Fifita, Sione	12	LeMars	10.99 8
3 Stanzel, Keaton	11	Spencer	11.19 6
4 Sandman, Logan	11	Spirit Lake	11.47 5
5 Koerselman, Kaleb	09	MOC-FV	11.48 4
6 Tigges, Reid	12	Spencer	11.48 3
7 Kamerman, Connor	11	Sioux Center	11.62 2
8 Favors, Isaiah	11	Bishop Heela	12.07 1
9 Spanel, Evan	10	SB-Luton	12.09
10 Ott, Carson	12	LeMars	12.10
11 Villalobos, Daniel	12	Boy-Hul/Rock	12.43
12 Van Regenmorter, Brodie	11	Sioux Center	12.62

Boys 200 Meter Dash 3A

Name	Yr	School	Finals
1 Toews, Carter	12	Spirit Lake	22.04 10
2 Fifita, Sione	12	LeMars	22.41 8
3 Schaefer, Sean	11	Bishop Heela	22.54 6
4 Carrillo, Adrian	11	Spencer	23.26 5
5 Tigges, Reid	12	Spencer	23.77 4
6 Orpen, Tate	10	Spirit Lake	24.15 3
7 Nilles, Eric	11	Boy-Hul/Rock	24.33 2
8 Punt, Draeden	09	MOC-FV	24.56 1
9 Venteicher, Noah	12	LeMars	24.74
10 Klein, Will	11	Boy-Hul/Rock	25.02
11 Schmitz, Dominic	10	MOC-FV	25.18
12 Spanel, Evan	10	SB-Luton	25.33
13 VanBeek, Zachary	09	Sioux Center	26.78
14 Dalle, Zander	10	Sioux Center	27.45

Boys 400 Meter Dash 3A

Name	Yr	School	Finals
1 Hussey, Qamerin	11	Spirit Lake	51.91 10
2 Aymar, Gannon	12	SB-Luton	52.20 8
3 Bandstra, Blake	12	Sioux Center	52.88 6
4 Rose, Carson	10	Bishop Heela	54.89 5
5 Grant, Andrew	09	LeMars	55.15 4
6 Laskie, Quinn	11	LeMars	55.17 3
7 Hinkel, Nick	12	SB-Luton	55.64 2
8 Leinbaugh, Simon	11	Spirit Lake	55.81 1

Iowa Girls & Boys 3A Qualifying Track Meet - 5/11/2023

DeValois Stadium

Results - 3A District Events

Finals ... (Boys 400 Meter Dash 3A)

Name	Yr	School	Finals
9 Elser, Lucas	10	Spencer	56.16
10 Reyna Yoc, Angel	11	MOC-FV	1:00.03
11 Tyler, Evan	12	MOC-FV	1:01.51
12 Alonso, FloresMota	12	Sioux Center	1:02.26

Boys 800 Meter Run 3A

Name	Yr	School	Finals
Finals			
1 Allen, Alex	11	LeMars	2:03.26 10
2 Janzen, Evan	12	SB-Luton	2:03.96 8
3 Sundall, Ryder	11	Spirit Lake	2:04.00 6
4 Tello, Sergio	10	Spencer	2:07.30 5
5 De Young, Micah	12	MOC-FV	2:11.84 4
6 VandenBerg, Damon	12	Spirit Lake	2:12.40 3
7 McIntyre, Sam	12	LeMars	2:14.42 2
8 Schmidt, Micah	10	MOC-FV	2:16.25 1
9 Waddle, Lane	09	Sioux Center	2:16.32
10 Koppie, Rylei	09	Spencer	2:18.26
11 Pattee, Tommy	09	Bishop Heela	2:18.98
12 Siebrecht, Logan	11	Boy-Hul/Rock	2:19.02
13 Vargas, Ariel	12	Boy-Hul/Rock	2:19.93
14 McGregor, Kasey	10	SB-Luton	2:22.09
15 Walsh, Ben	09	Bishop Heela	2:22.71

Boys 1600 Meter Run 3A

Name	Yr	School	Finals
Finals			
1 VandenBerg, Damon	12	Spirit Lake	4:37.61 10
2 Van Den Berg, Easton	12	Sioux Center	4:40.60 8
3 Mirande, Trevor	10	MOC-FV	4:48.98 6
4 Otten, Eli	12	Bishop Heela	4:49.16 5
5 Dirks, Dietrich	10	Spirit Lake	4:53.61 4
6 De Young, Micah	12	MOC-FV	4:55.14 3
7 Lee, Aaron	10	LeMars	4:57.64 2
8 Wieseler, Michael	11	SB-Luton	5:02.78 1
9 Fullhart, Noah	09	Spencer	5:03.44
10 Krogman, Carson	10	Spencer	5:13.94
11 VandeVegte, Micah	10	Sioux Center	5:15.04
12 Larrabee, Ayden	09	SB-Luton	5:16.08
13 Bertrand, Will	09	Bishop Heela	5:23.01
14 Murra, Michael	11	LeMars	5:32.15

Boys 3200 Meter Run 3A

Name	Yr	School	Finals
Finals			
1 VandenBerg, Damon	12	Spirit Lake	10:08.57 10
2 Hughes, Brandon	10	Spirit Lake	10:09.19 8
3 Mirande, Trevor	10	MOC-FV	10:24.50 6
4 Van Der Werff, Ian	10	MOC-FV	10:59.78 5
5 Lee, Aaron	10	LeMars	11:12.32 4
6 VandeVegte, Micah	10	Sioux Center	11:23.29 3
7 Wieseler, Michael	11	SB-Luton	11:46.69 2
8 Goeken, Noah	12	Spencer	11:57.05 1
9 Gehling, David	11	SB-Luton	12:01.91

10 Fisher, Luke	11	Spencer	12:05.55
11 Murra, Michael	11	LeMars	12:20.03

Boys 110 Meter Hurdles 3A

Name	Yr	School	Finals
Finals			
1 Toews, Carter	12	Spirit Lake	14.68 10
2 Wauhob, Hunter	10	Bishop Heela	15.18 8
3 Stecker, Ethan	10	Spirit Lake	15.32 6
4 Johnson, Weston	11	Spencer	15.51 5
5 Sadoski, Ryan	12	LeMars	15.59 4
6 DeJager, Aidan	12	Sioux Center	15.80 3
7 Hinkeldey, Sam	10	Spencer	16.11 2
8 Maasdam, Dylan	09	MOC-FV	16.12 1
9 Willemssen, Breckin	11	Boy-Hul/Rock	16.29
10 Blied, Blayne	11	Boy-Hul/Rock	16.59
11 Vander Ploeg, Conner	09	MOC-FV	16.87
12 Bliven, Collin	10	SB-Luton	17.83
13 Johnson, Justin	12	SB-Luton	17.97

Boys 400 Meter Hurdles 3A

Name	Yr	School	Finals
Finals			
1 Olson, Quinn	11	Bishop Heela	57.36 10
2 Pitts, Preston	10	Spencer	57.73 8
3 Profit, Tommy	12	Spirit Lake	58.58 6
4 Arlt, James	10	Bishop Heela	59.40 5
5 Stecker, Dylan	10	Spirit Lake	59.73 4
6 Johnson, Weston	11	Spencer	1:01.70 3
7 Bliven, Collin	10	SB-Luton	1:02.32 2
8 Hesper, Amos	10	Boy-Hul/Rock	1:03.06 1
9 Blum, Ben	11	Boy-Hul/Rock	1:03.98
10 Augustine, Tycen	09	LeMars	1:04.03
11 Hoffman, Jacob	12	SB-Luton	1:04.53
12 Bogh, Tegan	09	LeMars	1:05.06
13 Van Gelder, Braylon	10	MOC-FV	1:05.37
14 Valentine, Carson	10	MOC-FV	1:07.13

Boys 4x100 Meter Relay 3A

Team	Relay	Finals
Finals		
1 Spencer	1	42.92 10
1) Stanzel, Keaton 11	2) Robbins, Miles 10	
3) Berends, Jack 10	4) Wessels, Campbell 12	
2 Bishop Heelan	1	42.99 8
1) Feauto, Ricky 11	2) Schaefer, Sean 11	
3) Uhl, Drew 11	4) Bork, Kannon 11	
3 Spirit Lake	1	43.60 6
1) Stecker, Ethan 10	2) Cornwall, Jake 12	
3) Alger, Drew 12	4) Wajda, Jack 12	
4 LeMars	1	43.70 5
1) Sadoski, Ryan 12	2) Beltran, Israel 09	
3) Vondrak, Matt 12	4) Fifita, Sione 12	
5 MOC-FV	1	44.55 4
1) Tooker, Jackson 12	2) Koerselman, Kaleb 09	
3) Jager, Carson 12	4) Moss, Caiden 12	

Iowa Girls & Boys 3A Qualifying Track Meet - 5/11/2023

DeValois Stadium

Results - 3A District Events

Finals ... (Boys 4x100 Meter Relay 3A)

Team	Relay	Finals
6 Boy-Hul/Rock Val	1	45.32 3
1) Den Besten, Taiten 11	2) Salazar, Alic 11	
3) Bomgaars, Blake 12	4) Verhoef, Trevor 10	
7 Sioux Center	1	46.01 2
1) Brantsen, Caleb 11	2) Bauer, Kade 11	
3) Kamerman, Connor 11	4) DeJager, Aidan 12	
8 SB-Luton	1	47.06 1
1) Benson, Kellan 10	2) Eldridge, Carter 11	
3) Spanel, Evan 10	4) Hardy, Joe 09	

Boys 4x200 Meter Relay 3A

Team	Relay	Finals
1 Spencer	1	1:31.30 10
1) Robbins, Miles 10	2) Wessels, Campbell 12	
3) Tigges, Reid 12	4) Berends, Jack 10	
2 Spirit Lake	1	1:33.88 8
1) Sandman, Logan 11	2) Alger, Drew 12	
3) Stecker, Dylan 10	4) Orpen, Tate 10	
3 Bishop Heelan	1	1:34.16 6
1) Feauto, Ricky 11	2) Olson, Quinn 11	
3) Uhl, Drew 11	4) Bork, Kannon 11	
4 Sioux Center	1	1:36.97 5
1) Brantsen, Caleb 11	2) Kamerman, Connor 11	
3) Bauer, Kade 11	4) Bruhn, Carson 11	
5 Boy-Hul/Rock Val	1	1:38.18 4
1) Den Besten, Taiten 11	2) Schafer, Levi 10	
3) Van Meeteren, Jace 11	4) Tiedeman, Rilan 12	
6 LeMars	1	1:38.59 3
1) Venteicher, Noah 12	2) Kass, Nolan 11	
3) Jalas, Connor 12	4) Kass, Hudson 09	
7 MOC-FV	1	1:38.72 2
1) Aalbers, Blake 10	2) Jager, Carson 12	
3) Van Kalsbeek, Jesse 11	4) Wede, Nikolai 12	
8 SB-Luton	1	1:41.22 1
1) Benson, Kellan 10	2) Eldridge, Carter 11	
3) Hoffman, Jacob 12	4) Hardy, Joe 09	

Boys 4x400 Meter Relay 3A

Team	Relay	Finals
1 SB-Luton	1	3:27.62 10
1) Kroll, Scott 12	2) Aymar, Gannon 12	
3) Wheeler, Easton 12	4) Janzen, Evan 12	
2 Spirit Lake	1	3:30.36 8
1) Hussey, Qamerin 11	2) Walz, Wesley 09	
3) Wajda, Jack 12	4) Sundall, Ryder 11	
3 LeMars	1	3:30.96 6
1) Wadle, Beau 11	2) Allen, Alex 11	
3) Jalas, Connor 12	4) Obbink, Trace 11	
4 Sioux Center	1	3:32.38 5
1) Bruhn, Carson 11	2) Vonk, Hudson 11	
3) Truesdell, Micah 12	4) Bandstra, Blake 12	

5 Boy-Hul/Rock Val	1	3:35.79 4
1) Salazar, Alic 11	2) Tiedeman, Rilan 12	
3) Van Meeteren, Jace 11	4) Nilles, Eric 11	
6 MOC-FV	1	3:40.16 3
1) Aalbers, Blake 10	2) Christoffel, Carter 09	
3) Punt, Draeden 09	4) Katt, Cooper 09	
7 Spencer	1	3:42.21 2
1) Erdman, Blaine 09	2) Munson, Van 11	
3) Piercy, Drew 09	4) Elser, Lucas 10	
8 Bishop Heelan	1	3:52.51 1
1) Rose, Carson 10	2) Macharia, Bill 10	
3) Sexton, Talon 09	4) Arlt, James 10	

Boys 4x800 Meter Relay 3A

Team	Relay	Finals
1 Sioux Center	1	8:23.63 10
1) Vonk, Hudson 11	2) Truesdell, Micah 12	
3) Kroese, Easton 11	4) Van Den Berg, Easton 12	
2 Spencer	1	8:28.32 8
1) Tello, Sergio 10	2) Munson, Van 11	
3) Koppie, Rylei 09	4) Krogman, Carson 10	
3 LeMars	1	8:31.76 6
1) Allen, Alex 11	2) Peterson, Conner 12	
3) Kasel, Teagen 11	4) Obbink, Trace 11	
4 Spirit Lake	1	8:51.55 5
1) Dirks, Dietrich 10	2) Walz, Wesley 09	
3) Frangenberg, Nick 09	4) Sorenson, Riley 11	
5 SB-Luton	1	8:55.16 4
1) Eldridge, Carter 11	2) McGregor, Kasey 10	
3) Moreau, Jack 12	4) Delarosa, Daniel 09	
6 MOC-FV	1	9:15.80 3
1) Schmidt, Micah 10	2) Doughan, Thatcher 09	
3) Valentine, Carson 10	4) Carmichael, Carson 09	
7 Boy-Hul/Rock Val	1	9:18.86 2
1) Blum, Ben 11	2) Vargas, Ariel 12	
3) Siebrecht, Logan 11	4) Villalobos, Oscar 10	

Boys 800 Sprint Medley 3A

Team	Relay	Finals
1 Bishop Heelan	1	1:34.62 10
1) Feauto, Ricky 11	2) Uhl, Drew 11	
3) Schaefer, Sean 11	4) Olson, Quinn 11	
2 SB-Luton	1	1:35.68 8
1) Kroll, Scott 12	2) Benson, Kellan 10	
3) Wheeler, Easton 12	4) Janzen, Evan 12	
3 Spencer	1	1:37.16 6
1) Stanzel, Keaton 11	2) Robbins, Miles 10	
3) Berends, Jack 10	4) Pitts, Preston 10	
4 LeMars	1	1:38.65 5
1) Vondrak, Matt 12	2) Beltran, Israel 09	
3) Wadle, Beau 11	4) Laskie, Quinn 11	
5 Boy-Hul/Rock Val	1	1:39.28 4
1) Den Besten, Taiten 11	2) Bomgaars, Blake 12	
3) Salazar, Alic 11	4) Tiedeman, Rilan 12	

Iowa Girls & Boys 3A Qualifying Track Meet - 5/11/2023

DeValois Stadium

Results - 3A District Events

Finals ... (Boys 800 Sprint Medley 3A)

Team	Relay	Finals
6 MOC-FV	1	1:40.41 3
1) Tooker, Jackson 12	2) Jager, Carson 12	
3) Moss, Caiden 12	4) Katt, Cooper 09	
7 Spirit Lake	1	1:40.63 2
1) Andres, Joey 10	2) Winkel, Cooper 10	
3) Orpen, Tate 10	4) Hamm, Justyn 12	
8 Sioux Center		1:54.75 1
1) Dalle, Zander 10	2) Haverhals, Ben 09	

Boys Distance Medley 3A

Team	Relay	Finals
1 SB-Luton	1	3:43.53 10
1) Wheeler, Easton 12	2) Hardy, Joe 09	
3) Kroll, Scott 12	4) Janzen, Evan 12	
2 Spirit Lake	1	3:43.58 8
1) Cornwall, Jake 12	2) Hussey, Qamerin 11	
3) Wajda, Jack 12	4) Sundall, Ryder 11	
3 LeMars	1	3:46.49 6
1) Vondrak, Matt 12	2) Beltran, Israel 09	
3) Wadle, Beau 11	4) Obbink, Trace 11	
4 Spencer	1	3:49.41 5
1) Carrillo, Adrian 11	2) Lauck, Tommy 10	
3) Erdman, Blaine 09	4) Munson, Van 11	
5 MOC-FV	1	4:01.96 4
1) Schmitz, Dominic 10	2) Punt, Draeden 09	
3) Christoffel, Carter 09	4) Van Der Werff, Ian 10	
6 Boy-Hul/Rock Val	1	4:02.80 3
1) Schafer, Levi 10	2) Moser, Blake 11	
3) Weber, Kahle 09	4) Blum, Ben 11	
7 Bishop Heelan	1	4:10.18 2
1) Macharia, Bill 10	2) Bleeker, Jaron 11	
3) Sexton, Talon 09	4) Pattee, Tommy 09	
8 Sioux Center	1	4:24.84 1
1) VanBeek, Zachary 09	2) Dalle, Zander 10	
3) Haugsted, Landon 10	4) Dahm, Nicholas 11	

Boys 4x110 Meter Shuttle Hurdle 3A

Team	Relay	Finals
1 Spirit Lake	1	59.43 10
1) Stecker, Ethan 10	2) Alger, Drew 12	
3) Cornwall, Jake 12	4) Toews, Carter 12	
2 Spencer	1	1:01.61 8
1) Johnson, Weston 11	2) Hinkeldey, Sam 10	
3) Timmer, Dylan 09	4) Lovan, Jivahny 09	
3 Bishop Heelan	1	1:03.05 6
1) Lafleur, Lucas 12	2) Arlt, James 10	
3) Uhl, Drew 11	4) Wauhob, Hunter 10	
4 MOC-FV	1	1:03.27 5
1) Vander Ploeg, Conner 09	2) Aalbers, Blake 10	
3) Van Gelder, Braylon 10	4) Maasdam, Dylan 09	

5 Sioux Center	1	1:04.88 4
1) Kamerman, Connor 11	2) Bruhn, Carson 11	
3) Brantsen, Caleb 11	4) DeJager, Aidan 12	
6 LeMars	1	1:05.10 3
1) Sadoski, Ryan 12	2) Bogh, Tegan 09	
3) Hosnyang, Wicheng 10	4) Dougherty, Elijah 12	
7 Boy-Hul/Rock Val	1	1:06.25 2
1) Blik, Blayne 11	2) Bomgaars, Blake 12	
3) Weber, Kahle 09	4) Willemssen, Breckin 11	
8 SB-Luton	1	1:08.15 1
1) Hoffman, Jacob 12	2) Sneller, Scout 12	
3) Bliven, Collin 10	4) Schoenfelder, Jack 10	

Boys High Jump 3A

Name	Yr	School	Finals
1 Van Kalsbeek, Jesse	11	MOC-FV	6-07.00 10
2 Stecker, Dylan	10	Spirit Lake	6-06.00 8
3 Fifita, Sione	12	LeMars	6-05.00 6
4 Bleeker, Jaron	11	Bishop Heela	6-01.00 5
5 Macharia, Bill	10	Bishop Heela	5-10.00 4
6 Hosnyang, Wanding	11	LeMars	5-10.00 3
7 Hoffman, Jacob	12	SB-Luton	5-10.00 2
8 Lundt, Caden	10	Spirit Lake	5-10.00 1
9 Timmer, Dylan	09	Spencer	5-06.00

Boys Long Jump 3A

Name	Yr	School	Finals
1 Schaefer, Sean	11	Bishop Heela	21-07.50 10
2 Den Besten, Taiten	11	Boy-Hul/Rock	20-09.00 8
3 Rose, Carson	10	Bishop Heela	20-05.00 6
4 Aymar, Gannon	12	SB-Luton	19-11.50 5
5 Sandman, Logan	11	Spirit Lake	19-10.00 4
6 Blik, Blayne	11	Boy-Hul/Rock	19-05.50 3
7 Maasdam, Dylan	09	MOC-FV	19-03.75 2
8 Smith, Tyler	12	SB-Luton	19-01.75 1
9 Andres, Joey	10	Spirit Lake	18-09.75
10 Grant, Andrew	09	LeMars	18-03.00
11 Schmitz, Jackson	10	MOC-FV	17-02.50
12 Dalle, Zander	10	Sioux Center	16-09.50

Boys Shot Put 3A

Name	Yr	School	Finals
1 Cline, Kaleb	12	Spencer	51-01.50 10
2 Wilson, Alex	10	SB-Luton	47-11.50 8
3 Melnerney, Carson	10	Bishop Heela	47-11.00 6
4 Van Voorst, Lathan	11	Boy-Hul/Rock	47-05.00 5
5 Thomas, Kason	09	Bishop Heela	44-06.50 4
6 Cantrall, Cole	10	Spencer	43-04.50 3
7 Jervik, Julian	11	SB-Luton	42-00.50 2
8 Van Gelder, Brett	12	MOC-FV	41-10.00 1
9 Foreman, Jaxson	10	MOC-FV	41-07.50
10 Hernandez, Freddie	11	Sioux Center	41-06.50
11 Theesfeld, Nolan	09	Spirit Lake	40-11.00

Iowa Girls & Boys 3A Qualifying Track Meet - 5/11/2023

DeValois Stadium

Results - 3A District Events

Finals ... (Boys Shot Put 3A)

	Name	Yr	School	Finals
12	Jooste, Kullen	11	Sioux Center	40-09.50
13	Myers, Luke	12	Boy-Hul/Rock	40-04.00
14	Moss, Asher	10	LeMars	39-03.50
15	Jellema, Adryan	11	LeMars	39-02.00
16	Carlson, Ethan	10	Spirit Lake	38-06.50

Boys Discus Throw 3A

	Name	Yr	School	Finals
Finals				
1	Lutgen, Tylar	12	SB-Luton	156-11 10
2	McInerney, Carson	10	Bishop Heela	154-07 8
3	Cline, Kaleb	12	Spencer	151-00 6
4	Jalas, Evan	11	LeMars	135-08 5
5	Van Gelder, Brett	12	MOC-FV	132-09 4
6	Strait, Ryan	12	Boy-Hul/Rock	132-07 3
7	Hoffman, Ryan	11	SB-Luton	126-08 2
8	Cantrall, Cole	10	Spencer	121-04 1
9	Ostovic, Isaac	10	Spirit Lake	119-03
10	Jellema, Adryan	11	LeMars	118-05
11	Hellickson, Jacob	09	Spirit Lake	117-08
12	Myers, Luke	12	Boy-Hul/Rock	115-00
13	LaFleur, Jacob	12	Bishop Heela	108-04
14	Hernandez, Freddie	11	Sioux Center	103-08
15	Bundt, Ezra	10	MOC-FV	91-07

Women - 3A - Team Rankings - 19 Events Scored

1)	MOC-FV	139.5
2)	Spencer	120.5
3)	Sioux Center	107.5
4)	Spirit Lake	95
5)	LeMars	93
6)	Bishop Heelan	75
7)	Boy-Hul/Rock Val	71.5
8)	SB-Luton	29

Men - 3A - Team Rankings - 19 Events Scored

1)	Spirit Lake	166
2)	Bishop Heelan	116
3)	Spencer	111
4)	LeMars	93
5)	SB-Luton	88
6)	MOC-FV	72
7)	Sioux Center	50
8)	Boy-Hul/Rock Val	44