

Iowa Girls & Boys State Track Meet 2023 - 5/18/2023 to 5/20/2023

Des Moines, Iowa

Drake Stadium

Performance List

Event 6 Boys 100 Meter Dash 3A (24) Prelims

Thursday 5/18/2023 - 6:52 PM

State Record: 10.71 2022

Alex Mota, Marion

All-Time: 10.10 2002

Adam Haluska, Carroll

Name	Year	School	Seed	Time
1 Logan Fairchild	10	Winterset	10.82	1
2 Alex Mota	12	Marion	10.88	1
3 Jack Riley	12	W Burlington	10.88	1
4 Carter Toews	12	Spirit Lake	10.90	1
5 Ryan Brosius	12	Wahlert, Dub	10.97	1
6 CJ Shetterly	12	Pella	10.98	1
7 Sione Fifita	12	LeMars	10.99	2
8 Elijah Morris	12	Washington	11.01	2
9 Travain Donaldson	12	W Burlington	11.02	3
10 Aiden Flora	11	ADM, Adel	11.03	2
11 Will Neuharth	12	Harlan	11.08	1
12 Hagan Hanselman	12	Winterset	11.10	3
13 Evan Mahoney	11	Grinnell	11.12	2
14 Will Davidson	12	Mt Pleasant	11.12	4
15 Tye Hardin	11	Maquoketa	11.13	2
16 Jack Drier	12	Hampton-Dumont-CAL	11.17	1
17 Gavin Meader	11	Hampton-Dumont-CAL	11.18	2
18 Cade Sears	11	Harlan	11.19	2
19 Keaton Stanzel	11	Spencer	11.19	3
20 Alec McCormick	12	Carlisle	11.27	4
21 Aidan McDermott	12	Xavier, CR	11.29	3
22 Ben Wymer	12	Decorah	11.33	2
23 Carter Straw	12	Independence	11.37	3
24 Renzo Saenz	10	Perry	11.37	5

Event 14 Boys 200 Meter Dash 3A (24) Prelims

Thursday 5/18/2023 - 4:50 PM

State Record: 21.22 2017

Isaiah Trousil, W Burlington

All-Time: 20.80 1994

Tim Dwight, Iowa City High

Name	Year	School	Seed	Time
1 Logan Fairchild	10	Winterset	21.96	1
2 Carter Toews	12	Spirit Lake	22.04	1
3 Alex Mota	12	Marion	22.10	1
4 Will Ginter	11	Central DeWitt	22.18	1
5 Braedin Zondervan	11	Carlisle	22.27	2
6 Will Neuharth	12	Harlan	22.35	1
7 Hagan Hanselman	12	Winterset	22.39	3
8 Aiden Flora	11	ADM, Adel	22.40	4
9 Sione Fifita	12	LeMars	22.41	2
10 Tye Hardin	11	Maquoketa	22.42	2
11 Brock Carpenter	11	Epworth, WD	22.44	3
12 Evan Mahoney	11	Grinnell	22.44	1
13 Alec McCormick	12	Carlisle	22.45	5
14 Ryan Brosius	12	Wahlert, Dub	22.49	4
15 Sean Schaefer	11	Bishop Heelan	22.54	3
16 Blake Timmons	12	Solon	22.69	1

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Event 14 ... (Boys 200 Meter Dash 3A (24) Prelims)

	Name	Year	School	Seed Time	
17	Cade Sears	11	Harlan	22.73	2
18	CJ Hisler	12	Webster City	22.98	1
19	Ross Muhlbauer	12	North Polk	23.03	2
20	Kelley Gates	11	Decorah	23.13	2
21	Titan Schmitt	10	Clear Lake	23.15	3
22	Kellan Harter	09	Grinnell	23.16	2
23	Connor Kunze	09	Nevada	23.22	4
24	Nik Fullenkamp	12	Fort Madison	23.55	2

Event 22 Boys 400 Meter Dash 3A (24)

Thursday 5/18/2023 - 7:30 PM

State Record: 48.11 5/20/2005 Greg Offerman, Charles City

All-Time: 46.99 5/17/2019 Darien Porter, Bettendorf

	Name	Year	School	Seed Time	
1	Jensen Meeker	12	Mt Vernon	49.30	1
2	Zach Fall	12	Mt Vernon	49.43	2
3	Alex Fuller	12	Central DeWitt	49.77	1
4	Jeremy Bachus	12	Solon	49.81	1
5	Logan Fairchild	10	Winterset	50.11	1
6	Braedin Zondervan	11	Carlisle	50.32	2
7	Jevin Rexroth	12	Xavier, CR	50.45	2
8	Tristin DeJong	12	Knoxville	50.73	1
9	Tye Hardin	11	Maquoketa	50.77	3
10	Cade Olson	12	Decorah	50.88	3
11	Alec Ulin	11	Washington	51.08	2
12	Evan Allie	09	Algona	51.15	1
13	Chance Lande	11	Ballard	51.29	1
14	Kale Yoakum	11	North Polk	51.43	2
15	Colin Kerndt	10	Pella	51.63	2
16	Jameson Witt	11	Ballard	51.83	2
17	Qamerin Hussey	11	Spirit Lake	51.91	1
18	Lochlann O'Neal	10	Winterset	52.06	3
19	Gannon Aymar	12	SB-Luton	52.20	2
20	Ashton Moreno	10	Algona	52.26	3
21	Josiah Cunnings	11	Charles City	52.45	4
22	Cade Packard	12	Fort Madison	52.45	3
23	Ethan Perrien	12	Denison-Schlswg	52.47	3
24	Cooper Lautenbach	11	Pella	52.49	3

Event 30 Boys 800 Meter Run 3A (24)

Saturday 5/20/2023 - 11:30 AM

State Record: 1:53.74 2008 Isaac Wendland, Charles City

All-Time: 1:50.18 2007 Aaron Stockstell, Mid-Prairie

	Name	Year	School	Seed Time	
1	Chase Lauman	12	Pella	1:57.23	1
2	Tommy Tyynismaa	11	S Tama Cty	1:57.91	2
3	Ethan Eichhorn	11	Lewis Central	1:59.95	1
4	Andrew Smith	11	Glenwood	2:00.13	2
5	Jonas Conner	12	Grinnell	2:00.80	3
6	Austin Stierman	12	North Polk	2:00.83	1

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Event 30 ... (Boys 800 Meter Run 3A (24))

Name	Year	School	Seed Time		
7	Eli Page	11	Vinton-Shellbrg	2:00.98	1
8	Kade Diercks	11	Lewis Central	2:00.98	3
9	Carter Holland	11	Nevada	2:01.22	2
10	Zach Spora	12	North Polk	2:01.28	3
11	Mason Van Pelt	10	Humboldt	2:01.47	4
12	Quentin Nauman	09	Epworth, WD	2:01.54	1
13	Xander Graeser	10	Charles City	2:01.65	2
14	Jonathan Stoker	11	Gilbert	2:01.65	5
15	Gavin Day	10	Winterset	2:01.72	1
16	Brandon Briley	11	Creston	2:01.84	2
17	Leo Flores	12	Denison-Schlswg	2:01.96	4
18	Caleb Hoins	12	Waverly-SR	2:02.02	3
19	Cael Irving	10	Knoxville	2:02.04	4
20	Marcus Camacho	11	Xavier, CR	2:02.67	2
21	Alex Allen	11	LeMars	2:03.26	1
22	Evan Janzen	12	SB-Luton	2:03.96	2
23	Logan McDole	10	Washington	2:04.64	1
24	Michael Yeomans	11	Solon	2:04.65	2

Event 38 Boys 1600 Meter Run 3A (24)

Saturday 5/20/2023 - 2:30 PM

State Record: 4:09.67 5/23/2015 Thomas Pollard, Gilbert

All-Time: 4:05.61 2021 Nate Mueller, ADM

Name	Year	School	Seed Time		
1	Chase Lauman	12	Pella	4:21.17	1
2	Tommy Tyynismaa	11	S Tama Cty	4:27.25	2
3	Canaan Dunham	09	Pella	4:28.42	3
4	Isaiah Hammerand	12	Epworth, WD	4:28.92	1
5	Ethan Eichhorn	11	Lewis Central	4:29.67	1
6	Jedidiah Osgood	12	Marion	4:30.72	1
7	Bryant Keller	11	Glenwood	4:31.25	2
8	Zach Spora	12	North Polk	4:31.34	1
9	Austin Stierman	12	North Polk	4:32.61	2
10	James Brant	11	S Tama Cty	4:33.74	4
11	Cooper Cook	11	Marion	4:33.81	2
12	William Wadsley	12	Gilbert	4:33.91	3
13	Caleb Hoins	12	Waverly-SR	4:36.17	3
14	Blayze Havel	11	CPU	4:36.37	2
15	Mason Back	12	Winterset	4:36.75	1
16	Damon VandenBerg	12	Spirit Lake	4:37.61	1
17	Kade Diercks	11	Lewis Central	4:38.16	3
18	Gavin Weber	09	Algona	4:38.52	4
19	Micah Rees	11	Washington	4:38.54	1
20	Eli Page	11	Vinton-Shellbrg	4:38.55	4
21	Derek Fangman	12	Epworth, WD	4:39.03	3
22	Easton Van Den Berg	12	Sioux Center	4:40.60	2
23	Brody Roth	11	Carlisle	4:40.87	2
24	Brick Kabela	11	Solon	4:45.29	2

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Event 46 Boys 3200 Meter Run 3A (24)

Thursday 5/18/2023 - 4:05 PM

State Record: 8:50.43 5/22/2014 Thomas Pollard, Gilbert

All-Time: 8:50.43 5/22/2014 Thomas Pollard, Gilbert

Name	Year	School	Seed Time
1	Jedidiah Osgood	12 Marion	9:38.36 1
2	Chase Lauman	12 Pella	9:56.42 1
3	Isaiah Hammerand	12 Epworth, WD	10:01.33 1
4	Canaan Dunham	09 Pella	10:01.48 2
5	Torin Timmerman	10 ADM, Adel	10:02.45 1
6	Zach Spora	12 North Polk	10:03.32 1
7	William Wadsley	12 Gilbert	10:03.34 2
8	Collin Kessler	10 Winterset	10:03.46 2
9	Cooper Cook	11 Marion	10:03.79 2
10	Brody Roth	11 Carlisle	10:06.98 3
11	Max Spora	12 North Polk	10:07.97 3
12	Damon VandenBerg	12 Spirit Lake	10:08.57 1
13	Brandon Hughes	10 Spirit Lake	10:09.19 2
14	Bryant Keller	11 Glenwood	10:09.93 1
15	Carson Squiers	09 Gilbert	10:10.55 4
16	Ryan Stundahl	12 Algona	10:11.12 5
17	Grady Olberding	10 Mt Vernon	10:14.57 3
18	Ethan Eichhorn	11 Lewis Central	10:15.50 2
19	Isaac Rankin	09 Knoxville	10:16.60 3
20	Cadel Conner	09 Grinnell	10:17.19 4
21	David Lochner	12 Assumption	10:18.93 2
22	Joel Ramirez-Parra	09 Storm Lake	10:23.45 3
23	Brick Kabela	11 Solon	10:37.63 1
24	Micah Rees	11 Washington	10:39.73 2

Event 54 Boys 110 Meter Hurdles 3A (24) Prelims

Friday 5/19/2023 - 4:30 PM

State Record: 14.03 5/23/2014 Connor Ham, Solon

All-Time: 13.81 2022 Jack Latham, Spirit Lake

Name	Year	School	Seed Time
1	Grayson Hartman	12 Xavier, CR	14.13 1
2	Will Davidson	12 Mt Pleasant	14.48 1
3	Carter Toews	12 Spirit Lake	14.68 1
4	Tatum Westercamp	12 Oskaloosa	14.84 1
5	Ashton Hogrefe	11 Epworth, WD	14.88 2
6	Asa Newsom	12 Waverly-SR	15.16 1
7	Hunter Wauhob	10 Bishop Heelan	15.18 2
8	Koby Higginbotham	10 Knoxville	15.29 2
9	Ethan Stecker	10 Spirit Lake	15.32 3
10	Tristan Rheingans	11 Central DeWitt	15.35 3
11	Luke Fairchild	12 Pella	15.40 3
12	Zeke Nelson	12 Clear Lake	15.44 1
13	Sam Roose	12 Waverly-SR	15.48 2
14	Weston Johnson	11 Spencer	15.51 4
15	Aren Schlemme	09 Clear Crk-Amana	15.53 2
16	Andrew Schlemme	12 Clear Crk-Amana	15.55 3

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Event 54 ... (Boys 110 Meter Hurdles 3A (24) Prelims)

Name	Year	School	Seed Time
17 Brady Kohrs	12	Independence	15.57 3
18 Ryan Sadoski	12	LeMars	15.59 5
19 Colton Manock	11	North Polk	15.61 2
20 Anthony Driscoll-Lee	12	Glenwood	15.62 1
21 Caden Mart	12	North Polk	15.73 3
22 Austin Follis	12	Carlisle	15.85 1
23 Mark Mast	12	Carlisle	16.09 2
24 Jackson McLaren	12	Atlantic	16.45 2

Event 63 Boys 400 Meter Hurdles 3A (24)

Friday 5/19/2023 - 6:10 PM

State Record: 51.35 5/20/2005 Greg Offerman, Charles City

All-Time: 50.96 1996 Dustin Avey, Ames

Name	Year	School	Seed Time
1 Asa Newsom	12	Waverly-SR	53.74 1
2 Will Davidson	12	Mt Pleasant	54.12 1
3 Tristan Rheingans	11	Central DeWitt	55.00 1
4 Zach Lohmann	11	ADM, Adel	55.37 1
5 Caden Klein	09	Newton	55.75 1
6 Cole Carter	12	Knoxville	55.79 2
7 Ashton Hogrefe	11	Epworth, WD	56.34 2
8 Owen Myers	10	Perry	56.73 2
9 Christopher Meyer	09	Independence	56.90 2
10 Keenan Kruse	11	Solon	56.98 2
11 Nathan Miller	10	CPU	57.01 3
12 Easton Patterson	12	Benton Comm	57.13 3
13 Mason Claus	09	Keokuk	57.23 3
14 Nathan Feldman	10	North Polk	57.25 1
15 Colton Manock	11	North Polk	57.30 2
16 Quinn Olson	11	Bishop Heelan	57.36 1
17 Joe Goodhue	12	Carlisle	57.54 3
18 Waylon Bolibaugh	12	Oskaloosa	57.69 3
19 Preston Pitts	10	Spencer	57.73 2
20 Vinny Hayes	12	Boone	57.85 4
21 Sam Roose	12	Waverly-SR	57.89 4
22 Jady Cox	12	Atlantic	57.96 1
23 Brian Ibarra	12	Denison-Schlswg	58.00 2
24 Talan Hayworth	11	Bond-Farrar	58.32 4

Event 75 Boys 4x100 Meter Relay 3A (24) Prelims

Friday 5/19/2023 - 6:50 PM

State Record: 42.18 2008 Xavier, Cedar Rapids, Xavier, CR

D Kramer, D Woolner, C Reed, B Colston

All-Time: 41.33 1996 Iowa City High, Iowa City High

Team	Relay	Seed Time
1 Epworth, WD	1	42.75 1
1) Kaleb Rowland 11	2) Drew Burds 10	3) Grant Glauesser 11
5) Dillon Aulwes 11	6) Tyler Horstman 11	7) Ian Fagan 12
		8) Ashton Hogrefe 11

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Event 75 ... (Boys 4x100 Meter Relay 3A (24) Prelims)

	Team	Relay	Seed Time	
2	W Burlington	1	42.79	1
	1) Jace Figuereo 12	2) Grant Boal 12	3) Travain Donaldson 12	4) Jack Riley 12
	5) Landry Haberichter 09	6) Colby Booton 10	7) Owen Gulick 12	8) Layton Diewold 09
3	Hampton-Dumont-CAL	1	42.87	1
	1) Jack Drier 12	2) Tate Murray 11	3) Gavin Meader 11	4) Anthony Valenzuela 12
	5) Karter Janssen 11	6) Carson Hisler 11	7) Gage Plagge 11	8) Brody Walton 11
4	Spencer	1	42.92	1
	1) Keaton Stanzel 11	2) Miles Robbins 10	3) Jack Berends 10	4) Campbell Wessels 12
	5) Gavin Timmer 12	6) Ross Carlson 11	7) Reid Tigges 12	8) Adrian Carrillo 11
5	North Polk	1	42.93	2
	1) Nick Cox 12	2) Cooper Spurgeon 12	3) Brady Miller 12	4) Kaden Halterman 12
	5) Andrew Wilcox 11	6) Tyler Sullivan 12	7) Carter Van Brocklin 10	8) Jacob Blattel 11
6	Bishop Heelan	1	42.99	2
	1) Ricky Feauto 11	2) Sean Schaefer 11	3) Drew Uhl 11	4) Kannon Bork 11
	5) James Arlt 10	6) Hunter Wauhob 10	7) Isaiah Favors 11	8) Carson Rose 10
7	Pella	1	43.07	1
	1) Quinn Gruver 12	2) Cam Schulte 12	3) Ethan Hol 12	4) CJ Shetterly 12
	5) Trey Van Hauen 12	6) Bailey Shetterly 10	7) Luke Fairchild 12	8) Blake Roose 11
8	Harlan	1	43.09	1
	1) Jacob Birch 12	2) Cade Sears 11	3) Brehden Eggerss 11	4) Will Neuharth 12
	5) Aidan Hall 12	6) Matthew Sorfonden 11	7) Franz Reisz 11	8) Caden Bruck 10
9	Webster City	1	43.09	3
	1) Jayden Weinzettl 10	2) Keegan Hisler 11	3) CJ Hisler 12	4) Jaxon Cherry 11
	5) Luke Estlund 10	6) Aiden Hrnicek 09	7) Gabe Rollins 12	8) Lincoln Tielke 11
10	Carlisle	1	43.25	1
	1) Jack Laughlin 12	2) Alec McCormick 12	3) Juni McPhee 12	4) Braedin Zondervan 11
	5) Mason Lucas 10	6) Jack Brewer 12	7) Joe Goodhue 12	8) Caleb Nordhagen 10
11	Lewis Central	1	43.29	2
	1) Curtis Witte 11	2) Jonathan Humpal 12	3) Braylon Kammrad 12	4) Brody Patlan 10
	5) Aidan Bergman 11	6) Luciano Fidone 12	7) Caleb Moore 11	8) Chase Wallace 12
12	Spirit Lake	1	43.60	3
	1) Ethan Stecker 10	2) Jake Cornwall 12	3) Drew Alger 12	4) Jack Wajda 12
	5) Logan Sandman 11	6) Cooper Winkel 10	7) Carter Toews 12	8) Qamerin Hussey 11
13	Fort Madison	1	43.64	2
	1) Adam Sobczak 10	2) Dayton Lamar 10	3) Tate Settles 12	4) Julian Dear 10
	5) Nik Fullenkamp 12	6) Kiawante Smith 11	7) Henry Wiseman 11	8) Gavin Callahan 10
14	LeMars	1	43.70	4
	1) Ryan Sadoski 12	2) Israel Beltran 09	3) Matt Vondrak 12	4) Sione Fifita 12
	5) Andrew Grant 09	6) Jami Sitzmann 09	7) Noah Venteicher 12	8) Connor Jalas 12
15	Clear Lake	1	43.73	4
	1) Zeke Nelson 12	2) Alex Kerr 10	3) Sam Dodge 09	4) Titan Schmitt 10
	5) Blake Enke 10	6) Tate Garman 09	7) Aidan Hartl 11	8) Cael Stephany 11
16	Decorah	1	43.86	1
	1) Dakota Johnson 11	2) Kaiden Quandahl 11	3) Ben Wymer 12	4) Kelley Gates 11
	5) Gavin Groux 10	6) Peyton Webb 09	7) Joshua Adam 10	8) Brayden Hartl 11
17	Marion	1	44.02	2
	1) Creighton Wheeler 10	2) Alex Mota 12	3) Elliott Dyrland 12	4) Darius Rouson 11
	5) Gabriel Caldwell 11	6) Jakob Regennitter 12	7) Daegon Michaels 10	8) Matthew Danninger 09
18	Solon	1	44.07	3
	1) Brett White 11	2) Brayden Moore 11	3) Milo Ashbacker 11	4) Blake Timmons 12
	5) Nash Kotar 11	6) Austin Knight 11	7) Jeremy Bachus 12	8) Cole Carney 10

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Event 75 ... (Boys 4x100 Meter Relay 3A (24) Prelims)

Team	Relay	Seed Time
19 Mt Vernon	1	44.09 3
1) Colin Bentley 10	2) Evan Brase 11	3) Tyler Panos 12
5) Brady Erickson 12	6) Jase Jaspers 09	7) Jensen Meeker 12
20 Assumption	1	44.17 2
1) Mason McConnell 11	2) Derrick Bass 12	3) Cale Preston 12
5) Angelo Jackson 11	6) Jackson Wohlers 12	7) Tommy Bedford 10
21 Grinnell	1	44.18 2
1) Broc Heishman 10	2) Maxwell Mintle 11	3) Kellan Harter 09
5) Jack Stephens 11	6) Grace Kiphanzu 12	7) Andrew Peterson 11
22 Algona	1	44.28 5
1) Porter Reffer 11	2) Lamorn Ulfers 12	3) Alex Manske 10
5) William Weichert 09	6) Jayden Erpelding 11	7) Levi Walker 09
23 ADM, Adel	1	44.31 2
1) Aiden Flora 11	2) Jacob Kitzinger 12	3) Cade Morse 12
5) Zach Lohmann 11	6) Grant Engleman 10	7) Jamaul Richardson-Williams
24 Clear Crk-Amana	1	44.38 4
1) Aren Schlemme 09	2) Owen Rosenberg 10	3) Nick Johnson 12
5) Andrew Schlemme 12	6) Brayden Frank 10	7) Joey Dains 10

Event 83 Boys 4x200 Meter Relay 3A (24)

Friday 5/19/2023 - 5:25 PM

State Record: 1:27.87 5/20/2016 SB-Luton, SB-Luton
M George, R McGregor, D Girres, B Wall
All-Time: 1:26.17 2019 Valley, WDM, Valley, WDM
J Shaner, M Mahoney, R Neu, C Mitchell

Team	Relay	Seed Time
1 Hampton-Dumont-CAL	1	1:28.44 1
1) Jack Drier 12	2) Tate Murray 11	3) Gavin Meader 11
5) Karter Janssen 11	6) Carson Hisler 11	7) Gage Plagge 11
2 Harlan	1	1:28.83 1
1) Jacob Birch 12	2) Aidan Hall 12	3) Cade Sears 11
5) Brehden Eggerss 11	6) Matthew Sorfonden 11	7) Will Arkfeld 11
3 North Polk	1	1:29.20 2
1) Jacob Blattel 11	2) Kaden Halterman 12	3) Brady Miller 12
5) Carter Van Brocklin 10	6) Jake Hout 10	7) Ross Muhlbauer 12
4 Epworth, WD	1	1:29.31 1
1) Brock Carpenter 11	2) Drew Burds 10	3) Grant Glausser 11
5) Dillon Aulwes 11	6) Caleb Klein 12	7) Tyler Horstman 11
5 Pella	1	1:29.33 1
1) Quinn Gruver 12	2) Cam Schulte 12	3) Bailey Shetterly 10
5) Trey Van Hauen 12	6) Ethan Hol 12	7) Cooper Lautenbach 11
6 W Burlington	1	1:29.70 1
1) Jack Riley 12	2) Grant Boal 12	3) Travain Donaldson 12
5) Caden Schwenker 11	6) Colby Booton 10	7) Layton Diewold 09
7 Central DeWitt	1	1:29.90 2
1) David Harper Jr 12	2) Tristan Rheingans 11	3) Alexander Brown 09
5) Alex Fuller 12	6) Abe Krukow 10	7) Michael Palmer 09
8 Newton	1	1:30.08 2
1) Curtis Payne 11	2) Nate Lampe 11	3) Reilly Trease 10
5) Cody Klein 11	6) Nathan Milburn 11	7) Caden Klein 09

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Event 83 ... (Boys 4x200 Meter Relay 3A (24))

	Team	Relay	Seed Time	
9	Lewis Central	1	1:30.16	2
	1) Curtis Witte 11	2) Jonathan Humpal 12	3) Braylon Kammrad 12	4) Brody Patlan 10
	5) Aidan Bergman 11	6) Luciano Fidone 12	7) Karson Lea 12	8) Jimmy Scott 09
10	ADM, Adel	1	1:30.30	1
	1) Aiden Flora 11	2) Zach Lohmann 11	3) Cade Morse 12	4) Grant Engleman 10
	5) Jamaul Richardson-Williams	6) Tyler Gelhaar 11	7) Carter Padget 11	8) Reed Obstarczyk 09
11	Decorah	1	1:30.74	1
	1) Dakota Johnson 11	2) Kaiden Quandahl 11	3) Ben Wymer 12	4) Kelley Gates 11
	5) Gavin Groux 10	6) Peyton Webb 09	7) Joshua Adam 10	8) Brayden Hartl 11
12	Wahlert, Dub	1	1:30.81	3
	1) Foti Rigopoulos 10	2) Tom Scherr 10	3) Matthew Nachtman 12	4) Ryan Brosius 12
	5) Drew Reilly 10	6) Andrew Slaght 11	7) William Herbst 12	8) Ryder Vallee 11
13	Assumption	1	1:30.97	4
	1) Mason McConnell 11	2) Derrick Bass 12	3) Cale Preston 12	4) Jake Timmons 11
	5) Angelo Jackson 11	6) Lane Gerard 11	7) Jack Roche 10	8) Keaton Oneill 10
14	Solon	1	1:31.05	2
	1) Brayden Moore 11	2) Rhett Mesch 11	3) Austin Knight 11	4) Blake Timmons 12
	5) Jeremy Bachus 12	6) Milo Ashbacher 11	7) Cole Carney 10	8) Einar Stecher 09
15	Mt Vernon	1	1:31.21	2
	1) Caden Stimmel 12	2) Evan Brase 11	3) Colin Bentley 10	4) Cyrus Zangerle 12
	5) Oliver Gardner 12	6) Brady Erickson 12	7) Jensen Meecker 12	8) Tyler Panos 12
16	Benton Comm	1	1:31.24	3
	1) Evan Martin 09	2) Carson Bruns 11	3) Logan Upah 10	4) Sam Wallace 12
	5) Noah Franck 12	6) Malique Henderson 11	7) Gavin Brooks 10	8) Owen Tjelmeland 11
17	Spencer	1	1:31.30	1
	1) Miles Robbins 10	2) Campbell Wessels 12	3) Reid Tigges 12	4) Jack Berends 10
	5) Ross Carlson 11	6) Gavin Timmer 12	7) Keaton Stanzel 11	8) Adrian Carrillo 11
18	Clear Lake	1	1:31.57	3
	1) Blake Enke 10	2) Alex Kerr 10	3) Sam Dodge 09	4) Titan Schmitt 10
	5) Zeke Nelson 12	6) Tate Garman 09	7) Aidan Hartl 11	8) Tyler LeFevre 11
19	Webster City	1	1:31.64	4
	1) Jayden Weinzetl 10	2) Keegan Hisler 11	3) Luke Estlund 10	4) CJ Hisler 12
	5) Aiden Hrnicek 09	6) Jaxon Cherry 11	7) Gabe Rollins 12	8) Lincoln Tielke 11
20	Waverly-SR	1	1:32.10	4
	1) Austin Carter 12	2) Carson Reznicek 12	3) Jameson Toma 10	4) Nolan Foster 10
	5) Jude Landers 11	6) Sam Wilson 10	7) Ayden Hoffert 11	8) Jack Wilson 12
21	Clear Crk-Amana	1	1:32.20	3
	1) Andrew Schlemme 12	2) Owen Rosenberg 10	3) Nick Johnson 12	4) Brayden Frank 10
	5) Joey Dains 10	6) Eston McAlpin 12	7) Cale Berry 10	8) Josh Loren 12
22	Algona	1	1:32.84	5
	1) Porter Reffer 11	2) William Weichert 09	3) Lamorn Ulfers 12	4) Alex Manske 10
	5) Evan Allie 09	6) Jayden Erpelding 11	7) Uriel Pena 12	8) Levi Walker 09
23	Carlisle	1	1:33.28	2
	1) Joe Goodhue 12	2) Caleb Nordhagen 10	3) Juni McPhee 12	4) Jack Laughlin 12
	5) Mason Lucas 10	6) Alec McCormick 12	7) Braedin Zondervan 11	8) Grant Weston 11
24	Spirit Lake	1	1:33.88	2
	1) Logan Sandman 11	2) Drew Alger 12	3) Dylan Stecker 10	4) Tate Orpen 10
	5) Cooper Winkel 10	6) Jake Cornwall 12	7) Qamerin Hussey 11	8) Carter Toews 12

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Event 91 Boys 4x400 Meter Relay 3A (24) Prelims**Friday 5/19/2023 - 8:00 PM**

State Record: 3:18.24 2009 Bishop Heelan, SC, Bishop Heelan, SC
P Ives, M Malloy, N Berger, B Dougherty

All-Time: 3:13.80 5/19/2006 Valley West Des Moines, WDM Valley
B Collins, Z Sandvig, R Keairnes, B McSkimming

Team	Relay	Seed Time
1 Mt Vernon	1	3:23.03 1
1) Jensen Meeker 12	2) Brady Erickson 12	3) Oliver Gardner 12
5) Caden Stimmel 12	6) Jackson Jaspers 11	7) Ryne Moeller 12
4) Zach Fall 12		
2 Knoxville	1	3:25.26 1
1) Austin Washington 11	2) Koby Higginbotham 10	3) Kaden McGill 12
5) Kaden Curry 12	4) Tristin DeJong 12	
3 Newton	1	3:25.32 2
1) Caden Klein 09	2) Nate Lampe 11	3) Curtis Payne 11
5) Cole Walter 11	6) Brody Bauer 12	7) Cody Klein 11
4) Christian Ergenbright 10	8) Koltt Ahn 09	
4 Epworth, WD	1	3:25.70 1
1) Ian Fagan 12	2) Nathan Williams 12	3) Dillon Aulwes 11
5) Ryan Digmann 11	6) Quentin Nauman 09	7) Ashton Hogrefe 11
4) Tyler Horstman 11	8) Caleb Klein 12	
5 Decorah	1	3:26.54 2
1) Gavin Groux 10	2) Cade Olson 12	3) Trevor Kuennen 09
5) Ben Wymer 12	6) Kelley Gates 11	7) Dakota Johnson 11
4) Brayden Hartl 11	8) Joshua Adam 10	
6 Winterset	1	3:26.58 1
1) Logan Fairchild 10	2) Hagan Hanselman 12	3) Luke Heithoff 12
5) Lochlann O'Neal 10	6) Bowen Tadlock 10	7) Ethan Easter 12
4) Gavin Day 10	8) Ben Strohbehm 10	
7 Central DeWitt	1	3:26.63 2
1) Alex Fuller 12	2) Will Ginter 11	3) Caleb Olson 10
5) Alexander Brown 09	6) Nathan Butler 10	7) David Harper Jr 12
4) Tristan Rheingans 11	8) Brady Freeman 11	
8 North Polk	1	3:26.64 1
1) Kale Yoakum 11	2) Jacob Blattel 11	3) Ross Muhlbauer 12
5) Nathan Feldman 10	6) Jake Hout 10	7) Jaxon Rutledge 12
4) Colton Manock 11	8) Ethan Stierman 12	
9 Pella	1	3:27.04 3
1) Cooper Lautenbach 11	2) Bailey Shetterly 10	3) Colin Kerndt 10
5) Nathan Vander Waal 11	6) Chase Lauman 12	7) Rex Rhamy 09
4) Trey Van Hauen 12	8) Cor Huyser 11	
10 Solon	1	3:27.06 1
1) Rhet Mesch 11	2) Michael Yeomans 11	3) Grant Knipper 11
5) Blake Timmons 12	6) Austin Knight 11	7) Grant Bumsted 11
4) Jeremy Bachus 12	8) Tyler Bell 10	
11 Algona	1	3:27.07 2
1) Ashton Moreno 10	2) Caden Weber 12	3) Caleb Omdahl 12
5) Gavin Weber 09	6) Levi Clegg 12	7) Joesph Ricklefs 11
4) Evan Allie 09	8) Samuel Tiili 11	
12 SB-Luton	1	3:27.62 1
1) Scott Kroll 12	2) Gannon Aymar 12	3) Easton Wheeler 12
5) Nick Hinkel 12	6) Carter Eldridge 11	7) Kellan Benson 10
4) Evan Janzen 12	8) Isaiah Jervik 09	
13 Waverly-SR	1	3:27.91 3
1) Sam Wilson 10	2) Samuel Freese 11	3) Nolan Foster 10
5) Sam Roose 12	6) Mekyver Hagarty 09	7) Carson Reznicek 12
4) Asa Newsom 12	8) Jack Wilson 12	
14 Washington	1	3:28.12 2
1) Logan McDole 10	2) Ethan Patterson 12	3) Cameron Vongpanya 12
5) Jack Kleese 12	6) Drew Horak 12	7) Seth Shepherd 10
4) Alec Ulin 11	8) Elijah Morris 12	
15 ADM, Adel	1	3:28.62 2
1) Grant Engleman 10	2) Cade Morse 12	3) Brayden Rynearson 10
5) Zach Lohmann 11	6) Cameron Forgy 10	7) Hudson Shull 09
4) Chase Grove 12	8) Harrison Desmarais 12	

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Event 91 ... (Boys 4x400 Meter Relay 3A (24) Prelims)

Team	Relay	Seed Time
16 CPU	1	3:29.60 3
1) Brecken Andersen 10	2) Cooper Grimm 09	3) Jack Witte 11
5) Nathan Miller 10	6) Jonah Salow 12	4) Peyton Stowers 11
7) AJ Maloney 09		
17 Atlantic	1	3:29.66 1
1) Tyson O'Brien 10	2) Bennett Whetstone 11	3) Caden Andersen 12
5) Colton Rasmussen 11	6) Tanner Oâ€™brien 12	4) Carter Pellett 12
7) Jayden Proehl 12	8) Jady Cox 12	
18 Ballard	1	3:29.91 2
1) Jameson Witt 11	2) Jakson Fleischmann 11	3) Eli Rouse 11
5) Trent Payne 12	6) Nicolas Schonhorst 10	4) Chance Lande 11
19 Mt Pleasant	1	3:30.19 3
1) Jacob Richtman 12	2) Gabe Feldmann 12	3) Ben Carthey 11
5) Jude Dykstra 09	6) Avin Truong 10	4) Mason Sloat 11
7) Will Davidson 12		
20 Spirit Lake	1	3:30.36 2
1) Qamerin Hussey 11	2) Wesley Walz 09	3) Jack Wajda 12
5) Damon VandenBerg 12	6) Simon Leinbaugh 11	4) Ryder Sundall 11
7) Justyn Hamm 12	8) Dietrich Dirks 10	
21 Xavier, CR	1	3:30.72 4
1) Kaleb Wilgenbusch 10	2) Josef Lemker 12	3) Jevin Rexroth 12
5) Aidan McDermott 12	6) Marcus Camacho 11	4) Lucas Frost 11
7) Liam Perreault 11	8) Cody Mason 09	
22 Humboldt	1	3:30.84 3
1) Jackson Dodd 10	2) Landyn Denklau 09	3) Elliot Carlson 10
5) Coen Matson 10	6) Tyler Carlson 10	4) Mason Van Pelt 10
7) Ty Schluter 12	8) Peyton Van Pelt 11	
23 LeMars	1	3:30.96 3
1) Beau Wadle 11	2) Alex Allen 11	3) Connor Jalas 12
5) Andrew Grant 09	6) Quinn Laskie 11	4) Trace Obbink 11
7) Teagen Kasel 11		
24 Glenwood	1	3:31.50 3
1) Victor Cruz 10	2) Jake Shannon 11	3) Cooper DeLashmutt 10
5) Pierce Dalton 09	6) Aaron McPherson 11	4) Andrew Smith 11
7) Preston Slayman 12	8) Bryant Keller 11	

Event 99 Boys 4x800 Meter Relay 3A (24)

Thursday 5/18/2023 - 6:10 PM

State Record: 7:49.07 5/19/2011 Spirit Lake Park, Spirit Lake
A Baldwin, K Byers, K Feldick, W Norris

All-Time: 7:41.43 5/21/2015 Ames, Ames
L Grim, K Chol, A Akok, D Chan

Team	Relay	Seed Time
1 Epworth, WD	1	8:04.40 1
1) Derek Fangman 12	2) Nathan Williams 12	3) Ryan Digmann 11
5) Isaiah Hammerand 12	6) Caiden Begle 09	4) Quentin Nauman 09
2 CPU	1	8:05.72 2
1) Brecken Andersen 10	2) Jack Witte 11	3) Blayze Havel 11
5) Cooper Grimm 09	6) Jonah Salow 12	4) Peyton Stowers 11
3 Xavier, CR	1	8:06.43 3
1) Josef Lemker 12	2) Jevin Rexroth 12	3) Kaleb Wilgenbusch 10
5) Zack Pisney 12	6) Dylan Lang 09	4) Marcus Camacho 11
7) Gunnar Black 10	8) Lucas Frost 11	
4 Mt Vernon	1	8:11.53 1
1) Ryne Moeller 12	2) Zach Fall 12	3) Dawson Scheil 09
5) Grady Olberding 10	6) Seamus O'Connor 10	4) Jensen Meeker 12
7) Shelton Poteat 10		
5 Nevada	1	8:12.70 1
1) Nick Frideres 12	2) Paul Stephens 09	3) Brian Rohde 10
5) Dawson Lenke 09	6) Will Bauman 11	4) Carter Holland 11
7) Bo Hanson 09	8) Ryan Wessels 10	

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Event 99 ... (Boys 4x800 Meter Relay 3A (24))

	Team	Relay	Seed Time
6	Clear Crk-Amana	1	8:13.08 1
	1) Brock Hilsman 10	2) Cash Jensen 12	3) Jamie Hayes 11
	5) Cameron Kimm 12	6) Thomas Stiltner 11	7) Noah Yost 11
			8) Peyton Stadler 12
7	Gilbert	1	8:13.18 2
	1) Preston Stensland 09	2) Harrison Kraehling 11	3) Zain Mueller 11
	5) William Wadsley 12	6) Carson Squiers 09	7) Emmett Barber 10
8	Vinton-Shellbrg	1	8:13.98 2
	1) Eli Page 11	2) Dallas Fairbanks 10	3) Elijah Blix 12
	5) Jack Blais 09	6) Calhen Christenson 09	7) Austin Kemp 12
			8) Alex Bramow 10
9	North Polk	1	8:14.74 3
	1) Ethan Stierman 12	2) Alik Mcilravy 11	3) Jackson Nemmers 12
	5) Max Spora 12	6) Zach Spora 12	7) Evan Kelsick 10
			8) Aiden Kelsick 12
10	Pella	1	8:15.45 1
	1) Trey Van Hauen 12	2) Atticus Vos 11	3) Wyatt Van Dyke 11
	5) Chase Lauman 12	6) Canaan Dunham 09	7) Cooper Vande Voort 12
			8) Mason Gaulke 09
11	Mt Pleasant	1	8:16.85 2
	1) Gabe Feldmann 12	2) Jacob Richtman 12	3) Isaac Rynders 12
	5) Tyler Johnson 12	6) Jude Dykstra 09	4) Ben Carthey 11
12	Winterset	1	8:17.73 1
	1) Mason Back 12	2) Eli Cowman 11	3) Luke Heithoff 12
	5) Ben Strohhenn 10	6) Ethan Easter 12	7) Collin Kessler 10
			8) Cole Hotopp 10
13	Washington	1	8:18.86 3
	1) Logan McDole 10	2) Drew Horak 12	3) Andrew Rees 09
	5) Tyler Alderton 10	6) Sawyer Tschantz 09	7) Dirk Rothe 10
			8) Kael Malichky 11
14	Atlantic	1	8:18.88 1
	1) Caden Andersen 12	2) Bennett Whetstone 11	3) Tanner Oâ€™brien 12
	5) Jayden Proehl 12	6) Colin Rudy 09	7) Preston Williams 09
			8) Logan Tarrell 12
15	Ballard	1	8:19.80 2
	1) Trent Payne 12	2) Jameson Witt 11	3) Jakson Fleischmann 11
	5) Bradley Sage 11		4) Chance Lande 11
16	Waverly-SR	1	8:20.19 3
	1) Caleb Hoins 12	2) Caden Kueker 12	3) Samuel Freese 11
	5) Caleb Schipper 09	6) Austin Soldwisch 10	7) Sam Wilson 10
			8) Marshall Meyer 12
17	S Tama Cty	1	8:20.95 2
	1) James Brant 11	2) Braxten Rohrs 11	3) Cade Rosenberger 11
	5) Holden Schirmer 11	6) Barrett Jesina 09	4) Tommy Tynismaa 11
18	Solon	1	8:22.43 4
	1) Michael Yeomans 11	2) Maddox Shipley 12	3) Wyatt Applegarth 11
	5) Rhett Mesch 11	6) Spencer Michels 09	7) Colin Bumsted 11
			8) Brick Kabela 11
19	Assumption	1	8:22.97 4
	1) Colton Pilgrim 12	2) Peyton Pilgrim 11	3) John Murphy 09
	5) Connor Lerch 10	6) David Lochner 12	7) Kolt Morgan 09
			8) Michael Kersten 12
20	Sioux Center	1	8:23.63 1
	1) Hudson Vonk 11	2) Micah Truesdell 12	3) Easton Kroese 11
	5) Lane Waddle 09		4) Easton Van Den Berg 12
21	Central DeWitt	1	8:23.99 5
	1) Caleb Olson 10	2) Ben Zimmer 11	3) Samuel Bloom 12
	5) Greyson Dollar 10	6) Keegan Peterson 10	7) Corbin Jorgensen 10
			4) Brady Freeman 11
22	ADM, Adel	1	8:26.22 2
	1) Hudson Shull 09	2) Shay Holdmeyer 10	3) Brayden Rynearson 10
	5) Sam Peters 11	6) Pierson Lee 12	7) Camden Post 09
			8) Torin Timmerman 10

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Event 99 ... (Boys 4x800 Meter Relay 3A (24))

	Team	Relay	Seed Time
23	Lewis Central	1	8:26.71 3
	1) Colin Petersen 10	2) Haidyn Cox 11	3) Kade Diercks 11
	5) Ethan Eichhorn 11	6) Jamison Olson 10	7) Richard Selken 10
			8) Gabriel Watson 12
24	Spencer	1	8:28.32 2
	1) Sergio Tello 10	2) Van Munson 11	3) Rylei Koppie 09
	5) Noah Fullhart 09	6) Reno Anderson 09	4) Carson Krogman 10

Event 103 Boys 100 Meter Run WC (1)

Saturday 5/20/2023 - 12:42 PM

State Record: 16.07 5/22/2021 Evan Correll, Waukee

All-Time: 15.11 2021 Evan Correll, Waukee

	Name	Year	School	Seed Time
1	Josh Anderson	09	Washington	22.30 1

Event 105 Boys 200 Meter Run WC (1)

Saturday 5/20/2023 - 1:50 PM

State Record: 29.17 5/22/2021 Evan Correll, Waukee

All-Time: 27.97 2021 Evan Correll, Waukee

	Name	Year	School	Seed Time
1	Josh Anderson	09	Washington	39.91 1

Event 107 Boys 400 Meter Run WC (1)

Saturday 5/20/2023 - 3:20 PM

State Record: 56.09 5/22/2021 Evan Correll, Waukee

All-Time: 51.96 2021 Evan Correll, Waukee

	Name	Year	School	Seed Time
1	Josh Anderson	09	Washington	1:21.12 1

Event 113 Boys Distance Medley 3A (24)

Friday 5/19/2023 - 3:40 PM

State Record: 3:27.49 2022 Dallas Center-Grimes, Dallas Center-Grimes
K Jackson, G Todd, D Onwuramaka, A Ramsey

All-Time: 3:22.69 2001 Iowa City High, Iowa City High

	Team	Relay	Seed Time
1	Pella	1	3:33.41 1
	1) Quinn Gruver 12	2) Cam Schulte 12	3) Trey Van Hauen 12
	5) Canaan Dunham 09	6) Bailey Shetterly 10	7) CJ Shetterly 12
			8) Chase Lauman 12
2	S Tama Cty	1	3:35.90 2
	1) Trey Etzen 12	2) Cody Blocker 10	3) James Brant 11
	5) Tyrus Clegg 10	6) Jeramy Dolash 11	7) Braxten Rohrs 11
			8) Tommy Tyynismaa 11
3	Epworth, WD	1	3:36.11 1
	1) Tyler Horstman 11	2) Dillon Aulwes 11	3) Nathan Williams 12
	5) Ian Fagan 12	6) Drew Burds 10	7) Caleb Klein 12
			8) Quentin Nauman 09
4	Waverly-SR	1	3:36.48 1
	1) Carson Reznicek 12	2) Nolan Foster 10	3) Sam Wilson 10
	5) Jude Landers 11	6) Mekyver Hagarty 09	7) Austin Carter 12
			8) Caden Kueker 12
5	Vinton-Shellbrg	1	3:36.54 2
	1) Austin Kemp 12	2) Darian Schneider 11	3) Dallas Fairbanks 10
	5) Jacob Dudley 10	6) Alex Bramow 10	7) Alex Torres 09
			8) Eli Page 11
6	Lewis Central	1	3:38.09 1
	1) Curtis Witte 11	2) Braylon Kammrad 12	3) Aidan Bergman 11
	5) Marshall Arkfeld 10	6) Kade Diercks 11	7) Jonathan Humpal 12
			8) Ethan Eichhorn 11
			8) Brody Patlan 10

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Event 113 ... (Boys Distance Medley 3A (24))

Event	Team	Relay	Seed Time
7	Glenwood	1	3:38.17 2
	1) Jackson Mulkins 10	2) Payton Longmeyer 11	3) Cooper DeLashmutt 10
	5) Victor Cruz 10	6) Bryant Keller 11	4) Andrew Smith 11
		7) Bryce Keller 09	8) Tristan Meier 10
8	Winterset	1	3:38.20 1
	1) Hagan Hanselman 12	2) Tate Thompson 11	3) Luke Heithoff 12
	5) Logan Fairchild 10	6) Gavin Day 10	4) Mason Back 12
		7) Lochlann O'Neal 10	8) Jaydn Cooper 10
9	Gilbert	1	3:38.61 1
	1) Nolan Weber 12	2) Will Hawthorne 10	3) Carson Ragaller 12
	5) Isaac Baker 11	6) Paul Marpe 09	4) William Wadsley 12
		7) Emmett Barber 10	8) Jonathan Stoker 11
10	Grinnell	1	3:38.62 3
	1) Broc Heishman 10	2) Maxwell Mintle 11	3) Kellan Harter 09
	5) Evan Mahoney 11	6) Carson Penyich 11	4) Jonas Conner 12
		7) Owen Loftin 09	8) Liam Crites 09
11	Creston	1	3:38.73 2
	1) Tyler Riley 10	2) Chris Aragon 12	3) Austin Evans 11
	5) Ty Morrison 12	6) Milo Staver 11	4) Brandon Briley 11
		7) Seth Gordon 09	8) Jackson Pettegrew 09
12	Xavier, CR	1	3:39.22 2
	1) Kaleb Wilgenbusch 10	2) Grayson Hartman 12	3) Lucas Frost 11
	5) Liam Perreault 11	6) Marcus Camacho 11	4) Josef Lemker 12
		7) Joseph Casey 11	8) Aidan McDermott 12
13	North Polk	1	3:39.44 2
	1) Andrew Wilcox 11	2) Nick Cox 12	3) Ross Muhlbauer 12
	5) Brady Miller 12	6) Cooper Spurgeon 12	4) Ethan Stierman 12
		7) Zach Spora 12	8) Alik McIlravy 11
14	Mt Vernon	1	3:39.51 3
	1) Caden Stimmel 12	2) Colin Bentley 10	3) Brady Erickson 12
	5) Zach Fall 12	6) Jensen Meecker 12	4) Grady Olberding 10
15	Knoxville	1	3:40.40 4
	1) Cole Carter 12	2) Austin Washington 11	3) Kaden McGill 12
	5) Koby Higginbotham 10	6) Tristin DeJong 12	4) Kaden Curry 12
16	Clear Crk-Amara	1	3:40.88 1
	1) Aren Schlemme 09	2) Joey Dains 10	3) Cash Jensen 12
	5) Brayden Frank 10	6) Jamie Hayes 11	4) Brock Hilsman 10
		7) Nick Johnson 12	8) Eston McAlpin 12
17	CPU	1	3:40.94 3
	1) AJ Maloney 09	2) Carter Andrews 10	3) Jack Witte 11
	5) Tyler Bark 11	6) Peyton Stowers 11	4) Brecken Andersen 10
		7) Blayze Havel 11	
18	Algona	1	3:41.13 3
	1) Porter Reffer 11	2) Alex Manske 10	3) Caden Weber 12
	5) Jayden Erpelding 11	6) Lamorn Ulfers 12	4) Gavin Weber 09
		7) Ashton Moreno 10	8) Joesph Ricklefs 11
19	Clear Lake	1	3:41.15 4
	1) Tate Garman 09	2) Alex Kerr 10	3) Zeke Nelson 12
	5) Titan Schmitt 10	6) Marcus Skidmore 12	4) Jack Crane 12
		7) Jack Englin 11	8) Blake Enke 10
20	Denison-Schlschw	1	3:41.62 3
	1) David Cardenas 12	2) Anthony Arambula 10	3) Luke Wiebers 11
	5) Brailyn Desy 10	6) Brian Ibarra 12	4) Leo Flores 12
		7) Ethan Perrien 12	8) Jake Fink 11
21	SB-Luton	1	3:43.53 1
	1) Easton Wheeler 12	2) Joe Hardy 09	3) Scott Kroll 12
	5) Daniel Delarosa 09	6) Kellan Benson 10	4) Evan Janzen 12
		7) Kasey McGregor 10	8) Nick Hinkel 12
22	Spirit Lake	1	3:43.58 2
	1) Jake Cornwall 12	2) Qamerin Hussey 11	3) Jack Wajda 12
	5) Damon VandenBerg 12	6) Logan Sandman 11	4) Ryder Sundall 11
		7) Carter Toews 12	8) Tate Orpen 10
23	Solon	1	3:43.59 2
	1) Milo Ashbacker 11	2) Grant Knipper 11	3) Grant Bumsted 11
	5) Michael Yeomans 11	6) Rhett Mesch 11	4) Brick Kabela 11
		7) Maddox Shipley 12	8) Jeremy Bachus 12

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Event 113 ... (Boys Distance Medley 3A (24))

Team	Relay	Seed Time
24 DSM, Hoover	1	3:44.01 3
1) Jonteze Powell 12	2) Chase Henderson 12	3) Justice Parkey 10
5) Moses Gorh 12	6) Elias Young 09	7) Niyo Francois 10
		8) Xzavijhon Taylor 11

Event 121 Boys High Jump 3A (24)

Thursday 5/18/2023 - 2:00 PM

State Record: 6-11 2008 Colten Kelly, Anamosa
All-Time: 7-03.50 1981 Brian Tietjens, North Central, Manly

Name	Year	School	Seed Mark
1 Jesse Van Kalsbeek	11	MOC-FV	6-07.00 1
2 Dylan Stecker	10	Spirit Lake	6-06.00 2
3 Sione Fifita	12	LeMars	6-05.00 3
4 Josiah Cunnings	11	Charles City	6-03.00 2
5 Brady Kurt	10	Independence	6-03.00 1
6 Ryan Giberson	10	Fairfield	6-03.00 1
7 Colton Rasmussen	11	Atlantic	6-02.00 1
8 Colby Cornelius	12	Central DeWitt	6-02.00 1
9 Jaron Bleeker	11	Bishop Heelan	6-01.00 4
10 Malakai Johnson-Bassey	12	DSM, Hoover	6-01.00 1
11 Jayden Proehl	12	Atlantic	6-01.00 3
12 Trey Hunter	12	Carroll	6-01.00 2
13 Carson Penyich	11	Grinnell	6-01.00 1
14 Dylan Litzel	11	Clear Lake	6-01.00 1
15 Caleb Omdahl	12	Algona	6-01.00 2
16 Kaiden Smith	10	Knoxville	6-01.00 2
17 Shawn Wokittle	12	North Polk	6-00.00 3
18 Oaken Foster	12	Solon	6-00.00 2
19 Kyler Chapman	10	ADM, Adel	6-00.00 2
20 Jaden Then	10	Epworth, WD	6-00.00 2
21 Damian Miller	11	DSM, Hoover	5-10.00 3
22 Reed Pfaltzgraff	11	Bond-Farrar	5-10.00 3
23 Peyton Webb	09	Decorah	5-10.00 3
24 Eli Zillman	09	Fairfield	5-10.00 3

Event 129 Boys Long Jump 3A (24)

Friday 5/19/2023 - 2:05 PM

State Record: 23-04.25 5/23/2014 Chandler Diercks, Clear Lake
All-Time: 24-10 2022 Abu Sama, Southeast Polk

Name	Year	School	Seed Mark
1 Avin Truong	10	Mt Pleasant	22-08.50 1
2 Josiah Cunnings	11	Charles City	22-06.25 1
3 Daviyon Gaston	12	Epworth, WD	21-11.25 1
4 Sean Schaefer	11	Bishop Heelan	21-07.50 1
5 Brehden Eggerss	11	Harlan	21-06.50 1
6 Caleb Bock	10	Solon	21-05.00 2
7 Jacob Blattel	11	North Polk	21-04.50 1
8 Tristin DeJong	12	Knoxville	21-04.00 1
9 Oaken Foster	12	Solon	21-03.50 3
10 Anthony Driscoll-Lee	12	Glenwood	21-03.50 2
11 Juni McPhee	12	Carlisle	21-03.00 1

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Event 129 ... (Boys Long Jump 3A (24))

Name	Year	School	Seed	Mark
12	Kaiden Quandahl	11 Decorah	21-03.00	2
13	Keelan Hoover	12 Independence	21-02.50	3
14	Anthony Arambula	10 Denison-Schlswg	21-01.00	3
15	Chase Ihle	09 Ballard	21-00.25	4
16	Tatum Westercamp	12 Oskaloosa	21-00.00	2
17	Elliot Carlson	10 Humboldt	20-11.75	2
18	Taiten Den Besten	11 Boy-Hul/Rock Val	20-09.00	2
19	Sam Roose	12 Waverly-SR	20-08.50	4
20	Colton Rasmussen	11 Atlantic	20-08.00	5
21	Jaylen Davis	09 Lewis Central	20-07.50	6
22	AJ Maloney	09 CPU	20-07.50	2
23	Quentin Burt	12 Bond-Farrar	20-05.50	3
24	Tyler Gelhaar	11 ADM, Adel	20-03.75	2

Event 137 Boys Discus Throw 3A (24)

Thursday 5/18/2023 - 4:30 PM

State Record: 190-10 2017
All-Time: 207-08 1978

Tristian Wirfs, Mount Vernon
Scott Crowell, Mason City

Name	Year	School	Seed	Mark
1	Brandon Fischer	12 Pella	190-05	1
2	Duke Faley	12 Wahlert, Dub	185-05	1
3	Jaxon Cherry	11 Webster City	168-08	1
4	Hanson King	11 Pella	161-08	2
5	Adam Smith	12 Solon	160-09	1
6	Ben Kampman	11 Solon	159-04	2
7	Zach Sidles	11 Independence	157-01	1
8	Tylar Lutgen	12 SB-Luton	156-11	1
9	Brad Vislisel	12 Mt Vernon	156-05	2
10	Carson McInerney	10 Bishop Heelan	154-07	2
11	Max Nevitt	09 Algona	154-06	2
12	Parker Matiyow	12 Lewis Central	153-11	1
13	Cole White	11 Clarke	151-09	2
14	Drew Hickey	11 ADM, Adel	151-09	1
15	Kaleb Cline	12 Spencer	151-00	3
16	Brennen Blegen	11 Benton Comm	150-10	3
17	Joe Boge	11 Epworth, WD	150-05	2
18	Shriji Patel	11 Algona	148-08	3
19	Joseph Vickers	12 Central DeWitt	146-10	3
20	Eli Boatman	11 North Polk	146-02	4
21	Scott Harr	11 Hampton-Dumont-CAL	145-02	5
22	Logyn Eckheart	12 Glenwood	144-02	2
23	Brody Williams	12 Waverly-SR	140-09	4
24	Brayden Hartman	12 Washington	140-00	3

Event 145 Boys Shot Put 3A (24)

Friday 5/19/2023 - 4:30 PM

State Record: 64-07.75 2009
All-Time: 70-11 1968

Drew Clark, Marion
Doug Lane, Cedar Rapids Jefferson

Name	Year	School	Seed	Mark
1	Duke Faley	12 Wahlert, Dub	56-03.50	1

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Event 145 ... (Boys Shot Put 3A (24))

	Name	Year	School	Seed	Mark
2	Jake Walker	12	Waverly-SR	55-03.00	1
3	Brayden Hartman	12	Washington	55-01.50	1
4	Hanson King	11	Pella	54-06.50	1
5	Brandon Fischer	12	Pella	53-10.50	2
6	Adam Smith	12	Solon	53-02.00	2
7	Jaxon Cherry	11	Webster City	52-04.00	1
8	Jackson McNulty	12	North Polk	51-11.75	2
9	Isaac Jerrel	12	Mt Pleasant	51-08.00	3
10	Kaleb Cline	12	Spencer	51-01.50	1
11	Parker Matiyow	12	Lewis Central	50-11.75	1
12	Oliver Loudon	12	Grinnell	50-09.50	3
13	Brady McDonald	11	Independence	50-08.00	2
14	Drew Hickey	11	ADM, Adel	49-08.00	1
15	Seth VanDerLinden	10	Winterset	49-07.50	2
16	Reagan Skarnulis	11	Glenwood	49-06.00	2
17	Vince Benetti	12	ADM, Adel	49-04.25	3
18	Jason Stevenson	11	Xavier, CR	48-11.50	2
19	Scott Harr	11	Hampton-Dumont-CAL	48-11.00	3
20	Joseph Vickers	12	Central DeWitt	48-08.50	3
21	Nathaniel Palmarez	12	S Tama Cty	48-02.00	4
22	Alex Wilson	10	SB-Luton	47-11.50	2
23	Carson McInerney	10	Bishop Heclan	47-11.00	3
24	Marcus Richard	11	Solon	47-10.00	4

Event 156 Boys 4x110 Meter Shuttle Hurdle 3A (24) Prelims**Thursday 5/18/2023 - 3:00 PM**

State Record: 59.45 2022 Pella, Pella
N Clayberg, R Thoreson, L Fairchild, G Huyser
All-Time: 57.18 5/18/2019 Valley, WDM, Valley, WDM
P Marschel, U Gbarjolo, T Thornton, J Williams

	Team	Relay	Seed	Time
1	Spirit Lake	1	59.43	1
	1) Ethan Stecker 10	2) Drew Alger 12	3) Jake Cornwall 12	4) Carter Toews 12
	5) Cooper Winkel 10	6) Tommy Profit 12	7) Simon Leinbaugh 11	8) Max Barthman 09
2	Xavier, CR	1	59.99	1
	1) Quinn Oleson 11	2) Will Hacke 12	3) Coleton Beasler-Weber 11	4) Grayson Hartman 12
	5) Zander Armstrong 09	6) Marcus Camacho 11	7) Colin Stoltenberg 11	
3	Mt Pleasant	1	1:00.59	1
	1) Bryce Wilson 12	2) Avin Truong 10	3) Gavin Kerr 09	4) Will Davidson 12
	5) J.C. Sitar 10	6) Ajay Wagner 09	7) Jacob Richtman 12	
4	Clear Lake	1	1:00.89	1
	1) Gage Larson 09	2) Derek Erpelding 11	3) Cooper Cooke 10	4) Zeke Nelson 12
	5) Jack Crane 12	6) Max Larson 09	7) Hayden Bergman 10	8) Carter Fausnaugh 12
5	Waverly-SR	1	1:01.18	1
	1) Sam Roose 12	2) Jameson Toma 10	3) Marquis Olson 09	4) Asa Newsom 12
	5) Cooper Ridder 10	6) Zander Christensen 09		
6	Pella	1	1:01.31	1
	1) Cor Huyser 11	2) Andrew Vanderhoff 11	3) Levi Shetterly 10	4) Luke Fairchild 12
	5) Rex Rhamy 09	6) Benjamin Thompson 10	7) Zack Neumann 12	8) Aiden Van Donselaar 12

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Team	Relay	Seed Time
7 Epworth, WD	1	1:01.32 2
1) Tyler Horstman 11	2) Jaden Then 10	3) Brandon Decker 11
5) Daviyon Gaston 12	6) Garret Demmer 09	4) Ashton Hogrefe 11
8 Fort Madison	1	1:01.57 2
1) Adam Sobczak 10	2) Gavin Callahan 10	3) Kiawante Smith 11
5) Kane Williams 12	6) Chandler Fullenkamp 10	7) Nolan Guzman 09
9 Spencer	1	1:01.61 2
1) Weston Johnson 11	2) Sam Hinkeldey 10	3) Dylan Timmer 09
5) Preston Pitts 10	6) Reid Tigges 12	7) Jack Berends 10
10 Newton	1	1:01.77 2
1) Curtis Payne 11	2) Caden Klein 09	3) Reilly Trease 10
5) Nathan Milburn 11	6) Austin Arauz 09	7) Cade Bauer 10
		8) Treyton Davidson 10
11 ADM, Adel	1	1:01.79 1
1) Zach Lohmann 11	2) Jacob Kitzinger 12	3) Luke Krantz 11
5) Cameron Nish 11	6) Evan Roundcount 11	7) Scout Smith 11
		8) Caleb Oberhoffer 10
12 Solon	1	1:01.92 3
1) Charlie Brandt 11	2) Cole Carney 10	3) Benjamin Duckett 11
5) Keenan Kruse 11	6) Brett White 11	7) Blake Timmons 12
		8) Jordan Schmidt 10
13 North Polk	1	1:01.95 2
1) Caden Mart 12	2) Nathan Feldman 10	3) Kole Krings 12
5) Brodie Figgins 11	6) Nathan Pitlock 10	7) Aidan Schumann 09
		8) Dylan Twedt 09
14 Oskaloosa	1	1:01.96 3
1) Dom Piersel 10	2) JaShaden (Jt) Baker 11	3) Waylon Bolibaugh 12
5) Luke Abrahamson 11	6) Carter Messamaker 09	7) Oliver Smith 10
		8) Dylan Messamaker 10
15 Bond-Farrar	1	1:02.59 4
1) Landon Cory 10	2) Talan Hayworth 11	3) Elijah Cook 10
5) Vincent Fine 10	6) Reed Pfaltzgraff 11	7) Drew Farver 09
		8) Colton Sirdoreus 11
16 Bishop Heelan	1	1:03.05 3
1) Lucas Lafleur 12	2) James Arlt 10	3) Drew Uhl 11
5) Quinn Olson 11		4) Hunter Wauhob 10
17 MOC-FV	1	1:03.27 4
1) Conner Vander Ploeg 09	2) Blake Aalbers 10	3) Braylon Van Gelder 10
5) Cody Brennan 10	6) Simeon Bundt 12	4) Dylan Maasdam 09
18 Decorah	1	1:03.56 2
1) Joshua Adam 10	2) Tommy Sexton 09	3) Gavin Groux 10
5) Ashton Saltou 09	6) Luke Franzen 09	7) Kaiden Youngblood 11
		8) Caden Malanaphy 09
19 Carlisle	1	1:03.64 2
1) Austin Follis 12	2) Joe Goodhue 12	3) Anden Furnal 09
5) Scott Schmidt 12	6) Noah Callies 09	7) Calvin Frey 10
		8) Noah Noland 10
20 Clear Crk-Amana	1	1:03.72 4
1) Aren Schlemme 09	2) Luke Higdon 10	3) Owen Rosenberg 10
5) Ethan Vice 09	6) James Schiefer 09	7) Cale Berry 10
		4) Andrew Schlemme 12
21 Knoxville	1	1:03.84 5
1) Cole Carter 12	2) Cael Irving 10	3) Koby Higginbotham 10
5) Grant Garrison 10	6) Kaden Curry 12	4) Kaiden Smith 10
22 Humboldt	1	1:03.91 3
1) Coen Matson 10	2) Tyler Carlson 10	3) Keegan Groat 10
5) Landyn Denklaue 09	6) Cameron Hoag 11	7) Kaden Edge 09
		8) Elliot Carlson 10
23 Atlantic	1	1:04.04 1
1) Jackson McLaren 12	2) Colton Rasmussen 11	3) Alex Keiser 12
5) Jayden Proehl 12	6) Jadyn Cox 12	7) Logan Tarrell 12
		4) Easton Oâ€™brien 12

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Team	Relay	Seed Time
24 Lewis Central	1	1:04.34 2
1) Julian Humpal 12	2) Jaylen Davis 09	3) Braeden Dahlheim 10
4) Aidan Bergman 11	5) Braylon Kammrad 12	6) Aden Tupa 09
7) Chase Wallace 12	8) Gabriel Watson 12	

Event 160 Boys 800 Sprint Medley 3A (24)

Saturday 5/20/2023 - 10:10 AM

State Record: 1:31.77 5/18/2019 SB-Luton, SB-Luton
Z Shultz, S DeMoss, J Stangel, J Schwedler
All-Time: 1:30.92 5/18/2019 Bettendorf, Bettendorf
A Kalar, C Bell, L Desequeira, D Porter

Team	Relay	Seed Time
1 Epworth, WD	1	1:32.38 1
1) Grant Glausser 11	2) Brock Carpenter 11	3) Dillon Aulwes 11
4) Ian Fagan 12	5) Kaleb Rowland 11	6) Ben Wernimont 09
7) Caleb Klein 12	8) Drew Burds 10	
2 Central DeWitt	1	1:32.53 2
1) David Harper Jr 12	2) Alexander Brown 09	3) Alex Fuller 12
4) Will Ginter 11	5) Tristan Rheingans 11	6) Michael Palmer 09
7) Abe Krukow 10	8) Ben Pace 12	
3 Carlisle	1	1:33.51 1
1) Caleb Nordhagen 10	2) Jack Laughlin 12	3) Braedin Zondervan 11
4) Alec McCormick 12	5) Joe Goodhue 12	6) Juni McPhee 12
7) Mason Lucas 10	8) Jack Brewer 12	
4 Mt Vernon	1	1:34.09 1
1) Caden Stimmel 12	2) Tyler Panos 12	3) Brady Erickson 12
4) Jensen Meeker 12	5) Colin Bentley 10	6) Zach Fall 12
7) Oliver Gardner 12	8) Ryne Moeller 12	
5 Bishop Heelan	1	1:34.62 1
1) Ricky Feauto 11	2) Drew Uhl 11	3) Sean Schaefer 11
4) Quinn Olson 11	5) Isaiah Favors 11	6) Eli Otten 12
7) Carson Rose 10	8) Kannon Bork 11	
6 Grinnell	1	1:35.09 1
1) Broc Heishman 10	2) Maxwell Mintle 11	3) Kellan Harter 09
4) Evan Mahoney 11	5) Jack Stephens 11	6) Grace Kiphanzu 12
7) Jack Gallagher 09	8) Daniel Earnest 09	
7 Washington	1	1:35.12 1
1) Ethan Patterson 12	2) Aidan Ulin 12	3) Alec Ulin 11
4) Elijah Morris 12	5) Cameron Vongpanya 12	6) Jack Kleese 12
7) Clayton Streeter 12		
8 North Polk	1	1:35.17 1
1) Brady Miller 12	2) Kaden Halterman 12	3) Cooper Spurgeon 12
4) Kale Yoakum 11	5) Jacob Blattel 11	6) Nick Cox 12
7) Ross Muhlbauer 12	8) Colton Manock 11	
9 Maquoketa	1	1:35.18 3
1) Carter Meyer 11	2) Braedon Tranel 11	3) Jayden Koos 12
4) Tye Hardin 11	5) Riley Christansen 11	6) Tate Martin 10
7) Jonny Burns 12	8) Thad Current 10	
10 Newton	1	1:35.21 2
1) Nick Thomason 09	2) Reilly Trease 10	3) Christian Ergenbright 10
4) Caden Klein 09	5) Curtis Payne 11	6) Nate Lampe 11
7) Nathan Milburn 11	8) Cody Klein 11	
11 Decorah	1	1:35.28 2
1) Dakota Johnson 11	2) Ben Wymer 12	3) Kelley Gates 11
4) Cade Olson 12	5) Gavin Groux 10	6) Peyton Webb 09
7) Brayden Hartl 11	8) Trevor Kuennen 09	
12 Algona	1	1:35.57 2
1) Porter Reffer 11	2) Lamorn Ulfers 12	3) Alex Manske 10
4) Evan Allie 09	5) Jayden Erpelding 11	6) William Weichert 09
7) Levi Walker 09	8) Ashton Moreno 10	
13 SB-Luton	1	1:35.68 2
1) Scott Kroll 12	2) Kellan Benson 10	3) Easton Wheeler 12
4) Evan Janzen 12	5) Tyler Smith 12	6) Joe Hardy 09
7) Gavin Warren 09	8) Gannon Aymar 12	

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Event 160 ... (Boys 800 Sprint Medley 3A (24))

	Team	Relay	Seed Time
14	Pella	1	1:35.83 3
	1) Ethan Hol 12	2) Cam Schulte 12	3) Quinn Gruver 12
	5) Trey Van Hauen 12	6) CJ Shetterly 12	7) Bailey Shetterly 10
			8) Cooper Lautenbach 11
15	Hampton-Dumont-CAL	1	1:35.94 3
	1) Tate Murray 11	2) Gavin Meader 11	3) Anthony Valenzuela 12
	5) Carson Hisler 11	6) Karter Janssen 11	7) Jack Drier 12
			8) Brody Walton 11
16	Solon	1	1:36.19 2
	1) Brayden Moore 11	2) Blake Timmons 12	3) Jeremy Bachus 12
	5) Rhett Mesch 11	6) Milo Ashbacker 11	7) Michael Yeomans 11
			8) Brett White 11
17	Marion	1	1:36.35 3
	1) Creighton Wheeler 10	2) Darius Rouson 11	3) Alex Mota 12
	5) Daegon Michaels 10	6) Gabriel Caldwell 11	7) Jakob Regennitter 12
			8) Jedediah Schmidt 11
18	Harlan	1	1:36.57 1
	1) Matthew Sorfonden 11	2) Aidan Hall 12	3) Brehden Eggerss 11
	5) Bryce Van Baale 10	6) Will Arkfeld 11	7) Will Neuharth 12
			8) Cade Sears 11
19	Atlantic	1	1:36.77 2
	1) Keelin Rasmussen 09	2) Jackson McLaren 12	3) Jaice Larson 11
	5) Tye Houser 10	6) Tyson O'Brien 10	7) Carter Smith 12
			8) James McLaren 12
20	Waverly-SR	1	1:36.78 4
	1) Ayden Hoffert 11	2) Austin Carter 12	3) Carson Reznicek 12
	5) Jude Landers 11	6) Asa Newsom 12	7) Jameson Toma 10
			8) Sam Wilson 10
21	Ballard	1	1:36.81 3
	1) Jayden Swain 12	2) Jaden Peasley 12	3) Eli Rouse 11
	5) Eric Sydnes 10	6) Jude Gibson 09	7) Trent Payne 12
			4) Chance Lande 11
22	CPU	1	1:36.90 4
	1) Tyler Bark 11	2) Carter Andrews 10	3) AJ Maloney 09
	5) Brecken Andersen 10	6) Cooper Grimm 09	7) Ben Hansen 12
			4) Nathan Miller 10
23	ADM, Adel	1	1:36.95 2
	1) Cade Morse 12	2) Grant Engleman 10	3) Zach Lohmann 11
	5) Talan Guile 11	6) Tyler Gelhaar 11	7) Aiden Flora 11
			8) Jacob Kitzinger 12
24	DSM, Hoover	1	1:37.08 3
	1) Niyo Francois 10	2) Moses Gorh 12	3) Elias Young 09
	5) Abenico Gear 12	6) Chase Henderson 12	7) Damian Miller 11
			8) Xzavijhon Taylor 11

Event 163 Boys 800 Meter Run WC (1)

Friday 5/19/2023 - 2:00 PM

State Record: 1:46.08 5/21/2021 Evan Correll, Waukee

All-Time: 1:46.08 2021 Evan Correll, Waukee

	Name	Year	School	Seed Time
1	Josh Anderson	09	Washington	2:59.12