

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

Des Moines, Iowa  
Drake Stadium  
Performance List

## Event 8 Boys 100 Meter Dash 4A (24) Prelims

Thursday 5/18/2023 - 1:12 PM

State Record: 10.33 2022 Mikey McClain, Dowling Catholic

All-Time: 10.10 2002 Adam Haluska, Carroll

Name	Year	School	Seed Time
1 Miles Thompson	12	CR Washington	10.51 1
2 Abu Sama	12	SE Polk	10.86 1
3 Colton Voss	11	North Scott	10.95 1
4 Laderrias Shealey	10	Burlington	11.02 2
5 Ben Frazier	10	WAT West	11.03 1
6 Connor Welsch	11	Ankeny Cent	11.11 2
7 Owen Ellsworth	12	Johnston	11.12 3
8 Tyler Sickerson	10	Ankeny	11.15 1
9 Ryan Marshall	12	Urbandale	11.19 1
10 Luke Sayonkon	11	SC, East	11.22 2
11 Nick Lambe	11	DUB Senior	11.24 3
12 Deyon Moore	12	DUB Senior	11.24 2
13 Uriah Allen	11	Valley, WDM	11.25 2
14 Elijah Mendoza	12	Bettendorf	11.25 3
15 Tre Duffie	12	CR Kennedy	11.25 2
16 Shakur Wright	12	WAT East	11.30 4
17 Jonce Hale	11	Indianola	11.32 4
18 Sam Asiedu-Okyere	12	Prairie, CR	11.32 3
19 Eli Fox	11	Indianola	11.35 5
20 Gabriel Chayee	11	Waukee	11.38 3
21 Carter Henderson	12	Linn-Mar	11.40 4
22 Jimelle Forkpa	10	Muscatine	11.42 5
23 Chauncey Bodden	10	CR Kennedy	11.44 6
24 Dallas Miller	10	IC, Liberty	11.45 5

## Event 16 Boys 200 Meter Dash 4A (24) Prelims

Thursday 5/18/2023 - 11:10 AM

State Record: 20.97 2022 Mikey McClain, Dowling Catholic

All-Time: 20.80 1994 Tim Dwight, Iowa City High

Name	Year	School	Seed Time
1 Izaiah Loveless	11	IC, West	21.53 1
2 Miles Thompson	12	CR Washington	21.69 1
3 Makhi Wilson	12	Pleasant Valley	21.72 1
4 Abu Sama	12	SE Polk	21.93 1
5 Colton Voss	11	North Scott	21.97 2
6 Tatum Fox	12	Johnston	22.10 2
7 Calvin Curcija	12	Bettendorf	22.10 3
8 Kaia Fox	12	Johnston	22.15 3
9 Jackson Belding	11	Ankeny	22.18 1
10 Tyler Sickerson	10	Ankeny	22.25 2
11 Spencer Nieman	12	Waukee NW	22.33 1
12 Dylan Marti	12	North Scott	22.41 4
13 Ryan Marshall	12	Urbandale	22.51 2
14 Kyle Elliott	12	WAT West	22.54 2
15 Mason Bogan	10	DVPT, North	22.65 5
16 Grant Carder	12	Waukee NW	22.66 3

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## Event 16 ... (Boys 200 Meter Dash 4A (24) Prelims)

Name	Year	School	Seed Time	
17 Sam Asiedu-Okyere	12	Prairie, CR	22.73	2
18 Cyrus Courtney	11	CR Kennedy	22.74	3
19 Mereweneza Byishimo	09	Prairie, CR	22.83	4
20 Savior Vesey	11	DVPT, North	22.83	6
21 John Kitenge	11	DC-Grimes	22.84	3
22 Kaden McCloe	10	Linn-Mar	22.86	5
23 Elijah Mendoza	12	Bettendorf	22.89	7
24 Lawson Langford	11	Ankeny Cent	22.90	4

## Event 24 Boys 400 Meter Dash 4A (24)

Thursday 5/18/2023 - 1:50 PM

State Record: 46.99 5/16/2019 Darien Porter, Bettendorf

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

Name	Year	School	Seed Time	
1 James Fingalsen	12	Mason City	48.47	1
2 Calvin Curcija	12	Bettendorf	48.49	1
3 Tayden Ferguson	11	Linn-Mar	48.69	2
4 Jashua Anglo	10	Johnston	49.11	1
5 Jackson Belding	11	Ankeny	49.51	1
6 Jacey Hutson	12	Norwalk	49.54	2
7 Zach VanWychen	11	Bettendorf	49.64	2
8 Lucas Koerselman	12	Valley, WDM	49.70	1
9 Alex Wear	12	Johnston	50.44	3
10 Jackson Johannes	11	Prairie, CR	50.80	3
11 Bram Van De Mortel	12	Ankeny	50.80	2
12 Cael Klinkenborg	12	Waukee NW	51.02	2
13 Teagan Warren	10	DSM, East	51.37	3
14 Carter Meyers	11	IC, Liberty	51.38	1
15 Jack Hilton	11	Indianola	51.62	4
16 Kasin Byre	10	Mason City	51.76	4
17 Ian Deuanepenh	12	Waukee NW	51.77	4
18 Tanner Jacobson	11	Cedar Falls	51.87	2
19 Anthoneih Kopsa	12	Marshalltown	52.00	5
20 JeVon Henderson	11	DVPT, West	52.01	3
21 Lucas Lueth	12	Ames	52.11	5
22 Will Johnson	12	Valley, WDM	52.18	5
23 Carson Teghanemt	12	IC, West	52.19	3
24 Mason Van Waning	12	IC, West	52.23	4

## Event 32 Boys 800 Meter Run 4A (24)

Saturday 5/20/2023 - 11:40 AM

State Record: 1:50.30 5/21/2016 Ryan Schweizer, Dowling C, W

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

Name	Year	School	Seed Time	
1 Carson Lane	12	Johnston	1:55.84	1
2 Ammon Smith	12	IC, City High	1:56.09	1
3 Gabe Nash	12	SC, North	1:56.77	1
4 Truman Thompson	12	IC, City High	1:56.85	2
5 Bruce Johnson	11	SE Polk	1:56.99	2
6 Ben Hanson	12	Norwalk	1:57.10	3

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## Event 32 ... (Boys 800 Meter Run 4A (24))

Name	Year	School	Seed Time		
7	Tony Anania	10	Norwalk	1:57.23	4
8	Moustafa Tiewa	10	IC, West	1:57.36	1
9	Aidan O'Connor	12	Johnston	1:57.58	5
10	Tommy Hensley	11	Urbandale	1:58.22	1
11	Garrett Weber	12	Waukee	1:58.32	2
12	Jackson Heidesch	12	Dowling Cath	1:58.95	2
13	Brennen Hoyer	09	Cedar Falls	1:59.08	2
14	Ethan Smith	12	Urbandale	1:59.22	3
15	Henry McMahan	11	CR Kennedy	1:59.51	1
16	Carl Rekow	11	Pleasant Valley	1:59.60	3
17	Jaxon Sickels	12	Prairie, CR	1:59.81	2
18	Gabe Shaw	12	DSM, Roosevelt	1:59.87	6
19	AJ Angus	11	DC-Grimes	1:59.93	3
20	Harrison Allard	12	Prairie, CR	2:00.02	3
21	Aidan Cooper	11	Waukee NW	2:00.05	4
22	Cameron Reagen	10	DSM, Roosevelt	2:00.24	7
23	Abel Squires	11	Ankeny	2:00.32	4
24	Owen Wolfe	10	Dowling Cath	2:00.36	5

## Event 40 Boys 1600 Meter Run 4A (24)

Saturday 5/20/2023 - 2:37 PM

State Record: 4:06.32 5/24/2014 Josh Evans, Linn-Mar

All-Time: 4:05.39 2021 Nate Mueller, ADM

Name	Year	School	Seed Time		
1	Jackson Heidesch	12	Dowling Cath	4:15.36	1
2	Ford Washburn	12	IC, City High	4:19.62	1
3	Jaden Merrick	09	Cedar Falls	4:20.72	1
4	Luke Knepp	12	Pleasant Valley	4:21.26	2
5	Gabe Nash	12	SC, North	4:22.10	2
6	John Maloney	11	DUB Hempstead	4:22.24	2
7	Ammon Smith	12	IC, City High	4:22.80	3
8	Ethan Zuber	10	Ankeny	4:23.78	3
9	Max Derocher	11	Dowling Cath	4:25.33	4
10	Cameron Gotto	10	Pleasant Valley	4:26.15	4
11	Tommy Hensley	11	Urbandale	4:26.50	1
12	Natnael Kifle	11	SC, North	4:26.79	5
13	Carson Lane	12	Johnston	4:27.07	1
14	Aidan Decker	11	IC, Liberty	4:27.68	3
15	Garrett Weber	12	Waukee	4:27.78	2
16	Kal Hoppe	12	Waukee NW	4:28.58	3
17	Levi Hill	12	Ankeny	4:28.82	6
18	Miles Wilson	12	CR Kennedy	4:29.14	1
19	Nathan Kinzer	12	IC, Liberty	4:29.54	4
20	Colby Cryer	12	Cedar Falls	4:29.75	5
21	AJ Schermerhorn	11	Ankeny Cent	4:30.39	2
22	Caleb Kass	12	DUB Hempstead	4:30.63	6
23	Zack Janulewicz	10	Waukee NW	4:31.13	4
24	Connor Johnson	12	Ames	4:32.64	2

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## Event 48 Boys 3200 Meter Run 4A (24)

Thursday 5/18/2023 - 10:25 AM

State Record: 9:00.97 5/22/2014 Josh Evans, Linn-Mar  
 All-Time: 8:50.43 5/22/2014 Thomas Pollard, Gilbert

Name	Year	School	Seed Time	
1 Jackson Heidesch	12	Dowling Cath	9:19.50	1
2 Flynn Milligan	12	Dowling Cath	9:23.17	2
3 Jaden Merrick	09	Cedar Falls	9:27.16	1
4 Ethan Zuber	10	Ankeny	9:27.80	3
5 Natnael Kifle	11	SC, North	9:30.28	4
6 John Maloney	11	DUB Hempstead	9:31.96	2
7 Luke Hartman	11	Cedar Falls	9:33.98	3
8 Gabe Nash	12	SC, North	9:35.37	5
9 Miles Wilson	12	CR Kennedy	9:36.07	1
10 Carson Owens	12	SE Polk	9:37.61	1
11 Caleb Kass	12	DUB Hempstead	9:38.30	4
12 AJ Schermerhorn	11	Ankeny Cent	9:38.68	2
13 Ahmed Aldamak	11	Ames	9:38.74	2
14 Jaxson Plumb	12	Johnston	9:38.88	3
15 Nicholas Lee	10	Prairie, CR	9:40.85	3
16 Donovan Card	12	Norwalk	9:41.38	4
17 Joel Bloomer	11	Waukee NW	9:41.50	1
18 Aidan Limback	12	Valley, WDM	9:44.90	2
19 Joseph Lawry	10	Waukee	9:45.29	3
20 Riley Kuhn	11	Linn-Mar	9:45.49	4
21 Ford Washburn	12	IC, City High	9:45.62	1
22 Luke Knepp	12	Pleasant Valley	9:46.40	2
23 Drew Lehman	12	Waukee NW	9:49.39	4
24 Noah Carey	12	IC, City High	9:49.74	3

## Event 56 Boys 110 Meter Hurdles 4A (24) Prelims

Friday 5/19/2023 - 10:50 AM

State Record: 13.91 2017 Joah Banks, Prairie, CR  
 All-Time: 13.81 2022 Jack Latham, Spirit Lake

Name	Year	School	Seed Time	
1 Nicholas Gorsich	12	Linn-Mar	14.47	1
2 Makhi Wilson	12	Pleasant Valley	14.54	1
3 Matt Schaeckenbach	12	IC, City High	14.71	2
4 Quinton Alexander	10	Prairie, CR	14.89	2
5 Lowen Krueger	11	North Scott	14.93	3
6 Eli Ebel	12	Prairie, CR	14.95	3
7 Connor Carver	12	Fort Dodge	15.00	1
8 Tyler Kenaga	11	Cedar Falls	15.06	1
9 Cole Schrage	12	Waukee NW	15.12	2
10 Kale Hobart	12	Mason City	15.16	4
11 Austin Rindels	12	IC, City High	15.17	4
12 Max Doran	12	Pleasant Valley	15.19	5
13 Carter Accola	12	Ankeny	15.22	1
14 Jesus Marungo-Murillo	11	IC, West	15.23	2
15 Sean Strand	12	Johnston	15.23	1
16 Cyrus Courtney	11	CR Kennedy	15.27	5

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## Event 56 ... (Boys 110 Meter Hurdles 4A (24) Prelims)

Name	Year	School	Seed Time	
17 Daniel Adams	12	Muscatine	15.31	6
18 Deztin McMurrin	09	WAT West	15.32	3
19 Seneca Molstre	11	SE Polk	15.33	2
20 Joey Lauters	10	SE Polk	15.35	3
21 Gavin Wise	10	Ankeny	15.38	2
22 Logan Piper	12	Indianola	15.39	4
23 Nate Obbink	12	DUB Senior	15.42	4
24 Quinn Abbott	11	IC, West	15.50	5

## Event 65 Boys 400 Meter Hurdles 4A (24)

Friday 5/19/2023 - 12:30 PM

State Record: 50.96 1996 Dustin Avey, Ames

All-Time: 50.96 1996 Dustin Avey, Ames

Name	Year	School	Seed Time	
1 Nicholas Gorsich	12	Linn-Mar	52.46	1
2 Aidan Jacobsen	11	IC, West	52.46	1
3 Logan Piper	12	Indianola	53.69	1
4 William Grant	12	Linn-Mar	54.40	2
5 Matt Schaeckenbach	12	IC, City High	54.78	1
6 Braeden Carlson	12	Norwalk	55.06	2
7 Sean Strand	12	Johnston	55.13	3
8 Seneca Molstre	11	SE Polk	55.32	4
9 Morgan Hendrickson	12	Cedar Falls	55.45	2
10 Connor Carver	12	Fort Dodge	55.62	1
11 Maxwell Thompson	12	IC, Liberty	55.66	3
12 Jaxon Schreiber	10	Cedar Falls	55.70	4
13 Christian Baccile	10	Dowling Cath	55.75	1
14 J.J. McDermott	09	Bettendorf	55.90	2
15 Jared Klahn	12	Johnston	56.01	5
16 Brandon Bowen	11	CB, T Jefferson	56.07	2
17 Kale Hobart	12	Mason City	56.13	3
18 Rouce Sayee	11	Valley, WDM	56.27	2
19 Jacob Zeh	11	Valley, WDM	56.43	3
20 Tavian White	09	Waukee	56.65	4
21 Maxwell Doyle	12	Ankeny	56.67	3
22 Jayden Jeter	09	Waukee	56.77	5
23 Nate Obbink	12	DUB Senior	56.84	5
24 Kalarga Mukhtar	10	Waukee NW	56.88	6

## Event 77 Boys 4x100 Meter Relay 4A (24) Prelims

Friday 5/19/2023 - 1:10 PM

State Record: 41.68 5/18/2019 Valley, WDM, Valley, WDM  
C Mitchell, M Mahoney, R Neu, J Shaner

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

Team	Relay	Seed Time	
1 CR Washington	1	42.11	1
1) Malik Epps-Keller 10	2) Miles Parlet 11	3) Noah Johnson 12	4) Miles Thompson 12
5) Michael Blank 12	6) Will Barnes 10	7) Leighton Charters 12	8) Caden Stock 11

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**Event 77 ... (Boys 4x100 Meter Relay 4A (24) Prelims)**

	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>	
2	IC, West	1	42.14	1
	1) Todd Rent 11	2) Izaiah Loveless 11	3) Daniel Robinson 11	4) Christian Janis 12
	5) Harel Gameti 10	6) Carver Grifhorst 09	7) Damari Lacy 09	8) Quinn Abbott 11
3	CR Jefferson	1	42.56	2
	1) Daunte Washington 11	2) sulemani samuel 12	3) Raquis Robinson 10	4) Zack Robinson 11
4	North Scott	1	42.64	1
	1) Colton Voss 11	2) Dylan Marti 12	3) Miles Robertson 12	4) Lowen Krueger 11
	5) Chase Smith 10	6) Cole Johnson 10	7) Easton Beaudry 10	8) Jerrod Lee 10
5	CR Kennedy	1	42.69	3
	1) Anthony Franklin 11	2) Tre Duffie 12	3) Donovan Slick-Driscoll 12	4) Jacob Doyle 10
	5) Chauncey Bodden 10	6) Dawson Dougherty 09	7) Nick Woods 11	
6	Johnston	1	42.85	1
	1) Tatum Fox 12	2) Owen Ellsworth 12	3) Kaia Fox 12	4) JJ Shaw 11
	5) Jared Klahn 12	6) Caden Wilson 12	7) Jeremiah Armstrong 09	8) Stephen Tour 09
7	Cedar Falls	1	42.89	2
	1) Mitchell Darst 11	2) Conner Trunnell 12	3) Jacob Kieler 12	4) William Remmert 09
	5) Cy Anderson 12	6) Cade Courbat 11	7) Kyrin Terry 12	8) Derek Woods 12
8	Valley, WDM	1	42.98	1
	1) Uriah Allen 11	2) Lucas Koerselman 12	3) Logan Elston 12	4) Jaleel Dorn 12
	5) Noah Cracraft 11	6) Jacob Zeh 11	7) Noah Hager 09	8) DJ Lewis 12
9	Prairie, CR	1	43.00	4
	1) Quinton Alexander 10	2) Sam Asiedu-Okyere 12	3) Nate Patterson 12	4) Keegan Erickson 11
	5) Landon Ruby 12	6) Jackson Baedke 12	7) Mereweneza Byishimo 09	8) Ryland Cooling 09
10	Clinton	1	43.07	3
	1) Terry Liggins 11	2) Ian Thomas 12	3) Addison Binnie 12	4) Bryant Lee 10
	5) Collin Fullick 11	6) Tytus Wright 10	7) Cohen Thorpe 09	8) Merick McDowell 12
11	DUB Senior	1	43.10	4
	1) Deyon Moore 12	2) Jaden Arnold 11	3) Benjamin Francis 09	4) Nick Lambe 11
	5) Marshawn Dukes 10	6) Dustin Foht 12	7) Noah Roling 11	8) Montrel Jones 11
12	Linn-Mar	1	43.20	5
	1) Nathan Leemhuis 12	2) Tayden Ferguson 11	3) Carter Henderson 12	4) Kaden McCloe 10
	5) Hunter Reynolds 11	6) TJ Jackson 12	7) Talan Sivertsen 10	8) Keaton Roskop 11
13	IC, City High	1	43.21	2
	1) Deon Brown 11	2) Ronnie Major 12	3) Phillip Kaplan 11	4) Sam Rew 12
	5) Jeremiah Madlock 11	6) Mike Rew 12	7) Ian Moore 12	8) Connor Cross 10
14	IC, Liberty	1	43.22	5
	1) Aiden Maher 11	2) Carter Meyers 11	3) Jalen Wieck 12	4) Da'Shon Fisher 12
	5) James Eckhardt 11	6) Jackson Burnes 09	7) Ben O'Connor 12	8) Dallas Miller 10
15	Dowling Cath	1	43.23	1
	1) Dante Cataldo 11	2) Will Ringwelski 11	3) Jared Ricke 12	4) Jalyn Thompson 12
	5) Hank Brown 11	6) Jackson Miller 09	7) Trey Wilson 10	8) Jake Anderson 12
16	Pleasant Valley	1	43.29	3
	1) Bo Collingwood 10	2) Harrison Fierce 10	3) Max Doran 12	4) Makhi Wilson 12
	5) Josh Gillespie 10	6) Elijah Rodney 10	7) Josh Thomas 12	8) Micah Herlich 09
17	WAT West	1	43.29	6
	1) Ben Frazier 10	2) DeSean Kemp 10	3) Nate Kline 10	4) Cavelle Fay 12
	5) Terez Smith 12	6) Syler Dams 12	7) Chase Nordman 11	8) Deric Kieler 12
18	Ankeny Cent	1	43.29	2
	1) Elijah Porter 11	2) Connor Welsch 11	3) Lawson Langford 11	4) Max Snyder 11
	5) Arian Ulrich 10	6) Caleb Reed 10	7) Braeden Jackson 10	8) Joel Neith 10

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## Event 77 ... (Boys 4x100 Meter Relay 4A (24) Prelims)

Team	Relay	Seed Time
19 SE Polk	1	43.35 3
1) Emmanuel Gaye 10	2) Abu Sama 12	3) Joe Zelenovich 12
5) Lucas Chambers 10	6) Cael Winget 10	7) Drew Thompson 09
4) AJ Schafer 11	8) Carter Phillips 10	
20 Waukee NW	1	43.39 2
1) Tyson Schlicher 11	2) Grant Carder 12	3) Sam Johnson 11
5) Xavier Bernstine 10	6) Ethan Gallegos 10	7) Harry Leinen 11
4) Spencer Nieman 12	8) Hayden Morehead 10	
21 Waukee	1	43.53 3
1) Gabriel Chayee 11	2) George Hinke 10	3) Kaiden Witzenburg 11
5) Eon Martens 12	6) Nolan Klemesrud 12	7) Drake Lambertson 10
4) Santino Anzevino 11	8) Kyle Robinson 12	
22 Burlington	1	43.69 4
1) Derrick Watson 11	2) Laderrias Shealey 10	3) Caden Schisel 11
5) Phil Phillips 12	6) Darius Shealey 10	7) Maisson Boyer 11
4) Keshawn Wyldon 09	8) Cody Whittaker 11	
23 Ankeny	1	43.71 2
1) Aidan Adamson 12	2) Jazan Williams 12	3) Devon Akers 11
5) Dylan Dougherty 11	6) Caden Henkes 10	7) Jamison Patton 12
4) Tyler Sickerson 10	8) Daniel Larmie 09	
24 DVPT, North	1	43.74 5
1) Savior Vesey 11	2) Mason Bogan 10	3) Jaedyn Stuckel 11
5) Ahmad Shropshire 11	6) Dominic Bailey 11	7) Mahkye Houston 10
4) Robert Taylor 11	8) Kaleb Weatherspoon 11	

## Event 85 Boys 4x200 Meter Relay 4A (24)

Friday 5/19/2023 - 11:45 AM

State Record: 1:26.17 5/17/2019 Valley, WDM, Valley, WDM  
J Shaner, JJ Gass, R Neu, J Keller  
All-Time: 1:26.17 5/17/2019 Valley, WDM, Valley, WDM  
J Shaner, M Mahoney, R Neu, C Mitchell

Team	Relay	Seed Time
1 IC, West	1	1:26.91 1
1) Todd Rent 11	2) Christian Janis 12	3) Aidan Jacobsen 11
5) Daniel Robinson 11	6) Harel Gameti 10	7) Carson Teghanemt 12
4) Izaiah Loveless 11	8) Carver Grifhorst 09	
2 CR Washington	1	1:27.88 1
1) Leighton Charters 12	2) Miles Parlet 11	3) Noah Johnson 12
5) Isaiah Skvor 11	6) Will Barnes 10	7) Traijan Sain 12
4) Miles Thompson 12	8) Michael Blank 12	
3 Johnston	1	1:28.32 1
1) Tony Paye 12	2) Kaia Fox 12	3) Owen Ellsworth 12
5) Jashua Anglo 10	6) Jared Klahn 12	7) JJ Shaw 11
4) Tatum Fox 12	8) Caden Wilson 12	
4 Prairie, CR	1	1:28.64 2
1) Sam Asiedu-Okyere 12	2) Weston Koch 11	3) Jackson Baedke 12
5) Keegan Erickson 11	6) Nate Patterson 12	7) Jackson Johannes 11
4) Landon Ruby 12	8) Merewenzeza Byishimo 09	
5 Valley, WDM	1	1:28.90 1
1) Jaleel Dorn 12	2) Logan Elston 12	3) Noah Cracraft 11
5) Lucas Koerselman 12	6) Uriah Allen 11	7) DJ Lewis 12
4) Jacob Zeh 11	8) Noah Hager 09	
6 Ankeny	1	1:28.91 1
1) Aidan Adamson 12	2) Jazan Williams 12	3) Devon Akers 11
5) Bram Van De Mortel 12	6) Dylan Dougherty 11	7) Caden Henkes 10
4) Tyler Sickerson 10	8) Treyton Grossman 09	
7 Waukee NW	1	1:28.95 2
1) Grant Carder 12	2) Spencer Nieman 12	3) Sam Johnson 11
5) Xavier Bernstine 10	6) Cole Schrage 12	7) Hayden Morehead 10
4) Tyson Schlicher 11	8) Alex Carr 12	
8 North Scott	1	1:29.06 1
1) Dylan Marti 12	2) Colton Voss 11	3) Miles Robertson 12
5) Lowen Krueger 11	6) Chase Smith 10	7) Easton Beaudry 10
4) Cole Johnson 10	8) Adam Tschopp 12	

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## Event 85 ... (Boys 4x200 Meter Relay 4A (24))

Event	Team	Relay	Seed Time
9	Linn-Mar	1	1:29.08 3
	1) Kaden McCloe 10	2) Carter Henderson 12	3) Gabe Harris 12
	5) Tayden Ferguson 11	6) William Grant 12	7) Kade Jesse 11
			8) Bryson Miell 10
10	IC, City High	1	1:29.18 2
	1) Jeremiah Madlock 11	2) Deon Brown 11	3) Sam Rew 12
	5) Connor Cross 10	6) Phillip Kaplan 11	7) Mike Rew 12
			8) Truman Thompson 12
11	Waukee	1	1:29.32 3
	1) Travis Lembechwa 10	2) George Hinke 10	3) Colin Driscoll 12
	5) Kaiden Witzenburg 11	6) Lucas Struck 12	7) Nolan Klemesrud 12
			8) Sage Yazzie 10
12	CR Kennedy	1	1:29.48 4
	1) Anthony Franklin 11	2) Tre Duffie 12	3) Donovan Slick-Driscoll 12
	5) Dawson Dougherty 09	6) Jacob Doyle 10	7) Cyrus Courtney 11
			8) Crew Geater 11
13	Cedar Falls	1	1:29.63 2
	1) Hunter Russell 10	2) Ben Roussell 12	3) Cade Courbat 11
	5) Conner Trunnell 12	6) Jordan Townsend 10	7) Mitchell Darst 11
			8) Cy Anderson 12
14	DVPT, North	1	1:29.70 3
	1) Savior Vesey 11	2) Jaedyn Stuckel 11	3) Robert Taylor 11
	5) Ahmad Shropshire 11	6) Dominic Bailey 11	7) Matt Licht 11
			8) Alexander Miller 12
15	SC, East	1	1:30.23 2
	1) Destiny Adams 12	2) Dalyn Tope 12	3) Kelynn Jacobsen 12
	5) Jacob Denker 12	6) Luke Sayonkon 11	7) Brady Wavrunek 12
			8) Luke Campbell 11
16	Clinton	1	1:30.34 3
	1) Terry Liggins 11	2) Ian Thomas 12	3) Addison Binnie 12
	5) Merick McDowell 12	6) Tytus Wright 10	7) Cohen Thorpe 09
			8) Jordan Coleman 10
17	Ankeny Cent	1	1:30.54 2
	1) Elijah Porter 11	2) Connor Welsch 11	3) Lawson Langford 11
	5) Robbie McGhee 10	6) Caleb Reed 10	7) Isaiah Bassett 10
			8) Braeden Jackson 10
18	Mason City	1	1:30.58 5
	1) Justyn Rivera 11	2) Javel Lee 10	3) Kaden Tyler 12
	5) James Fingalsen 12	6) Drew Hobart 09	7) Kale Hobart 12
			8) Odnel Daugherty 12
19	Burlington	1	1:30.61 4
	1) Derrick Watson 11	2) Keshawn Wyldon 09	3) Caden Schisel 11
	5) Kamryn Reynolds 10	6) Darius Shealey 10	7) Salomon Cordero 11
			8) T'Andre Jones 12
20	DUB Senior	1	1:30.69 4
	1) Deyon Moore 12	2) Benjamin Francis 09	3) Nick Lambe 11
	5) Noah Roling 11	6) Nate Obbink 12	7) Marshawn Dukes 10
			8) Dylan Thul 11
21	WAT West	1	1:31.09 5
	1) Tannen Bell 10	2) Cavelle Fay 12	3) Syler Dams 12
	5) Isaiah McDonald 12	6) Deztin McMurrin 09	7) Tyrell Adams 11
			8) Tarelle Hoskins 10
22	SE Polk	1	1:31.12 3
	1) Lucas Chambers 10	2) Joe Zelenovich 12	3) AJ Schafer 11
	5) Abu Sama 12	6) Cael Winget 10	7) Kaden Hills 10
			8) Sam Zelenovich 10
23	Ottumwa	1	1:31.96 4
	1) Brock Brinegar 12	2) Luke Graeve 12	3) Javen Rominger 11
	5) Koby Chanthalavanh 10	6) Donald Golec 12	7) William Miller 11
			8) Christian Allar 09
24	Norwalk	1	1:32.13 5
	1) Eli Robbins 09	2) Dillon Ranck 12	3) Landon Hochstein 12
	5) Braeden Carlson 12	6) Ben Hanson 12	7) Jacey Hutson 12
			8) Cameron Thomas 10



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**Event 93 Boys 4x400 Meter Relay 4A (24) Prelims**

Friday 5/19/2023 - 2:25 PM

**State Record: 3:13.80 5/19/2006 Valley West Des Moines, WDM Valley**  
**B Collins, Z Sandvig, R Keairnes, B McSkimming**

**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 Cedar Falls	1			3:19.94 1
1) Hunter Russell 10	2) Derek Woods 12	3) Ben Roussell 12	4) Jordan Townsend 10	
5) Cayden Schellhorn 12	6) Tanner Jacobson 11	7) Morgan Hendrickson 12	8) Jaxon Schreiber 10	
2 Mason City	1			3:20.04 1
1) Kaden Tyler 12	2) Kale Hobart 12	3) Ra'shaun Wynter 11	4) James Fingalsen 12	
5) Jess Cornick 12	6) Kasin Byre 10	7) Ethen Roberts 12	8) Drew Hobart 09	
3 Linn-Mar	1			3:22.55 2
1) Tayden Ferguson 11	2) Nicholas Gorsich 12	3) Gabe Harris 12	4) William Grant 12	
5) Ethan Cozine 12	6) Jackson Severson 12	7) Grant Crosen 10	8) Beau Sonenstahl 09	
4 IC, City High	1			3:22.81 1
1) Ayman Noreldaim 12	2) Ammon Smith 12	3) Jeremiah Madlock 11	4) Truman Thompson 12	
5) Connor Cross 10	6) Phillip Kaplan 11	7) Drew Larson 11	8) Ford Washburn 12	
5 Bettendorf	1			3:23.03 2
1) Luke Weas 12	2) Zach VanWychen 11	3) Gage Rath 11	4) Calvin Curcija 12	
5) Zach Brown 10	6) Kaizer Riley 10	7) Ryan Heden 10	8) Gage Tucker 09	
6 Johnston	1			3:23.10 1
1) Dylan Grandon 12	2) Alex Wear 12	3) Brayden Picken 11	4) Jashua Anglo 10	
5) Jared Klahn 12	6) Noah Reese 10	7) Coen Gibson 12	8) Jack Wang 11	
7 Ankeny	1			3:23.35 1
1) Bram Van De Mortel 12	2) Tyson Miller 11	3) Jackson Belding 11	4) Jake Bosch 11	
5) Tate Brownsberger 10	6) Chase Bradley 11	7) Abel Squires 11	8) Maxwell Doyle 12	
8 Norwalk	1			3:25.54 2
1) Jacey Hutson 12	2) Dillon Ranck 12	3) Braeden Carlson 12	4) Ben Hanson 12	
5) Donovan Card 12	6) Tanner Merriman 12	7) Skyler Olson 12	8) Cameron Thomas 10	
9 Dowling Cath	1			3:25.89 2
1) Jack Moore 12	2) Kenyi James 11	3) Joe Shimerdla 10	4) Will Barreto 10	
5) Thomas Huegerich 11	6) Will Ringwelski 11	7) Jackson Miller 09	8) Aghawer Gai 10	
10 Prairie, CR	1			3:26.01 3
1) Landon Ruby 12	2) Jackson Johannes 11	3) Jackson Baedke 12	4) Weston Koch 11	
5) Tyler Andrews 11	6) Nate Patterson 12	7) Carter Mulford 10	8) Harrison Allard 12	
11 Valley, WDM	1			3:26.03 1
1) Lucas Koerselman 12	2) Logan Elston 12	3) Noah Cracraft 11	4) Jaleel Dorn 12	
5) Will Johnson 12	6) Jacob Zeh 11	7) Gage Olsen 10	8) Noah Hager 09	
12 IC, West	1			3:27.54 2
1) Carson Teghanemt 12	2) Mason Van Waning 12	3) Sam Showers 10	4) Aidan Jacobsen 11	
5) Jonathan Curtin-DeLara 09	6) Moustafa Tia 10	7) Brice Wahe 10	8) Izaiah Loveless 11	
13 SC, East	1			3:27.83 3
1) Destiny Adams 12	2) Jacob Denker 12	3) Kelynn Jacobsen 12	4) Luke Campbell 11	
5) Brody Comstock 12	6) Dalyn Tope 12			
14 CR Jefferson	1			3:28.52 4
1) Curtis Sanders 11	2) Tyler Huston 11	3) Austin Wilcox 11	4) Zack Robinson 11	
15 WAT West	1			3:28.55 3
1) Tannen Bell 10	2) Isaiah McDonald 12	3) Cavelle Fay 12	4) Kyle Elliott 12	
5) Torian Doss 09	6) Brenner Ortman 12	7) Gunner Steele 10	8) Amara Dawon 10	
16 Muscatine	1			3:29.11 5
1) Paul Henry 12	2) Jrakke Johnson 10	3) Espere Sewa 09	4) Talan Becker 09	
5) Jordan Meeker 09	6) Parker Carpenter 10	7) Chase Hardman 09	8) Cooper Yao 11	

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**Event 93 ... (Boys 4x400 Meter Relay 4A (24) Prelims)**

Team	Relay	Seed Time
17 Waukee	1	3:29.28 2
1) Colin Driscoll 12	2) George Hinke 10	3) Kyle Robinson 12
4) Travis Lembechwa 10	5) Garrett Weber 12	6) Ryan Greteman 12
7) Payton Mizer 11	8) Sage Yazzie 10	
18 Indianola	1	3:29.45 3
1) Jack Hilton 11	2) Kye Hartung 12	3) Jake Pontier 10
4) Logan Piper 12	5) Gavin Reed 10	6) Graham Hilton 11
7) Andrew DeWall 10	8) Paxton Bloom 09	
19 Ames	1	3:29.55 6
1) Dallas Sauser 12	2) Camden Wacha 12	3) Jonathon Williams 12
4) Lucas Lueth 12	5) Connor Johnson 12	6) Drew Vander Wilt 09
7) Michael Brown 12	8) Gavin Clouser 10	
20 DUB Hempstead	1	3:29.85 4
1) Will Pitz 12	2) Charlie Driscoll 11	3) Devin Spahn 12
4) Joe Vize 12	5) Zack Johnson 11	6) Matthew Hanselman 11
7) Jordan Plummer 09	8) Avery Keehner 09	
21 CR Kennedy	1	3:29.97 7
1) Nick Woods 11	2) Henry McMahan 11	3) Alexander Volden 11
4) Crew Geater 11	5) Zion Jackson-Collins 11	6) Christian Gasper 11
7) Tyler Bartels 12	8) Landen Dougherty 12	
22 SE Polk	1	3:31.32 4
1) Bruce Johnson 11	2) Aydin McNeley 11	3) Cael Winget 10
4) Ethan Berkey 12	5) AJ Schafer 11	6) Drew Thompson 09
7) Brayden Lewis 09	8) Seneca Molstre 11	
23 DUB Senior	1	3:32.48 5
1) Dustin Foht 12	2) Benjamin Francis 09	3) Charles Crow 09
4) Jaden Arnold 11	5) Zachary Heiar 10	6) Noah Roling 11
7) Nate Obbink 12	8) Landon Kelly 11	
24 DC-Grimes	1	3:32.56 4
1) Daniel Onwuramaka 12	2) AJ Angus 11	3) John Kitenge 11
4) Lane Nelsen 11	5) Dieudonne Kitumbika 09	6) Kaden Woody 12
7) Jimmy Seeman 11	8) Josh Hendricks 12	

**Event 101 Boys 4x800 Meter Relay 4A (24)**

Thursday 5/18/2023 - 12:30 PM

**State Record:** 7:41.43 5/21/2015 Ames, Ames  
**L Grim, K Chol, A Akok, D Chan**

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

Team	Relay	Seed Time
1 Johnston	1	7:57.38 1
1) Aidan O'Connor 12	2) Noah Reese 10	3) Garrett Ness 10
4) Carson Lane 12	5) Brayden Picken 11	6) Alex Wear 12
7) Jaxson Plumb 12	8) Calahan Rourke 11	
2 DSM, Roosevelt	1	7:58.88 2
1) Owen Marett 10	2) Logan Westin 12	3) Gabe Shaw 12
4) Cameron Reagen 10	5) Weston Wise 11	6) Matthew Bonner 12
7) Elliot Donovan 12	8) Jonah Flynn 11	
3 IC, West	1	8:01.95 1
1) Sam Showers 10	2) Mason Van Waning 12	3) Brice Wahe 10
4) Moustafa Tiea 10	5) Andrew Polgreen 12	6) Anel Vukovic 12
7) Michael Lee 11	8) James Dickens 12	
4 Cedar Falls	1	8:02.55 2
1) Ben Roussell 12	2) Connor Martin 10	3) Charlie Wiering 09
4) Gavin Denholm 12	5) Derek Woods 12	6) Jaden Merrick 09
7) Brennen Hoyer 09	8) Nicholas Clausen 09	
5 Waukee	1	8:03.65 1
1) Jonas VanDis 10	2) Colin Driscoll 12	3) Kyle Robinson 12
4) Garrett Weber 12	5) Saiphani Sirimalle 12	6) Ryan Greteman 12
7) Payton Mizer 11	8) Joseph Lawry 10	
6 Waukee NW	1	8:03.96 2
1) Aidan Cooper 11	2) Ayden Gabrielson 09	3) Zack Janulewicz 10
4) Zak Shlomi 09	5) Kal Hoppe 12	6) Cael Klinkenborg 12
7) Owen Line 11	8) Cade Kelderman 12	

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## Event 101 ... (Boys 4x800 Meter Relay 4A (24))

Event	Team	Relay	Seed Time
7	IC, City High	1	8:04.35 1
	1) Ayman Noreldaim 12	2) George Karr 10	3) Truman Thompson 12
	5) Owyn Noble 11	6) Noah Carey 12	7) Ammon Smith 12
			8) Braeden Marker 12
8	Linn-Mar	1	8:06.28 1
	1) Ethan Cozine 12	2) Luke Steffen 12	3) Graedyn Morrissey 11
	5) Owen Hanson 10	6) Riley Kuhn 11	7) Ethan Boston 10
			8) Creighton Fairley 12
9	Dowling Cath	1	8:07.13 1
	1) Max Derocher 11	2) Jack Flori 10	3) Matthew Bootman 11
	5) Dewell Anderson 09	6) Jackson Heidesch 12	7) Flynn Milligan 12
			8) Patrick Wainwright 11
10	Norwalk	1	8:07.30 3
	1) Grant Wallace 10	2) Caden Stumbaugh 12	3) AJ Mosqueda 10
	5) Will Chase 12	6) Ben Hanson 12	7) Tony Anania 10
			8) Cameron Thomas 10
11	Prairie, CR	1	8:07.79 2
	1) Harrison Allard 12	2) Jaxon Sickels 12	3) Sean Steinbrech 11
	5) Bennett Allred 10	6) Weston Koch 11	7) Nicholas Lee 10
			8) Landon Ruby 12
12	IC, Liberty	1	8:08.74 3
	1) Noah Gregoire 10	2) Nathan Kinzer 12	3) Jacob Madsen 10
	5) Cale Baldwin 09	6) Thomas Fowler 10	7) Carter Meyers 11
			8) Luke Gage 12
13	DVPT, Central	1	8:09.94 2
	1) Maddox Sullivan 11	2) Ty Harmsen 11	3) Pete Linehan 11
	5) Ryan Burke 11	6) Tyler Ryan 10	7) Anthony Conard 11
			8) Shyam Devasthali 11
14	SE Polk	1	8:10.56 4
	1) Bruce Johnson 11	2) Aydin McNeley 11	3) Rylan Althof 11
	5) Carson Owens 12	6) Brice McNeley 11	7) Luke Bartlett 10
			8) Brock Johnson 10
15	DUB Hempstead	1	8:10.72 4
	1) Micah Fern 09	2) Zack Johnson 11	3) Joe Vize 12
	5) Owen Leitzen 10	6) Brandon Kass 10	7) Caleb Kass 12
			8) Matthew Hanselman 11
16	Ankeny	1	8:11.50 2
	1) Levi Hill 12	2) Tate Brownsberger 10	3) Owen Evans 11
	5) Aidan Farrell 11	6) Abel Squires 11	7) Nicholas Robie 10
			8) Ethan Zuber 10
17	Ankeny Cent	1	8:12.34 5
	1) Bennett Blakeslee 12	2) Corbin Vander Weerd 10	3) Aamin Hassan 10
	5) Elijah Starr 09	6) AJ Schermerhorn 11	7) Jonas Smith 12
			8) Cohen Moll 09
18	CR Kennedy	1	8:12.65 3
	1) Jacob Bruns 11	2) Griffin Gerdes 11	3) Alexander Volden 11
	5) Miles Wilson 12	6) Reuben Schlaak 10	7) Adam Gray 09
			4) Henry McMahan 11
19	Mason City	1	8:16.10 4
	1) Jess Cornick 12	2) Ra'shaun Wynter 11	3) Brandt Haakenstad 10
	5) Kaden Tyler 12	6) James Fingalsen 12	7) Kale Hobart 12
			8) Kevin Carney 12
20	North Scott	1	8:16.93 3
	1) Isaac Foster 11	2) Yorton Hagedorn 10	3) Caleb Wilshusen 12
	5) Connor McMann 12	6) Braeden Bohannon 12	7) Carter Unwin 09
			8) Grant Peterson 11
21	Ames	1	8:18.99 5
	1) Jonathon Williams 12	2) Grant Crespi 12	3) Camden Wacha 12
	5) Connor Johnson 12	6) Charlie Bennett 11	7) Zachary Lenkaitis 10
			8) Brennen Bhave 10
22	Urbandale	1	8:19.18 3
	1) Andrew Donoho 12	2) Blake Smith 10	3) Landon Hartley 11
	5) Ashton Hensley 09	6) Tommy Hensley 11	7) Gavin Moore 11
			8) Sidney Shide 10
23	Pleasant Valley	1	8:19.29 4
	1) Cameron Gotto 10	2) William Parrish 10	3) Carl Rekow 11
	5) Luke Knepp 12	6) Michael Chang 12	7) Max Sorgenfrey 11
			8) Andrew Miller 12

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## Event 101 ... (Boys 4x800 Meter Relay 4A (24))

Team	Relay	Seed Time
24 Valley, WDM	1	8:19.81 4
1) Aidan Swain 10	2) Will Johnson 12	3) Sam Smeins 12
5) Aidan Limback 12	6) Jackson Bergman 11	7) Andrew Frizzel 12
		8) Jacob Forney 11

## Event 103 Boys 100 Meter Run WC (5)

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 Jordan Caperon	12	IC, West	25.00 1
2 Xavier Conlin	10	Cedar Falls	33.76 2
3 Josh Unguec	11	Ankeny	37.62 1
4 Brayden Pizarik	11	Prairie, CR	37.95 1
5 Angel Gervacio	10	Fort Dodge	45.20 1

## Event 105 Boys 200 Meter Run WC (2)

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 Jordan Caperon	12	IC, West	43.26 1
2 Xavier Conlin	10	Cedar Falls	1:09.16 2

## 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 Jordan Caperon	12	IC, West	1:37.45 1

## Event 115 Boys Distance Medley 4A (24)

Friday 5/19/2023 - 10:00 AM

State Record: 3:24.39 5/23/2014 Linn-Mar, Linn-Mar

A Flieder, T Wolfe, D Trenary, J Evans

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

Team	Relay	Seed Time
1 IC, City High	1	3:32.10 1
1) Sam Rew 12	2) Ronnie Major 12	3) Truman Thompson 12
5) Ammon Smith 12	6) Jeremiah Madlock 11	7) Deon Brown 11
		8) Ford Washburn 12
2 Johnston	1	3:32.75 1
1) JJ Shaw 11	2) Caden Wilson 12	3) Dylan Grandon 12
5) Kaia Fox 12	6) Tatum Fox 12	7) Alex Wear 12
		8) Carson Lane 12
3 IC, West	1	3:34.29 1
1) Todd Rent 11	2) Christian Janis 12	3) Sam Showers 10
5) Aidan Jacobsen 11	6) Izaiah Loveless 11	7) Carson Teghanemt 12
		8) Daniel Robinson 11
4 Cedar Falls	1	3:34.52 2
1) Mitchell Darst 11	2) Conner Trunnell 12	3) Jordan Townsend 10
5) Gavin Denholm 12	6) Ben Roussell 12	7) Hunter Russell 10
		8) Derek Woods 12
5 Ankeny	1	3:34.98 1
1) Caden Henkes 10	2) Evan Irlmeier 10	3) Jake Bosch 11
5) Abel Squires 11	6) Bram Van De Mortel 12	7) Jazan Williams 12
		8) Devon Akers 11

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## Event 115 ... (Boys Distance Medley 4A (24))

Event	Team	Relay	Seed Time
6	Waukee	1	3:35.49 1
	1) Santino Anzevino 11	2) Lucas Struck 12	3) Travis Lembechwa 10
	5) Colin Driscoll 12	6) Jonas VanDis 10	7) George Hinke 10
7	IC, Liberty	1	3:36.20 3
	1) Jalen Wieck 12	2) Da'Shon Fisher 12	3) Sutton Koller 10
	5) Carter Meyers 11	6) Nathan Kinzer 12	7) Wyatt Williams 12
8	Dowling Cath	1	3:36.55 2
	1) Will Ringwelski 11	2) Jared Ricke 12	3) Jack Moore 12
	5) Jackson Heidesch 12	6) Owen Wolfe 10	7) Kenyi James 11
9	WAT West	1	3:37.32 4
	1) Amara Dawon 10	2) Torian Doss 09	3) Isaiah McDonald 12
	5) Presley Berns 10	6) Brenner Ortman 12	7) Syler Dams 12
10	Burlington	1	3:37.38 2
	1) Derrick Watson 11	2) Laderrias Shealey 10	3) Keshawn Wyldon 09
	5) Buxton Carlson 10	6) Caden Schisel 11	7) William Klatt 11
11	DC-Grimes	1	3:37.57 3
	1) John Kitenge 11	2) Josh Hendricks 12	3) Daniel Onwuramaka 12
	5) Lane Nelsen 11	6) Jimmy Seeman 11	7) Dieudonne Kitumbika 09
12	Bettendorf	1	3:38.52 3
	1) Kaizer Riley 10	2) Ricky Trudell 10	3) Zach Brown 10
	5) Gage Rath 11	6) Calvin Curcija 12	7) Chase Wakefield 11
13	CR Jefferson	1	3:38.59 1
	1) Raquis Robinson 10	2) Austin Wilcox 11	3) Zack Robinson 11
14	DVPT, Central	1	3:38.62 4
	1) JaQuarion Lewis 12	2) Darius Harris 12	3) Ty Harmsen 11
	5) Owen Christy 12	6) Jack Frohna 11	7) Brandon Hicks 11
15	Ames	1	3:38.73 2
	1) Dallas Sauser 12	2) Gavin Clouser 10	3) Jonathon Williams 12
	5) Jeffery Roberts 09	6) Michael Brown 12	7) Lucas Lueth 12
16	Prairie, CR	1	3:39.32 3
	1) Austyn Riehle 12	2) Keegan Erickson 11	3) Nate Patterson 12
	5) Harrison Allard 12	6) Sean Steinbrech 11	7) Owen Miller 09
17	Urbandale	1	3:39.74 2
	1) Jaylon Brooks 10	2) Elijah Hoyt 10	3) Kyland Johnson 11
	5) Justin Carper 12	6) Ryan Marshall 12	7) Mason Moran 11
18	Waukee NW	1	3:40.12 3
	1) Xavier Bernstine 10	2) Alex Carr 12	3) Hayden Morehead 10
	5) Sam Johnson 11	6) Grant Carder 12	7) Cael Klinkenborg 12
19	CR Kennedy	1	3:40.23 4
	1) Dawson Dougherty 09	2) Jacob Doyle 10	3) Crew Geater 11
	5) Donovan Slick-Driscoll 12	6) Tre Duffie 12	7) Nick Woods 11
20	Linn-Mar	1	3:40.69 5
	1) Bryson Miell 10	2) Kade Jesse 11	3) Jackson Severson 12
	5) Ethan Cozine 12	6) Tayden Ferguson 11	7) Carter Henderson 12
21	Norwalk	1	3:40.74 2
	1) Dillon Ranck 12	2) Landon Hochstein 12	3) Skyler Olson 12
	5) Braeden Carlson 12	6) Ben Hanson 12	7) Jacey Hutson 12
22	Ankeny Cent	1	3:41.53 3
	1) Caleb Reed 10	2) Braeden Jackson 10	3) Zechariah Howe 11
	5) Bennett Blakeslee 12	6) Drake Dittmar 11	7) Max Snyder 11
			8) Aamin Hassan 10
			8) Lawson Langford 11

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## Event 115 ... (Boys Distance Medley 4A (24))

	Team	Relay	Seed Time
23	DSM, Roosevelt	1	3:42.07 4
	1) Leonte Adair 10	2) Sam Wandera 12	3) Isaiah Roundtree 12
	5) Rylan Malloy 10	6) Billy Coleman 12	7) Elliot Donovan 12
			8) Jonah Flynn 11
24	SC, North	1	3:42.98 4
	1) Demarico Young 11	2) Alex Wilford 12	3) Merhawi Reda 11
	5) Dayton Harrell 11	7) Gabe Nash 12	4) Natnael Kifle 11

## Event 123 Boys High Jump 4A (24)

Thursday 5/18/2023 - 9:00 AM

State Record: 7-00 1999 Andy Kohler, Ames  
 All-Time: 7-03.50 1981 Brian Tietjens, North Central, Manly

	Name	Year	School	Seed Mark
1	TJ Jackson	12	Linn-Mar	6-08.00 1
2	Matt Schaeckenbach	12	IC, City High	6-06.00 1
3	Jacob Kieler	12	Cedar Falls	6-06.00 1
4	Jamison Patton	12	Ankeny	6-05.00 1
5	Bennett Brueck	12	Indianola	6-05.00 1
6	Da'Shon Fisher	12	IC, Liberty	6-04.00 2
7	Isaiah Roundtree	12	DSM, Roosevelt	6-04.00 2
8	Idris Thomas	11	DVPT, West	6-04.00 2
9	Apollo Payne	11	Prairie, CR	6-03.00 2
10	Will Pitz	12	DUB Hempstead	6-02.00 5
11	Jameel Montgomery	12	WAT East	6-02.00 4
12	Cole Lynch	11	Waukee NW	6-02.00 1
13	Tyrell Adams	11	WAT West	6-02.00 3
14	Anthony Glay	12	DC-Grimes	6-02.00 2
15	Kale Hobart	12	Mason City	6-02.00 3
16	Aghawer Gai	10	Dowling Cath	6-01.00 4
17	Deztin McMurrin	09	WAT West	6-01.00 6
18	Cael Schramm	11	IC, Liberty	6-01.00 7
19	Mike Manuel	12	SC, East	6-01.00 3
20	Ben Sorensen	11	Valley, WDM	6-00.00 2
21	Robert Johnson	12	SC, West	6-00.00 5
22	Daniel Zietlow	12	Pleasant Valley	6-00.00 3
23	JJ Willis	11	CR Washington	6-00.00 4
24	Pierce McCrary	10	CR Kennedy	6-00.00 4

## Event 131 Boys Long Jump 4A (24)

Friday 5/19/2023 - 9:00 AM

State Record: 24-02.75 2022 Abu Sama, Southeast Polk  
 All-Time: 24-10 2022 Abu Sama, Southeast Polk

	Name	Year	School	Seed Mark
1	TJ Jackson	12	Linn-Mar	22-08.75 1
2	Miles Parlet	11	CR Washington	22-06.50 2
3	Abu Sama	12	SE Polk	22-04.75 1
4	Jeremiah Armstrong	09	Johnston	21-07.50 2
5	Harrison Fierce	10	Pleasant Valley	21-07.25 1
6	Justyn Rivera	11	Mason City	21-07.25 3
7	Braeden Carlson	12	Norwalk	21-06.75 3
8	Anthony Glay	12	DC-Grimes	21-06.00 1

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## Event 131 ... (Boys Long Jump 4A (24))

Name	Year	School	Seed	Mark	
9	Justin Carper	12	Urbandale	21-06.00	1
10	Drew Hobart	09	Mason City	21-04.75	4
11	Noah Johnson	12	CR Washington	21-04.00	5
12	Torian Doss	09	WAT West	21-01.50	1
13	Dayton Harrell	11	SC, North	21-01.25	2
14	Jacob Smetzer	11	CR Kennedy	21-01.00	6
15	Shamar Benton	12	IC, City High	21-01.00	2
16	Denzil Green	10	Prairie, CR	21-00.50	8
17	Ronnie Major	12	IC, City High	21-00.50	3
18	T.Y. Pour	10	Prairie, CR	21-00.50	7
19	Landon Hochstein	12	Norwalk	21-00.00	4
20	Max Doran	12	Pleasant Valley	20-09.25	4
21	William Barreto	10	Dowling Cath	20-09.25	3
22	Graham Hilton	11	Indianola	20-09.00	5
23	Peyton Barr	10	Waukee NW	20-07.00	2
24	Kylin Crittenden	12	IC, West	20-05.75	2

## Event 139 Boys Discus Throw 4A (24)

Thursday 5/18/2023 - 11:30 AM

State Record: 204-09 2022

Walker Whalen, Indianola

All-Time: 207-08 1978

Scott Crowell, Mason City

Name	Year	School	Seed	Mark	
1	Zach McMillian	11	North Scott	183-02	1
2	Nathan Rotherham	11	Dowling Cath	165-01	1
3	Keaton Roskop	11	Linn-Mar	164-06	1
4	Lucas Morrison	12	Waukee NW	163-10	1
5	Ajai Russell	12	Clinton	161-00	1
6	Murphy Aucutt	11	Linn-Mar	157-09	2
7	Tate Joens	12	Prairie, CR	157-05	3
8	Colin Whitters	09	IC, West	155-11	2
9	Michael Etuma	12	IC, City High	155-01	2
10	Cody Heikes	12	Dowling Cath	154-05	2
11	Aidan Perez	11	CB, A Lincoln	153-04	3
12	Jake Peters	11	Cedar Falls	151-01	3
13	Blake Hogancamp	12	SC, East	149-04	4
14	tyler fitz	11	Ames	147-11	4
15	Phil Phillips	12	Burlington	146-10	3
16	Blaine Sandquist	11	Ankeny Cent	144-06	1
17	Haydn Stockdale	11	Prairie, CR	143-08	5
18	Connor Carver	12	Fort Dodge	143-08	2
19	Luke Belken	11	North Scott	143-03	4
20	Noah Kimpston	11	Waukee NW	142-07	3
21	Treyvon Higham	11	WAT West	142-02	4
22	Kael Martin	12	Cedar Falls	141-09	5
23	Caleb Chebuhar	11	SE Polk	140-07	2
24	Quillan McMurry	12	Norwalk	140-00	3

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## Event 147 Boys Shot Put 4A (24)

Friday 5/19/2023 - 11:30 AM

State Record: 65-11.50 1968

Doug Lane, CR Jefferson

All-Time: 70-11 1968

Doug Lane, Cedar Rapids Jefferson

Name	Year	School	Seed	Mark
1	Cohen Pfohl	12 DUB Senior	56-05.75	1
2	Cael Winter	12 Waukee NW	55-01.50	1
3	Nathan Rotherham	11 Dowling Cath	53-09.50	2
4	Blake Hogancamp	12 SC, East	53-09.50	1
5	Maddux Borcharding-Johnson	12 Norwalk	53-06.00	1
6	Sam Watts	11 Linn-Mar	52-09.50	1
7	Keaton Roskop	11 Linn-Mar	52-00.75	2
8	Kael Martin	12 Cedar Falls	51-01.25	2
9	Nathan Ervin	12 North Scott	50-07.00	1
10	Cody Heikes	12 Dowling Cath	50-06.00	3
11	Zach McMillian	11 North Scott	50-03.00	2
12	Joey VanWetzinga	10 Pleasant Valley	50-03.00	3
13	Cadence McDowell	12 DVPT, Central	49-05.00	4
14	Cade Meyer	10 Mason City	49-03.50	3
15	Malcolm Mutai	11 Waukee NW	49-00.50	2
16	Ramez Naba	11 Valley, WDM	48-10.50	3
17	Connor Carver	12 Fort Dodge	48-10.00	4
18	Juan DeAnda	12 SC, East	48-09.00	4
19	Logan Johnson	11 CR Kennedy	48-05.50	4
20	Sam Dietz	12 Ankeny Cent	48-05.50	2
21	Jake Peters	11 Cedar Falls	48-05.00	3
22	Nelson Evans IV	10 CR Jefferson	48-01.75	5
23	Jalyn Ford	10 IC, City High	48-00.00	5
24	Lathan McDaniel	10 Indianola	47-08.00	3

## Event 153 Boys Shot Put WC (2)

Saturday 5/20/2023 - 10:00 AM

State Record: 40-05.50 5/18/2013

Alex Gudenkauf, Dubuque, Senior

All-Time: 40-05.50 5/18/2013

Alex Gudenkauf, DBQ Senior WC

Name	Year	School	Seed	Mark
1	Josh Unguec	11 Ankeny	10-00.75	1
2	Xavier Conlin	10 Cedar Falls	9-07.75	1

## Event 157 Boys 4x110 Meter Shuttle Hurdle 4A (24) Prelims

Thursday 5/18/2023 - 2:20 PM

State Record: 57.18 5/18/2019

Valley, West Des Moines, Valley, WDM

P Marschel, U Gbarjolo, T Thornton, J Williams

All-Time: 57.18 5/18/2019

Valley, WDM, Valley, WDM

P Marschel, U Gbarjolo, T Thornton, J Williams

Team	Relay	Seed	Time	
1	Linn-Mar	1	57.99	1
	1) Nathan Leemhuis 12	2) Nicholas Gorsich 12	3) Colton Waller 12	4) William Grant 12
	5) James Wood 11	6) Justin Leemhuis 11	7) Daniel Lorenz 09	8) Andrew AbouAssaly 11
2	IC, West	1	58.75	1
	1) Aidan Jacobsen 11	2) Quinn Abbott 11	3) Jesus Marungo-Murillo 11	4) Christian Janis 12
	5) Seth Overton 12	6) Ely Smock 09	7) Kellen Craig 09	8) Landon Waddilove 09



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## Event 157 ... (Boys 4x110 Meter Shuttle Hurdle 4A (24) Prelims)

Event	Team	Relay	Seed Time
3	CR Kennedy	1	59.02 2
	1) Tyler Bartels 12	2) Cyrus Courtney 11	3) Ryan Bartels 10
	5) Pierce McCrary 10	6) Dallas Keller 09	8) Michael Richards 10
4	Pleasant Valley	1	59.05 1
	1) Max Doran 12	2) Spencer Roemer 11	3) Daniel Zietlow 12
	5) Kyle Almgren 11	6) Dylan Brei 12	8) Micah Herlich 09
5	Cedar Falls	1	59.06 2
	1) Morgan Hendrickson 12	2) Jaxon Schreiber 10	3) Rece Thola 11
	5) Alexander Kuehl 10	6) Joe Kenkel 11	8) Max Mills 10
6	SE Polk	1	59.19 1
	1) Joey Lauters 10	2) Jack Filloon 11	3) Seneca Molstre 11
	5) Bentley Brennick 09	6) Connor Moberly 11	8) Alex Van Der Brink 09
7	IC, City High	1	59.84 2
	1) Matt Schaeckenbach 12	2) Isaac Washpun 10	3) Dominic Roe 09
	5) Ian Moore 12	6) Phillip Kaplan 11	8) Connor Cross 10
8	Waukee NW	1	1:00.02 1
	1) Andrew Eastman 10	2) Cole Schrage 12	3) Kalarga Mukhtar 10
	5) Caleb James 10	6) Austin Van Horn 09	8) Jack Vinyard 10
9	Norwalk	1	1:00.23 2
	1) Daniel Webster 11	2) Daniel Roche 10	3) Isaac Sutcliffe 11
	5) Tyler Rewerts 12	6) Kaiden Kunze 09	8) Caleb Ochanpugh 11
10	Johnston	1	1:00.26 3
	1) Vincent Kelly 11	2) Sean Strand 12	3) Owen Helgeson 12
	5) Dusty Nyonee 11	6) Will Sheer 09	8) Matthew Urness 09
11	Valley, WDM	1	1:00.92 2
	1) Jacob Zeh 11	2) Ryan Arbab 10	3) Logan Hicks 10
	5) Miciah LeLaCheur 09	6) Evan Walker 11	8) Aidan Swain 10
12	CR Washington	1	1:01.11 3
	1) Leighton Charters 12	2) Isaiah Skvor 11	3) Montarious Beard 11
	5) Fidel Tiah 09	6) Colton Carver 11	8) Owen Vick 11
13	Waukee	1	1:01.22 3
	1) Tavian White 09	2) Eeon Martens 12	3) Beckett Bakker 09
	5) Jude Smull 10	6) Jeremy Rudicil 12	8) Bo Bechler 09
14	Ankeny	1	1:01.59 1
	1) Sam Madsen 09	2) Landon Pote 10	3) Hayden Carlson 09
	5) Carter Accola 12	6) Jet Bergwall 12	8) Casen Carter 10
15	Indianola	1	1:01.72 4
	1) Logan Piper 12	2) Vincent Anderson 10	3) Andrew DeWall 10
	5) Braeden Crouse 10	6) Kaisen Storm 10	8) Grady Cox 10
16	Prairie, CR	1	1:02.15 4
	1) Tyler Andrews 11	2) Quinton Alexander 10	3) KeAndre Bush 09
	5) Jace Tonne 10	6) Yoshin Helgenberger 09	8) John Hynek 10
17	Dowling Cath	1	1:02.19 2
	1) Colin Clark 12	2) London Stone 10	3) Christian Baccile 10
	5) Ethan Rosendahl 12	6) Maddox Coppola 09	8) Dylan Manning 10
18	WAT West	1	1:02.74 3
	1) Gunner Steele 10	2) Tyrell Adams 11	3) Deztin McMurrin 09
	5) Wesley Evans 11	6) Chase Jensen 09	8) Torian Doss 09
19	Bettendorf	1	1:02.76 3
	1) RJ Garrison 12	2) J.J. McDermott 09	3) Jerry Callahan 10
	5) Billy Joe Miller 09	6) Carson Miller 10	8) Soulaymane El Jerari 11

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**Event 157 ... (Boys 4x110 Meter Shuttle Hurdle 4A (24) Prelims)**

Team	Relay	Seed Time
20 Ankeny Cent	1	1:02.94 5
1) Cael Woods 10	2) Drake Dittmar 11	3) Cole Pieper 11
5) Kane Brooks 09	6) Ryan Muller 11	7) Elijah Porter 11
8) Lawson Langford 11		
21 North Scott	1	1:03.42 4
1) Evan Kruse 09	2) Nolan Reese 09	3) Ryan Stickler 11
5) Jesse Eller 10	6) Scott McCoy 09	7) August Bauer 11
8) Cole Wessel 11		
22 DC-Grimes	1	1:03.68 3
1) Trevone King 10	2) Kolby Carpenter 10	3) Darien Walker 09
5) Kaden Woody 12	6) Charlie Bohnenkamp 09	7) Josiah Cox 10
8) Lars Dodd 09		
23 Muscatine	1	1:03.73 5
1) Paul Henry 12	2) Avian Watson 10	3) James Deseh 12
5) Brady Franklin 10	6) Parker Carpenter 10	7) Dashael Wiseman 09
4) Daniel Adams 12		
24 DUB Senior	1	1:03.94 4
1) Dylan Thul 11	2) Tyler McDonald 12	3) Ethan Rader 12
5) Jackson Kieffer 09	6) Isaac Gooch 10	4) Nate Obbink 12

**Event 161 Boys 800 Sprint Medley 4A (24)**

Saturday 5/20/2023 - 10:20 AM

**State Record: 1:30.92 5/18/2019 Bettendorf, Bettendorf**  
**A Kalar, C Bell, L Desequeira, D Porter**

**All-Time: 1:30.92 5/18/2019 Bettendorf, Bettendorf**  
**A Kalar, C Bell, L Desequeira, D Porter**

Team	Relay	Seed Time
1 Mason City	1	1:31.89 1
1) Justyn Rivera 11	2) Javel Lee 10	3) Kaden Tyler 12
5) Drew Hobart 09	6) Ethen Roberts 12	7) Jess Cornick 12
8) Ra'shaun Wynter 11		
2 Johnston	1	1:31.90 1
1) JJ Shaw 11	2) Owen Ellsworth 12	3) Jashua Anglo 10
5) Caden Wilson 12	6) Kaia Fox 12	7) Tatum Fox 12
8) Jack Meyer 11		
3 Bettendorf	1	1:31.99 1
1) Kaizer Riley 10	2) Elijah Mendoza 12	3) Zach VanWychen 11
5) Ricky Trudell 10	6) Luke Weas 12	7) Zach Brown 10
8) Maliki Harris 10		
4 Linn-Mar	1	1:32.22 2
1) Nathan Leemhuis 12	2) Carter Henderson 12	3) Tayden Ferguson 11
5) Hunter Reynolds 11	6) Kaden McCloe 10	7) Gabe Harris 12
8) Nicholas Gorsich 12		
5 Ankeny	1	1:32.39 1
1) Aidan Adamson 12	2) Jazan Williams 12	3) Devon Akers 11
5) Jake Bosch 11	6) Bram Van De Mortel 12	7) Dylan Dougherty 11
8) Caden Henkes 10		
6 Cedar Falls	1	1:32.73 1
1) William Remmert 09	2) Cy Anderson 12	3) Jordan Townsend 10
5) Ben Roussell 12	6) Conner Trunnell 12	7) Mitchell Darst 11
8) Cayden Schellhorn 12		
7 Prairie, CR	1	1:32.93 3
1) Nate Patterson 12	2) Jackson Baedke 12	3) Landon Ruby 12
5) Sam Asiedu-Okyere 12	6) Quinton Alexander 10	7) Austyn Riehle 12
8) Apollo Payne 11		
8 Waukee	1	1:33.00 1
1) Gabriel Chayee 11	2) George Hinke 10	3) Santino Anzevino 11
5) Sage Yazzie 10	6) Kaiden Witzenburg 11	7) Lucas Struck 12
8) Travis Lembechwa 10		
9 Valley, WDM	1	1:33.23 2
1) Uriah Allen 11	2) Logan Elston 12	3) Jaleel Dorn 12
5) Lucas Koerselman 12	6) Jacob Zeh 11	7) Gage Olsen 10
8) Noah Hager 09		

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	Team	Relay	Seed Time
10	WAT West	1	1:33.37 2
	1) Ben Frazier 10	2) DeSean Kemp 10	3) Cavelle Fay 12
	5) Andrew Kline 11	6) Nate Kline 10	7) Tannen Bell 10
			8) Amara Dawon 10
11	Norwalk	1	1:33.43 2
	1) Dillon Ranck 12	2) Landon Hochstein 12	3) Jacey Hutson 12
	5) Tanner Merriman 12	6) Skyler Olson 12	7) Cameron Thomas 10
			8) Eli Robbins 09
12	SC, East	1	1:33.47 2
	1) Destiny Adams 12	2) Luke Sayonkon 11	3) Dalyn Tope 12
	5) Jacob Denker 12	6) Kelynn Jacobsen 12	7) Brady Wavrunek 12
13	DUB Senior	1	1:33.85 3
	1) Deyon Moore 12	2) Benjamin Francis 09	3) Nick Lambe 11
	5) Noah Roling 11	6) Dustin Foht 12	7) Nate Obbink 12
			8) Daylin Moore 10
14	Waukee NW	1	1:34.16 3
	1) Tyson Schlicher 11	2) Grant Carder 12	3) Spencer Nieman 12
	5) Hayden Morehead 10	6) Xavier Bernstine 10	7) Sam Johnson 11
			8) Ethan Gallegos 10
15	IC, City High	1	1:34.29 2
	1) Phillip Kaplan 11	2) Sam Rew 12	3) Connor Cross 10
	5) Deon Brown 11	6) Ronnie Major 12	7) Mike Rew 12
			8) Jeremiah Madlock 11
16	Ankeny Cent	1	1:34.50 3
	1) Elijah Porter 11	2) Connor Welsch 11	3) Lawson Langford 11
	5) Bennett Blakeslee 12	6) Drake Dittmar 11	7) Arian Ulrich 10
			8) Caleb Reed 10
17	DC-Grimes	1	1:35.26 3
	1) Jimmy Seeman 11	2) Josh Hendricks 12	3) John Kitenge 11
	5) Karsten Freund 10	6) Anthony Glay 12	7) Mason Jackson 12
			8) Lane Nelsen 11
18	IC, Liberty	1	1:35.63 4
	1) Aiden Maher 11	2) Jalen Wieck 12	3) Da'Shon Fisher 12
	5) Cody Nichols 11	6) Wyatt Williams 12	7) Jaden Frantz 12
			8) Ben O'Connor 12
19	CR Kennedy	1	1:35.85 4
	1) Donovan Slick-Driscoll 12	2) Tre Duffie 12	3) Nick Woods 11
	5) Chauncey Bodden 10	6) Jacob Doyle 10	7) Dawson Dougherty 09
			8) Crew Geater 11
20	Muscatine	1	1:36.05 5
	1) Daniel Adams 12	2) Brayden Lane 12	3) Jimelle Forkpa 10
	5) Jrakke Johnson 10	6) Espere Sewa 09	7) Jordan Meeker 09
			8) Chase Hardman 09
21	DSM, East	1	1:36.17 4
	1) Darius Sirleaf 12	2) Alf Clark 09	3) Tayte Warren 10
	5) Nate Burkheimer 10	6) Craig Farley 10	7) Daniel Zeoh 11
			8) Abraham Johnson 11
22	Indianola	1	1:36.27 4
	1) Liam Kelso 12	2) Eli Fox 11	3) Jonce Hale 11
	5) Micah Duey 12	6) Kye Hartung 12	7) Logan Piper 12
			8) Byron Taylor 10
23	Ottumwa	1	1:36.40 5
	1) Donald Golec 12	2) Javen Rominger 11	3) Luke Graeve 12
	5) Brock Brinegar 12	6) Koby Chanthavanh 10	7) Jannis Franke 12
			8) Mason Farrington 12
24	Dowling Cath	1	1:36.47 4
	1) Dante Cataldo 11	2) Hank Brown 11	3) Trey Wilson 10
	5) Jack Moore 12	6) Will Ringwelski 11	7) Jackson Miller 09
			8) Jalyn Thompson 12