

## 2023 Early Bird Ogden Co-Ed - 3/30/2023

Ogden  
Results

## Girls 100 Meter Dash

| Name                     | Yr | School       | Finals     |
|--------------------------|----|--------------|------------|
| <b>Finals</b>            |    |              |            |
| 1 Sellers, Jaidyn        | 11 | Panorama     | 13.10 10   |
| 2 Van Wyk, Meredith      | 09 | Pella Christ | 13.86 8    |
| 3 Graden, Taydem         | 10 | Ogden        | 13.90 6    |
| 4 Sinnard, Shay          | 12 | Carroll      | 14.01 4    |
| 5 Baumhover, Ava         | 09 | Van Meter    | 14.44 2    |
| 6 Graden, Brenlie        | 12 | Ogden        | 14.46 1    |
| 7 Tenborg, Colbie        | 09 | Saydel       | 14.47 NWI  |
| 8 Holt, Amelia           | 11 | Carroll      | 15.07 NWI  |
| 9 Applegate, Neela       | 10 | Winterset    | 15.29 NWI  |
| 10 Birks, Molly          | 12 | Van Meter    | 15.53 NWI  |
| 11 Acton, Bailey         | 12 | Winterset    | 15.57 NWI  |
| 12 Ritzert, Ellison      | 11 | Pella Christ | 15.80 NWI  |
| 13 Leonard, Aubrey       | 09 | Ogden        | x15.91 NWI |
| 14 Albrecht, Maia        | 12 | Saydel       | 15.92 NWI  |
| 15 Nichols, Makayla      | 11 | Winterset    | x16.17 NWI |
| 16 Laabs, Miranda        | 09 | Panorama     | 16.20 NWI  |
| 17 Daughenbaugh, Addison | 09 | Saydel       | x16.41 NWI |
| 18 Klaasen, Alexa        | 12 | Pella Christ | x16.62 NWI |
| 19 Laabs, Kelsey         | 10 | Panorama     | x17.07 NWI |
| 20 Chapman, Kate         | 09 | Van Meter    | x17.43 NWI |

## Girls 200 Meter Dash

| Name                    | Yr | School       | Finals     |
|-------------------------|----|--------------|------------|
| <b>Finals</b>           |    |              |            |
| 1 Sellers, Jaidyn       | 11 | Panorama     | 26.36 10   |
| 2 Tenborg, Colbie       | 09 | Saydel       | 28.14 8    |
| 3 Baumhover, Ava        | 09 | Van Meter    | 28.54 6    |
| 4 Graden, Taydem        | 10 | Ogden        | 28.93 4    |
| 5 Graden, Brenlie       | 12 | Ogden        | 29.31 2    |
| 6 Drake, Aubrie         | 09 | Carroll      | 29.59 1    |
| 7 Speltz, Teya          | 10 | Van Meter    | 29.96 NWI  |
| 8 Goins, Brenna         | 11 | Carroll      | 29.97 NWI  |
| 9 Settles, Josie        | 09 | Pella Christ | 30.23 NWI  |
| 10 Wenger, Breanna      | 10 | Ogden        | x30.44 NWI |
| 11 Veenstra, Cara       | 12 | Pella Christ | 31.14 NWI  |
| 12 Boylan-Salyers, Ella | 10 | Saydel       | 31.54 NWI  |
| 13 Beving, Gracie       | 09 | Van Meter    | x31.66 NWI |
| 14 Donovan, Natalie     | 11 | Panorama     | 32.20 NWI  |
| 15 Wickman, Paige       | 12 | Winterset    | 32.82 NWI  |
| 16 Ryan, Nevaeh         | 09 | Saydel       | x34.45 NWI |
| 17 Hockett, Grace       | 11 | Winterset    | 36.22 NWI  |

## Girls 400 Meter Dash

| Name             | Yr | School       | Finals     |
|------------------|----|--------------|------------|
| <b>Finals</b>    |    |              |            |
| 1 Vos, Bailey    | 09 | Pella Christ | 1:03.45 10 |
| 2 McCoy, Emma    | 10 | Van Meter    | 1:04.86 8  |
| 3 DeBoef, Anna   | 12 | Pella Christ | 1:05.77 6  |
| 4 Burke, Averi   | 11 | Carroll      | 1:07.31 4  |
| 5 Settles, Josie | 09 | Pella Christ | x1:08.30   |
| 6 Boese, Madison | 10 | Van Meter    | 1:08.77 2  |
| 7 Davis, Luci    | 10 | Winterset    | 1:08.83 1  |

|                   |    |           |         |
|-------------------|----|-----------|---------|
| 8 Hall, Ella      | 09 | Winterset | 1:16.30 |
| 9 Hudson, Alexis  | 09 | Saydel    | 1:22.43 |
| 10 Ozmun, Kyleigh | 09 | Ogden     | 1:40.44 |

## Girls 800 Meter Run

| Name                | Yr | School       | Finals     |
|---------------------|----|--------------|------------|
| <b>Finals</b>       |    |              |            |
| 1 Dea, Marie        | 11 | Carroll      | 2:24.95 10 |
| 2 Vos, Bailey       | 09 | Pella Christ | 2:34.22 8  |
| 3 Craven, Sami      | 11 | Winterset    | 2:35.60 6  |
| 4 Fryar, Brooklyn   | 11 | Van Meter    | 2:38.80 4  |
| 5 Pecina, Ryley     | 12 | Saydel       | 2:55.39 2  |
| 6 Spencer, Mckenzie | 09 | Ogden        | 3:06.68 1  |
| 7 Schmalcs, Julia   | 09 | Pella Christ | 3:08.39    |
| 8 Wittrock, Kiyah   | 10 | Carroll      | 3:13.96    |
| 9 McCloud, Isabelle | 11 | Ogden        | 3:19.37    |
| 10 Schreck, Ana     | 10 | Van Meter    | 3:33.29    |

## Girls 1500 Meter Run

| Name                 | Yr | School       | Finals     |
|----------------------|----|--------------|------------|
| <b>Finals</b>        |    |              |            |
| 1 McCoy, Emma        | 10 | Van Meter    | 5:20.37 10 |
| 2 Sutton, Morgan     | 11 | Winterset    | 5:27.02 8  |
| 3 Spencer, Kayden    | 12 | Ogden        | 5:35.81 6  |
| 4 Back, Morgan       | 09 | Winterset    | 5:40.32 4  |
| 5 Evans, Siena       | 09 | Winterset    | x5:47.98   |
| 6 Fett, Mary         | 09 | Panorama     | 5:49.50 2  |
| 7 Kanne, Julia       | 11 | Carroll      | 5:53.97 1  |
| 8 De Boef, Emma      | 09 | Pella Christ | 6:00.84    |
| 9 Pecina, Ryley      | 12 | Saydel       | 6:07.34    |
| 10 Tromblay, Dakota  | 11 | Ogden        | 6:09.84    |
| 11 Schmalcs, Julia   | 09 | Pella Christ | 6:30.18    |
| 12 hahn, Tahlia      | 09 | Carroll      | 6:36.99    |
| 13 Bahrenfuss, Avery | 11 | Panorama     | 7:24.72    |

## Girls 3000 Meter Run

| Name                | Yr | School    | Finals      |
|---------------------|----|-----------|-------------|
| <b>Finals</b>       |    |           |             |
| 1 Sutton, Morgan    | 11 | Winterset | 12:26.13 10 |
| 2 Evans, Siena      | 09 | Winterset | 12:42.33 8  |
| 3 Kanne, Julia      | 11 | Carroll   | 13:12.85 6  |
| 4 Fett, Mary        | 09 | Panorama  | 13:16.03 4  |
| 5 Vitiritto, Cara   | 12 | Saydel    | 13:40.23 2  |
| 6 Bahrenfuss, Avery | 11 | Panorama  | 16:47.99 1  |

## Girls 100 Meter Hurdles

| Name               | Yr | School    | Finals   |
|--------------------|----|-----------|----------|
| <b>Finals</b>      |    |           |          |
| 1 Kleemeier, Jaya  | 11 | Winterset | 17.26 10 |
| 2 Soderberg, Allie | 12 | Winterset | 17.94 8  |
| 3 King, Sydney     | 10 | Ogden     | 18.19 6  |

## Girls 400 Meter Hurdles

| Name                  | Yr | School    | Finals     |
|-----------------------|----|-----------|------------|
| <b>Finals</b>         |    |           |            |
| 1 Weispenning, Luella | 09 | Saydel    | 1:16.48 10 |
| 2 Hanselman, Gigi     | 10 | Winterset | 1:19.03 8  |

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Ogden Results

Girls 4x100 Meter Relay

| Team              | Relay | Finals   |
|-------------------|-------|----------|
| <b>Finals</b>     |       |          |
| 1 Carroll         |       | 52.24 10 |
| 2 Ogden           |       | 52.44 8  |
| 3 Pella Christian |       | 53.54 6  |
| 4 Van Meter       |       | 53.97 4  |
| 5 Winterset       |       | 54.41 2  |
| 6 Carroll         | B     | x55.55   |
| 7 Saydel          |       | 56.27 1  |
| 8 Van Meter       | B     | x57.43   |
| 9 Ogden           | B     | x58.24   |
| 10 Winterset      | B     | x59.51   |
| 11 Panorama       |       | 1:00.72  |
| 12 Saydel         | B     | x1:07.07 |

Girls 4x200 Meter Relay

| Team              | Relay | Finals     |
|-------------------|-------|------------|
| <b>Finals</b>     |       |            |
| 1 Carroll         |       | 1:51.07 10 |
| 2 Van Meter       |       | 1:54.67 8  |
| 3 Pella Christian |       | 1:56.95 6  |
| 4 Carroll         | B     | x1:58.75   |
| 5 Winterset       |       | 2:00.09 4  |
| 6 Ogden           |       | 2:01.72 2  |
| 7 Saydel          |       | 2:09.73 1  |
| 8 Panorama        |       | 2:12.60    |
| 9 Winterset       | B     | x2:13.26   |
| 10 Saydel         | B     | x2:29.55   |

Girls 4x400 Meter Relay

| Team              | Relay | Finals     |
|-------------------|-------|------------|
| <b>Finals</b>     |       |            |
| 1 Carroll         |       | 4:24.62 10 |
| 2 Pella Christian |       | 4:27.57 8  |
| 3 Van Meter       |       | 4:42.45 6  |
| 4 Ogden           |       | 4:45.86 4  |
| 5 Winterset       |       | 4:50.70 2  |

Girls 4x800 Meter Relay

| Team          | Relay | Finals      |
|---------------|-------|-------------|
| <b>Finals</b> |       |             |
| 1 Ogden       |       | 11:55.75 10 |
| 2 Van Meter   |       | 12:07.21 8  |
| 3 Carroll     |       | 12:22.93 6  |

Girls 800 Sprint Medley

| Team              | Relay | Finals     |
|-------------------|-------|------------|
| <b>Finals</b>     |       |            |
| 1 Carroll         |       | 1:59.36 10 |
| 2 Pella Christian |       | 2:00.74 8  |
| 3 Van Meter       |       | 2:04.65 6  |
| 4 Winterset       |       | 2:06.83 4  |
| 5 Ogden           |       | 2:08.48 2  |
| 6 Pella Christian | B     | x2:11.15   |
| 7 Carroll         | B     | x2:14.02   |

|             |   |           |
|-------------|---|-----------|
| 8 Winterset | B | x2:19.19  |
| 9 Panorama  |   | 2:20.91 1 |
| 10 Saydel   |   | 2:25.83   |
| 11 Ogden    | B | x2:30.07  |

Girls Distance Medley

| Team          | Relay | Finals     |
|---------------|-------|------------|
| <b>Finals</b> |       |            |
| 1 Carroll     |       | 4:44.40 10 |
| 2 Winterset   |       | 5:04.80 8  |
| 3 Ogden       |       | 5:26.54 6  |

Girls 4x100 Meter Shuttle Hurdle

| Team          | Relay | Finals     |
|---------------|-------|------------|
| <b>Finals</b> |       |            |
| 1 Winterset   |       | 1:15.67 10 |
| 2 Carroll     |       | 1:16.84 8  |

Girls High Jump

| Name                      | Yr | School       | Finals      |
|---------------------------|----|--------------|-------------|
| <b>Finals</b>             |    |              |             |
| 1 Lass, Samantha          | 10 | Ogden        | 5-00.00 10  |
| 2 Veenstra, Cara          | 12 | Pella Christ | 4-10.00 8   |
| 3 Birks, Molly            | 12 | Van Meter    | 4-10.00 6   |
| 4 Kent, Zella             | 11 | Ogden        | 4-08.00 4   |
| 5 Schmitt-Hubbard, Aubrie | 09 | Carroll      | 4-06.00 2   |
| 6 Witt, RyAnn             | 09 | Winterset    | 4-04.00 0.3 |
| 6 Hanselman, Geona        | 10 | Winterset    | 4-04.00 0.3 |
| 6 Matt, Abby              | 12 | Van Meter    | 4-04.00 0.3 |
| --- Weispfenning, Luella  | 09 | Saydel       | NH          |
| --- Holt, Amelia          | 11 | Carroll      | NH          |
| --- Osborn, Aly           | 09 | Winterset    | NH          |
| --- Wardell, Amanda       | 09 | Carroll      | NH          |

Girls Long Jump

| Name                  | Yr | School       | Finals        |
|-----------------------|----|--------------|---------------|
| <b>Finals</b>         |    |              |               |
| 1 Sinnard, Shay       | 12 | Carroll      | 16-06.00 10   |
| 2 Graden, Brenlie     | 12 | Ogden        | 16-01.50 8    |
| 3 Graden, Taydem      | 10 | Ogden        | 15-09.00 6    |
| 4 Tenborg, Colbie     | 09 | Saydel       | 15-05.50 4    |
| 5 Nikkel, Chloe       | 09 | Pella Christ | 14-04.25 2    |
| 6 Nikkel, Makayla     | 11 | Pella Christ | 13-04.25 1    |
| 7 Drake, Aubrie       | 09 | Carroll      | 13-03.00 NWI  |
| 8 Badker, Kaleigh     | 12 | Ogden        | x13-02.00 NWI |
| 9 Beving, Gracie      | 09 | Van Meter    | 12-06.00 NWI  |
| 10 Matt, Abby         | 12 | Van Meter    | 12-00.50 NWI  |
| 11 Andrew, Braelyn    | 09 | Winterset    | 12-00.00 NWI  |
| 12 Meiers, Alexandria | 11 | Carroll      | x11-09.50 NWI |
| 13 Ryan, Nevaeh       | 09 | Saydel       | 11-00.00 NWI  |
| 14 Hudson, Alexis     | 09 | Saydel       | x9-09.50 NWI  |

Girls Shot Put

| Name               | Yr | School    | Finals      |
|--------------------|----|-----------|-------------|
| <b>Finals</b>      |    |           |             |
| 1 Roosa, Marinza   | 11 | Ogden     | 36-07.00 10 |
| 2 Brown, Gracelynn | 10 | Winterset | 35-07.50 8  |

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## Finals ... (Girls Shot Put)

| Name                  | Yr | School       | Finals    |   |
|-----------------------|----|--------------|-----------|---|
| 3 Conley, Reagan      | 11 | Ogden        | 32-09.50  | 6 |
| 4 Kuhlmann, Emma      | 10 | Carroll      | 32-05.50  | 4 |
| 5 Morgan, Madalynn    | 11 | Ogden        | x32-00.25 |   |
| 6 Sellers, Jazmyn     | 12 | Panorama     | 31-06.50  | 2 |
| 7 Steenblock, Arilyan | 10 | Panorama     | 29-09.50  | 1 |
| 8 Aschinger, Shayne   | 12 | Carroll      | 29-06.50  |   |
| 9 Thummel, Lydia      | 09 | Van Meter    | 28-03.50  |   |
| 10 Grossman, Emma     | 09 | Carroll      | x27-07.50 |   |
| 11 Veenstra, Caitlin  | 11 | Pella Christ | 27-03.75  |   |
| 12 Lee, Nevaeh        | 10 | Saydel       | 27-01.00  |   |
| 13 Aasen, Elise       | 12 | Winterset    | 26-10.00  |   |
| 14 Faux, Jaelynn      | 10 | Winterset    | x26-04.50 |   |
| 15 Lowe, Maci         | 12 | Saydel       | 22-10.00  |   |
| 16 Lindahl, Payton    | 09 | Saydel       | x20-01.75 |   |

## Girls Discus Throw

| Name                  | Yr | School       | Finals    |    |
|-----------------------|----|--------------|-----------|----|
| 1 Steenblock, Arilyan | 10 | Panorama     | 109-10    | 10 |
| 2 Sellers, Jazmyn     | 12 | Panorama     | 99-02     | 8  |
| 3 Rowedder, Olivia    | 10 | Carroll      | 92-02     | 6  |
| 4 Conley, Reagan      | 11 | Ogden        | 88-05.50  | 4  |
| 5 Aschinger, Shayne   | 12 | Carroll      | 87-08     | 2  |
| 6 Kuhlmann, Emma      | 10 | Carroll      | x87-00.25 |    |
| 7 Morgan, Madalynn    | 11 | Ogden        | 86-09     | 1  |
| 8 Alexander, Thea     | 11 | Ogden        | x84-11    |    |
| 9 Taylor, Izabella    | 10 | Winterset    | 81-10     |    |
| 10 Akers, Karlee      | 11 | Winterset    | 78-03     |    |
| 11 Veenstra, Caitlin  | 11 | Pella Christ | 76-08     |    |
| 12 Thummel, Lydia     | 09 | Van Meter    | 76-01     |    |
| 13 Lutz, Emily        | 12 | Panorama     | x67-02.50 |    |
| 14 Hoefing, Abby      | 09 | Winterset    | x59-07    |    |
| 15 Tinkey, Sophie     | 09 | Van Meter    | 58-00     |    |

## Boys 100 Meter Dash

| Name                   | Yr | School       | Finals |     |
|------------------------|----|--------------|--------|-----|
| 1 Nikkel, Luke         | 12 | Pella Christ | 12.02  | 10  |
| 2 Doggett, Porter      | 11 | Van Meter    | 12.24  | 8   |
| 3 McCloud, Jordan      | 10 | Boone        | 12.74  | 6   |
| 4 Wisecup, Caleb       | 11 | Ogden        | 12.79  | 4   |
| 5 Wiedman, Rylan       | 12 | Van Meter    | 12.84  | 2   |
| 6 Nunnikhoven, Landon  | 09 | Pella Christ | 13.09  | 1   |
| 7 Frederichsen, Isaiah | 12 | Ogden        | 13.13  | NWI |
| 8 Ludwig, Cooper       | 11 | Carroll      | 13.19  | NWI |
| 9 Stewart, Austin      | 12 | Panorama     | 13.26  | NWI |
| 10 Speas, Blaine       | 09 | North Polk   | 13.60  | NWI |
| 11 Godwin, Grady       | 10 | Saydel       | 13.68  | NWI |
| 12 Moe, Connor         | 10 | Ogden        | x13.77 | NWI |
| 13 Albaugh, Cooper     | 09 | North Polk   | 13.94  | NWI |
| 14 Thompson, Gage      | 12 | Saydel       | 14.02  | NWI |
| 15 Marrs, Emerson      | 10 | Van Meter    | x14.40 | NWI |
| 16 Bartmess, Damian    | 12 | Saydel       | x14.73 | NWI |
| 17 Van Gorp, Alex      | 10 | Pella Christ | x15.01 | NWI |

|                     |    |            |        |     |
|---------------------|----|------------|--------|-----|
| 18 Stagg, Jaysen    | 10 | Panorama   | 15.04  | NWI |
| 19 Shaffer, Jackson | 09 | Panorama   | x15.95 | NWI |
| 20 Norman, James    | 09 | North Polk | x17.11 | NWI |
| 21 Osborn, Tyler    | 10 | Boone      | 19.98  | NWI |
| 22 Reetz, Ryan      | 10 | Boone      | x23.23 | NWI |

## Boys 200 Meter Dash

| Name                         | Yr | School       | Finals |     |
|------------------------------|----|--------------|--------|-----|
| 1 Pearson, Cael              | 12 | Ogden        | 24.14  | 10  |
| 2 Doggett, Porter            | 11 | Van Meter    | 24.36  | 8   |
| 3 Peterson, Cason            | 10 | Van Meter    | 24.50  | 6   |
| 4 Tigges, Austin             | 12 | Carroll      | 24.76  | 4   |
| 5 Boucher, Lucas             | 10 | Boone        | 25.44  | 2   |
| 6 Wisecup, Caleb             | 11 | Ogden        | 25.66  | 1   |
| 7 Vanderheiden, Caleb        | 11 | Carroll      | 25.80  | NWI |
| 8 Bridges, Jimmie            | 10 | Saydel       | 26.10  | NWI |
| 9 Ochsner, Ezra              | 09 | Pella Christ | 26.53  | NWI |
| 10 Shaffer, Syler            | 09 | Panorama     | 27.06  | NWI |
| 11 Wilson, Alex              | 12 | Ogden        | x27.54 | NWI |
| 12 Parkison, Braydon         | 10 | Van Meter    | x27.88 | NWI |
| 13 Thompson, Gage            | 12 | Saydel       | 27.89  | NWI |
| 14 Clefisch, Lucas           | 09 | North Polk   | 28.08  | NWI |
| 15 Howard, Landon            | 12 | Panorama     | 28.52  | NWI |
| 16 Albaugh, Cooper           | 09 | North Polk   | 28.60  | NWI |
| 17 Bartmess, Damian          | 12 | Saydel       | x29.14 | NWI |
| 18 Bell, Oliver              | 09 | Pella Christ | 31.77  | NWI |
| 19 Shaffer, Jackson          | 09 | Panorama     | x33.41 | NWI |
| 20 Taylor-Scarborough, Austi | 09 | North Polk   | x35.86 | NWI |
| 21 Reetz, Ryan               | 10 | Boone        | 39.12  | NWI |
| 22 Osborn, Tyler             | 10 | Boone        | x41.58 | NWI |

## Boys 400 Meter Dash

| Name                 | Yr | School       | Finals   |    |
|----------------------|----|--------------|----------|----|
| 1 Sands, Micah       | 09 | North Polk   | 54.34    | 10 |
| 2 Trudo, Cael        | 11 | Van Meter    | 55.55    | 8  |
| 3 Winter, Nathaniel  | 12 | Boone        | 55.93    | 6  |
| 4 Christensen, Jack  | 12 | Ogden        | 57.26    | 4  |
| 5 Hoskins, Quintin   | 11 | Ogden        | 57.36    | 2  |
| 6 Hayworth, Drew     | 10 | Boone        | 57.63    | 1  |
| 7 Ritzert, Brecken   | 09 | Pella Christ | 57.72    |    |
| 8 Volk, Caleb        | 09 | Pella Christ | 58.98    |    |
| 9 Kelsick, Aiden     | 12 | North Polk   | 59.08    |    |
| 10 Kargle, Cadon     | 10 | Ogden        | x1:01.96 |    |
| 11 Blevins, Coehn    | 10 | Van Meter    | 1:04.03  |    |
| 12 Rademacher, Aidan | 09 | North Polk   | x1:04.23 |    |
| 13 Wagner, Gabe      | 10 | Panorama     | 1:07.32  |    |
| --- Brogden, Bodie   | 09 | Boone        | DQ       |    |

## Boys 800 Meter Run

| Name              | Yr | School       | Finals  |    |
|-------------------|----|--------------|---------|----|
| 1 Kelly, Tommy    | 10 | Van Meter    | 2:16.00 | 10 |
| 2 Cadwell, Ely    | 09 | Pella Christ | 2:16.59 | 8  |
| 3 Schaeffer, Evan | 10 | Carroll      | 2:19.33 | 6  |

## 2023 Early Bird Ogden Co-Ed - 3/30/2023

Ogden  
Results

## Finals ... (Boys 800 Meter Run)

| Name                 | Yr | School       | Finals   |   |
|----------------------|----|--------------|----------|---|
| 4 Benbow, Jude       | 10 | Ogden        | 2:20.98  | 4 |
| 5 King, Jordan       | 12 | Ogden        | 2:21.53  | 2 |
| 6 Pollard, Henry     | 12 | Boone        | 2:22.44  | 1 |
| 7 Haverman, Cole     | 12 | North Polk   | 2:22.58  |   |
| 8 Barney, Nolan      | 11 | Van Meter    | 2:23.54  |   |
| 9 Braddock, Ajay     | 09 | Boone        | 2:23.85  |   |
| 10 Gallaher, Logan   | 09 | Pella Christ | 2:24.34  |   |
| 11 Oliver, Cory      | 09 | Van Meter    | x2:24.78 |   |
| 12 Hoksbergen, Eli   | 10 | Pella Christ | x2:25.40 |   |
| 13 Warrick, Jack     | 09 | Boone        | x2:25.74 |   |
| 14 Wiederien, Dayton | 09 | Carroll      | 2:28.29  |   |
| 15 McPherrin, Jacob  | 09 | Saydel       | 2:38.92  |   |
| 16 Twedt, Chase      | 09 | North Polk   | 2:39.47  |   |
| 17 Hayden, Zach      | 09 | Panorama     | 2:40.49  |   |
| 18 Phillips, Luke    | 12 | North Polk   | x2:41.58 |   |
| 19 Rochhotz, Aden    | 09 | Panorama     | 2:42.99  |   |
| 20 Benjamin, Jordan  | 09 | Ogden        | x2:49.09 |   |

## Boys 1600 Meter Run

| Name                 | Yr | School       | Finals   |    |
|----------------------|----|--------------|----------|----|
| 1 North, Ryan        | 11 | Carroll      | 4:56.91  | 10 |
| 2 Van Sickle, Carson | 11 | Ogden        | 4:58.76  | 8  |
| 3 Molinsky, Blake    | 10 | Carroll      | 5:16.70  | 6  |
| 4 Winter, Nathaniel  | 12 | Boone        | 5:22.77  | 4  |
| 5 Reed, Owen         | 09 | North Polk   | 5:27.32  | 2  |
| 6 Meinders, Sawyer   | 09 | Pella Christ | 5:27.70  | 1  |
| 7 Johnston, Max      | 12 | Boone        | 5:29.96  |    |
| 8 Braddock, Bo       | 12 | Boone        | x5:30.70 |    |
| 9 Russo, Levi        | 12 | Ogden        | 5:32.64  |    |
| 10 Reimers, Cael     | 10 | Van Meter    | 5:34.57  |    |
| 11 Gosselink, Ben    | 12 | Pella Christ | 5:36.26  |    |
| 12 McIlravy, Misha   | 09 | North Polk   | 5:44.18  |    |
| 13 Bradley, Mason    | 09 | Van Meter    | 6:18.78  |    |
| 14 Hayden, Zach      | 09 | Panorama     | 6:20.75  |    |
| 15 Donovan, Dylan    | 09 | Panorama     | 6:41.32  |    |
| 16 Abbott, Landon    | 09 | Ogden        | x6:43.23 |    |

## Boys 3200 Meter Run

| Name                 | Yr | School       | Finals    |    |
|----------------------|----|--------------|-----------|----|
| 1 North, Ryan        | 11 | Carroll      | 11:21.57  | 10 |
| 2 Gradoville, Blake  | 10 | Boone        | 11:42.20  | 8  |
| 3 Reed, Owen         | 09 | North Polk   | 11:45.44  | 6  |
| 4 Postel, Brett      | 10 | North Polk   | 11:48.83  | 4  |
| 5 Gosselink, Ben     | 12 | Pella Christ | 12:06.22  | 2  |
| 6 Lock, Nahum        | 10 | Saydel       | 12:07.23  | 1  |
| 7 Braddock, Bo       | 12 | Boone        | 12:19.22  |    |
| 8 Boothroyd, Travis  | 11 | Ogden        | 12:19.38  |    |
| 9 Johnston, Max      | 12 | Boone        | x12:30.86 |    |
| 10 McIlravy, Misha   | 09 | North Polk   | x12:44.16 |    |
| 11 Dozier, Cael      | 10 | Ogden        | 12:46.87  |    |
| 12 Glade, Adam       | 09 | Van Meter    | 13:27.26  |    |
| 13 Krusemark, Camden | 10 | Van Meter    | 13:36.12  |    |

## Boys 110 Meter Hurdles

| Name                 | Yr | School     | Finals |        |
|----------------------|----|------------|--------|--------|
| 1 Hayes, Vinny       | 12 | Boone      | 16.82  | 10     |
| 2 Taylor, Matthew    | 12 | Ogden      | 17.83  | 8      |
| 3 Klocke, Owen       | 10 | Carroll    | 18.04  | 6      |
| 4 Lause, Tate        | 09 | Saydel     | 18.35  | 4      |
| 5 Pitlock, Nathan    | 10 | North Polk | 19.54  | 2      |
| 6 Youngblood, Landon | 09 | Boone      | 21.99  | 1      |
| 7 Maldonado, Luis    | 10 | Boone      | x24.04 | NWI    |
| --- White, Maddux    | 10 | Carroll    |        | DQ NWI |

## Boys 400 Meter Hurdles

| Name                 | Yr | School       | Finals   |    |
|----------------------|----|--------------|----------|----|
| 1 Netten, Aydn       | 12 | Van Meter    | 59.09    | 10 |
| 2 Hayes, Vinny       | 12 | Boone        | 1:01.22  | 8  |
| 3 Nunnikhoven, Noah  | 11 | Pella Christ | 1:01.30  | 6  |
| 4 Trudo, Cael        | 11 | Van Meter    | 1:01.46  | 4  |
| 5 Overturf, Trenton  | 12 | Boone        | 1:03.07  | 2  |
| 6 Schumann, Aidan    | 09 | North Polk   | 1:06.42  | 1  |
| 7 Ludwig, Cooper     | 11 | Carroll      | 1:06.69  |    |
| 8 Twedt, Dylan       | 09 | North Polk   | 1:06.82  |    |
| 9 Hawkinson, Ty      | 12 | Carroll      | 1:07.52  |    |
| 10 Maldonado, Luis   | 10 | Boone        | x1:09.48 |    |
| 11 Kargle, Cadon     | 10 | Ogden        | 1:12.62  |    |
| 12 Spurgeon, Charlie | 09 | North Polk   | x1:15.32 |    |
| 13 Boothroyd, Trevor | 11 | Ogden        | 1:17.38  |    |

## Boys 4x100 Meter Relay

| Team              | Relay | Finals |    |
|-------------------|-------|--------|----|
| 1 Ogden           |       | 45.63  | 10 |
| 2 Carroll         |       | 46.48  | 8  |
| 3 Van Meter       |       | 47.23  | 6  |
| 4 Boone           |       | 47.62  | 4  |
| 5 Ogden           | B     | x48.62 |    |
| 6 Panorama        |       | 48.87  | 2  |
| 7 Saydel          |       | 49.24  | 1  |
| 8 Pella Christian |       | 50.03  |    |
| 9 Van Meter       | B     | x50.23 |    |
| 10 Carroll        | B     | x50.66 |    |
| 11 Boone          | B     | x51.46 |    |
| 12 North Polk     |       | 51.75  |    |
| 13 North Polk     | B     | x53.18 |    |
| 14 Panorama       | B     | x57.13 |    |

## Boys 4x200 Meter Relay

| Team              | Relay | Finals  |    |
|-------------------|-------|---------|----|
| 1 Van Meter       |       | 1:36.27 | 10 |
| 2 Carroll         |       | 1:36.35 | 8  |
| 3 Pella Christian |       | 1:37.52 | 6  |
| 4 Boone           |       | 1:38.61 | 4  |
| 5 Panorama        |       | 1:41.38 | 2  |

## 2023 Early Bird Ogden Co-Ed - 3/30/2023

Ogden  
Results

## Finals ... (Boys 4x200 Meter Relay)

| Team          | Relay | Finals    |
|---------------|-------|-----------|
| 6 Ogden       |       | 1:42.22 1 |
| 7 Boone       | B     | x1:43.66  |
| 8 Van Meter   | B     | x1:47.14  |
| 9 Ogden       | B     | x1:48.74  |
| 10 North Polk | B     | x1:49.28  |
| 11 Carroll    | B     | x1:49.37  |
| 12 North Polk |       | 1:50.18   |

## Boys 4x400 Meter Relay

| Team              | Relay | Finals     |
|-------------------|-------|------------|
| 1 Van Meter       |       | 3:48.62 10 |
| 2 Pella Christian |       | 3:55.35 8  |
| 3 North Polk      |       | 3:56.37 6  |
| 4 Ogden           |       | 3:56.72 4  |
| 5 Carroll         |       | 3:59.57 2  |
| 6 Boone           |       | 4:02.29 1  |
| 7 Panorama        |       | 4:07.84    |

## Boys 4x800 Meter Relay

| Team              | Relay | Finals     |
|-------------------|-------|------------|
| 1 Boone           |       | 9:40.35 10 |
| 2 Ogden           |       | 9:49.87 8  |
| 3 Pella Christian |       | 9:51.54 6  |
| 4 North Polk      |       | 9:56.04 4  |
| 5 Panorama        |       | 10:00.79 2 |
| 6 Carroll         |       | 10:13.82 1 |
| --- Ogden         | B     | X12:27.11  |

## Boys 800 Sprint Medley

| Team              | Relay | Finals     |
|-------------------|-------|------------|
| 1 Ogden           |       | 1:43.25 10 |
| 2 Carroll         |       | 1:43.82 8  |
| 3 Pella Christian |       | 1:45.31 6  |
| 4 Van Meter       |       | 1:47.08 4  |
| 5 Boone           |       | 1:48.47 2  |
| 6 Carroll         | B     | x1:52.24   |
| 7 North Polk      |       | 1:52.52 1  |
| 8 Pella Christian | B     | x1:53.80   |
| 9 Panorama        |       | 1:54.21    |
| 10 Saydel         |       | 1:55.16    |
| 11 Ogden          | B     | x1:55.36   |
| 12 North Polk     | B     | x1:59.79   |
| 13 Boone          | B     | x2:00.60   |
| 14 Van Meter      | B     | x2:03.75   |
| 15 Panorama       | B     | x2:06.23   |

## Boys Distance Medley

| Team      | Relay | Finals     |
|-----------|-------|------------|
| 1 Ogden   |       | 3:48.69 10 |
| 2 Carroll |       | 4:08.78 8  |

|              |           |
|--------------|-----------|
| 3 Van Meter  | 4:16.38 6 |
| 4 Boone      | 4:26.42 4 |
| 5 North Polk | 4:29.64 2 |
| 6 Panorama   | 4:42.53 1 |

## Boys 4x110 Meter Shuttle Hurdle

| Team         | Relay | Finals     |
|--------------|-------|------------|
| 1 Carroll    |       | 1:10.23 10 |
| 2 Boone      |       | 1:13.43 8  |
| 3 North Polk |       | 1:15.19 6  |
| 4 Ogden      |       | 1:16.44 4  |

## Boys High Jump

| Name                   | Yr | School     | Finals     |
|------------------------|----|------------|------------|
| 1 Van Sickle, Carson   | 11 | Ogden      | 5-08.00 10 |
| 2 Hunter, Trey         | 12 | Carroll    | 5-06.00 8  |
| 3 Rhodes, Drew         | 09 | Van Meter  | 5-06.00 6  |
| 4 White, Jack          | 12 | Carroll    | 5-04.00 4  |
| --- Youngblood, Landon | 09 | Boone      | NH         |
| --- Messler, Tyson     | 09 | Boone      | NH         |
| --- Lause, Tate        | 09 | Saydel     | NH         |
| --- Matt, Charlie      | 10 | Van Meter  | NH         |
| --- Pederson, Eli      | 09 | North Polk | NH         |

## Boys Long Jump

| Name                 | Yr | School       | Finals        |
|----------------------|----|--------------|---------------|
| 1 Pearson, Cael      | 12 | Ogden        | 20-08.50 10   |
| 2 Nikkel, Luke       | 12 | Pella Christ | 19-07.50 8    |
| 3 Overturf, Trenton  | 12 | Boone        | 18-09.00 6    |
| 4 Hunter, Trey       | 12 | Carroll      | 18-09.00 4    |
| 5 Wisecup, Caleb     | 11 | Ogden        | 18-07.75 2    |
| 6 Ziegmann, Reece    | 10 | Carroll      | 18-06.00 1    |
| 7 Davies, Noah       | 09 | Boone        | 18-03.50 NWI  |
| 8 Heisterkamp, Edrik | 10 | Carroll      | x17-10.25 NWI |
| 9 Cole, Garrett      | 10 | Van Meter    | 17-06.50 NWI  |
| 10 Pitlock, Nathan   | 10 | North Polk   | 17-05.00 NWI  |
| 11 Pederson, Eli     | 09 | North Polk   | 16-11.50 NWI  |
| 12 Frese, Justus     | 10 | Boone        | x16-11.00 NWI |
| 13 Brooner, Conner   | 12 | Saydel       | 16-08.00 NWI  |
| 14 Doggett, Tate     | 09 | Van Meter    | 16-05.25 NWI  |
| 15 Mitchell, Treyton | 09 | Ogden        | x15-08.75 NWI |

## Boys Shot Put

| Name                   | Yr | School       | Finals      |
|------------------------|----|--------------|-------------|
| 1 Veenstra, Trevor     | 11 | Pella Christ | 56-05.25 10 |
| 2 Bolton, Nik          | 11 | Ogden        | 38-11.25 8  |
| 3 Frederichsen, Isaiah | 12 | Ogden        | 38-02.00 6  |
| 4 Crane, Carson        | 10 | Ogden        | x37-11.00   |
| 5 Mennen, Keaton       | 09 | Van Meter    | 37-00.50 4  |
| 6 Wieland, Colton      | 12 | Carroll      | 35-08.50 2  |
| 7 Baumgardner, Jude    | 09 | Boone        | 34-09.50 1  |
| 8 Lee, Slayde          | 09 | Boone        | 34-07.00    |

## 2023 Early Bird Ogden Co-Ed - 3/30/2023

Ogden  
Results

## Finals ... (Boys Shot Put)

| Name                      | Yr | School       | Finals    |
|---------------------------|----|--------------|-----------|
| 9 Weigel, Garrett         | 11 | Van Meter    | 34-05.00  |
| 10 Gonzalez, Matthew      | 12 | Saydel       | 33-04.00  |
| 11 Kuehler, Alex          | 10 | Van Meter    | x32-11.25 |
| 12 Godwin, Grady          | 10 | Saydel       | 32-08.50  |
| 13 Monroy-Nunez, Cristian | 09 | Panorama     | 32-01.00  |
| 14 Rademacher, Aidan      | 09 | North Polk   | 29-10.00  |
| 15 Holt, Gavin            | 09 | Carroll      | 29-08.75  |
| 16 Ver Ploeg, Spencer     | 12 | Pella Christ | 29-06.00  |
| 17 Bridges, Jordan        | 09 | Saydel       | x28-06.00 |
| 18 Olberding, Mox         | 10 | Carroll      | x28-04.00 |
| 19 Carpenter, Dante       | 09 | Boone        | x28-01.50 |
| 20 Cordero, Karson        | 09 | North Polk   | 26-06.00  |
| 21 Mathis, Alex           | 09 | North Polk   | x26-01.00 |
| 22 Kunce, Ashton          | 09 | Panorama     | 25-10.00  |
| 23 Groenenboom, Ezra      | 12 | Pella Christ | x25-07.50 |
| 24 Dubritsky, Will        | 09 | North Polk   | x23-01.00 |

## Boys Discus Throw

| Name                         | Yr | School       | Finals      |
|------------------------------|----|--------------|-------------|
| 1 Veenstra, Trevor           | 11 | Pella Christ | 163-04 10   |
| 2 Speltz, Ike                | 12 | Van Meter    | 120-08 8    |
| 3 Bolton, Nik                | 11 | Ogden        | 120-01 6    |
| 4 Cromie-Roche, Noah         | 12 | Boone        | 119-09.50 4 |
| 5 Wieland, Colton            | 12 | Carroll      | 118-09 2    |
| 6 Monroy-Nunez, Cristian     | 09 | Panorama     | 100-01.50 1 |
| 7 Baumgardner, Jude          | 09 | Boone        | 98-08.75    |
| 8 Bergstrom, Owen            | 10 | Ogden        | 92-09       |
| 9 Ver Ploeg, Spencer         | 12 | Pella Christ | 90-04       |
| 10 Lee, Slayde               | 09 | Boone        | x89-01      |
| 11 Olberding, Mox            | 10 | Carroll      | 88-02       |
| 12 Eastman, Logan            | 11 | Van Meter    | 78-08.50    |
| 13 Holt, Gavin               | 09 | Carroll      | x78-01      |
| 14 Halfpap, Eli              | 11 | Van Meter    | x77-06      |
| 15 Wagner, Gabe              | 10 | Panorama     | 70-09       |
| 16 Taylor-Scarborough, Austi | 09 | North Polk   | 70-01       |
| 17 Crane, Carson             | 10 | Ogden        | x68-04.50   |
| 18 Groenenboom, Ezra         | 12 | Pella Christ | x68-02      |
| 19 Kunce, Ashton             | 09 | Panorama     | x63-07.50   |
| 20 Geyer, Carter             | 09 | North Polk   | 63-00.50    |
| 21 Norman, James             | 09 | North Polk   | x45-02.50   |

## Men - Team Rankings - 19 Events Scored

|                    |     |
|--------------------|-----|
| 1) Ogden           | 132 |
| 2) Van Meter       | 110 |
| 3) Carroll         | 108 |
| 4) Boone           | 93  |
| 5) Pella Christian | 82  |
| 6) North Polk      | 44  |
| 7) Panorama        | 8   |
| 8) Saydel          | 6   |

## Combined Team Scores - 38 Events Scored

|                    |         |
|--------------------|---------|
| 1) Ogden           | 239     |
| 2) Carroll         | 222     |
| 3) Van Meter       | 180.333 |
| 4) Pella Christian | 153     |
| 5) Winterset       | 101.666 |
| 6) Boone           | 93      |
| 7) Panorama        | 57      |
| 8) North Polk      | 44      |
| 9) Saydel          | 34      |

## Women - Team Rankings - 19 Events Scored

|                    |         |
|--------------------|---------|
| 1) Carroll         | 114     |
| 2) Ogden           | 107     |
| 3) Winterset       | 101.666 |
| 4) Pella Christian | 71      |
| 5) Van Meter       | 70.3333 |
| 6) Panorama        | 49      |
| 7) Saydel          | 28      |