

RRC HS COED CONFERENCE MEET - 5/7/2025

5/7/2025

Results

Girls 100 Meter Dash

Name	Yr	School	Finals
Finals			
1 Busch, Carly	12	Boone	12.17 10
2 Hanson, Keaton	11	Gilbert	12.55 8
3 McDaniel, Aubrey	12	Carlisle	12.81 6
4 Grove, Jada	12	Adm, Adel	12.82 5
5 Seehase, Calli	12	Adm, Adel	12.84 4
6 VanLoo, Emefa	09	Ballard	13.06 3
7 Flinn, Addison	11	North Polk	13.22 2
8 Simoens, Madilyn	12	North Polk	13.34 1
9 Kruse, Elliott	10	Bond-Farrar	13.39
10 Graeve, Mia	12	Boone	13.48
11 Oatts, Anyah	09	Carlisle	13.51
12 Deal, Abby	12	Gilbert	13.54
13 Anderson, Brooklen	10	Ballard	13.87
14 Gross, Addison	10	Winterset	13.97
14 Ackerman, Rayna	10	Bond-Farrar	13.97
16 Andersen, Hannah	12	Carroll	14.52
17 Andrew, Braelyn	11	Winterset	14.72
18 Geary, Angel	09	Carroll	17.78

Girls 200 Meter Dash

Name	Yr	School	Finals
Finals			
1 Busch, Carly	12	Boone	25.20 10
2 Mizerak, Gretchen	12	Gilbert	25.54 8
3 Dufoe, Josi	12	Adm, Adel	25.76 6
4 Doonan, Mia	12	North Polk	26.47 5
5 McDaniel, Aubrey	12	Carlisle	27.06 4
6 Uhl, Jaiden	10	North Polk	27.09 3
7 Book, Isabelle	10	Adm, Adel	27.47 2
8 Grandgenett, Claire	12	Gilbert	27.54 1
9 Baer, Ella	09	Winterset	27.66
10 Kamman, Delaney	10	Bond-Farrar	28.32
11 Lande, Jada	11	Ballard	29.01
12 Vodenik, Gracie	10	Boone	29.03
13 Hudnall, Brenna	10	Bond-Farrar	29.21
14 Lauer, Natalie	10	Winterset	29.22
15 Andersen, Hannah	12	Carroll	29.62
16 Gatchaak, Nyachaak	09	Carroll	35.59

Girls 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 Busch, Carly	12	Boone	58.12 10
2 Waterhouse, Aubri	12	Bond-Farrar	58.80 8
3 Morse, Brecken	11	Adm, Adel	1:00.75 6
4 Dear, Kaitlyn	11	Gilbert	1:01.05 5
5 Huether, Frankie	10	North Polk	1:01.63 4
6 Bleich, Sophia	12	Gilbert	1:02.40 3
7 Cupp, Carly	09	North Polk	1:03.25 2
8 Langel, Trinity	09	Bond-Farrar	1:04.53 1
9 Howie, Avery	10	Boone	1:04.61
10 Fisk, Kira	12	Carlisle	1:05.75

11 Johnson, Kaylor	09	Ballard	1:07.77
12 Linares, Priscila	10	Carroll	1:07.80
13 Hornback, Lauryn	09	Winterset	1:10.00
14 Georgick, Lydia	10	Adm, Adel	1:10.48
15 Ritchie, Regina	10	Winterset	1:11.88
16 Newman, Jael	12	Ballard	1:14.69
17 Pottebaum, Amie	09	Carroll	1:16.47

Girls 800 Meter Run

Name	Yr	School	Finals
Finals			
1 Andersen, Keira	11	Gilbert	2:21.83 10
2 Back, Mallory	09	Winterset	2:27.20 8
3 Koenig, Claire	12	Gilbert	2:29.62 6
4 Bjork, Addy	10	Adm, Adel	2:30.75 5
5 Haaland, Hannah	11	North Polk	2:30.76 4
6 Edwards, Delaney	10	Bond-Farrar	2:32.67 3
7 Richardson, Ava	12	Ballard	2:33.38 2
8 Miller, Raya	10	Ballard	2:33.41 1
9 Lucas, Audrey	10	North Polk	2:34.83
10 Meislahn, Claire	12	Bond-Farrar	2:35.89
11 Williams, Alexa	10	Adm, Adel	2:36.60
12 Klein, Piper	10	Boone	2:41.06
13 Craven, Mackenzie	11	Winterset	2:44.80
14 Eighmy, Blythe	10	Carlisle	2:47.44
15 Hoffman, Kourtney	09	Carlisle	2:48.01

Girls 1500 Meter Run

Name	Yr	School	Finals
Finals			
1 Feddersen, Sarah	12	Gilbert	4:42.31 10
2 Larson, Annika	12	Ballard	4:51.77 8
3 Hergenreter, Alexis	10	North Polk	4:56.71 6
4 Dear, Kaitlyn	11	Gilbert	5:00.78 5
5 Smith, Maven	10	Winterset	5:03.92 4
6 Back, Morgan	11	Winterset	5:06.15 3
7 Von Roden, Elliotte	09	Adm, Adel	5:09.34 2
8 Wilson, Brynn	12	Ballard	5:15.39 1
9 Eggleston, Allie	10	Adm, Adel	5:16.23
10 Bunnell, Ellie	09	North Polk	5:38.06
11 Gano, Mary	12	Carlisle	5:44.27
12 Davis, Jordan	09	Bond-Farrar	5:51.94
13 Angus, Stella	09	Carlisle	5:53.78
14 Guertin, Bethany	11	Bond-Farrar	5:57.83
15 Hahn, Tahlia	11	Carroll	6:30.32
16 Champ, Chloe	11	Boone	7:21.15

Girls 3000 Meter Run

Name	Yr	School	Finals
Finals			
1 Larson, Annika	12	Ballard	10:38.29 10
2 Hergenreter, Alexis	10	North Polk	10:53.26 8
3 Von Roden, Elliotte	09	Adm, Adel	10:58.42 6
4 Back, Morgan	11	Winterset	11:04.55 5
5 Hope, Ava	09	Winterset	11:18.62 4
6 Goodrich, Ella	12	Adm, Adel	11:45.14 3

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Results

Finals ... (Girls 3000 Meter Run)

Name	Yr	School	Finals
7 Bond, Mya	11	North Polk	12:06.00 2
8 Nelson, Brooklyn	09	Gilbert	12:14.11 1
9 Hermann, Kya	10	Ballard	12:56.40
10 Wipperman, Caelyn	10	Bond-Farrar	13:29.43
11 Haselhoff, Clare	12	Bond-Farrar	13:53.00
12 Hahn, Tahlia	11	Carroll	14:40.51

Girls 100 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Coghlan, Elise	11	Adm, Adel	14.70 10
2 Dufoe, Josi	12	Adm, Adel	14.71 8
3 Wagner, Reese	10	North Polk	15.51 6
4 Overman, Sophia	12	Gilbert	15.95 5
5 Weiser, Ali	10	North Polk	16.51 4
6 Pasker, Addy	11	Bond-Farrar	16.65 3
7 Vroegh, Jovi	09	Bond-Farrar	16.70 2
8 Hanselman, Gigi	12	Winterset	16.72 1
9 Culbertson, Makiya	09	Ballard	17.04
10 Jorgensen, Anya	12	Ballard	17.17
11 Christenson, Evie	11	Gilbert	17.80
12 Roling, Chloe	09	Carlisle	18.79
13 Wheeler, Alexis	12	Boone	18.80
14 Griffiths, Maylin	09	Boone	19.33
15 Anderson, Grace	11	Winterset	20.09
16 Robinson, Mo'Nae	09	Carroll	21.08

Girls 400 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Coghlan, Elise	11	Adm, Adel	1:04.21 10
2 Aden, Katelyn	12	Carroll	1:06.73 8
3 James, Madi	12	Adm, Adel	1:07.91 6
4 Bleich, Sophia	12	Gilbert	1:09.10 5
5 Anderson, Gracie	10	Bond-Farrar	1:09.13 4
6 Hayes, Avah	11	Boone	1:10.55 3
7 Dirks, Peyton	09	North Polk	1:10.73 2
8 Dirkx, Maggie	10	Carroll	1:10.75 1
9 Short, Avery	09	Gilbert	1:13.16
10 Roling, Chloe	09	Carlisle	1:15.10
11 Sage, Brinn	09	North Polk	1:17.10
12 Berggren, Tiara	10	Bond-Farrar	1:18.46
13 Culbertson, Makiya	09	Ballard	1:19.89

Girls 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Adm, Adel	A	49.33 10
2 Gilbert	A	49.96 8
3 North Polk	A	50.31 6
4 Carlisle	A	51.17 5
5 Winterset	A	52.06 4
6 Bond-Farrar	A	52.16 3
7 Boone	A	53.02 2

8 Ballard	A	53.25 1
9 Carroll	A	53.42

Girls 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 Gilbert	A	1:45.12 10
2 Adm, Adel	A	1:46.92 8
3 North Polk	A	1:47.41 6
4 Winterset	A	1:49.71 5
5 Carroll	A	1:49.75 4
6 Carlisle	A	1:51.01 3
7 Ballard	A	1:52.33 2
8 Bond-Farrar	A	1:53.59 1
9 Boone	A	1:55.22

Girls 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Gilbert	A	4:01.43 10
2 Adm, Adel	A	4:07.89 8
3 North Polk	A	4:09.65 6
4 Bond-Farrar	A	4:15.13 5
5 Carlisle	A	4:22.07 4
6 Winterset	A	4:23.75 3
7 Ballard	A	4:23.80 2
8 Boone	A	4:26.08 1
9 Carroll	A	4:48.64

Girls 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 Gilbert	A	9:52.57 10
2 Adm, Adel	A	10:04.67 8
3 Winterset	A	10:10.75 6
4 Ballard	A	10:13.98 5
5 North Polk	A	10:39.70 4
6 Bond-Farrar	A	10:41.90 3
7 Carlisle	A	10:55.35 2
8 Boone	A	11:41.91 1

Girls 800 Sprint Medley

Team	Relay	Finals
Finals		
1 Bond-Farrar	A	1:50.31 10
2 Adm, Adel	A	1:50.49 8
3 Gilbert	A	1:50.53 6
4 North Polk	A	1:51.74 5
5 Boone	A	1:55.49 4
6 Carroll	A	1:55.61 3
7 Winterset	A	1:57.71 2
8 Carlisle	A	2:03.56 1
--- Ballard	A	DNF

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Girls Distance Medley

Team	Relay	Finals
Finals		
1 Gilbert	A	4:18.25 10
2 North Polk	A	4:25.31 8
3 Winterset	A	4:29.64 6
4 Bond-Farrar	A	4:32.51 5
5 Adm, Adel	A	4:39.11 4
6 Boone	A	4:49.49 3
7 Carroll	A	4:55.23 2
8 Carlisle	A	5:04.03 1
9 Ballard	A	5:08.55

Girls 4x100 Meter Shuttle Hurdle

Team	Relay	Finals
Finals		
1 Adm, Adel	A	1:03.28 10
2 North Polk	A	1:08.73 8
3 Carroll	A	1:11.12 6
4 Gilbert	A	1:11.65 5
5 Winterset	A	1:11.80 4
6 Bond-Farrar	A	1:11.85 3
7 Boone	A	1:19.24 2

Girls High Jump

Name	Yr	School	Finals
Finals			
1 Warmuth, London	12	Adm, Adel	5-04.00 10
2 Wagner, Reese	10	North Polk	5-02.00 8
3 Hester, Amiya	10	Bond-Farrar	J4-10.00 6
4 Henrichs, Madison	12	North Polk	J4-10.00 5
5 Grandgenett, Allie	10	Gilbert	J4-10.00 4
6 Baer, Ella	09	Winterset	J4-10.00 3
7 Hanselman, Geona	12	Winterset	4-06.00 2
8 Johnson, Noelle	12	Boone	4-04.00 1
9 Johnson, Kaylor	09	Ballard	J4-04.00
--- Butler, Lily	10	Bond-Farrar	NH
--- Baber, Norah	11	Boone	NH

Girls Long Jump

Name	Yr	School	Finals
Finals			
1 Seehase, Calli	12	Adm, Adel	17-03.00 10
2 Huether, Frankie	10	North Polk	17-02.25 8
3 Martin, Maddie	10	Bond-Farrar	15-10.25 6
4 Tollari, Aniston	12	Adm, Adel	15-07.00 5
5 Flower, Natasha	11	Gilbert	14-11.25 4
6 Penman, Danica	12	Carlisle	14-11.00 3
7 Grandgenett, Claire	12	Gilbert	J14-03.00 2
8 Arringdale, Taylor	11	Boone	J14-03.00 1
9 Dukuly, Danielle	10	Bond-Farrar	14-01.50
10 Simmelink, Macy	09	Carroll	13-06.50
11 Mrla, Brylee	10	Carroll	13-03.50
12 Baber, Norah	11	Boone	13-01.75
13 Taylor, Kierston	10	Carlisle	12-08.00

14 Lande, Jada	11	Ballard	12-05.00
15 Ruby, Sadie	09	Ballard	8-01.00
--- Rasmussen, Carrigan	09	North Polk	ND

Girls Shot Put

Name	Yr	School	Finals
Finals			
1 Stanford, Kennedy	12	Adm, Adel	39-02.00 10
2 Rowedder, Olivia	12	Carroll	36-11.50 8
3 Kuhlmann, Emma	12	Carroll	36-06.00 6
4 Shivers, Maleah	10	Boone	34-10.00 5
5 LaMar, Jennifer	09	Boone	34-06.50 4
6 Licht, Avah	11	Carlisle	33-09.50 3
7 Bird, Makenna	10	North Polk	32-09.50 2
8 Braun, Taylor	12	Adm, Adel	32-01.00 1
9 Brandt, Aubrey	09	Gilbert	31-09.00
10 LaFollette-Brown, Amarae	12	Carlisle	31-03.50
11 Kula, Skylar	12	Bond-Farrar	30-08.50
12 Brown, Gracelynn	12	Winterset	30-07.00
13 Vaughn, Morgan	11	Winterset	30-01.00
14 Hanson, Kaylee	09	Bond-Farrar	29-05.50
15 Nerem, Qwynn	12	North Polk	28-11.00
16 Gamblin, Aliyah	09	Gilbert	27-09.00
17 Horner, Cailey	09	Ballard	25-10.50
18 Taylor, Thea	09	Ballard	25-05.00

Girls Discus Throw

Name	Yr	School	Finals
Finals			
1 Hagedorn, Lauren	11	Adm, Adel	120-05 10
2 Taylor, Izabella	12	Winterset	116-00 8
3 Rowedder, Olivia	12	Carroll	115-01 6
4 Bird, Makenna	10	North Polk	111-04 5
5 LaMar, Jennifer	09	Boone	110-01 4
6 Kock, Chloe	10	Carroll	109-02 3
7 Wiebold, Emma	12	Boone	107-00 2
8 LaFollette-Brown, Amarae	12	Carlisle	106-00 1
9 Loonan, Morgan	09	Gilbert	101-04
10 Schnormeier, Mollie	12	Gilbert	101-03
11 Hanson, Kaylee	09	Bond-Farrar	99-05
12 Mugisha, Irene	11	Carlisle	99-01
13 Nikkel, Mallory	11	Bond-Farrar	96-10
14 Braun, Taylor	12	Adm, Adel	90-06
15 Wilson, Esther	09	Ballard	89-09
16 Nerem, Qwynn	12	North Polk	87-03
17 Bolton Lewis, Kahra	10	Ballard	83-02
18 Hartman, Ava	11	Winterset	79-08

Boys 100 Meter Dash

Name	Yr	School	Finals
Finals			
1 Hawthorne, Will	12	Gilbert	10.85 10
2 Marpe, Paul	11	Gilbert	10.90 8
3 Johnson, Zane	09	Adm, Adel	10.94 6
4 Engleman, Grant	12	Adm, Adel	11.19 5
5 Swanson, Wyatt	11	Winterset	11.21 4

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Finals ... (Boys 100 Meter Dash)

Name	Yr	School	Finals
6 Nordhagen, Caleb	12	Carlisle	11.22 3
7 Ortnr, Jace	10	Ballard	11.37 2
8 Boucher, Lucas	12	Boone	11.39 1
9 Hurst, Liam	11	Ballard	11.41
10 Schulte, Hayden	10	Carlisle	11.54
11 Rademacher, Aidan	11	North Polk	11.55
12 Ziegmann, Reece	12	Carroll	11.66
13 Childress, Treyvin	10	Carroll	11.68
14 Tate, Jr., BJ	12	North Polk	11.76
15 Shivers, Tyson	12	Boone	11.85
16 Sirdoreus, Carson	09	Bond-Farrar	11.98
17 Binns, Coen	10	Winterset	12.06
18 Fine, Vincent	12	Bond-Farrar	12.40

Boys 200 Meter Dash

Name	Yr	School	Finals
Finals			
1 Marpe, Paul	11	Gilbert	21.83 10
2 Johnson, Zane	09	Adm, Adel	22.07 8
3 Hawthorne, Will	12	Gilbert	22.35 6
4 Nordhagen, Caleb	12	Carlisle	22.41 5
5 Ortnr, Jace	10	Ballard	22.52 4
6 Engleman, Grant	12	Adm, Adel	22.60 3
7 Vanderlinden, Riley	09	Bond-Farrar	22.80 2
8 Gondek, Nate	10	Winterset	22.93 1
9 McIntyre, Maddox	10	Boone	23.27
10 Sands, Micah	11	North Polk	23.43
11 Hoversten, Jakson	10	Carlisle	23.63
12 Muller, Austin	10	Bond-Farrar	23.84
13 Blake, Connor	10	North Polk	23.95
14 Binns, Coen	10	Winterset	24.14
15 Schagt, Logian	11	Carroll	24.33
16 Shivers, Tyson	12	Boone	24.57

Boys 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 Forgy, Cameron	12	Adm, Adel	51.29 10
2 Barber, Emmett	12	Gilbert	51.31 8
3 Shull, Hudson	11	Adm, Adel	51.32 6
4 Leland, Tate	09	Ballard	53.10 5
5 Hout, Jake	12	North Polk	53.34 4
6 White, Maddox	12	Carroll	53.66 3
7 Cavan, Orion	09	Carlisle	53.92 2
8 Bormann, Carter	10	North Polk	54.24 1
9 Kruse, Bowen	12	Gilbert	54.37
10 Jones, Jude	10	Ballard	54.90
11 Hayworth, Drew	12	Boone	55.72
12 Leasure, Jace	10	Winterset	55.95
13 Hensley, Jud	09	Winterset	56.52
14 Gibson, Grady	10	Bond-Farrar	56.96
15 Lueders, Cayden	10	Carroll	57.17
16 Schmeiser, Martin	12	Bond-Farrar	57.41
17 McLaughlin, Maxwell	10	Boone	58.44

Boys 800 Meter Run

Name	Yr	School	Finals
Finals			
1 Bleich, Logan	10	Gilbert	2:00.64 10
2 Day, Gavin	12	Winterset	2:03.67 8
3 Molinsky, Blake	12	Carroll	2:04.57 6
4 Myers, Dorian	11	Boone	2:05.02 5
5 Hotopp, Cole	12	Winterset	2:05.26 4
6 Kelsick, Evan	12	North Polk	2:06.15 3
7 Hermann, Graden	10	Ballard	2:06.24 2
8 Landphair, Ty	11	Adm, Adel	2:06.36 1
9 Trampel, Liam	10	Gilbert	2:06.98
10 Rieck, Jack	11	Bond-Farrar	2:07.39
11 Hall, Robbie	11	Adm, Adel	2:07.65
12 Gibson, Grady	10	Bond-Farrar	2:08.03
13 Braddock, Ajay	11	Boone	2:09.10
14 Bormann, Dylan	10	North Polk	2:14.04
15 Hill, Caleb	12	Ballard	2:14.58
16 Schaefer, Evan	12	Carroll	2:16.35
17 Lancaster, Ben	10	Carlisle	2:18.06

Boys 1600 Meter Run

Name	Yr	School	Finals
Finals			
1 Bleich, Logan	10	Gilbert	4:25.45 10
2 Squiers, Carson	11	Gilbert	4:29.04 8
3 Kessler, Collin	12	Winterset	4:31.65 6
4 Timmerman, Torin	12	Adm, Adel	4:34.06 5
5 Davidson, Max	11	Ballard	4:38.24 4
6 Miller, Ty	10	Adm, Adel	4:42.72 3
7 Sanger, Brady	11	Bond-Farrar	4:43.12 2
8 Taylor, John	10	Winterset	4:44.30 1
9 Davis, Nyle	12	Bond-Farrar	4:45.31
10 Vance, Austin	09	Ballard	4:45.82
11 Reed, Ayden	10	North Polk	4:53.52
12 Hermon, Gabby	09	Carlisle	4:55.81
13 Andemichael, Yonas	12	North Polk	4:57.56
14 Cook, Calvin	10	Boone	5:03.72
15 Krutsch, Karsyn	10	Carroll	5:08.10
16 Eckard, Trent	09	Boone	5:42.45
17 Hawkinson, Jamie	09	Carroll	5:58.55

Boys 3200 Meter Run

Name	Yr	School	Finals
Finals			
1 Bleich, Logan	10	Gilbert	9:45.48 10
2 Squiers, Carson	11	Gilbert	9:55.60 8
3 Davidson, Max	11	Ballard	9:59.87 6
4 Timmerman, Torin	12	Adm, Adel	10:00.68 5
5 Sanger, Brady	11	Bond-Farrar	10:32.21 4
6 Marple, Max	10	Adm, Adel	10:33.42 3
7 Bennett, Clark	09	Bond-Farrar	10:39.12 2
8 Taylor, John	10	Winterset	10:45.55 1
9 Andemichael, Yonas	12	North Polk	10:46.77
10 Reed, Ayden	10	North Polk	11:05.25

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Finals ... (Boys 3200 Meter Run)

	Name	Yr	School	Finals
11	Saldana-Valdez, Felipe	09	Carlisle	11:06.71
12	DeCleene, Judah	11	Carlisle	11:08.66
13	Hensley, Abe	09	Winterset	11:30.80
14	Newman, Evan	10	Ballard	12:34.14
15	Schroeder, Fawkes	09	Boone	13:01.40
16	Nystrom, Trig	09	Boone	13:08.20

Boys 110 Meter Hurdles

	Name	Yr	School	Finals
1	Reed, Corbin	12	Adm, Adel	14.47 10
2	Kane, Stetson	11	Ballard	14.79 8
3	Ihle, Chase	11	Ballard	14.95 6
4	Bellamy, Jace	11	Winterset	14.96 5
5	Farver, Drew	11	Bond-Farrar	15.23 4
6	Rash, Aidan	11	Gilbert	15.24 3
7	Hurn, Brady	12	Gilbert	15.25 2
8	Ackerman, Mason	10	North Polk	15.39 1
9	Tharjiath, Lual	11	Carroll	15.85
10	Klocke, Owen	12	Carroll	16.22
11	Halfhill, Jackson	10	Bond-Farrar	16.29
12	Furnal, Anden	11	Carlisle	17.58
13	Banning, Trevor	09	Winterset	18.18
14	Frey, Calvin	12	Carlisle	18.78
15	Kier, Keaton	12	Adm, Adel	22.56

Boys 400 Meter Hurdles

	Name	Yr	School	Finals
1	Reed, Corbin	12	Adm, Adel	53.90 10
2	Ackerman, Mason	10	North Polk	54.43 8
3	Cook, Elijah	12	Bond-Farrar	56.15 6
4	Kluesner, Reid	10	Adm, Adel	57.40 5
5	Bellamy, Jace	11	Winterset	57.76 4
6	Rash, Aidan	11	Gilbert	57.82 3
7	McCloud, Jordan	12	Boone	58.41 2
8	Tedrow, Carson	11	Carroll	58.81 1
9	Wilson, Jasper	11	Bond-Farrar	59.47
10	Frey, Calvin	12	Carlisle	59.62
11	Rolling, Bennett	09	North Polk	59.68
12	Wilson, Aidan	10	Ballard	1:00.06
13	Hall, Jake	11	Winterset	1:00.36
14	Brogden, Bodie	11	Boone	1:03.51
15	Byers, Tanner	10	Carlisle	1:03.69
16	Martinek, Jordan	10	Gilbert	1:03.89
17	Hinzman, Curtis	10	Ballard	1:04.60
18	Klocke, Caden	09	Carroll	1:05.17

Boys 4x100 Meter Relay

	Team	Relay	Finals
1	Gilbert	A	42.58 10
2	Adm, Adel	A	43.02 8
3	North Polk	A	43.73 6

4	Boone	A	44.23 5
5	Carlisle	A	44.56 4
6	Winterset	A	44.58 3
7	Ballard	A	45.16 2
8	Carroll	A	45.30 1
9	Bond-Farrar	A	46.19

Boys 4x200 Meter Relay

	Team	Relay	Finals
1	Gilbert	A	1:28.23 10
2	Bond-Farrar	A	1:30.46 8
3	Winterset	A	1:30.66 6
4	Adm, Adel	A	1:31.37 5
5	Boone	A	1:32.06 4
6	North Polk	A	1:32.19 2.5
6	Ballard	A	1:32.19 2.5
8	Carlisle	A	1:35.14 1
9	Carroll	A	1:36.68

Boys 4x400 Meter Relay

	Team	Relay	Finals
1	Adm, Adel	A	3:25.95 10
2	Bond-Farrar	A	3:27.25 8
3	North Polk	A	3:30.36 6
4	Winterset	A	3:30.53 5
5	Gilbert	A	3:31.12 4
6	Boone	A	3:33.63 3
7	Carlisle	A	3:39.32 2
8	Ballard	A	3:41.11 1
9	Carroll	A	3:48.80

Boys 4x800 Meter Relay

	Team	Relay	Finals
1	Winterset	A	8:23.20 10
2	Gilbert	A	8:29.43 8
3	Ballard	A	8:32.35 6
4	Bond-Farrar	A	8:36.43 5
5	Boone	A	8:43.19 4
6	Adm, Adel	A	8:48.95 3
7	North Polk	A	8:49.86 2
8	Carlisle	A	9:03.76 1
9	Carroll	A	10:39.47

Boys 800 Sprint Medley

	Team	Relay	Finals
1	Adm, Adel	A	1:34.84 10
2	North Polk	A	1:35.02 8
3	Winterset	A	1:35.22 6
4	Gilbert	A	1:35.37 5
5	Bond-Farrar	A	1:38.25 4
6	Boone	A	1:38.49 3
7	Carlisle	A	1:38.97 2

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Results

Finals ... (Boys 800 Sprint Medley)

	Team	Relay	Finals	
8	Ballard	A	1:41.43	1
9	Carroll	A	1:43.41	

Boys Distance Medley

	Team	Relay	Finals	
1	Gilbert	A	3:36.08	10
2	Winterset	A	3:38.74	8
3	Boone	A	3:41.02	6
4	North Polk	A	3:43.03	5
5	Ballard	A	3:47.28	4
6	Adm, Adel	A	3:50.30	3
7	Bond-Farrar	A	3:55.94	2
8	Carlisle	A	3:59.36	1
9	Carroll	A	4:01.11	

Boys 4x110 Meter Shuttle Hurdle

	Team	Relay	Finals	
1	Ballard	A	1:01.14	10
2	Bond-Farrar	A	1:02.25	8
3	North Polk	A	1:02.47	6
4	Carroll	A	1:02.98	5
5	Adm, Adel	A	1:03.92	4
6	Boone	A	1:05.30	3
7	Carlisle	A	1:06.65	2
8	Winterset	A	1:12.63	1
---	Gilbert	A	DQ	

Boys High Jump

	Name	Yr	School	Finals	
1	Chapman, Kyler	12	Adm, Adel	6-03.00	10
2	Miller, Parker	10	Ballard	J6-03.00	8
3	DeYoung, Kanen	09	Ballard	6-00.00	6
4	Tharjiath, Lual	11	Carroll	5-10.00	5
5	Hague, Eli	11	Gilbert	J5-10.00	4
6	Grasty, Will	12	Adm, Adel	J5-10.00	3
7	Banning, Trevor	09	Winterset	5-08.00	2
8	Sirdoreus, Carson	09	Bond-Farrar	J5-08.00	1
10	Pierce, Daryn	09	Carlisle	J5-08.00	
11	Kasper, Jaxen	09	Carlisle	J5-08.00	
11	Hout, Charlie	12	North Polk	5-06.00	
12	Anderson, Lucas	10	Gilbert	5-04.00	
---	Lampe, Pearson	10	Boone	NH	
---	Kral, Kaden	09	Carroll	NH	

Boys Long Jump

	Name	Yr	School	Finals	
1	Ihle, Chase	11	Ballard	20-10.00	10
2	Reed, Corbin	12	Adm, Adel	20-01.75	8
3	Teply, Quinlan	10	North Polk	19-08.50	6
4	Gondek, Nate	10	Winterset	19-07.50	5

5	Mrla, Landon	11	Carroll	19-07.25	4
6	Tuck, Carter	09	Carlisle	19-00.75	3
7	Miller, Bryce	10	Ballard	18-08.50	2
8	Keys, Sam	12	Adm, Adel	17-08.25	1
9	Moyer, Zane	10	Carlisle	17-08.00	
10	Pitlock, Nathan	12	North Polk	17-06.00	
11	Ziegmman, Reece	12	Carroll	16-08.00	
12	Chittenden, Reggie	09	Gilbert	16-06.00	
13	Fine, Vincent	12	Bond-Farrar	16-05.25	
14	Shaw, Dominic	12	Winterset	15-05.50	
15	Bowers, Ryan	09	Boone	15-02.00	
16	Malin, Noel	10	Boone	15-00.00	
17	Fink, Joshua	09	Gilbert	14-10.75	

Boys Shot Put

	Name	Yr	School	Finals	
1	Baumgardner, Jude	11	Boone	51-04.50	10
2	Holt, Gavin	11	Carroll	50-00.25	8
3	VanDerLinden, Seth	12	Winterset	48-11.50	6
4	Oberhoffer, Caleb	12	Adm, Adel	47-04.25	5
5	Roth, Gavin	10	Carlisle	47-03.75	4
6	Collum, James	11	Bond-Farrar	47-01.00	3
7	Bacino, Hunter	10	North Polk	46-09.75	2
8	Siefken, Jackson	10	Adm, Adel	45-06.00	1
9	Lee, Slayde	11	Boone	42-06.00	
10	Buss, Danny	12	Gilbert	41-06.75	
11	Noe, Zach	12	Gilbert	41-04.00	
12	Noland, Noah	12	Carlisle	41-02.50	
13	Miller, Chase	11	North Polk	40-10.00	
14	Lueders, Cayden	10	Carroll	38-07.50	
15	Sparks, Carter	10	Ballard	35-10.50	
16	Kirkland, Leo	11	Winterset	34-03.50	
17	Pingel, Tyson	10	Ballard	33-09.50	
18	Griffith, Jonah	10	Bond-Farrar	31-07.00	

Boys Discus Throw

	Name	Yr	School	Finals	
1	Noland, Noah	12	Carlisle	149-10	10
2	Baumgardner, Jude	11	Boone	144-00	8
3	Shivers, Tyson	12	Boone	139-08	6
4	Holt, Gavin	11	Carroll	130-07	5
5	Subbert, Nick	11	Adm, Adel	129-09	4
6	Timmerman, Latimer	10	Adm, Adel	129-06	3
7	Akers, Riley	10	Winterset	125-05	2
8	Roth, Gavin	10	Carlisle	124-02	1
9	Noe, Zach	12	Gilbert	121-02	
10	Gustafson, Jacob	12	Winterset	119-11	
11	Kruse, Bowen	12	Gilbert	118-07	
12	Sands, Micah	11	North Polk	114-09	
13	Pingel, Tyson	10	Ballard	113-08	
14	Sparks, Carter	10	Ballard	112-04	
15	Pfaltzgraff, Drake	10	Bond-Farrar	107-03	
16	Olberding, Mox	12	Carroll	106-11	
17	McCloud, Kane	10	Bond-Farrar	100-01	

RRC HS COED CONFERENCE MEET - 5/7/2025**5/7/2025****Results****Finals ... (Boys Discus Throw)**

Name	Yr	School	Finals
--- Cordero, Karson	11	North Polk	ND

Women - Team Rankings - 19 Events Scored

1) ADM, Adel	175
2) Gilbert	136
3) North Polk	120
4) Winterset	68
5) Bond-Farrar	63
5) Boone	63
7) Carroll	47
8) Ballard	35
9) Carlisle	33

Men - Team Rankings - 19 Events Scored

1) ADM, Adel	158
2) Gilbert	147
3) Ballard	89.5
4) Winterset	88
5) North Polk	60.5
6) Boone	60
7) Bond-Farrar	59
8) Carlisle	41
9) Carroll	38