

Iowa Girls & Boys 4A Qualifying Track Meet - 5/15/2014

5/15/2014

Results - 4A District Track & Field Events

Girls 100 Meter Dash 4A

Name	Yr	School	Finals
Finals			
1 Harrington, Alicia	10	Cedar Falls	12.63 NWI
2 Blue, Jasmine	10	CR Jefferson	12.68 NWI
3 Ham, Shelby	11	Linn-Mar	13.02 NWI
4 Morgan, Hailey	12	Linn-Mar	13.42 NWI
5 Meese, Morgan	11	CR Jefferson	13.51 NWI
6 Moore, Keunna	11	WAT East	13.60 NWI
7 Nichols, Makenzie	09	Cedar Falls	13.91 NWI
8 Oliver, Miara	11	WAT West	13.95 NWI
9 Williams, Mahleya	11	WAT East	13.98 NWI
10 Cazett, Kacy	12	Newton	14.02 NWI
11 Meyer, Emma	09	Newton	14.81 NWI
12 Heilman, Verena	09	Mason City	14.88 NWI

Girls 200 Meter Dash 4A

Name	Yr	School	Finals
Finals			
1 Harrington, Alicia	10	Cedar Falls	25.76 NWI
2 Schneekloth, Lucy	11	CR Jefferson	25.77 NWI
3 Karsten, Amber	12	Newton	26.26 NWI
4 White, Shaylynn	11	WAT East	26.32 NWI
5 Brown, Kaz	12	Cedar Falls	27.19 NWI
6 Jenkins, Sydney	10	Newton	27.30 NWI
7 Anderson, Autumn	09	CR Jefferson	28.02 NWI
8 Scott, Jasmine	11	Marshalltown	28.28 NWI
9 Ramsey, Kira	10	Linn-Mar	28.31 NWI
10 Lorenz, Brooke	10	Linn-Mar	28.34 NWI
11 Jefferson, ShyTazha	11	WAT West	29.04 NWI
12 Campbell, Shania	10	WAT East	29.24 NWI
13 Barkema, Leah	12	Marshalltown	29.32 NWI
14 Foster, Sydney	11	WAT West	29.53 NWI
15 Heilman, Verena	09	Mason City	30.32 NWI

Girls 400 Meter Dash 4A

Name	Yr	School	Finals
Finals			
1 Decker, Amber	10	Linn-Mar	59.06
2 Meyer, Makenzie	10	Mason City	59.10
3 Perry, Rachel	12	Linn-Mar	59.70
4 Cornick, Kendall	11	Mason City	1:00.07
5 Koenigsfeld, Meredith	10	CR Jefferson	1:02.71
6 Hayes, Lauren	11	Cedar Falls	1:04.01
7 Coy, Hailey	11	Newton	1:04.06
8 Maria, Perez	12	WAT West	1:04.38
9 Wyant, Autumn	11	WAT East	1:04.53
10 Sproul, Samantha	12	WAT West	1:05.59
11 Schulte, Madison	09	Cedar Falls	1:06.43
12 Murtha, Emily	12	Marshalltown	1:07.78
13 Ashby, Ali	11	Marshalltown	1:15.73
14 Prendergast, Sarah	09	Newton	1:19.23

Girls 800 Meter Run 4A

Name	Yr	School	Finals
Finals			
1 Jenks, Stephanie	10	Linn-Mar	2:17.11
2 Decker, Amber	10	Linn-Mar	2:19.27
3 Coen, Grace	10	Newton	2:20.36
4 Blagg, Rachel	11	Marshalltown	2:25.61
5 Ely, Megan	10	CR Jefferson	2:34.96
6 Wessels, Monica	10	Cedar Falls	2:36.45
7 Cobb, Adison	10	Mason City	2:40.85
8 Hewitt, Madison	12	WAT East	2:41.22
9 Fishel, Amanda	12	Cedar Falls	2:42.64
10 Weekley, Autumn	10	WAT East	2:43.81
11 Berg, Alaina	10	Mason City	2:48.14
12 Hurt, Annie	10	Newton	2:56.11
13 Brainard, Bekah	10	WAT West	2:58.68
14 Smith, Kari	12	Marshalltown	3:04.24

Girls 1500 Meter Run 4A

Name	Yr	School	Finals
Finals			
1 Jenks, Stephanie	10	Linn-Mar	4:37.30
2 Coen, Grace	10	Newton	4:54.01
3 Christopher, Cassidy	09	Cedar Falls	4:59.06
4 Kemp, Maddie	12	Cedar Falls	5:14.05
5 Garcia, Morgan	10	Linn-Mar	5:15.59
6 Hanna, Sarah	10	CR Jefferson	5:16.62
7 Hargrove, Adriana	09	CR Jefferson	5:20.49
8 Huehy, Michaela	12	Marshalltown	5:27.60
9 Uribe, Druana	10	WAT West	5:36.00
10 Snyder, Abby	12	Marshalltown	5:44.11
11 Cobb, Adison	10	Mason City	5:53.60
12 Knebel, Jessica	09	WAT East	5:53.93
13 Abarca, Elizabeth	09	WAT West	5:54.69
14 Wendel, Alyssa	10	Mason City	5:55.17
15 Sage, Allanah	11	WAT East	6:00.39
16 Maddison, Brooklynn	12	Newton	6:27.39

Girls 3000 Meter Run 4A

Name	Yr	School	Finals
Finals			
1 Jenks, Stephanie	10	Linn-Mar	10:48.08
2 Coen, Grace	10	Newton	11:02.03
3 Garcia, Morgan	10	Linn-Mar	11:20.62
4 Huehy, Michaela	12	Marshalltown	11:22.02
5 Ely, Megan	10	CR Jefferson	11:41.48
6 Sevcik, Brenda	10	Cedar Falls	12:05.52
7 Sage, Mallory	09	WAT East	12:08.72
8 Macbeth, Ashley	09	Marshalltown	12:33.21
9 Schmidt, Alyssa	09	Cedar Falls	12:57.31
10 Doland, Halie	12	Newton	14:15.59

Iowa Girls & Boys 4A Qualifying Track Meet - 5/15/2014

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Results - 4A District Track & Field Events

Girls 100 Meter Hurdles 4A

Name	Yr	School	Finals
Finals			
1 Ranschau, Madison	12	CR Jefferson	15.34 NWI
2 Alexander, Haley	11	Cedar Falls	16.38 NWI
3 Smith, Maddie	12	Cedar Falls	17.00 NWI
4 Till, Kayla	09	Mason City	17.19 NWI
5 Sommer, Kristie	12	Linn-Mar	17.21 NWI
6 Gray, Morgan	09	WAT East	17.60 NWI
7 DeRoy, Danielle	10	Mason City	17.62 NWI
8 Hartzler, Elly	09	Linn-Mar	17.66 NWI
9 Zaruba, Bailey	12	Newton	18.18 NWI
10 Schwenker, Brenna	11	Newton	19.23 NWI
11 Heddens, Carrie	09	Marshalltown	19.30 NWI
12 Hemmen, Makenna	09	WAT West	19.57 NWI
13 O'Brien, Maggie	11	WAT West	22.22 NWI
--- Anderson, Jenna	12	CR Jefferson	DQ NWI

Girls 400 Meter Hurdles 4A

Name	Yr	School	Finals
Finals			
1 Sublett, Dana	12	Linn-Mar	1:10.27
2 Barr, Anna	11	Newton	1:10.66
3 Simons, Jaclyn	09	Linn-Mar	1:12.05
4 Becker, Jamie	11	Cedar Falls	1:12.13
5 Galloway, Melissa	11	WAT East	1:12.34
6 Smith, Maddie	12	Cedar Falls	1:12.59
7 Parke, Brenna	12	CR Jefferson	1:14.11
8 Alexander, Kayla	10	Mason City	1:19.32
9 O'Brien, Maggie	11	WAT West	1:19.95

Girls 4x100 Meter Relay 4A

Team	Relay	Finals
Finals		
1 CR Jefferson		49.68
1) Schneckloth, Lucy 11	2) Ranschau, Abilene 10	
3) Meese, Morgan 11	4) Blue, Jasmine 10	
2 Cedar Falls		49.95
1) Stoss, Melanie 12	2) Brown, Kaz 12	
3) Robinson, Symone 12	4) Harrington, Alicia 10	
3 Linn-Mar		51.45
1) Ham, Shelby 11	2) Sommer, Katie 12	
3) Sommer, Kristie 12	4) Morgan, Halley 12	
4 WAT East		51.86
1) Moore, Keunna 11	2) Gray, Morgan 09	
3) Beckner, Haley 11	4) White, Shaylynn 11	
5 Marshalltown		52.44
1) Brooks, Chione 12	2) Barkema, Leah 12	
3) McClure, Karli 11	4) Steffenson, Tabbitha 10	
6 WAT West		52.46
1) Oliver, Miara 11	2) Trenkamp, Allison 09	
3) Spencer, Jaclyn 10	4) Thomas, Blaire 12	
7 Newton		53.00
1) Cazett, Kacy 12	2) Zaruba, Bailey 12	
3) Hutchinson, Alex 10	4) Spencer, Leela 10	

8 Mason City	55.69
1) Green-Harrington, Aolani 11	2) DeRoy, Danielle 10
3) Dvorak, Morgan 10	4) Till, Kayla 09

Girls 4x200 Meter Relay 4A

Team	Relay	Finals
Finals		
1 CR Jefferson		1:45.32
1) Ranschau, Abilene 10	2) Blue, Jasmine 10	
3) Meese, Morgan 11	4) Schneckloth, Lucy 11	
2 Cedar Falls		1:45.95
1) Brown, Kaz 12	2) Robinson, Symone 12	
3) DeMuth, Morgan 11	4) Harrington, Alicia 10	
3 WAT East		1:49.91
1) Campbell, Shania 10	2) Robinson, Tru 11	
3) White, Shaylynn 11	4) Collier, Selena 09	
4 WAT West		1:50.46
1) Thomas, Blaire 12	2) Spencer, Jaclyn 10	
3) Trenkamp, Allison 09	4) Puk, Haley 12	
5 Newton		1:50.50
1) Karsten, Amber 12	2) Hutchinson, Alex 10	
3) Spencer, Leela 10	4) Fisher, Taylor 11	
6 Mason City		1:50.85
1) Cornick, Jenna 11	2) Papouchis, Samantha 10	
3) Green-Harrington, Aolani 11	4) Alert, Ashley 09	
7 Linn-Mar		1:51.89
1) Beck, Lindsey 12	2) Renner, Sarah 11	
3) Lorenz, Brooke 10	4) Morgan, Halley 12	
8 Marshalltown		1:52.68
1) Brooks, Chione 12	2) Steffenson, Tabbitha 10	
3) Baccam, Sophie 10	4) Scott, Jasmine 11	

Girls 4x400 Meter Relay 4A

Team	Relay	Finals
Finals		
1 Linn-Mar		4:04.84
1) Saville, Hanna 09	2) Japenga, Kennedy 12	
3) Perry, Rachel 12	4) Decker, Amber 10	
2 Mason City		4:07.37
1) Cornick, Jenna 11	2) Cornick, Kendall 11	
3) Alert, Ashley 09	4) Meyer, Makenzie 10	
3 Newton		4:10.15
1) Karsten, Amber 12	2) Fisher, Taylor 11	
3) Coy, Hailey 11	4) Jenkins, Sydney 10	
4 CR Jefferson		4:10.36
1) Koenigsfeld, Meredith 10	2) Anderson, Autumn 09	
3) Kitterman, Sam 10	4) Belew, McKayla 09	
5 WAT West		4:13.98
1) Foster, Sydney 11	2) Puk, Haley 12	
3) Sproul, Samantha 12	4) Jefferson, ShyTazha 11	
6 Cedar Falls		4:14.06
1) Galvez-Rodriguez, Lupe 10	2) Hall, Madison 10	
3) Hayes, Lauren 11	4) Schmitz, Holly 11	
7 Marshalltown		4:16.10
1) Blagg, Rachel 11	2) Scott, Jasmine 11	
3) Underhill, Deasha 10	4) Daughtry, Sabrina 12	

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

Team	Relay	Finals
8 WAT East		4:20.71
1) Wyant, Autumn 11	2) Muniz, Johnna 11	
3) Zuechner, Vera 12	4) Kiewiet, Brielle 10	

Girls 4x800 Meter Relay 4A

Team	Relay	Finals
Finals		
1 Linn-Mar		9:56.44
1) Saville, Maddie 11	2) Hicks, Ally 09	
3) Saville, Hanna 09	4) Johnston, Sydney 11	
2 CR Jefferson		10:02.13
1) Hargrove, Adriana 09	2) Hanna, Sarah 10	
3) Meyer, Caleigh 10	4) Koenigsfeld, Meredith 10	
3 Cedar Falls		10:05.83
1) Christopher, Cassidy 09	2) Fishel, Amanda 12	
3) Becker, Jamie 11	4) Schmitz, Holly 11	
4 Mason City		10:25.31
1) Cornick, Jenna 11	2) Rier, Jacqueline 09	
3) Berg, Alaina 10	4) Armstrong, Meredith 09	
5 Marshalltown		11:12.89
1) Jones, Victoria 12	2) Tann, Wynn 12	
3) Snyder, Abby 12	4) Smith, Kari 12	
6 Newton		11:58.52
1) Knoll, Kaelee 10	2) Hurt, Annie 10	
3) Prendergast, Sarah 09	4) Maddison, Brooklynn 12	

Girls 800 Sprint Medley 4A

Team	Relay	Finals
Finals		
1 CR Jefferson		1:49.92
1) Ranschau, Madison 12	2) Schneekloth, Lucy 11	
3) Ranschau, Abilene 10	4) Blue, Jasmine 10	
2 Mason City		1:51.76
1) Papouchis, Samantha 10	2) Cornick, Jenna 11	
3) Cornick, Kendall 11	4) Meyer, Makenzie 10	
3 WAT West		1:51.79
1) Trenkamp, Allison 09	2) Spencer, Jaclyn 10	
3) Thomas, Blaire 12	4) Puk, Haley 12	
4 Linn-Mar		1:51.90
1) Ham, Shelby 11	2) Sommer, Katie 12	
3) Morgan, Halley 12	4) Perry, Rachel 12	
5 Cedar Falls		1:58.20
1) Stoss, Melanie 12	2) Robinson, Symone 12	
3) DeMuth, Morgan 11	4) Lumetta, Megan 09	
6 Marshalltown		2:04.73
1) Baccam, Sophie 10	2) Estrada, Guadalupe 10	
3) Prebat, Isabell 10	4) Murtha, Emily 12	
7 WAT East		2:05.54
1) Wise, Camryn 09	2) Rodriguez, Stephanie 09	
3) Collier, Selena 09	4) Engelsrud-Andersen, Ina 12	
8 Newton		2:08.01
1) Cazett, Kacy 12	2) Graff, Taylor 12	
3) Meyer, Emma 09	4) Knoll, Kaelee 10	

Girls Distance Medley 4A

Team	Relay	Finals
Finals		
1 Linn-Mar		4:21.19
1) Renner, Sarah 11	2) Lorenz, Brooke 10	
3) Saville, Maddie 11	4) Jenks, Stephanie 10	
2 Newton		4:24.20
1) Karsten, Amber 12	2) Spencer, Leela 10	
3) Jenkins, Sydney 10	4) Coen, Grace 10	
3 Marshalltown		4:25.54
1) Brooks, Chione 12	2) Steffenson, Tabbitha 10	
3) Daughtry, Sabrina 12	4) Blagg, Rachel 11	
4 Cedar Falls		4:32.78
1) Stoss, Melanie 12	2) Galvez-Rodriguez, Lupe 10	
3) Hall, Madison 10	4) Schmitz, Holly 11	
5 CR Jefferson		4:45.15
1) Beard, Malorie 10	2) Belew, McKayla 09	
3) Antons, Rachel 10	4) Meyer, Caleigh 10	
6 WAT West		4:46.37
1) Hemmen, Makenna 09	2) Kuduzovic, Enesa 10	
3) O'Brien, Maggie 11	4) Gerrelts, Brianna 12	
7 Mason City		4:58.65
1) Alexander, Kayla 10	2) Dahlquist, McKenna 10	
3) Heilman, Verena 09	4) Wendel, Alyssa 10	

Girls 4x100 Meter Shuttle Hurdle 4A

Team	Relay	Finals
Finals		
1 CR Jefferson		1:06.39
1) Ranschau, Abilene 10	2) Kitterman, Sam 10	
3) Trosky, Ellie 10	4) Ranschau, Madison 12	
2 Cedar Falls		1:08.35
1) Alexander, Haley 11	2) Alexander, Sammie 09	
3) Brummel, Hannah 12	4) Smith, Maddie 12	
3 Linn-Mar		1:10.10
1) Hartzler, Elly 09	2) Beck, Lindsey 12	
3) Simons, Jaclyn 09	4) Sommer, Kristie 12	
4 Mason City		1:10.70
1) DeRoy, Danielle 10	2) King, Jenni 10	
3) Dvorak, Morgan 10	4) Till, Kayla 09	
5 Newton		1:13.05
1) Zaruba, Bailey 12	2) Graff, Taylor 12	
3) Barr, Anna 11	4) Lucas, Fran 10	
6 WAT East		1:18.91
1) Fisher, Breana 11	2) Galloway, Melissa 11	
3) Peterson, Olivia 09	4) Gray, Morgan 09	
7 Marshalltown		1:21.67
1) Ashby, Ali 11	2) Heddens, Carrie 09	
3) Rickett, Maddison 10	4) Vangundy, Kelbryn 09	

Girls High Jump 4A

Name	Yr	School	Finals
Finals			
1 Sahr, Patricia	10	WAT East	4-10.00
2 Prohaska, Brianna	11	CR Jefferson	4-08.00

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Finals ... (Girls High Jump 4A)

Name	Yr	School	Finals
3 Ross, Natalie	11	Linn-Mar	4-08.00
4 Pannkuk, Ella	11	Linn-Mar	4-06.00
4 Mason, Elizabeth	09	Cedar Falls	4-06.00
6 Mingo, Seaira	10	Cedar Falls	4-06.00
7 Rier, Jacqueline	09	Mason City	4-06.00

Girls Long Jump 4A

Name	Yr	School	Finals
Finals			
1 Meyer, Makenzie	10	Mason City	16-09.00 NWI
2 Lorenz, Brooke	10	Linn-Mar	16-00.50 NWI
3 Trenkamp, Allison	09	WAT West	15-10.00 NWI
4 Becker, Taylor	09	Cedar Falls	14-09.75 NWI
5 Scott, Jasmine	11	Marshalltown	14-09.50 NWI
6 Stoss, Melanie	12	Cedar Falls	14-09.50 NWI
7 Renner, Sarah	11	Linn-Mar	14-08.50 NWI

Girls Shot Put 4A

Name	Yr	School	Finals
Finals			
1 Thomas, Blaire	12	WAT West	39-11.50
2 Nietert, Lannie	11	Linn-Mar	37-03.00
3 Bleeker, Michaela	12	Newton	37-03.00
4 Griffin, Allison	11	Cedar Falls	36-09.50
5 Bagnall, Madison	12	Newton	35-01.50
6 Halterman, Katie	09	Cedar Falls	33-01.50
7 Cornick, Katrina	09	Mason City	31-06.50
8 Mosley, Nakisha	11	WAT East	28-07.50
9 Hernandez, Gaby	10	Marshalltown	28-02.50
10 Carnahan, Maggie		Marshalltown	26-01.00
11 Thurmond, Shavian	09	CR Jefferson	24-11.50
12 Smith, Alexis	09	CR Jefferson	22-10.00
13 Essman, Ashley	12	WAT West	22-07.50

Girls Discus Throw 4A

Name	Yr	School	Finals
Finals			
1 Kalkhoff, Sarah	11	Newton	125-07
2 Griffin, Allison	11	Cedar Falls	124-09
3 Nietert, Lannie	11	Linn-Mar	109-10.25
4 Carnahan, Maggie		Marshalltown	106-06
5 Bleeker, Michaela	12	Newton	105-01
6 Dallenbach, MacKenzie	11	Cedar Falls	97-01.75
7 Henze, Malory	09	Marshalltown	92-05
8 Cornick, Katrina	09	Mason City	88-10.75
9 Eastburn, Camille	12	Linn-Mar	76-08
10 Thurmond, Shavian	09	CR Jefferson	61-06.50
11 Smith, Alexis	09	CR Jefferson	59-04.50

Boys 100 Meter Dash 4A

Name	Yr	School	Finals
Finals			
1 Dunn Jr., Lance	12	WAT West	10.97 NWI
2 Karlan, Nate	12	CR Jefferson	11.24 NWI

3 Turcotte, Matt	11	Cedar Falls	11.29 NWI
4 Jones, Jaelon	12	WAT West	11.43 NWI
5 Harrington, Denison	10	Cedar Falls	11.48 NWI
6 Oneill, Billy	11	Mason City	11.60 NWI
7 Luehring, Zach	10	Linn-Mar	11.75 NWI
8 Williams, Jordan	12	WAT East	11.77 NWI
9 Danielson, Matt	12	Mason City	11.84 NWI
10 McRina, James	11	WAT East	11.94 NWI
11 Banes, Jordan	10	Marshalltown	12.23 NWI
12 Thimesch, Grant	11	Marshalltown	12.33 NWI
13 Hager, Dustin	11	CR Jefferson	12.36 NWI
14 Randklev, Derek	10	Linn-Mar	12.38 NWI
15 Jacobsen, Collin	11	Newton	16.25 NWI

Boys 200 Meter Dash 4A

Name	Yr	School	Finals
Finals			
1 Dunn Jr., Lance	12	WAT West	22.30 NWI
2 Karlan, Nate	12	CR Jefferson	22.47 NWI
3 Chittick, Dylan	12	CR Jefferson	22.97 NWI
4 Thompson, Steven	12	Cedar Falls	23.34 NWI
5 Evans, Elijah	12	WAT West	23.53 NWI
6 Freese, Griffin	09	Linn-Mar	23.81 NWI
7 Harrington, Denison	10	Cedar Falls	23.85 NWI
8 Walker, Andrew	10	WAT East	24.04 NWI
9 Haywood, Raytiris	10	WAT East	24.28 NWI
10 Cooper, Wyatt	10	Mason City	24.30 NWI
11 Baker, Zeal	09	Linn-Mar	24.33 NWI
12 Thimesch, Grant	11	Marshalltown	24.66 NWI
13 Senger, Xavier	10	Mason City	24.93 NWI
14 Ladehoff, Kyler	10	Marshalltown	25.64 NWI
15 Wu, Jason	10	Newton	26.94 NWI

Boys 400 Meter Dash 4A

Name	Yr	School	Finals
Finals			
1 Shippy, Zach	12	Cedar Falls	50.00
2 Ahrenholz, Sam	12	Cedar Falls	51.42
3 Soko, Alphonso	09	CR Jefferson	52.12
4 Short, Mason	10	CR Jefferson	53.67
5 Younker, Kyle	09	Mason City	53.79
6 Young, Alex	12	WAT West	54.09
7 Kimmel, Earl	12	Newton	54.49
8 Martin, Ethan	12	WAT West	54.59
9 Petesich, Dave	10	Linn-Mar	54.64
10 Haywood, Raytiris	10	WAT East	55.29
11 Meyer, Matt	12	Mason City	55.58
12 Ladehoff, Kyler	10	Marshalltown	56.10
13 Arneson, Sam	10	Marshalltown	58.94
14 Gosch, Dalton	09	Linn-Mar	1:22.33
15 Wolf, Devon	12	Newton	1:55.69

Boys 800 Meter Run 4A

Name	Yr	School	Finals
Finals			
1 Evans, Josh	12	Linn-Mar	1:57.55

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Results - 4A District Track & Field Events

Finals ... (Boys 800 Meter Run 4A)

Name	Yr	School	Finals
2 Ahrenholz, Sam	12	Cedar Falls	1:58.11
3 Rathje, Tanner	12	Linn-Mar	1:59.21
4 Baridon, Steven	12	WAT West	1:59.45
5 Southall, Dylan	11	Cedar Falls	2:04.37
6 Arndorfer, Isaiah	09	WAT West	2:06.08
7 Mason, Alex	10	Marshalltown	2:06.38
8 Sloan, Ian	11	Mason City	2:06.70
9 Dunlavey, David	12	Mason City	2:06.96
10 Johnson, Sam	11	Marshalltown	2:08.68
11 Thomas, Jacob	11	Newton	2:11.75
12 Gesling, Trae	11	CR Jefferson	2:12.42
13 Baxter, Ben	11	CR Jefferson	2:12.76
14 Cook, Sean	12	Newton	2:18.36

Boys 1600 Meter Run 4A

Name	Yr	School	Finals
Finals			
1 Murphy, Daniel	11	Linn-Mar	4:27.91
2 Evans, Josh	12	Linn-Mar	4:28.57
3 Amenzou, Imad	12	Marshalltown	4:29.36
4 Southall, Dylan	11	Cedar Falls	4:29.60
5 Sevcik, Timothy	12	Cedar Falls	4:34.13
6 Phillips, Nathan	12	Marshalltown	4:46.15
7 Thomas, Jacob	11	Newton	4:48.71
8 Burnett, Brandon	09	CR Jefferson	4:53.15
9 Laube, Christian	11	Newton	4:55.74
10 Lacoscio, Luke	12	Mason City	5:01.06
11 Szabo, Zachariah	10	CR Jefferson	5:03.74
12 Durbahn, Grant	10	WAT West	5:17.93
13 Hardecastle, Aaron	11	Mason City	5:19.30
14 Brustkern, Tyler	10	WAT West	5:34.10

Boys 3200 Meter Run 4A

Name	Yr	School	Finals
Finals			
1 Evans, Josh	12	Linn-Mar	9:37.08
2 Sevcik, Timothy	12	Cedar Falls	9:37.29
3 Murphy, Daniel	11	Linn-Mar	9:40.51
4 Amenzou, Imad	12	Marshalltown	9:54.91
5 VanDorn, Spencer	12	Cedar Falls	10:05.71
6 Black, Mitch	12	WAT West	10:11.49
7 Ritter, James	10	WAT West	10:13.60
8 Laube, Christian	11	Newton	10:24.09
9 Lacoscio, Luke	12	Mason City	10:33.37
10 Mason, Alex	10	Marshalltown	10:45.40
11 Hardecastle, Aaron	11	Mason City	11:24.62
12 Prochnow, Nathan	10	CR Jefferson	11:53.39

Boys 110 Meter Hurdles 4A

Name	Yr	School	Finals
Finals			
1 Harris, Deonne	11	Newton	14.94 NWI
2 Barney, Isaiah	10	Cedar Falls	15.40 NWI
3 Bounds, Savaun	12	CR Jefferson	15.54 NWI

4 Furnish, Mason	11	CR Jefferson	16.33 NWI
5 O'Neal, Marcus	10	WAT East	16.34 NWI
6 Burt, Christian	12	WAT West	16.44 NWI
7 Louviere, Ben	10	Cedar Falls	16.53 NWI
8 Thongvanh, Jeffery	11	Newton	16.67 NWI
9 House, Nick	09	Linn-Mar	16.69 NWI
10 Spotts, Mac	10	Mason City	16.98 NWI
11 Arneson, Sam	10	Marshalltown	18.76 NWI
12 Borseth, Dylan	12	WAT West	18.83 NWI
13 Foster, Ethan	11	Mason City	19.34 NWI
14 Whetstine, Dylan	10	Marshalltown	20.78 NWI

Boys 400 Meter Hurdles 4A

Name	Yr	School	Finals
Finals			
1 Burt, Christian	12	WAT West	56.59
2 Barney, Isaiah	10	Cedar Falls	57.29
3 Christensen, Sam	11	WAT West	58.00
4 Tapia, Marco	12	Marshalltown	58.41
5 Paone, Jordan	11	Marshalltown	58.70
6 Hoy, Nathan	09	Cedar Falls	58.84
7 Homan, Nate	10	CR Jefferson	59.14
8 House, Nick	09	Linn-Mar	59.46
9 Slaven, Quinn	10	Mason City	59.50
10 Sanchez, Alex	10	Mason City	59.58
11 Hulsizer, Brent	11	Linn-Mar	1:01.46
12 Bennett, Jake	10	Newton	1:02.07
13 Rashed, Tavian	09	CR Jefferson	1:03.40

Boys 4x100 Meter Relay 4A

Team	Relay	Finals
Finals		
1 Linn-Mar		43.18
1) Flieder, Austin 11	2) Freese, Tristan 11	
3) Wolfe, Tim 12	4) Gorsich, Daniel 10	
2 WAT West		43.73
1) Jones, Jaelon 12	2) Dunn Jr., Lance 12	
3) Williams, KeRone 12	4) Cooper, Tayshaun 09	
3 CR Jefferson		44.23
1) Soko, Alphonso 09	2) Beaton, Jacob 10	
3) Chittick, Dylan 12	4) Karlan, Nate 12	
4 WAT East		44.89
1) McRina, James 11	2) Walker, Andrew 10	
3) Todd, Carlton 09	4) Williams, Jordan 12	
5 Cedar Falls		45.14
1) Riehm, Conner 12	2) Abbas, Michael 10	
3) Turcotte, Matt 11	4) Harrington, Denison 10	
6 Mason City		46.40
1) Sanchez, Alex 10	2) Alexander, Skylar 09	
3) Danielson, Matt 12	4) Cooper, Wyatt 10	
7 Marshalltown		47.16
1) Banes, Jordan 10	2) Arment, Brady 12	
3) Heinrichs, Seth 10	4) Schrempf, Michael 11	

Iowa Girls & Boys 4A Qualifying Track Meet - 5/15/2014

5/15/2014

Results - 4A District Track & Field Events

Boys 4x200 Meter Relay 4A

Team	Relay	Finals
Finals		
1 WAT West		1:29.24
1) Jones, Jaelon 12	2) Cooper, Tayshaun 09	
3) Williams, KeRone 12	4) Dunn Jr., Lance 12	
2 Linn-Mar		1:29.32
1) Flieder, Austin 11	2) Freese, Tristan 11	
3) Wolfe, Tim 12	4) Gorsich, Daniel 10	
3 CR Jefferson		1:29.47
1) Beaton, Jacob 10	2) Karlan, Nate 12	
3) Larson, Dan 11	4) Chittick, Dylan 12	
4 WAT East		1:33.85
1) Williams, Jordan 12	2) Shavers, Noah 11	
3) Walker, Andrew 10	4) McRina, James 11	
5 Marshalltown		1:35.17
1) Espinoza, John 10	2) Hauser, Aaron 10	
3) Heinrichs, Seth 10	4) Schrempf, Michael 11	
--- Cedar Falls		DQ
1) Riehm, Conner 12	2) Turcotte, Matt 11	
3) Harrington, Denison 10	4) Lavallee, Hunter 10	
--- Mason City		DQ
1) Alexander, Skylar 09	2) Wiman, Alex 11	
3) Goepel, Steve 10	4) Cooper, Wyatt 10	

Boys 4x400 Meter Relay 4A

Team	Relay	Finals
Finals		
1 Cedar Falls		3:24.60
1) Lavallee, Hunter 10	2) Thompson, Steven 12	
3) Jamison, Josh 11	4) Shippy, Zach 12	
2 Mason City		3:26.83
1) Petersen, Brad 12	2) Oneill, Billy 11	
3) Harmon, Cody 12	4) Enright, John 12	
3 CR Jefferson		3:27.42
1) Larson, Dan 11	2) Chittick, Dylan 12	
3) May, Tavian 10	4) Soko, Alphonso 09	
4 Linn-Mar		3:30.07
1) Gosch, Dalton 09	2) Trenary, Duggan 12	
3) Miller, Bryce 10	4) A'Hearn, Joe 11	
5 Marshalltown		3:33.20
1) Espinoza, John 10	2) Hauser, Aaron 10	
3) Kacmarynski, Konner 12	4) Amenzou, Imad 12	
6 WAT West		3:35.43
1) Martin, Ethan 12	2) Young, Alex 12	
3) Christensen, Sam 11	4) Burt, Christian 12	
7 WAT East		3:39.52
1) Shavers, Noah 11	2) Haywood, Raytiris 10	
3) O'Neal, Marcus 10	4) Harrison, Jeremiah 10	
8 Newton		3:57.99
1) Kimmel, Earl 12	2) Bennett, Jake 10	
3) Thomas, Jacob 11	4) Cook, Sean 12	

Boys 4x800 Meter Relay 4A

Team	Relay	Finals
Finals		
1 Cedar Falls		8:04.83
1) Lavallee, Hunter 10	2) Gearhart, Seb 09	
3) Southall, Dylan 11	4) Failor, Jared 12	
2 WAT West		8:08.52
1) O'Leary, Aaron 12	2) Baridon, Steven 12	
3) Martin, Ethan 12	4) Boyce, Adam 12	
3 Linn-Mar		8:10.19
1) Rathje, Tanner 12	2) Dolezal, Greyson 11	
3) Schuring, Andrew 10	4) Fogerty, Bryan 11	
4 Mason City		8:21.62
1) Enright, John 12	2) Petersen, Brad 12	
3) Meyer, Matt 12	4) Harmon, Cody 12	
5 CR Jefferson		8:27.22
1) Baxter, Ben 11	2) Hitchings, Trey 11	
3) Gesling, Trae 11	4) Cortez, Colton 12	
6 Marshalltown		8:28.41
1) Phillips, Nate 11	2) Kacmarynski, Konner 12	
3) Johnson, Sam 11	4) Hauser, Aaron 10	
7 Newton		9:41.32
1) Thomas, Jacob 11	2) Theis, Zach 10	
3) Simms, Justin 11	4) Cook, Sean 12	

Boys Distance Medley 4A

Team	Relay	Finals
Finals		
1 Linn-Mar		3:31.96
1) Flieder, Austin 11	2) Wolfe, Tim 12	
3) Trenary, Duggan 12	4) Evans, Josh 12	
2 Cedar Falls		3:33.00
1) Riehm, Conner 12	2) Turcotte, Matt 11	
3) Shippy, Zach 12	4) Failor, Jared 12	
3 Mason City		3:40.91
1) Danielson, Matt 12	2) Oneill, Billy 11	
3) Petersen, Brad 12	4) Enright, John 12	
4 Marshalltown		3:41.35
1) Espinoza, John 10	2) Hauser, Aaron 10	
3) Kacmarynski, Konner 12	4) Amenzou, Imad 12	
5 CR Jefferson		3:47.37
1) Beaton, Jacob 10	2) Larson, Dan 11	
3) Bonheur, Jimmie 11	4) Hitchings, Trey 11	
6 WAT West		3:47.39
1) Jones, Jaelon 12	2) Williams, KeRone 12	
3) Cooper, Tayshaun 09	4) O'Leary, Aaron 12	
7 Newton		4:12.07
1) Wu, Jason 10	2) Michener, John 12	
3) Simms, Justin 11	4) Laube, Christian 11	

Iowa Girls & Boys 4A Qualifying Track Meet - 5/15/2014

5/15/2014

Results - 4A District Track & Field Events

Boys 4x110 Meter Shuttle Hurdle 4A

Team	Relay	Finals
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Finals

1 Cedar Falls		59.03
1) Riehm, Conner 12	2) Louviere, Ben 10	
3) Hermansen, Noah 10	4) Barney, Isaiah 10	
2 Newton		1:00.32
1) Thongvanh, Jeffery 11	2) Michener, John 12	
3) Williams, Jarom 11	4) Harris, Deonne 11	
3 CR Jefferson		1:00.97
1) Bounds, Savaun 12	2) Furnish, Mason 11	
3) Tomkins, Dakota 11	4) May, Tavian 10	
4 Linn-Mar		1:01.09
1) Freese, Tristan 11	2) Gorsich, Daniel 10	
3) Baker, Zeal 09	4) House, Nick 09	
5 WAT West		1:01.63
1) Burt, Christian 12	2) Evans, Elijah 12	
3) Christensen, Sam 11	4) Williams, KeRone 12	
6 Mason City		1:03.56
1) Sanchez, Alex 10	2) Spotts, Mac 10	
3) Slaven, Quinn 10	4) Goepel, Steve 10	
7 Marshalltown		1:04.73
1) Paone, Jordan 11	2) Tapia, Marco 12	
3) Arneson, Sam 10	4) Banes, Jordan 10	

Boys High Jump 4A

Name	Yr	School	Finals
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Finals

1 Busch, Marquise	12	Cedar Falls	6-02.00
2 Arment, Brady	12	Marshalltown	6-00.00
3 Evans, Elijah	12	WAT West	5-08.00
4 Hummel, Paul	09	CR Jefferson	5-08.00
5 Todd, Carlton	09	WAT East	5-08.00
6 Szabo, Zachariah	10	CR Jefferson	5-06.00

Boys Long Jump 4A

Name	Yr	School	Finals
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Finals

1 McCrary, Curtis	12	Linn-Mar	22-03.50 NWI
2 Tapia, Marco	12	Marshalltown	20-00.75 NWI
3 Williams, Jarom	11	Newton	19-11.25 NWI
4 Eagen, Chris	09	Cedar Falls	19-11.00 NWI
5 McRina, James	11	WAT East	19-10.00 NWI
6 Alexander, Skylar	09	Mason City	19-00.75 NWI
7 Randklev, Derek	10	Linn-Mar	18-09.00 NWI
8 Abbas, Michael	10	Cedar Falls	17-08.50 NWI
9 Wiman, Alex	11	Mason City	17-02.00 NWI
10 Arneson, Sam	10	Marshalltown	16-07.50 NWI

Boys Shot Put 4A

Name	Yr	School	Finals
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Finals

1 Williams, Lajashiene	12	WAT West	49-07.00
2 Draeger, Dylan	12	WAT West	47-09.00
3 Schiffer, Tom	12	Mason City	46-10.50

4 Hayek, Kyle	12	Linn-Mar	46-07.00
5 Jones, Jalen	12	WAT East	46-02.50
6 Eivins, Jarod	10	CR Jefferson	45-01.00
7 McFarland, Dallas	10	Linn-Mar	44-07.00
8 Martin, Larry	11	WAT East	44-03.00
9 Smith, Michael	12	CR Jefferson	42-03.50
10 Williams, Spencer	10	Cedar Falls	39-02.50
11 Rezabek, Brock	12	Mason City	39-00.00
12 Jones, Marquise	10	Cedar Falls	38-07.50
13 Dolezal, Trevor	10	Marshalltown	37-02.00
14 Weatherly, Zakk	10	Newton	36-09.00
15 Bowes, Mason	11	Newton	35-09.00
16 Butcher, Ryan	11	Marshalltown	34-10.50

Boys Discus Throw 4A

Name	Yr	School	Finals
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Finals

1 Leisinger, Jacob	10	Cedar Falls	138-05.50
2 Draeger, Dylan	12	WAT West	136-03.25
3 Rezabek, Brock	12	Mason City	133-02
4 McFarland, Dallas	10	Linn-Mar	132-04
5 Williams, Lajashiene	12	WAT West	126-10.50
6 Weatherly, Zakk	10	Newton	121-02
7 Eivins, Jarod	10	CR Jefferson	119-08
8 Bowes, Mason	11	Newton	118-00.50
9 Dolezal, Trevor	10	Marshalltown	117-00.50
10 Jones, Marquise	10	Cedar Falls	113-11.50
11 Schiffer, Tom	12	Mason City	113-00
12 Tomkins, Dakota	11	CR Jefferson	111-05.75
13 Ahomana, Lotukalafi	11	Linn-Mar	106-03.50
14 Butcher, Ryan	11	Marshalltown	105-01
15 Jones, Jalen	12	WAT East	96-08.75
16 Perry, Hunter	12	WAT East	83-06

Women - 4A - Team Rankings - 19 Events Scored

1) Linn-Mar	179.5
2) Cedar Falls	144.5
3) CR Jefferson	116
4) Newton	93
5) Mason City	70
6) WAT East	46
6) Marshalltown	46
8) WAT West	39

Men - 4A - Team Rankings - 18 Events Scored

1) Cedar Falls	157
2) WAT West	137
3) Linn-Mar	124
4) CR Jefferson	92
5) Marshalltown	61
6) Mason City	48
7) Newton	39
8) WAT East	31