

Iowa Girls & Boys 4A Regional Track Meet
Dubuque Hempstead - Loras College
Dubuque, IA - 5/12/2011
Results - 4A District Track & Field Events

Boys 100 Meter Dash 4A				
Heats against time				
Prelim: Top 8 advance to finals				
Name		Yr	School	Finals
Finals				
1	James Harrington	11	Cedar Falls	10.73 10
2	Luke Toyosi	11	Cedar Falls	10.98 8
3	Tyrell Martin	11	Waterloo West	11.08 6
4	Haris Nuhanovic	11	Waterloo West	11.39 5
5	Dajon Taylor	09	Waterloo East	11.48 4
6	Brandon Jeffries	10	Linn-Mar	11.73 3
7	Zayne Moore	11	Dub. Senior	12.03 2
8	Maryo Lindsey	09	Waterloo East	12.05 1
9	Michael Detert	11	Linn-Mar	12.08
10	Cody Reimer	10	Epworth, WD	12.09
11	Josh Saltou	11	Mason City	12.25
12	Dylan Kraus	12	Dub. Hempstead	12.39
13	Danny Morales	12	Dub. Hempstead	12.48
14	Rob Jones	11	Dub. Senior	12.53
15	Brock Stoeffler	12	Mason City	12.54

Boys 200 Meter Dash 4A				
Heats against time				
Prelim: Top 8 advance to finals				
Name		Yr	School	Finals
Finals				
1	James Harrington	11	Cedar Falls	22.07 10
2	Luke Toyosi	11	Cedar Falls	22.32 8
3	Aaron Taylor	09	Waterloo East	22.32 6
4	Corey Harris	11	Epworth, WD	22.83 5
5	Antonio Milons	12	Epworth, WD	23.09 4
6	Rashon Burrell	10	Waterloo West	23.66 3
7	Michael Detert	11	Linn-Mar	24.09 2
8	Isaah Williams	11	Waterloo West	24.39 1
9	Jacob Salwolke	12	Dub. Hempstead	24.56
10	Danny Morales	12	Dub. Hempstead	24.94
11	Matt Danielson	09	Mason City	24.97
12	Carson Kreiss	12	Dub. Senior	25.30
13	Cody Harmon	09	Mason City	25.40
14	Ben Kaiser	11	Dub. Senior	25.42
15	Colton Rathe	09	Waterloo East	25.74

Boys 400 Meter Dash 4A				
Heats against time				
Name	Yr	School	Finals	
Finals				
1 Marshall Hill	12	Cedar Falls	48.86	10
2 Kyle Dunn	12	Linn-Mar	51.01	8
3 Nick Gary	12	Cedar Falls	51.40	6
4 Logan Pitz	11	Epworth, WD	52.84	5
5 Jacob Salwolke	12	Dub. Hempstead	53.33	4
6 Keenan Brown	09	Dub. Hempstead	53.82	3
7 Dawson Besler	12	Epworth, WD	54.26	2
8 Nick Hofterder	09	Dub. Senior	54.37	1

9 Davin Jorgensen	12	Waterloo West	54.71	
10 Isaah Williams	11	Waterloo West	55.09	
11 Rico Clemons	09	Waterloo East	55.18	
12 Andrew Sloan	10	Mason City	55.67	
13 Demetre VanArsdale	09	Waterloo East	56.41	
14 Wyatt Rowe	11	Mason City	57.16	

Boys 800 Meter Run 4A					
waterfall start					
Name		Yr	School	Finals	
Finals					
1	Ben Loeffelholz	12	Dub. Hempstead	1:59.32	10
2	Bryant Sanchez	12	Mason City	2:00.22	8
3	Chase Grabau	09	Linn-Mar	2:01.22	6
4	Jakob Stoner	12	Cedar Falls	2:03.04	5
5	Cesar Marquez	10	Cedar Falls	2:05.11	4
6	Dylan James	10	Epworth, WD	2:05.93	3
7	Cameron James	11	Epworth, WD	2:06.16	2
8	Brady Heckenlively	11	Waterloo West	2:09.54	1
9	Wes Westervelt	12	Dub. Senior	2:09.59	
10	Dakota Chambers	09	Waterloo East	2:09.95	
11	Connor Weitz	12	Dub. Senior	2:10.16	
12	Anthony Ohl	09	Waterloo West	2:10.49	
13	Ken Voorhees	12	Dub. Hempstead	2:14.70	
---	Kyle Dunn	12	Linn-Mar	DQ	

Boys 1600 Meter Run 4A				
Waterfall Start				
Name	Yr	School	Finals	
Finals				
1 Coty Thompson	12	Mason City	4:28.07	10
2 Tanner Reyhons	12	Cedar Falls	4:28.30	8
3 Josh Evans	09	Linn-Mar	4:30.86	6
4 Andrew Halloran	11	Cedar Falls	4:36.86	5
5 Aaron O'Leary	09	Waterloo West	4:42.72	4
6 Andrew Brimeyer	12	Dub. Senior	4:47.42	3
7 Alex Hottle	10	Waterloo West	4:47.95	2
8 Keegan Cook	10	Linn-Mar	4:51.48	1
9 Ty Wittman	12	Dub. Senior	4:53.07	
10 Wade Fuerste	12	Dub. Hempstead	4:57.18	
11 Hunter Schmitt	12	Dub. Hempstead	5:01.35	
12 Nick Webber	10	Epworth, WD	5:10.79	
13 Jon VanBrunning	09	Waterloo East	5:35.61	
--- Alex Bales	10	Mason City	DQ	

Boys 3200 Meter Run 4A					
Waterfall Start					
Name		Yr	School	Finals	
Finals					
1	Andrew Brimeyer	12	Dub. Senior	9:43.29	10
2	Josh Evans	09	Linn-Mar	9:49.60	8
3	Jaime Zarate	10	Cedar Falls	9:49.77	6
4	Adam Streicher	11	Cedar Falls	9:54.01	5
5	Blake Whalen	10	Dub. Senior	10:26.42	4
6	Zach Freund	10	Dub. Hempstead	10:42.71	3

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Finals ... (Boys 3200 Meter Run 4A)

Name	Yr	School	Finals	
7 Tyler Chlystun	10	Linn-Mar	10:44.54	2
8 Steven Baridon	09	Waterloo West	10:59.86	1
9 Bryan Case	11	Dub. Hempstead	11:00.32	
10 Ryan Shumaker	12	Waterloo West	11:04.00	
11 Alec Crane	12	Mason City	11:15.03	
12 Alex Lang	10	Mason City	11:32.31	
13 Dallas Clasen	10	Epworth, WD	11:39.32	

Boys 110 Meter Hurdles 4A
Heats against time
Prelim: Top 8 advance to final
39 "hurdles

Name	Yr	School	Finals	
Finals				
1 Brandon Ophoff	11	Linn-Mar	14.49	10
2 Kyle Dunn	12	Linn-Mar	14.53	8
3 Nick Lenstra	12	Epworth, WD	15.45	6
4 Zach Newell	10	Waterloo West	15.68	5
5 Wesley Akin	12	Waterloo West	15.94	4
6 Kalund Brown	10	Cedar Falls	16.08	3
7 Andrew Folken	12	Dub. Senior	16.10	2
8 Parker Kober	11	Mason City	16.35	1
9 Kalehl Brown	10	Cedar Falls	16.48	
10 Adam Henderson	11	Dub. Hempstead	16.72	
11 Derrick Kremer	12	Dub. Hempstead	17.18	
12 Nathan Helbing	11	Dub. Senior	20.29	

Boys 400 Meter Hurdles 4A
Heats against time
30" hurdles

Name	Yr	School	Finals	
Finals				
1 Kyle Dunn	12	Linn-Mar	54.84	10
2 Nick Lenstra	12	Epworth, WD	55.91	8
3 Nick Lucas	12	Linn-Mar	56.35	6
4 Trevor Hein	12	Dub. Senior	56.41	5
5 Tyler Donovan	10	Epworth, WD	58.13	4
6 Jamie Medina	10	Waterloo West	58.39	3
7 Zach Newell	10	Waterloo West	58.64	2
8 Austin Cuvelier	11	Cedar Falls	58.81	1
9 Nick Clark	10	Cedar Falls	59.65	
10 Connor DeRoy	11	Mason City	59.91	
11 Derrick Kremer	12	Dub. Hempstead	1:01.36	
12 Jordan Johnson	09	Waterloo East	1:02.08	
13 Russell Henkel	10	Dub. Senior	1:02.16	
14 Josh Dolson	10	Dub. Hempstead	1:02.66	
15 Zach Scott	12	Mason City	1:04.39	

Boys 4x100 Meter Relay 4A
Heats against time
Prelim: Top 8 advance to finals

Team	Relay	Finals	
Finals			
1 Cedar Falls		42.42	10
1) Luke Toyosi 11	2) Barkley Hill 11		
3) Marshall Hill 12	4) James Harrington 11		
2 WAT West		42.99	8
1) Tyrell Martin 11	2) Dequayvious Martin 10		
3) Alex Young 09	4) Haris Nuhanovic 11		
3 Linn-Mar		43.80	6
1) Brandon Jeffries 10	2) Tommy Feller 11		
3) Aaron Hunter 12	4) Jake Luerkens 11		
4 WAT East		44.16	5
1) Dajon Taylor 09	2) Aaron Taylor 09		
3) Maryo Lindsey 09	4) Shane Hodges 09		
5 Mason City		46.20	4
1) Josh Saltou 11	2) Blake Ausenhus 12		
3) Zach Scott 12	4) Marcus Hughes 11		
6 DUB Senior		46.74	3
1) Zayne Moore 11	2) Rob Jones 11		
3) Parker Hammel 09	4) Vito Freese 12		
7 DUB Hempstead		47.58	2
1) Danny Morales 12	2) Nick Kutsch 09		
3) Cal Tauber 09	4) Brad Hennen 10		
--- Epworth, WD		FS	
1) Antonio Milons 12	2) Nick Lenstra 12		
3) Adam Hoeger 11	4) Daniel Beard 10		

Boys 4x200 Meter Relay 4A
Heats against time

Team	Relay	Finals	
Finals			
1 Cedar Falls		1:28.81	10
1) Luke Toyosi 11	2) Nick DeBuhr 10		
3) Mitch Dowell 11	4) James Harrington 11		
2 WAT West		1:29.73	8
1) Tyrell Martin 11	2) Dequayvious Martin 10		
3) Alex Young 09	4) Haris Nuhanovic 11		
3 Epworth, WD		1:30.52	6
1) Antonio Milons 12	2) Garrett McDermott 11		
3) Corey Harris 11	4) Daniel Beard 10		
4 DUB Hempstead		1:31.17	5
1) Jacob Hodge 09	2) Calvin Bahl 12		
3) Josh Viertel 11	4) Deondre Brown 11		
5 Mason City		1:31.47	4
1) Sam Skogen 11	2) Ryan Voves 12		
3) Aaron Sanchez 12	4) Blake Ausenhus 12		
6 Linn-Mar		1:32.22	3
1) Brandon Jeffries 10	2) Tommy Feller 11		
3) Jake Luerkens 11	4) Aaron Hunter 12		

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Team	Relay	Finals
7 WAT East		1:32.83 2
1) Dajon Taylor 09	2) Shane Hodges 09	
3) Maryo Lindsey 09	4) Aaron Taylor 09	
8 DUB Senior		1:36.82 1
1) Zayne Moore 11	2) Rob Jones 11	
3) Vito Freese 12	4) Alex Duster 10	

Boys 4x400 Meter Relay 4A**Final: Time basis**

Team	Relay	Finals
Finals		
1 Cedar Falls		3:22.66 10
1) Nick Gary 12	2) Nick DeBuhr 10	
3) Shane Shaddox 11	4) Marshall Hill 12	
2 DUB Senior		3:26.69 8
1) Jordan Kalmes 11	2) Will Bradford 12	
3) Ryan Gieseeman 12	4) Trevor Hein 12	
3 Mason City		3:26.79 6
1) Sam Skogen 11	2) Ryan Voves 12	
3) Lincoln Vorba 12	4) Aaron Sanchez 12	
4 DUB Hempstead		3:26.93 5
1) Calvin Bahl 12	2) Josh Viertel 11	
3) Deondre Brown 11	4) Ben Loeffelholz 12	
5 Linn-Mar		3:27.86 4
1) Brandon Ophoff 11	2) Aaron Razo 12	
3) Jordan Kremer 12	4) Duggan Trenary 09	
6 WAT West		3:29.76 3
1) Jamie Medina 10	2) Alex Young 09	
3) Zach Newell 10	4) Ian Brauer 12	
7 Epworth, WD		3:30.95 2
1) Logan Pitz 11	2) Erik Kauder-Metcalf 11	
3) Conner Meyers 11	4) Garrett McDermott 11	
8 WAT East		4:00.65 1
1) Aaron Taylor 09	2) Dajon Taylor 09	
3) Tylor White 09	4) Demetre VanArsdale 09	

Boys 4x800 Meter Relay 4A**Waterfall start**

Team	Relay	Finals
Finals		
1 Linn-Mar		8:00.72 10
1) Aaron Razo 12	2) Nick Gentzler 12	
3) Jabez Walker 09	4) Chase Grabau 09	
2 DUB Hempstead		8:02.05 8
1) Ben Loeffelholz 12	2) Ken Voorhees 12	
3) Deondre Brown 11	4) Calvin Daack 11	
3 Mason City		8:05.06 6
1) Bryant Sanchez 12	2) Tim Schwippel 10	
3) Aaron Sanchez 12	4) Lincoln Vorba 12	
4 WAT West		8:06.51 5
1) Ian Brauer 12	2) Alex Hottle 10	
3) Brady Heckenlively 11	4) Anthony Ohl 09	

5 Epworth, WD		8:11.44 4
1) Ryan Hermesen 11	2) Nick Webber 10	
3) Dylan James 10	4) Cameron James 11	
6 Cedar Falls		8:30.22 3
1) Shane Shaddox 11	2) Matthew Adrian 11	
3) Jakob Stoner 12	4) Tanner Reyhons 12	
7 DUB Senior		8:36.47 2
1) Dylan Eigenberger 10	2) Ty Wittman 12	
3) Taylor Donner 09	4) Tim Wittman 10	

Boys Distance Medley 4A**Heats against time****200/200/400/800**

Team	Relay	Finals
Finals		
1 Mason City		3:35.51 10
1) Blake Aussenhus 12	2) Ryan Voves 12	
3) Aaron Sanchez 12	4) Coty Thompson 12	
2 Linn-Mar		3:36.07 8
1) Aaron Hunter 12	2) Jake Luerkens 11	
3) Jordan Kremer 12	4) Matt Simon 11	
3 DUB Hempstead		3:37.78 6
1) Jacob Hodge 09	2) Calvin Bahl 12	
3) Deondre Brown 11	4) Calvin Daack 11	
4 WAT West		3:38.51 5
1) Tyrell Martin 11	2) Jason Millett 10	
3) Haris Nuhanovic 11	4) Ian Brauer 12	
5 Epworth, WD		3:40.77 4
1) Antonio Milons 12	2) Corey Harris 11	
3) Sam Burds 11	4) Ryan Hermesen 11	
6 DUB Senior		3:42.06 3
1) Jordan Kalmes 11	2) Ryan Gieseeman 12	
3) Tim Wittman 10	4) Dylan Eigenberger 10	
7 Cedar Falls		3:42.27 2
1) Mitch Dowell 11	2) Kevin Bernard 10	
3) K.C. Groomes 12	4) Matthew Adrian 11	
8 WAT East		4:09.67 1
1) Maryo Lindsey 09	2) Antwain	
3) Rico Clemons 09	4) Jacob Hewitt 12	

Boys 4x110 Meter Shuttle Hurdle 4A**Prelim: Heats against time****33" hurdles, Top 8 times advance to the final**

Team	Relay	Finals
Finals		
1 Linn-Mar		59.43 10
1) Brandon Ophoff 11	2) Colton Sanchez 11	
3) Rami Amr 12	4) Mike Keiser 10	
2 Mason City		1:00.32 8
1) Parker Kober 11	2) Jacob Peter 12	
3) Connor DeRoy 11	4) Zach Scott 12	
3 WAT West		1:00.61 6
1) Wesley Akin 12	2) Aaron Mazzerella 11	
3) Jamie Medina 10	4) Zach Newell 10	

Iowa Girls & Boys 4A Regional Track Meet

Dubuque Hempstead - Loras College

Dubuque, IA - 5/12/2011

Results - 4A District Track & Field Events

Finals ... (Boys 4x110 Meter Shuttle Hurdle 4A)

Team	Relay	Finals
4 Cedar Falls		1:01.36 5
1) Austin Cuvelier 11	2) Conner Riehm 09	
3) Kalund Brown 10	4) Kevin Bernard 10	
5 DUB Senior		1:01.52 4
1) Will Bradford 12	2) Keegan Gallery 10	
3) Trevor Hein 12	4) Andrew Folken 12	
6 Epworth, WD		1:02.24 3
1) Nick Lenstra 12	2) Adam Hoeger 11	
3) Sam Burds 11	4) Tyler Donovan 10	
7 DUB Hempstead		1:04.63 2
1) Adam Henderson 11	2) Derrick Kremer 12	
3) Josh Dolson 10	4) Logan Dunwoody 11	

Boys High Jump 4A

Name	Yr	School	Finals
Finals			
1 Barkley Hill	11	Cedar Falls	6-04.00 10
2 Tylor White	09	Waterloo East	6-03.00 8
3 Danny Larsen	12	Mason City	J6-03.00 6
4 Kalund Brown	10	Cedar Falls	J6-03.00 5
5 AJ Rier	11	Mason City	6-02.00 4
6 Wesley Akin	12	Waterloo West	5-10.00 2.5
6 Christopher Francis	09	Dub. Hempstead	5-10.00 2.5
8 Shane Hodges	09	Waterloo East	J5-10.00 1
--- Jon Hermesen	11	Dub. Hempstead	NH
--- Will Bradford	12	Dub. Senior	NH

Boys Long Jump 4A

3 preliminary jumps - Top 8 advance to finals

Final: 3 final jumps

Name	Yr	School	Finals
Finals			
1 Marcus Hughes	11	Mason City	20-11.50 10
2 Dequayvious Martin	10	Waterloo West	20-08.75 8
3 Calvin Bahl	12	Dub. Hempstead	20-07.00 6
4 Barkley Hill	11	Cedar Falls	20-05.00 5
5 Colton Sanchez	11	Linn-Mar	20-02.25 4
6 Jason Millett	10	Waterloo West	19-11.00 3
7 Brandon Corkery	10	Cedar Falls	19-10.25 2
8 Conner Meyers	11	Epworth, WD	19-03.50 1
9 Riley Pfeiler	09	Epworth, WD	19-02.75
10 Zayne Moore	11	Dub. Senior	18-06.25
11 Jordan Johnson	09	Waterloo East	18-04.00
12 Graham Houselog	11	Dub. Hempstead	18-00.75
13 Mike Anderson	09	Waterloo East	17-03.50
14 Chad Maternach	09	Dub. Senior	15-10.25
--- Michael Detert	11	Linn-Mar	FOUL

Boys Shot Put 4A

3 preliminary throws - Top 8 advance to finals

Final: 3 final throws

Name	Yr	School	Finals
Finals			
1 Tre Keller	11	Waterloo West	48-04.00 10
2 Jack Halupnick	09	Linn-Mar	48-03.50 8
3 Brady Waskow	11	Cedar Falls	47-08.25 6
4 Ross Pierschbacher	09	Cedar Falls	46-02.00 5
5 Dan Behning	11	Dub. Senior	45-02.00 4
6 Cameron Winters	09	Waterloo East	44-09.50 3
7 Brandon Allen	12	Linn-Mar	44-05.00 2
8 Dakota Alexander	11	Mason City	43-04.50 1
9 Alex Oliver	09	Waterloo East	42-11.00
10 Kevin Sandhu	11	Dub. Hempstead	41-01.00
11 Colin Frazier	10	Dub. Senior	40-11.50
12 Ben George	11	Dub. Hempstead	40-01.00
13 Andrew Clark	10	Epworth, WD	39-10.00
14 Ryan Rolfes	11	Epworth, WD	39-08.50
15 Noah Kofoot	10	Mason City	38-07.50

Boys Discus Throw 4A

3 preliminary throws - Top 8 advance to finals

Final: 3 final throws

Name	Yr	School	Finals
Finals			
1 Dan Behning	11	Dub. Senior	139-01 10
2 Mac Mahmens	12	Linn-Mar	136-11 8
3 Mitch Berendes	12	Dub. Hempstead	135-02 6
4 Tre Keller	11	Waterloo West	132-06 5
5 Mitch Powers	11	Dub. Senior	127-01 4
6 Andrew Martin	11	Waterloo West	121-06 3
7 Devon Davis	09	Cedar Falls	119-04 2
8 Brady MacNider	11	Linn-Mar	113-11 1
9 Ryan Rolfes	11	Epworth, WD	109-06
10 Ross Pierschbacher	09	Cedar Falls	108-02
11 Michael Edwards	11	Dub. Hempstead	107-07
12 Jared Bartel	11	Mason City	107-02
13 Javen Swann	10	Mason City	95-06
14 Andrew Clark	10	Epworth, WD	88-02

Boys 100 Meter Run WC WC

Name	Yr	School	Finals
Finals			
1 Jon Litzkow	10	Waterloo West	20.39
2 Jordan Houdeshell	10	Linn-Mar	23.44

Boys 200 Meter Run WC WC

Name	Yr	School	Finals
Finals			
1 Jordan Houdeshell	10	Linn-Mar	48.02
2 Jon Litzkow	10	Waterloo West	1:00.00