

Spirit Lake Co-Ed Invitational 2026 - 4/14/2026**Spirit Lake, Iowa
Sheryl Maahs Track
Results****Girls 100 Meter Dash Varsity**

Name	Year	School	Finals	H#	Points
Finals					
1 Leupold, Anthea	11	Spirit Lake	12.68	2	10
2 Wells, Miley	12	Spirit Lake	12.87	2	8
3 Avery, Alivia	11	Okoboji, Milford	13.24	2	6
4 Johnson, Lillian	10	Sioux Ctrl, SR	13.28	2	4
5 Biddle, Abby	09	Emmetsburg	13.86	2	2
6 Cavanaugh, Taylor	11	Sioux Ctrl, SR	13.92	2	1
7 Neavin, Kenadie	10	Okoboji, Milford	14.32	2	
8 Hough, Lauryn	09	Graet-T/Ruth-Ayr	14.83	1	
9 Niemeier, Cora	11	Harris-LP	14.94	2	
10 Cook, Colleen	12	Graet-T/Ruth-Ayr	14.99	1	
11 Smith, Averi	09	Spirit Lake JV	15.00	1	
12 Sikora, Keely	09	Emmetsburg	15.43	1	
13 Long, Sophie	09	North Union	15.57	1	
14 Ice, Fallon	11	Spirit Lake JV	16.05	1	
15 Nielsen, Raegan	12	North Union	16.29	1	

Girls 200 Meter Dash Varsity

Name	Year	School	Finals	H#	Points
1 Wells, Miley	12	Spirit Lake	26.47	2	10
2 Meyer, Riley	11	Okoboji, Milford	27.02	2	8
3 Bruinsma, Maggie	12	Spirit Lake	27.46	2	6
4 Wilson, Avery	12	Sioux Ctrl, SR	28.03	2	4
5 Ayers, Reata	12	Sioux Ctrl, SR	28.42	2	2
6 Anderson, Isabella	12	Graet-T/Ruth-Ayr	29.50	2	1
7 Fiene, Dylan	11	Emmetsburg	29.86	2	
8 Leman, Grace	11	Okoboji, Milford	30.20	1	
9 Reinke, Albany	09	Spirit Lake JV	31.09	1	
10 Walders, Natalie	09	North Union	31.47	1	
11 Price, Olivia	12	North Union	31.89	1	
12 Niemeier, Cora	11	Harris-LP	32.02	2	
13 Hough, Lauryn	09	Graet-T/Ruth-Ayr	32.09	1	
14 Ice, Fallon	11	Spirit Lake JV	33.27	1	
15 Farmer, Sophie	09	Harris-LP	41.11	1	
-- Dietrich, Aliyah	10	Emmetsburg	DNS	1	

Girls 400 Meter Dash Varsity

Name	Year	School	Finals	H#	Points
1 Wilson, Avery	12	Sioux Ctrl, SR	1:04.64	2	10
2 Avery, Ava	10	Okoboji, Milford	1:08.41	2	8
3 Dodds, Kinley	11	Spirit Lake	1:08.91	2	6
4 Anderson, Olivia	12	Graet-T/Ruth-Ayr	1:12.59	2	4
5 Westfall, Mackenzie	09	Graet-T/Ruth-Ayr	1:13.78	2	2
6 Carlson, Cadence	10	Spirit Lake JV	1:14.51	1	1
7 Fiene, Brooklyn	09	Emmetsburg	1:15.08	2	
8 Smith, Kaylie	09	Sioux Ctrl, SR	1:18.65	2	
9 Smith, Averi	09	Spirit Lake	1:22.92	1	
10 Hasbrouck, Sidney	09	North Union	1:26.71	1	

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11 Detlefsen, Molly	09 Harris-LP	1:27.89	1
12 Farmer, Sophie	09 Harris-LP	1:42.36	1
-- Dietrich, Aliyah	10 Emmetsburg	DNS	1
-- Sobolik, Aslynn	09 North Union	DNS	2

Girls 800 Meter Run Varsity

Name	Year School	Finals	Points
1 Schany, Rachel	12 Emmetsburg	2:25.62	10
2 Mueting, Marie	10 Spirit Lake	2:26.69	8
3 Beck, Ella	11 Spirit Lake	2:40.66	6
4 Mitchell, Rylee	09 Okoboji, Milford	2:41.76	4
5 Elbert, Rory	11 Emmetsburg	2:53.82	2
6 Smith, Kaylie	09 Sioux Ctrl, SR	3:17.54	1
-- Christian, Nora	12 Sioux Ctrl, SR	DNS	

Girls 1500 Meter Run Varsity

Name	Year School	Finals	Points
1 Weber, Sage	10 Sioux Ctrl, SR	5:41.91	10
2 Trautman, Kaitlyn	09 Spirit Lake	5:43.03	8
3 Girres, Addaley	09 Graet-T/Ruth-Ayr	5:51.13	6
4 Wasson, Ava	09 Okoboji, Milford	5:56.20	4
5 Pruin, Maci	09 Spirit Lake	5:57.53	2
6 Welbig, Alyssa	11 North Union	6:06.96	1
7 Elbert, Rory	11 Emmetsburg	6:17.68	
8 Pritchard, Anna	10 Spirit Lake JV	6:21.68	
9 Johnson, Makayla	10 Emmetsburg	6:41.20	
10 Chambers, Allie	10 Sioux Ctrl, SR	6:55.61	
11 Detlefsen, Molly	09 Harris-LP	7:32.11	
12 Cunningham, Emilia	10 Okoboji, Milford	7:39.04	

Girls 3000 Meter Run Varsity

Name	Year School	Finals	Points
1 Weber, Sage	10 Sioux Ctrl, SR	11:36.65	10
2 Mueting, Marie	10 Spirit Lake	11:40.91	8
3 Cummins, Alexis	11 North Union	12:02.59	6
4 Girres, Addaley	09 Graet-T/Ruth-Ayr	12:08.32	4
5 Frostestad, Bethany	11 Spirit Lake	13:24.49	2
6 Weston, Kaela	10 Okoboji, Milford	13:35.43	1
7 Gravert, Hailey	12 Okoboji, Milford	13:53.30	
8 Chambers, Allie	10 Sioux Ctrl, SR	14:58.93	

Girls 100 Meter Hurdles Varsity

Name	Year School	Finals	H#	Points
1 Bolluyt, Leah	11 Spirit Lake	15.57	2	10
2 Larsen, McKenzie	09 Okoboji, Milford	16.87	2	8
3 Anderson, Cloey	11 North Union	17.34	2	6

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4	Weier, Hanna	09	Sioux Ctrl, SR	17.41	2	4
5	Wassenaar, JJ	10	Spirit Lake	17.57	2	2
6	Hough, Kamryn	10	Graet-T/Ruth-Ayr	17.90	2	1
7	Thoren, Elizabeth	11	Emmetsburg	18.29	1	
8	Laursen, Kailee	11	Sioux Ctrl, SR	18.40	2	
9	Bolluyt, Ellie	12	Spirit Lake JV	20.00	1	
10	Fontenot, June	10	Spirit Lake JV	20.10	1	
11	Reyes, Jameele	11	North Union	21.79	1	
--	Newton, Lily	09	Okoboji, Milford	DNS	2	

Girls 400 Meter Hurdles Varsity

Name	Year	School	Finals	Points	
1	Madsen, Marley	12	Sioux Ctrl, SR	1:11.20	10
2	Hough, Kamryn	10	Graet-T/Ruth-Ayr	1:14.10	8
3	Wassenaar, JJ	10	Spirit Lake	1:15.92	6
4	Walters, Macy	09	Emmetsburg	1:16.19	4
5	Bolluyt, Ellie	12	Spirit Lake	1:24.12	2
6	Martini, Sydney	09	Emmetsburg	1:25.53	1

Girls 4x100 Meter Relay Varsity

School	Finals	Points
1 Spirit Lake 'A'	52.71	10
1) Bolluyt, Leah 11		
2) Sinz, Anabel 11		
3) Wells, Miley 12		
4) Leupold, Anthea 11		
2 Sioux Ctrl, SR 'A'	52.91	8
1) Waldstein, Peyton 10		
2) Cavanaugh, Taylor 11		
3) Wittmaack, Madison 09		
4) Johnson, Lillian 10		
3 Okoboji, Milford 'A'	53.27	6
1) Avery, Alivia 11		
2) Leman, Adalee 09		
3) Larsen, McKenzie 09		
4) Meyer, Riley 11		
4 North Union 'A'	55.27	4
1) Kollasch, Adeline 12		
2) Jenkins, Peyton 11		
3) Deim, Brylie 12		
4) Nicoson, Bryn 09		
5 Emmetsburg 'A'	55.58	2
1) Schany, Rachel 12		
2) Thoren, Elizabeth 11		
3) Rouse, Makayla 11		
4) Fiene, Dylan 11		
6 Graet-T/Ruth-Ayr 'A'	57.53	1
1) Hansen, Addison 11		
2) Anderson, Olivia 12		
3) Hough, Lauryn 09		
4) Westfall, Mackenzie 09		
-- Spirit Lake JV 'A'	DNS	
1) Van Genderen, Finley 09		
2) Lalumendre, Mckinley 09		
3) Dodds, Kinley 11		
4) Reinke, Albany 09		

Girls 4x200 Meter Relay Varsity

School	Finals	Points
1 Graet-T/Ruth-Ayr 'A'	1:56.00	10
1) Hough, Caitlyn 10		
2) Hansen, Addison 11		
3) Wise, Myah 10		
4) Naig, Jadin 10		

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2	Sioux Ctrl, SR 'A'	1:56.07	8
	1) Cavanaugh, Taylor 11	2) Ayers, Reata 12	
	3) Joenks, Bella 11	4) Wittmaack, Madison 09	
3	Spirit Lake 'A'	1:57.53	6
	1) Duvall, Gelena 12	2) Van Genderen, Finley 09	
	3) Lalumendre, Mckinley 09	4) Holter, Josie 09	
4	North Union 'A'	1:59.18	4
	1) Kollasch, Adeline 12	2) Hoye, Samantha 10	
	3) Henriksen, Briley 10	4) Nicoson, Bryn 09	
5	Emmetsburg 'A'	2:04.36	2
	1) Rouse, Makayla 11	2) Sikora, Keely 09	
	3) Zylstra-Reedy, Bella 10	4) Biddle, Abby 09	
6	Okoboji, Milford 'A'	2:07.94	1
	1) Vonk, Pacey 09	2) Steelman, Leigha 09	
	3) Webber, Laurel 09	4) Caviness, Makinley 10	

Girls 4x400 Meter Relay Varsity

School	Finals	Points
1 Spirit Lake 'A'	4:07.26	10
1) Sinz, Elanor 11	2) Bolluyt, Leah 11	
3) Petersen, Addy 10	4) Sinz, Anabel 11	
2 Sioux Ctrl, SR 'A'	4:28.71	8
1) Wilson, Avery 12	2) Weier, Hanna 09	
3) Christian, Nora 12	4) Madsen, Marley 12	
3 Graet-T/Ruth-Ayr 'A'	4:29.49	6
1) Naig, Jadin 10	2) Wise, Myah 10	
3) Anderson, Isabella 12	4) Hough, Caitlyn 10	
4 North Union 'A'	4:34.68	4
1) Cummins, Alexis 11	2) Nicoson, Bryn 09	
3) Jenkins, Peyton 11	4) Nielsen, Marissa 10	
5 Okoboji, Milford 'A'	4:46.85	2
1) Wipf, Brynley 09	2) Mitchell, Rylee 09	
3) Avery, Ava 10	4) Mitchell, Jordyn 10	
6 Emmetsburg 'A'	4:50.28	1
1) Zylstra-Reedy, Bella 10	2) Hellickson, Makaela 09	
3) Walters, Macy 09	4) Swift, Lily 10	

Girls 4x800 Meter Relay Varsity

School	Finals	Points
1 Spirit Lake 'A'	10:55.54	10
1) Petersen, Addy 10	2) Beck, Ella 11	
3) Pruin, Maci 09	4) Pritchard, Anna 10	

Girls 800 Sprint Medley Varsity

School	Finals	Points
1 Okoboji, Milford 'A'	1:56.44	10
1) Avery, Alivia 11	2) Larsen, McKenzie 09	
3) Leman, Adalee 09	4) Meyer, Riley 11	

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2	Sioux Ctrl, SR 'A'	1:59.07	8
	1) Waldstein, Peyton 10		
	2) Johnson, Lillian 10		
	3) Ayers, Reata 12		
	4) Wilson, Avery 12		
3	Spirit Lake 'A'	1:59.68	6
	1) Van Genderen, Finley 09		
	2) Lalumendre, Mckinley 09		
	3) Dodds, Kinley 11		
	4) Bruinsma, Maggie 12		
4	Graet-T/Ruth-Ayr 'A'	2:02.81	4
	1) Anderson, Isabella 12		
	2) Westfall, Mackenzie 09		
	3) Naig, Jadin 10		
	4) Wise, Myah 10		
5	North Union 'A'	2:09.89	2
	1) Hoye, Samantha 10		
	2) Deim, Brylie 12		
	3) Henriksen, Briley 10		
	4) Welbig, Alyssa 11		
6	Emmetsburg 'A'	2:11.74	1
	1) Rouse, Makayla 11		
	2) Fiene, Dylan 11		
	3) Swift, Lily 10		
	4) Zylstra-Reedy, Bella 10		
7	Spirit Lake JV 'A'	2:12.33	
	1) Bolluyt, Ellie 12		
	2) Smith, Averi 09		
	3) Holter, Josie 09		
	4) Reinke, Albany 09		

Girls Distance Medley Varsity

School	Finals	Points
1 Spirit Lake 'A'	4:25.89	10
1) Duvall, Gelena 12		
2) Van Genderen, Finley 09		
3) Bruinsma, Maggie 12		
4) Sinz, Elanor 11		
2 Sioux Ctrl, SR 'A'	4:43.77	8
1) Madsen, Marley 12		
2) Waldstein, Peyton 10		
3) Christian, Nora 12		
4) Weber, Sage 10		
3 Graet-T/Ruth-Ayr 'A'	4:46.14	6
1) Hough, Caitlyn 10		
2) Naig, Jadin 10		
3) Wise, Myah 10		
4) Hough, Kamryn 10		
4 Emmetsburg 'A'	4:54.40	4
1) Thoren, Elizabeth 11		
2) Fiene, Dylan 11		
3) Swift, Lily 10		
4) Hellickson, Makaela 09		
5 Okoboji, Milford 'A'	4:55.02	2
1) Neavin, Kenadie 10		
2) Leman, Grace 11		
3) Wipf, Brynley 09		
4) Mitchell, Jordyn 10		

Girls 4x100 Meter Shuttle Hurdle Varsity

School	Finals	Points
1 Spirit Lake 'A'	1:07.78	10
1) Duvall, Gelena 12		
2) Sinz, Elanor 11		
3) Wassenaar, JJ 10		
4) Bolluyt, Leah 11		
2 Graet-T/Ruth-Ayr 'A'	1:12.99	8
1) Hough, Caitlyn 10		
2) Anderson, Olivia 12		
3) Hough, Kamryn 10		
4) Hansen, Addison 11		
3 North Union 'A'	1:14.94	6
1) Anderson, Cloey 11		
2) Jenkins, Peyton 11		
3) Nielsen, Marissa 10		
4) Price, Olivia 12		
4 Sioux Ctrl, SR 'A'	1:17.98	4
1) Waldstein, Peyton 10		
2) Wittmaack, Madison 09		

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3) Weier, Hanna 09

4) Laursen, Kailee 11

Girls High Jump Varsity

Name	Year	School	Finals	Points
1 Walters, Macy	09	Emmetsburg	4-11.00	10
4-03 4-05 4-07 4-09 4-10 4-11 5-00				
PPP O O XO XO O XXX				
2 Trautman, Kaitlyn	09	Spirit Lake	J4-11.00	8
4-03 4-05 4-07 4-09 4-10 4-11 5-00				
PPP PPP XXO XXO XXO O XXX				
3 Leupold, Anthea	11	Spirit Lake	J4-11.00	6
4-03 4-05 4-07 4-09 4-10 4-11 5-00				
PPP PPP O O XO XO XXX				
4 Hansen, Addison	11	Graet-T/Ruth-Ayr	4-10.00	4
4-03 4-05 4-07 4-09 4-10 4-11				
O O O XO O XXX				
5 Weier, Hanna	09	Sioux Ctrl, SR	4-05.00	1.50
4-03 4-05 4-07				
O XO XXX				
5 Holter, Josie	09	Spirit Lake JV	4-05.00	1.50
4-03 4-05 4-07				
O XO XXX				
7 Webber, Laurel	09	Okoboji, Milford	4-03.00	
4-03 4-05				
O XXX				

Girls Long Jump Varsity

Name	Year	School	Finals	Points
1 Schany, Rachel	12	Emmetsburg	17-03.75	10
17-03.75 17-00.25 15-08 17-02.50				
2 Sinz, Anabel	11	Spirit Lake	17-02.00	8
16-04.25 17-02 16-03.75 16-11.50				
3 Larsen, McKenzie	09	Okoboji, Milford	14-04.00	6
13-07.25 13-10 13-07 14-04				
4 Nielsen, Marissa	10	North Union	13-11.75	4
12-08.50 13-11.75 13-09.25 13-05.75				
5 Johnson, Lillian	10	Sioux Ctrl, SR	12-06.75	2
11-11 12-05.50 12-06.75 12-05.75				
6 Hellickson, Makaela	09	Emmetsburg	11-02.75	1
11-02.75 10-05.25 11-01.50 9-11.25				
7 Oleson, Kynlee	09	North Union	11-01.75	
11-01.75 10-11.75 10-07.25 10-07.25				
-- Bruinsma, Maggie	12	Spirit Lake	DNS	

Girls Shot Put Varsity

Name	Year	School	Finals	Points
1 Beck, McKenna	10	Spirit Lake	33-09.00	10
32-00.50 33-09 32-05 30-08.50 31-02.50 FOUL				

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Results**

....Girls Shot Put Varsity

2 Wittmaack, Madison	09 Sioux Ctrl, SR	31-09.50	8
30-04.50 29-08.50 28-05	31-09.50 31-04.75 29-09		
3 Gates, Jennesa	11 Okoboji, Milford	31-04.00	6
28-07 28-03.50 31-04	29-03 29-05 30-03		
4 Laursen, Kailee	11 Sioux Ctrl, SR	29-09.00	4
26-10 28-02.75 28-02.50	29-06 29-09 29-08.50		
5 Petty, Clara	09 Spirit Lake	29-05.00	2
26-10.50 FOUL 29-05	28-07.50 29-01.75 25-08.50		
6 Leupold, Addilin	11 Spirit Lake JV	27-04.00	1
27-04 26-03 23-08.50	24-11.50 24-08.50 26-09.50		
7 Richardson, Olivia	10 North Union	26-11.50	
26-11.50 25-02 26-02	25-05 26-01.50 FOUL		
8 Straw, Lily	10 Emmetsburg	25-08.50	
25-03.25 25-03.50 24-07.50	24-10 25-08.50 25-05.50		
9 Derner, Danica	10 Okoboji, Milford	25-04.00	
24-10 24-04 25-04 24-01	24-07 24-01.50		
10 Hanson, Myiah	10 North Union	25-02.00	
23-04.50 25-02 FOUL			
11 Cook, Colleen	12 Graet-T/Ruth-Ayr	25-01.00	
22-07 21-08.50 25-01			
-- Haack, Paytn	09 Emmetsburg	DNS	

Girls Discus Throw Varsity

Name	Year School	Finals	Points
1 Beck, McKenna	10 Spirit Lake	114-11	10
114-11 FOUL FOUL 110-01	112-04 FOUL		
2 Derner, Danica	10 Okoboji, Milford	91-02	8
1-03 87-00 FOUL 91-02	FOUL 84-09		
3 Hanson, Myiah	10 North Union	82-01	6
71-11 FOUL 72-08 82-01	81-04 81-01		
4 Gates, Jennesa	11 Okoboji, Milford	80-11	4
74-08 72-08 67-04 FOUL	80-11 68-07		
5 Petty, Clara	09 Spirit Lake JV	77-11	2
75-07 77-11 75-09 66-06	58-06 69-02		
6 Albrant, Miley	09 Emmetsburg	77-02	1
71-01 FOUL FOUL FOUL	77-02 FOUL		
7 Laursen, Kailee	11 Sioux Ctrl, SR	74-10	
66-09 74-10 70-08 72-11	74-05 73-00		
8 Straw, Lily	10 Emmetsburg	74-08	
FOUL FOUL 74-08 FOUL	FOUL 68-03		
9 Leupold, Addilin	11 Spirit Lake	73-10	
61-03 58-05 69-09 68-05	65-05 73-10		
10 Richardson, Olivia	10 North Union	63-09	
47-11 63-05 63-09			

Girls 4x100 Meter Relay Junior Varsity

School	Finals
1 Emmetsburg 'A'	58.68
1) Fiene, Brooklyn 09	2) Sikora, Keely 09
3) Martini, Sydney 09	4) Biddle, Abby 09

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2 Okoboji, Milford 'A'	1:02.60
1) Newton, Lily 09	2) Steelman, Leigha 09
3) Webber, Laurel 09	4) Caviness, Makinley 10
3 North Union 'A'	1:04.84
1) Hasbrouck, Sidney 09	2) Long, Sophie 09
3) Woods, Zephany 09	4) Nielsen, Raegan 12

Girls 4x100 Meter Shuttle Hurdle Junior Varsity

School	Finals
-- North Union 'A'	DNS
1) Walders, Natalie 09	2) Oleson, Kynlee 09
3) Reyes, Jameele 11	4) Sobolik, Aslynn 09

Girls Shot Put Junior Varsity

Name	Year School	Finals
1 Leach, RaeAnn	09 North Union	24-07.50
24-07.50 24-03 24-03.50		
2 Kraninger, Kaitlyn	11 Okoboji, Milford	23-04.00
23-04 23-01.50 21-01.50		
3 Albrant, Miley	09 Emmetsburg	21-07.50
FOUL 21-07.50 20-10.50		

Girls Discus Throw Junior Varsity

Name	Year School	Finals
1 Leach, RaeAnn	09 North Union	65-06
2 Kraninger, Kaitlyn	11 Okoboji, Milford	58-04
-- Haack, Paytn	09 Emmetsburg	DNS

Boys 100 Meter Dash Varsity

Name	Year School	Finals	H#	Points
1 Grau, Kyle	12 Spirit Lake	10.95	2	
2 Higgins, Ty	10 Spirit Lake	11.25	2	
3 Smith, Garrett	10 Estherville-LC	11.31	2	
4 Sullivan, Brayden	10 Spirit Lake JV	11.60	2	
5 DeWitt, Matthew	11 Estherville-LC	11.67	2	
6 Kleve, Aaden	11 Okoboji, Milford	11.70	2	
7 Clinkenbeard, Brock	12 Spirit Lake JV	11.86	1	
8 Huff, Tayten	10 Harris-LP	12.09	1	
9 Glover, Kase	10 Sioux Ctrl, SR	12.12	1	
10 Fischer, Joe	11 Emmetsburg	12.14	2	
11 Wilcoxon, Jack	12 Emmetsburg	12.27	1	
12 McGregor, Remington	11 Sioux Ctrl, SR	12.36	1	
13 Baumgarn, Jausten	11 Harris-LP	12.45	1	
14 Grems, Hunter	11 Okoboji, Milford	12.53	2	
15 Harris, Donovan	11 North Union	13.25	1	
16 Clendenan, Hunter	10 North Union	13.44	1	

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Name	Year	School	Finals	H#	Points
1 Reuter, Keegan	11	Spirit Lake	23.57	2	10
2 Riordan, Elijah	10	Spirit Lake JV	23.77	2	8
3 DeWitt, Matthew	11	Estherville-LC	23.99	2	6
4 Orpen, Brett	10	Spirit Lake	24.17	2	4
5 Heuton, Chase	11	Sioux Ctrl, SR	24.30	2	2
6 Yager, Layton	12	Estherville-LC	24.58	2	1
7 Halbersma, Beckett	10	Spirit Lake JV	24.81	2	
8 Wittmaack, Max	11	Sioux Ctrl, SR	24.93	1	
9 Wilcoxon, Jack	12	Emmetsburg	25.01	2	
10 Huff, Tayten	10	Harris-LP	25.02	1	
11 Madden, Kade	12	North Union	25.15	1	
12 Rubel, Matthew	09	Emmetsburg	25.71	1	
13 Heinen, Max	09	North Union	25.76	1	
14 Johnson, Brody	11	Okoboji, Milford	26.22	1	
15 Sandahl, James	09	Okoboji, Milford	26.66	1	
16 Bobzien, Hunter	09	Harris-LP	30.43	1	

Boys 400 Meter Dash Varsity

Name	Year	School	Finals	H#	Points
1 Lalumendre, Collin	11	Spirit Lake	55.00	2	10
2 Martin, Wyatt	11	Estherville-LC	56.01	2	8
3 Wassenaar, Greyson	09	Spirit Lake JV	56.21	2	6
4 Brackenhoff, Caleb	10	Spirit Lake	56.83	2	4
5 Rubel, Matthew	09	Emmetsburg	59.00	1	2
6 Cox, Benjamin	09	Emmetsburg	1:01.20	1	1
7 Baumgarn, Jausten	11	Harris-LP	1:02.03	1	
8 Hogrefe, Keaton	09	Sioux Ctrl, SR	1:02.74	1	
9 Kollasch, Castor	10	North Union	1:03.17	2	
10 Ponce, Ayson	09	Estherville-LC	1:06.80	2	
11 Matthews, Liam	10	Okoboji, Milford	1:07.89	1	
12 Dirks, Jayden	09	Sioux Ctrl, SR	1:12.99	1	
-- Kollasch, Kolton	10	Okoboji, Milford	DNS	2	
-- Heinen, Max	09	North Union	DNS	2	

Boys 800 Meter Run Varsity

Name	Year	School	Finals	Points
1 Hungerford, Jace	11	Spirit Lake	1:58.57	10
2 Christian, Jack	12	Sioux Ctrl, SR	2:01.53	8
3 Frangenberg, Nick	12	Spirit Lake	2:14.52	6
4 Chitic Aguilar, Gustavo	11	Estherville-LC	2:20.39	4
5 Welch, Beckam	10	Estherville-LC	2:23.53	2
6 Cox, Benjamin	09	Emmetsburg	2:24.55	1
7 Engelby, Lane	09	North Union	2:24.95	
8 Stevens, Donnie	10	North Union	2:27.05	
9 Rose, Carter	09	Sioux Ctrl, SR	2:30.41	
10 Jacobsma, Lucas	12	Harris-LP	2:30.95	
11 Sandoval, Giovanni	10	Spirit Lake JV	2:35.68	
12 Nozka, Alex	09	Harris-LP	3:02.47	

Spirit Lake Co-Ed Invitational 2026 - 4/14/2026**Spirit Lake, Iowa
Sheryl Maahs Track
Results****....Boys 800 Meter Run Varsity**

-- Riphagen, Owen	11 Okoboji, Milford	DQ	unsportsmanlike
-- Gravert, Jeremiah	10 Okoboji, Milford	DNS	

Boys 1600 Meter Run Varsity

Name	Year	School	Finals	Points
1 Trautman, Carter	12	Spirit Lake	4:49.68	10
2 Wernimont, Lucos	11	Sioux Ctrl, SR	4:55.74	8
3 Struve, Jackson	10	Estherville-LC	4:56.42	6
4 Conway, Wylee	10	Spirit Lake	4:58.47	4
5 Christians, Colin	11	Sioux Ctrl, SR	5:09.03	2
6 Kreykes, Karson	10	Spirit Lake JV	5:10.47	1
7 Nelsen, Drake	10	North Union	5:13.49	
8 Low, Sam	11	Okoboji, Milford	5:16.53	
9 Aguilar Gonzalez, Jose	10	Estherville-LC	5:17.01	
10 Dirks, Aaron	10	Spirit Lake JV	5:23.44	
11 Cox, Benjamin	09	Emmetsburg	5:27.30	
12 Cox, Elijah	11	Emmetsburg	5:45.25	
13 Renken, Cole	10	Harris-LP	5:58.55	
14 Starnes, Traecer	12	North Union	6:00.16	
15 Abadie, Traven	11	Harris-LP	7:30.92	

Boys 3200 Meter Run Varsity

Name	Year	School	Finals	Points
1 Hungerford, Jace	11	Spirit Lake	9:59.74	10
2 Wernimont, Lucos	11	Sioux Ctrl, SR	10:22.41	8
3 Struve, Jackson	10	Estherville-LC	10:51.54	6
4 Smith, Weston	09	Sioux Ctrl, SR	11:30.37	4
5 Dirks, Aaron	10	Spirit Lake	11:50.46	2
6 Cox, Elijah	11	Emmetsburg	12:15.04	1
7 Jacobsma, Lucas	12	Harris-LP	12:18.89	
8 Renken, Cole	10	Harris-LP	12:44.91	
9 Champney, Edward	09	North Union	16:03.95	

Boys 110 Meter Hurdles Varsity

Name	Year	School	Finals	H#	Points
1 Heller, Jerron	11	Okoboji, Milford	14.91	2	10
2 Mills, Owen	12	Sioux Ctrl, SR	15.61	2	8
3 Smith, Garrett	10	Estherville-LC	16.18	2	6
4 Pausley, Jake	10	Okoboji, Milford	16.21	2	4
5 Jalas, Kyson	10	Spirit Lake	16.30	2	2
6 Barthman, Max	12	Spirit Lake	16.63	2	1
7 Spooner, Perry	12	Sioux Ctrl, SR	16.75	1	
8 Ahrens, Blaize	10	Estherville-LC	16.75	1	
9 Kirkegaard, Samuel	10	North Union	19.48	1	

Spirit Lake Co-Ed Invitational 2026 - 4/14/2026**Spirit Lake, Iowa
Sheryl Maahs Track
Results****Boys 400 Meter Hurdles Varsity**

Name	Year	School	Finals	H#	Points
1 Nebelsick, Braedin	09	Spirit Lake	1:00.13	2	10
2 Smith, Garrett	10	Estherville-LC	1:00.71	2	8
3 Shirk, Clay	10	Emmetsburg	1:01.14	2	6
4 Rezac, Casey	11	North Union	1:01.97	2	4
5 Pausley, Jake	10	Okoboji, Milford	1:02.70	1	2
6 Wilson, Joseph	10	Sioux Ctrl, SR	1:02.92	2	1
7 Coates, Titus	09	Spirit Lake	1:03.31	2	
8 Ahrens, Blaize	10	Estherville-LC	1:03.88	2	
9 Vinke, Dalton	11	Okoboji, Milford	1:08.04	1	
10 Kirkegaard, Samuel	10	North Union	1:11.39	2	
11 Zweibohmer, Zeke	09	Sioux Ctrl, SR	1:17.16	1	

Boys 4x100 Meter Relay Varsity

School	Finals	Points
1 Spirit Lake 'A' 1) Higgins, Ty 10 3) Barthman, Max 12	43.36	10
2 Spirit Lake JV 'A' 1) Clinkenbeard, Brock 12 3) Sullivan, Brayden 10	45.31	8
3 North Union 'A' 1) Whaley, Gabe 11 3) Crouch, Carson 10	45.65	6
4 Sioux Ctrl, SR 'A' 1) Spooner, Perry 12 3) Buettner, Michael 12	46.06	4
5 Estherville-LC 'A' 1) DeWitt, Matthew 11 3) Martin, Wyatt 11	46.75	2
6 Emmetsburg 'A' 1) Fischer, Joe 11 3) Bay, MJ 10	46.99	1
7 Okoboji, Milford 'A' 1) Stahly, Jake 10 3) Clark, Deakin 10	47.09	
	2) Hagedorn, Kyler 12 4) Grau, Kyle 12	
	2) Riordan, Elijah 10 4) Orpen, Brett 10	
	2) Colegrove, Greyson 11 4) Hoyer, Cooper 11	
	2) Heuton, Chase 11 4) Mills, Owen 12	
	2) Ponce Diaz, Angel 09 4) Richard, James 12	
	2) Rubel, Matthew 09 4) Yates, Bradyen 12	
	2) Heitritter, Braxton 09 4) Beyer, Boston 10	

Boys 4x200 Meter Relay Varsity

School	Finals	Points
1 North Union 'A' 1) Colegrove, Greyson 11 3) Whaley, Gabe 11	1:36.50	10
2 Emmetsburg 'A' 1) Fischer, Joe 11 3) Wilcoxon, Jack 12	1:39.53	8
3 Okoboji, Milford 'A' 1) Kleve, Aaden 11 3) Garcia, John 11	1:39.70	6
4 Spirit Lake JV 'A'	1:41.40	4
	2) Bay, MJ 10 4) Yates, Bradyen 12	
	2) Adams, Terry 11 4) Vinke, Dalton 11	

Spirit Lake Co-Ed Invitational 2026 - 4/14/2026**Spirit Lake, Iowa****Sheryl Maahs Track****Results****....Boys 4x200 Meter Relay Varsity**

1) Clinkenbeard, Brock 12	2) Stecker, Evan 09		
3) Ackerman, Jaeger 09	4) Meyer, Grant 10		
5 Sioux Ctrl, SR 'A'		1:44.61	2
1) McGregor, Remington 11	2) Waldstein, Xander 11		
3) Stemke, Aiden 10	4) Glover, Kase 10		
6 Estherville-LC 'A'		1:51.99	1
1) Sheridan, Mason 09	2) Araguz, Samuel 10		
3) Araguz, Angel 10	4) Gomez, Juan 09		
-- Spirit Lake 'A'		DQ	2-3 out of zone
1) Higgins, Ty 10	2) Hagedorn, Kyler 12		
3) Bolluyt, Lucas 12	4) Grau, Kyle 12		

Boys 4x400 Meter Relay Varsity

School	Finals	Points
1 Spirit Lake 'A'	3:36.27	10
1) Bolluyt, Lucas 12	2) Hagedorn, Kyler 12	
3) Reuter, Keegan 11	4) Hungerford, Jace 11	
2 North Union 'A'	3:49.17	8
1) Bauer, Aiden 12	2) Kruse, Colin 10	
3) Jones, Taylin 09	4) Morphey, Brekkyn 09	
3 Spirit Lake JV 'A'	3:50.45	6
1) Brackenhoff, Caleb 10	2) Lalumendre, Collin 11	
3) Wassenaar, Greyson 09	4) Polenychko, Yuri 09	
4 Estherville-LC 'A'	3:53.95	4
1) Yager, Layton 12	2) Martin, Wyatt 11	
3) Ahrens, Blaize 10	4) Welch, Beckam 10	
5 Okoboji, Milford 'A'	3:57.18	2
1) Riphagen, Owen 11	2) Gravert, Jeremiah 10	
3) Kleve, Aaden 11	4) Vinke, Dalton 11	
6 Emmetsburg 'A'	3:59.45	1
1) Wilcoxon, Jack 12	2) Shirk, Clay 10	
3) Rutledge, Krayton 12	4) Bailey, Nolan 10	
7 Sioux Ctrl, SR 'A'	4:00.80	
1) Waldstein, Xander 11	2) Smith, Weston 09	
3) Hogrefe, Keaton 09	4) Garcia, Noah 12	

Boys 4x800 Meter Relay Varsity

School	Finals	Points
1 Spirit Lake 'A'	9:00.13	10
1) Conway, Wylee 10	2) Kreykes, Karson 10	
3) Phillips, Eli 09	4) Wassenaar, Greyson 09	
2 Okoboji, Milford 'A'	9:18.12	8
1) Riphagen, Owen 11	2) Evenson, Wesley 09	
3) Gravert, Jeremiah 10	4) Low, Sam 11	
3 Estherville-LC 'A'	9:25.42	6
1) Welch, Beckam 10	2) Aguilar Gonzalez, Jose 10	
3) Ponce, Ayson 09	4) Gomez, Juan 09	
4 North Union 'A'	9:27.07	4
1) Bauer, Aiden 12	2) Nelsen, Drake 10	
3) Kollasch, Castor 10	4) Stevens, Donnie 10	

Spirit Lake Co-Ed Invitational 2026 - 4/14/2026**Spirit Lake, Iowa****Sheryl Maahs Track****Results****....Boys 4x800 Meter Relay Varsity**

5	Sioux Ctrl, SR 'A'	9:30.77	2
	1) Christians, Colin 11		2) Driver, Landon 11
	3) Rose, Carter 09		4) Waldstein, Xander 11
6	Emmetsburg 'A'	10:10.70	1
	1) Armstrong-Ricke, Wyatt 10		2) Helle, Isaiah 09
	3) Cox, Elijah 11		4) Cox, Benjamin 09

Boys 800 Sprint Medley Varsity

School	Finals	Points
1 Estherville-LC 'A'	1:37.15	10
	1) Ponce Diaz, Angel 09	
	3) DeWitt, Matthew 11	
	2) Richard, James 12	
	4) Smith, Garrett 10	
2 Emmetsburg 'A'	1:40.15	8
	1) Bay, MJ 10	
	3) Bailey, Nolan 10	
	2) Yates, Bradyen 12	
	4) Rutledge, Krayton 12	
3 Spirit Lake 'A'	1:40.60	6
	1) Reuter, Keegan 11	
	3) Nebelsick, Braedin 09	
	2) Polenychko, Yuri 09	
	4) Trautman, Carter 12	
4 Sioux Ctrl, SR 'A'	1:41.13	4
	1) Garcia, Noah 12	
	3) Heuton, Chase 11	
	2) Spooner, Perry 12	
	4) Mills, Owen 12	
5 Okoboji, Milford 'A'	1:44.86	2
	1) Garcia, John 11	
	3) Stahly, Jake 10	
	2) Grems, Hunter 11	
	4) Adams, Terry 11	
6 North Union 'A'	1:45.00	1
	1) Whaley, Gabe 11	
	3) Hoye, Cooper 11	
	2) Rezac, Casey 11	
	4) Madden, Kade 12	
7 Spirit Lake JV 'A'	1:47.50	
	1) Riordan, Elijah 10	
	3) Lalumendre, Collin 11	
	2) Sullivan, Brayden 10	
	4) Himley, Hunter 09	

Boys Distance Medley Varsity

School	Finals	Points
1 Spirit Lake 'A'	3:50.84	10
	1) Riordan, Elijah 10	
	3) Frangenberg, Matthew 09	
	2) Orpen, Brett 10	
	4) Trautman, Carter 12	
2 Emmetsburg 'A'	4:00.86	8
	1) Bay, MJ 10	
	3) Bailey, Nolan 10	
	2) Yates, Bradyen 12	
	4) Rutledge, Krayton 12	
3 Estherville-LC 'A'	4:01.73	6
	1) Ponce Diaz, Angel 09	
	3) Yager, Layton 12	
	2) Ahrens, Blaize 10	
	4) Chitic Aguilar, Gustavo 11	
4 Sioux Ctrl, SR 'A'	4:02.98	4
	1) Garcia, Noah 12	
	3) Smith, Weston 09	
	2) Buettner, Michael 12	
	4) Wernimont, Lucos 11	
5 North Union 'A'	4:03.12	2
	1) Heinen, Max 09	
	3) Jones, Taylin 09	
	2) Morpew, Brekkyn 09	
	4) Kruse, Colin 10	
6 Okoboji, Milford 'A'	4:12.51	1
	1) Clark, Deakin 10	
	2) Beyer, Boston 10	

Spirit Lake Co-Ed Invitational 2026 - 4/14/2026
Spirit Lake, Iowa
Sheryl Maahs Track
Results

....Boys Distance Medley Varsity

- | | |
|---------------------------|-------------------------|
| 3) Heitritter, Braxton 09 | 4) Gravert, Jeremiah 10 |
| 7 Spirit Lake JV 'A' | 4:26.50 |
| 1) Adams, Kaysen 11 | 2) Meyer, Grant 10 |
| 3) Stokke, Noah 11 | 4) Himley, Hunter 09 |

Boys 4x110 Meter Shuttle Hurdle Varsity

School	Finals	H#	Points
1 Okoboji, Milford 'A'	1:00.22	2	10
1) Graves, Elijah 12	2) Jacobsen, Asa 11		
3) Simington, Avery 12	4) Heller, Jerron 11		
2 Spirit Lake 'A'	1:03.35	2	8
1) Hagedorn, Kyler 12	2) Jalas, Kyson 10		
3) Barthman, Max 12	4) Nebelsick, Braedin 09		
3 North Union 'A'	1:07.95	2	6
1) Kirkegaard, Samuel 10	2) Rezac, Casey 11		
3) Crouch, Carson 10	4) Colegrove, Greyson 11		
4 Sioux Ctrl, SR 'A'	1:13.15	2	4
1) Spooner, Perry 12	2) Wittmaack, Max 11		
3) Wilson, Joseph 10	4) Garcia, Noah 12		
5 Spirit Lake JV 'A'	1:15.99	1	2
1) Ackerman, Jaeger 09	2) Polenychko, Yuri 09		
3) Stecker, Evan 09	4) Coates, Titus 09		

Boys High Jump Varsity

Name	Year School	Finals	Points
1 Graves, Elijah	12 Okoboji, Milford	6-01.00	10
5-03 5-05 5-07 5-09 5-11 6-00 6-01 6-02 6-03			
P P P P O P XO P XXX			
2 Heinen, Max	09 North Union	6-00.00	8
5-03 5-05 5-07 5-09 5-11 6-00 6-01			
O O XO XO XO O XXX			
3 Frideres, Grady	10 Estherville-LC	5-11.00	6
5-03 5-05 5-07 5-09 5-11 6-00			
P O O O XXO XXX			
4 Reuter, Keegan	11 Spirit Lake	J5-11.00	4
5-03 5-05 5-07 5-09 5-11 6-00			
P P O XXO XXO XXX			
5 Christians, Colin	11 Sioux Ctrl, SR	5-09.00	2
5-03 5-05 5-07 5-09 5-11			
O XO O XO XXX			
6 Jones, Taylin	09 North Union	5-05.00	1
5-03 5-05 5-07			
O O XXX			
7 Coates, Titus	09 Spirit Lake	5-03.00	
5-03 5-05			
O XXX			
7 Armstrong-Ricke, Wyatt	10 Emmetsburg	5-03.00	
5-03 5-05			
O XXX			

Spirit Lake Co-Ed Invitational 2026 - 4/14/2026**Spirit Lake, Iowa****Sheryl Maahs Track****Results****....Boys High Jump Varsity**

9	Polenychko, Yuri	09 Spirit Lake JV	J5-03.00
	5-03 5-05		
	XXO XXX		
--	Stokke, Noah	11 Spirit Lake JV	NH
	5-03		
	XXX		
--	Swenson, Caden	09 Okoboji, Milford	NH
	5-03		
	XXX		

Boys Long Jump Varsity

Name	Year	School	Finals	H#	Points
1 Storey, Carson	12	Okoboji, Milford	20-03.50	2	10
	20-03.50	19-10 18-11.75 19-08.75			
2 Colegrove, Greyson	11	North Union	19-11.00	2	8
	19-11 FOUL	19-07.75 19-06			
3 Mills, Owen	12	Sioux Ctrl, SR	18-07.75	2	6
	16-10.50 FOUL	18-07.75 18-06.50			
4 Halbersma, Beckett	10	Spirit Lake	18-07.25	2	4
	18-07.25 18-04.75	18-01.75 18-03			
5 Crouch, Carson	10	North Union	18-04.25	2	2
	17-07.50 18-04.25	17-11.75 18-01			
6 Stecker, Evan	09	Spirit Lake JV	16-11.75	1	1
	16-11.75 FOUL	16-07.50 16-00.50			
7 Huff, Tayten	10	Harris-LP	16-10.00	1	
	15-11 16-10	16-08.75 16-09.75			
8 Armstrong-Ricke, Wyatt	10	Emmetsburg	16-08.25	2	
	16-02.75 14-05.50	16-00.75 16-08.25			
9 Heuton, Chase	11	Sioux Ctrl, SR	16-07.50	1	
	16-07.50 16-04.50	15-04 15-02.25			
10 Ackerman, Jaeger	09	Spirit Lake JV	16-06.25	1	
	16-06.25 15-10.25	FOUL 16-03			
11 Heitritter, Braxton	09	Okoboji, Milford	16-02.00	1	
	FOUL 15-10.25	16-02 15-02.25			
12 Maina, Marc	10	Emmetsburg	15-08.25	1	
	15-07.50 15-08.25	15-02 15-04.75			
13 Sheridan, Mason	09	Estherville-LC	15-00.25	1	
	FOUL 14-10.50	FOUL 15-00.25			
14 Baumgarn, Jausten	11	Harris-LP	14-07.50	1	
	14-07.50 14-04.25	13-11.75 14-03			
--	Jalas, Kyson	10 Spirit Lake	FOUL	2	
	FOUL FOUL FOUL FOUL				

Boys Shot Put Varsity

Name	Year	School	Finals	H#	Points
1 Knutson, Jackson	11	Spirit Lake	51-07.00	2	10
	50-06.50 51-01	49-08.50 50-03.50 48-08	51-07		
2 Theesfeld, Nolan	12	Spirit Lake	43-08.00	2	8
	43-06 42-06.50	FOUL 38-09 42-09 43-08			

Spirit Lake Co-Ed Invitational 2026 - 4/14/2026

**Spirit Lake, Iowa
Sheryl Maahs Track
Results**

....Boys Shot Put Varsity

3	Bejarno, Jax	12 Spirit Lake JV	42-05.50	2	6
	FOUL 42-05.50 FOUL 39-07.50 39-00.50 FOUL				
4	Hickerson, Caden	11 Spirit Lake JV	40-00.00	2	4
	40-00 39-00 36-07 37-00.50 35-06 FOUL				
5	Buettner, Michael	12 Sioux Ctrl, SR	39-09.00	2	2
	39-09 38-09 FOUL 37-03 39-00.50 37-07.50				
6	Glover, Kase	10 Sioux Ctrl, SR	39-04.00	2	1
	39-00.50 37-03.50 38-06 39-04 38-11 38-08				
7	Gehrke, Aidan	12 Okoboji, Milford	38-04.50	1	
	38-04 38-04.50 37-11 37-08 36-11 37-00.50				
8	Geitzenauer, Hunter	10 North Union	37-00.50	2	
	34-05.50 37-00.50 FOUL 33-05.50 FOUL FOUL				
9	Ponce Diaz, Christopher	11 Estherville-LC	36-02.00	1	
	FOUL 36-02 FOUL FOUL 32-03.50 35-01				
10	Barragan-Peters, Jovani	11 Emmetsburg	35-11.50	2	
	35-11.50 35-06.50 35-03.50				
11	Fiala, Jonathon	12 Emmetsburg	34-08.00	1	
	34-08 32-03 25-08				
12	Walter, Kyan	10 North Union	33-04.00	1	
	33-04 FOUL FOUL				
13	Finn, Marcus	10 Estherville-LC	32-11.00	1	
	32-11 32-09.50 FOUL				
14	Gehrke, Spencer	09 Okoboji, Milford	27-00.50	1	
	27-00.50 26-07 FOUL				
15	Nelson, Elijah	10 Harris-LP	25-11.00	1	
	25-05 25-11 25-08.50				
16	Skogland, Jacob	10 Harris-LP	21-06.50	1	
	20-09.50 20-09 21-06.50				

Boys Discus Throw Varsity

=====						
Name	Year	School	Finals	H#	Points	
=====						
1	Bejarno, Jax	12 Spirit Lake	148-01	2	10	
	93-02 146-01 142-00 148-01 FOUL 142-07					
2	Buettner, Michael	12 Sioux Ctrl, SR	139-05	2	8	
	139-05 132-10 139-04 FOUL 137-08 FOUL					
3	Barragan-Peters, Jovani	11 Emmetsburg	112-10	2	6	
	86-05 81-00 105-03 112-10 107-09 100-08					
4	Hickerson, Caden	11 Spirit Lake	108-06	2	4	
	95-01 99-04 108-06 FOUL 102-08 108-03					
5	Gehrke, Aidan	12 Okoboji, Milford	108-01	1	2	
	108-01 FOUL 100-04 90-00 102-06 103-02					
6	Fiala, Jonathon	12 Emmetsburg	100-04	1	1	
	71-05 FOUL 90-02 99-01 92-01 100-04					
7	Lockwood, Ian	12 Sioux Ctrl, SR	99-02	2		
	99-01 99-02 99-01 FOUL FOUL 98-01					
8	Gehrke, Spencer	09 Okoboji, Milford	92-05	1		
	92-05 87-03 87-03 87-04 79-09 FOUL					
9	Vaske, Zane	10 North Union	89-02	2		
	FOUL FOUL 89-02 85-10 85-11 FOUL					
10	Nelson, Elijah	10 Harris-LP	85-04	1		
	78-03 85-04 83-01					

Spirit Lake Co-Ed Invitational 2026 - 4/14/2026**Spirit Lake, Iowa****Sheryl Maahs Track****Results****....Boys Discus Throw Varsity**

11 Hansen, Austin	10 Spirit Lake JV	83-04	1
66-03 83-04 57-03			
12 Ponce Diaz, Christopher	11 Estherville-LC	75-10	1
75-10 FOUL FOUL			
13 Geitzenauer, Hunter	10 North Union	73-10	2
73-10 FOUL FOUL			
14 Finn, Marcus	10 Estherville-LC	70-05	1
FOUL 65-09 70-05			
15 Skogland, Jacob	10 Harris-LP	54-02	1
53-05 54-02 49-10			
-- Chicione, Ben	10 Spirit Lake JV	FOUL	2
FOUL FOUL FOUL			

Boys 4x100 Meter Relay Junior Varsity

School	Finals
1 Spirit Lake 'A'	48.08
1) Meyer, Grant 10	2) Adams, Kaysen 11
3) Stokke, Noah 11	4) Gray, Quinton 09
2 Emmetsburg 'A'	51.42
1) Jacobson, Kyan 11	2) Curbelo-Ortiz, Gionel 10
3) Barragan-Peters, Jovani 11	4) Fiala, Jonathon 12
3 Sioux Ctrl, SR 'A'	51.49
1) McGregor, Remington 11	2) Stemke, Aiden 10
3) Waldstein, Xander 11	4) Sorensen, Aiden 12
4 North Union 'A'	53.05
1) Clendenan, Hunter 10	2) Harris, Donovan 11
3) Walter, Kyan 10	4) Geitzenauer, Hunter 10
5 Okoboji, Milford 'A'	54.31
1) Matthews, Liam 10	2) Miller, Tristan 10
3) Lufkin, Daltry 09	4) Sandahl, James 09
6 Estherville-LC 'A'	59.14
1) Ponce Diaz, Christopher 11	2) Finn, Marcus 10
3) Rodriguez, Rolando 09	4) Deim, Cooper 10

Boys 4x400 Meter Relay Junior Varsity

School	Finals
1 Spirit Lake 'A'	4:09.32
1) Phillips, Eli 09	2) Ackerman, Jaeger 09
3) Stecker, Evan 09	4) Sandoval, Giovanni 10
2 Sioux Ctrl, SR 'A'	4:14.50
1) Stemke, Aiden 10	2) Mora, Miguel 09
3) Rose, Carter 09	4) Samson, Dru 09
3 Estherville-LC 'A'	4:15.67
1) Sheridan, Mason 09	2) Araguz, Samuel 10
3) Araguz, Angel 10	4) Ponce, Ayson 09
-- Emmetsburg 'A'	DNS
1) Armstrong-Ricke, Wyatt 10	2) Schmidt, William 10
3) Elbert, Riley 12	4) Shirk, Beckam 09

Spirit Lake Co-Ed Invitational 2026 - 4/14/2026**Spirit Lake, Iowa****Sheryl Maahs Track****Results****Boys 4x110 Meter Shuttle Hurdle Junior Varsity**

School	Finals
1 Okoboji, Milford 'A'	1:09.57
1) Pausley, Jake 10	2) Vinke, Dalton 11
3) Johnson, Brody 11	4) Kollasch, Kolton 10

Boys Shot Put Junior Varsity

Name	Year School	Finals
1 Beal, Javen	09 Okoboji, Milford	39-00.25
2 Perry, Hunter	10 Sioux Ctrl, SR	37-06.00
3 Hansen, Austin	10 Spirit Lake	34-00.50
4 Lockwood, Ian	12 Sioux Ctrl, SR	33-09.00
5 Hersleff, Noah	10 North Union	32-06.00
6 Deim, Cooper	10 Estherville-LC	30-05.50
7 Chicione, Ben	10 Spirit Lake JV	30-01.00
8 Rodriguez, Rolando	09 Estherville-LC	29-11.50
9 Curbelo-Ortiz, Gionel	10 Emmetsburg	29-10.00
10 Sandman, Liam	09 Spirit Lake	28-06.50
11 Vaske, Zane	10 North Union	27-07.00
12 Frangenberg, Matthew	09 Spirit Lake JV	24-11.50
-- Toepfer, Hunter	09 Emmetsburg	DNS

Boys Discus Throw Junior Varsity

Name	Year School	Finals
1 Haight, Derrick	12 Sioux Ctrl, SR	106-04
2 Beal, Javen	09 Okoboji, Milford	104-10
3 Hersleff, Noah	10 North Union	83-08
3 Glover, Kase	10 Sioux Ctrl, SR	83-08
5 Struecker, Blake	09 Spirit Lake	81-08
6 Walter, Kyan	10 North Union	78-02
7 Deim, Cooper	10 Estherville-LC	69-10
8 Sandman, Liam	09 Spirit Lake	69-08
9 Rodriguez, Rolando	09 Estherville-LC	66-03
10 Frangenberg, Matthew	09 Spirit Lake JV	65-10

Women - Varsity - Team Rankings - 19 Events Scored

1) Spirit Lake	200	2) Sioux Ctrl, SR	115.50
3) Okoboji, Milford	84	4) Graet-T/Ruth-Ayr	65
5) Emmetsburg	51	6) North Union	43
7) Spirit Lake JV	5.50		

Men - Varsity - Team Rankings - 18 Events Scored

1) Spirit Lake	177	2) Estherville-LC	82
3) Sioux Ctrl, SR	80	4) Okoboji, Milford	67
5) North Union	60	6) Spirit Lake JV	46
7) Emmetsburg	45		