

2026 Lakes Conference Championships - 5/7/2026**Storm Lake HS****Results****Girls 100 Meter Dash Varsity**

Name	Year School	Seed	Finals	H#	Points
Finals					
1 Bolluyt, Leah	Spirit Lake	12.61	12.68	3	8
2 Leupold, Anthea	Spirit Lake	12.68	13.14	3	6
3 Robbins, Jolie	Spencer	13.34	13.52	3	4
4 McCoy, Zoe	Storm Lake	13.40	13.76	3	3
5 Iedema, Anna	Spencer	13.47	13.94	3	2
6 McCoy, Kamryn	Storm Lake	14.13	14.03	3	1
7 Gomez-Ramirez, Amy	Estherville-LC	15.04	15.12	2	
8 Busse, Kallie	Cherokee, Wash		15.17	1	
9 De La Rosa, Yuri	Estherville-LC	15.48	15.35	2	
-- Christensen, Jasmyn	Spencer	14.06	X13.91	3	
-- Fontenot, June	Spirit Lake	14.74	X14.33	2	
-- Reinke, Albany	Spirit Lake	15.17	X14.78	2	
-- Timmerman, Ally	Cherokee, Wash		X15.04	1	
-- Madison, Miranda	Spencer	15.34	X15.18	2	
-- Phanthavong, Ally	Storm Lake	16.00	X16.18	2	
-- Calderon-Gonzalez, Alexa	Storm Lake	16.78	X16.64	2	
-- Olson, Mia	Estherville-LC	17.49	X17.73	1	

Girls 200 Meter Dash Varsity

Name	Year School	Seed	Finals	H#	Points
1 Wells, Miley	Spirit Lake	26.47	26.20	3	8
2 Sinz, Anabel	Spirit Lake	26.68	26.23	3	6
3 Iedema, Anna	Spencer	27.88	27.87	3	4
4 DeHaan, Avery	Storm Lake	28.42	28.47	3	3
5 Smith, Jasmine	Estherville-LC	28.95	28.50	3	2
6 Olson, Kylie	Estherville-LC	29.23	28.52	2	1
7 Kunath, Mackenzie	Spencer	28.88	28.59	3	
8 McCoy, Zoe	Storm Lake	28.84	28.86	3	
9 Riley, Laityn	Cherokee, Wash		31.04	1	
-- Lagunes, Mariam	Spencer	28.97	X29.17	2	
-- Stuckey, Addison	Spencer		X29.83	1	
-- Holter, Josie	Spirit Lake	29.80	X29.90	2	
-- Lalumendre, Mckinley	Spirit Lake	30.13	X29.92	2	
-- Kyle, Khamani	Storm Lake	33.25	X32.61	2	
-- Felton, Avery	Storm Lake	33.92	X33.94	2	
-- Olson, Mia	Estherville-LC	37.14	X38.02	1	

Girls 400 Meter Dash Varsity

Name	Year School	Seed	Finals	H#	Points
1 Sinz, Anabel	Spirit Lake	1:00.10	59.73	2	8
2 Petersen, Addy	Spirit Lake	1:01.93	1:01.27	2	6
3 Schmidt, Emily	Spencer	1:07.09	1:05.95	2	4
4 Griffin, Nicole	Spencer	1:06.32	1:07.30	2	3
5 Simonsen, Ella	Cherokee, Wash	1:09.43	1:08.87	2	2
6 Jacuinde-Mellado, Isari	Storm Lake	1:09.58	1:09.20	2	1
7 Flores, Layla	Storm Lake	1:18.21	1:15.74	1	
8 Schneider, Kyleigh	Estherville-LC	1:17.71	1:24.01	1	
-- Griffin, Khia	Spencer	1:06.88	X1:06.24	2	

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-- Perez Gonzalez, Camila	Storm Lake	1:20.96	X1:17.21	1
-- Medina, Maria	Storm Lake	1:21.80	X1:19.58	1
-- Ness, Kaylee	Spencer	1:34.59	X1:34.42	1

Girls 800 Meter Run Varsity

Name	Year School	Seed	Finals	Points
1 Mueting, Marie	Spirit Lake	2:25.42	2:27.53	8
1:12.218 (1:12.218)	2:27.524 (1:15.306)			
2 Beck, Ella	Spirit Lake	2:28.39	2:28.72	6
1:13.865 (1:13.865)	2:28.720 (1:14.855)			
3 Armstead, Hayden	Estherville-LC	2:29.69	2:29.20	4
1:14.363 (1:14.363)	2:29.196 (1:14.833)			
4 Woodall, Grace	Cherokee, Wash	2:28.89	2:30.47	3
1:13.991 (1:13.991)	2:30.470 (1:16.479)			
5 Hyndman, Kalexis	Cherokee, Wash	2:32.85	2:30.98	2
1:13.629 (1:13.629)	2:30.978 (1:17.349)			
6 Kenkel, Grace	Storm Lake	2:41.75	2:38.23	1
1:14.593 (1:14.593)	2:38.221 (1:23.628)			
7 Palmer, Alexandria	Spencer	2:44.16	2:43.43	
1:17.651 (1:17.651)	2:43.425 (1:25.774)			
8 Leiva, Jennifer	Storm Lake	2:51.32	2:50.14	
1:22.675 (1:22.675)	2:50.140 (1:27.465)			
9 Stevenson, Hallie	Spencer	3:02.76	3:01.30	
1:26.266 (1:26.266)	3:01.299 (1:35.033)			
10 Lavender, Helen	Estherville-LC	2:59.92	3:09.94	
1:32.153 (1:32.153)	3:09.934 (1:37.781)			
-- Benson, Mya	Cherokee, Wash	2:55.12	X2:53.54	
1:22.799 (1:22.799)	2:53.539 (1:30.740)			
-- Fairbanks, Adelyn	Spencer	3:13.14	X2:58.89	
1:28.065 (1:28.065)	2:58.889 (1:30.824)			
-- Flores, Guadalupe Estefa	Storm Lake	3:30.00	X3:28.60	
1:43.933 (1:43.933)	3:28.600 (1:44.667)			
-- Lee, Lainey	Cherokee, Wash		X3:31.56	
1:37.579 (1:37.579)	3:31.557 (1:53.978)			
-- Perez Zavala, Camilla	Storm Lake	3:45.35	X3:35.11	
1:44.495 (1:44.495)	3:35.110 (1:50.615)			
-- Chilel Ramirez, Jocelyn	Estherville-LC	4:01.27	X3:57.11	
1:51.328 (1:51.328)	3:57.110 (2:05.782)			

Girls 1500 Meter Run Varsity

Name	Year School	Seed	Finals	Points
1 Mueting, Marie	Spirit Lake	5:06.04	5:08.09	8
55.932 (55.932)	2:20.886 (1:24.954)	3:48.551 (1:27.665)	5:08.088 (1:19.537)	
2 Kampbell, Silvia	Storm Lake	5:10.74	5:10.78	6
55.610 (55.610)	2:20.499 (1:24.889)	3:48.059 (1:27.560)	5:10.775 (1:22.716)	
3 Pruin, Maci	Spirit Lake	5:39.28	5:34.87	4
1:03.154 (1:03.154)	2:35.194 (1:32.040)	4:10.814 (1:35.620)	5:34.861 (1:24.047)	
4 Dahlhauser, Maggie	Storm Lake	5:50.99	5:45.70	3
1:03.366 (1:03.366)	2:33.878 (1:30.512)	4:09.433 (1:35.555)	5:45.691 (1:36.258)	
5 Morey, Ava	Spencer	5:56.45	5:51.84	2
1:02.430 (1:02.430)	2:36.044 (1:33.614)	4:15.759 (1:39.715)	5:51.834 (1:36.075)	

2026 Lakes Conference Championships - 5/7/2026**Storm Lake HS****Results****....Girls 1500 Meter Run Varsity**

6	Cronin, Tensley	Cherokee, Wash	5:48.48	5:55.36	1
	1:03.264 (1:03.264)	2:37.584 (1:34.320)	4:22.470 (1:44.886)	5:55.358 (1:32.888)	
7	Salton, Micayla	Spencer	6:22.52	5:57.23	
	1:06.557 (1:06.557)	2:46.330 (1:39.773)	4:25.906 (1:39.576)	5:57.221 (1:31.315)	
8	Riggert, Miriam	Cherokee, Wash	5:59.24	6:05.76	
	1:03.565 (1:03.565)	2:40.670 (1:37.105)	4:26.222 (1:45.552)	6:05.753 (1:39.531)	
9	Lavender, Helen	Estherville-LC	6:36.39	6:39.65	
	1:10.705 (1:10.705)	3:04.910 (1:54.205)	4:54.603 (1:49.693)	6:39.644 (1:45.041)	
10	Mattox, Sophya	Estherville-LC	5:53.66	6:47.56	
	1:06.967 (1:06.967)	3:02.410 (1:55.443)	4:58.879 (1:56.469)	6:47.558 (1:48.679)	
--	Pritchard, Anna	Spirit Lake	6:04.95	X6:02.21	
	1:06.244 (1:06.244)	2:45.915 (1:39.671)	4:25.709 (1:39.794)	6:02.205 (1:36.496)	
--	Elness, Lilly	Estherville-LC	7:11.47	X7:32.87	
	1:13.943 (1:13.943)	3:20.487 (2:06.544)	5:31.706 (2:11.219)	7:32.861 (2:01.155)	

Girls 3000 Meter Run Varsity

Name	Year School	Seed	Finals	Points	
1	Kampbell, Silvia	Storm Lake	11:01.00	11:11.39	8
	35.923 (35.923)	2:00.838 (1:24.915)	3:31.448 (1:30.610)	5:04.748 (1:33.300)	
	6:38.512 (1:33.764)	8:13.157 (1:34.645)	9:46.324 (1:33.167)	11:11.387 (1:25.063)	
2	Mueting, Marie	Spirit Lake	11:20.18	11:44.78	6
	37.960 (37.960)	2:05.377 (1:27.417)	3:35.913 (1:30.536)	5:10.626 (1:34.713)	
	6:48.466 (1:37.840)	8:28.843 (1:40.377)	10:06.983 (1:38.140)	11:44.771 (1:37.788)	
3	Dahlhauser, Maggie	Storm Lake	12:33.69	12:34.63	4
	42.260 (42.260)	2:15.816 (1:33.556)	3:56.008 (1:40.192)	5:37.427 (1:41.419)	
	7:21.142 (1:43.715)	9:07.574 (1:46.432)	10:55.147 (1:47.573)	12:34.630 (1:39.483)	
4	Pritchard, Anna	Spirit Lake	13:25.25	13:13.68	3
	43.658 (43.658)	2:21.642 (1:37.984)	4:06.438 (1:44.796)	5:56.057 (1:49.619)	
	7:46.999 (1:50.942)	9:37.116 (1:50.117)	11:29.487 (1:52.371)	13:13.673 (1:44.186)	
5	Riggert, Miriam	Cherokee, Wash	12:41.78	13:24.76	2
	39.491 (39.491)	2:13.547 (1:34.056)	3:57.806 (1:44.259)	5:49.522 (1:51.716)	
	7:43.038 (1:53.516)	9:39.457 (1:56.419)	11:37.081 (1:57.624)	13:24.755 (1:47.674)	
6	Mattox, Sophya	Estherville-LC	14:19.80	14:55.07	1
	43.861 (43.861)	2:25.497 (1:41.636)	4:23.951 (1:58.454)	6:25.084 (2:01.133)	
	8:25.331 (2:00.247)	10:33.545 (2:08.214)	12:47.038 (2:13.493)	14:55.066 (2:08.028)	

Girls 100 Meter Hurdles Varsity

Name	Year School	Seed	Finals	H#	Points	
1	Reinert, Payton	Cherokee, Wash	15.49	15.78	3	8
2	Wassenaar, JJ	Spirit Lake	17.39	17.09	3	6
3	Stuckey, Lauren	Spencer	17.25	17.36	3	4
4	Peta, Brynlee	Estherville-LC	17.29	17.63	3	3
5	Shatto, Suri	Estherville-LC	18.12	18.31	3	2
6	Thorson, Ava	Cherokee, Wash		18.60	1	1
7	Bolluyt, Leah	Spirit Lake	14.78	19.22	3	
8	Xiong, Kaitlyn	Storm Lake	21.21	20.42	2	
9	Chanthavong, Ayviana	Storm Lake	22.18	21.57	1	
--	Kunath, Mackenzie	Spencer	18.18	DQ	3	
--	Fontenot, June	Spirit Lake	19.73	XDNS	2	
--	Nath, Grace	Estherville-LC	18.19	X18.33	2	
--	Mehan, Elliot	Spencer	18.35	X18.51	2	

2026 Lakes Conference Championships - 5/7/2026**Storm Lake HS****Results****....Girls 100 Meter Hurdles Varsity**

-- Lee, Sariah	Cherokee, Wash	20.01	X19.57	2
-- Beekman, Arianna	Estherville-LC	19.74	X20.31	2
-- Bolluyt, Ellie	Spirit Lake	20.32	X20.77	2
-- Harmon, Lisa	Spencer	21.26	X20.96	1

Girls 400 Meter Hurdles Varsity

Name	Year School	Seed	Finals	H#	Points
1 Simington, Lucy	Spencer	1:07.46	1:08.01	2	8
2 Eilts, Katie	Spencer	1:12.72	1:11.20	2	6
3 Thorson, Ava	Cherokee, Wash	1:13.61	1:13.03	2	4
4 Wassenaar, JJ	Spirit Lake	1:14.40	1:13.05	2	3
5 Xiong, Kaitlyn	Storm Lake	1:34.20	1:34.25	1	2
6 Chanthavong, Ayviana	Storm Lake	1:38.22	1:43.68	1	1
-- Bolluyt, Leah	Spirit Lake	1:07.42	DNS	2	
-- Mehan, Elliot	Spencer	1:16.52	X1:15.34	1	

Girls 4x100 Meter Relay Varsity

School	Seed	Finals	Points
1 Spencer 'A'	49.46	50.38	8
1) Reynolds, Brooklyn			
2) Hopkins, Sydnee			
3) Robbins, Jolie			
4) Krieg, Mercedes			
2 Spirit Lake 'A'	56.00	52.09	6
1) Wells, Miley			
2) Bruinsma, Maggie			
3) Duvall, Gelena			
4) Wassenaar, JJ			
3 Storm Lake 'A'	54.57	54.09	4
1) DeHaan, Avery			
2) DeHaan, Reagan			
3) McCoy, Kamryn			
4) McCoy, Zoe			
4 Cherokee, Wash 'A'	1:03.00	55.35	2
1) Reinert, Payton			
2) Miller, Kaitlyn			
3) Thorson, Ava			
4) Valentin, Sabrina			
5 Estherville-LC 'A'	54.72	56.45	1
1) Nath, Grace			
2) DeRuyter, Zoey			
3) White, Gracie			
4) Peta, Brynlee			

Girls 4x200 Meter Relay Varsity

School	Seed	Finals	Points
1 Spencer 'A'		1:47.18	8
1) Reynolds, Brooklyn			
2) Hopkins, Sydnee			
3) Robbins, Jolie			
4) Krieg, Mercedes			
2 Spirit Lake 'A'	1:45.59	1:50.41	6
1) Duvall, Gelena			
2) Dodds, Kinley			
3) Wells, Miley			
4) Leupold, Anthea			
3 Cherokee, Wash 'A'	2:05.00	1:56.64	4
1) Miller, Kaitlyn			
2) Paulsrud, Jillian			
3) Smith, Kenda			
4) Ducommun, Danika			
4 Storm Lake 'A'	2:22.11	2:00.50	2
1) DeHaan, Avery			
2) DeHaan, Reagan			
3) McCoy, Kamryn			
4) Chanthapangna, Melanie			
5 Estherville-LC 'A'	1:55.77	2:07.17	1

2026 Lakes Conference Championships - 5/7/2026**Storm Lake HS****Results****....Girls 4x200 Meter Relay Varsity**

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| 1) DeRuyter, Zoey | 2) White, Gracie |
| 3) Gomez-Ramirez, Amy | 4) Towell, Lyndsay |

Girls 4x400 Meter Relay Varsity

School	Seed	Finals	Points
1 Spirit Lake 'A'	4:06.92	4:11.21	8
1) Petersen, Addy	2) Sinz, Elanor		
3) Bruinsma, Maggie	4) Sinz, Anabel		
2:06.373 (2:06.373)	3:09.015 (1:02.642)	4:11.204 (1:02.189)	
2 Spencer 'A'	4:15.44	4:13.19	6
1) Stuckey, Lauren	2) Frankenstein, Calista		
3) Eilts, Katie	4) Reynolds, Brooklyn		
2:10.281 (2:10.281)	3:14.079 (1:03.798)	4:13.186 (59.107)	
3 Estherville-LC 'A'	4:23.14	4:21.99	4
1) Olson, Kylie	2) Armstead, Hayden		
3) Clabaugh, Morgan	4) Smith, Jasmine		
2:12.958 (2:12.958)	3:19.823 (1:06.865)	4:21.988 (1:02.165)	
4 Cherokee, Wash 'A'	4:28.19	4:23.20	2
1) Smith, Kenda	2) Woodall, Grace		
3) Paulsrud, Jillian	4) Hyndman, Kalexis		
2:12.191 (2:12.191)	3:18.571 (1:06.380)	4:23.194 (1:04.623)	
5 Storm Lake 'A'	4:55.00	4:53.02	1
1) Kenkel, Grace	2) Chanthapangna, Melanie		
3) Pal, Nyeziel	4) Jacuinde-Mellado, Isari		
2:23.293 (2:23.293)	3:41.294 (1:18.001)	4:53.014 (1:11.720)	

Girls 4x800 Meter Relay Varsity

School	Seed	Finals	Points
1 Cherokee, Wash 'A'	10:19.26	10:20.97	8
1) Smith, Kenda	2) Simonsen, Ella		
3) Hyndman, Kalexis	4) Woodall, Grace		
2:36.195 (2:36.195)	5:23.326 (2:47.131)	7:53.250 (2:29.924)	10:20.966 (2:27.716)
2 Spirit Lake 'A'	10:10.12	10:26.61	6
1) Petersen, Addy	2) Pruin, Maci		
3) Beck, Ella	4) Frostestad, Bethany		
2:29.602 (2:29.602)	5:10.249 (2:40.647)	7:38.247 (2:27.998)	10:26.602 (2:48.355)
3 Spencer 'A'		10:45.32	4
1) Palmer, Alexandria	2) Schmidt, Emily		
3) Griffin, Khia	4) Morey, Ava		
2:39.114 (2:39.114)	5:18.853 (2:39.739)	7:53.054 (2:34.201)	10:45.314 (2:52.260)
4 Storm Lake 'A'	12:34.22	12:00.18	2
1) Jacuinde-Mellado, Isari	2) Flores, Layla		
3) Rodriguez, Jade	4) Leiva, Jennifer		
2:52.804 (2:52.804)	6:07.896 (3:15.092)	9:00.381 (2:52.485)	12:00.179 (2:59.798)
5 Estherville-LC 'A'	12:29.66	13:50.74	1
1) Lavender, Helen	2) Schneider, Kyleigh		
3) Elness, Lilly	4) Chilel Ramirez, Jocelyn		
3:02.434 (3:02.434)	6:26.952 (3:24.518)	9:53.790 (3:26.838)	13:50.740 (3:56.950)
-- Spencer 'B'		X12:31.26	
3:01.194 (3:01.194)	6:04.583 (3:03.389)	9:02.197 (2:57.614)	12:31.257 (3:29.060)

2026 Lakes Conference Championships - 5/7/2026**Storm Lake HS****Results****Girls 800 Sprint Medley Varsity**

School	Seed	Finals	Points
1 Spencer 'A'	1:53.07	1:51.76	8
1) Simington, Lucy	2) Hopkins, Sydnee		
3) Krieg, Mercedes	4) Reynolds, Brooklyn		
2 Spirit Lake 'A'	1:50.97	1:53.39	6
1) Duvall, Gelena	2) Dodds, Kinley		
3) Wells, Miley	4) Sinz, Elanor		
3 Estherville-LC 'A'	1:57.44	1:58.44	4
1) Clabaugh, Morgan	2) DeRuyter, Zoey		
3) Olson, Kylie	4) Smith, Jasmine		
4 Cherokee, Wash 'A'	2:00.10	2:03.29	2
1) Ducommun, Danika	2) Miller, Kaitlyn		
3) Valentin, Sabrina	4) Paulsrud, Jillian		
5 Storm Lake 'A'	2:12.95	2:15.46	1
1) Xiong, Kaitlyn	2) McCoy, Kamryn		
3) DeHaan, Reagan	4) Rodriguez, Aimee		

Girls 1600 Sprint Medley Varsity

School	Seed	Finals	Points
1 Spencer 'A'	4:23.11	4:21.26	8
2 Spirit Lake 'A'	4:21.58	4:26.07	6
3 Estherville-LC 'A'	4:38.00	4:26.40	4
4 Cherokee, Wash 'A'		4:29.49	2
5 Storm Lake 'A'	4:32.60	4:34.82	1
1) McCoy, Zoe	2) DeHaan, Avery		
3) Kenkel, Grace	4) Kampbell, Silvia		
-- Cherokee, Wash 'B'		X5:21.99	
-- Storm Lake 'B'		X6:13.24	
1) Shee, Paw Eh	2) Htoo, Gloria		
3) Flores, Guadalupe Estefania	4) Perez Zavala, Camilla		

Girls 4x100 Meter Shuttle Hurdle Varsity

School	Seed	Finals	H#	Points
1 Spirit Lake 'A'	1:07.78	1:10.21	2	8
1) Duvall, Gelena	2) Wassenaar, JJ			
3) Bolluyt, Ellie	4) Bolluyt, Leah			
2 Spencer 'A'	1:12.97	1:10.84	2	6
1) Simington, Lucy	2) Eilts, Katie			
3) Kunath, Mackenzie	4) Stuckey, Lauren			
3 Cherokee, Wash 'A'	1:12.20	1:13.32	2	4
1) Reinert, Payton	2) Miller, Kaitlyn			
3) Thorson, Ava	4) Lucas, Emerson			
4 Estherville-LC 'A'	1:13.50	1:17.07	2	2
1) Nath, Grace	2) Peta, Brynlee			
3) Beekman, Arianna	4) Shatto, Suri			
-- Spencer 'B'		X1:23.44	1	

2026 Lakes Conference Championships - 5/7/2026**Storm Lake HS****Results****Girls High Jump Varsity**

Name	Year	School	Seed	Finals	Points
1 Stuckey, Lauren		Spencer	5-06.00	5-00.00	1.52m 8
2 Chanthapangna, Melanie		Storm Lake	5-04.00	4-10.00	1.47m 6
3 Stuckey, Addison		Spencer	4-10.00	J4-10.00	1.47m 4
4 Beekman, Arianna		Estherville-LC	4-08.00	4-08.00	1.42m 3
5 Holter, Josie		Spirit Lake	4-06.00	4-04.00	1.32m 2
-- Lucas, Emerson		Cherokee, Wash	4-04.00	NH	

Girls Long Jump Varsity

Name	Year	School	Seed	Finals	Points
1 Sinz, Anabel		Spirit Lake	18-03.50	17-09.00	5.41m 8
2 Robbins, Jolie		Spencer	16-01.50	15-05.75	4.71m 6
3 Valentin, Sabrina		Cherokee, Wash	15-09.00	14-11.75	4.56m 4
4 White, Gracie		Estherville-LC	14-06.50	14-11.50	4.55m 3
5 Bruinsma, Maggie		Spirit Lake	15-10.00	14-11.25	4.55m 2
6 Lagunes, Mariam		Spencer	15-04.50	14-09.50	4.50m 1
7 Gomez-Ramirez, Amy		Estherville-LC	13-02.75	13-06.00	4.11m
8 Lee, Lainey		Cherokee, Wash	11-08.00	11-02.00	3.40m
9 Calderon-Gonzalez, Alexa		Storm Lake	11-01.00	11-01.50	3.39m
10 Phanthavong, Ally		Storm Lake	11-08.25	8-07.00	2.61m

Girls Shot Put Varsity

Name	Year	School	Seed	Finals	H#	Points
1 Travis, Lauren		Spirit Lake		43-11.50	13.39m	1 8
2 Beck, McKenna		Spirit Lake	35-04.50	35-10.00	10.92m	2 6
3 Doty, Sophia		Spencer	34-07.50	34-00.00	10.36m	2 4
4 Nath, Grace		Estherville-LC	34-07.50	33-06.00	10.21m	2 3
5 Mart, Brooke		Spencer	33-02.50	33-05.00	10.18m	2 2
6 Malausky, Mahren		Cherokee, Wash	30-09.25	30-04.00	9.24m	2 1
7 Towell, Lyndsay		Estherville-LC	29-09.00	30-00.00	9.14m	2
8 Deubner, Frances		Cherokee, Wash	30-00.00	29-05.00	8.96m	2
9 Htoo, Baw		Storm Lake	27-11.00	27-02.00	8.28m	1
10 Jimenez, Ana		Storm Lake	24-07.00	24-05.00	7.44m	1

Girls Discus Throw Varsity

Name	Year	School	Seed	Finals	H#	Points
1 Travis, Lauren		Spirit Lake		118-06	36.11m	1 8
2 Beck, McKenna		Spirit Lake	121-07	J118-06	36.11m	2 6
3 Doty, Sophia		Spencer	100-03	103-09	31.62m	2 4
4 Malausky, Mahren		Cherokee, Wash	91-05	89-08	27.33m	2 3
5 Deubner, Frances		Cherokee, Wash	91-01	87-03	26.59m	2 2
6 Kenkel, Grace		Storm Lake	111-05	85-09	26.13m	2 1
7 Htoo, Baw		Storm Lake	84-06	85-06	26.06m	1
8 Schneider, Kyleigh		Estherville-LC	86-08	80-11	24.66m	1
9 Towell, Lyndsay		Estherville-LC	91-09	76-08	23.36m	2
10 Mart, Brooke		Spencer	89-07	70-10	21.59m	2

2026 Lakes Conference Championships - 5/7/2026**Storm Lake HS****Results****Girls 4x100 Meter Relay JV Junior Varsity**

School	Seed	Finals
-- Spirit Lake 'A'	56.00	X55.65
1) Bolluyt, Ellie	2) Van Genderen, Finley	
3) Lalumendre, Mckinley	4) Reinke, Albany	
-- Spencer 'A'		X56.44
1) Christensen, Jasmyn	2) Brown, Kiera	
3) Hallett, Alexa	4) Stuckey, Addison	
-- Cherokee, Wash 'A'	1:03.00	X57.84
1) Ducommun, Danika	2) Busse, Kallie	
3) Lee, Sariah	4) Riley, Laityn	
-- Storm Lake 'A'	1:02.92	X1:02.00
1) Phanthavong, Ally	2) Perez Gonzalez, Camila	
3) Rodriguez, Aimee	4) Shee, Paw Eh	

Girls 4x200 Meter Relay JV Junior Varsity

School	Seed	Finals
-- Cherokee, Wash 'A'	2:05.00	X2:01.64
1) Busse, Kallie	2) Schmillen, Gretchen	
3) Lucas, Emerson	4) Riley, Laityn	
-- Spencer 'A'		X2:09.38
1) Brown, Kiera	2) Hallett, Alexa	
3) Genson, Kahlie	4) Madison, Miranda	
-- Storm Lake 'A'	2:22.11	X2:23.20
1) Phanthavong, Ally	2) Khaoorn, Leah	
3) Jaramillo, Aileen	4) Juarez Barrios, Yareli	

Girls 4x400 Meter Relay JV Junior Varsity

School	Seed	Finals
-- Spencer 'A'	4:15.44	X4:34.00
1) Griffin, Nicole	2) Schmidt, Emily	
3) Griffin, Khia	4) Palmer, Alexandria	
2:14.3 (2:14.3)	3:22.2 (1:07.9)	4:34.0 (1:11.9)
-- Storm Lake 'A'	5:55.00	X5:55.40
1) Calderon-Gonzalez, Alexandra	2) Medina, Maria	
3) Juarez Barrios, Yareli	4) Htoo, Gloria	
2:46.1 (2:46.1)	4:11.2 (1:25.1)	5:55.4 (1:44.2)

Girls 800 Sprint Medley JV Junior Varsity

School	Seed	Finals
1 Spencer 'A'		2:03.90
1) Christensen, Jasmyn	2) Madison, Miranda	
3) Brown, Kiera	4) Griffin, Nicole	
2 Cherokee, Wash 'A'	2:10.00	2:14.38
1) Lee, Sariah	2) Lucas, Emerson	
3) Schmillen, Gretchen	4) Benson, Mya	
3 Storm Lake 'A'	2:30.00	2:25.85
1) Pal, Nyeziel	2) Khaoorn, Leah	
3) Kyle, Khamani	4) Felton, Avery	

2026 Lakes Conference Championships - 5/7/2026**Storm Lake HS****Results****Girls Long Jump JV Junior Varsity**

Name	Year School	Seed	Finals	
-- Lagunes, Mariam	Spencer	15-04.50	DNS	
-- Robbins, Jolie	Spencer	16-01.50	DNS	
-- Valentin, Sabrina	Cherokee, Wash	15-09.00	DNS	
-- Gomez-Ramirez, Amy	Estherville-LC	13-02.75	DNS	
-- Bruinsma, Maggie	Spirit Lake	15-10.00	DNS	
-- Sinz, Anabel	Spirit Lake	18-03.50	DNS	
-- Phanthavong, Ally	Storm Lake	11-08.25	DNS	
-- Jaramillo, Aileen	Storm Lake	11-00.00	X10-06.00	3.20m

Girls Shot Put JV Junior Varsity

Name	Year School	Seed	Finals	
-- Petty, Clara	Spirit Lake	30-10.50	X31-06.00	9.60m
-- Leupold, Addilin	Spirit Lake	25-10.50	X27-02.50	8.29m
-- Santage, Hayley	Spencer	28-05.00	X27-00.00	8.22m
-- swain, sarah	Cherokee, Wash	26-02.00	X25-10.00	7.87m
-- Lenard, Reegan	Spencer	27-10.50	X24-10.00	7.56m
-- Reatiga, Idaly	Cherokee, Wash	23-09.50	X24-05.00	7.44m

Girls Discus Throw JV Junior Varsity

Name	Year School	Seed	Finals	
-- Santage, Hayley	Spencer	88-02	X87-06	26.67m
-- Lenard, Reegan	Spencer	88-05	X84-10	25.85m
-- Leupold, Addilin	Spirit Lake	73-10	X82-04	25.09m
-- swain, sarah	Cherokee, Wash	77-10	X74-11	22.83m
-- Petty, Clara	Spirit Lake	79-11	X74-09	22.78m
-- Reatiga, Idaly	Cherokee, Wash	60-09	X68-11	21.00m
-- Pal, Nyeziel	Storm Lake	52-07	X48-10	14.88m

Boys 100 Meter Dash Varsity

Name	Year School	Seed	Finals	H#	Points
1 Weno, Garbieno	Storm Lake	10.88	10.77	3	8
2 Grau, Kyle	Spirit Lake	10.94	11.13	3	6
3 Smith, Garrett	Estherville-LC	11.23	11.29	3	4
4 Bolluyt, Lucas	Spirit Lake	11.34	11.42	3	3
5 Buum, Jaxson	Spencer	11.39	11.55	3	2
6 Stanzel, Korbin	Spencer	11.94	11.75	3	1
7 Chaiyawong, Sitah	Storm Lake	11.50	11.93	3	11.923
8 Ponce Diaz, Angel	Estherville-LC	12.03	11.93	2	11.927
9 Vang, Tristin	Storm Lake	12.74	x12.60	2	
10 Xiong, Devin	Storm Lake	12.85	x12.80	1	
-- Daum, Devin	Cherokee, Wash	12.49	DNS	2	
-- Vaske, Nicholas	Spencer	12.25	X12.02	2	
-- Gray, Quinton	Spirit Lake		X12.07	1	
-- Davis, Cole	Spencer	12.52	X12.43	2	
-- Naatjes, Cruz	Spirit Lake	12.37	X12.50	2	
-- Sheridan, Mason	Estherville-LC	12.95	X12.64	1	
-- Araguz, Samuel	Estherville-LC	12.73	X13.73	2	

2026 Lakes Conference Championships - 5/7/2026**Storm Lake HS****Results****....Boys 100 Meter Dash Varsity**

-- Peiso, Ethan	Cherokee, Wash	14.67	X14.74	1
-- Reinert, Rocco	Cherokee, Wash	14.39	X15.39	1

Boys 200 Meter Dash Varsity

Name	Year School	Seed	Finals	H#	Points
1 Weno, Garbieno	Storm Lake	21.80	21.93	3	8
2 Grau, Kyle	Spirit Lake	22.41	22.38	3	6
3 Smith, Garrett	Estherville-LC	22.85	22.65	3	4
4 Timmer, Dylan	Spencer	23.30	22.87	3	3
5 Paulsrud, Jaxon	Cherokee, Wash	22.97	23.07	3	2
6 Bolluyt, Lucas	Spirit Lake	23.09	23.22	3	1
7 William, David	Storm Lake	23.44	23.59	3	
8 Goyette, Carter	Spencer	24.01	24.15	2	
9 Carson, Travis	Cherokee, Wash	25.55	25.59	2	
10 Yager, Layton	Estherville-LC	24.58	25.73	2	
-- Mauricio, Bermudez	Storm Lake		DNS	1	
-- Selzer, Kaden	Spencer	24.57	X24.46	2	
-- Halbersma, Beckett	Spirit Lake	24.81	X24.49	2	
-- Martin, Wyatt	Estherville-LC	24.82	X24.58	2	
-- Muhlbauer, Landon	Spencer	24.89	X25.37	2	
-- Araguz, Samuel	Estherville-LC	27.56	X25.43	1	
-- Stecker, Evan	Spirit Lake	26.90	X26.43	1	
-- Bermudez, Mauricio	Storm Lake		X27.02	1	
-- Baughman, Leland	Cherokee, Wash	29.04	X28.50	1	
-- Quintanilla, Caleb	Storm Lake		X28.97	1	

Boys 400 Meter Dash Varsity

Name	Year School	Seed	Finals	H#	Points
1 Weno, Garbieno	Storm Lake	50.47	49.14	3	8
2 VonEhwegen, Tate	Spencer	49.97	50.55	3	6
3 Smith, Garrett	Estherville-LC	51.13	50.60	3	4
4 Paulsrud, Jaxon	Cherokee, Wash	51.74	51.75	3	3
5 William, David	Storm Lake	52.10	52.59	3	2
6 Hernandez-Cole, Angel	Spencer	55.61	54.55	3	1
7 DeWitt, Matthew	Estherville-LC	55.93	55.11	2	
8 Lalumendre, Collin	Spirit Lake	55.00	55.29	3	
9 Ludvigson, Wyatt	Cherokee, Wash	55.79	55.96	2	
10 Brackenhoff, Caleb	Spirit Lake	56.27	56.01	2	
11 Sandoval, Giovanni	Spirit Lake	1:06.74	x1:08.43	2	
-- Pena Rojas, Ariel	Storm Lake		XDNS	1	
-- Ackerman, Jaeger	Spirit Lake		X57.55	1	
-- Phiakhamta, Tylon	Storm Lake		X1:02.02	1	
-- Raudales, Darwin	Storm Lake		X1:06.52	1	
-- Baughman, Leland	Cherokee, Wash	1:07.92	X1:07.35	2	

Boys 800 Meter Run Varsity

Name	Year School	Seed	Finals	Points
1 Hungerford, Jace	Spirit Lake	1:54.30	2:04.22	8
58.443 (58.443)	2:04.220 (1:05.777)			

2026 Lakes Conference Championships - 5/7/2026**Storm Lake HS****Results****....Boys 800 Meter Run Varsity**

2	Frangenberg, Nick	Spirit Lake	2:07.98	2:05.70	6
	1:01.819 (1:01.819)	2:05.699 (1:03.880)			
3	Rodriguez, Nathan	Spencer	2:08.43	2:06.31	4
	1:02.402 (1:02.402)	2:06.301 (1:03.899)			
4	Kampbell, Heath	Storm Lake	2:11.89	2:07.65	3
	1:02.840 (1:02.840)	2:07.647 (1:04.807)			
5	Daum, Mason	Cherokee, Wash	2:24.30	2:15.45	2
	1:08.216 (1:08.216)	2:15.448 (1:07.232)			
6	Welch, Beckam	Estherville-LC	2:18.59	2:18.02	1
	1:07.456 (1:07.456)	2:18.014 (1:10.558)			
7	Schwint, John	Storm Lake	2:17.68	2:18.35	
	1:06.597 (1:06.597)	2:18.344 (1:11.747)			
8	Ruschmann, Max	Cherokee, Wash	2:18.52	2:24.54	
	1:10.188 (1:10.188)	2:24.533 (1:14.345)			
--	Himley, Hunter	Spirit Lake		X2:17.05	
	1:05.936 (1:05.936)	2:17.050 (1:11.114)			
--	Harder, Ted	Storm Lake	2:22.50	X2:19.52	
	1:09.429 (1:09.429)	2:19.512 (1:10.083)			
--	Rodriguez, Teofilo	Storm Lake	2:29.05	X2:24.88	
	1:09.753 (1:09.753)	2:24.880 (1:15.127)			
--	Dirks, Aaron	Spirit Lake		X2:30.56	
	1:09.499 (1:09.499)	2:30.559 (1:21.060)			
--	Rosentrater, Emmett	Cherokee, Wash	2:35.04	X2:36.91	
	1:13.704 (1:13.704)	2:36.909 (1:23.205)			

Boys 1600 Meter Run Varsity

Name	Year	School	Seed	Finals	Points
1 Hungerford, Jace		Spirit Lake	4:13.96	4:35.51	8
	1:02.361 (1:02.361)	2:12.542 (1:10.181)	3:26.332 (1:13.790)	4:35.501 (1:09.169)	
2 Trautman, Carter		Spirit Lake	4:36.83	4:40.62	6
	1:07.466 (1:07.466)	2:18.890 (1:11.424)	3:31.951 (1:13.061)	4:40.619 (1:08.668)	
3 Ramirez-Parra, Joel		Storm Lake	4:36.44	4:40.99	4
	1:07.279 (1:07.279)	2:18.740 (1:11.461)	3:31.791 (1:13.051)	4:40.986 (1:09.195)	
4 Scherbring, Clayton		Cherokee, Wash	4:44.49	4:44.96	3
	1:08.003 (1:08.003)	2:19.517 (1:11.514)	3:34.090 (1:14.573)	4:44.951 (1:10.861)	
5 Leyva Cedeno, Yolbis		Cherokee, Wash	4:51.10	4:51.09	2
	1:08.035 (1:08.035)	2:19.909 (1:11.874)	3:35.737 (1:15.828)	4:51.088 (1:15.351)	
6 Ortega, Alexander		Storm Lake	4:51.90	4:56.90	1
	1:08.759 (1:08.759)	2:22.776 (1:14.017)	3:39.740 (1:16.964)	4:56.892 (1:17.152)	
7 Salton, William		Spencer	5:18.08	5:05.88	
	1:11.458 (1:11.458)	2:29.937 (1:18.479)	3:53.207 (1:23.270)	5:05.873 (1:12.666)	
8 Chitic Aguilar, Gustavo		Estherville-LC	5:15.40	5:08.99	
	1:10.635 (1:10.635)	2:27.779 (1:17.144)	3:50.529 (1:22.750)	5:08.981 (1:18.452)	
9 Schwint, John		Storm Lake		x5:13.20	
	1:14.583 (1:14.583)	2:37.047 (1:22.464)	4:00.626 (1:23.579)	5:13.200 (1:12.574)	
10 Gomez, Juan		Estherville-LC	5:15.49	5:15.87	
	1:10.897 (1:10.897)	2:28.725 (1:17.828)	3:54.463 (1:25.738)	5:15.865 (1:21.402)	
--	Phillips, Eli	Spirit Lake	5:00.30	XDNF	
	1:09.968 (1:09.968)	2:25.394 (1:15.426)			
--	Kreykes, Karson	Spirit Lake	5:05.92	X5:01.78	
	1:10.144 (1:10.144)	2:26.125 (1:15.981)	3:46.075 (1:19.950)	5:01.775 (1:15.700)	
--	Harder, Ted	Storm Lake		X5:07.90	
	1:11.756 (1:11.756)	2:29.475 (1:17.719)	3:52.324 (1:22.849)	5:07.896 (1:15.572)	

2026 Lakes Conference Championships - 5/7/2026**Storm Lake HS****Results****Boys 3200 Meter Run Varsity**

Name	Year	School	Seed	Finals	Points
1 Hungerford, Jace		Spirit Lake	9:37.98	10:00.26	8
1:10.418 (1:10.418)	2:24.773 (1:14.355)	3:41.100 (1:16.327)	4:58.820 (1:17.720)		
6:16.293 (1:17.473)	7:34.357 (1:18.064)	8:52.708 (1:18.351)	10:00.259 (1:07.551)		
2 Ramirez-Parra, Joel		Storm Lake	10:01.23	10:04.31	6
1:10.211 (1:10.211)	2:24.626 (1:14.415)	3:40.855 (1:16.229)	4:58.521 (1:17.666)		
6:16.078 (1:17.557)	7:34.257 (1:18.179)	8:52.790 (1:18.533)	10:04.303 (1:11.513)		
3 Trautman, Carter		Spirit Lake	10:22.05	10:20.08	4
1:12.395 (1:12.395)	2:29.106 (1:16.711)	3:46.419 (1:17.313)	5:06.095 (1:19.676)		
6:27.305 (1:21.210)	7:46.955 (1:19.650)	9:08.350 (1:21.395)	10:20.078 (1:11.728)		
4 Ortega, Alexander		Storm Lake	10:34.77	10:28.25	3
1:13.207 (1:13.207)	2:31.843 (1:18.636)	3:52.265 (1:20.422)	5:12.696 (1:20.431)		
6:31.674 (1:18.978)	7:50.813 (1:19.139)	9:10.651 (1:19.838)	10:28.246 (1:17.595)		
5 Ponce, Ayson		Estherville-LC	12:15.36	12:26.34	2
1:15.984 (1:15.984)	2:41.164 (1:25.180)	4:12.623 (1:31.459)	5:49.671 (1:37.048)		
7:30.467 (1:40.796)	9:10.924 (1:40.457)	10:52.678 (1:41.754)	12:26.338 (1:33.660)		
6 Hibbs, Jayden		Spencer		12:31.53	1
1:16.233 (1:16.233)	2:43.074 (1:26.841)	4:17.467 (1:34.393)	5:56.918 (1:39.451)		
7:36.290 (1:39.372)	9:17.205 (1:40.915)	11:00.499 (1:43.294)	12:31.526 (1:31.027)		
-- Dirks, Aaron		Spirit Lake	11:27.98	X11:48.64	
1:15.930 (1:15.930)	2:38.608 (1:22.678)	4:05.825 (1:27.217)	5:34.733 (1:28.908)		
7:04.980 (1:30.247)	8:39.006 (1:34.026)	10:15.668 (1:36.662)	11:48.636 (1:32.968)		

Boys 110 Meter Hurdles Varsity

Name	Year	School	Seed	Finals	H#	Points
1 Lovan, Jivahny		Spencer	15.15	15.37	2	8
2 Jalas, Kyson		Spirit Lake	16.30	16.23	2	6
3 Ahrens, Blaize		Estherville-LC	16.75	17.48	2	4
4 Richardson, Tatem		Cherokee, Wash	17.25	17.77	2	3
5 Tut, Riak		Storm Lake	19.18	18.71	1	2
6 Sanchez, Nicolas		Storm Lake	18.97	19.30	2	1
7 Polenychko, Yuri		Spirit Lake		19.93	1	
-- Malausky, Mallon		Cherokee, Wash	15.86	DNS	2	
-- Turner, Hayden		Cherokee, Wash	21.25	X21.49	1	

Boys 400 Meter Hurdles Varsity

Name	Year	School	Seed	Finals	H#	Points
1 Hagedorn, Kyler		Spirit Lake	57.75	57.72	2	8
2 Ahrens, Blaize		Estherville-LC	1:02.83	1:00.23	2	6
3 Schlichting, Ty		Cherokee, Wash	1:01.64	1:00.86	2	4
4 Sanchez, Nicolas		Storm Lake	1:01.92	1:02.56	2	3
5 Nebelsick, Braedin		Spirit Lake	59.08	1:02.74	2	2
6 Christensen, Emmerson		Spencer	1:03.13	1:03.04	1	1
7 Munter, Max		Spencer	1:04.44	1:03.74	1	
8 Mizner-Fundermann, Grady		Cherokee, Wash	1:02.86	1:04.05	2	
9 Doebel, Ryker		Storm Lake	1:03.16	1:04.98	1	
-- Turner, Hayden		Cherokee, Wash	1:13.58	XDNS	1	
-- Coates, Titus		Spirit Lake	1:02.01	X1:05.08	2	
-- Richardson, Tatem		Cherokee, Wash	1:07.30	X1:06.43	1	
-- Tut, Riak		Storm Lake	1:09.94	X1:06.76	1	

2026 Lakes Conference Championships - 5/7/2026

Storm Lake HS

Results

....Boys 4x400 Meter Relay Varsity

3 Spirit Lake 'A'	3:34.76	3:43.57	4
1) Clinkenbeard, Brock	2) Lalumendre, Collin		
3) Wassenaar, Greyson	4) Brackenhoff, Caleb		
1:53.886 (1:53.886)	2:48.777 (54.891)	3:43.562 (54.785)	
4 Estherville-LC 'A'	3:43.43	3:58.35	2
1) Welch, Beckam	2) Ahrens, Blaize		
3) Aguilar Gonzalez, Jose	4) Dickson, Reilly		
2:00.419 (2:00.419)	3:00.766 (1:00.347)	3:58.349 (57.583)	
5 Cherokee, Wash 'A'	4:01.00	4:04.30	1
1) Stowater, Landan	2) Schlichting, Ty		
3) Ludvigson, Wyatt	4) Scherbring, Clayton		
2:00.882 (2:00.882)	2:59.883 (59.001)	4:04.297 (1:04.414)	

Boys 4x800 Meter Relay Varsity

School	Seed	Finals	Points
1 Spencer 'A'	8:26.88	8:28.15	8
1) Anderson, Reno	2) Rodriguez, Nathan		
3) Koppie, Rylei	4) Hernandez-Cole, Angel		
2:08.681 (2:08.681)	4:16.276 (2:07.595)	6:19.714 (2:03.438)	8:28.146 (2:08.432)
2 Cherokee, Wash 'A'	8:41.31	8:33.51	6
1) Mizner-Fundermann, Cully	2) Scherbring, Clayton		
3) Leyva Cedeno, Yolbis	4) Stowater, Landan		
2:14.191 (2:14.191)	4:20.002 (2:05.811)	6:28.640 (2:08.638)	8:33.505 (2:04.865)
3 Spirit Lake 'A'	8:44.84	8:34.22	4
1) Frangenberg, Nick	2) Wassenaar, Greyson		
3) Coates, Titus	4) Conway, Wylee		
2:04.547 (2:04.547)	4:14.255 (2:09.708)	6:24.809 (2:10.554)	8:34.217 (2:09.408)
4 Storm Lake 'A'	9:30.00	9:02.62	2
1) Schwint, John	2) Kampbell, Heath		
3) Jiminez, Andrew	4) Placencia, Alex		
2:21.653 (2:21.653)	4:36.509 (2:14.856)	6:54.002 (2:17.493)	9:02.616 (2:08.614)
5 Estherville-LC 'A'	9:01.99	9:10.65	1
1) Aguilar Gonzalez, Jose	2) Gomez, Juan		
3) Chitic Aguilar, Gustavo	4) Welch, Beckam		
2:16.127 (2:16.127)	4:35.237 (2:19.110)	6:52.694 (2:17.457)	9:10.643 (2:17.949)
-- Storm Lake 'B'		X9:59.38	
2:22.220 (2:22.220)	4:43.837 (2:21.617)	7:25.590 (2:41.753)	9:59.378 (2:33.788)

Boys 800 Sprint Medley Varsity

School	Seed	Finals	Points
1 Spencer 'A'	1:41.45	1:34.10	8
1) Lovan, Jivahny	2) Buum, Jaxson		
3) Timmer, Dylan	4) VonEhwegen, Tate		
2 Storm Lake 'A'	1:35.35	1:34.55	6
1) Azurdia, Brandyn	2) Chaiyawong, Sitah		
3) Weno, Garbieno	4) William, David		
3 Cherokee, Wash 'A'	1:45.00	1:36.37	4
1) Fuller, Tyson	2) Lovell, Blake		
3) Malausky, Mallon	4) Paulsrud, Jaxon		
4 Estherville-LC 'A'	1:36.47	1:36.38	2
1) Ponce Diaz, Angel	2) Richard, James		

2026 Lakes Conference Championships - 5/7/2026**Storm Lake HS****Results****....Boys 800 Sprint Medley Varsity**

3) DeWitt, Matthew	4) Smith, Garrett			
5 Spirit Lake 'A'		1:50.00	1:41.01	1
1) Sullivan, Brayden	2) Hagedorn, Kyler			
3) Reuter, Keegan	4) Clinkenbeard, Brock			

Boys 1600 Sprint Medley Varsity

School	Seed	Finals	Points	
1 Spirit Lake 'A'	3:34.89	3:48.93	8	
2 Spencer 'A'	3:41.76	3:53.41	6	
3 Storm Lake 'A'	3:50.00	3:57.51	4	
4 Estherville-LC 'A'	3:48.00	4:02.85	2	
5 Cherokee, Wash 'A'		4:05.63	1	4:05.623
-- Spencer 'B'	4:10.00	X4:05.63		4:05.622
-- Cherokee, Wash 'B'		X4:11.49		
-- Storm Lake 'B'		X4:26.34		

Boys 4x110 Meter Shuttle Hurdle Varsity

School	Seed	Finals	H#	Points
1 Spirit Lake 'A'	1:03.35	1:04.97	2	8
2 Cherokee, Wash 'A'	1:04.00	1:05.87	2	6
3 Storm Lake 'A'	1:13.23	1:13.44	2	4
1) Tut, Riak				
2) Phiakhamta, Tylon				
3) Doebel, Ryker				
4) Sanchez, Nicolas				
-- Spencer 'A'	1:08.00	DQ	2	hand on hur
-- Spencer 'B'	1:18.90	X1:14.66	1	
-- Cherokee, Wash 'B'		X1:15.02	1	

Boys High Jump Varsity

Name	Year School	Seed	Finals	Points
1 VonEhwegen, Tate	Spencer	6-04.50	5-10.00	1.77m 8
2 Frideres, Grady	Estherville-LC	6-02.00	5-08.00	1.72m 6
3 Reuter, Keegan	Spirit Lake	5-11.00	J5-08.00	1.72m 4
4 Yanga, Timothy	Storm Lake	6-02.00	5-06.00	1.67m 3
5 Cantrall, Collin	Spencer	5-10.00	J5-06.00	1.67m 2
6 Coates, Titus	Spirit Lake	5-06.00	5-00.00	1.52m 1

Boys Long Jump Varsity

Name	Year School	Seed	Finals	Points
1 Richardson, Rylan	Storm Lake	20-10.00	19-03.50	5.88m 8
2 Azurdia, Brandyn	Storm Lake	19-02.00	19-03.25	5.87m 6
3 Ludvigson, Wyatt	Cherokee, Wash	18-04.50	18-11.25	5.77m 4
4 Jalas, Kyson	Spirit Lake	19-10.00	18-11.00	5.76m 3
5 Techen, Aaden	Spencer	18-09.25	18-04.00	5.58m 2
6 Halbersma, Beckett	Spirit Lake	19-03.75	18-02.50	5.54m 1
7 Fuller, Tyson	Cherokee, Wash	19-04.50	17-06.50	5.34m
8 Muhlbauer, Landon	Spencer	17-05.50	17-05.50	5.32m
9 Sheridan, Mason	Estherville-LC	17-07.25	15-08.00	4.77m

2026 Lakes Conference Championships - 5/7/2026**Storm Lake HS****Results****Boys Shot Put Wheelchair Wheelchair Varsity**

Name	Year School	Seed	Finals	Points
-- Smith-Williamson, Javin	Spencer		X16-02.00	4.92m

Boys Shot Put Varsity

Name	Year School	Seed	Finals	H#	Points
1 Lovell, Blake	Cherokee, Wash	56-10.25	56-04.50	17.18m	2 8
2 Knutson, Jackson	Spirit Lake	52-09.00	53-00.00	16.15m	2 6
3 Theesfeld, Nolan	Spirit Lake	47-01.00	49-00.00	14.93m	2 4
4 James, Cohen	Cherokee, Wash	47-05.50	47-06.50	14.49m	2 3
5 Ferrell, Cole	Spencer	42-06.00	40-09.50	12.43m	2 2
6 Cruz, Devon	Storm Lake	38-01.00	39-09.00	12.11m	1 1
7 Hansen, Blake	Spencer	44-09.25	38-11.00	11.86m	2
8 Ponce Diaz, Christopher	Estherville-LC	38-03.50	38-07.50	11.77m	1
9 Poh, Eh	Storm Lake	38-04.00	37-09.00	11.50m	1
10 Finn, Marcus	Estherville-LC	36-08.00	36-04.50	11.08m	1

Boys Discus Throw Varsity

Name	Year School	Seed	Finals	H#	Points
1 Bejarno, Jax	Spirit Lake	165-04	163-00	49.68m	2 8
2 James, Cohen	Cherokee, Wash	146-05	133-03	40.61m	2 6
3 Mendez-Garcia, Cristian	Spencer	129-04	126-03	38.48m	2 4
4 Harris, Cooper	Spencer	116-03	119-01	36.29m	2 3
5 Hogrefe, Drew	Storm Lake	123-09	118-03	36.04m	2 2
6 Poh, Eh	Storm Lake	118-11	117-02	35.71m	2 1
7 Hickerson, Caden	Spirit Lake	117-09	115-01	35.07m	2
8 Nixon, Cooper	Cherokee, Wash	109-07	114-04	34.84m	2
9 Finn, Marcus	Estherville-LC	86-03	97-05.75	29.71m	1
10 Ponce Diaz, Christopher	Estherville-LC	90-06	91-10	27.99m	1

Boys 4x100 Meter Relay JV Junior Varsity

School	Seed	Finals
-- Spencer 'A'	47.32	X48.13
1) McCormick, Jace		2) Davis, Cole
3) Pick, Carson		4) Selzer, Kaden
-- Spirit Lake 'A'	45.90	X48.38
1) Meyer, Grant		2) Stecker, Evan
3) Ackerman, Jaeger		4) Naatjes, Cruz
-- Storm Lake 'A'	50.00	X49.43
1) Vang, Tristin		2) Maya, Paul
3) Phiakhamta, Tylon		4) Xiong, Devin
-- Cherokee, Wash 'A'	56.40	X55.95
1) Reinert, Rocco		2) Peiso, Ethan
3) Turner, Hayden		4) Baughman, Leland

2026 Lakes Conference Championships - 5/7/2026**Storm Lake HS****Results****Boys 4x200 Meter Relay JV Junior Varsity**

School	Seed	Finals
-- Spencer 'A'	1:38.47	X1:38.65
1) Muhlbauer, Landon	2) Pick, Carson	
3) Wurm, Logan	4) Selzer, Kaden	
-- Spirit Lake 'A'	1:42.00	X1:39.30
1) Adams, Kaysen	2) Meyer, Grant	
3) Stokke, Noah	4) Gray, Quinton	
-- Cherokee, Wash 'A'	1:45.00	X1:41.96
1) Schlichting, Ty	2) Mizner-Fundermann, Cully	
3) Mizner-Fundermann, Grady	4) Ruschmann, Max	
-- Storm Lake 'A'	1:35.58	X1:44.17
1) Vang, Tristin	2) Maya, Paul	
3) Nanthadeth, Jayden	4) Mai, Harry	
-- Estherville-LC 'A'	1:48.47	X1:49.69
1) Sheridan, Mason	2) Ponce, Ayson	
3) Araguz, Angel	4) Araguz, Samuel	

Boys 4x400 Meter Relay JV Junior Varsity

School	Seed	Finals
-- Spencer 'A'	3:47.23	X3:58.62
1) Muhlbauer, Landon	2) Kelley, Nolan	
3) Schoenharr, Liam	4) Hibbs, Jayden	
1:54.560 (1:54.560)	2:53.173 (58.613)	3:58.612 (1:05.439)
-- Storm Lake 'A'	4:20.00	X4:07.96
1) Jiminez, Andrew	2) Rodriguez, Teofilo	
3) Nanthadeth, Jayden	4) Johnson, Bode	
2:03.436 (2:03.436)	3:04.958 (1:01.522)	4:07.953 (1:02.995)

Boys 800 Sprint Medley JV Junior Varsity

School	Seed	Finals
1 Spirit Lake 'A'	1:50.00	1:47.61
1) Naatjes, Cruz	2) Meyer, Grant	
3) Adams, Kaysen	4) Phillips, Eli	
2 Storm Lake 'A'	1:49.71	1:53.75
1) Vang, Tristin	2) Xiong, Devin	
3) Bermudez, Mauricio	4) Johnson, Bode	
-- Spencer 'A'	1:41.45	X1:45.83
1) McCormick, Jace	2) Davis, Cole	
3) Pick, Carson	4) Schoenharr, Liam	
-- Cherokee, Wash 'A'	1:45.00	X2:09.68
1) Reinert, Rocco	2) Peiso, Ethan	
3) Turner, Hayden	4) Ruschmann, Max	

Boys High Jump JV Junior Varsity

Name	Year School	Seed	Finals
-- Stokke, Noah	Spirit Lake	5-02.00	XNH

2026 Lakes Conference Championships - 5/7/2026**Storm Lake HS****Results****Boys Long Jump JV Junior Varsity**

Name	Year School	Seed	Finals
-- Leyva Cedeno, Yolbis	Cherokee, Wash	17-08.00	X18-09.00 5.71m
-- Mai, Harry	Storm Lake	18-04.25	X18-04.00 5.58m
-- Stecker, Evan	Spirit Lake	17-06.25	X17-01.50 5.21m
-- Ackerman, Jaeger	Spirit Lake	17-09.75	X16-04.00 4.97m

Boys Shot Put JV Junior Varsity

Name	Year School	Seed	Finals
-- McQuown, Micah	Spirit Lake	32-07.50	XFOUL
-- Thatcher, Taegan	Cherokee, Wash	35-01.00	XDNS
-- Lorenzen, Tallen	Spencer	40-01.00	X40-05.00 12.31m
-- Campbell, Mason	Cherokee, Wash	41-02.00	X39-04.00 11.98m
-- Platt, Colton	Spencer	39-00.00	X38-02.50 11.64m
-- Nixon, Cooper	Cherokee, Wash		X37-01.50 11.31m
-- Hansen, Austin	Spirit Lake	36-04.75	X36-05.50 11.11m
-- Hogrefe, Drew	Storm Lake	34-05.50	X35-01.00 10.69m
-- Harder, Bryson	Storm Lake	32-11.00	X34-01.00 10.38m
-- Rodriguez, Rolando	Estherville-LC	31-05.25	X32-10.00 10.00m
-- Deim, Cooper	Estherville-LC	32-09.00	X32-01.00 9.77m

Boys Discus Throw JV Junior Varsity

Name	Year School	Seed	Finals
-- Lorenzen, Tallen	Spencer	103-01	X108-09 33.14m
-- Harder, Bryson	Storm Lake	109-00	X106-09 32.53m
-- Jackson, Joseph	Cherokee, Wash	96-09	X102-01 31.11m
-- Sandman, Liam	Spirit Lake	77-09	X96-05 29.38m
-- Cruz, Devon	Storm Lake	111-02	X92-02 28.09m
-- Chicione, Ben	Spirit Lake	82-03	X88-01 26.84m
-- Thatcher, Taegan	Cherokee, Wash	89-00	X78-03 23.85m
-- Deim, Cooper	Estherville-LC	73-00	X73-07 22.42m
-- Rodriguez, Rolando	Estherville-LC	66-03	X67-02 20.47m
-- Vos, Josh	Spencer	103-03	X60-01 18.31m

Women - Varsity - Team Rankings - 19 Events Scored

1) Spirit Lake	172	2) Spencer	114
3) Cherokee, Wash	57	4) Storm Lake	51
5) Estherville-LC	39		

Men - Varsity - Team Rankings - 19 Events Scored

1) Spirit Lake	140	2) Storm Lake	96
3) Spencer	90	4) Cherokee, Wash	64
5) Estherville-LC	40		