

Iowa Girls & Boys 3A Qualifying Track Meet MOCFV - 5/14/2026

5/14/2026

Results - 3A District Events

Event 5 Girls 100 Meter Dash 3A

Name	Yr	School	Finals
Finals			
1 Tooker, Kaleigh	12	MOC-FV	11.95
2 Johnson, Natalie	12	Algona	12.06
3 Hietbrink, Stella	10	Sioux Center	12.24
4 Cleary, Shannon	12	Bishop Heela	12.38
5 Schmidt, Kaelyn	09	Sioux Center	12.76
6 Allie, Lillian	11	Algona	13.33
7 McCoy, Kamryn	09	Storm Lake	13.45
8 Pearson, Ella	10	SB-Luton	13.46
9 Schiefelbein, Mariah	10	LeMars	13.61
10 Wrather, Isabella	10	MOC-FV	13.70
11 Christensen, Jasmyn	12	Spencer	13.74
12 Pyle, Madison	09	LeMars	13.80
13 Xiong, Kaitlyn	11	Storm Lake	14.56
14 Hallett, Alexa	12	Spencer	15.17

Event 6 Boys 100 Meter Dash 3A

Name	Yr	School	Finals
Finals			
1 Weno, Garbieno	12	Storm Lake	10.74
2 Weichert, William	12	Algona	10.83
3 Verros, Beckett	11	SB-Luton	10.83
4 Ehlers, Justin	10	SB-Luton	10.90
5 Koerselman, Dalton	10	MOC-FV	11.21
6 Buum, Jaxson	10	Spencer	11.42
7 Smith, Hunter	10	Sioux Center	11.46
8 Chaiyawong, Sitah	12	Storm Lake	11.59
9 Elsbecker, Dawson	11	Algona	11.60
10 Kopperud, Jordan	09	LeMars	11.72
11 Dieger, Hayden	10	Bishop Heela	11.72
12 Vaske, Nicholas	09	Spencer	11.74
13 Van Beek, Zachary	12	Sioux Center	11.92
14 Guerrero, Axell	11	Bishop Heela	12.08
15 Howell, Quinten	09	LeMars	12.15

Event 13 Girls 200 Meter Dash 3A

Name	Yr	School	Finals
Finals			
1 Tooker, Kaleigh	12	MOC-FV	25.25
2 Johnson, Natalie	12	Algona	25.76
3 Schmidt, Kaelyn	09	Sioux Center	27.75
4 McCoy, Zoe	12	Storm Lake	27.77
5 Jelken, Nataleigh	09	LeMars	27.79
6 Iedema, Anna	09	Spencer	27.99
7 DeHaan, Avery	12	Storm Lake	28.30
8 Bitker, Kamdyn	09	Sioux Center	28.52
9 McCormick, Anna	10	SB-Luton	28.54
10 Budden, Keira	09	MOC-FV	28.85
11 Brown, Kiera	12	Spencer	29.04
12 Ernst, Peyton	09	Algona	29.36
13 Shumansky, Aubrey	09	SB-Luton	29.72
14 VanderSluis, Mya	10	LeMars	30.09

Event 14 Boys 200 Meter Dash 3A

Name	Yr	School	Finals
Finals			
1 Weno, Garbieno	12	Storm Lake	21.33
2 Allie, Evan	12	Algona	21.60
3 Garman, Tate	12	Algona	21.87
4 Pearson, Hunter	12	SB-Luton	22.22
5 Timmer, Dylan	12	Spencer	22.41
6 Perez-Hietbrink, Braedon	11	Sioux Center	22.86
7 Hulstein, Cohen	09	Sioux Center	23.17
8 Murphy, Colin	11	LeMars	23.53
9 Selzer, Kaden	09	Spencer	24.01
10 William, David	11	Storm Lake	24.10
11 Jager, Paxton	10	MOC-FV	24.44
12 Dieger, Hayden	10	Bishop Heela	24.79
13 Gebhard, Aiden	11	MOC-FV	25.51

Event 21 Girls 400 Meter Dash 3A

Name	Yr	School	Finals
Finals			
1 Bitker, Avery	12	Sioux Center	57.98
2 Kvidera, Madison	11	SB-Luton	1:02.53
3 Bitker, Kamdyn	09	Sioux Center	1:04.85
4 Griffin, Nicole	10	Spencer	1:05.44
5 Stuckey, Addison	12	Spencer	1:05.46
6 Jeneary, Megan	11	LeMars	1:09.66
7 Stevens, Sarah	10	SB-Luton	1:09.66
8 Kluver, Jayden	11	LeMars	1:10.74
9 Jacuinde-Mellado, Isari	09	Storm Lake	1:12.87
10 Rodriguez, Jade	09	Storm Lake	1:13.85
11 Gilmore, Beau	11	MOC-FV	1:19.95

Event 22 Boys 400 Meter Dash 3A

Name	Yr	School	Finals
Finals			
1 Weno, Garbieno	12	Storm Lake	49.46
2 VonEhwegen, Tate	11	Spencer	50.39
3 Katt, Cooper	12	MOC-FV	51.38
4 Knapp, Dylan	10	Bishop Heela	52.95
5 Pattee, Tommy	12	Bishop Heela	53.09
6 Grant, Andrew	12	LeMars	53.29
7 Hernandez-Cole, Angel	09	Spencer	54.17
8 Moreno, Seth	11	Algona	54.43
9 William, David	11	Storm Lake	54.48
10 Rotert, Cael	11	Algona	55.27
11 Leigh, Callen	09	SB-Luton	55.52
12 Kruse, Miles	10	LeMars	56.44
13 Truesdell, Joshua	10	Sioux Center	56.66
14 Boone, Ryan	10	MOC-FV	56.90
15 Beukelman, Kaiden	10	Sioux Center	57.27

Event 29 Girls 800 Meter Run 3A

Name	Yr	School	Finals
Finals			
1 Jones, Audrina	11	Sioux Center	2:18.78

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Finals ... (Event 29 Girls 800 Meter Run 3A)

Name	Yr	School	Finals
2 Oldenkamp, Kolby	12	Sioux Center	2:18.93
3 Anderson, Natalie	11	MOC-FV	2:20.33
4 Knapp, Macy	12	Algona	2:21.84
5 Haverdink, Rachel	12	MOC-FV	2:33.66
6 Brester, Peyton	11	SB-Luton	2:35.73
7 Schmidt, Emily	11	Spencer	2:37.26
8 Kass, Eva	10	LeMars	2:37.49
9 Polzin, Briella	09	SB-Luton	2:37.49
10 Beitelspacher, Isabella	09	LeMars	2:41.58
11 Kenkel, Grace	12	Storm Lake	2:43.00
12 Roerig, Grace	12	Bishop Heela	2:44.94
13 Palmer, Alexandria	12	Spencer	2:45.24
14 Dahlhauser, Maggie	12	Storm Lake	2:50.98

Event 30 Boys 800 Meter Run 3A

Name	Yr	School	Finals
Finals			
1 Weber, Gavin	12	Algona	1:59.25
2 Work, Karson	11	Sioux Center	2:01.49
3 Doughan, Thatcher	12	MOC-FV	2:03.90
4 Ter Wee, Hudson	10	SB-Luton	2:05.64
5 Landegent, Raymond	10	Sioux Center	2:07.05
6 Kampbell, Heath	10	Storm Lake	2:07.99
7 Rustad, Isaiah	10	Spencer	2:11.85
8 Larrabee, Ayden	12	SB-Luton	2:12.51
9 Salton, William	11	Spencer	2:13.52
10 Dahlhauser, Grandon	10	Algona	2:14.97
11 Roetman, Benjamin	09	MOC-FV	2:19.25
12 Schwint, John	10	Storm Lake	2:20.89
13 Forbes, Jarett	12	LeMars	2:24.65
14 McDougall, Dominic	10	LeMars	2:33.52

Event 37 Girls 1500 Meter Run 3A

Name	Yr	School	Finals
Finals			
1 Anderson, Natalie	11	MOC-FV	4:56.70
2 Isakson, Molly	11	Sioux Center	5:04.83
3 Bertrand, Addison	12	Bishop Heela	5:09.85
4 Tracy, Teagan	12	MOC-FV	5:15.84
5 Kampbell, Silvia	12	Storm Lake	5:17.02
6 Hulinsky, Karis	11	LeMars	5:33.61
7 Odell, Sara	09	SB-Luton	5:43.16
8 Fitch, Kailyn	10	Bishop Heela	5:44.31
9 Dahlhauser, Maggie	12	Storm Lake	5:46.49
10 DeRocher, Brooklyn	11	LeMars	6:00.16
11 Fiegel, Claire	10	SB-Luton	6:05.01
12 Fairbanks, Adelyn	09	Spencer	6:28.15
13 Ness, Kaylee	10	Spencer	6:56.84

Event 38 Boys 1600 Meter Run 3A

Name	Yr	School	Finals
Finals			
1 Weber, Gavin	12	Algona	4:29.14
2 Hummel, Isaac	11	MOC-FV	4:38.85

3 Ramirez-Parra, Joel	12	Storm Lake	4:39.66
4 Cundy, Drew	09	Sioux Center	4:40.94
5 Doughan, Thatcher	12	MOC-FV	4:43.95
6 Rodriguez, Nathan	12	Spencer	4:49.64
7 Vermeer, Jacoby	11	Sioux Center	4:49.83
8 Barber, Ethan	12	Bishop Heela	4:53.64
9 Ortega, Alexander	12	Storm Lake	5:01.04
10 McCormick, David	10	SB-Luton	5:06.71
11 Koppie, Rylei	12	Spencer	5:07.38
12 Thilges, Cohen	11	Algona	5:08.03
13 Shumansky, Jace	09	SB-Luton	5:17.16
14 Nolan, Jimmy	09	LeMars	5:21.31
15 Hindman, David	10	Bishop Heela	5:30.53
16 Mullally, Hunter	12	LeMars	5:32.26

Event 45 Girls 3000 Meter Run 3A

Name	Yr	School	Finals
Finals			
1 Anderson, Natalie	11	MOC-FV	10:58.72
2 Bertrand, Addison	12	Bishop Heela	11:04.48
3 Kampbell, Silvia	12	Storm Lake	11:11.40
4 Dean, Charlotta	10	Sioux Center	12:13.84
5 Wielenga, Kylee	11	Sioux Center	12:26.62
6 Morey, Ava	11	Spencer	12:41.25
7 Fitch, Kailyn	10	Bishop Heela	12:46.83
8 Fiegel, Claire	10	SB-Luton	13:00.69
9 Bockenstedt, Bjella	12	SB-Luton	13:11.40
10 Gutierrez, Adriana	11	MOC-FV	13:23.92

Event 46 Boys 3200 Meter Run 3A

Name	Yr	School	Finals
Finals			
1 Ramirez-Parra, Joel	12	Storm Lake	10:37.40
2 Ortega, Alexander	12	Storm Lake	10:43.69
3 Hood, Axton	09	Algona	11:20.81
4 Roetman, Benjamin	09	MOC-FV	11:21.82
5 McCord, Samuel	10	Sioux Center	11:29.06
6 Dykstra, Ben	10	MOC-FV	11:30.46
7 Sanchez, Jony	11	LeMars	11:40.26
8 Hindman, David	10	Bishop Heela	11:43.42
9 Salton, William	11	Spencer	12:02.65
10 Keokenchanh, Isaac	12	SB-Luton	12:18.19
11 Mullally, Hunter	12	LeMars	12:28.41
12 Sindelar, Maclin	09	SB-Luton	12:34.13
13 Hibbs, Jayden	12	Spencer	12:47.74
--- Lehman, Brock	10	Sioux Center	DQ

Event 51 Girls 100 Meter Hurdles 3A

Name	Yr	School	Finals
Finals			
1 Susemihl, Claire	12	LeMars	15.73
2 Verschuure, Maggie	12	MOC-FV	16.16
3 Fehr, Sienna	11	Algona	16.32
4 Waddle, Ada	09	Sioux Center	17.00
5 Miller, Alyssa	12	Algona	17.01
6 Stuckey, Lauren	10	Spencer	17.33

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Finals ... (Event 51 Girls 100 Meter Hurdles 3A)

Name	Yr	School	Finals
7 Meyer, Sadie	10	LeMars	17.34
8 Altena, Rilyn	09	Sioux Center	17.55
9 Hoekstra, Emily	12	MOC-FV	17.68
10 McHugh, Malia	09	SB-Luton	17.75
11 Nelson, Claire	10	Bishop Heela	17.84
12 Mehan, Elliot	09	Spencer	18.25
13 Johnson, Peyton	09	SB-Luton	18.36
14 Xiong, Kaitlyn	11	Storm Lake	20.51
15 Chanthavong, Ayviana	11	Storm Lake	21.71

Event 54 Boys 110 Meter Hurdles 3A

Name	Yr	School	Finals
1 Vander Ploeg, Conner	12	MOC-FV	14.58
2 Lovan, Jivahny	12	Spencer	14.98
3 Maasdam, Dylan	12	MOC-FV	15.07
4 Smit, Parker	10	Sioux Center	15.08
5 Bogh, Tegan	12	LeMars	15.44
6 Veltkamp, Dylan	11	Sioux Center	16.68
7 Schulte, Zander	09	Bishop Heela	16.71
8 Kneifl, Emmet	11	SB-Luton	16.73
9 Sanchez, Nicolas	10	Storm Lake	16.95
10 Tut, Riak	10	Storm Lake	17.70
11 Jones, Xavier	11	SB-Luton	19.00

Event 59 Girls 400 Meter Hurdles 3A

Name	Yr	School	Finals
1 Simington, Lucy	11	Spencer	1:07.38
2 Fehr, Sienna	11	Algona	1:08.26
3 Eilts, Katie	11	Spencer	1:11.92
4 Bruhn, Aislinn	09	Sioux Center	1:13.77
5 Meyer, Sadie	10	LeMars	1:14.23
6 McHugh, Malia	09	SB-Luton	1:16.95
7 Grause, Cheyenne	10	LeMars	1:25.87

Event 63 Boys 400 Meter Hurdles 3A

Name	Yr	School	Finals
1 Frese, Cole	11	Bishop Heela	55.19
2 Plasier, Max	11	Sioux Center	55.95
3 Augustine, Tycen	12	LeMars	57.34
4 Moe, Owen	11	Algona	59.41
5 Kneifl, Emmet	11	SB-Luton	59.57
6 Carroll, Tommy	09	Bishop Heela	1:00.72
7 Moeller, Isaiah	10	MOC-FV	1:00.80
8 Mcnaughton, Chase	10	LeMars	1:02.46
9 Bruhn, Gavin	09	Sioux Center	1:02.79
10 Christensen, Emerson	09	Spencer	1:02.89
11 Munter, Max	09	Spencer	1:03.82
12 Sanchez, Nicolas	10	Storm Lake	1:03.95
13 Bundt, Lucas	09	MOC-FV	1:04.02
14 Doebel, Ryker	10	Storm Lake	1:04.88
15 Ruehle, Ryan	10	Algona	1:10.82

Event 68 Girls 4x100 Meter Shuttle Hurdle 3A

Team	Relay	Finals
Finals		
1 LeMars	1	1:07.83
1) Iverson, Tessa 11	2) Meyer, Sadie 10	
3) Leusink, Kinnick 09	4) Susemihl, Claire 12	
2 Spencer	1	1:09.28
1) Simington, Lucy 11	2) Kunath, Mackenzie 09	
3) Eilts, Katie 11	4) Stuckey, Lauren 10	
3 MOC-FV	1	1:09.60
1) Hoekstra, Emily 12	2) Verschuure, Maggie 12	
3) Vander Ploeg, Karli 10	4) Hoegh, Brielle 10	
4 Sioux Center	1	1:10.33
1) Waddle, Ada 09	2) Altena, Rilyn 09	
3) Bruhn, Aislinn 09	4) Oteri, Gabriella 12	
5 Algona	1	1:10.41
1) Fehr, Sienna 11	2) Bierstedt, Cassidy 11	
3) Engel, Alissa 11	4) Miller, Alyssa 12	

Event 74 Girls 4x100 Meter Relay 3A

Team	Relay	Finals
Finals		
1 Bishop Heelan	1	49.04
1) Douch, Jaida 12	2) Schermerhorn, Ali 09	
3) Wooten, Lillian 10	4) Cleary, Shannon 12	
2 Sioux Center	1	49.37
1) Hietbrink, Stella 10	2) Schmidt, Courteney 12	
3) Holverson, Taylor 11	4) Bitker, Avery 12	
3 Spencer	1	49.71
1) Reynolds, Brooklyn 09	2) Hopkins, Sydnee 12	
3) Robbins, Jolie 10	4) Krieg, Mercedes 11	
4 Algona	1	49.90
1) Allie, Lillian 11	2) Lentz, Maya 11	
3) Engel, Alissa 11	4) Johnson, Natalie 12	
5 LeMars	1	50.54
1) Susemihl, Claire 12	2) Niehus, Kenzie 11	
3) Iverson, Tessa 11	4) Leusink, Kinnick 09	
6 Storm Lake	1	54.42
1) DeHaan, Avery 12	2) DeHaan, Reagan 09	
3) McCoy, Kamryn 09	4) McCoy, Zoe 12	
7 SB-Luton	1	55.25
1) Hensley, Joleigh 09	2) McHugh, Malia 09	
3) Grimsley, Harper 09	4) Shumansky, Aubrey 09	
8 MOC-FV	1	58.39
1) Netten, Ellia 09	2) Hoegh, Brielle 10	
3) Verschuure, Maggie 12	4) Tooker, Kaleigh 12	

Event 75 Boys 4x100 Meter Relay 3A

Team	Relay	Finals
Finals		
1 SB-Luton	1	42.02
1) Verros, Beckett 11	2) Ehlers, Justin 10	
3) Warren, Gavin 12	4) Hardy, Joe 12	

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Finals ... (Event 75 Boys 4x100 Meter Relay 3A)

Team	Relay	Finals
2 Algona	1	42.82
1) Weichert, William 12	2) Garman, Tate 12	
3) Walker, Levi 12	4) Allie, Evan 12	
3 MOC-FV	1	42.85
1) Maasdam, Dylan 12	2) Koerselman, Dalton 10	
3) Kleinhesselink, Hudson 10	4) Vander Ploeg, Conner 12	
4 Sioux Center	1	43.61
1) Perez-Hietbrink, Braedon 11	2) Sandbulte, Cody 12	
3) Kooiker, Caden 11	4) Work, Karson 11	
5 Storm Lake	1	44.86
1) Azurdia, Brandyn 12	2) Chaiyawong, Sitah 12	
3) Richardson, Rylan 12	4) Machado, Andre 12	
6 Spencer	1	44.96
1) Lovan, Jivahny 12	2) Buum, Jaxson 10	
3) Stanzel, Korbin 11	4) Goyette, Carter 12	
7 Bishop Heelan	1	45.01
1) Thomas, Kasen 12	2) Whitcomb, Grant 11	
3) Dieger, Hayden 10	4) White, Anthony 12	
8 LeMars	1	46.48
1) Kopperud, Jordan 09	2) Howell, Quinten 09	
3) Richey, Connor 09	4) Kruse, Miles 10	

Event 82 Girls 4x200 Meter Relay 3A

Team	Relay	Finals
Finals		
1 Bishop Heelan	1	1:44.20
1) Douch, Jaida 12	2) Schermerhorn, Ali 09	
3) Wooten, Lillian 10	4) Cleary, Shannon 12	
2 Spencer	1	1:46.41
1) Reynolds, Brooklyn 09	2) Hopkins, Sydnee 12	
3) Robbins, Jolie 10	4) Krieg, Mercedes 11	
3 LeMars	1	1:48.14
1) Niehus, Kenzie 11	2) Susemihl, Shea 11	
3) Leusink, Kinnick 09	4) Hogrefe, Maya 12	
4 Algona	1	1:49.54
1) Allie, Lillian 11	2) Lentz, Maya 11	
3) Fairbanks, Bella 09	4) Johnson, Natalie 12	
5 Sioux Center	1	1:52.07
1) Schmidt, Courteney 12	2) Bruhn, Aislinn 09	
3) Oteri, Gabriella 12	4) Schmidt, Kaelyn 09	
6 MOC-FV	1	1:57.14
1) Wrather, Isabella 10	2) Van Zee, Sarae 11	
3) Budden, Keira 09	4) Van Zee, Eliana 11	
7 SB-Luton	1	1:58.91
1) Eldridge, Leiana 09	2) Pearson, Ella 10	
3) Kneifl, Olivia 09	4) Hensley, Joleigh 09	
8 Storm Lake	1	2:00.70
1) McCoy, Zoe 12	2) DeHaan, Reagan 09	
3) McCoy, Kamryn 09	4) Chanthapangna, Melanie 12	

Event 83 Boys 4x200 Meter Relay 3A

Team	Relay	Finals
Finals		
1 MOC-FV	1	1:29.20
1) Koerselman, Dalton 10	2) Kleinhesselink, Hudson 10	
3) Van Ravenhorst, Logan 10	4) Van Zee, Albear 11	
2 SB-Luton	1	1:29.65
1) Pearson, Hunter 12	2) Warren, Gavin 12	
3) Verros, Beckett 11	4) Harsma, Blake 12	
3 Bishop Heelan	1	1:30.90
1) Beltran, Israel 12	2) Whitcomb, Grant 11	
3) Sexton, Talon 12	4) Frese, Cole 11	
4 Algona	1	1:32.34
1) Weichert, William 12	2) Elsbecker, Dawson 11	
3) Moe, Owen 11	4) Walker, Levi 12	
5 LeMars	1	1:32.39
1) McInnis, Brett 11	2) Navarrete, Huey 09	
3) Augustine, Tycen 12	4) Murphy, Colin 11	
6 Sioux Center	1	1:33.24
1) Hibma, Ezra 11	2) Schuiteman, McArthur 10	
3) Hietbrink, Sawyer 11	4) Verhoef, Cohen 11	
7 Storm Lake	1	1:35.72
1) Anderson, Brennen 10	2) Azurdia, Brandyn 12	
3) Machado, Andre 12	4) Garcia, Azael 10	
--- Spencer	1	DQ
1) Techen, Aaden 11	2) Goyette, Carter 12	
3) Selzer, Kaden 09	4) Stanzel, Korbin 11	

Event 90 Girls 4x400 Meter Relay 3A

Team	Relay	Finals
Finals		
1 Sioux Center	1	4:00.91
1) Bitker, Avery 12	2) Oldenkamp, Kolby 12	
3) VanAartsen, Macyn 10	4) Jones, Audrina 11	
2 Spencer	1	4:07.04
1) Simington, Lucy 11	2) Frankenstein, Calista 09	
3) Eilts, Katie 11	4) Reynolds, Brooklyn 09	
3 LeMars	1	4:08.64
1) Hogrefe, Maya 12	2) Beitelspacher, Claire 12	
3) Susemihl, Shea 11	4) DeRocher, Makenzie 12	
4 Algona	1	4:17.47
1) Dodds, Charli 11	2) Kitzinger, Rose 09	
3) Jensen, Regan 10	4) Knapp, Macy 12	
5 Bishop Heelan	1	4:22.55
1) Lieber, Milania 09	2) Topf, Ellie 10	
3) Bleeker, Reese 12	4) Schermerhorn, Ali 09	
6 SB-Luton	1	4:22.57
1) Pearson, Ella 10	2) Kvidera, Madison 11	
3) Kneifl, Olivia 09	4) Polzin, Briella 09	
7 MOC-FV	1	4:26.01
1) Immecker, Eva 11	2) Hulst, Makenzie 10	
3) Van Zee, Sarae 11	4) Van Zee, Eliana 11	
8 Storm Lake	1	4:53.45
1) Jacuinde-Mellado, Isari 09	2) Kenkel, Grace 12	
3) Dahlhauser, Maggie 12	4) Kampbell, Silvia 12	

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Event 91 Boys 4x400 Meter Relay 3A

Team	Relay	Finals
Finals		
1 MOC-FV	1	3:25.43
1) Kleinhesselink, Hudson 10	2) Van Zee, Albear 11	
3) Van Ravenhorst, Logan 10	4) Katt, Cooper 12	
2 Spencer	1	3:25.66
1) Rasmussen, Angelo 10	2) Timmer, Dylan 12	
3) Anderson, Reno 12	4) VonEhwegen, Tate 11	
3 Sioux Center	1	3:26.36
1) Work, Karson 11	2) Waddle, Lane 12	
3) Verhoef, Cohen 11	4) Kooiker, Caden 11	
4 Bishop Heelan	1	3:28.41
1) Beltran, Israel 12	2) Knapp, Dylan 10	
3) Fetterman, Covan 11	4) Sexton, Talon 12	
5 SB-Luton	1	3:28.49
1) Harsma, Blake 12	2) Lincoln, Andrew 11	
3) Ter Wee, Hudson 10	4) Delarosa, Daniel 12	
6 LeMars	1	3:37.23
1) Iverson, Tanner 11	2) Navarrete, Huey 09	
3) Augustine, Tycen 12	4) Grant, Andrew 12	
7 Algona	1	3:46.29
1) Moreno, Seth 11	2) Borchardt, Breckin 12	
3) Ruehle, Ryan 10	4) Rotert, Cael 11	
8 Storm Lake	1	3:49.16
1) Anderson, Brennen 10	2) William, Jay 09	
3) Machado, Andre 12	4) Sanchez, Nicolas 10	

Event 98 Girls 4x800 Meter Relay 3A

Team	Relay	Finals
Finals		
1 Sioux Center	1	9:49.64
1) VandeHoef, Kate 11	2) Isakson, Molly 11	
3) VanAartsen, Macyn 10	4) Jones, Audrina 11	
2 Algona	1	9:53.02
1) Dodds, Charli 11	2) Kitzinger, Rose 09	
3) Jensen, Regan 10	4) Knapp, Macy 12	
3 MOC-FV	1	10:34.24
1) Haverdink, Rachel 12	2) Lassen, Kienna 12	
3) Tracy, Teagan 12	4) Hulst, Makenzie 10	
4 SB-Luton	1	10:40.68
1) Brester, Peyton 11	2) Polzin, Briella 09	
3) Britton, Clara 09	4) Odell, Sara 09	
5 Spencer	1	11:21.29
1) Palmer, Alexandria 12	2) Schmidt, Emily 11	
3) Griffin, Khia 09	4) Stevenson, Hallie 09	
6 LeMars	1	11:24.72
1) Kluver, Jayden 11	2) Beitelspacher, Isabella 09	
3) DeRocher, Brooklyn 11	4) Tilberg, Sarah 11	

Event 99 Boys 4x800 Meter Relay 3A

Team	Relay	Finals
Finals		
1 Spencer	1	8:26.50
1) Anderson, Reno 12	2) Rodriguez, Nathan 12	
3) Koppie, Rylei 12	4) Rustad, Isaiah 10	
2 Sioux Center	1	8:29.27
1) Cundy, Drew 09	2) Landegent, Raymond 10	
3) Vermeer, Jacoby 11	4) Kooiker, Caden 11	
3 MOC-FV	1	8:32.19
1) Doughan, Thatcher 12	2) Hummel, Isaac 11	
3) De Koster, Carter 09	4) Dokter, Crystian 10	
4 SB-Luton	1	9:16.56
1) Larrabee, Ayden 12	2) McCormick, Brody 10	
3) McCormick, David 10	4) Shumansky, Jace 09	
5 Algona	1	9:26.48
1) Thilges, Cohen 11	2) Borchardt, Breckin 12	
3) Ruehle, Ryan 10	4) Dahlhauser, Grandon 10	
6 Storm Lake	1	9:58.99
1) Harder, Ted 09	2) Placencia, Alex 11	
3) Jiminez, Andrew 09	4) Rodriguez, Teofilo 10	

Event 107 Boys 400 Meter Dash WC Wheelchair Para

Name	Yr	School	Finals
Finals			
1 De Koster, Titus	09	MOC-FV	1:38.08

Event 112 Girls 800 Sprint Medley 3A

Team	Relay	Finals
Finals		
1 Sioux Center	1	1:48.64
1) Hietbrink, Stella 10	2) Holverson, Taylor 11	
3) Jones, Audrina 11	4) Bitker, Avery 12	
2 Spencer	1	1:50.65
1) Robbins, Jolie 10	2) Hopkins, Sydnee 12	
3) Krieg, Mercedes 11	4) Reynolds, Brooklyn 09	
3 Bishop Heelan	1	1:54.11
1) Douch, Jaida 12	2) Vaandrager, Maggie 10	
3) Wooten, Lillian 10	4) Schermerhorn, Ali 09	
4 LeMars	1	1:58.63
1) Susemihl, Claire 12	2) Leusink, Kinnick 09	
3) Susemihl, Shea 11	4) Kass, Eva 10	
5 SB-Luton	1	1:59.77
1) Eldridge, Leiana 09	2) Pearson, Ella 10	
3) Kneifl, Olivia 09	4) Kvidera, Madison 11	
6 MOC-FV	1	2:03.25
1) Netten, Ellia 09	2) Wrather, Isabella 10	
3) Budden, Keira 09	4) Van Zee, Eliana 11	
7 Algona	1	2:09.83
1) Miller, Alyssa 12	2) Geddings, Eden 10	
3) Ernst, Peyton 09	4) Trujillo, Aspen 09	
8 Storm Lake	1	2:11.37
1) DeHaan, Avery 12	2) DeHaan, Reagan 09	
3) McCoy, Kamryn 09	4) Jacuinde-Mellado, Isari 09	

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Results - 3A District Events

Event 113 Boys Distance Medley 3A

Team	Relay	Finals
Finals		
1 Algona	1	3:30.92
1) Garman, Tate 12	2) Walker, Levi 12	
3) Allie, Evan 12	4) Weber, Gavin 12	
2 Sioux Center	1	3:38.34
1) Perez-Hietbrink, Braedon 11	2) Swager, Tate 11	
3) Kooiker, Caden 11	4) Work, Karson 11	
3 SB-Luton	1	3:38.89
1) Warren, Gavin 12	2) Hardy, Joe 12	
3) Delarosa, Daniel 12	4) Ter Wee, Hudson 10	
4 Spencer	1	3:46.23
1) Rasmussen, Angelo 10	2) Buum, Jaxson 10	
3) Timmer, Dylan 12	4) Koppie, Rylei 12	
5 MOC-FV	1	3:56.21
1) Samuels, Grantley 09	2) Foreman, Maximus 11	
3) Moeller, Isaiah 10	4) De Koster, Carter 09	
6 Storm Lake	1	3:57.97
1) Anderson, Brennen 10	2) Richardson, Rylan 12	
3) William, Jay 09	4) Schwint, John 10	
7 LeMars	1	4:02.42
1) Clarey, Gavin 10	2) Iverson, Tanner 11	
3) Grage, Nolan 11	4) Nolan, Jimmy 09	

Event 120 Girls High Jump 3A

Name	Yr	School	Finals
Finals			
1 Hoegh, Brielle	10	MOC-FV	5-03.00
2 Roberts, Jada	11	Algona	5-02.00
3 Stuckey, Lauren	10	Spencer	4-10.00
4 Hensley, Joleigh	09	SB-Luton	4-10.00
5 Stuckey, Addison	12	Spencer	4-08.00
6 Chanthapangna, Melanie	12	Storm Lake	4-06.00
6 Bruhn, Aislinn	09	Sioux Center	4-06.00
8 Proskovec, Kate	09	Bishop Heela	4-06.00
--- Grimsley, Harper	09	SB-Luton	NH

Event 121 Boys High Jump 3A

Name	Yr	School	Finals
Finals			
1 VonEhwegen, Tate	11	Spencer	6-02.00
2 Beach, Zach	11	SB-Luton	6-01.00
3 Yanga, Timothy	11	Storm Lake	6-00.00
4 Cantrall, Collin	09	Spencer	5-10.00
5 Hietbrink, Sawyer	11	Sioux Center	5-10.00
6 Van Gelder, Carter	12	MOC-FV	5-08.00
6 Mcnaughton, Chase	10	LeMars	5-08.00
8 Kneifl, Emmet	11	SB-Luton	5-06.00
--- Contreras, Jorge	12	Algona	NH
--- Fink, Austin	12	Sioux Center	NH
--- Carroll, Tommy	09	Bishop Heela	NH
--- Kruse, Miles	10	LeMars	NH
--- Hagen, Paxton	09	MOC-FV	NH

Event 128 Girls Long Jump 3A

Name	Yr	School	Finals
Finals			
1 Holverson, Taylor	11	Sioux Center	17-05.50
2 Lentz, Maya	11	Algona	17-05.00
3 Cleary, Shannon	12	Bishop Heela	17-04.00
4 Niehus, Kenzie	11	LeMars	17-02.50
5 Gilmore, Beau	11	MOC-FV	15-11.50
6 Robbins, Jolie	10	Spencer	15-10.00
7 Oteri, Gabriella	12	Sioux Center	15-03.75
8 Van Zee, Sarae	11	MOC-FV	15-02.50
9 Lagunes, Mariam	09	Spencer	15-01.50
10 Schiefelbein, Mariah	10	LeMars	13-10.75
11 Shumansky, Aubrey	09	SB-Luton	13-02.75
12 Phanthavong, Ally	09	Storm Lake	11-07.50
13 Calderon-Gonzalez, Alexa	09	Storm Lake	10-08.00
--- Eldridge, Leiana	09	SB-Luton	FOUL

Event 129 Boys Long Jump 3A

Name	Yr	School	Finals
Finals			
1 Van Zee, Albear	11	MOC-FV	23-00.25
2 Perez-Hietbrink, Braedon	11	Sioux Center	22-05.00
3 McInnis, Brett	11	LeMars	22-00.50
4 Koerselman, Dalton	10	MOC-FV	21-09.25
5 Elsbecker, Dawson	11	Algona	20-02.00
6 Ehlers, Justin	10	SB-Luton	19-04.75
7 Richardson, Rylan	12	Storm Lake	19-04.25
8 Mai, Harry	11	Storm Lake	19-03.50
9 Smit, Parker	10	Sioux Center	19-03.00
10 Techen, Aaden	11	Spencer	18-03.00
11 Richey, Connor	09	LeMars	16-06.00
--- Kelley, Nolan	09	Spencer	FOUL

Event 136 Girls Discus Throw 3A

Name	Yr	School	Finals
Finals			
1 Haynes, Reagan	11	Algona	134-07
2 VanDeBerg, Jorgia	11	Sioux Center	134-04
3 Colfack, Olivia	09	SB-Luton	130-00
4 Wallinga, Abby	12	MOC-FV	123-05
5 Davis, Kennedi	09	LeMars	104-05
6 Langstraat, Olivia	12	Sioux Center	102-08
7 Kenkel, Grace	12	Storm Lake	102-01
8 Bundt, Evelyn	12	MOC-FV	100-10
9 Ryba, Amya	12	Bishop Heela	94-09
10 Plueger, Izzy	11	LeMars	93-08
11 Fischer, Jillian	09	SB-Luton	78-04
12 Adams, Brooklyn	12	Algona	78-00
13 Doty, Sophia	09	Spencer	72-10
14 Cleary, Kelly	10	Bishop Heela	71-01
15 Htoo, Baw	11	Storm Lake	63-09
--- Santage, Hayley	12	Spencer	FOUL

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Results - 3A District Events

Event 137 Boys Discus Throw 3A

Name	Yr	School	Finals
Finals			
1 Nevitt, Max	12	Algona	179-01
2 Sandbulte, Cody	12	Sioux Center	173-06
3 Guthmiller, Hunter	09	SB-Luton	167-03
4 Limbaugh, Will	11	Algona	166-03
5 Wolfswinkel, Sawyer	11	Sioux Center	143-06
6 Mulder, Jacob	11	MOC-FV	139-02
7 Sweitzer, Keaton	10	Bishop Heela	137-09
8 Pratt, Sebastian	09	Bishop Heela	135-03
9 Hogrefe, Drew	10	Storm Lake	127-02
10 Harris, Cooper	10	Spencer	120-02
11 Uhl, Burke	11	MOC-FV	117-07
12 Mendez-Garcia, Cristian	12	Spencer	114-01
13 Howells, Reed	10	SB-Luton	113-04
14 Poh, Eh	10	Storm Lake	112-03
15 Blackmore, Jonathan	09	LeMars	98-04

Event 144 Girls Shot Put 3A

Name	Yr	School	Finals
Finals			
1 VanDeBerg, Jorgia	11	Sioux Center	39-10.00
2 Haynes, Reagan	11	Algona	38-02.75
3 Colfack, Olivia	09	SB-Luton	37-01.00
4 Wallinga, Abby	12	MOC-FV	36-05.00
5 Bundt, Evelyn	12	MOC-FV	35-09.50
6 Mart, Brooke	11	Spencer	35-03.50
7 Doty, Sophia	09	Spencer	34-10.00
8 Plueger, Izzy	11	LeMars	34-07.75
9 Rivas Torres, Grethel	09	Algona	33-06.00
10 Davis, Kennedi	09	LeMars	31-10.00
11 Langstraat, Olivia	12	Sioux Center	30-08.25
12 Ryba, Amya	12	Bishop Heela	29-09.00
13 Cleary, Kelly	10	Bishop Heela	28-08.25
14 Merrill, Quinn	09	SB-Luton	27-09.00
15 Htoo, Baw	11	Storm Lake	27-06.00
16 Jimenez, Ana	12	Storm Lake	24-11.00

Event 145 Boys Shot Put 3A

Name	Yr	School	Finals
Finals			
1 Nevitt, Max	12	Algona	58-07.00
2 Thomas, Kasen	12	Bishop Heela	55-06.00
3 Limbaugh, Will	11	Algona	50-03.50
4 Mulder, Jacob	11	MOC-FV	49-05.00
5 Sandbulte, Cody	12	Sioux Center	49-04.75
6 Aesoph, Max	11	Bishop Heela	47-09.00
7 Schmidt, Kwin	09	Sioux Center	45-02.50
8 Guthmiller, Hunter	09	SB-Luton	41-11.00
9 Kolar, Andy	11	SB-Luton	41-09.00
10 Cruz, Devon	11	Storm Lake	40-09.00
10 Uhl, Burke	11	MOC-FV	40-09.00
12 Lorenzen, Tallen	11	Spencer	40-03.50
13 Ferrell, Cole	11	Spencer	39-03.75

14 Blackmore, Jonathan	09	LeMars	34-09.50
15 Poh, Eh	10	Storm Lake	34-07.00

Event 150 Girls Distance Medley 3A

Team	Relay	Finals
Finals		
1 Sioux Center	1	4:15.58
1) Hietbrink, Stella 10	2) Holverson, Taylor 11	
3) VanAartsen, Macyn 10	4) Oldenkamp, Kolby 12	
2 MOC-FV	1	4:20.15
1) Tooker, Kaleigh 12	2) Hoegh, Brielle 10	
3) Immecker, Eva 11	4) Anderson, Natalie 11	
3 Spencer	1	4:22.77
1) Hopkins, Sydnee 12	2) Krieg, Mercedes 11	
3) Simington, Lucy 11	4) Frankenstein, Calista 09	
4 LeMars	1	4:25.36
1) Beitelspacher, Claire 12	2) Hogrefe, Maya 12	
3) DeRocher, Makenzie 12	4) Hulinsky, Karis 11	
5 Bishop Heelan	1	4:38.65
1) Vaandrager, Maggie 10	2) Bleeker, Reese 12	
3) Lieber, Milania 09	4) Topf, Ellie 10	
6 SB-Luton	1	5:06.73
1) McCormick, Anna 10	2) Shumansky, Aubrey 09	
3) Britton, Clara 09	4) Bockenstedt, Bjella 12	
7 Storm Lake	1	5:06.86
1) McCoy, Zoe 12	2) DeHaan, Avery 12	
3) Kenkel, Grace 12	4) Kampbell, Silvia 12	
8 Algona	1	5:24.92
1) Geddings, Eden 10	2) Ernst, Peyton 09	
3) Trujillo, Aspen 09	4) Vicente-Gomez, Chelsy 11	

Event 153 Boys Shot Put WC Wheelchair Para

Name	Yr	School	Finals
Finals			
1 Smith-Williamson, Javin	10	Spencer	17-05.00

Event 156 Boys 4x110 Meter Shuttle Hurdle 3A

Team	Relay	Finals
Finals		
1 MOC-FV	1	59.34
1) Maasdam, Dylan 12	2) Bundt, Lucas 09	
3) Van Zee, Albear 11	4) Vander Ploeg, Conner 12	
2 Sioux Center	1	1:01.12
1) Smit, Parker 10	2) Veltkamp, Dylan 11	
3) Plasier, Max 11	4) Los, Elisha 11	
3 SB-Luton	1	1:02.10
1) Jones, Xavier 11	2) Kneifl, Emmet 11	
3) Lincoln, Andrew 11	4) Beach, Zach 11	
4 LeMars	1	1:02.67
1) Bogh, Tegan 12	2) Navarrete, Huey 09	
3) Mcnaughton, Chase 10	4) Augustine, Tycen 12	
5 Bishop Heelan	1	1:03.63
1) Sexton, Talon 12	2) Schulte, Zander 09	
3) Lester, Caden 12	4) Frese, Cole 11	

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Results - 3A District Events

Finals ... (Event 156 Boys 4x110 Meter Shuttle Hurdle 3A)

Team	Relay	Finals
6 Spencer	1	1:09.72
1) Munter, Max 09	2) Lemmon, Sebastian 09	
3) Cantrall, Collin 09	4) Christensen, Emerson 09	
7 Algona	1	1:19.69
1) Gillis, Kowen 11	2) Menning, Landon 10	
3) Clinton, Jade 09	4) Rea, Evan 11	

1) MOC-FV	130.5
2) Algona	130
3) Sioux Center	116
4) SB-Luton	91
5) Storm Lake	88
6) Spencer	74
7) Bishop Heelan	60
8) LeMars	44.5

Event 160 Boys 800 Sprint Medley 3A

Team	Relay	Finals
Finals		
1 Algona	1	1:32.62
1) Weichert, William 12	2) Walker, Levi 12	
3) Garman, Tate 12	4) Allie, Evan 12	
2 Storm Lake	1	1:33.45
1) Azurdia, Brandyn 12	2) Chaiyawong, Sitah 12	
3) William, David 11	4) Weno, Garbieno 12	
3 SB-Luton	1	1:33.91
1) Verros, Beckett 11	2) Ehlers, Justin 10	
3) Pearson, Hunter 12	4) Harsma, Blake 12	
4 MOC-FV	1	1:34.79
1) Maasdam, Dylan 12	2) Kleinhesselink, Hudson 10	
3) Katt, Cooper 12	4) Van Ravenhorst, Logan 10	
5 LeMars	1	1:35.17
1) Bogh, Tegan 12	2) McInnis, Brett 11	
3) Murphy, Colin 11	4) Grant, Andrew 12	
6 Bishop Heelan	1	1:35.57
1) Thomas, Kasen 12	2) Whitcomb, Grant 11	
3) Beltran, Israel 12	4) Frese, Cole 11	
7 Sioux Center	1	1:43.30
1) Smith, Hunter 10	2) Van Beek, Zachary 12	
3) Waddle, Lane 12	4) Fink, Austin 12	
--- Spencer	1	DQ
1) Lovan, Jivahny 12	2) Buum, Jaxson 10	
3) Timmer, Dylan 12	4) VonEhwegen, Tate 11	

Event 163 Boys 800 Meter Run WC Wheelchair Para

Name	Yr	School	Finals
1 De Koster, Titus	09	MOC-FV	3:45.05

Women - 3A - Team Rankings - 19 Events Scored

1) Sioux Center	171.5
2) MOC-FV	122
3) Algona	106
4) Spencer	102
5) LeMars	79
6) Bishop Heelan	63
7) SB-Luton	56
8) Storm Lake	31.5

Men - 3A - Team Rankings - 19 Events Scored